

APRIL 2008

# SENIOR NOTES



Arlington Senior *wellness, learning, & social* Center  
27 Maple Street, Arlington, MA 02476 (behind Town Hall)

Arlington Council on Aging: 781-316-3400

Arlington Seniors' Association: 781-316-3420, 781-316-3421 Drop-in room: 781-316-3426

Minuteman Senior Services "Eating Together" Meal Site & Meals-on-Wheels: 781-316-3423

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SAVE THE DATE:

## HEALTH FAIR at the Senior Center

27 MAPLE STREET (BEHIND TOWN HALL)  
THURSDAY, APRIL 10, 2008: 10 AM TO 2 PM

- \* PNEUMONIA VACCINES
- \* CARDIAC DISEASE
- \* DIABETES

Refreshments

VIAL OF LIFE

- \* EMERGENCY PREPAREDNESS
- \* DEPRESSION

for Adults 18 and over

Door Prizes

### GET READY FOR THE ASA YARD SALE

Now is the time...

To think about all the things in your house or apartment that you don't really need (spring cleaning!); to dispose of some of the things that are no longer meaningful to you; to think about donating to the upcoming **Fifth Annual ASA Indoor Yard Sale to be held at the Senior Center on Saturday,**

**May 17, 9 am - 2 pm.** Donations will be received at the Center through Friday, May 16.

Items must be clean, in working order and **RESALEABLE**. All donations should be brought to the Pool Room during regular Center hours (9:00-3:45) unless special arrangements are made. Do not leave donations without checking in at the reception desk. Remember, all proceeds from the sale will be used for Senior Association classes and activities.



**ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS**

*(Cruise & tour cancellation protection is available)*

• May 18 - May 21: Niagara Falls - one hotel, three nights (Canadian side). Three full breakfasts, three dinners at famous local restaurants, Maid of the Mist, wine-tasting, Imax theater presentation - and more. \$595 (twin), \$580 (triple), \$695 (single).

• To come - June 1 - 8: Mackinac Island, MI; July 16 - 18: Rangeley, Maine; August 20 - 22: Boothbay Harbor; Sept. 14-19: Biltmore Estate and Asheville, NC; Oct. 15 - 18: Lake George and Lake Placid , NY.

More information in coming Newsletters. Detailed flyers are available at the Senior Center.  
*For information, double/triple rates, and reservations, contact Joan Caterino at 781-646-9064.  
Send payments to the Seniors Association.*

**DAY TRIPS**

*(full payment due with reservation)*

• Thursday, April 17: "Swing into Spring" at "Angelica's Ballroom" in Middleton, Ma with remarkable impressionist Mark Verselli and live music for dancing. Lunch choice of Yankee Pot Roast or Boston baked scrod. \$66.

• Sunday, April 20: Tommy Tune & the Manhattan Rhythm Kings, sponsored by the Reagle Players, at Waltham High School. Bus leaves Senior Center at 1 PM. \$45.

• Monday, May 19: Springfield International Tattoo: more than 60 pipers, drummers, Highland dancers at this unique event! Luncheon at the Grand Ballroom, MassMutual Center, Springfield: breast of chicken or baked New England codfish. \$72. THIS ONE WILL SELL OUT QUICKLY!

• Thursday, May 22: "Father Aloysius Misgivings" at Spinelli's in Lynnfield. Anecdotes, jokes and one-liners on growing up Catholic! More laughs than late-night catechism. Live music for dancing. Lunch at noon—Boston baked scrod or boneless breast of chicken. \$66.

*For information and reservations, contact the Seniors Association*

*Make checks payable to Arlington Seniors Association, Inc., 27 Maple St., Arlington MA 02476  
with your name, address, phone number and name of trip included.  
You must enclose a self-addressed stamped envelope.*

NAME..... PHONE.....

ADDRESS.....

**\$20 per person:  
Limited to  
8 participants**

**HOW TO PURCHASE A NEW COMPUTER**

**James Sullivan, Computer Specialist**

**Tuesday, April 22, 2- 4 PM**

Want to buy a new computer? All the tech talk and details got you down? Don't know your hard drive from a CD? Well, kids, this seminar IS FOR YOU!! James is very, very knowledgeable and a great and patient instructor (he set up our computer room). During this two-hour workshop, you'll learn:

- \* do I want a Personal Computer (PC) or a Macintosh?
- \* would I be better off with a desktop or a laptop?
- \* review current ads/sales in the area; find the good sales
- \* price out new computers from websites like Dell and Apple

By the end of this workshop, you'll have a computer quote to take home with you.

