

COMING OF AGE

THE NEWSLETTER FOR THE NEWTON SENIOR CENTER



*Welcome to your source
for connection!*



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SPRING INTO A NEW EXPERIENCE

Now that warm weather has arrived, give yourself the chance to “bloom” in one of the Senior Center’s fitness classes, such as LaBlast (above). Or enjoy an art class, a concert, or a curated discussion (see page 2 for info about upcoming special programs). Whatever you choose, you’ll meet new people and discover new ideas.

INTERIM LOCATIONS

- **Brigham House,**
20 Hartford Street, Newton Highlands (administrative offices, lunch, social services, various programs)
- **Hyde Community Center Gymnasium,** 90 Lincoln Street, Newton Highlands (exercise classes, Commodity Foods)

- **Newton City Hall/War Memorial Auditorium** (drawing and music)
1000 Commonwealth Avenue, Newton
- **Newton Free Library,**
330 Homer Street (SHINE appointments)

SENIOR CENTER HOURS
MONDAY—FRIDAY, 9 to 4
Except holidays



Brigham House, 20 Hartford Street, Newton 02461



(617) 796-1660



seniors@newtonma.gov



newtonseniors.gov

CENTER UPDATES



NEWTON STAFF AND COA

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Director

Mignonne Murray

Executive Administrator

Norine Silton

Administrative Assistants (part-time)

Liz O'Connell, Nancy Gagnon

Program Coordinator

Ilana Seidmann

Case Manager

Emily Kuhl

Volunteer Coordinator

Julie Joy

Outreach Coordinator

Elizabeth Lund

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COME VISIT AND ENJOY NEW PROGRAMS

If you haven't been to the Senior Center's interim locations, this spring is the perfect time to visit. We've planned lots of new and exciting programs, with something to please everyone.

You may want to start by visiting Brigham House, our primary site, located at 20 Hartford Street, in Newton Highlands. Brigham House is where most of our staff

members work, where we serve lunch, and where we hold many small groups such as Mah Jongg, Canasta, language and conversation groups, and health, hearing, and legal clinics. We also have a pool table, a puzzle area, coffee, and friendly participants.



The Hyde Community Center Gymnasium is less than a block from Brigham House. Located at 90 Lincoln Street, the Hyde Community Center hosts all of our exercise classes and theater productions.

The Hyde Center bandstand, outside the gymnasium, will host our summer concerts, starting June 29. These concerts will be sponsored by the Jayne Colino Fund of the Senior Citizens Fund of Newton.

Senior Center concerts will resume at the Newton Free Library in September and will continue there through the spring of 2024.

We're grateful to these community partners and to Newton Cultural Development, which hosts our Monday drawing class at the War Memorial in City Hall and our Tuesday Swing Band practices and performances, and to the New Art Center, where our ceramics class will meet until we move into NewCAL.

Here are some of the special programs we have planned for you:

- May 15, "The Accidental Wedding," a comedy production, at Hyde Community Center Gymnasium
- May 18, Steve Rudolph Trio, at Druker Auditorium, Newton Free Library
- June 1, pianist Santon, at Druker Auditorium, Newton Free Library
- June 4, the first annual Pride Festival, at the Hyde Bandstand
- June 29 at 1 pm, the first summer concert at the Hyde Bandstand
-

For info about these and other programs, contact Ilana Seidmann at 617-796-1670 or iseidmann@newtonma.gov

SENIOR CENTER NOTICES

CONNECTING WITH THE SENIOR CENTER

There's always something happening at the Newton Senior Center – classes, programs, games, and opportunities to connect with other seniors and with services that can enhance your life.

The best way to learn what's happening is by reading our weekly e-newsletter, which comes out every Friday. To sign up, go to our website – www.newtonseniors.org – and look for “Sign Up Here” at the bottom of the page. Or email iseidmann@newtonma.gov

If you don't have email, please call our Programs Information Line, at 617-796-1666, where you can listen to a recorded listing of our weekly activities. You can also pick up an Activity Listing at the Senior Center in Newton Highlands, 20 Hartford Street.

