

*Arlington's Wellness,
Learning, & Social Center
for savvy seniors:
27 Maple Street*

ARLINGTON, MA

SENIOR NOTES

March

2010

- Council On Aging (781) 316-3400
- Seniors Association (781) 316-3420, -3421
- "Eating Together" Meal Site (781) 316-3423

SENIOR CENTER STAFF

COUNCIL ON AGING

Ann V. FitzGerald
COA Chair

John Jope, LCSW
MCOA-Certified Director

Lourie August, LICSW
Social Services

Patricia Falwell, RN
Health & Wellness

Joyce Killingsworth
Information & Referral

Bill Murphy
*Transportation Coordinator;
Supervisor of Volunteers*

Peg Allen
Dial-a-Ride

Donald Boudreau
Van driver

Maureen Jackson
Clerk-Secretary

Claire Blood-Deschamps
Social Work Intern

SENIORS ASSOCIATION

Elisa Lopez
ASA President

Joan Pippin
*MCOA-Certified
Program Coordinator*

Richard Townsend
Office Clerk

"EATING TOGETHER" MEAL SITE

Joanne Pijoan
Coordinator

SAINT PATRICK'S DAY PARTY – SATURDAY, MARCH 13



The ASA's annual St. Patrick's Day party will be held at the Senior Center on Saturday, March 13 from 1 to 4 pm. In keeping with our tradition, the "Selectones" will entertain us with their lively music and songs. A light lunch will be served.

Come and join us as we "go green"!

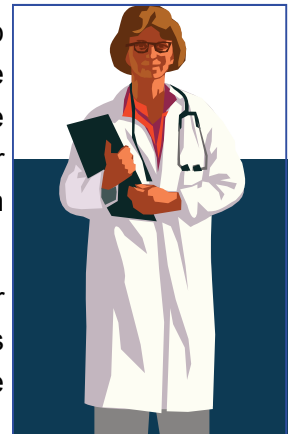
Tickets (\$5) are available at the Center or by calling 781-316-3421.

"HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE"

Thursday March 11 at 1:30 pm

Hosted by the Council on Aging and offered by Blue Cross Blue Shield of MA, the information in this workshop includes an explanation of Medicare, including the Medicare drug benefit. It also shows how Medigap plans and Medicare Advantage plans work with Medicare. This popular seminar is often praised for the way it makes complex information easy to understand.

The BCBSMA representative will be happy to answer questions regarding Blue Cross-Blue Shield Massachusetts 2010 benefits. All are welcome regardless of your insurance coverage.



Medicare Advantage Open Enrollment ends March 31st. significant changes happened to many health plans on Jan 1st. If you are happy with your health plan you do not need to do anything. However, if you want to switch plans, you have up to March 31st to do so.

ASA Day trips

(Full payment due with reservation)

Wednesday, Mar. 17: "Four Celtic Voices" at the Venus de Milo, Swansea, MA. Scrumptious luncheon featuring their famous minestrone. Soaring voices and traditional instruments in centuries-old music from the Land of the Celts. Choice of corned beef and cabbage or Boston schrod. \$69.

Thursday, Mar. 25: Boston Flower and Garden Show. It's back to rescue us from the winter blues! Trip also includes a narrated tour of Boston and lunch at Joe Tecce's Restaurant. Choice of veal parmigiana or eggplant parmigiana, chicken marsala, or Boston scrod. \$80.

Tuesday, Apr. 20: Foxwoods Casino and Loretta LaRoche Show. Enjoy a buffet luncheon at Foxwoods Casino, followed by orchestra seats for the show at the Garde Arts Theater, New London, CT. \$69.

Wednesday, May 12: "Tropical Island Heat" at Luciano's in Wrentham, MA. Complete luncheon. Steel band music of Trinidad, vocalist Jeff Ramsey, hit songs of Harry Belafonte, carnival and calypso. Choice of stuffed breast of chicken or baked haddock. \$70.

Saturday, May 15: Ellis Island and Liberty Island. Take the ferry to Ellis Island, the "Gateway to America", explore the Immigration Museum, research your family's history. Next, on to Liberty Island to visit the Statue of Liberty and its exhibit. \$75.