**CALL JOAN PIPPIN AT 781-316-3421 TO SIGN UP.**



*For more information, please contact the instructor, Jim Sullivan, at arlingtonseniors1@rcn.com*

**PROTECTING YOUR NEST EGG: A FINANCIAL WORKSHOP for SENIORS****Thursday April 24, 1:30 PM, Senior Center main hall***Julianne Hertel & Phil Shirek, New York Life*

The ins and outs of retirement income and long-term care concerns can be very confusing. In this workshop, a variety of issues will be addressed, including transferring assets to heirs, estate taxes, trusts, the probate process, nursing homes and Medicaid, and uses of life insurance and annuities. Efforts will be made to cover all issues desired by attendees. In addition, Julianne and Phil will be available at the end of the session to answer any specific questions individuals may have. Even though you feel you're knowledgeable and fairly well situated in this area, you might still learn a thing or two. Plan to attend!

**A MESSAGE FROM PROGRAM PARTICIPANTS**

Front: Luise Flavin, Toini Mainiero, Nikola Atanasov, Kristina Atanasov, Andrea Mudd (Divinity Intern).  
Back: John Jope, COA Director

In the January issue of "Senior Notes" we found an offering to join Harvard Divinity School Intern Andrea Mudd and COA Director John Jope in a memoir-writing group.

During those six weeks we discussed spirituality, life issues, faith, belief and doubt; bringing harmony to our mind, body and soul; sharing thoughts, and reflections upon past and future. We spoke about people in our lives, critical turning points, unfulfilled dreams, and our vision for the future. This "work" kept our brains stimulated. As in the World Health Organization's motto is written "Adding years to life, adding health to life, (and of course) adding life to years".

For all of us, it was fascinating to participate in a group with people who have had different backgrounds and lifestyles. This made us feel great! Hearing and discussing the various writings was an enriching experience for all and led to everyone's personal promise to keep on writing further 'Memoirs' for their own enjoyment. Thank you, John, thank you, Andrea. It was an excellent time and we will include this event in our memoirs. *published at the request of Luise, Toini, Kristina, and Nikola*

**YOUR STATE LEGISLATORS ARE WAITING TO HEAR FROM YOU!**

Your State Senator and State Representative are making it very easy for you to access them. **State Senator James Marzilli** is at the Council on Aging, 27 Maple Street, on the **first Friday** of each month from 9 AM to 11 AM.

Our newly-elected **State Representative** for the 23rd Middlesex District, **Sean Garballey**, will be at the Council on Aging the **second Friday** of each month from 9 AM to 11 AM.

They're waiting to hear from you! No appointment is needed ... just drop in at the above times. Bring your thoughts, your questions, discuss your concerns and your ideas in private conversation.

**AARP TAX ASSISTANCE**

Again this year, the AARP tax consultants will be available through the Council on Aging to assist seniors who would like help completing their basic state and federal tax returns, including the Circuit Breaker tax credit. For an appointment, please call the Council on Aging at 781-316-3404.

**Appointments will be scheduled only through mid-April 2008.** AARP volunteers WILL NOT prepare rental property items or business expenses.

**CIRCUIT BREAKER TAX PROGRAM**

***If you meet the following requirements, you may be eligible for a refundable tax credit now, and for the past 3 years, even if you did not file MA state income tax forms:***

1. Taxpayers must be 65 years of age by Dec 31 of the tax year for which they are filing.
2. For 2007, total income for a single taxpayer cannot exceed \$48,000; total income for a married couple, filing jointly, cannot exceed \$72,000. (for 2006, single taxpayer income limit is \$46,000; married \$70,000. For 2005, single taxpayer income limit is \$45,000; married \$67,000. For 2004, single taxpayer income limit is \$44,000; married \$66,000.)
3. The residential property, owned or rented by the taxpayer, must be their principal residence. Subsidized renters are not eligible.
4. The assessed value of the home in 2007 must not be greater than \$772,000. (2006-\$684,000; 2005-\$600,000; 2004-\$441,000).
5. Eligible owners may claim a tax credit equal to the amount by which their property tax payments exceed 10% of their total income up to the maximum allowed. (In addition, 50% of water and sewer fees, if not covered in the property tax bills, can be claimed.)
6. The maximum credit you may receive for tax year 2007 is \$900; for 2006 is \$870; for 2005 is \$840; for 2004 is \$820.

