



AUGUST 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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This is the poem read by poet and author Maya Angelou at the opening session of the National Councils on Aging (NCOA) - American Society on Aging (ASA) joint conference in Washington, DC, in March.

Angelou originally wrote *Brave and Startling Truth* for the 50th Anniversary of the United Nations.



Brave and Startling Truth

We, this people on a small and lonely planet
Traveling through causal space
Past aloof stars, across the way of indifferent suns
To a destination where all signs tell us
It is possible and imperative that we learn
A brave and startling truth
And when we come to it
To the day of peacemaking
When we release our fingers
From fists of hostility
And allow the pure air to cool our palms
When we come to it
When the curtain falls on the minstrel show of hate
And faces sooted with scorn are scrubbed clean
When battlefields and coliseum
No longer rake our unique and particular sons and daughters
Up with the bruised and bloody grass
To lie in identical plots in foreign soil
When the rapacious storming of the churches
The screaming racket in the temples have ceased
When the pennants are waving gaily
When the banners of the world tremble
Stoutly in the good, clean breeze
When we come to it
When we let the rifles fall from our shoulders
And children dress their dolls in flags of truce
When land mines of death have been removed
And the aged may walk into evenings of peace
When religious ritual is not perfumed
By the incense of burning flesh
And childhood dreams are not kicked awake
By nightmares of abuse
When we come to it
Then we will confess that not the Pyramids
With their stones set in mysterious perfection
Not the Garden of Babylon
Hanging as eternal beauty
In our collective memory
Not the Grand Canyon
Kindled in delicious color
By Western sunsets

Nor the Danube, flowing in its blue soul into Europe
Not the sacred peak of Mount Fuji
Stretching to the Rising Sun
Neither Father Amazon nor Mother Mississippi
who, without favor,
Nurture all creatures in the depths and on the shores
These are not the only wonders of the world
When we come to it
We, this people, on this minuscule and kithless globe
Who reach daily for the bomb, the blade and the dagger
Yet who petition in the dark for tokens of peace
We, this people on this mote of matter
In whose mouths abide cantankerous words
Which challenge our existence
Yet out of those same mouths
Can come songs of such exquisite sweetness
That the heart falters in its labor
And the body is quieted into awe
We, this people, on this small and drifting planet
Whose hands can strike with such abandon
That in a twinkling, life is sapped from the living
Yet those same hands can touch with such healing,
irresistible tenderness
That the haughty neck is happy to bow
And the proud back is glad to bend
Out of such chaos, of such contradiction
We learn that we are neither devils nor divines
When we come to it
We, this people, on this wayward, floating body
Created on this earth, of this earth
Have the power to fashion for this earth
A climate where every man and every woman
Can live freely without sanctimonious piety
Without crippling fear
When we come to it
We must confess that we are the possible
We are the miraculous, the true wonders of this world
That is when, and only when
We come to it.

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour cancellation protection is available)

- **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 two brings great sightseeing in rural Vermont, including Saint-Gaudens National Historic Site. \$239 (double or triple).
- **Sept. 29-Oct. 3:** Villa Roma Resort in the Catskills
- **Oct 15-18:** Lake George & Lake Placid
- **Nov 2-3:** The Beacon Resort, Franconia Notch, Lincoln, NH
- **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)*

- **Saturday, August 9:** "No, No, Nanette", the great musical at the Reagle Players, Waltham. Show and transportation: \$65.
- **Tuesday, August 12:** Lobster Roll Cruise. Aboard the "S.S. Lobster Roll" dinner cruise ship. Cruise the waters of Sesuit 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.
- **Tuesday, Sept. 9:** "Wedded Bliss" - visit this exhibit on matrimony and tour the Peabody Essex Museum in Salem. \$30.
- **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.
- **Day trips to come:** the Turkey Train, three Swinging Tenors, Boston Ballet (Cinderella), "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).....

OUR MONTHLY SING-ALONG
with Anne Donovan and Larry Martin
Tuesday, August 12 at 1:00 PM

Join our monthly sing-along and escape the "dog days of summer"
in our air-conditioned senior center.