TECH TUTORING AVAILABLE

The Newton Senior Center has volunteer “tech tutors” who can assist seniors on an appointment basis. These appointments are arranged mutually between the Tech Tutor and the student.



These appointments are geared towards beginner tech users, and volunteer tech tutors provide introductory-level assistance and training. They are not professional computer technicians. They are also not “emergency” tech help. If you're having a specific/complex problem with your device, please contact your device manufacturer or a private tech help company (we can refer you to those through our contractor referral program).

Appointments are held in person at the Newton Senior Center during operating hours. Students will either bring their personal device to the Senior Center (located at Brigham House) or use the PC Desktop at the Senior Center.

Tech tutors can meet one to six times with the same student and can help you with the following: iPhone, iPad, PC Tablet, PC Computer, Android phone, Android tablet, Mac laptop, Zoom, and the Jitterbug phone. They cannot assist with any devices that cannot be brought to the Senior Center.

Please call or email Ilana Seidmann at iseidmann@newtonma.gov or **617-796-1670** with your name, your telephone number, what kind of device you have (for example, an iPhone, a PC Tablet, a Mac laptop, a Jitterbug phone), and a little bit about the issue you are having.

TABLET LOAN

The Newton Senior Center was awarded a grant from the Massachusetts Association of Councils on Aging (MCOA) to purchase tablets for Newton and six surrounding communities. The grant provided the funding for the tablets and a data plan, so you do not need Internet or access to Wi-Fi; these things come “built in.” The tablets are a great opportunity for seniors to explore the ever-growing digital world, at absolutely no cost.

Each tablet is prepopulated with access to all seven towns' Senior Center websites, links to explore, the Newton Free Library, and popular applications (such as Zoom, Facebook, Google, email, and brain games).

Each tablet comes with a User Guide, and we have volunteer Tech Tutors to work with you, one-on-one. You may borrow the tablet for three months. Newton residents age 60+ are eligible. Call Ilana at **617-796-1670** to get on the waiting list to borrow one. You may feel more connected and have some fun!

SENIOR CENTER NOTICES

MEDICARE NEWS

High Prescription Drug Costs? Prescription Advantage May Help!

Prescription Advantage is a State assistance program that may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan once per calendar year. Eligibility is based on *income only* and there is *no asset limit*.

Who can join?

For **Massachusetts residents eligible for Medicare**, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$72,900 for a single person or \$98,600 for a married couple OR
- Under 65 with a disability, with an annual income at or less than \$27,410 for a single person or \$37,074 for a married couple

The SHINE Program (Serving the Health Insurance Needs of Everyone.... on Medicare) can help you apply for Prescription Advantage programs. To schedule a free confidential appointment with a SHINE counselor, call the Newton Senior Center at 617-796-1675.

NEWMO ON-DEMAND TRANSPORTATION

NewMo – Newton in Motion – is an on-demand, shared-ride service that takes commuters and seniors anywhere they want to go in Newton. Seniors (60 and older) also can go to certain medical facilities outside of Newton. That list can be found on our website:

www.newtonseniors.org

Once a NewMo account has been created, riders can request a ride by calling the Call Center at 617-655-8019 or by using the NewMo app on a smartphone. (The app is the most efficient way to use the service, and riders often see two or three ride options, rather than being assigned to the next available vehicle.)



Seniors receive door-to-door service, rather than corner-to-corner, as for commuters. Seniors also can pre-schedule rides to medical appointments in the NewMo service area by calling the Call Center up to five days in advance. **(Pre-scheduled rides cannot be booked through the NewMo app.)** If your appointment is on a Tuesday after a Monday holiday, be sure to call by 5 p.m. the Friday before.

Tips for Using NewMo

For non-medical appointments or other destinations, riders should request a ride on the day they want to travel. Since NewMo is a shared-ride service, please request a ride one hour before you would like to arrive at your destination. Riders should request a ride home after they've completed their errand or appointment, or when they have a clear idea of when they will be finished.

