



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

SEPTEMBER 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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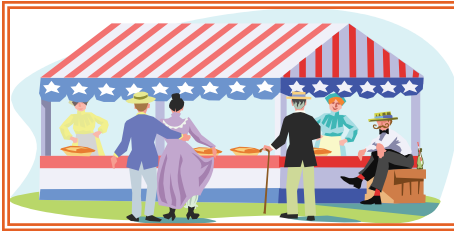
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ARLINGTON TOWN DAY



SATURDAY, SEPTEMBER

20

(rain date Sept. 27)

The Arlington Seniors Association hosts the following activities at the air-conditioned Senior Center, 27 Maple Street (behind Town Hall):

10:30 - 11:00 Madrigal Singers 1:15 - 1:45 Irish step dancing
2:00 - 2:30 Sing-along

Coffee & munchies served from 9 to 11 AM, price \$1

Light lunch (hot dogs, pickles, chips, tonic, coffee, dessert) served at 11:30, \$2

ON MASSACHUSETTS AVENUE:

Pick up a Senior Center newsletter, & visit:

The COUNCIL ON AGING INFORMATION BOOTH, and learn about the COA's programs and services, the Dial-a-Ride Program, Health and Wellness Programs, Social Services, Clinics, the S.H.I.N.E. Program, and consider participating in one of our many VOLUNTEER OPPORTUNITIES. ALSO:

THE "FRIENDS OF THE COUNCIL ON AGING", a brand-new organization, will be on hand to inform the public of this very exciting venture.

The SENIORS ASSOCIATION INFORMATION TABLE, and find out about our programs and activities, such as exercise, yoga, walking and birding, computer internet classes, dances, parties, Tai Chi, art, drama, exercise classes, and pick up our membership application.

POTLUCK DINNER: SATURDAY SEPTEMBER 27, 4-7 PM

The Pot Luck Supper Committee will host a supper this month and are asking you to bring your favorite dishes. There's no admission fee, just your wonderful favorite family food. Your cookery is your entrance! We'll set up a buffet table so that we may all share your kitchen masterpieces.

Suggestions might be casseroles, salads, sandwiches, fruit, and (of course!) dessert. Please call Beverly, our Committee Chairperson at (781) 234-8669 to sign up. Or if you wish, there's a sign-up sheet available in the drop-in room at the Center. So, spread the word!



Good food, good friends, and good music. What could be better?

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour cancellation protection is available)

- **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 two brings great sightseeing in rural Vermont, including Saint-Gaudens National Historic Site. \$239 (double or triple).
- **Sept. 29-Oct. 3:** Villa Roma Resort: 5 days/4 nights in the beautiful Catskill Mountains. Shows and dancing; 4 b'fasts/4 dinners; sports; 5 pools with a water slide, movies, etc. \$599 double.
- **Oct 15-18:** Lake George & Lake Placid: 3 nights lakeside at Lake George; lake luncheon cruise; Saratoga Raceway; Lake Placid Olympic Training Center, visit Saratoga Springs; 6 meals. \$495 double.
- **Nov 2-3:** The Beacon Resort, Franconia Notch, Lincoln, NH: buffet lunch upon arrival, visit from Santa Claus, cocktail party, "horse racing", gourmet dinner (lobster!), entertainment. Everyone gets a free turkey. \$220 twin.
- **AND in 2009:** Alaska, Holland, Ireland & Scotland, and Oberammergau

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

DAY TRIPS *(full payment due with reservation)*

- **Tuesday, Sept. 16:** "Covered Bridges of New Hampshire". Tour three of these treasures with a step-on guide. Lunch at East Hill Farm in Troy; visit Colony Mill Market Place in Keene, NH. \$55.
- **Thursday, Oct. 16:** Spinelli's in Lynnfield, "The Swinging Tenors", a musical journey spanning 30 years of musical memories. Yankee pot roast or baked schrod, live music; line and ballroom dancing. \$69.
- **Sunday, Oct. 19:** Boston Ballet at the Wang Center, James Kudelka's largely successful "Cinderella". Ticket and transportation \$50.
- **Tuesday, Oct. 22:** Turkey Train—our most popular trip! A morning visit to the Christmas Tree Shop in Rockingham. Delicious turkey dinner on the train going around Lake Winnepesaukee; visit the Apple Hill Farm on the return trip. \$65.
- **Day trips to come:** "Silver Sizzle" at the Twin River Casino in R.I., more!!

