



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

JUNE 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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ASA MOVIE & PIZZA PARTY


ARLINGTON SENIOR CENTER

FRIDAY, JUNE 6, 4 - 7 PM

The MOVIE is JUNO!

Nominated for 4 Academy Awards including best picture! This offbeat comedy hit is about a nine-month detour into adulthood and has everyone talking and laughing!

Tickets are \$5.00
Call 781-316-3421 or 781-316-3420 to order your tickets.



SENIOR DINNER DANCE: Don't miss out on all the fun!!

WHEN: Friday, June 20, 5—8 PM

WHERE: Arlington Sports Center (Veteran's Memorial Rink), 42 Summer Street

WHAT: Hot/cold buffet catered by D'Agostino's
Live entertainment: THE BERT SCOTT BAND

COST: \$15.00 per person

Tickets can be purchased in advance in the Recreation Office (42 Summer Street) or at the Council on Aging (in the Senior Center), or at the door on the evening of the event.

Need transportation? Call Arlington Recreation (781-316-3882 or 781-316-3880) or the Council on Aging (781-316-3400) to place your name on the pickup list.

Questions? Call Dave Cunningham at the Arlington Recreation Department at 781-316-3882 or 781-316-3880.




MEDICAL EQUIPMENT AVAILABLE

The Council on Aging has medical equipment available for loan to Arlington citizens. Usually we have walkers, canes, 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.

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour cancellation protection is available)

- **July 13-14: Tanglewood.** Music in the beautiful Berkshires. Stay at the pretty Williams Inn in Williamstown, MA. Two complete meals "off the menu" in the Shed for the Sunday afternoon concert. Visit to Naumkeag, a Newport-style mansion. \$285 (twin), \$275 (triple), \$325 (single).
- **July 16-18: Rangeley, Maine.** Two nights at the Rangeley Inn; 5 meals (2 breakfasts, 1 dinner, 1 barbecue, 1 picnic). Canoe trip, moose watch, entertainment at the Inn on both evenings. \$460 (twin).
- **August 20-22: Boothbay Harbor, Maine.** Stay at the water's edge at Cap'n Fish's Motel. Lobster bake the first night, boat cruise, entertainment at the Carousel Dinner Theater with a full dinner. Time to shop and sightsee. \$375 (twin).
- **Sept. 15-16: Summit Spectacular (Vermont).** Stay at the Summit Lodge, Killington, VT. Start with a sumptuous lunch at the Grist Mill, a maple cooking demonstration by the innkeeper, Billy Bauer. Innkeepers' cocktail party, four course dinner off the menu followed by a wonderful show. Day 2 brings great sightseeing in rural Vermont, including Saint-Gaudens National Historic Site. \$239 (double or triple).

For information, contact Joan Caterino at 781-646-9064. Send payments to the Seniors Association.

DAY TRIPS (full payment due with reservation)

- **Sunday, June 15:** Red Jacket Resort, North Conway, NH. Sumptuous Sunday brunch, White Mountain sightseeing, outlet shopping. \$68.
- **Thursday, June 26:** Block Island. Bus to Point Judith, RI; ferry to the island, 1 ¼ hour tour. Lunch at the National Hotel; choice of salmon, chicken, or crab cakes. \$79.
- **Tuesday, July 22:** Narragansett Bay Cruise. Start with lunch at the beautiful Amalfi Restaurant, then enjoy a 90-minute 11-mile narrated nautical tour along the RI coast. See the Point Judith Lighthouse, the Harbor de Refuge, beaches and Block Island. Lunch: Boston baked scrod or chicken marsala. \$59.
- **Tuesday, August 12:** Lobster Roll Cruise. Aboard the "S.S. Lobster Roll" dinner cruise ship. Cruise the waters of Sesult Harbor and Cape Cod Bay while dining on lobster rolls, roast beef roll-ups, vegetarian roll-ups and all the trimmings. Morning visit to the Christmas Tree Shop in Sagamore; afternoon visit to Cuffy's Factory Outlet. \$59.