Eligible renters may claim a tax credit in the amount of 25% of their annual rent if the rent exceeds 10% of their total income.

*For more information, call the Mass. Dept of Revenue Customer Service: 1-617-887-6367*

**IRS Will Send Stimulus Payments Automatically Starting in May:  
Eligible Taxpayers Must File a 2007 Tax Return to Receive Rebate**

The Internal Revenue Service has advised taxpayers that in most cases they will not have to do anything extra this year to get the economic stimulus payments beginning in May. "If you are eligible for a payment, all you have to do is file a 2007 tax return and the IRS will do the rest," said Acting IRS Commissioner Linda Stiff.

The law, enacted on February 14, 2008, also allows for payments for select taxpayers who have no tax liability, such as low-income workers or those who receive Social Security benefits or veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans Affairs in 2007. These taxpayers will be eligible to receive a payment of \$300 (\$600 on a joint return) if they had at least \$3,000 of qualifying income. You must file a standard 1040A federal return. It'll show zero tax liability, but you still have to file it.

Stimulus payments will be direct deposited for taxpayers selecting that option when filing their 2007 tax returns. Taxpayers who have already filed with direct deposit won't need to do anything else to receive the stimulus payment. For taxpayers who haven't filed their 2007 returns yet, the IRS reminds them that direct deposit is the fastest way to get both regular refunds and stimulus payments.

*For more information, call Joyce at the Council on Aging (781-316-3404)*

Additional information is available on line at <http://www.irs.gov/newsroom/article/0..id=179094.00.html>.

**HISTORIC LECTURE**

**Tuesday, April 15, 1:00 pm, Arlington Senior Center**

Paul Hogman, from Billerica, Massachusetts, will deliver a lecture on the life of George Washington. He is a member of the Arlington and Billerica Historical Societies, an original member of the Menotomy Minutemen, and serves as their historian. Paul has also been involved with the Arlington 350th Celebrations Committee and the Arlington Parade Committee and has taught Community Education evening classes for several years. Light refreshments will be served.

*Everyone is welcome!*



**"WALK THE RINK" PROGRAM IS POPULAR & FUN!**

**Tuesday, May 6th through Thursday, June 12th**






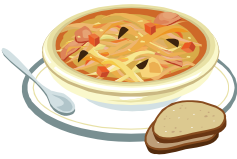
"Walk the Rink" is a twelve-session indoor walking program sponsored by the Arlington Council on Aging. Walks will be held on Tuesdays and Thursdays, 9 AM - 10:30 AM, at the Veterans Memorial Rink, 422 Summer Street in Arlington. During these weeks the ice will be drained, providing a smooth walking surface in a cool building, equipped with a stereo system and perfect for a morning walk!

Why should I come? "Walk the Rink" is a fun social event for members of the Arlington community over the age of 60. Through experienced instructors, you'll also get information on benefits of exercise, walking safety, proper shoes and attire, hydration, flexibility and stretching, nutrition, treatment of injury, strength training, and breathing techniques. Prizes will be given to individuals who meet walking goals. Come and walk with your friends, have fun, and get fit! There is no cost to participants.

Participation is limited by the need to monitor program attendees. Please call the Council on Aging (in the Senior Center, 27 Maple Street) at 781-316-3400 to sign up.

*This program is funded through a generous grant from Lahey Clinic to introduce seniors to new forms of exercise. Those who have not previously participated in this program will be given first option.*

