



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

JANUARY 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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A LETTER FROM ANN MACGOWAN, SENIORS ASSOCIATION PRESIDENT



Happy and prosperous new Year!

The holidays have come and gone and here we are at the beginning of another wonderful year at the Center. While we are still enjoying the wonders of wintertime, the crisp, clear air, the deep afternoon shadows, and the beautiful sunsets, it's hard to imagine that Spring is not that far away.

It is quiet this time of year as nature settles down for a mid-year sleep. Take advantage of this tranquility and come up to the Center and enjoy the warmth of friends over a cup of coffee or just quietly catch up on the latest news, or look through our wide assortment of current periodicals. Don't forget about our Thursday afternoon movies! Remember, we have a television room for your use. Catch the latest happenings or sports programs in the quiet of the television room. It's a small room, but quite comfortable for viewing your favorite shows.

I am pleased to welcome four new members to the ASA Board of Directors: Mary Bond, Christine Green, June Mackey and Charles Hayes. I look forward to working with the Board as we move into a new year.

Ann

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 tickets are good for a ride anywhere in Arlington, seven days a week; the cost of a one-way ticket is \$3.00.

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.

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour cancellation protection is available)

- February 16-March 2: Daytona Beach, Florida, New York City. Overnight in Virginia, 2nd night in Florence, SC, then on to La Playa, Florida, Daytona Beach. Sightseeing, 11 buffets, 4 continental breakfasts, and 12 dinners. Call the Seniors Association at (781) 316-3421 or 3420 for more information. \$1,499/do, \$1,479/to, \$1,839/so.
- 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.

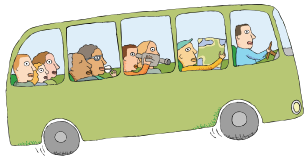
DAY TRIPS

(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.



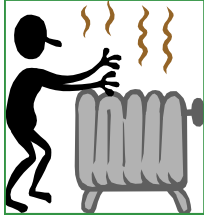
See you on the bus!

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.....

FUEL ASSISTANCE OFFICE IS NOW OPEN

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.

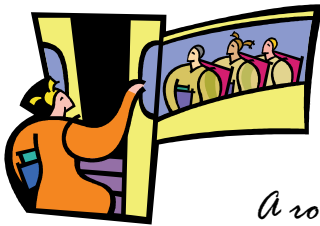
Fuel Assistance can help with heating costs including gas, oil, electricity, kerosene, wood or a percentage of your monthly rent if your heat is included. To schedule an appointment or to find out about Community Teamwork's Energy Programs, call their Arlington Office at 781-643-2358.

"STAYING A BEAT AHEAD OF CHF"
THURSDAY, JANUARY 10, 1:30 PM

An estimated 4.8 million Americans are afflicted with *Congestive Heart Failure* (CHF), and more than 400,000 new cases are diagnosed each year. CHF, which is the most common diagnosis of hospital patients age 65 and older, occurs when the heart's weak pumping action causes a backup of fluids into the lungs and other parts of the body.

"Staying a Beat Ahead of CHF" is a presentation that outlines contributing factors, indicators and preventative tips for those with Congestive Heart Failure (CHF). Being aware of the causes and symptoms of CHF is a crucial first step in combating this disease.

The good news is that whether a person has CHF or not, if he/she exercises, maintains a healthy weight, doesn't smoke, and limits alcohol intake, they'll feel better, and hopefully live longer.

**WELL DONE!**

Congratulations to COA van driver Donald Boudreau, who on November 29 received the Joseph P. Greeley Award at a ceremony at the Town Hall.

This award is presented to Town employees "that have demonstrated continuous and outstanding public service above and beyond the call of duty".

A round of applause from all of us! Congratulations, Donald!!

DIAL-A-RIDE TAXI PROGRAM

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 program. The cost of a one-way ride anywhere in Arlington is \$3.00, and each ticket is good for a one-way ride. Annual membership cards are available at the Council on Aging for \$2.00. Call 781-316-3406 for more information.



MEDICAL EQUIPMENT AVAILABLE

The Council on Aging has medical equipment available to loan to Arlington citizens. Usually we have walkers, shower chairs, tub benches, raised toilet seats, and wheelchairs.