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).....

ITALIAN READING CLASS: Fridays at 10:30 (starts September 19)

If you would like to improve your Italian pronunciation while touching upon basic grammatical concepts, this course is for you. We'll be reading simple dialogs and excerpts from, Italian newspapers, magazines, etc. The class is 12 weeks for \$80. Payments can be made at the beginning and halfway through. Call Joan Pippin at 781-316-3421 to register.

Please be aware that the Arlington COA does not endorse any seminar or presentation.
Seminars and presentations are for senior's informational use only.

HEARING LOSS AND HEARING AIDS SIMPLIFIED

Thursday, September 11 at 1:30 PM

Dr. Melanie Marple, board-certified Audiologist



31 million Americans suffer from some degree of hearing loss. It is estimated that 3 in 10 people over age 60 have a hearing loss that affects daily communication. Yet only a small percentage seeks any type of hearing help.

Hearing loss can affect every aspect of your life, including your cognitive health, your mental well being, and your interpersonal relationships. Untreated hearing loss is the number one cause of depression in people over 65 years old. 95% of hearing loss is sensorineural in nature, which means there is no medical treatment for it. But, the good news is that research has proven that hearing aids help significantly and they can improve your quality of life.

Dr. Melanie Marple is the owner of *Audiology and Hearing Solutions, Inc.*, a private audiology practice located on Main Street in Winchester. Join her as she discusses how much hearing aids have changed, what causes hearing loss, alternatives and accessories to hearing aids, and what you can do to get started.

"PACK YOUR BAG": A FREE MEDICATION CONSULTATION*

Thursday, September 25, Senior Center, main hall

A 15-minute presentation at 1:30 PM;

then, 15-minute private consultations for pre-registered attendees

This event gives seniors a chance to have a one-way conversation with a local CVS Pharmacist to:

- * Ask questions about their prescription and non-prescription medications.
- * Receive tips and tools for medication compliance.
- * Determine if there are any potential interactions between prescription medications.
- * Identify duplicate and outdated prescriptions.

Bring prescription medications and any over the counter drugs or herbal medications with you for a FREE review. Please call (740) 373-3914 to register.

**Information provided is not intended to serve as the final authority on your medical condition and its treatment. Such decisions must be made by your physician based upon his/her knowledge of your condition and various treatment options. You are encouraged to discuss this and other questions with your physician.*

PODIATRY CLINIC POLICY

Starting in October, this clinic offers services only on a first-come, first-served basis

As a COA Podiatry Clinic client, once you sign in you will be called to see a podiatrist on a first-come first-served basis in your prescheduled time slot. Our podiatrists rotate seeing clients. In your turn, you will be offered the FIRST AVAILABLE PODIATRIST. You will NOT be able to ask for a PARTICULAR podiatrist.

Services provided by all our podiatrists are: * *ingrown nails (minor)* * *nail cutting*
* *corns* * *callouses* * *palliative maintenance*

If more extensive treatment is indicated, you should schedule an office visit with a podiatrist. If you would like the services of a particular podiatrist, please arrange for an appointment at their office.

The Podiatry Clinic is taking appointments for Monday October 6. The cost is \$25. No insurances are accepted. Appointments begin at 8:30 and will end at 11:15. Please call 781-316-3400 to make an appointment. COA van service is available to bring clients in for Podiatry Clinic for \$1 each way. Please call the COA at 781-316-3400 a business day in advance to arrange a ride.

LOCAL PROPERTY TAX ABATEMENT HELP AVAILABLE

Starting September 9, half-hour appointments for local property tax abatement help will be available on Tuesdays from 9:30 to 11:30 at the Council on Aging for those 65 and older. Abatements of up to \$1300 are available depending upon qualifications.