Monday	Tuesday	Wednesday
<p><b>MUSCLE-STRENGTHENING CLASS:</b></p> <p><i>New 8-week session begins Wednesday April 2nd; \$40 per 8-week session. Sign up at the Council on Aging.</i></p>	<p>10:00 "WHAT'S ON YOUR MIND?" <b>1</b></p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>12:30 B/P @ COA</p> <p>1:00 WOMEN'S BILLIARDS, COMPUTER CLUB</p> <p>1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <p>BEEF STEW, PEAS, DICED POTATOES</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>10:15 MUSCLE-STRENGTHENING</p> <p>1:00 BRIDGE, BINGO</p> <p>MEATBALLS/MUSHROOM SAUCE</p>
<p>8:30 <b>PODIATRY CLINIC (\$25, BY APPT.)</b> <b>7</b></p> <p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>12:30 PROGRESSIVE BRIDGE</p> <p>1:00 CRIBBAGE</p>  <p>PORK PATTY PARMESAN/TOMATO SAUCE, BOW TIE PASTA, GREEN BEANS</p>	<p>10:00 "WHAT'S ON YOUR MIND?"</p> <p>10:00 ATTY. NOREEN MURPHY (BY APPT.) <b>8</b></p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>11:00 GRANDPARENT SUPPORT GROUP</p> <p>12:30 <b>NO B/P @ COA TODAY</b></p> <p>1:00 WOMEN'S BILLIARDS; SING-ALONG</p> <p>1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <p>SALISBURY STEAK/JARDINIÈRE GRAVY, MASHED POTATOES</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>10:15 MUSCLE-STRENGTHENING</p> <p>11:30 <b>PEG MIKKOLA, MI</b></p> <p>1:00 BRIDGE, BINGO</p> <p>CHICKEN/SUPREME SAUCE, CALIFORNIA RICE</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>12:30 PROGRESSIVE BRIDGE <b>14</b></p> <p>1:00 CRIBBAGE</p> <p>YANKEE POT ROAST/ONION GRAVY, PEAS, BOILED POTATOES, CARROTS</p>	<p>10:00 "WHAT'S ON YOUR MIND?"</p> <p>10:30 YOGA (\$5.00 DROP-IN) <b>15</b></p> <p>12:30 B/P @ COA</p> <p>1:00 WOMEN'S BILLIARDS</p> <p>1:00 SCRABBLE</p> <p>1:00 <b>HISTORIC LECTURE: SR CTR, MAIN HALL</b></p> <p>1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <p>DICED CHICKEN CACCIATORE/TOMATO SAUCE, PENNE PASTA, ROMAN VEGGIES</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>10:15 MUSCLE-STRENGTHENING</p> <p>1:00 BRIDGE, BINGO</p> <p>TUNA PRIMAVERA</p>
 <p><i>patriots DAY:</i></p> <p><b>SENIOR CENTER CLOSED</b></p> <p><b>21</b></p>	<p>10:00 "WHAT'S ON YOUR MIND?"</p> <p>10:15 CAREGIVER SUPPORT GROUP <b>22</b></p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>12:30 B/P @ COA</p> <p>1:00 WOMEN'S BILLIARDS</p> <p>2:00 <b>"HOW TO BUY A NEW COMPUTER" SEMINAR</b></p> <p><b>SPRING SPECIAL</b></p> <p>BAKED HAM, CHEDDAR MACARONI, FRENCH GREEN BEANS ALMONDINE</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>10:15 MUSCLE-STRENGTHENING</p> <p>1:00 BRIDGE; BINGO</p> <p>ROASTED CHICKEN, MASHERS</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>12:30 PROGRESSIVE BRIDGE <b>28</b></p> <p>1:00 CRIBBAGE</p> <p>ROAST PORK/BROWN GRAVY, BROWN RICE, BROCCOLI</p>	<p>10:00 "WHAT'S ON YOUR MIND?"</p> <p>10:30 YOGA (\$5.00 DROP-IN) <b>29</b></p> <p>12:30 B/P @ COA</p> <p>1:00 WOMEN'S BILLIARDS</p> <p>1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <p>DICED CHICKEN W/PEPPERS &amp; ONIONS, GREEN BEANS</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>10:15 MUSCLE-STRENGTHENING</p> <p>1:00 BRIDGE; BINGO</p> <p>SLOPPY JOES, B</p>

