



# SENIOR NOTES

Council On Aging • 23 Oakley Road, Belmont, MA 02478

TELEPHONE: (617) 484-5501

Monday - Friday

8:00 a.m. - 4:00 p.m.

January 2007

## Is Living With A Chronic Ailment Becoming Too Much Of A Challenge?

Enroll TODAY in the

### *Chronic Disease Self-management Course*

This 6-week course prepares you to effectively manage your disease and take charge of your medical care! Classes are held at the Belmont Senior Center every **Thursday from 10 a.m. to 12:30 p.m. from January 11<sup>th</sup> to February 15<sup>th</sup>**. Cost is just \$22/pp. Call **617-484-5501** to enroll. Space is limited! This course is presented by the *Massachusetts Department of Public Health*.

**Nava Niv-Vogel**  
Director

**Suzanne Cromwell**  
Senior Center Coordinator

**Lucia Stone**  
Social Worker

**Brian Jennings**  
Transportation Coordinator

**Marie Poore**  
Volunteer Coordinator

**Katie Christopher**  
Home Health Care

**Pat Driscoll**  
Meals on Wheels Coord./  
Secretary

**June Knowles**  
Secretary

## SERVICES AVAILABLE

- Hot-Lunch Program at Belmont Manor
- In Home Services
- Information and Referrals
- Legal Assistance
- Meals on Wheels
- Mr. Fix-It Services
- Programs and Classes
- Social Services
- Tax Preparation
- Transportation
- Volunteer Program

## First COA Craft Fair Is A SUCCESS!

The Friends of the Belmont Council on Aging held a wonderful crafts fair as a fundraiser for the new senior center. The event featured 26 craftspeople selling a wide variety of merchandise as well as a bake sale table. Included among them were volunteers



from the Senior Center who generously contributed examples of their knitting, sewing, crocheting and quilting. Breakfast pastries and a hotdog lunch platter were also served! Over 300 people, young and old, purchased gifts, enjoyed pastries and lunch, and won many beautiful raffle prizes. To help the fundraiser, crafts fair committee member Karla O'Brien designed coffee mugs depicting the image of the new senior center – these were sold at the fair and are **STILL** available for purchase (See page 7)! Special thanks go to event chairperson Maria Mingace, and to the many volunteers who catered and served food, toted tables, knitted, painted, crocheted and sewed, handled publicity, donated raffle items, found vendors, staffed the tables, and managed all the other details that made the crafts fair such a success. Plans are already in the works for **NEXT** year's crafts fair so we hope to see you in November 2007!

## Director's Report

It is hard to believe that 2006 is behind us. So much happened and so much work is being done on behalf of our programs and future center that the year seems to have flown by. We hope those of you who were able to make it enjoyed our annual holiday party. The volunteer crew that handled all aspects of the event works hard every year to make improvements.

As many of you know, the Senior Center Building Committee was able to successfully respond to the many requests made by the Planning Board and Zoning Board of Appeals. Final approval of the project from those Boards is expected very soon, if not by the time you read this. Construction start date is still a moving target due to the need to re-evaluate the cost estimate for the project, given that so much time has elapsed since construction was supposed to begin. The Friends have been dogged in their fundraising efforts despite the delays of the senior center project. They are still collecting pledges, and the wonderful crafts fair that they worked so hard on was a big success, so much so that plans are underway for another fair next year. As for next year's operating budget, we still do not know if any cuts are expected. Our Board is working hard on researching services and how they are funded in comparable and neighboring communities as part of our preparation to explain and advocate for funding of our services.

We are pleased to inform you that, thanks to the federally

funded senior aide program, we now have part-time custodial assistance every afternoon. Please welcome Michael Keogh, who works keeping our center clean and safe everyday from 12-4.

Currently, we are working on several ways that seniors who are vulnerable, for whatever reason, can be tracked so that they can access help as they need it. This is important in the event of any kind of disasters, but for other reasons as well. We will keep you posted as this plan develops. Finally, I would like to remind you of the wonderful new course we are offering that could significantly help you with any chronic disease you may be coping with. It's not too late to register for this 6-week course that starts January 11. Also, we hope you will attend an inspiring talk given by Dr. Earl Grollman, who will be making a return visit to us in February. Happy New Year!

*Nava*



### PLEASE SIGN UP!

If you plan on attending a program/seminar at the Senior Center, please call ahead and sign up. This gives the event planner a head count on refreshments and provides us with your contact info if events are cancelled due to weather. We thank you in advance for your cooperation!