For information and reservations, contact the Seniors Association at 781-316-3420, or call Joan Caterino at 781-646-9064.

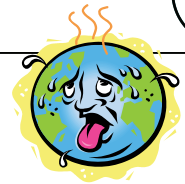
Make checks payable to Arlington Seniors Association, Inc., 27 Maple St., Arlington MA 02476, with your name, address, phone number and name of trip included.

You must enclose a self-addressed stamped envelope.

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

ADDRESS.....

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



BEAT THE HEAT!!

Thursday, June 12 at 1:30 PM, Senior Center main hall
Karen Breehey, Arlington Visiting Nurse & Community Health

Hot weather is particularly dangerous for infants and adults who can, quite suddenly, experience the effects of dehydration and heat stroke. Dehydration occurs when a person becomes overexposed to the sun, or sick with vomiting, fever or diarrhea, while heat stroke is caused by extreme exposure to the sun, preventing a person from sweating enough to lower body temperature. "Beat the Heat" focuses on the signs, symptoms, and prevention of dehydration and heat stroke.

"HOW TO BE YOUR OWN BEST (MEDICAL) ADVOCATE"

Wayne S. Saltsman, M.D., Ph.D., C.M.D., Chairman of Geriatric Medicine, Lahey Clinic

Thursday, June 26 at 1:00 pm, Senior Center



People are living longer than ever before, sometimes becoming more frail, and elder care is becoming more complicated every year. Primary care providers are now realizing the daily challenges in addressing the many issues which elders present. There needs to be a new "partnership in care" in which elders can advocate for their own needs and physicians can continue to provide high quality care. In this presentation we will discuss the challenges, and also some potential solutions to the issues.

A FOUR-GENERATION VISIT to the SENIOR CENTER

In early May, when he was just three weeks old, Kai Slusher visited the Arlington Senior Center. He brought along his mother and grandmother to visit Anne.

Naturally, the family drew lots of attention from others present. Anne can't resist showing off her new great-grandson, not that anyone could blame her! Although Kai seemed to tire quickly, he promised to make another visit sometime soon.

pictured: Anne Castagnoli, Barbara Chen (Anne's daughter, on right), Caren Slusher (granddaughter, center), Kai Slusher (Anne's great-grandson)



*12TH ANNUAL SENIOR CITIZENS
“ARTISTIC INTERPRETATION OF THE STATE HOUSE”
HOLIDAY CARD CONTEST*



As Secretary of the Commonwealth, I am pleased to announce the **12th Annual Senior Citizens “Artistic Interpretation of the State House” Holiday Card Contest**. Sponsored by my office, the contest is open to all citizens age 62 and over. The theme of the 2008 contest is December Holiday at the State House. Entries will be accepted from both amateur and professional artists. The artwork will be exhibited at the Commonwealth Museum. The date of the exhibit will be determined later due to museum renovation. Professional artists will judge the entries.

This year three winning cards will be chosen to be reproduced and sold at the State House Gift Cart with the artist’s name printed on the card. The Office of the Secretary of the Commonwealth will retain ownership rights to the artwork only as a card. Any medium of art is acceptable (oil, watercolor, ink, pastels, etc.). The State House must be the focal point of the artwork. The size requirements are a minimum of 5" x 7" and a maximum of 18" x 24". If an artist is unable to mat and frame his/her entry we will provide matting using basic materials. You may also resubmit one previous entry along with your 2008 entry. Please print name, address and telephone number and medium on the back of the artwork.

The deadline for entries is July 1, 2008. Entries must be mailed or delivered to the attention of Dolores McCray, Commonwealth Museum at Columbia Point, 220 Morrissey Boulevard, Boston, MA 02125. In order for artwork to be displayed on our web site each entry must include the enclosed signed authorization form. An Affirmation of Award will be presented to the winning artists in a ceremony held at the Commonwealth Museum in late autumn at a date to be announced. At that time artwork may be retrieved. If the artist is unable to attend we will return artwork.