Wednesday	Thursday	Friday
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS: 1 OF 8</p> <p>MUSHROOM GRAVY, ROTINI</p>	<p>9:30 LINE DANCING (\$3.50 <i>DROP-IN</i>) 10:00 SENIOR FORUM; B/P AT FOX 1:00 MOVIE</p> <p>HOT DOG/BUN, BAKED BEANS</p>	<p>9:00 <b>STATE SENATOR JAMES MARZILLI AT THE COUNCIL ON AGING</b> 4 9:00 EXERCISE (\$2.50 <i>DROP-IN</i>) 10:30 BEGINNING ITALIAN ; <i>last class</i> 1:00 BRIDGE (<i>IN A&amp;C I</i>)</p> <p>CHICKEN/LEMON-MUSTARD SAUCE, BROWN RICE</p>
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS: 2 OF 8 MINUTEMAN NUTRITIONIST</p> <p>SOUCE, GARLIC MASHED POTATO, A-BLEND VEGGIES</p>	<p>10:00 SENIOR FORUM 10:00 <b>NO B/P AT FOX TODAY</b> 10 - 2: <b>COUNCIL ON AGING / BOARD OF HEALTH HEALTH FAIR: SENIOR CENTER MAIN HALL</b> 1:30 SHAKESPEARE CLASS*</p> <p>ROAST TURKEY/GRAVY, PEAS</p>	<p>9:00 <b>REPRESENTATIVE SEAN GARBALLEY AT THE COUNCIL ON AGING</b> 11 9:00 FINANCIAL PLANNER, RICK FENTIN (<i>BY APPT.</i>) 9:00 EXERCISE (\$2.50 <i>DROP-IN</i>) 10:30 INTERMEDIATE ITALIAN : 1 OF 5 1:00 BRIDGE (<i>IN A&amp;C 1</i>); BOOK CLUB</p> <p>MEATLOAF/BROWN GRAVY, MASHED POTATOES, CORN</p>
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS: 3 OF 8</p> <p>PASTA, ROTINI, BROCCOLI</p>	<p>9:30 LINE DANCING (\$3.50 <i>DROP-IN</i>) 10:00 SENIOR FORUM; B/P AT FOX 1:00 MOVIE 1:30 SHAKESPEARE CLASS*</p> <p>CHICKEN/PICCATA SAUCE, BROWN RICE, WINTER MIX VEGGIES</p> <p>7:00 <b>COA BOARD MEETING: OPEN TO THE PUBLIC</b></p>	<p>9:00 EXERCISE (\$2.50 <i>DROP-IN</i>) 10:30 INTERMEDIATE ITALIAN: 2 OF 5 1:00 BRIDGE (<i>IN A&amp;C I</i>)</p>  <p>FISH WEDGE, TARTAR SAUCE, SPINACH</p>
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS: 4 OF 8</p> <p>CHICKEN/TARRAGON GRAVY, MASHED POTATOES</p>	<p>9:30 LINE DANCING (\$3.50 <i>DROP-IN</i>) 10:00 SENIOR FORUM; B/P AT FOX 1:30 <b>"PROTECTING YOUR NEST EGG" PRESENTATION</b> 1:30 SHAKESPEARE CLASS*</p> <p>MACARONI &amp; CHEESE, GREEN BEANS, STEWED TOMATOES</p>	<p>9:00 FINANCIAL PLANNER, RICK FENTIN (<i>BY APPT.</i>) 25 9:00 EXERCISE (\$2.50 <i>DROP-IN</i>) 10:30 INTERMEDIATE ITALIAN: 3 OF 5 1:00 BRIDGE (<i>IN A&amp;C I</i>)</p> <p>MEATBALLS/SWEDISH SAUCE, WHIPPED POTATOES</p>
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS: 5 OF 8</p> <p>BROWN RICE, CARROTS</p>	<p><b>30 <u>EAT BETTER...MOVE MORE</u> (your muscles need to be properly fed to work!)</b>  <b>Peg Mikkola, RD</b>, nutrition consultant for Minuteman Senior Services, will be at the Arlington Senior Center meal site on <b>Wednesday, April 9 at 11:30</b> to discuss nutrition needs for your muscles. You need your muscles for strength in your daily activities of living. <i>Keep them strong or improve—it's never too late!</i></p> 	

**COUNCIL ON AGING :****DAY/DATE****TIME****COST****Blood Pressure Clinics:**

at Council on Aging, 27 Maple St.

Tuesdays

12:30-1:45 PM

free

at Fox Community Ctr., 175 Mass Ave.

Thursdays

10:00-11:15 AM

free

**NO blood pressure clinic at the COA on Tuesday, April 8 or at the Fox Center on Thursday, April 10****Podiatry Clinic:\***

Mon. 5/05, 6/02, 7/14

8:30-11:30, *by appt*

\$25

**Financial Planner, Rick Fentin:\***

2nd &amp; 4th Fri ea. month

9-10:30, *by appt*

free

**Grandparent Support Group:**

2nd Tues ea. month (call Lourie at 781-316-3410)

free

**S.H.I.N.E. Counselor:\***

Every Friday

10 AM-noon, *by appt*

free

**State Senator James Marzilli:**

1st Fri ea. month

9-11 AM (drop in)

free

**State Representative Sean Garballey:**

2nd Fri ea. month

9-11 AM (drop in)

free

(\* call 781-316-3400 for appointments)