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## SENIOR CENTER SERVICES

A variety of valuable services are available at the Belmont Senior Center free of charge or for a small fee. Please call **617-484-5501** to schedule appointments for the following services.

- Chair Massage with Sonja Rosberg-Lee**  
*Thursdays, January 4<sup>th</sup> & 18<sup>th</sup>*  
 Energize yourself with a professional chair massage!  
*(Fee: \$15 for twenty minutes)*
- Free Legal Advice with Attorney Dale J. Tamburro**  
*Thursday, January 11<sup>th</sup>*  
 Discuss durable power of attorney, living wills, trusts, and more.
- Podiatry Services with Dr. David Alper**  
*Tuesday, January 9<sup>th</sup>*  
 Receive routine podiatry on a first come, first served basis. *(Fee: \$20 cash only – no insurance accepted)*
- Free Dental Screenings with Dr. James P. Toyias**  
*Thursday, January 11<sup>th</sup>*  
 Have dentures, teeth, and gums examined at no cost!
- Financial Advice with Walter Guertin, C.F.P®, C.P.A., C.S.A**  
*Thursday, January 18<sup>th</sup>*  
 Discuss personal financial matters, at no cost!

## SIGN UP FOR A CVS PHARMACY TOUR!

*Wednesday January 10<sup>th</sup> 9 a.m.*

The CVS Pharmacy at 264 Trapelo Road is hosting a “*Pharmacy EXTRA Tour*” where you can come learn about generic drug alternatives, drug interactions, vitamins, supplements, the Medicare drug plan, tips on healthy living, and more! All participants receive a complimentary CVS gift bag. This event is **FREE** and transportation is available, courtesy of the COA Belderbus. Sign up today by calling **Suzanne** at **617-484-5501, ext. 103**.

## PROTECT YOUR NEST EGG!

*A Presentation by Ted Dukas  
of New York Life*

*Tuesday January 16<sup>th</sup> 1 p.m.*

You’ve worked hard to save that nest egg, now learn how best to protect it and help it mature! Come to the Senior Center for this very informative presentation by **Mr. Ted Dukas** of New York Life. Refreshments will be served, so please call **617-484-5501** if you plan on attending.



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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**SENIOR CENTER CLOSED FOR NEW YEAR HOLIDAY**



1

8 Shaw's Market  
 9-10 Senior Swimming  
 10-12 Bingo  
 10-11:30 NO ESL Class  
 12 Lunch at Belmont Manor  
 12-1 Blood Pressures  
 1-4 Mah Jongg  
 7pm **Caregivers' Support Group**

2

8-9 Pool/Ping Pong  
 9:25 Gentle Aerobics  
 9:30 Retired Men's  
 10 Mall Shopping  
 11 Tai Chi  
 12 Lunch at Belmont Manor  
 1 Beginners Bridge  
 1:30-3 Strength & Flexibility  
 3-4 Pool/Ping Pong

All week SHINE by appointment  
 8-9 Pool/Ping Pong tables available  
 9:25 Gentle Aerobics  
 9:30 Knitting  
 12 Lunch at Belmont Manor  
 1-3:30 Bridge  
 1:30-3 Strength & Flexibility  
 3-4 Pool/Ping Pong tables available

8

8 Shaw's Market  
 9-10 Senior Swimming  
 10-12 Bingo  
 10-11:30 ESL Class  
 11 **Podiatry services**  
 12 Lunch at Belmont Manor  
 12-1 Blood Pressures  
 1-4 Mah Jongg

9

8-9 Pool/Ping Pong  
 9 **CVS Pharmacy**  
 9:25 Gentle Aerobics  
 10:30 Current Events  
 11 Tai Chi  
 12 Lunch at Belmont Manor  
 1 Beginners Bridge  
 1:30-3 Strength & Flexibility  
 3-4 Pool/Ping Pong

**SENIOR CENTER CLOSED FOR MARTIN LUTHER KING, JR DAY**



15

8 Shaw's Market  
 9-10 Senior Swimming  
 10-12 Bingo  
 10-11:30 ESL Class  
 12 Lunch at Belmont Manor  
 12-1 Blood Pressures  
 1 **Protecting Your Nest Egg**  
 1-4 Mah Jongg  
 3-4 Pool/Ping Pong tables available

