



MARCH 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 MESSAGE FROM BOB TOSI JR.,
COA BOARD CHAIR**

Are you familiar with the COA Board? Your COA Board is made up of volunteers whose primary responsibilities are to design, promote and implement services to address the identified needs of the community's elder population, and to coordinate existing services in the community. Your COA board members are William Carey, Shirley Chapski, Mildred Hurd, Harry McCabe, Ann MacGowan, Karen Nichols and myself.

The COA Board and the ASA are currently working together on a survey to help determine the needs of Arlington's seniors today and in the future. If you have any ideas or suggestions to help us better serve the seniors of Arlington please pass them along to us. The COA Board meets monthly in the Senior Center. This is a public meeting with an agenda item welcoming public input.

Currently we have at least one open position on the COA Board. If you are interested in serving on the board as a board member or an associate board member please contact us. Thanks to Dr. Robert Carey, Dr. Ruth Palombo and Paul West for their years of service on the COA Board as they pursue new ventures in their lives.

The COA Board also needs all of YOU to be advocates for proper funding of senior services. We need you to speak up and let our Town Meeting Members and Selectman know how important senior services are. If not for yourself, then speak up for other family members and neighbors who rely on the social services, health and wellness, transportation and information and referral services of the COA.

May you find warmth from friends and family this winter and all year long.

Bob Tosi

SAINT PATRICK'S DAY PARTY – SATURDAY, MARCH 15

The annual Saint Patrick's Day party, hosted by the Arlington Seniors' Association, will be held on the first floor of the Senior Center on March 15 from 1-4 pm. The ASA is hoping to have the well-known "Selectones" come with their lively music and songs. A light lunch will be served followed by a sing-along with Larry Martin and Anne Donovan. Tickets are \$3.00 each.



Daylight Savings Time begins March 10

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.

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, 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.....

PEOPLE at the CENTER

Shannon Lee Jones is a teacher for all ages, from teaching exercise classes to seniors here in Arlington, as well as in Watertown, to directing middle school students in musicals at the Pierce School in Brookline. She’s soon to be a certified Alexander Technique teacher through Alexander Technique International.

She’s been on Broadway as *Angelique* in *La Cage Aux Folles*, on national tours (*A Chorus Line*, *La Cage Aux Folles*, *Hello Dolly*); regionally in *Guys and Dolls*, *Mame*, *A Christmas Carol* and *I Do I Do*, and many local presentations. Most recently, she was seen in “Gypsy” at the Stoneham Theater. Television credits include *The Guiding Light*, *All My Children*, and *The Irving Berlin Special* at Carnegie Hall.



"SHINGLES: RATED 'FOR ADULTS ONLY'"

Thursday March 13, 1:30 PM, Senior Center main hall
presented by Arlington Visiting Nurse and Community Health

Up to one million cases of Shingles occur in the United States each year, according to a recent study. If you've had chickenpox, and over 90% of U.S. adults have, you are at risk for Shingles, which is a viral infection of the nerve roots that causes pain, and often results in a rash on one side of the body.

About half of the Shingles cases in this country occur in people aged 60 years and older, and one out of every two people living to age 85 will have Shingles.

In light of these statistics, Visiting Nurse and Community Health, Inc. (VNCH), headquartered in Arlington, has developed "Shingles: Rated for Adults Only", a presentation that outlines contributing factors, indicators and associated risks for those with Shingles. The presentation is now available to all organizations and interested companies in the eastern Massachusetts communities VNCH serves, and is accompanied by a Shingles awareness handout compiled by the home health care agency.

Being aware of the cause, symptoms and treatment of Shingles is a crucial first step in coping with this disease, which is most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons.

The good news is that most people who get Shingles will get better and will not get it again!

"ORGANIZING GEMS FOR SENIORS"

Thursday, March 27, 1:30 PM, Senior Center main hall

A group of Arlington-based Professional Organizers from The National Association of Professional Organizers (NAPO) will be giving this informative presentation. With Spring just around the corner, now's the perfect time to learn the best ways to get yourself organized! We'll be covering topics like weeding out junk mail, downsizing, and passing along family treasures.