Before you purchase equipment yourself, call Lourie at the Council on Aging at (781-316-3410) to see what might be available. We also accept donations of equipment but have very limited space, so please call first to see if we can accept the item.

TOWN OF ARLINGTON GUARDIAN PROGRAM

The Arlington Police Department, in conjunction with the Council On Aging and the Arlington Housing Authority is pleased to offer the Guardian Program to Arlington residents.

What is the Guardian Program?

The Guardian Program is an assurance program designed for seniors and shut-ins who live alone and would like the peace of mind that comes with knowing that each day someone will check on their well being.

Who Is The Program For?

This is a free service available to any Arlington resident who requires it. It especially recommended for seniors who live alone and shut-ins of any age. The program is available on an extended basis for those people or on a short-term basis for those who may only need it while recovering from illness or surgery.

How Does It Work?

Once a day, at a time chosen by him/her, the subscriber will receive a computer generated phone call. The message will prompt the subscriber to enter his or her easy to remember four-digit code. Once the code is entered, the system knows everything is OK and calls the next subscriber in line. If there is no answer, the system will make two follow-up calls. If there is no response after the third call, or if the phone is answered but no code is entered, the system alerts Police. Once alerted, the Police Department will dispatch an officer to check the well being of the subscriber. Medical help will be sent if necessary.

How Do I Sign Up?

Easy to complete subscriber forms are available from the Police Department, the Arlington Council on Aging and the Arlington Housing Authority. All information is held strictly confidential and there is no charge for the service.

For more information, please contact Captain John Serson at 781-316-3942.

THANKSGIVING REPORT

One hundred fifty complete Thanksgiving dinners of turkey, potatoes, gravy, stuffing, cranberry sauce, squash pie, and milk were distributed to homebound elders on Thanksgiving morning by enthusiastic COA volunteers.

In addition, Arlington's youngsters have made Thanksgiving better for these seniors. Thanksgiving cards and decorations were also distributed with the meals, made and donated by Arlington students from the first grade Brownie Troop 1014 and the third grade Brownie Troop 1051 from the Dallin School, Thompson School's fifth grade Junior Girl Scout Troop 1070, the third and fourth grades at the Bishop School, troop 1007 at the Hardy School, and the K-5 classes at the Brackett School.





Our thanks, again, to the Arlington Retired Mens' Club for underwriting this entire effort, as they have done for many years, and to Home Instead Senior Care for covering the cost of paper goods.

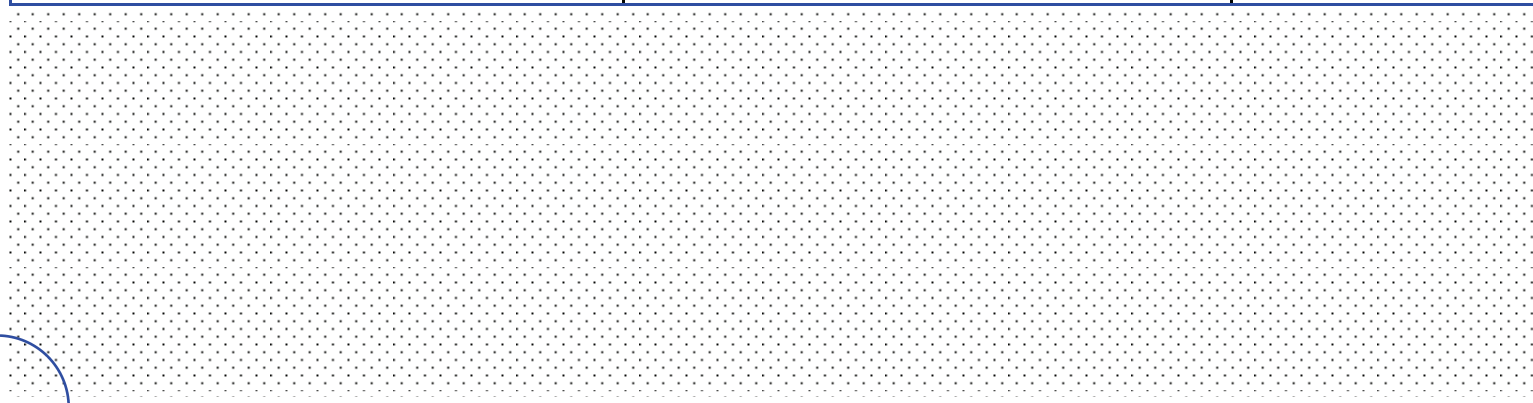
(and a big "thanks" to artist Sara for this great drawing of the turkey!)