16

8-9 Pool/Ping Pong  
 9:25 Gentle Aerobics  
 9:30 Retired Men's  
 10 Mall Shopping  
 11 Tai Chi  
 12 Lunch at Belmont Manor  
 1 Beginners Bridge  
 1:30-3 Strength & Flexibility  
 3-4 Pool/Ping Pong

All week SHINE by appointment  
 8-9 Pool/Ping Pong tables available  
 9:25 Gentle Aerobics  
 9:30 Knitting  
 12 Lunch at Belmont Manor  
 1-3:30 Bridge  
 1:30-3 Strength & Flexibility  
 3-4 Pool/Ping Pong tables available

22

8 Shaw's Market  
 9-10 Senior Swimming  
 10-12 Bingo  
 10-11:30 Last ESL Class for Semester  
 12 Lunch at Belmont Manor  
 12-1 Blood Pressures  
 1-4 Mah Jongg  
 3-4 Pool/Ping Pong tables available

23

8-9 Pool/Ping Pong  
 9:25 Gentle Aerobics  
 10:30 Current Events  
 11 Tai Chi  
 12 Lunch at Belmont Manor  
 1 Beginners Bridge  
 1:30-3 Strength & Flexibility  
 3-4 Pool/Ping Pong

All week SHINE by appointment  
 8-9 Pool/Ping Pong tables available  
 9:25 Gentle Aerobics  
 9:30 Knitting  
 12 Lunch at Belmont Manor  
 1-3:30 Bridge  
 1:30-3 Strength & Flexibility  
 3-4 Pool/Ping Pong tables available

29

8 Shaw's Market  
 9-10 NO Senior Swimming  
 10-12 Bingo  
 10-11:30 NO ESL Class  
 12 Lunch at Belmont Manor  
 12-1 Blood Pressures  
 12:30-1:30 **Visit with Selectman Solomon**  
 1-4 Mah Jongg  
 3-4 Pool/Ping Pong tables available

30

8-9 Pool/Ping Pong  
 9:25 Gentle Aerobics  
 11 Tai Chi  
 12 Lunch at Belmont Manor  
 1 Beginners Bridge  
 1:30-3 Strength & Flexibility  
 3-4 Pool/Ping Pong

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ng tables available 10 <b>cy Extra Tour</b> cs s Discussion Group mont Manor dge exibility ng tables available	8-1 Pool/Ping Pong tables available 11 9-10 Senior Swimming 9-10:30 <b>Dentistry by appointment</b> 9:30 Needlework 10-12:30 <b>Chronic Disease Self-Management</b> 10-11:30 <b>Legal Advice by appointment</b> 12 Lunch at Belmont Manor 1-3 Drop-In Art 1:30 Bel Aires	8 Shaw's Market 12 9:25 Gentle Aerobics 9:30-12 Quilting 11-4 Pool/Pong tables available 11 Book Discussion 12 Lunch at Belmont Manor 1 Friday Movie
ng tables available 17 cs Club g mont Manor dge exibility ng tables available	8-1 Pool/Ping Pong tables available 18 8:30-11 <b>Massage by appointment</b> 9-10 Senior Swimming 10-12:30 <b>Chronic Disease Self-Management</b> 10-11:30 <b>Financial Planning by appointment</b> 12 Lunch at Belmont Manor 1-3 Drop-In Art 1:30 Bel Aires	9 Shaw's Market 19 9:25 Gentle Aerobics 9:30-12 Quilting 11-4 Pool/Pong tables available 12 Lunch at Belmont Manor 1 Friday Movie
ng tables available 24 cs s Discussion Group mont Manor dge exibility ng tables available	8-1 Pool/Ping Pong tables available 25 9-10 Senior Swimming 9:30 Needlework 10-12:30 <b>Chronic Disease Self-Management</b> 12 Lunch at Belmont Manor 1-3 Drop-In Art 1:30 Bel Aires	8 Shaw's Market 26 9:25 Gentle Aerobics 9:30-12 Quilting 9:25 Pool/Ping Pong tables available 12 Lunch at Belmont Manor 1 Friday Movie

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# January 2007



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**BOOK DISCUSSION GROUP**

*Friday January 12<sup>th</sup> 11 a.m.*

Join the Senior Citizens Book Discussion Group at the Senior Center, led by Belmont librarian Miriam MacNair, to discuss Mansfield Park by **Jane Austen**. After, please stay for a **1 p.m.** showing of the 1999 British film adaptation of this novel!