Very truly yours, William Francis Galvin, Secretary of the Commonwealth

Authorization forms that must accompany each entry are available at the Council on Aging

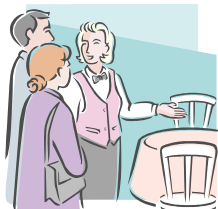
BONE DENSITY TESTING

On Tuesday, June 10, we will be offering bone density testing at our regularly-scheduled 12:30 blood pressure clinic at the Council on Aging.

This service is provided by Winchester Hospital and is free to the client.



HOSTESSES WANTED!!



The Seniors Association is looking for friendly people to spend a few pleasant hours each week as Drop-in Room Hostesses. Meet and greet new and old friends, visitors, and the simply curious who would like to learn a little about what is offered here. Hours currently available are noon to 3:45 PM, Monday through Friday. More info? Please contact Joan Pippin or Kathy Gilligan (316-3420, 316-3421) for more information.

NEW ART APPRECIATION LECTURE SERIES BEGINS JUNE 17

The Arlington Seniors Association presents a new Tuesday lecture series with Marilyn Levitt, beginning Tuesday, June 17 at 2 PM with "Florence Revisited". Subsequent offerings may include "Visual Journeys Through a Woman's Life", "American Impressionists", and "Return to Italy: Assisi, Ravenna, and more". Come join us for these interesting presentations. Admission five dollars.

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 is especially recommended for seniors who live alone, and for shut-ins of any age. The program is available on an extended basis, 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.

<i>Monday</i>		<i>Tuesday</i>		
8:30 PODIATRY CLINIC (\$25, BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE FISH/NEWBURGH SAUCE, PEAS, MASHED POTATOES	2	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 INTERMEDIATE COMPUTER/ INTERNET MINESTRONE SOUP, CHEF SALAD	3	9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 10:00 MUSCLE-STRENGTH 1:00 BRIDGE, BINGO CHICKEN/LEMON BROCCOLI
9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE SWEET & SOUR MEATBALLS, BROWN RICE, MEXICALI CORN	9	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 + BONE DENSITY TESTING @ COA 1:00 WOMEN'S BILLIARDS; SING-ALONG 1:30 INTERMEDIATE COMPUTER/ INTERNET CHICKEN/SUPREME SAUCE, WHIPPED POTATO, JARDINIÈRE VEGGIES	10	9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 10:00 MUSCLE-STRENGTH 1:00 BRIDGE, BINGO FATHER'S PORTUGUESE SLICED ROAST
9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE MACARONI & CHEESE, BROCCOLI	16	10:00 "WHAT'S ON YOUR MIND?" 10:30 YOGA (\$5.00 DROP-IN) 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS; SCRABBLE 1:30 INTERMEDIATE COMPUTER/ INTERNET 2:00 "FLORENCE REVISITED" (\$5.00) SLICED TURKEY, POTATO SALAD	17	9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 10:00 MUSCLE-STRENGTH 1:00 BRIDGE, BINGO MEATLOAF MASHED
9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE ROAST PORK/GRAVY/ BROCCOLI, SWEET POTATOES	23	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 1:30 INTERMEDIATE COMPUTER/ INTERNET SPAGHETTI/MEAT SAUCE, ITALIAN BLEND VEGGIES	24	9:00 EXERCISE (\$2.50) 10:00 INFORMAL KNITTING 10:00 MUSCLE-STRENGTH 1:00 BRIDGE; BINGO TURKEY HA
9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE HOT DOG, BAKED BEANS, CARROTS	30	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p style="text-align: right;">NEW COMPUTER CLASS</p> <p>This class is for students with s Internet Explorer as well as advanced e We'll also do advanced use of cut/pas performance. Limited to 8 students. \$6</p> </div> </div>		