LOST YOUR "SUMMER SPARKLE"? GOT THE WINTER BLUES??

Here are 10 tips to help you change your perception of winter and bring warmth and light into a chilly life

- Raise the blinds and let the light shine in. Sit by the window look out and gaze, or read. Feel the warmth.
- Try eating more hot soups and stews. Add beans and lentils to your diet. These hearty meals are both comforting and nourishing. (If you use canned soups, pay attention to the amount of sodium as many ready-made soups are high in sodium.)
- Go outside to reset your biological clock; let natural sunlight give you a boost. Appreciate the winter landscape: the "tree architecture" that we never notice when the leaves are flourishing, or the feathery ornamental grasses swaying in the wind.
- Exercise to stimulate and bring warmth to your body. Dress warmly and go for a brisk fitness walk. A walk on the beach is peaceful and inspiring. Try some new classes in Pilates, Yoga, Belly Dancing, Salsa and Weight Training. Get a buddy to exercise with, or make friends in fitness centers.
- Connect with sunny people. Do volunteer work. We tend to get isolated in the winter and keep to our igloos. Get out and see positive people who appreciate you and if you can't get out, use the phone or email.
- Bring tropical plants into the house. Their gracious leaves and greenery will lift your spirits and give you a taste of eternal summer.
- Look at the color orange, which is cheering. No need to repaint your home; just put something orange on the desk or your coffee table.
- Try a warm glowing candle light meditation. Light a candle in the evening and stare at the flame for about 30 seconds to a minute. Then close your eyes and breathe to your own natural rhythm and see what comes up for you in meditation.
- Give yourself an auto-massage. Warm some inexpensive olive oil in the microwave and massage your body from head to toe. Long strokes for the limbs, circular strokes for the torso. Make sure to massage the temples, and using your thumbs, do windshield wiper movements under and over your eyes. Feel the warmth pervade your body.
- Simplify your home, room by room. Clean out the clutter and donate what you have not used in years. In winter we tend to contract and go inward. Use this indoors time to organize your home. Sharing with the needy will give you an inner glow.