**SENIORS ASSOCIATION :****DAY/DATE****TIME****COST****Computer Fundamentals/Internet:**

Tuesdays

1:30-3:30

\$40/4 weeks

**What's On Your Mind?:**

Tuesdays

10 AM

free

**Bridge:**

Mon, Wed, Fri

1-3:45 PM

(donation)

**Shakespeare Class\*:**

Thursdays

1:30-3

\$40/6 weeks

**Intermediate Italian\*:**

Fridays (4/11)

10:30 AM

\$40/5 weeks

**Exercise Class:**

Mon, Wed, Fri

9 AM

\$2.50 drop-in

**Line Dancing:**

Thursdays

9:30 AM

\$3.50 drop-in

**Yoga:**

Tuesdays

10:30 AM

\$5.00 drop-in

\* ASA classes may not be held due to low enrollment. Please call Joan Pippin 781-316-3421 prior to the first class meeting.

**A NEW MENTAL HEALTH SUPPORT GROUP IS STARTING: THURSDAYS AT 1:30****Sponsored by the Council on Aging**

A new support group will be forming at the Arlington Senior Center, beginning Thursday April 3 at 1:30, in the downstairs Conference Room (across the hall from the COA). Two consumer facilitators, trained by the Transformation Center, will run weekly meetings for seniors who are coping with a mental health issue such as depression or anxiety. Facilitators will guide the meetings and act as role models to inspire members to grow in their own recovery.

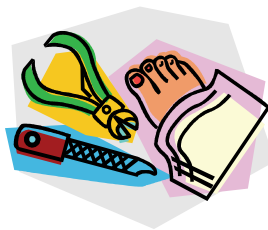
Participants are welcome to discuss topics that are important to them such as stories of their own personal recovery, sharing resources, and developing effective coping skills. This is a free group for those 60 and over. Anyone with a mental health diagnosis is welcome to attend. Participants are encouraged to attend weekly, but are welcome to drop in at any time. Confidentiality is assured.

For further information please contact the Arlington Council on Aging, 27 Maple Street, or call (781) 316-3400.

**PODIATRY CLINIC**

The COA Podiatry Clinic is usually held on the first Monday of each month.

Appointments are needed...we can schedule your time by phone as well as in person. The cost is \$25; no insurances are accepted. Appointment times begin at 8:30 and end at 11:30.



COA vans are available to bring clients in for Podiatry Clinic for \$1 each way. Please call the COA at 781-316-3400 a business day in advance to arrange a ride.

**SING-ALONG AND TALENT SHOW,**  
**with Anne Donovan and Larry Martin**  
**Tuesday, April 8, 2008 at 1:00 pm**

Anne and Larry invite you to spend some enjoyable moments listening or singing, songs that you've heard before, but never grow tired of hearing again.

**BOOK CLUB NOTES**

The ASA Book Club will meet on Friday, April 11 at 1:00 pm. The group will be reviewing "Digging in America" by Anne Tyler. Two families meet by chance at the Baltimore airport. Each couple is awaiting the arrival of an adopted daughter from Korea. The couples plan an "arrival party", an event that is repeated every year as the two families become more deeply intertwined.



**GRANDPARENT SUPPORT GROUP:**  
**the 2<sup>ND</sup> TUESDAY of EACH MONTH**

This support group is for grandparents who are active in raising their grandchildren. It meets the second Tuesday of each month. For further information, call Lourie August, COA Social Worker, at 781-316-3410.

*This group is supported in part by a Title III Grant  
 through Minuteman Senior Services.*

**APRIL IS FOOT CARE AWARENESS MONTH:**  
**TOP TEN FOOT HEALTH TIPS**

Diseases, disorders and disabilities of the foot or ankle affect the quality of life and mobility of millions of Americans. However, the general public and even many physicians are unaware of the important relationship between foot health and overall health and well-being. With this in mind, the American Podiatric Medical Association (APMA) would like to share a few tips to help keep feet healthy.

1. Don't ignore foot pain—it's not normal. If the pain persists, see a podiatric physician.
2. Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.
3. Wash your feet regularly, especially between the toes, and be sure to dry them completely.
4. Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation or heart problems should not treat their own feet because they are more prone to infection.
5. Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
6. Select and wear the right shoe for the activity that you are engaged in (i.e. running shoes for running).
7. Alternate shoes—don't wear the same pair of shoes every day.
8. Avoid walking barefooted—your feet will be more prone to injury and infection. At the beach or when wearing sandals always use sunblock on your feet as well as the rest of your body.
9. Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.
10. If you are a person with diabetes it is vital that you see a podiatric physician at least once a year for a check-up.