Wednesday	Thursday	Friday
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS</p> <p>4</p> <p>ON SAUCE, BROCCOLI, BROWN RICE</p>	<p>9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM; B/P AT FOX 1:00 MOVIE 1:30 SHAKESPEARE CLASS* 1:30 COMPUTER BASICS</p> <p>5</p> <p>SALISBURY STEAK/ MUSHROOM GRAVY, CARROTS, MASHED POTATOES</p>	<p>9:00 SENATOR JAMES MARZILLI AT THE COUNCIL ON AGING 6</p> <p>9:00 EXERCISE (\$2.50 DROP-IN) 10:30 INTERMEDIATE ITALIAN : 4 OF 5 1:00 TAI CHI; BRIDGE (IN A&C I)</p> <p>CHEESE LASAGNA/TOMATO SAUCE, GREEN BEANS</p>
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS</p> <p>11</p> <p>WEDNESDAY SPECIAL CHEESE KALE SOUP, BEEF, POTATO SALAD</p>	<p>10:00 SENIOR FORUM 10:00 B/P AT FOX 1:30 "BEAT THE HEAT" WORKSHOP 1:30 SHAKESPEARE CLASS* 1:30 COMPUTER BASICS</p> <p>12</p> <p>TUNA PRIMAVERA, ROTINI NOODLES, BROCCOLI;I</p>	<p>9:00 REPRESENTATIVE SEAN GARBALLEY AT THE COUNCIL ON AGING 13</p> <p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 10:30 INTERMEDIATE ITALIAN : 5 OF 5 1:00 TAI CHI; BRIDGE (IN A&C I)</p> <p>DICED CHICKEN, PEPPERS/ONIONS, SPANISH RICE, BAKED BEANS</p>
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS</p> <p>18</p> <p>CHICKEN/GRAVY, BEETS, MASHED POTATOES</p>	<p>9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM; B/P AT FOX 1:00 MOVIE 1:30 COMPUTER BASICS</p> <p>19</p> <p>CHICKEN/TERIYAKI SAUCE, CARROTS, BROWN RICER</p> <p>7:00 COA BOARD MEETING AND ELECTION OF OFFICERS: OPEN TO THE PUBLIC</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 TAI CHI; BRIDGE (IN A&C I) 20 1:00 BOOK CLUB</p> <p>FIRST DAY OF SUMMER</p>  <p>SMOKEY GRILL BEEF STEAK, O'BRIEN POTATOES, TUSCAN VEGGIES</p>
<p><i>(DROP-IN)</i> AGING STRENGTHENING CLASS</p> <p>25</p> <p>CHICKEN, PASTA SALAD</p>	<p>9:30 LINE DANCING (\$3.50 DROP-IN) 26 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 "HOW TO BE YOUR OWN BEST ADVOCATE" PRESENTATION 1:30 COMPUTER BASICS</p> <p>ROASTED CHICKEN/GRAVY, DELMONICO POTATOES, PEAS</p>	<p>9:00 FINANCIAL PLANNER, 27 RICK FENTIN (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 1:00 TAI CHI; BRIDGE (IN A&C I)</p> <p>FISH WEDGE, MASHED POTATOES, GREEN BEANS</p>

ASA: Intermediate computer/internet Tuesdays 1:30-3:30.

For those with some computer experience. We'll focus on the use of Word, Excel and Outlook, email, photo exchange, online data search, and buying and selling online. We'll also cover file storage, and printing. Review of virus protection and system updates. This course runs for 6 weeks. Call the ASA at 781-316-3420 to sign up.

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

<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
at Fox Community Ctr., 175 Mass Ave.	Thursdays	10:00-11:15 AM	free
NO blood pressure clinic at the COA on Tuesday, June 3			
<u>Podiatry Clinic:</u> *	Mon. 7/14, 8/04, 9/08	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 (<i>call Lourie at 781-316-3410</i>)		free
<u>S.H.I.N.E. Counselor:</u> *	Every Friday	10 AM-noon, <i>by appt</i>	free
<u>State Senator James Marzilli:</u>	1st Fri ea. month	9-11 AM (drop in)	free
<u>State Representative Sean Garballey:</u>	2nd Fri ea. month	9-11 AM (drop in)	free
<u>State Representative William Brownsberger:</u>	4th Friday this month (5/23)	10-11 AM (drop in)	free

(* call 781-316-3400 for appointments)

<u>SENIORS ASSOCIATION:</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Intermediate Computer / Internet:</u>	Tuesdays (6/03)	1:30-3:30	\$60/6 weeks
<u>Computer Basics:</u>	Thursdays (6/05)	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>Intermediate 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.