Monday	Tuesday	Wednesday
<div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p>For a lunch reservation, phone the day before: Arlington Senior Center: 781-316-3423; Arlington Heights: 781-648-7500 (<i>\$2.00 donation requested</i>)</p> </div>	<div style="text-align: center;">  <p>NEW YEAR'S DAY SENIOR CENTER CLOSED</p> </div>	<p>9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 10:15 NO MUSCLE-STRENGTH 1:00 BRIDGE, BINGO</p> <p style="text-align: right;">FISH WEDGE, RICE P</p>
<p>8:30 PODIATRY CLINIC (\$25, BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 1:00 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <div style="text-align: right; font-size: 2em; font-weight: bold;">7</div>  <p style="text-align: center;">MEATBALLS W/SWEDISH SAUCE, LYONNAISE POTATOES</p>	<p>10:00 "WHAT'S ON YOUR MIND?" 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</p> <div style="text-align: right; font-size: 2em; font-weight: bold;">8</div> <p style="text-align: center;">STUFFED SHELLS / TOMATO SAUCE, BROCCOLI</p>	<p>9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 10:15 MUSCLE-STRENGTH 1:00 BRIDGE, BINGO</p> <p style="text-align: right;">BBQ BEEF P</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <div style="text-align: right; font-size: 2em; font-weight: bold;">14</div> <p style="text-align: center;">CHICKEN PAPRIKA / GRAVY, WHIPPED PARSLED POTATOES</p>	<p>10:00 "WHAT'S ON YOUR MIND?" 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</p> <div style="text-align: right; font-size: 2em; font-weight: bold;">15</div> <p style="text-align: center;">CHILI CON CARNE, BROWN RICE</p>	<p>9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 10:15 MUSCLE-STRENGTH 1:00 BRIDGE, BINGO</p> <p style="text-align: right;">EGG DFRO BEEF & BROCCOLI</p>
<p style="text-align: center; font-size: 1.5em; font-weight: bold;">MARTIN LUTHER KING DAY SENIOR CENTER CLOSED</p> <div style="text-align: right; font-size: 2em; font-weight: bold;">21</div>	<p>10:00 "WHAT'S ON YOUR MIND?" 10:15 CAREGIVER SUPPORT GROUP 10:30 YOGA (\$5.00 DROP-IN) 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS 1:00 SCRABBLE 1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <div style="text-align: right; font-size: 2em; font-weight: bold;">22</div> <p style="text-align: center;">BEEF LIVER / ONIONS & GRAVY</p>	<p>9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 1:00 BRIDGE; BINGO</p> <p style="text-align: right;">BAKED HAM / PIN SCALLOP</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <div style="text-align: right; font-size: 2em; font-weight: bold;">28</div> <p style="text-align: center;">HOT DOG, BAKED BEANS, CARROTS</p>	<p>10:00 "WHAT'S ON YOUR MIND?" 10:15 CAREGIVER SUPPORT GROUP 10:30 YOGA (\$5.00 DROP-IN) 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS, COMPUTER CLUB 1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <div style="text-align: right; font-size: 2em; font-weight: bold;">29</div> <p style="text-align: center;">LASAGNA / CHEESE SAUCE, BROCCOLI</p>	<p>9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 10:15 MUSCLE-STRENGTH 1:00 BRIDGE; BINGO</p> <p style="text-align: right;">CHICKEN / PICAT</p>



Wednesday	Thursday	Friday
<p>(DROP-IN) STRENGTHENING CLASS TODAY</p> <p>2</p> <p>MILAF, WINTER MIX VEGGIES</p>	<p>9:30 LINE DANCING (3.50 DROP-IN) 3</p> <p>10:00 SENIOR FORUM; B/P AT FOX</p> <p>1:00 MOVIE</p> <p>SALISBURY STEAK / JARDINIÈRE GRAVY, MASHED POTATOES</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 4</p> <p>9:00 STATE REP. MARZILLI @ COA</p> <p>1:00 BRIDGE (IN A&C I)</p> <p>12:30 TAI CHI @ FOX</p> <p>2:00 TAI CHI@ SENIOR CENTER</p> <p>CHICKEN POTATO CASSEROLE, CARROTS</p>
<p>(DROP-IN) STRENGTHENING CLASS</p> <p>9</p> <p>RIB, BAKED BEANS</p>	<p>9:00 BEGINNING SPANISH</p> <p>9:30 LINE DANCING (3.50 DROP-IN) 10</p> <p>10:00 INTERMEDIATE SPANISH</p> <p>10:00 SENIOR FORUM; B/P AT FOX</p> <p>1:30 "STAYING A BEAT AHEAD OF CHF" PRESENTATION </p> <p>ROASTED CHICKEN W/ APRICOT SAUCE, BROWN RICE, CARROTS</p>	<p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 11</p> <p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>12:30 TAI CHI @ FOX</p> <p>1:00 BRIDGE (IN A&C I)</p> <p>1:00 TRIVIAL PURSUIT (DROP-IN ROOM)</p> <p>2:00 TAI CHI@ SENIOR CENTER</p> <p>SHAVED STEAK, PARSLIED POTATOES</p>
<p>(DROP-IN) STRENGTHENING CLASS</p> <p>16</p> <p>SPECIAL: P SPINACH SOUP, RICE, FORTUNE COOKIE</p>	<p>9:00 BEGINNING SPANISH</p> <p>9:30 LINE DANCING (3.50 DROP-IN) 17</p> <p>10:00 INTERMEDIATE SPANISH</p> <p>10:00 SENIOR FORUM</p> <p>10:00 B/P AT FOX</p> <p>1:00 MOVIE</p> <p>1:30 SHAKESPEARE CLASS*</p> <p>MACARONI & CHEESE, STEWED TOMATOES</p> <p>7:00 COA BOARD MEETING: OPEN TO THE PUBLIC</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 18</p> <p>1:00 BRIDGE (IN A&C I)</p> <p>1:00 BOOK CLUB</p> <p>12:30 TAI CHI @ FOX</p> <p>2:00 TAI CHI@ SENIOR CENTER</p> <p>CHICKEN & SAUSAGE GUMBO, BROWN RICE, PINTO BEANS</p>
<p>(DROP-IN) STRENGTHENING CLASS</p> <p>23</p> <p>APPLE RAISIN SAUCE, MASHED POTATOES</p>	<p>9:00 BEGINNING SPANISH</p> <p>9:30 LINE DANCING (3.50 DROP-IN) 24</p> <p>10:00 INTERMEDIATE SPANISH</p> <p>10:00 SENIOR FORUM;</p> <p>10:00 B/P AT FOX</p> <p>1:30 SHAKESPEARE CLASS*</p> <p>HERB ROASTED CHICKEN / GRAVY, GARLIC MASHED POTATOES</p>	<p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 25</p> <p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>1:00 BRIDGE (IN A&C I)</p> <p>12:30 TAI CHI @ FOX</p> <p>2:00 TAI CHI@ SENIOR CENTER</p> <p>STUFFED CABBAGE / TOMATO SAUCE, BROWN RICE</p>
<p>(DROP-IN) STRENGTHENING CLASS</p> <p>30</p> <p>TARTAR SAUCE, BROWN RICE</p>	<p>9:00 BEGINNING SPANISH</p> <p>9:30 LINE DANCING (3.50 DROP-IN) 31</p> <p>10:00 INTERMEDIATE SPANISH</p> <p>10:00 SENIOR FORUM;</p> <p>10:00 B/P AT FOX</p> <p>1:30 SHAKESPEARE CLASS*</p> <p>ROAST PORK / TARRAGON GRAVY, SWEET POTATOES</p>	<div style="border: 1px dashed black; padding: 10px;"> <p>* Classes indicated may not be held, due to low enrollment. Please call Joan Pippin 781-316-3421 prior to the first class meeting.</p> </div>

