



A monthly newsletter for our seniors, their families, friends, and supporters

FEBRUARY 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 Coordinator: 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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WHAT SERVICES AND PROGRAMS DOES THE SENIOR CENTER OFFER?

Many are confused in regard to "who does what" at the Arlington Senior Center. What's upstairs? What's downstairs? So just to clear things up a bit, there are three organizations that share the Senior Center space at 27 Maple Street. Each provides its own variety of services and programs. Together, they 'round out' senior services in Arlington:

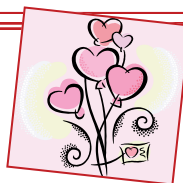


THE COUNCIL ON AGING (COA) (a municipal agency): provides advocacy and support services, such as assistance with many senior issues including home care, housing and government programs, blood pressure, podiatry, flu and pneumonia clinics, dental screenings, social work evaluations & case management, health insurance counseling, caregiver support, transportation (taxi, van, medical escort) services, friendly visitors, educational presentations, the Reverse 911 Guardian Program, legal and financial consultation, and much more: (781) 316-3400;

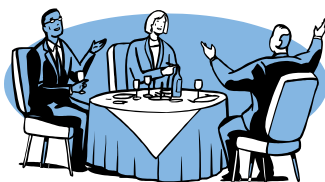
ARLINGTON SENIORS' ASSOCIATION (ASA) (a private nonprofit): offers a full social and recreational activities calendar each month, such as exercise, tai chi, bridge, language classes, bingo, sing-alongs, parties, line dancing, day and overnight trips, billiards, computer classes, and ASA membership: (781) 316-3420;

MINUTEMAN SENIOR SERVICES "EATING TOGETHER" MEAL SITE (a private nonprofit): offers hot nutritional lunches on-site for a \$2.00 donation, and a home-delivered 'Meals on Wheels' program : (781) 316-3423.

(continued On p. 5)




ASA VALENTINE PARTY SATURDAY, FEBRUARY 16, 1 - 4 PM



 **MUSIC AND DANCING**
With **RUSS VARNEY**
 **LUNCHEON, DESSERTS, BEVERAGES**



 **TICKETS (\$6.00) CAN BE PURCHASED AT
THE ARLINGTON SENIOR CENTER, 27 MAPLE STREET, ARLINGTON
or call 781-316-3421**

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; Oct. 15 - 18: Lake George and Lake Placid, NY; and more.

More information in coming Newsletters. Detailed flyers are available at the Senior Center.

For information, double/triple rates, and reservations, contact the Seniors Association at 781-316-3420.

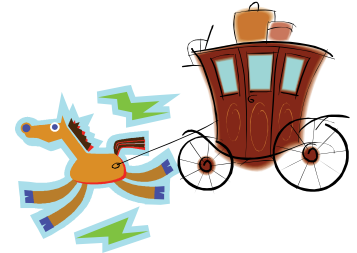
Send payments to the Seniors Association.

Bus pick up will be at St. Camillus Church on Route 2. Parking available at \$5 per day.

DAY TRIPS

(full payment due with reservation)

- Thursday, Feb. 14: Valentine's Day at Spinelli's in Lynnfield (formerly the Town Line House). Romance with the father and daughter singing duo of Tony and Marie. Live music for dancing. Lunch choice of Yankee Pot Roast or Boston baked scrod. \$66.
- Thursday, March 13: St. Patrick! See Dublin's traditional cabaret at the Venus de Milo, Swansea. Ma Comedian Noel Ginnity, singer Paul Hennessey, one of the original "Irish Tenors", traditional Irish dancing. Lunch choice of corned beef and cabbage or baked haddock and all the trimmings. \$66.
- Thursday, April 17: "Swing into Spring" at "Angelica's Ballroom" in Middleton, Ma with stunning impressionist Mark Verselli and live music for dancing. Lunch choice of Yankee Pot Roast or Boston baked scrod. \$66.
- Friday, May 23: "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 at 781-316-3420, or call Joan Caterino at 781-646-9064.

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.....

TRIP..... MENU CHOICE (if indicated)

WANT TO LEARN ITALIAN?