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

***ADVANCE DIRECTIVES and FINANCIAL POWERS OF ATTORNEY:
WHAT YOU SHOULD KNOW
Thursday, August 21 at 1:00 PM***



Attorney Betsey Crimmins of the Senior Citizen's Law Project of Greater Boston Legal Services will be at the Senior Center on August 21 at 1:30 to present information on Durable Powers of Attorney and Advance Directives. Attorney Crimmins will then be available to meet with you after the presentation and prepare these documents free of charge.

Attorney Crimmins is also available to provide FREE civil legal services for a variety of elder law matters including housing cases, benefits such as Social Security and SSI, food stamps, health care issues such as Medicaid and Medicare, guardianship defense, nursing home issues, and consumer issues.

Arrangements can be made for Attorney Crimmins to make home visits or nursing home visits. The Project is located at Greater Boston Legal Services, 197 Friend Street, Boston. You can reach the Project by calling our elder (60+) intake line at (617) 603-1776.

Please call the Council on Aging at 781-316-3400 before August 19 to sign up for this event.

SHINE MEDICARE PLAN PURCHASE PLANS— IMPORTANT INFORMATION!

The SHINE Program and Elder Affairs receives many calls from Medicare beneficiaries who have purchased health plans that do not meet their needs. These elders are often confused and don't understand what the plan covers. They are being subjected to high pressure sales from a few unscrupulous agents selling Medicare Advantage plans such as Special Needs plans and Private Fee For Service plans.

Once a beneficiary has joined one of these plans, they are generally locked into the plan for a year. It can be very difficult and time-consuming to dis-enroll. If you know of an elder who has been pressured into enrolling into one of these plans please have them call the SHINE Program (1-800-AGE-INFO, or 1-800-243-4636).

Marion Aspinall, SHINE Program Director

SEVOYAN DENTAL PROGRAM

Wednesday, August 6, 1-2 PM

We might help pay for your necessary dental work! The Council on Aging's Sevoyan Dental Subsidy is available to Arlington residents 60 years of age and older, in need of dental care, and who meet the program's income guidelines.

An applicant's annual income from all sources cannot exceed \$23,150 for a single person living alone, or \$26,475 for a married couple living together. The maximum subsidy under this Dental Program is \$300 per client.

Participation is limited, so please call 781-316-3400 to get your name on the list for the August 6th screening.

**1 PM MOVIES**

Thursday, August 7: "MUSIC & LYRICS" (2007) stars High Grant as Alex Fletcher, a washed-up 1980s pop star and Drew Barrymore as Sophie Fisher. It tells the story of their efforts to write a song for singer Cora Corman (Haley Bennet) and their subsequent romance.

Thursday, August 21: "HELLO, DOLLY" (1969) Barbra Streisand, Walter Matthau

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.

FRIDAY AFTERNOON CINEMA SPECIALS: ALL AT 1 pm
THIS MONTH: CELEBRATING SPENCER TRACY

August 1: **boys town** with mickey rooney

August 8: **captains courageous** with Freddie bartholemew

August 15: **adam's rib** with Katherine Hepburn

August 22: **inherit the wind** with Frederick march

August 29: **san francisco** with clark gable





EASY PEACH COBBLER

*1/2 cup unsalted butter
1 cup all-purpose flour
2 cups sugar, divided
pinch salt*

*1 cup milk
4 cups fresh peaches
1 tsp. lemon juice
1 tbl. baking powder
ground cinnamon or nutmeg (opt.)*

Melt butter in a 13 X 19 baking dish. Combine flour, 1 cup sugar, baking powder and salt; add milk; stirring just until dry ingredients are moistened. Pour batter over butter (do not stir). Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.

Bake at 375° for 40-45 minutes, or until golden brown. Serve cobbler warm or cool. Yield: 10 servings.