To see if you qualify and to set up an appointment, call Joyce Killingsworth at 781-316-3404.

1 PM MOVIES

Thursday, September 4: "27 Dresses" (2007) stars Katherine Heigl and James Marsden
Always a bridesmaid, never a bride...

Thursday, September 18: "Dancing Lady" (1933) Clark Gable, Joan Crawford
This movie speaks for itself!

*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.*



COA's MUSCLE-STRENGTHENING CLASSES

begin Wednesday, September 10

Designed to improve muscle tone, balance and resiliency, the COA's popular eight-week muscle-strengthening series will begin on Wednesday, September 10, from 10:15 AM to 11:00 AM in the Senior Center. The cost is \$40 per 8-week session, payable at the first class. Each class requires a minimum of 22 participants (and is limited to 30) so call the COA at 781-316-3400 to reserve your space!



Only 20 minutes of physical activity daily maintains mental health.

Among 19,842 men and women participating in the Scottish Health Survey, 3,200 people reported they suffered from stress or anxiety. Any form of daily physical activity was associated with a lower risk of psychological distress, including housework, gardening and walking. The strongest association with lower risk was found among people who engaged in sports. While only 20 minutes of daily activity improved mental state, an increase in volume or intensity of physical activity lowered risk even farther.

British Journal of Sports Medicine, April 2008

COUNCIL ON AGING EXERCISE PROGRAMS ARE BACK

Through the generosity of a Lahey Clinic Exercise Grant, the Council on Aging can again offer to Arlington's seniors the following exercise opportunities. The COA has partnered with other community groups to provide four distinct programs at three sites: Water Exercise, Tai Chi, Chair Pilates, and a Walking Exercise Program.

Low-impact Aquacise (September - June) will be held in the indoor pool at the Arlington Boys and Girls Club, 60 Pond Lane, Arlington, on Mondays & Fridays 1:00 to 1:45, September 2008 thru June 2009. We will have tickets available in September for interested seniors. The program is held in shallow water, and is designed to improve flexibility, strength, endurance, coordination and balance.

Tai Chi (September - March) will be held at the Fox Community Center, 175 Mass. Avenue, and also at the Senior Center. This program will take place weekly, for three eight-week sessions. In comparison to other exercises, including weight training, stretching, endurance training, and balance training, Tai Chi was the most beneficial exercise.

Chair Pilates (September - March) Pilates is a form of exercise designed to stabilize the body's core muscles, improve posture, flexibility, strength, balance and coordination. Our unique version is a form of "Chair Pilates" with some standing exercises to improve balance. This program will take place weekly, for three eight-week sessions. A portion of each class will be devoted to focused relaxation practices.

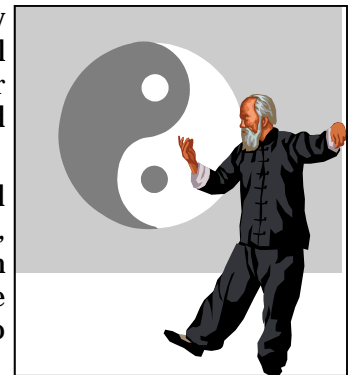
"Walk The Rink" will be held indoors at the Veterans Memorial Rink, 422 Summer Street, Arlington, during summer months (May - June 2009) when the rink floor is ice-free. Sign-up will take place in the spring of 2009. More about this at a later date.

There is no cost for participants as the Lahey Clinic grant covers all fees.

Sign-up is on a first-come first-served basis. **Advance registration is required** and can be done at the Council on Aging. Participation in each Program is strictly limited.

If you have questions, call the Council on Aging, 27 Maple Street, 781-316-3400.