NEW ITALIAN CLASS, FRIDAY, MARCH 7, 9-10 AM

Irena Rasin, our Italian teacher here at the Senior Center, holds an M.A. in Italian and is an instructor of Italian through Arlington Community Education. She states "I'm looking forward to getting started! In my teaching, I've used a variety of instructional strategies in order to provide a forum and a welcome learning atmosphere." Cost will be \$40 for five weeks.

Come join us, keep that brain working, and embark on a new adventure!



“THE ABC’S OF DIABETES”: Arlington Visiting Nurse & Community Health**Thursday February 14, 1:30 PM**

There are 20.8 million people in the U. S., or 7% of the population who have diabetes. While an estimated 14.6 million have been diagnosed as having diabetes, 2 million people (or nearly one-third) are unaware that they have the disease. “The ABCs of Diabetes” is a presentation that outlines contributing factors, indicators, and preventative tips for those afflicted with this chronic disease. While it’s possible to prevent diabetes, the disease can be treated. Most individuals can manage the disease by eating a healthy balanced diet, and ensuring adequate levels of daily exercise. It is crucial for those who have, or are at risk of developing, diabetes. As with all diseases, being aware of the cause and symptoms of diabetes is a crucial step in combating it.

We’re looking forward to seeing all of you again during the coming year!

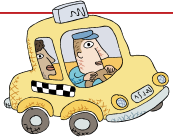
“GO DIRECT” WITH YOUR SOCIAL SECURITY CHECKS**Allie Thompson, “Go Direct”; Thursday, February 28, 1:00 PM, Senior Center main hall**

Go Direct is a national campaign designed to motivate more Americans to select direct deposit for their Social Security, Supplemental Security Income (SSI), and other federal benefit payments. The U.S. Department of the Treasury and the Federal Reserve Banks are sponsoring the campaign.

The campaign reaches out to people through organizations and people they know and trust -- such as financial institutions and community-based groups -- to inform them about the benefits of direct deposit, and help them sign up for it.

With direct deposit, your money goes straight into your account at the same time each month, thus giving you more control over your money. It eliminates the risk of stolen checks and forgeries and helps protect you from identity theft.

Direct deposit also provides immediate access to your money from virtually anywhere.

**DIAL-A-RIDE TAXI PROGRAM****THE 2008 DIAL-A-RIDE MEMBERSHIP CARDS ARE AVAILABLE**

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 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. You can still use any 2007 (green) ride coupons thru March 2008 as long as you have the new 2008 membership card. 2008 membership cards are available at the Council on Aging for \$2.00. Call 781-316-3406 for more information.

WISHES FOR THE NEW YEAR

Several years ago, someone (author unknown) composed the following list of wishes for the new year:

May your hair, your teeth, your facelift, your abs, and your stocks not fall; and may your blood pressure, your triglycerides, your cholesterol, your white blood count, and your mortgage interest not rise.

May you get a clean bill of health from your dentist, your cardiologist, your gastroenterologist, your urologist, your proctologist, your podiatrist, your psychiatrist, your plumber, and the IRS.

May you find a way to travel from anywhere to anywhere during rush hour in less than an hour, and when you get there may you find a parking space.

May December 31st have found you seated around the dinner table, together with your beloved family and cherished friends, ushering in the New Year ahead. You will have found the food better, the environment quieter, the cost much cheaper, and the pleasure much more fulfilling than anything else you might ordinarily have done that night.

May what you see in the mirror delight you, and what others see in you delight them.

May you have the strength to go through a year of presidential campaigning, and may some of

the promises made be kept. May you believe at least half of what the candidates propose, and may those elected fulfill at least half of what they promise, and the miracle of reducing taxes and balancing budgets happen.

May the telemarketers wait to make their sales calls until you finish dinner, may your check-book and your budget balance, and may they include generous amounts for your church and charities.

May you remember to say "I love you" at least once a day to your spouse, your child, and your parent(s). You can say it to your secretary, your nurse, your butcher, your photographer, your masseuse, your seamstress, your hairdresser or your tennis instructor, but not with a "twinkle" in your eye.

May we live in a world at peace with the awareness of the beauty in every sunset, every flower's unfolding petals, every baby's smile, and every wonderful, astonishing, miraculous beat of our hearts.

May you be blessed with happiness, great health, peace, and much love during the next year and all those that follow.