NewMo operates from 7 a.m. to 6:30 p.m. on weekdays and from 9 a.m. to 12 noon on weekends. Wait times tend to be longer in the afternoon, especially toward the end of the week. For more info, to create an account, or to request help with the NewMo app, call **617-796-1675**.

If you create your account using a smart phone, please call us for the **senior code** needed to complete your account.





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SENIOR CENTER NOTICES

RENEW YOUR SENIOR PARKING STICKER

The Department of Senior Services offers Newton residents aged 65 or older free parking in the City's municipal parking lots, with some restrictions.

- Current stickers (red) will expire on **June 30, 2023**.
- New stickers (purple) will be available for purchase starting **Wednesday, May 17th**.
- New stickers will be good for **two years** and will expire on **June 30, 2025**.
- Renewals will be accepted by **mail-in or drop-off only** (see instructions below).



Senior Parking Sticker mail packets MUST include (Items 1-4):

- 1.) A legible **copy** of your MA driver's license showing age 65 or above AND Newton residence
- 2.) A legible **copy** of your MA registration showing Newton residence AND "registration type" as passenger. *Commercial vehicles do not qualify for a sticker.* The address on registration and driver's license must match. If your car is leased, also provide a copy of your lease agreement showing Lessor and Lessee (usually on the first page). *Lessee address must match driver's license.*
- 3.) A check for **\$6 per sticker** (max 1 per vehicle), payable to the City of Newton. **Please make sure your telephone number is included with your information in case you are missing documentation.** You also have the option to pay with a credit card online by going to www.newtonseniors.org and clicking on the "Pay Online" button, then Senior Services. A copy of your online receipt must be included with your mailed packet.
- 4.) A self-addressed, stamped envelope for the return of your sticker(s).

Additional Information:

Mail to Newton City Hall, Senior Services Dept, 1000 Commonwealth Ave, Newton, MA 02459, Attention: Parking Stickers. If you prefer to **drop off**, you may bring your completed packet to our interim office located at 20 Hartford St., Newton Highlands (Brigham House). You can either put through the mail slot left-side of front entrance or drop off to staff, Monday-Friday (except holidays), 9:30a.m. to 3:30p.m. When your sticker is ready, we can either mail it back to you or call you for pick-up. *Please note that due to space limitations, parking stickers will not be issued in person.*

All sticker requests will be processed in the order they are received and returned by mail in your self-addressed, stamped envelope. In general, you can anticipate a turnaround time of 2-3 weeks. All copies of the documentation sent to us will be shredded, unless you request they be returned to you along with your sticker. Additional information about the Senior Parking Sticker program can be found on our website at www.newtonseniors.org, "General Services." If you have questions, you can also reach us via email at SCcustomerservice@newtonma.gov or call customer service at (617) 796-1667.

DME EQUIPMENT

Our DME (Durable Medical Equipment) Program has been paused while we are in our interim space. In the meantime, we are partnering with the Councils on Aging in Brookline (617-730-2770), Waltham (781-314-3499), and Watertown (617-972-6490). If you need DME equipment while we're paused, please call one of our partners. You can also call them if you have equipment to donate.

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MONTHLY SENIOR CENTER PROGRAMS

MetroWest Legal Clinic

Second Thursday of every month,
10:00 a.m. to 12:00 p.m.

Brigham House, 20 Hartford Street

Free legal aid to seniors on housing, public benefits, social security matters, durable power of attorney, health care proxy, simple probate matters, Medicaid, nursing home issues, limited domestic relations, and consumer and bankruptcy matters. Led by MetroWest Legal Services.

Health Maintenance Clinic

Third Friday of every month,
10:00 to 11:00 a.m.

Brigham House, 20 Hartford Street

The City of Newton's Public Health Nurse will meet with seniors. She can take your blood pressure, answer general medication questions, and consult about health issues. Led by Lisa Cielez.