<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, January 8			
at Fox Community Ctr., 175 Mass Ave.	Thursdays	10:00-11:15 AM	free
<u>Podiatry Clinic:</u> *	Mon. 2/04, 3/03, 4/07	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>Caregiver Support Group (Lourie August):</u>	3rd Tues ea. month	10:15-11:45	free
<u>State Representative 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 1/8</i>)	1:30-3:30	\$40/4 weeks
<u>What's On Your Mind?:</u>	Tuesdays	10 AM	free
<u>Computer Club:</u>	Tuesdays	1 PM	free
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Shakespeare Class*:</u>	Thursdays (<i>starts 1/17</i>)	1:30-3	\$40/6 weeks
<u>Beginning Spanish*:</u>	Thursdays	9-10 AM	\$40/6 weeks
<u>Intermediate Spanish*:</u>	Thursdays	10-11 AM	\$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.

A memorial was held Monday November 19th at the Senior Center for the late Charles Cann, a bridge player extraordinaire and a leader of the bridge group. Charles published an instructive book on the joys of playing bridge. He was remembered fondly by his fellow bridge players and friends for his dedication to and enthusiasm for the game. In his memory, a plaque has been mounted in the Arts & Crafts room by his colleagues. Please drop by and see this wonderful memorial.

BOOK CLUB NEWS

The January 2008 book club selection will be "The Gathering" by Anne Enright. The nine surviving children of a large Irish family are gathering in Dublin for the wake of their wayward brother. The meeting will be held on Friday, January 18, at 1:00 pm, in the drop-in room.

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.

REFLECTIONS: A MEMOIR WRITING GROUP

Thursdays at 10 AM, January 17 - February 21

Harvard Divinity School Intern Andrea Mudd, along with Arlington Council on Aging's Director, John Jope, will be moderating a six-week group using memoir, memories, and personal autobiographies as a starting point for spiritual reflection and discussions about life, spirituality, faith, belief, and doubt. Personal journals will be provided for each participant.



Leave your name and number at the COA (downstairs) reception desk to arrange a meeting time, to sign up for the group, or if you want more information.