A NEW ALPHABET

A is for apple, and B is for boat; that used to be right, but now it won't float!
Age before beauty is what we once said; but let's be a bit more realistic instead:

A's for arthritis, B's the bad back; C's the chest pains: perhaps car-d-iac?
D is for dental decay and decline; E is for eyesight, can't read that top line!
F is for fissures and fluid retention; G is for gas which I'd rather not mention.
H for high blood pressure--I'd rather it low; I for incisions with scars you can show.

J is for joints, out of socket, won't mend; K is for knees that crack when they bend.

L 's for libido, what happened to sex? M is for memory, I forget what comes next.

N is neuralgia, in nerves way down low; O is for osteo, bones that don't grow!

P for prescriptions, I have quite a few; just give me a pill and I'll be good as new!

Q is for queasy, is it fatal or flu? R is for reflux, one meal turns to two.

S is for sleepless nights, counting my fears; T is for Tinnitus; bells in my ears!

U is for urinary; troubles with flow; V for vertigo, that's "dizzy," you know.

W for worry, NOW what's going 'round? X is for X ray, and what might be found.

Y for another year I'm left here behind; Z is for zest I still have-- in my mind.

I've survived all the symptoms, my body's deployed,
and I'm keeping twenty-six doctors fully employed!!!



*Monday**Tuesday***DO YOU HAVE THE "VIAL OF LIFE"?**

In an emergency, time is crucial. The Vial of Life kit enables Arlington Emergency Responders to quickly locate help, refrigerator and wallet, and to initiate appropriate emergency action. Be prepared and let the Vial of Life speak for you when you call the Health / Council on Aging at the Senior Center and pick up your own personal **Vial of Life Kit** complete with pill bottle, magnifying glass, emergency contacts, and health insurance information with you if you would like trained personnel to help you complete the form.

The kit is available to any resident regardless of age. This program is generously supported by the Mystic Valley Human Services, and Arlington Fire Services. If you have any questions, call the Council on Aging at 781-316-3400.

| | | |
|--|---|--|
| <p>8:30 PODIATRY CLINIC (\$25, BY APPT.) 4 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <p>CHICKEN/SUPREME SAUCE, WHIPPED POTATO, TUSCANY VEGGIES</p> | <p>10:00 "WHAT'S ON YOUR MIND?" 5 10:30 YOGA (\$5.00 DROP-IN) 12:30 NO B/P @ COA TODAY 1:00 WOMEN'S BILLIARDS, COMPUTER CLUB</p> <p>SWEET/SOUR MEATBALLS, BROWN RICE, CORN MONTEREY</p> | <p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO</p> <p style="border: 1px dashed black; padding: 5px; text-align: center;">Reserve a lunch Arlington Senior Center Arlington Health Center (\$2.00 drop-in)</p> <p>ROAST PORK</p> |
| <p>9:00 EXERCISE (\$2.50 DROP-IN) 11 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <p>BBQ PORK RIB, O'BRIEN POTATOES, MIXED VEGGIES</p> | <p>10:00 "WHAT'S ON YOUR MIND?" 12 10:00 ATTY. NOREEN MURPHY (BY APPT.) 10:30 YOGA (\$5.00 DROP-IN) 12:00 GRANDPARENT SUPPORT GROUP 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS; SING-ALONG</p> <p>ROAST TURKEY, WHIPPED POTATOES, ROMAN STYLE BLEND</p> | <p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO</p> <p>COLD GAZPACHO TOMATO</p> |
| <p>9:00 EXERCISE (\$2.50 DROP-IN) 18 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <p>HAM/PINEAPPLE-RAISIN SAUCE, SPINACH, SWEET POTATOES</p> | <p>10:00 "WHAT'S ON YOUR MIND?" 19 10:30 YOGA (\$5.00 DROP-IN) 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS; SCRABBLE</p> <p>SLICED TURKEY, POTATO SALAD</p> | <p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO</p> <p>SPAGHETTI/MEAT SAUCE</p> |
| <p>9:00 EXERCISE (\$2.50 DROP-IN) 25 12:30 PROGRESSIVE BRIDGE 1:00 CRIBBAGE</p> <p>MACARONI & CHEESE, BROCCOLI, SUMMER SQUASH</p> <p>CHINESE LUNCH AT LEXINGTON</p> | <p>10:00 "WHAT'S ON YOUR MIND?" 26 10:30 YOGA (\$5.00 DROP-IN) 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS</p> <p>SALISBURY STEAK/GRAVY, CARROTS, MASHED POTATOES</p> | <p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE; BINGO</p> <p>BREADED</p> |