Hearing Screenings

Last Monday of every month,
12:00 to 1:00 p.m.

Brigham House, 20 Hartford Street

These 10-minute checks will be led by Sarina DaSilva, Licensed Hearing Instrument Specialist. She can also check and clean your hearing aids. Newton residents age 60+ are eligible for an appointment.

Caregiver Support Group

First Tuesday of every month,
2:30 to 4:00 p.m.

Brigham House, 20 Hartford Street

Third Tuesday of every month,
2:30 to 4:00 p.m.

Zoom

Open to family caregivers of seniors. Learn from, and share with, other participants who are caring for an older family member. Led by Senior Center Case Manager Emily Kuhl.

Grief Support Group

Third Thursday of every month,
10:30 to 11:30 a.m.

Brigham House, 20 Hartford Street

If you are struggling with a loss, please join us for a healing support group. Come and connect, whether that loss was last week or many years ago. Led by Betsy Simmons.

Declutter Support Group

Second Friday of every month,
2:00 to 3:00 p.m.

Zoom

Get support from others while learning strategies for de-cluttering. This program is co-sponsored by Riverside Community Care. Led by Karin Lehr.

Parkinson's Support Group

Last Monday of every month,
10:30 to 11:30 a.m.

Brigham House, 20 Hartford Street, or Zoom

Obtain information on treatment, gain emotional support, offer guidance based on experience with the disease, develop a sense of community and partnership, learn about and from professionals in the area, understand that you are not alone. Led by Dan, volunteer facilitator.

Special Programs

The Senior Center offers many special programs, including art classes and virtual travel. To learn about these opportunities:

1. Subscribe to our Friday electronic newsletter, "Updates from the Newton Senior Center," or view it on our website, newtonseniors.org
2. Call 617-796-1660, and then press "1."
3. Pick up an Activity Listing at Brigham House, 20 Hartford Street, or Hyde Community Center, 90 Lincoln Street.

Questions about programs? Call 617-796-1675.

WEEKLY EXERCISE PROGRAMS

Chair Yoga

Mondays at 9:00 a.m. – 90 Lincoln Street

Wednesdays at 10:00 a.m.– 90 Lincoln Street

Chair yoga embraces the traditions of yoga with options for seated and standing postures. All the poses can be modified while sitting in a chair. Our yoga practice will include movement and focused breathing to open the mind, body, and spirit. Led by Diane S.

LaBlast

Fridays at 1:00 p.m. – 90 Lincoln Street

LaBlast Cardio Dance and Strength is a fitness class based on dances such as disco, salsa, foxtrot, swing, cha cha, and more. No partner or dance experience necessary. We'll use simple patterns from these dances that are easy to follow. Weights are incorporated. We use music from all genres and decades. Led by Karen K.

Dance Aerobics

Wednesdays at 1:00 p.m. – 90 Lincoln Street

Enhanced low-impact dance aerobics movement with muscle conditioning, strength training, and stretching. Led by Louise C.

Muscle, Movement, & Balance

Tuesdays at 10:30 a.m. – 90 Lincoln Street

Thursdays at 10:30 a.m. – 90 Lincoln Street

A balance, movement, and strength-building class using exercise loops and weights. The class focuses on strengthening areas that are prone to injury. Modifications are offered; exercises can be done seated. All abilities are welcome. Led by Nicole V.



Seated Strength & Balance

Wednesdays at 12:00 p.m. – 90 Lincoln Street

Mondays at 12:00 p.m. – Zoom

The class begins with a thorough warm-up and is followed by strength training & balance exercises, using weights. Led by Pearl P.

Tai Chi

All Tai Chi classes are held at 90 Lincoln Street

Intermediate: Mondays at 10:15 a.m.

Beginners: Fridays at 10:45 a.m.

Advanced: Mondays at 11:30 a.m.

Advanced: Fridays at 9:30 a.m.