DIVINITY INTERN AT THE COA

Harvard Divinity School Intern Andrea Mudd is available to meet individually with seniors who wish to discuss life issues, reflect upon past and future, or converse about spiritual concerns. Sessions are private and confidentiality is assured. Phone the COA at 781-316-3400 to make an appointment.



ASA SURVEY

Here are some of the results (number of responses per activity) taken at the ASA Annual Meeting in October:

Enrichment: 18 - computer and internet classes, 5 - foreign languages

Cooking: 8 - cooking classes

Social: 14 - Dine around club, 13 - attending museums and symphony

Home Decorating: 11 - Fix it center

Recreation: 9 - walking Arts: 8 -Knitting, quilting, etc., 8 -chorale group

FUEL ASSISTANCE IS AVAILABLE

The Community Teamworks' Fuel Assistance Program has been moved out of the Town Hall Veterans Office, and is now located in the Weatherization & Rehabilitation Program offices on the second floor of the Arlington Multipurpose Senior Center, 27 Maple Street (*behind Town Hall*). The Arlington office serves people living in Arlington, Belmont, Lexington, Waltham, and Watertown.

Fuel Assistance can help with heating cost including gas, oil, electricity, kerosene, wood or a percentage of your monthly rent if your heat is included. To schedule an appointment or to find out about Community Teamwork's Energy Programs, call their Arlington Office at 781-643-2358.

(Senior Center, from p. 1)

It's true that parking space here is at a premium. There are just 13 off-street spaces at 27 Maple Street dedicated to our Senior Center organizations, two of which are for handicapped parking. They're often full, particularly if something popular is being offered that day, such as exercise, a party, bingo, a health fair, a special lunch, a health & wellness presentation, or the monthly podiatry clinic.



However, those wishing to participate in Senior Center programs don't necessarily have to drive. We're only a short block from the bus stop on Mass Ave. (we're directly behind Town Hall), or folks can call the Council on Aging Transportation Program at 781-316-3400. Give us 24 hours' notice and we can schedule rides for you at reasonable cost.

Give us a call with any questions or concerns. We'll do our level best to help you out!

View our monthly newsletter "SENIOR NOTES" online at www.town.arlington.ma.us

THE YEAR 1905

Just for fun, here are some of the U.S. statistics for the year 1905:



The average life expectancy in the U.S. was 47 years.

Only 13 Percent of the homes in the U.S. had a bathtub.

Only 8 percent of the homes had a telephone.

A three-minute call from Denver to NYC cost eleven dollars.

The maximum speed limit in most cities was 10 mph.

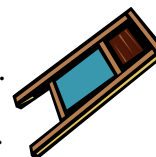
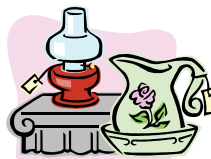
The tallest structure in the world was the Eiffel Tower.

The average wage in the U.S. was 22 cents per hour.

The average U.S. worker made between \$200 and \$400 per year.

Sugar cost 4 cents a pound. Eggs were 14 cents a dozen and coffee was 15 cents a pound.

Most women only washed their hair once a month, and used borax or egg yolks for shampoo.



Monday

Tuesday

Wednesday

For a lunch reservation,
phone **the day before**:
Arlington Senior Center: 781-316-3423;
Arlington Heights: 781-648-7500
(\$2.00 donation requested)

EAT BETTER...MOVE MORE (*your muscles need to be properly fed to work!*) **Peg Mikkola, RD**, nutrition consultant for Minuteman Senior Services, will be at the Arlington Senior Center meal site on **Wednesday, Feb.13th at 11:30** to discuss nutrition needs for your muscles. You need your muscles for strength in your daily activities of living. *Keep them strong or improve—it's never too late!*

8:30 PODIATRY CLINIC (\$25, BY APPT.) 4
9:00 EXERCISE (\$2.50 DROP-IN)
1:00 PROGRESSIVE BRIDGE
1:00 CRIBBAGE



CHICKEN STRIP CACCIATORE,
PENNE PASTA

10:00 "WHAT'S ON YOUR MIND?" **5**
10:30 YOGA (\$5.00 DROP-IN)
12:30 **NO B/P @ COA TODAY**
1:00 WOMEN'S BILLIARDS, COMPUTER CLUB
1:30 COMPUTER FUNDAMENTALS/INTERNET