*This grant is funded through the Lahey Clinic
Community Benefits Initiative DoN Program*



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p align="center">LABOR DAY 1</p> <p align="center">SENIOR CENTER</p> <p align="center">CLOSED</p>	<p align="right">2</p> <p>10:00 "WHAT'S ON YOUR MIND?" 10:30 YOGA (\$5.00 DROP-IN) 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS, COMPUTER CLUB SHEPHERD'S PIE, MASHED POTATOES</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO SPECIAL SEAFOOD NEWBURG, RICE</p>
<p>8:30 PODIATRY CLINIC (\$25, BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 10:30 INTERMEDIATE BRIDGE CLASS 8 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE</p> <p align="center">BREADED PORK/MUSHROOM GRAVY, MASHED POTATOES, BROCCOLI</p>	<p align="right">9</p> <p>9:00 BEGINNER'S BRIDGE CLASS 10:00 "WHAT'S ON YOUR MIND?" 10:00 ATTY. NOREEN MURPHY (BY APPT.) 10:30 YOGA (\$5.00 DROP-IN) 12:00 GRANDPARENT SUPPORT GROUP 12:30 NO B/P @ COA TODAY 1:00 WOMEN'S BILLIARDS; SING-ALONG 1:30 INTERMEDIATE COMPUTER CLASS</p> <p align="center">CHICKEN/GRAVY, WHIPPED POTATOES</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO</p> <p align="center">BROCCOLI BAKE, DICED STEWED TOMATOES</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 15 10:30 INTERMEDIATE BRIDGE CLASS 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE</p> <p align="center">ROASTED CHICKEN, BROWN RICE</p>	<p align="right">16</p> <p>9:00 BEGINNER'S BRIDGE CLASS 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 CLASS</p> <p align="center">SHAVED STEAK, MASHED POTATOES</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO</p> <p align="center">MACARONI & CHEESE, ST</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 22 10:30 INTERMEDIATE BRIDGE CLASS 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE</p> <p align="center">CHICKEN NUGGETS, O'BRIEN POTATOES, MIXED VEGGIES</p>	<p align="right">23</p> <p>9:00 BEGINNER'S BRIDGE CLASS 12:30 B/P @ COA 1:00 CRIBBAGE 1:30 INTERMEDIATE COMPUTER CLASS</p> <p align="center">ROAST PORK/GRAVY, SWEET POTATOES</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO</p> <p align="center">AMERICAN CHOP SUEY, ITA</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 29 10:30 INTERMEDIATE BRIDGE CLASS 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE</p> <p align="center">PENNE & MEATBALLS/TOMATO SAUCE, GENOA BLEND VEGGIES</p>	<p align="right">30</p> <p>9:00 BEGINNER'S BRIDGE CLASS 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 B/P @ COA 1:00 CRIBBAGE 1:30 INTERMEDIATE COMPUTER CLASS</p> <p align="center">CHICKEN/SUPREME SAUCE, WHIPPED POTATO</p>	<p align="center">Reserve a lunch the d Arlington Senior Center: 7 Arlington Heights: 781 (\$2.00 donation req</p>

Wednesday	Thursday	Friday
(DROPPED IN) 3 PILAF, ITALIAN VEGGS.	4 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 MOVIE STUFFED CABBAGE/TOMATO SAUCE, BROWN RICE	5 9:00 EXERCISE (\$2.50 DROP-IN) 12:00 YOGA 1:00 BRIDGE (IN A&C) ROAST TURKEY/GRAVY, STUFFING, PEAS
(DROPPED IN) 10 BAKED POTATOES, POTATOES	11 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:30 "HEARING LOSS & HEARING AIDES SIMPLIFIED" WORKSHOP 1:30 COMPUTER BASICS CLASS PEPPER STEAK PATTY, CORN	12 9:00 STATE REPRESENTATIVE SEAN GARBALLEY AT THE COUNCIL ON AGING 9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 12:00 YOGA 1:00 BRIDGE (IN A&C) SLICED HAM / PINEAPPLE, WHIPPED POTATOES, WINTER MIX VEGGIES CHINESE LUNCH AT WINCHESTER 
(DROPPED IN) 17 BAKED TOMATOES	18 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 MOVIE 1:30 COMPUTER BASICS CLASS 1:30 SHAKESPEARE CLASS SLOPPY JOES, BROWN RICE, CARROTS	19 9:00 EXERCISE (\$2.50 DROP-IN) 10:30 ITALIAN CLASS 12:00 YOGA 1:00 BRIDGE (IN A&C); BOOK CLUB MEATBALLS/MUSHROOM GRAVY, MASHED POTATOES INDIAN LUNCH AT BEDFORD 
(DROPPED IN) 24 ITALIAN GREEN BEANS	25 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 B/P AT FOX 10:00 SENIOR FORUM 1:30 "BROWN-BAG PHARMACY EVENT" 1:30 COMPUTER BASICS CLASS 1:30 SHAKESPEARE CLASS BEEF RIB/GRAVY, WHIPPED POTATOES, GREEN BEANS	26 9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 10:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 10:30 ITALIAN CLASS 12:00 YOGA 1:00 BRIDGE (IN A&C) CHICKEN/TARRAGON GRAVY, WHIPPED POTATOES