**VISIT WITH SELECTMAN SOLOMON**

*Tuesday Jan. 30<sup>th</sup> 12:30-1:30 p.m.*

Selectman Paul Solomon will be at the Senior Center to meet informally to discuss issues that affect you and your neighbors. *No appointments are necessary.*

**CURRENT EVENTS DISCUSSION GROUP**



*Every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday  
10:30 a.m. – 12 noon*

The COA Current Events Discussion Group meets at the Senior Center to talk informally about local, national, and international events. Both men and women from Belmont and surrounding towns are welcomed. No permanent commitment or membership dues is required.

**BASIC ESTATE PLANNING SEMINAR & LUNCHEON**

With Attorney Dale J. Tamburro  
*Tuesday February 6<sup>th</sup> 1 p.m.*

Attorney Dale Tamburro will visit the Senior Center to discuss all you need to know about basic estate planning, including wills, trusts, health care proxy, power of attorney, guardianship, and much more. Q & A session will follow the seminar. A hot luncheon will be provided for all attendees. RESERVATIONS REQUIRED by **Friday, February 1<sup>st</sup>** (no walk-ins allowed). Please call **617-484-5501** to reserve your space!

**“COPING WITH THE LOSS OF AN ADULT CHILD”**

Hosted by Guest Speaker Dr. Earl A. Grollman

*Thursday February 22<sup>nd</sup> 10:30 a.m.*

Renowned inspirational speaker and author Rabbi Earl A. Grollman returns for a guest visit to the Senior Center to speak on this very important, emotional topic. Author of several books and articles on coping with loss, Dr. Grollman has toured the world over as a lecturer, counseling thousands of people by imparting his wisdom, joy, and zest for living. The Council on Aging is truly honored to welcome Dr. Grollman back to Belmont. Refreshments will be served, so please call **617-484-5501** if you plan on attending this very special event.

**LEARN TO PLAY MAH JONGG!**

*Every Tuesday from 1 to 3 p.m.*



Don't spend the winter days alone! Join in this wonderfully social game of Chinese origin played with tiles similar to those used in dominoes, but engraved with Chinese symbols and characters (a fad in England, the United States, and Australia in the mid-1920s, the game was revived in the United States after 1935). The Senior Center Mah Jongg group always welcomes new players! Come join them every Tuesday and get lessons on how to play this highly interactive game! All are welcome!

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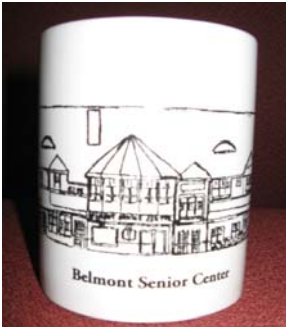
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## FUEL ASSISTANCE REMINDER!

Fuel Assistance can pay part of your home's winter heating bills whether you rent or own your own home. If your heat is included in your rent, you may also qualify. For further information please call COA Volunteer Coordinator **Marie Poore** at **617-484-5501**, ext. **106**, from **8 a.m. to 12 noon Monday – Friday**. Messages may be left at any time. Below are the **2006/2007 income guidelines for Community Teamwork and the Good Neighbor Energy Fund:**

COMMUNITY TEAMWORK		GOOD NEIGHBOR ENERGY FUND	
HOUSEHOLD SIZE	MAXIMUM ANNUAL INCOME	HOUSEHOLD SIZE	ANNUAL INCOME
1	\$19,600	1	\$19,600 to 26,950
2	\$26,400	2	\$26,400 to 36,300
3	\$33,200	3	\$33,200 to 45,650
4	\$40,400	4	\$40,400 to 55,000
5	\$46,800	5	\$46,800 to 64,350
6	\$53,600	6	\$53,600 to 73,700

## SUPPORT THE NEW SENIOR CENTER BY PURCHASING A NEWLY DESIGNED MUG!



Designed by Karla O'Brien, these coffee mugs feature a detailed picture of Belmont's upcoming new Senior Center. Sample mugs can be seen at the Senior Center front office, 23 Oakley Road. Mugs are just \$8 each. All proceeds to benefit the Senior Center. To purchase your mug, contact Karla O'Brien at **617-484-8239**, and thank you for your support!

## PROGRAM FEES

Please note that most of the programs at the Belmont Senior Center require payment of a fee. However, we do not want this to prevent anyone from participation. If you cannot afford the fees, please speak to **Suzanne** or **Nava** at the Senior Center.

## STORM CLOSINGS

During snow emergencies, the COA will close when Belmont public schools are closed. Please listen to television/radio advisories. Unless severe weather prevents it, the COA will handle vital services.