YOU'RE INVITED

The Council on Aging is currently seeking a new Board member. The Council's primary responsibilities are to design, promote, and implement services to address the needs of the community's elder population, and to coordinate existing services in the community. Appointment is for a three-year term. For more information, please call John Jope, COA Executive Director, at 781-316-3401. These are YOUR services and programs, so we invite your thoughts, requests, questions and suggestions to help us plan our programs and services.



Among the services and referrals we provide are the following:

- | | | |
|-----------------------------|------------------------------|--|
| * Assessment and Evaluation | * Nursing Homes | * Recreational Activities |
| * Assistance in Your Home | * Respite Care | * Volunteer Opportunities |
| * Care Planning | * Health & Wellness Services | * SHINE (Serving Health Information Needs of Elders) |
| * Educational Workshops | * Transportation | |
| * Housing Options | * Public Benefits Counseling | |

*THE COUNCIL ON AGING'S HARRY BARBER
COMMUNITY SERVICE PROGRAM
BEGINS NEXT MONTH*

Should our Town Meeting so vote, there will be ten opportunities for seniors to work in a municipal agency in FY2009. Learn how your Town works from the "inside"! Get reimbursed \$750.00 for completed Program participation.



ELIGIBILITY: Minimum 60 years of age, retired, Arlington resident, homeowner or renter, application accompanied by required verifications. Maximum allowable income for Program participation is \$46,300. for a senior living in a single-person household, and \$52,950. for a married senior couple residing together.

In past years, participants have enjoyed their involvement in such agencies as the Board of Health, Fair Housing Office, Selectmen's Office, Robbins Library, Human Services, Police & Fire Services, Department of Public Works, Personnel, Veteran's Services, and Arlington High School. The work has been rewarding for participants, and we look forward to helping seniors arrange a work schedule. We will be prioritizing those who have not been program participants in past years.

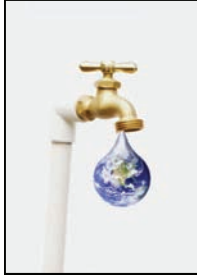
*Interested seniors should contact
The Arlington Council on Aging, 27 Maple St. (781-316-3400)
for more information.*

Interested departments should submit a brief description of your program needs and expected duties to John Jope, Director, Council on Aging

*FREE COMPUTER TRAINING AT ROBBINS LIBRARY:
A COMPUTER LEARNING PROGRAM FOR SENIORS*

Sign up for an individual one-hour session with a trained "Teen Tech Tutor" from Arlington High School. One hour sessions will be held on Thursday mornings, July 10 through August 7, 10-11 a.m. and 11 a.m.-12 noon at Robbins Library. Learn how to use a mouse; how to search the library's catalog; how to use the Internet, and how to set up an email account. Call the Reference Desk at 781-316-3233 to schedule your one-hour

WATER and SENIOR CITIZENS



The human body is at least 50% water, of which 2 to 3 quarts are lost on a daily basis. Even our bones are over 20% water! Aside from replenishing what's lost, in order to hydrate the blood and tissues, water also lubricates the joints, regulates body temperature, and moistens the lung to allow for breathing. Inadequate water intake over time prevents these processes from occurring, leading to arthritis, sore muscles, heavy breathing and a higher body temperature.

Seniors are at particular risk for dehydration because their kidney function has diminished to some degree. Symptoms of dehydration, which can cause death in extreme circumstances, include confusion, drowsiness, labored speech, dry mouth, and sunken eyeballs. Side effects for seniors who don't drink enough water, however, extend far beyond dehydration.

Over time, lack of water causes loss of muscle tone, excess weight gain, slow metabolism, increased toxicity and even organ failure. Other negative effects include arthritis, dry skin, migraine headaches, hypertension, digestive complications, and persistent constipation.