Register before:
 81-316-3423;
 648-7500
 (requested)

TRIP to the FRUITLANDS MUSEUM in HARVARD, MASS.
 TUESDAY SEPTEMBER 30
 Visit the Museum buildings, the farmhouse, the Shaker Museum, the Picture Gallery
 and the Indian Museum. Lunch on your own. Trip limited to 15; payment due with reser-
 vation.



SAVE THE DATE!!
Friday October 3 from 4 to 6 PM
OUR FIRST SERVICE FAIR

*Presented by your Senior Service Providers
 at the Arlington Senior Center, 27 Maple Street*

This will be a festival of services and opportunities, so please
BE SURE TO JOIN US
 for this interesting and informative event!

DON'T GET BITTEN BY THE BUG - GET YOUR FLU VACCINATION

It's time once again to get a flu vaccination! The Fall and into the Winter months are the best times to get vaccinated. Influenza ("the flu") is *one of the leading causes of death for older Americans*. It is important for people 50 years of age and older and people of any age with certain chronic medical conditions to get their vaccination every year. ***Medicare Part B and supplemental insurances will be accepted for those 65 years and older; otherwise there is a \$10 fee.***

The Board of Health and the Council on Aging are scheduling the following flu clinics:

At SENIOR HOUSING SITES (for building residents only):

Drake Village: October 6, 1-2:30 PM Cusack Terrace: October 15, 10 AM-noon
 Chestnut Manor: October 15, 1-2:30 PM Winslow Towers: October 21, 10:30-noon
 Mill Street: October 23, 11 AM-noon

TOWNWIDE CLINICS:

Board of Health in the Senior Center: October 9, 9:30 AM-noon
 Election Day Clinics (3-4 sites, to be announced): 10:30 AM-2 PM
 BOH Conference Room: December 2,9,16, 10-11:30 AM
 Regional Flu Clinic in Belmont, December 6: details to be announced



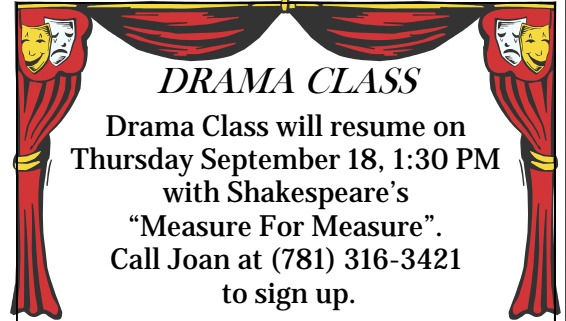
BRIDGE CLASSES

Dick Belmont will be instructing Bridge classes this fall. Beginners Class starts on Tuesday September 9 (9-11 AM) and Intermediate Class will begin Monday September 8, 10:30-12:30. Cost for either series of classes is \$70 for eight weeks. Call Joan Pippin at (781) 316-3421 to sign up.



DRAMA CLASS

Drama Class will resume on Thursday September 18, 1:30 PM with Shakespeare's "Measure For Measure". Call Joan at (781) 316-3421 to sign up.