Wednesday, May 19: "It's All About the 50s" at the Log Cabin, Holyoke, MA. Start with a delicious luncheon. Show features "Big John" Hartman's tribute to the many musical styles of the 50s. \$80.

For information and reservations, contact the Seniors Association at 781-316-3420 or call

Joan Caterino at 781-646-9064. Make checks payable to the Arlington Seniors Association.

Overnight trips

(Transportation and some meals included; cruise and tour cancellation protection is available.)

Mar. 16-23: "Country Roads of Italy" featuring Rome, Florence, and 4 nights in Tuscany. \$2599 per person/double.

Mar. 17-18: St. Patrick's Day Party at the Beacon Resort, Lincoln, NH. Overnight stay with St. Patrick's family style luncheon, complete dinner, and breakfast. Entertainment features the "Irish Cottage Song and Dance Troupe". \$179/double.

May 12-13: King Tut Exhibition and New York City. Last stop in North America for this exhibit of treasures from the tomb of King Tut. Overnight stay at the conveniently located Wellington Hotel with complete dinner and full breakfast. Choice of chicken marsala, veal parmigiana, or grilled salmon. \$369/per person/double.

...and more to come!

For information including room rates contact the Seniors Association at 781-316-3420 or call Joan Caterino at 781-646-9064. Make checks payable to Arlington Seniors Association and mail to Arlington Seniors Association, 27 Maple Street, Arlington 02476.

(Trip information was correct at time of printing but is subject to change without notice.)

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.....

ADDRESSemail address.....

TRIP.....MENU CHOICE

Please note: You must supply phone or address in case of cancellation and refund.

MEDICARE ADVANTAGE OPEN ENROLLMENT ENDS MARCH 31ST!!

Significant changes happened to many health plans on Jan 1st. If you are happy with your health plan you need not do anything. However, if you want to switch plans, you have up to March 31st to do so.

Popular Seminar “Health Plan Options for People with Medicare” Offered

On **Thursday March 11 at 1:30 pm**, the COA will host a presentation called **“Health Plan Options for People with Medicare.”** Offered by Blue Cross Blue Shield of MA, the presentation includes an explanation of Medicare, including the Medicare drug benefit. It also shows how Medigap plans and Medicare Advantage plans work with Medicare. This popular seminar is often praised for the way it makes complex information easy to understand.

The BCBSMA representative will be happy to answer questions regarding Blue Cross Blue Shield Massachusetts 2010 benefits. All are welcome regardless of your insurance coverage.

“What’s Up, Doc?”

Thursday March 25 at 1:30 pm

The medical system can be a maze of unfamiliar terms, hurried appointments and complicating referrals. “What’s Up Doc?” will provide useful tools in dealing with the medical community. Whether you are a patient yourself or caring for a loved one, learn what to do before, during, and after a doctor’s visit to become a partner in the health care system.

Miranda Heibel is the Program Manager for the Family Caregiver Support Program at Minuteman Senior Services. She is responsible for program oversight and direction, staff management, and all program initiatives. Miranda also provides consultations, educational resources, and referrals to both caregivers and seniors in the community. In addition, Miranda is a certified trainer through the Alzheimer’s Association to provide training for both healthcare professionals and families, maximizing their skills in caring for those with Alzheimer’s disease.



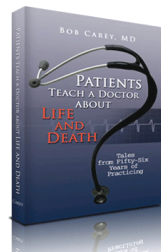
Patients Teach a Doctor About Life and Death: Tales from Fifty-Six Years of Practicing

Several years ago, cardiologist Bob Carey, M.D., decided he wanted his grandchildren to understand how much he had learned over his 56-year career, not from his colleagues or from medical school, but from his patients and their caregivers. “I wanted to share their kindness and courage,” he explains. “I wanted to write stories about my patients so my 12 grandchildren could learn from them as I had.” His daughter shared what he had written to an author who encouraged Bob to realize a book.