We'll also be providing a resource list, and a chance to win some great door prizes, including a gift certificate donated by The Book Rack. This promises to be a great presentation!

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 filing their basic state and federal tax returns. For an appointment, please call the Council on Aging at 781-316-3404. Appointments will be scheduled through mid-April 2008.



AARP volunteers WILL NOT prepare rental property items, capital gains, 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

Appeals: An Important Right for Medicare Beneficiaries

**By Ellen Pothier, MS, RN, CPHQ
Beneficiary Outreach and Mediation Coordinator, Masspro**

Sometimes, Medicare beneficiaries feel they have been released from hospital, nursing home, home health agency or hospice care before they are ready to leave. All Medicare beneficiaries, whether covered under Original Medicare or a Medicare Advantage Plan, have appeal rights. This means that trained medical professionals will review the beneficiary's medical record and decide whether the beneficiary has been released too soon or whether the timing of the release was correct.

Below are some steps to follow if you feel you are being released from a hospital, nursing home, home health agency or hospice too soon:

- * Talk to your doctor about continuing your care.
- * Ask your case manager or social worker for an official (written) Medicare notice.
- * Follow the instructions on the notice. Masspro's helpline telephone number will be listed on the notice.
- * For the best protection, and a fast decision, call Masspro right away after receiving the notice.
- * Masspro will ask you for your views and review your medical record.
- * You'll be informed of Masspro's decision first by phone and then by mail. At that time, you will also receive information about other appeal rights.

You have the right to a fast appeal decision (also called an expedited determination) when you receive a Medicare notice that your services will be ending. For the best protection, and a fast decision, call Masspro right away after receiving the notice.

Call Masspro's helpline at 1-800-252-5533, or Medicare at 1-800-MEDICARE (1-800-633-4227). You can call or you can ask a friend or family member to call for you.

Note: If you call Masspro's helpline outside of normal business hours (Monday-Friday, 8:30 am – 5:00 pm) make sure to listen carefully to the after-hours helpline message and follow the instructions to leave a message.

GETTING READY FOR THE CONVERSION FROM ANALOG TO DIGITAL TELEVISION

The MA Department of Telecommunications and Cable has issued a notice regarding the upcoming conversion from analog to digital television. Elder consumers are a large audience that may be affected by this change. At midnight on February 17, 2009, full power broadcast stations will be required to stop broadcasting in analog format. Digital TV will replace the analog system.

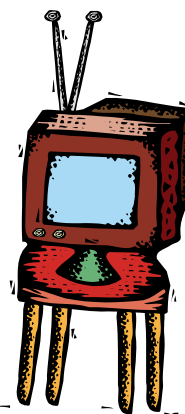
There are several ways to prepare for this:




- *Buy a new TV that has a built-in ATSC tuner.*
- *Buy a Digital-to-Analog Converter Box.*
- *Subscribe to a Cable TV or Satellite TV service.*

Since VCRs and DVD players also have built-in analog NTSC tuners, they are also subject to the effects of the analog cut-off date.

To help curb the cost impact for analog TV owners, the National Telecommunications and Information Administration (NTIA) and the U.S. Department of Commerce developed **a converter box program** to allow analog TV owners to request coupons towards the purchase of a digital-to-analog converter box. **The coupons for this program will be available from January 1, 2008 to March 31, 2009.** All households that own a TV using over-the-air analog reception are eligible. Coupons, which will look like plastic gift cards, will be redeemable through local electronic stores.

Households may request two \$40 coupons toward the purchase of digital-to-analog converter boxes beginning by calling 888-DTV-2009, (1-888-388-2009) or on-line at www.DTV2009.gov, which also provides answers to frequently asked questions.