SALISBURY STEAK/JARDINIERE GRAVY,
MASHED POTATOES

9:00 EXERCISE (\$2.50)
10:00 INFORMAL KNITTING
10:15 **NO MUSCLE-STRENGTH**
1:00 BRIDGE
1:00 BINGO

BAKED FISH/SUPPER

9:00 EXERCISE (\$2.50 DROP-IN) **11**
1:00 PROGRESSIVE BRIDGE
1:00 CRIBBAGE
3:00 **COA BOARD MEETING**
OPEN TO THE PUBLIC: COA CONFERENCE ROOM

SHEPHERD'S PIE, MASHED POTATOES, CARROTS

10:00 "WHAT'S ON YOUR MIND?" **12**
10:00 ATTY. NOREEN MURPHY (BY APPT.)
10:30 YOGA (\$5.00 DROP-IN)
11:00 GRANDPARENT SUPPORT GROUP
12:30 B/P @ COA
1:00 WOMEN'S BILLIARDS; SING-ALONG
1:30 COMPUTER FUNDAMENTALS / INTERNET

MEATBALLS/SWEET & SOUR SAUCE, BROWN RICE

9:00 EXERCISE (\$2.50)
10:00 INFORMAL KNITTING
10:15 MUSCLE-STRENGTH
11:30: PEG MIKKOLA, RD
1:00 BRIDGE
1:00 BINGO

ROASTED CHICKEN
SWEET POTATOES



**PRESIDENT'S DAY:
SENIOR CENTER
CLOSED**

Lincoln

10:00 "WHAT'S ON YOUR MIND?" **19**
10:30 YOGA (\$5.00 DROP-IN)
12:30 B/P @ COA
1:00 WOMEN'S BILLIARDS
1:00 SCRABBLE

STUFFED CABBAGE/TOMATO SAUCE, CORN

9:00 EXERCISE (\$2.50)
10:00 INFORMAL KNITTING
10:15 MUSCLE-STRENGTH
1:00 BRIDGE
1:00 BINGO

CHICKEN STRIP STEAK
BROWN RICE

9:00 EXERCISE (\$2.50 DROP-IN) **25**
1:00 PROGRESSIVE BRIDGE
1:00 CRIBBAGE

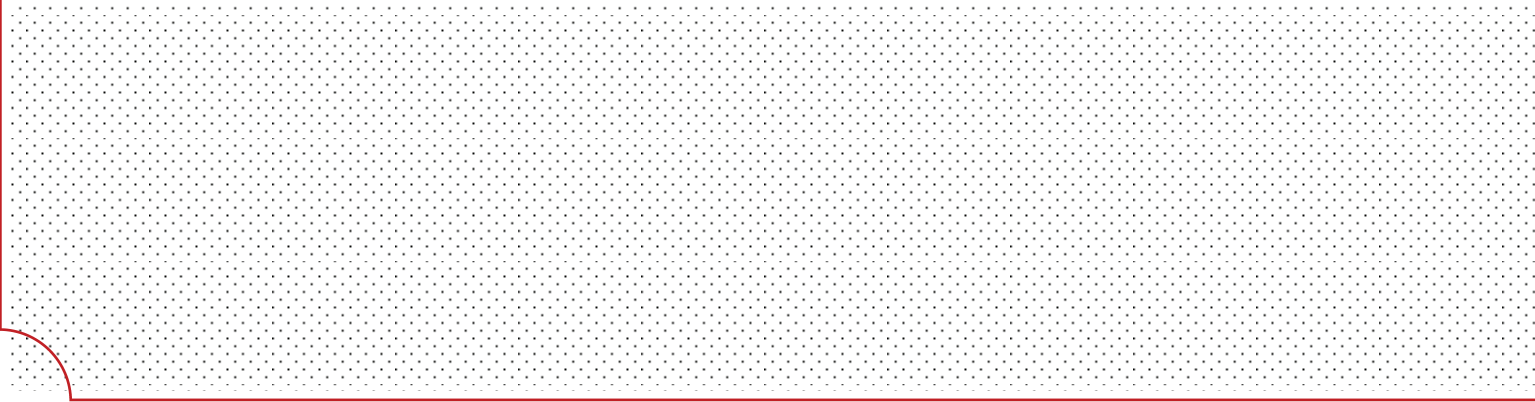
BAKED HAM/PINEAPPLE RAISIN SAUCE,
SWEET POTATOES

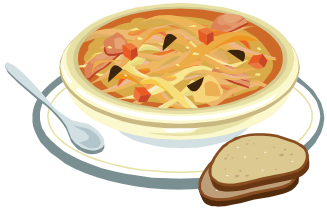
10:00 "WHAT'S ON YOUR MIND?" **26**
10:15 CAREGIVER SUPPORT GROUP
10:30 YOGA (\$5.00 DROP-IN)
12:30 B/P @ COA
1:00 WOMEN'S BILLIARDS

CHICKEN/MARSALA SAUCE, BOILED RED
BLISS POTATO, ITALIAN GREEN BEANS

9:00 EXERCISE (\$2.50)
10:00 INFORMAL KNITTING
10:15 MUSCLE-STRENGTH
1:00 BRIDGE
1:00 BINGO

BEEF RIB/BBQ SAUCE
MASHED POTATOES



Wednesday	Thursday	Friday
	<p style="text-align: center;">* Classes may not be held due to low enrollment. Please call Joan Pippin 781-316-3421 prior to the first class meeting.</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 1 9:00 STATE SENATOR MARZILLI @ COA 12:30 TAI CHI @ FOX (2 OF 8) 1:00 BRIDGE (IN A&C I) 2:00 TAI CHI@ SENIOR CENTER</p> <p style="text-align: center;">MEATBALLS/TOMATO SAUCE, GENOA BLEND VEGGIES</p>