MONEY CONFERENCE FOR WOMEN AND FAMILIES
Saturday, September 27, 2008, 8:30 am to 4:00 pm
Reggie Lewis Athletic Center
Roxbury Community College

“If your outgo exceeds your income, then your upkeep will be your downfall.” Anonymous

Do you sometimes have more month than money? Do you see articles about protecting your nest egg and ask yourself “What nest egg?” Do you wonder how you’ll manage on a fixed income, when the cost of everything keeps going up? Then the Money Conference is for you.

Organized by the State Treasurer’s Office in conjunction with the YWCA, this FREE one-day conference addresses the money concerns of people of all ages, economic situations, and levels of financial knowledge. The day includes a continental breakfast, coffee, and lunch. (Yes, sometimes there is a free lunch!).

The opening presentation is by Dee Lee, CFP, a nationally known financial educator with a down-to-earth approach and a wicked sense of humor. After her talk, participants choose from several “break-out sessions” on specific topics, or they can choose to have a one-on-one consultation with a financial planner. After lunch, there is a presentation by a representative from the Social Security Administration, followed by another choice of break-out sessions or consultation with a financial planner. The Social Security Administration, as well as other financial institutions, has a table at the Conference where there are informational brochures available and people who can answer your questions.

You need to pre-register for the conference. Registration begins on August 18, and is best done online by going to www.themoneyconference.com. You can check out the website right now for information about conference schedules, available “break-out sessions”, and how to get to the Reggie Lewis Center by car and on public transportation.

FOOD STAMP CORRECTION

Thanks to the new changes in the Food Stamp Program, assets are no longer considered for *most* households. If the monthly gross income for an individual is under \$1,734, bank accounts and other assets will not be considered. (Gross monthly income for a couple must be below \$2,334.)

Through a complex formula of deductions (standard, medical, real estate taxes, heat, utilities, rent, etc.), **net monthly income must be no more than \$851 for an individual, and \$1,141 for a couple** in order to be eligible for food stamps. For determination of eligibility, call Project Bread at 1-800-645-8333.

COMPUTER CLASSES

Beginning: Basic skills for novice users. Learn such fundamentals as use of the keyboard, the “mouse”, and function keys. Lessons include getting started, “booting” the computer, etc. Class begins Thursday September 11 at 1:30; \$40 for four weeks.



Intermediate: computer/internet class. This is a six-week class that builds on the introductory skills, and refines the use of such programs as Word, Excel and Internet Explorer. Advanced email, photo exchange, and the like will be explored. Intended for users with some experience. This class begins Tuesday September 9 at 1:30, \$60 for six weeks.

Call Joan Pippin at (781) 316-3421 to sign up.

BOOK CLUB NEWS

The September meeting will be held on the 19th at 1 PM. The selection will be “*The Sun Also Rises*” by Ernest Hemingway. The October selection will be “*The Road From Corrain*” by Jill Conway. Terry Rodda and Dot Sullivan will be moderating the Book Club get-togethers.

YOU'RE INVITED

The Council on Aging meets the third Thursday evening of each month at 7:00 PM at the Senior Center, in the drop-in room on the first floor, 27 Maple Street.

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!*

SENIORS LOSE 51% OF THEIR BUYING POWER SINCE 2000

Alexandria, VA (June 9, 2008): Seniors have lost 51% of their buying power since 2000, according to a new study by The Senior Citizens League, one of the nation's largest nonpartisan seniors groups. While the annual Cost-of-Living Adjustment (COLA) increased the average Social Security benefits by 24%, typical seniors expenses rose almost four times as fast, the study found.

"This study clearly illustrates the dilemma facing seniors living on fixed incomes," says Daniel O'Connell, Chairman of TSCL. The average monthly benefit in 2000 was \$816. The annual COLA increased average monthly benefits to \$1,013.50 by 2008. The study found, however, that a senior with average benefits in 2000 would require a benefit of \$1,531.60 per month in 2008 just to keep up with rising costs.

"Seniors with an average Social Security check in 2000 could have purchased 647 gallons of gas with their monthly check. In 2008, their Social Security check would only purchase 284 gallons," O'Connell says. "If gas prices won't get you, the price of eggs will," O'Connell continues. "An average Social Security check in 2000 could buy 877 dozen eggs. Today it buys 460 dozen," he points out. "Medicare Part B premiums which are automatically deducted from most seniors' Social Security benefits have more than doubled since 2000," O'Connell adds.