Monday	Tuesday	Wednesday
<p>8:30 PODIATRY CLINIC (\$25, BY APPT.) 3</p> <p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p>  <p>SLOPPY JOES, BROCCOLI</p>	<p>10:00 "WHAT'S ON YOUR MIND?" 10:30 YOGA (\$5.00 DROP-IN) 4 12:30 NO B/P @ COA TODAY 1:00 WOMEN'S BILLIARDS, COMPUTER CLUB 1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <p>ROASTED CHICKEN / APRICOT SAUCE, BROWN RICE</p>	<p>9:00 EXERCISE (\$2.50 D... 10:00 INFORMAL KNITTING... 10:15 MUSCLE-STRENGTH... 1:00 BRIDGE, BINGO</p> <p>BBQ BEEF RIB,</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p>  <p>10</p> <p>AMERICAN CHOP SUEY, CHUCK WAGON CORN</p>	<p>10:00 "WHAT'S ON YOUR MIND?" 10:00 ATTY. NOREEN MURPHY (BY APPT.) 11 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> <p>BAKED CHICKEN/SOY GINGER SAUCE, ORIENTAL BLEND, BROWN RICE</p>	<p>9:00 EXERCISE (\$2.50 D... 10:00 INFORMAL KNITTING... 10:15 MUSCLE-STRENGTH... 11:30: PEG MIKKOLA, MIN... 1:00 BRIDGE, BINGO</p> <p>CORNED BEEF W/BR... CARROT...</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p>  <p>17</p> <p>CHICKEN PAPRIKA/GRAVY, WHIPPED PARSLEY POTATOES, BRUSSELS SPROUTS</p>	<p>10:00 "WHAT'S ON YOUR MIND?" 10:30 YOGA (\$5.00 DROP-IN) 18 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS 1:00 SCRABBLE 1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <p>MEAT BALLS/SWEDISH SAUCE, MASHED POTATOES, SCANDINAVIAN BLEND</p>	<p>9:00 EXERCISE (\$2.50 D... 10:00 INFORMAL KNITTING... 10:15 MUSCLE-STRENGTH... 1:00 BRIDGE, BINGO</p> <p>STUFFED SHEP...</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <p>24</p> <p>CHEESE LASAGNA/TOMATO SAUCE, CARROTS</p>	<p>10:00 "WHAT'S ON YOUR MIND?" 10:15 CAREGIVER SUPPORT GROUP 25 10:30 YOGA (\$5.00 DROP-IN) 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS 1:30 COMPUTER FUNDAMENTALS / INTERNET</p> <p>ROAST TURKEY/GRAVY, BROCCOLI, MASHED POTATOES</p>	<p>9:00 EXERCISE (\$2.50 D... 10:00 INFORMAL KNITTING... 10:15 NO MUSCLE-STRENG... 1:00 BRIDGE; BINGO</p> <p>ROAST CHICKEN... DICED...</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 31 1:00 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <p>PORK RIB/APPLE SLICES, SPINACH, DICED POTATOES/PARSLEY</p>	<p style="text-align: center;"><u>MUSCLE-STRENGTHENING</u> <u>CLASS:</u></p> <p style="text-align: center;"><i>New 8-week session begins Wednesday April 2nd, \$40 per 8-week session. Sign up at the Council on Aging.</i></p>	<p style="text-align: center;">The Community Weatherization & Reha Hall). The Arlington of cost including gas, oil, e To schedule an</p>