<p>(DROP-IN) 6 STRENGTHENING CLASS TODAY</p> <p>MEAT SAUCE, BROWN RICE</p>	<p>9:30 LINE DANCING (3.50 DROP-IN) 7 10:00 SENIOR FORUM; B/P AT FOX 11:00 PILATES (5 OF 8) 1:00 MOVIE 1:30 SHAKESPEARE CLASS</p> <p style="text-align: center;">CHICKEN/LEMON DILL SAUCE, MASHED POTATOES</p>	<p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 8 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 TAI CHI @ FOX (3 OF 8) 1:00 BRIDGE (IN A&C I) 1:00 TRIVIAL PURSUIT (DROP-IN ROOM) 2:00 TAI CHI@ SENIOR CENTER</p> <p style="text-align: center;">BROCCOLI BAKE, STEWED TOMATOES</p>
<p>(DROP-IN) 13 STRENGTHENING CLASS NUTRITIONIST</p> <p>CHICKEN/TARRAGON GRAVY, MASHED POTATOES</p>	<p>9:30 LINE DANCING (3.50 DROP-IN) 14 10:00 SENIOR FORUM; B/P AT FOX 11:00 PILATES (6 OF 8) 1:30 SHAKESPEARE CLASS 1:30 "THE ABC'S OF DIABETES" PRESENTATION</p> <p style="text-align: center;">SALMON BOAT, RICE PILAF, BRUSSELS SPROUTS</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 15 1:00 BRIDGE (IN A&C I) 12:30 TAI CHI @ FOX (4 OF 8) 1:00 BOOK CLUB 2:00 TAI CHI@ SENIOR CENTER</p> <p style="text-align: center;">STUFFED SHELLS/TOMATO SAUCE, ITALIAN STYLE GREEN BEANS</p>
<p>(DROP-IN) 20 STRENGTHENING CLASS</p> <p>CHICKEN/TARRAGON GRAVY, MASHED POTATOES</p>	<p>9:30 LINE DANCING (3.50 DROP-IN) 21 10:00 SENIOR FORUM; B/P AT FOX 11:00 PILATES (7 OF 8) 1:00 MOVIE 1:30 SHAKESPEARE CLASS*</p> <p style="text-align: center;">MEATBALLS/TOMATO SAUCE, PENNE PASTA</p>	<p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 22 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 TAI CHI @ FOX (5 OF 8) 1:00 BRIDGE (IN A&C I) 2:00 TAI CHI@ SENIOR CENTER</p> <p style="text-align: center;">FISH WEDGE, DICED DILLED POTATOES, JARDINIÈRE STYLE BLEND</p>
<p>(DROP-IN) 27 STRENGTHENING CLASS</p> <p>CHICKEN/TARRAGON GRAVY, MASHED POTATOES</p>	<p>9:30 LINE DANCING (3.50 DROP-IN) 28 10:00 SENIOR FORUM; B/P AT FOX 11:00 PILATES (8 OF 8) 1:00 "GO DIRECT" PRESENTATION 1:30 SHAKESPEARE CLASS*</p> <p style="text-align: center;">CHICKEN A LA KING, BOW TIE PASTA, GENOA STYLE BLEND</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 29 12:30 TAI CHI @ FOX (6 OF 8) 1:00 BRIDGE (IN A&C I) 2:00 TAI CHI@ SENIOR CENTER</p> <p style="text-align: center;">CHEESE LASAGNA/TOMATO SAUCE, BROCCOLI, CORN</p>