## ONE-ON-ONE PERSONAL FITNESS TRAINING

Come to the Senior Center and work one-on-one with COA fitness instructor **Susan Barbato**. Call Susan directly at **617-924-6894** to schedule a personal fitness session. **Special reduced rate for seniors: \$20 for 30 minutes; \$40 for 1 hour.**

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It's because of the community spirit and generosity of our sponsors that we are able to publish this newsletter for you.



## HEALTH INSURANCE OPEN ENROLLMENT FOR 2007



**JANUARY 1<sup>ST</sup> – MARCH 31<sup>ST</sup>** is Medicare's general enrollment period.

You can enroll now for Parts A and/or B for July 1 coverage if you didn't sign up when you were first eligible. Late penalties may apply. This year, all companies offering Medigap plans (Bankers Life, Blue Cross/Blue Shield, and United Healthcare – AARP) are open for enrollment during January for coverage beginning in February.

**Between January 1<sup>st</sup> & March 31<sup>st</sup>, those with Medicare can join a Medicare Advantage Plan (Medicare HMO, Medicare PPO, or Medicare PFFS) or switch between plans.** However, you cannot add nor drop drug coverage during this period. After **March 31<sup>st</sup>**, your next chance to make a change will be **November 15<sup>th</sup>, 2007**, with coverage beginning on **January 1<sup>st</sup>, 2008**.

If you need help on any aspect of your health insurance, SHINE offers free counseling at the Belmont Council on Aging, or, you can reach a **SHINE** volunteer by phone at **1-800-AGE-INFO (1-800-243-4636)**. Please leave your name and number and a volunteer will call you back as soon as possible. Please be patient. Due to the large volume of calls, you may not hear from a counselor for several days.

**SHINE (Serving the Health Information Needs of Elders)** is coordinated by the Mass. Executive Office of Elder Affairs in partnership with the Needham Council on Aging and other local agencies.

## TOUR GEORGIA & SOUTH CAROLINA

### PLANTATIONS, GARDENS & SOUTHERN HOSPITALITY!

**DEPOSITS OF \$100/pp ARE NOW DUE!** *Registration for this trip is on a first come, first serve basis. A detailed schedule is available at the Council on Aging, 23 Oakley Road.* Experience southern hospitality at its finest—trip highlights include Atlanta, Historic Charleston, Boone Hall Plantation, Beaufort, Savannah, Factors Walk, St. Simons Island, and a fabulous 2-night stay on breathtaking Jekyll Island. Enjoy a total of 8 days of sightseeing that includes 12 meals, 7 breakfasts and 5 dinners. Trip runs April 20-27, 2007. Cost: \$1,699/pp double; \$2,199/pp single; \$1,669/pp triple. Cancellation waiver and trip insurance is available. Make check payable to Collette Vacations.



## FRIDAY AFTERNOON MOVIE!



*Enjoy a movie every Friday at 1 p.m. at the Senior Center!*

Please note that our movie selections are carefully chosen to please a variety of tastes. Complete film descriptions are available at the Senior Center, or call **617-484-5501**. **Donations are gratefully accepted!**

**Jan. 5<sup>th</sup>** **"The Caine Mutiny" (1954)**  
Enjoy one of Humphrey Bogart's last films. A classic, thought-provoking drama!

**Jan. 12<sup>th</sup>** **"Mansfield Park" (1999)**

Jane Austen's novel is brought to life in this highly visual British film set in the early 1800s.

**Jan. 19<sup>th</sup>** **"Stolen" (2005)**

Take a peek into the unsolved mystery of the infamous art heist at Boston's Isabella Stewart Gardiner museum! A well-done, compelling documentary!

**Jan. 26<sup>th</sup>** **"Mrs. Palfrey at the Claremont" (2005)**

Joan Plowright offers a fabulous performance in this stirring British drama based on the best-selling novel of the same name.

## COME SING WITH THE BEL AIRES!

*Every Thursday from 1:30 to 3 p.m.*

Do you enjoy singin' the oldies and the company of other music lovers? If so, then come join The Bel Aires! This singing group is seeking new members (especially male voices!) to "come sing the oldies" every week at the Senior Center. Led by Larry Martin and accompanist Anne Donovan, The Bel Aires perform for audiences in local Senior Centers and nursing homes. A social hour from **3 to 4 p.m.** follows rehearsals. For more information, call Suzanne at **617-484-5501, ext. 103**.