Your podiatric physician/surgeon has been trained specifically and extensively in the diagnosis and treatment of all manners of foot conditions. This training encompasses all of the intricately related systems and structures of the foot and lower leg including neurological, circulatory, skin, and the musculoskeletal system, which includes bones, joints, ligaments, tendons, muscles, and nerves.

*Pat Falwell, CDA Nurse*



**DO YOU HAVE THE "VIAL OF LIFE"?**

In an emergency, time is crucial. The Vial of Life kit enables Arlington Emergency Responders to quickly locate helpful information regarding your medical history kept in your refrigerator and wallet, and to initiate appropriate emergency actions. Be prepared and let the Vial of Life speak for you when you can't speak for yourself!



Come to the Board of Health / Council on Aging at the Senior Center and pick up your own personal **Vial of Life Kit** complete with pill bottle, magnet, label and instructions. Bring your current medications, emergency contacts, and health insurance information with you if you would like trained personnel to help you complete the form. The kit is available to any resident regardless of age.

This program is generously supported by the Mystic Valley Masonic Lodge and sponsored by Arlington Health and Human Services, and Arlington Fire Services. If you have any questions, call the Council on Aging at 781-316-3400.

**DIAL-A-RIDE TAXI PROGRAM: RIDE ANYWHERE IN ARLINGTON**

If you are an Arlington resident who is 60 years of age and retired, or has a verifiable disability, and are of low to moderate income, you are eligible for the COA's Dial-A-Ride subsidized taxi program.

The cost of a one-way ticket is \$3.00 and is good for a ride anywhere in Arlington, seven days a week. 2008 membership cards are available at the Council on Aging for \$2.00. Call 781-316-3406 to apply, or for more information.

**1 PM MOVIES**

**Thursday, April 3:** "THE LION IN WINTER" Katherine Hepburn and Peter O'Toole

*Behind the great stone walls of an English castle, the world's most powerful empire is in crisis. Three sons struggle to win their father's favor as well as his kingdom. King Henry II and his queen, Eleanor, engage in a battle of royal wits, while the King of France takes advantage of the internal strife to destroy their kingdom.*

**Thursday, April 17:** "NO RESERVATIONS" Katherine Zeta-Jones and Aaron Eckhart

*The story of Kate, a master chef, who hires an opera-loving sous chef to assist in her restaurant kitchen. A warm-hearted and funny tale of romance on the menu.*

*Thanks to Video Horizons and to the COA's Leo W. Fanning Memorial Collection for the movies we show. Ice cream courtesy of Kay Mitchell.*



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### **THE LINKS PROGRAM**

The LINKS Program (*Linking Neighborhood Kids with Seniors*) will match seniors who need help with yard cleanup with Middle School students living in their neighborhood. Students are paid according to the job. Due to the age of the students, they do not use power tools.

Seniors requesting LINKS services should call Joyce at the COA: 781-316-3404. It takes two to three days between the time you make your request and the time of the student assignment.



The ASA Valentine's Day party was held on February 16, and Russ and Fred supplied the entertainment. Thanks to the volunteers for doing a great job!

*Photo: the ASA Social Events Committee:  
June Mackey, Peg Pelligrino, Joe LoPresti,  
Lillian Braudis, Mary Bond, Christine Green.*

### **DRAMA CLASS READING**

The ASA Drama Class will resume on Thursday April 10. Instructor Noel McCoy will lead a group in reading two versions of Cleopatra, Queen of the Nile—Shakespeare's "*Antony & Cleopatra*" and Shaw's "*Caesar & Cleopatra*".

This is one of the most popular and long-standing classes at the Center. The group reads not only the classics, but American drama and comedy as well. The cost of the six-week class is \$40.

*Come and join the fun!*

### **REMINDER!**

Our Computer Room is open and available to the public from

10 – 12 pm, from Monday to Friday. No charge!



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THE PREFERRED MEDIUM FOR SUBMISSIONS IS EMAIL to [JJCOPE@TOWN.ARLINGTON.MA.US](mailto:JJCOPE@TOWN.ARLINGTON.MA.US).