The government does track the spending patterns of older Americans, and has done so since 1983, with the Consumer Price Index for Elderly Consumers. TSCL estimates that a senior who retired with average benefits in 2007 would receive about \$18,277 more in benefits over a 25-year retirement if the government were to use the CPI-E to calculate the COLA. "The difference between COLAs would be modest at first," explains O'Connell, "but the difference compounds over time like interest. By the end of a 25-year retirement the person who had average benefits in 2008 would have a monthly benefit that's \$150 per month higher using the CPI-E," O'Connell says.

"The Senior Citizens League urges seniors to contact your Representative and ask him or her to support "The Consumer Price Index for Elderly Consumers Act" (H.R. 1953), introduced by Representative Charles Gonzalez (TX)," O'Connell states. The legislation would provide Social Security beneficiaries with a more fair and adequate COLA by tying the annual increase to the Consumer Price Index for the Elderly (CPI-E).

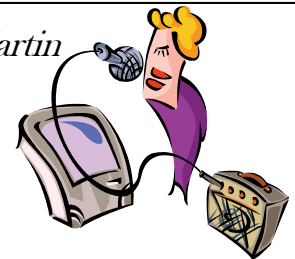
OUR MONTHLY SING-ALONG with Anne Donovan and Larry Martin

Tuesday, September 9 at 1:00 PM

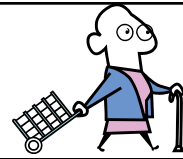
In September, just remember:

Raise your voices, sing along, with an old familiar song!

Shout it out with verve and poise; together, make a joyful noise!



the back page



<u>COUNCIL ON AGING:</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
Blood Pressure Clinics:			
at Council on Aging, 27 Maple St.	Tuesdays	12:30-1:45 PM	free
at Fox Community Ctr., 175 Mass Ave.	Thursdays	10:00-11:15 AM	free

NO blood pressure clinic on September 9

<u>Podiatry Clinic:</u> *	Mon. 9/08, 10/06, 11/03, 12/01	8:30-11:30, by appt	\$25
<u>Elderlaw Attorney, Noreen Murphy*</u>	2nd Tuesday	10-11:30, by appt.	free
<u>Financial Planner, Rick Fentin:</u> *	2nd & 4th Fri ea. month	9-10:30, by appt	free
<u>Grandparent Support Group:</u>	2nd Tues ea. month	(call Lourie at 781-316-3410)	free
<u>S.H.I.N.E. Counselor:</u> *	2nd & 4th Friday	9 AM-noon, by appt	free
<u>State Representative Sean Garballey:</u>	2nd Fri ea. month	9-11 AM (drop in)	free
<u>State Representative Wm. Brownsberger:</u>	3rd Fri this month	10 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>Computer Basics:</u>	Thursdays (9/11)	1:30-3:30	\$40/4 weeks
<u>Computer Intermediate:</u>	Tuesdays (9/09)	1:30-3:30	\$60/6 weeks
<u>Art Class:</u>	Monday (9/08)	10-12	\$40/6 weeks
<u>What's On Your Mind?:</u>	Tuesdays	10 AM	free
<u>Beginners Bridge:</u>	Tuesday (9/09)	9-11 AM	\$70/8 weeks
<u>Intermediate Bridge:</u>	Monday (9/08)	10:30-12:30	\$70/8 weeks
<u>Italian Class:</u>	Friday (9/19)	10:30 AM	\$80/12 weeks
<u>Book Club:</u>	Friday (9/19)	1 PM	free
<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
<u>Drama Class:</u>	Thursdays (9/18)	1:30 PM	\$40/6 weeks

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

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

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ASSISTANT CLERK/SECRETARY
The ASA is seeking a volunteer Assistant Clerk/Secretary to the Board of Directors. The position involves taking minutes at the monthly Directors meeting in the absence of the Clerk, and some correspondence and filing.
Please call Elisa Lopez at
(781) 641-3874.

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