Saturday	Thursday	Friday
<p><i>(DROP-IN)</i> STRENGTHENING CLASS</p> <p>CREAMED SPINACH</p>	<p>5</p> <p>9:30 LINE DANCING (3.50 DROP-IN) 10:00 SENIOR FORUM; B/P AT FOX 11:00 PILATES (5 OF 8) 1:00 MOVIE</p> <p>ROAST PORK / ROSEMARY GRAVY, MASHED POTATO, WINTER SQUASH</p>	<p>6</p> <p>9:00 EXERCISE (\$2.50 DROP-IN) 9:00 STATE SENATOR MARZILLI @ COA 7 10:30 BEGINNING ITALIAN 12:30 TAI CHI @ FOX (2 OF 8) 1:00 BRIDGE (IN A&C I) 2:00 TAI CHI@ SENIOR CENTER</p> <p>TUNA PRIMAVERA, ROTINI, GREEN BEANS</p>
<p><i>(DROP-IN)</i> STRENGTHENING CLASS DIETITIAN NUTRITIONIST</p> <p>SPECIAL BROTH, BOILED POTATOES, CABBAGE</p>	<p>12</p> <p>9:30 LINE DANCING (3.50 DROP-IN) 10:00 SENIOR FORUM; B/P AT FOX 11:00 PILATES (6 OF 8) 1:30 "SHINGLES" PRESENTATION</p> <p>BREADED PORK CHOPS/BROWN GRAVY, GREEN BEANS, MASHED POTATOES</p>	<p>13</p> <p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 14 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 TAI CHI @ FOX (3 OF 8) 10:30 BEGINNING ITALIAN 1:00 BRIDGE (IN A&C 1); BOOK CLUB 2:00 TAI CHI@ SENIOR CENTER</p> <p>BROCCOLI BAKE, LYONNAISE POTATOES</p>
<p><i>(DROP-IN)</i> STRENGTHENING CLASS</p> <p>MEATBALLS/TOMATO, SOUP</p>	<p>19</p> <p>9:30 LINE DANCING (3.50 DROP-IN) 10:00 SENIOR FORUM; B/P AT FOX 11:00 PILATES (7 OF 8) 1:00 MOVIE 1:30 SHAKESPEARE CLASS*</p> <p>SALISBURY STEAK, SWEET POTATO, CAULIFLOWER SUPREME</p>	<p>20</p> <p>9:00 EXERCISE (\$2.50 DROP-IN) 10:30 BEGINNING ITALIAN 21 1:00 BRIDGE (IN A&C I) 12:30 TAI CHI @ FOX (4 OF 8) 2:00 TAI CHI@ SENIOR CENTER</p> <p>COUNCIL ON AGING CLOSSES AT NOON TODAY</p> <p>BAKED FISH/NEWBURGH SAUCE, RICE PILAF</p>
<p><i>(DROP-IN)</i> STRENGTHENING CLASS</p> <p>MACARONI/PINEAPPLE SAUCE, POTATOES</p>	<p>26</p> <p>9:30 LINE DANCING (3.50 DROP-IN) 10:00 SENIOR FORUM; B/P AT FOX 11:00 PILATES (8 OF 8) 1:00 "GETTING ORGANIZED" PRESENTATION 1:30 SHAKESPEARE CLASS*</p> <p>MACARONI & CHEESE, GREEN BEANS STEWED TOMATOES</p> <p>7:00 COA BOARD MEETING: OPEN TO THE PUBLIC</p>	<p>27</p> <p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 28 9:00 EXERCISE (\$2.50 DROP-IN) 10:30 BEGINNING ITALIAN 12:30 TAI CHI @ FOX (5 OF 8) 1:00 BRIDGE (IN A&C I) 2:00 TAI CHI@ SENIOR CENTER</p> <p>SMOKY GRILL BEEFSTEAK/GRAVY, MASHED POTATOES, BROCCOLI</p>

FUEL ASSISTANCE IS AVAILABLE

Community Teamworks' Fuel Assistance Program has been moved out of the Town Hall Veterans Office, and is now located in the Rehabilitation Program offices on the second floor of the Arlington Multipurpose Senior Center, 27 Maple Street (behind Town Hall). The office serves people living in Arlington, Belmont, Lexington, Waltham and Watertown. Fuel Assistance can help with heating costs for electricity, kerosene, wood or a percentage of your monthly rent if your heat is included. For an appointment or to find out about Community Teamwork's Energy Programs, call their Arlington Office at 781-643-2358.

<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, March 4			
at Fox Community Ctr., 175 Mass Ave.	Thursdays	10:00-11:15 AM	free
<u>Podiatry Clinic:*</u>	Mon. 4/07, 5/05, 6/02	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	1:30-3:30	\$40/4 weeks
<u>What's On Your Mind?:</u>	Tuesdays	10 AM	free
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Shakespeare Class*:</u>	Thursdays	1:30-3	\$40/6 weeks
<u>Beginning Italian*:</u>	Fridays	10:30 AM	\$40/5 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.

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.

IMAGERY IN SPIRITUALITY:**A MEMOIR WRITING GROUP****Wednesdays, March 5 - April 9, 2-3 PM**

Due to the success of our "Reflections" Group, Harvard Divinity School Intern Andrea Mudd will be moderating a second six-week group, "Abstract Imagery in Spirituality" using memoir, memories, and 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.