| Wednesday | Thursday | Friday |
|---|---|---|
| <p>Additional information regarding your medical history kept in your home when you can't speak for yourself! Come to the Board of Health, label and instructions. Bring your current medications, and a doctor's prescription form.</p> <p>Masonic Lodge and sponsored by Arlington Health and</p> |  | <p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 BRIDGE (IN A&C) 1:00 CINEMA SPECIAL</p> <p style="text-align: right;">1</p> <p>SPAGHETTI/MEAT SAUCE, BROCCOLI</p> |
| <p>5:00 DROP-IN) DINING</p> <p>6</p> <p>--- Lunch the day before: Senior Center: 781-316-3423; Reservations: 781-648-7500 (Reservation requested)</p> <p>--- PORK, WHIPPED POTATOES</p> | <p>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</p> <p style="text-align: right;">7</p> <p>TUNA PRIMAVERA, LINGUINI, BROCCOLI</p> | <p>9:00 REPRESENTATIVE SEAN GARBALLEY AT THE COUNCIL ON AGING 8 9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 1:00 BRIDGE (IN A&C) 1:00 CINEMA SPECIAL</p> <p>DICED CHICKEN/PEPPERS/ONIONS, SPANISH RICE, BAKED BEANS</p> |
| <p>5:00 DROP-IN) DINING</p> <p>13</p> <p><u>SPECIAL:</u> CHICKEN SOUP, SEAFOOD SALAD, DRESSING SALAD</p> | <p>9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 "ADVANCE DIRECTIVES & POWERS OF ATTORNEY" WORKSHOP 1:30 COMPUTER BASICS</p> <p style="text-align: right;">14</p> <p>CHICKEN/TERIYAKI SAUCE, BROWN RICE, CARROTS</p> | <p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 BRIDGE (IN A&C) 1:00 CINEMA SPECIAL</p> <p style="text-align: right;">15</p> <p>BROCCOLI BAKE, CARROTS, STEWED TOMATOES</p> <p>INDIAN LUNCH AT ARLINGTON HEIGHTS</p>  |
| <p>5:00 DROP-IN) DINING</p> <p>20</p> <p>MEAT SAUCE, BROCCOLI</p> | <p>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</p> <p style="text-align: right;">21</p> <p>FISH WEDGE, MASHED POTATOES, GREEN BEANS</p> | <p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 1:00 BRIDGE (IN A&C) 1:00 CINEMA SPECIAL</p> <p style="text-align: right;">22</p> <p>ROASTED CHICKEN/GRAVY, PEAS, DELMONICO POTATOES</p> |
| <p>5:00 DROP-IN) DINING</p> <p>27</p> <p>PORK CHOP, BEETS</p> | <p>9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 B/P AT FOX 10:00 SENIOR FORUM 1:30 COMPUTER BASICS</p> <p style="text-align: right;">28</p> <p>CHICKEN/MARSALA SAUCE, GREEN BEANS, RED BLISS POTATOES</p> | <p>9:00 EXERCISE (\$2.50 DROP-IN) 1:00 BRIDGE (IN A&C) 1:00 CINEMA SPECIAL</p> <p style="text-align: right;">29</p> <p>CHICKEN CON CARNE, SPANISH RICE, MIXED VEGGIES</p> |