Tai Chi is an ancient Chinese tradition that is practiced today as a form of low-impact exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Led by Aaron C.

Meditation (on Zoom)

Thursdays at 9:00 a.m.

Practice paying compassionate attention to all that moves through us. This group is a supportive space to begin or continue a meditative practice. Led by Betsy S.

Zumba Gold (on Zoom)

Mondays, Tuesdays, and Thursdays at 10:00 a.m.

This class introduces easy-to-follow Zumba (Latin-style) choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and strong. Led by Ketty R.

Questions about programs? Call 617-796-1675.

VOLUNTEERING AND CITY ANNOUNCEMENTS

VOLUNTEER OPPORTUNITIES

If you'd like to share your talents and skills, consider volunteering. A variety of volunteer opportunities are available through Newton's Department of Senior Services.



These opportunities include: being a Friendly Visitor, a tech tutor, tutor for English Language Learners, AARP tax preparer, SHINE counselor, math tutor in Newton elementary schools, Book Shed volunteer, Swap Shop volunteer, hospice volunteer, art class model, program assistant in a memory care residence, nursing home ombudsman, food pantry volunteer, greeter at a Dana Farber satellite office, and many more.

Placement opportunities change frequently, so please make an appointment with Julie Joy, Volunteer Coordinator, at **617-796-1674** or jjjoy@newtonma.gov.

COMMODITY FOODS

The Commodity Supplement Food program (CSFP) is sponsored by The Greater Boston Food Bank. CSFP works to improve the health of low-income senior residents by supplementing their diets with nutritious USDA foods.

Eligible residents will receive two free bags of food, once a month (**3rd Friday of the month, 1 to 2 pm**). Packages include a variety of healthy shelf-stable foods such as nonfat dry milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables. On occasion, fresh produce will be distributed, as well.

Food pick-up will be at the **Hyde Community Center: 90 Lincoln St, Newton Highlands**. If participants cannot pick up their own groceries, they can assign someone as a proxy to pick up groceries for them. To register, please contact Emily Kuhl at **617-796-1672** or ekuhl@newtonma.gov.

TIPS ABOUT SCAM CALLS FROM THE NEWTON POLICE

Scam calls are increasing and have become a big issue in Newton and surrounding communities. On average, the Newton Police take two reports a day on scams, and we have seen large losses of money by the victims.

The scams we hear about frequently involve someone who claims that you haven't paid a utility bill and your service will be cut off if you do not pay the balance, or that you must clear up an arrest warrant. Other scams involve someone who claims to be calling from the IRS or Medicare, or from Amazon about an order you placed, usually for an iPhone or iPad. Often, the callers will request that you purchase gift cards to clear up the matter.

No legitimate company or agency will ever request gift cards to pay a bill or fix an issue. The IRS and Medicare communicate by letter.

If you do not recognize the person calling your phone, the Newton Police recommends not answering the phone and letting it go to voicemail — aka "Call screening." "Call screening" is the safest way to avoid becoming a victim. Once you answer the phone, scammers will play on your emotions and keep you on the phone. The longer you are on the phone with them, the greater your chance of becoming a victim or giving away personal information that can be used later.

If you do answer, NEVER give out any personal/private information on the phone to anyone you do not know to be legitimate. Never agree to pay for anything over the phone; request information in writing. You can always tell someone on the phone to call you back so you can research the matter. Then, check in with someone you trust or call your local police department.





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ESSENTIAL INFORMATION

PAYING FOR FITNESS CLASSES

We ask for a \$5 contribution per class (more if you can, less if you can't). We kindly ask that you pay monthly, if possible. There are four ways to pay:

1) Pay online

Go to newtonseniors.org and click the blue "Pay Online" button. (Please note there is an additional 3% convenience fee for credit cards.)

2). Bring a monthly check

made out to the Newton Senior Center. You can leave it with Reception. Make sure to note which classes you are taking.