BAKED SCROD A LA RITZ

- 1 lb scrod fillets
- 2 to 3 tsp fresh lemon juice
- 10 to 12 Ritz crackers, crushed into fine crumbs
- 2 to 3 tbs melted butter or margarine
- 2 to 3 tbs water

Season fillets with salt and pepper and sprinkle with lemon juice. Dip fillets in melted butter or margarine, then in Ritz cracker crumbs. Place on a baking sheet. Pour water in pan around the fish. Bake at 450 degrees for 10 minutes per inch of fish thickness, then broil for 1 to 2 minutes or until golden, if desired.

JANUARY IS GLAUCOMA AWARENESS MONTH

As you're probably aware, glaucoma is an eye disease in which the internal pressure in your eyes increases enough to damage the optic nerve and cause vision loss. Glaucoma is one of the leading causes of blindness in the U.S. People with a family history of glaucoma, African-Americans, diabetics and those that are very nearsighted are at higher risks for developing the disease.

The most common type of glaucoma develops gradually and painlessly without symptoms. Another form of glaucoma occurs rapidly and its symptoms may include blurred vision, loss of side vision, seeing colored rings around lights and pain or redness in the eyes. Glaucoma cannot be prevented, but can be treated quite successfully and controlled if diagnosed early.

Vision loss due to glaucoma cannot not be restored. Treatment for glaucoma includes prescription eye drops and medicines to lower the pressure in your eyes. In some instances, laser treatment and or surgery may be effective in reducing the pressure in your eyes.

Anyone at risk for developing the disease should be screened yearly, or more frequently if determined by your doctor. Most of this information came from the American Optometric Association and they can be contacted for more detailed information at 1-877-394-2020 (toll-free).

Pat Falwell, CCA Nurse

YOU'RE INVITED

The Council on Aging meets the third Thursday evening of each month (in January, the 13th) at 7:00 pm, in the Senior Center's drop-in room on the first floor, 27 Maple Street.



We invite the public to attend. These are YOUR services and programs, so we invite your thoughts, requests, questions and suggestions to help us plan our programs and services. Or, you can simply sit and observe to learn who we are and what we do.

Everyone is welcome!

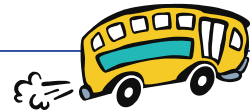
Sing-Along

with Anne Donovan and Larry Martin

Tuesday, January 8, 2008 at 1:00 pm

Singing always lifts the spirit, so if you need a pick-up from the cold January weather, try our sing-along.



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**

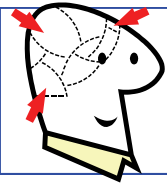
This support group is for grandparents who are active in raising their grandchildren. It meets the second Tuesday of each month. For further information, call Lourie August, COA Social Worker, at 781-316-3410.

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

**CAREGIVER SUPPORT GROUP:
the 3RD TUESDAY of EACH MONTH**

A support and networking group for caregivers of a loved one who is residing at home or in a long-term care facility, held at the Council on Aging from 10:15 AM – 11:45 AM. We often share information about caring for people with Alzheimer's or other dementias.

Questions? Call Lourie August at 781-316-3410.

**TRIVIAL PURSUIT**

Come in and test your brain power! Join us for an afternoon of Trivial Pursuit on Friday, January 11, at 1:00 pm. Prizes to be given for the best scores.

REAL ESTATE TAX ABATEMENTS FOR SENIORS 65 AND OLDER

Tax abatements of up to \$1000 dollars 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.





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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, January 3: ***Black Narcissus*** (Deborah Kerr, Sabu, Jean Simmons)

A great classic! Five Protestant missionary nuns struggle to establish a school in the desolate Himalayas. A fascinating study of the age-old conflict of spirit and the flesh, set against the grandeur of the snow capped peaks of Kanchenjunga.

Thursday, January 17: ***Away From Her*** (Julie Christy and Gordon Pinent)

A retired professor is forced to face the harsh reality of his wife's impending decline to Alzheimer's disease.

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.

A SPECIAL THANKS

The Arlington Seniors Association would like to acknowledge
"Not Your Average Joe's" restaurant for once again
catering our Annual Meeting.

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

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