<u>COUNCIL ON AGING :</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Blood Pressure Clinics:</u> at Council on Aging, 27 Maple St.	Tuesdays	12:30-1:45 PM	free
NO blood pressure clinic on Tuesday, February 4			
at Fox Community Ctr., 175 Mass Ave.	Thursdays	10:00-11:15 AM	free
<u>Podiatry Clinic:*</u>	Mon. 3/03, 4/07, 5/06	8:30-11:30, <i>by appt</i>	\$25
<u>Financial Planner, Rick Fentin:*</u>	2nd & 4th Fri ea. month	9-10:30, <i>by appt</i>	free
<u>Grandparent Support Group:</u>	2nd Tues ea. month (call Lourie at 781-316-3410)		free
<u>State Senator James Marzilli:</u>	1st Fri ea. month	9-11 AM (drop in)	free
<u>S.H.I.N.E. Counselor:*</u>	Every Friday	10 AM-noon, <i>by appt</i>	free

(* call 781-316-3400 for appointments)

<u>SENIORS ASSOCIATION :</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Computer Fundamentals/Internet:</u>	Tuesdays (<i>starts 2/12</i>)	1:30-3:30	\$40/4 weeks
<u>What's On Your Mind?:</u>	Tuesdays	10 AM	free
<u>Computer Club:</u>	1st Tuesday	1 PM	free
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Shakespeare Class*:</u>	Thursdays	1:30-3	\$40/6 weeks
<u>Exercise Class:</u>	Mon, Wed, Fri	9 AM	\$2.50 drop-in
<u>Line Dancing:</u>	Thursdays	9:30 AM	\$3.50 drop-in
<u>Yoga:</u>	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.

Eventually you will reach a point when you stop lying about your age

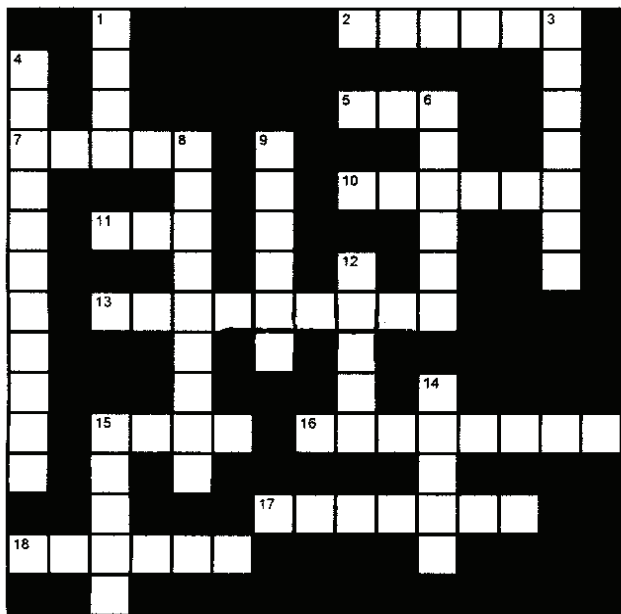


Did you miss the Part D Open Enrollment?

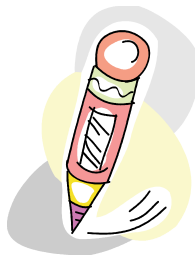
Enrollment for the Medicare Part D prescription drug plans ended December 31, 2007. Fortunately, Massachusetts residents can still join a Medicare Part D plan by enrolling in Prescription Advantage, the state's pharmacy assistance program. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November.