3). Mail in a check

Please make payable to "Newton Senior Center" and write the class name on your check. Donations may be mailed to: City of Newton, Senior Services Department, Attn: Fitness Contribution, 1000 Commonwealth Avenue, Newton, MA, 02459.

4). Credit card by phone (business hours only)

Please call Reception at 617-796-1675 or Norine Silton at 617-796-1664. Please note there is an additional 3% convenience fee for credit card payments.

HOW TO MAKE A DONATION

If you'd like to support the Newton Senior Center or honor the efforts of loved ones or colleagues, you can mail a check payable to the Newton Senior Center to City of Newton, Attn: Department of Senior Services, 1000 Commonwealth Avenue, Newton, MA 02459.

You can also donate online at newtonseniors.org. Click the blue "Pay Online" button, and make a "General Donation" or "Memorial Donation." Thank you for your support!

UPCOMING CLOSURES

The Newton Senior Center will be closed on Monday, May 29, in observance of Memorial Day. We will also be closed on Monday, June 19th, in observance of Juneteenth.

NewMo will not run on these days.



WHAT'S FOR LUNCH?

Lunch at the Senior Center

Join fellow seniors and Springwell for lunch. Grab-and-go lunches OR dine-in lunches are available Monday through Friday (except holidays), from 11:30 a.m. to 12:30 p.m. at the Senior Center's interim location at 20 Hartford Street. The menu can be found at www.newtonma.gov/lunch

To make a reservation, please leave a message at 617-796-1668, *two business days in advance*. Your message should include your name and what day you would like to attend and/or pick up lunch. The meal is free to all. However, an optional donation of \$2.50 to Springwell, a local non-profit, is suggested.

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WE'D LIKE TO SAY THANK YOU!

TO OUR DEDICATED VOLUNTEERS

The Senior Center staff wants to thank our volunteers for being valuable members of our team and helping us meet the needs of seniors for connection and support. Our extraordinary volunteers are compassionate, respectful, kind, and consistently sensitive to the needs of the people we serve.

Now that the Senior Center has moved to interim locations and programs are held in four locations, our volunteers are essential in helping us fulfill our mission of empowering seniors to remain active and engaged.

We're grateful to the many volunteers who donate their time and expertise as Program Assistants, Tech Tutors, Customer Service Representatives, Instructors, Program Organizers, Friendly Visitors, SHINE Counselors, Tax Preparers, Language Interpreters, and Parking Sticker Processors, to name a few.

"Our volunteers make the world a brighter place," says Julie Joy, Volunteer Coordinator. "The love you show and your willingness to step up is deeply appreciated."

For upcoming volunteer opportunities, contact Julie at 617 796-1674 or jjoy@newtonma.gov

TO OUR DONORS:

Mitchel and Susan Lunin

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in honor of Jayne Colino

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*in honor of the AARP
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A special thank you to Paul Browne and Don MacKay for collecting donations at the Shredding and Drug Takeback Event on April 8. Paul and Don collected \$1,089, which will be used to provide inspiring, uplifting programs.



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Staff: 617-796-xxxx

Fax: 617-969-9560

Reception Desk (BH) 1675

**Customer Service Desk,
(BH - 2nd Flr) 1667**

Kitchen (BH - 1st Flr) 1668

**Program Information
Recorded Line 1666**

**Mignonne Murray,
Director (BH) 1671**

**Nancy Gagnon,
Administrative Assistant (BH,
Thur/Fri) 1675**

**Julie Joy, Volunteer
Coordinator (BH) 1674**

**Emily Kuhl, Case Manager
(BH) 1672**

**Elizabeth Lund, Outreach
Coordinator & NewMo
(Library) 1665**

**Liz O'Connell,
Administrative Assistant (BH,
Mon-Wed) 1675**

**Angela Panagopoulos,
Social Services Intern 1663**

**Norine Silton, Executive
Administrator (BH) 1664**

**Ilana Seidmann, Program
Coordinator (BH) 1670**

SENIOR CENTER

Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age-friendly community for all who choose to age here.