| <u>COUNCIL ON AGING:</u> | <u>DAY/DATE</u> | <u>TIME</u> | <u>COST</u> |
|---|--------------------------------|--|-------------|
| <u>Blood Pressure Clinics:</u> | | | |
| at Council on Aging, 27 Maple St. | Tuesdays | 12:30-1:45 PM | free |
| at Fox Community Ctr., 175 Mass Ave. | Thursdays | 10:00-11:15 AM | free |
| NO blood pressure clinic on August 5 | | | |
| <u>Podiatry Clinic:*</u> | Mon. 9/08, 10/06, 11/03, 12/01 | 8:30-11:30, <i>by appt</i> | \$25 |
| <u>Elderlaw Attorney, Noreen Murphy*</u> | 2nd Tuesday | 10-11:30, <i>by appt.</i> | free |
| <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> | 2nd & 4th Friday | 9 AM-noon, <i>by appt</i> | free |
| <u>State Representative Sean Garballey:</u> | 2nd Fri ea. month | 9-11 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>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 | \$70/8 weeks |
| <u>Intermediate Bridge:</u> | Monday (9/08) | 10:30-12:30 | \$70/8 weeks |
| <u>Italian Class ("Italian for Opera"):</u> | Friday (9/12) | 10:30 | \$40/6 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 |

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

COA VAN DRIVERS' TRAINING

Recently, van drivers from four Councils on Aging gathered for a regional training session in the proper use of wheelchair lifts and wheelchair restraint. This training is mandatory and drivers must be certified each year. From the Arlington COA, drivers Don Boudreau, Phil Canniff and Paul Lucia participated, along with Bill Murphy, Transportation Coordinator.

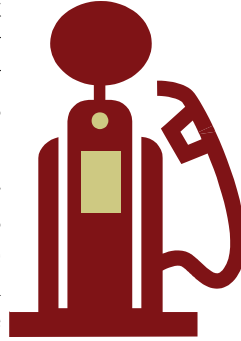


John Mastrangelo, a trainer and transportation consultant with MARTA, conducted this informative training course. The attendees thanked the Arlington Council On Aging, who provided the lunch.

PAY ATTENTION AT THE PUMP: GAS STATIONS ARE MAKING CHANGES

Cash or Credit?

The rising price of gas has left independent gas stations struggling to pay credit card transaction fees. As a result, many stations are offering discounts to customers who pay with cash.



The practice of charging two prices—one for cash and one for credit—is known as “dual pricing.” Businesses are allowed to offer discounts to customers who pay with cash. Retailers must post signs explaining the difference between cash and credit prices at street level and at the pump.

Street signs must be conspicuously marked to indicate the terms of sale. If the sign refers to “cash only”, then that information must be clearly stated.

Half Gallon Pricing on Older Gas Pumps

Some older, non-digital fuel pumps—less than one percent—cannot compute prices exceeding \$3.99. With gasoline prices in Massachusetts topping \$4 per gallon for the first time ever, some stations with mechanical pumps must allow half-gallon pricing until upgrades can be made.

Retailers with mechanical computers may set the price at one-half the posted retail price and double it to obtain the actual cost of fuel.

Signage no smaller than 6 x 10 inches must be affixed to fuel dispensers informing consumers that the full-gallon price will be computed by doubling the price on the pump.

GROCERY SHOPPING TRANSPORTATION

The Stop & Shop bus picks up Arlington seniors (60 +) to do grocery shopping on Tuesday mornings. The service is free to seniors, and is sponsored by Stop & Shop.

Call Lourie August at the Council on Aging (781-316-3400 or 781-316-3410) for more information, or to be added to the route.



AUGUST IS CATARACT AWARENESS MONTH

Nearly half of Americans 65 or older develop a clouding of the lens known as cataracts. It is the leading cause of visual loss among those 65 and older.



The Mayo Clinic lists symptoms of cataracts as: clouded, blurred vision, increased difficulty with vision at night, being sensitive to light and glare, fading or yellowing colors, and double vision in a single eye and frequent changes in eyeglasses or contact lens prescription.

Surgery is the most effective treatment. Approximately 1.5 million people each year have surgery to remove cataracts. There are preventive measures you can take to lower your risk for developing cataracts. Scheduling regular eye exams is key to early detection and treatment.