Exercise and warm weather both call for additional water intake. On the average, seniors should drink one cup of water for every 20 pounds of body weight, which is usually six to eight glasses every day. The less water an older person drinks, the less thirsty they become, leaving them open to the risk of serious dehydration and other complications.

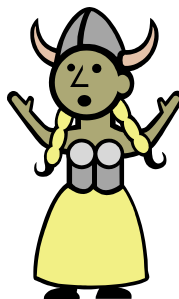
Pat Falwell, CDA Nurse

ARLINGTON SENIORS ASSOCIATION COMPUTER ROOM

Our eight computers, located in the Computer Room on the first floor of the Senior Center, are open to the public Monday through Friday from 10 AM to 12 noon. Users must sign up at the ASA reception desk. There is no charge.

Call 781-316-3420 or 316-3421 for more information.

SING-ALONG AND TALENT SHOW, with Anne Donovan and Larry Martin Tuesday, June 10 at 1:00 pm



At our sing-along, everyone receives a personal message from a song like "True Love", while a song like "Apple Blossom Time" tells of a sad separation during the war years. What's YOUR personal message?

*BE PART OF A NEW VENTURE:**“THE FRIENDS OF THE COUNCIL ON AGING”*

Nearly all of the 349 Councils on Aging in Massachusetts have a sister organization called “The Friends of the Council on Aging”. That is, except Arlington and a few others. A “Friends” group is a private nonprofit organization whose purpose is to raise funds for the COA, and thus is a critical component in the funding process for senior services.

“Friends” support is particularly important in these years of shrinking municipal, state and federal dollars. “Friends” dollars can be used for programs and services, office furniture, computers, transportation equipment such as a van, or for any appropriate purpose. Most COA Directors say they don’t know where they’d be without their “Friends Group”!

Initial planning for an “Arlington Friends” group is under way. Right now we’re looking for interested parties to serve as Board members and supporters, as well as President, Treasurer, and Recording Secretary . If you’d like to be a part of this from the very start, please contact John Jope, Council on Aging, at 781-316-3401 for more information.

*DIAL-A-RIDE TAXI PROGRAM: ride anywhere in Arlington*

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

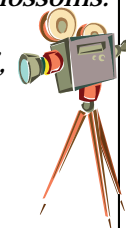
The cost of a one-way ticket is \$3.00 and it’s valid seven days a week. 2008 membership cards are available at the Council on Aging for \$2.00. Call 781-316-3400 to apply, or for more information.

1 PM MOVIES

Thursday, June 5: “GIRL OF THE GOLDEN WEST” (1938) *Nelson Eddy, Jeannette MacDonald, and Buddy Ebsen. When a beautiful saloon owner has an encounter with a dangerous bandit, love blossoms.*

Thursday, June 19: “HUNCHBACK OF NOTRE DAME” (1982) *Antony Hopkins, Derek Jacobi, and John Gielgud. The Victor Hugo classic in a fine production made for TV.*

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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SENIOR CENTER VOLUNTEERS RECOGNIZED

On a Friday afternoon in April, close to 100 Senior Center Volunteers gathered in the Town Hall auditorium as honored guests at the **Annual Senior Center Volunteer Recognition Luncheon**. They were treated to a wonderful lunch by Jean's Catering of Milford and were entertained by the "Singing Grandpops" from the Arlington Retired Men's Club. The Arlington Interact Club provided service to the group again this year .

Over the past year, these giving people, young and old, have donated their time, skills, and talents through Senior Center organizations and agencies so that others may benefit. Furthering senior services in Arlington as medical escorts, hostesses, receptionists, friendly visitors, telephone reassurance callers, health program aides, and special project workers, 140 generous folks in all donate in excess of 13,000 hours of service each year.

What do they get in return? They would perhaps say "the satisfaction of giving". Donations of their time should not be considered small gifts, as many of our services and programs would not exist without them. **Thank you all!**

*If **YOU** would consider being a Senior Center Volunteer, please contact Joan Pippin, Arlington Seniors Association (781-316-3420) or Bill Murphy, Council on Aging (781-316-3403).*



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