The group will meet for one-hour weekly sessions for six weeks. Leave your name and number at the COA (downstairs) reception desk for more information, or to sign up for this group.

Book Club News

The book club selection for March is "*Saving Fish from Drowning*", by Amy Tan. A San Francisco patron of the arts has planned a journey along the Burma Road for eleven friends. After her mysterious death, she watches from her ghostly perch as they veer off her itinerary. On Christmas morning the tourists cruise across a misty lake and disappear. The meeting will be held at 1:00 pm, on Friday, March 14, 2008.

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.

SAVE YOUR VISION MONTH

Glaucoma—often called "the sneak thief of sight" because it can strike without symptoms—is one of the leading causes of blindness in the United States. According to National Eye Institute, more than 3 million Americans have glaucoma, but only half of them know it. Glaucoma most often occurs in people over age 40. People who are very nearsighted, diabetic or who have a family history of glaucoma are also at high risk for the disease.

In reality, the disease cannot be prevented, although it is treatable if caught in the early stages.

"Glaucoma is an eye disease in which the internal pressure in your eyes increases enough to damage nerve fibers in your optic nerve and cause vision loss," said Dr. Tanya Carter, AOA's Glaucoma Eye Care Expert and



To learn more about
glaucoma during
National Glaucoma
Awareness Month,
please visit
www.aoa.org.

State University of New York College of Optometry professor. "The most common type of glaucoma develops gradually and painlessly, without symptoms. A rarer type 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."

Since vision lost to glaucoma cannot be restored, regular, comprehensive eye examinations are important for people at risk. A **comprehensive optometric examination** includes a tonometry test to measure pressure in the eyes; an examination of the inside of the eyes and optic nerves; and a visual field test to check for changes in central and side vision.

Treatment for glaucoma includes prescription eye drops and medicines to lower pressure in the eyes. In some cases, laser treatment or surgery may be effective in reducing pressure.

"Glaucoma cannot be prevented, but if diagnosed and treated early, it can be controlled to prevent or slow continued vision loss," said Dr. Tanya Carter. "Losing your sight can be devastating, so there is no substitute for doing all you can to maintain your eye health through regular exams."

Pat Falwell, COA Nurse

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.

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.

**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 31, 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.

Sing-along and Talent Show, with Anne Donovan and Larry Martin
Tuesday, March 11, 2008 at 1:00 pm

Come and join our Sing-along and make new friends. We sing songs that will bring back fond memories of the past, and the problems you come in with won't seem as big when you leave.

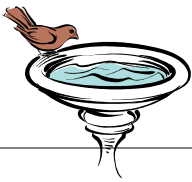
VOLUNTEER(S) WANTED

Become involved! The ASA is looking for a volunteer(s) to assist the ASA Treasurer in one or more of the following tasks:

- * Counting regular programs and coffee monies (once a week for approximately one hour)
- * Occasional invoice filing
- * Light computer data entry (approximately two hours twice a month)

We are also looking for anyone interested in learning the Quickbook Accounting Program.

Anyone interested in any of the above should contact Charles Schwab at 781-316-3422, or call the main number, 781-316-3420.



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SAVE THE DATE:

SENIOR CENTER HEALTH FAIR

27 Maple Street (behind Town Hall)
Thursday, April 10, 2008
10 AM to 2 PM



DETAILS WILL BE IN THE APRIL ISSUE

*Jointly sponsored by the Arlington Council on Aging and Board of Health,
with the School of Nursing at the University of Massachusetts, Boston Campus*

1 PM MOVIES

Thursday, March 6: **“THE SANDPIPER”** Elizabeth Taylor & Richard Burton

Liz and Dick at their most romantic! Big Sur is the backdrop for this tale of a minister torn between the love for his wife and his yearning for a beautiful free spirit.

Thursday, March 20: **“THE BELLS OF ST. MARY’S”** Bing Crosby & Ingrid Bergman

Bing Crosby reprises his role as Father O'Malley. The Father is sent to revive a financially ailing parochial school and is immediately at odds with a feisty nun, played by Ingrid Bergman.

*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.*

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

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