The American Academy of Ophthalmology also states that eating a diet rich in antioxidants such as spinach, broccoli and eggs, as well as taking vitamin C and E supplements may decrease your risk of developing cataract. It is important to discuss your nutritional needs with your family doctor and ophthalmologist before taking an over-the-counter supplement.

Pat Falwell, COA Nurse

BOOK CLUB NEWS

There will be no August meeting. 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 Corain"* by Jill Conway. Terry Rodda and Dot Sullivan will be moderating the Book Club get-togethers.

BRIDGE CLASSES

Dick Belmont will be instructing Bridge classes this fall. Beginners class begins on Tuesday Sept. 9th (9-11 AM) and Intermediate class will begin Monday Sept. 8th (10:30-12:30). Cost for either series of classes is \$70 for eight weeks. Call Joan at 7812-316-3421 to sign up.

YARD SALE

A *"SPECIAL THANKS"* from the Board of Directors of the Arlington Seniors Association to all who participated in making the June yard sale a great success!! Every hard-working volunteer made the effort worthwhile. **THANKS, EVERYONE!**

DON'T MISS OUT ON THE BIG ASA DRAWING!

August 30 is the deadline for entering the drawing for a free day trip for two! All those who have renewed their membership, or become new members by that date will be included in the drawing. The following rules will be observed:

- ◇ All paid-up members for the 07/09 fiscal year will be eligible except Senior Association officers and directors.
- ◇ The winner will receive \$160.00 toward two day trips of his or her choice scheduled within the next twelve months or \$100.00 cash
- ◇ The drawing will be held at 11A.M., Friday, September 5th.

We hope you have been able to take advantage of some of the many programs and activities provided by the Seniors Association. Your membership demonstrates that the Arlington Senior Center continues to be a worthy community enterprise.

Please complete the form below and mail it with your dues check (*see below for proper amount*) payable to the Arlington Senior Association, Inc. or stop by to visit and pay your dues. If you would like your card mailed to you, PLEASE ENCLOSE A STAMPED SELF-ADDRESSED ENVELOPE, otherwise your card will be held at our office for you to pick up at your convenience.

APPLICATION

Mail check and form to ASA Membership, 27 Maple Street, Arlington, Ma. 02476

Name _____

Address: _____

Town _____ Zip _____ Phone _____

Annual dues for period July 1, 2008-June 30, 2009

Resident \$12 person _____

Out of town \$14 person _____

Donation (tax deductible) _____

Total _____

For ASA use only

Date _____

Renew _____ New _____

Check _____ Cash _____

Card Issued _____

Initiated by _____

Dues:

Posted _____ Recorded _____

Computer _____ Card _____

EMERGENCY CONTACT PERSON:

Name _____ Phone _____

Remember to include your stamped self-addressed envelope.

Thank you!



the back page

GOOD NEWS FOR SENIORS:

HELP IS AVAILABLE TO BEAT THE HIGH COST OF FOOD

If you are a low-income senior (age 60 or over), you may now qualify for food assistance through the Food Stamp Program, even if you own a home or a car, or have savings. Thanks to new changes to the Food Stamp Program assets are no longer considered for seniors whose income falls within certain income guidelines. Seniors whose incomes fall above the guidelines may still be eligible, but their assets will be counted.

For instance, for a senior living alone, if your monthly gross income is under \$1,734, your bank accounts and other assets will not be considered. If there are two people in the home, and the total monthly gross income is below \$2,334, assets will not be considered in the food stamp calculation. Prior to the criteria changes, you would have been required to submit information about bank accounts, CD's and other assets. Assets higher than \$3,000 would have disqualified both of the households above and indeed many low-income seniors with modest assets had been ineligible under the old rules. That is no longer the case and as a result thousands of seniors who had not been eligible previously may now meet the requirements.

Call 1-800-645-8333 for more information. You can speak to a counselor (not a machine), ask any questions you may have about the program, and learn about other free and low-cost food resources. All calls are confidential.

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ASSISTANT CLERK/SECRETARY

The ASA is seeking an 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.