If you are concerned about added cost, you will be happy to know that there is no charge for Prescription Advantage for members with an annual income less than \$30,630 for a single person and \$41,070 for a married couple. And, depending on your income and the Medicare prescription drug plan you choose, Prescription Advantage may help pay all or part of your Medicare prescription drug plan's monthly premium, deductible and drug co-payments.

There is no reason not to have coverage for your prescription drugs. Call Prescription Advantage today for an application form. You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.



**SENIOR
CENTER**



PUZZLER

Across

- 2 dark Thursday activity
- 5 COA chair
- 7 snowshoveling program
- 10 a favorite sr ctr exercise
- 11 ASA president
- 13 COA's taxi program
- 15 popular sr ctr dance style
- 16 get a "foot up" in this clinic
- 17 a new exercise offering this year
- 18 "wellness, learning, and (.....) center"

Down

- 1 friendly mealsite manager
- 3 language lessons at the sr ctr
- 4 springtime exercise program
- 6 you can play, but not cross, this one
- 8 monthly lung exercise
- 9 gets you around
- 12 popular Wednesday activity
- 14 minimum age of a "senior"
- 15 sr ctr noontime activity

(answers on page 11)

Can we hear about your experience ?

Willing to share your experience dealing with a mental health issue? As part of a school project to evaluate the services offered, their effectiveness, and possible recommendations for the future, Elyse Sears, social work intern at the Council on Aging would like to hear about your experience with mental health services in the Arlington area.

To set up a time to speak either in person or over the phone please contact Elyse at the Council on Aging at (781)-316-3400 with your name and phone number.

RECIPE FOR A HEALTHY HEART

Preparation Time: Depends on You
Level of Difficulty: Easy to Moderate

Ingredients:

1 ounce of prevention
1 or more motivated individuals
healthy weight (remove large amounts of fat)
well-balanced nutrition
4-6 servings of exercise per week
blood pressure management
less than 200mg cholesterol/day
controlled blood sugar (glucose), if diabetic
a pinch of stress management
moderate alcohol consumption
no tobacco

*Pat Falwell,
COA Nurse*



Instructions:



Discuss with your primary care physician your risk factors for heart disease. Some risk factors such as family history cannot be changed, but many others such as tobacco use, obesity, high cholesterol can be controlled.

Nutrition and exercise are a great combination to maintain a healthy weight and reduce heart disease risk. Strive to exercise 4-6 times a week for 30 minutes. Walking is one of the best exercises you can do.

If you have been diagnosed with high blood pressure, high cholesterol, or diabetes your PCP may also prescribe a medicine in conjunction with a nutrition and exercise program.

Stress, anger, and pessimism have been noted to have a relationship with heart disease. Healthy ways to reduce stress include exercise, supportive relationships, adequate sleep, relaxation techniques, and regular well-balanced meals.

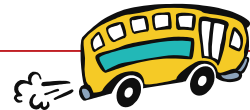
Finally, for best "recipe" results, limit alcohol intake to one drink a day, and don't use tobacco which constricts and damages blood vessels.

This information was provided by the Naval Medical Clinic Pearl Harbor. For more information you can contact the American Heart Association toll free at 1-800-242-8721.

LIVING ALONE GROUP begins March 28

This is a five-week group that offers mutual support and practical information for older men and women who are living alone; it will begin on Friday, March 28. Participants will have an opportunity to discuss issues and experiences with others and learn practical techniques on living alone. Topics will include emotional stress, managing food, personal safety, money matters, and other topics of interest.

The group will be held on Friday mornings from March 28 to April 25, from 10:15 to 11:30 a.m. Call Social Worker Lourie August or Social Work Intern Elyse Sears at (781)316-3400 to register for the group.



NEED A RIDE TO THE SENIOR CENTER???

The Council on Aging vans are available! We'll pick you up at your home, Monday through Friday, bring you to the Senior Center for its programs and offerings, then return you to your home later in the day. Cost is only \$1.00 each way. Ride coupons can be purchased at the COA.

We can accommodate handicapped riders with the van's wheelchair lift. Please call the Council on Aging at 781-316-3414 a day in advance to schedule a ride.

**GRANDPARENT SUPPORT GROUP:
the 2ND 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.

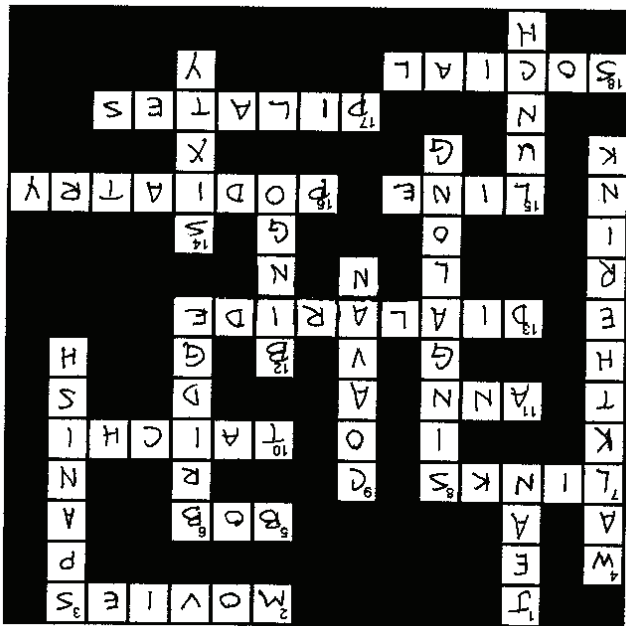
This group is supported in part by a Title III Grant through Minuteman Senior Services.

ANOTHER COMMUNITY "THANKS"...

The Council on Aging extends a sincere "thank you" to Home Instead Senior Care for their special assistance and support for Arlington's seniors at Christmastime. Their offerings, unsolicited, made the holidays a great deal better for those whom you reached out and touched.



HOW DID YOU DO?



(from page 9)

**REAL ESTATE TAX ABATEMENTS
FOR SENIORS 65 AND OLDER**

Tax abatements of up to \$1000 are available depending upon specific financial qualifications. To see if you qualify, call Joyce Killingsworth at the Council on Aging, 781-316-3404. Half-hour appointments to file for an abatement are available on Tuesdays, from 9 to 10:30, through March 15, 2008 at the COA.

**TO APPLY FOR TAX ABATEMENTS,
KEEP IN MIND:**

- Applicants must be over 65 years of age as of July 1, 2007.
- New applicants must bring proof of age.
- If a house is in trust, a copy of the trust must be provided.
- COA will also assist widows and blind persons.
- VETERANS should apply through Bill McCarthy, Director of Veteran's Services at Town Hall, 781-316-3166.

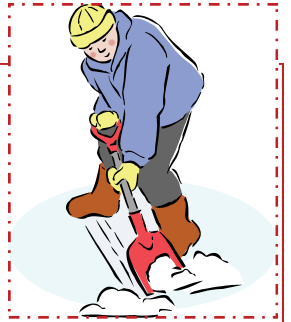


the back page

THE LINKS PROGRAM

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

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.



1 PM MOVIES

Thursday, February 7th: *"The Nanny Diaries"* (Scarlette Johansson, Laura Linney)

The story of a young woman who goes to New York in search of a dream job and ends up being a nanny to a young boy whose rich parents are too busy to raise him.

Thursday, February 21st: *"Daddy Long Legs"* (Fred Astaire and Leslie Caron)

The story of a millionaire who, on a business trip to Paris, observes and is charmed by a young girl who is being raised in an orphanage.

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.

Just before Christmas, we received a number of holiday placemats, handmade by the students in Mrs. Brubaker's class at the Bishop School. "Holiday colorful" with fancy ribbons and velvet cross-threaded through construction-paper bases, they were distributed to our seniors with home-delivered meals, and at the "Eating Together" meal site in the Senior Center. Our thanks to Mrs. Brubaker and her students for making our seniors' holidays brighter!



ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

STANDARD A
U. S. POSTAGE PAID
PERMIT NO. 58391
ARLINGTON, MA

Sing-Along
with Anne Donovan
and Larry Martin

Tuesday, February 12, 2008, 1 pm

Music has been called the "cure-all" for most of the ills of the world. It helps us communicate with one another when most other means fail.

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 10th OF THE PREVIOUS MONTH.
THE PREFERRED MEDIUM FOR SUBMISSIONS IS EMAIL TO JJOP@TOWN.ARLINGTON.MA.US.