This past year, Dr. Carey’s dream finally came true within the pages of *Patients Teach a Doctor About Life and Death: Tales from Fifty-Six Years of Practicing*. Published by Xlibris, *Patients Teach a Doctor About Life and Death* is a compendium of detailed and inspiring personal vignettes culled from Bob’s experiences over half a century. Beginning with his early years at Boston University Medical School’s main teaching hospital (now called Boston Medical Center) in the early 1950s, Bob’s book recounts the story of his treating his very first patient, Gladys: “a tall lady with enlarged lymph nodes in her neck” originally diagnosed with Hodgkin’s disease. Though ultimately dying from heart disease and kidney failure, Gladys remained Bob’s patient for nearly two decades, teaching Bob that “one can never be absolutely certain of a person’s ultimate prognosis.” This lesson stayed with him throughout his many years of practice.

After the initial introduction, *Patients Teach a Doctor About Life and Death* is divided into sections that describe his years in medical school, his military service in Okinawa, his years of medical residency as well as private practice, family experiences, time in China and extensive pro-bono work in South America. Each section conveys heartwarming stories from Dr. Carey’s unique point of view. A fellow doctor and friend R.A. Macdonald testifies that Bob’s book is the story of a doctor “who is a product of a largely bygone era... A time when doctors actually listened to their patients.”



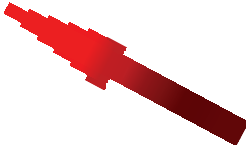
An absorbing read, *Patients Teach a Doctor About Life and Death* has much to say about how relationships work between doctors and patients from a medical standpoint as well as teaching us how curiosity and compassion play into successful outcomes. Proceeds of the book are being donated to a foundation established by Bob to provide scholarships for medical students to work with doctors in poor countries.

Born in Arlington, Massachusetts in 1929, Bob Carey is a graduate of Harvard College and Boston University School of Medicine. In 1954 he married his high school sweetheart, Mary O’Neill, and the two went on to raise five children. In 1960 he joined a practice in Arlington, and later helped found Internist Inc., a group practice, in 1970. This practice joined Lahey Clinic in 1993 until Bob officially retired from medical practice in 1998. Since then, he has been teaching at BU and Harvard Medical School, and volunteering annually for pro bono medical service in Bolivia and Ecuador.

Dr. Carey’s book (Xlibris, 2009) is available through amazon.com.

METROPOLITAN HOME HEALTH SERVICES, INC.
to be FEATURED at a SPECIAL LUNCHEON on ST PATRICK'S DAY
Wednesday March 17th

Minuteman Senior Services is pleased to welcome representatives of **Metropolitan Home Health Services, Inc.** of Arlington to their Arlington Meal Site on St. Patrick's Day, Wednesday March 17, 2010. Roslyn and Yvonne Arpiarian will give a brief talk on the services offered by Metropolitan Home Health, and will be available for questions. Many thanks to Metropolitan Home Health Services, Inc. for their support of Minuteman's Nutrition Program.



Watch Dr. Carey on "Golden Opportunities" in March on Comcast channel 8, RCN channel 3, Verizon channel 31, and the ACMI Public channel. Consult the Arlington Advocate or go to <http://www.arlingtonstudio.com/> for dates and times.



**HAVE YOU THOUGHT ABOUT APPLYING FOR
A PROPERTY TAX EXEMPTION? ARE YOU 65 YEARS OR OLDER?**

Tax abatements of up to \$1300 are available, depending upon qualifications:

SINGLE APPLICANT: Must have been 65 years old by July 1, 2009:

INCOME: \$20,000 maximum; includes Social Security, wages, pension, interest from bank, stocks, etc

WHOLE ESTATE: \$40,000 maximum; includes money in bank, stocks, etc. Excludes primary residence.

MARRIED APPLICANT: One partner must have been 65 years old by July 1, 2009:

INCOME: \$30,000 maximum; includes Social Security, wages, pensions, interest from bank, stocks, etc.

WHOLE ESTATE: \$55,000 maximum; includes money in bank, stocks, etc. Excludes primary residence.

Applicants must have lived in Massachusetts 10 years, and have owned property 5 years. Income requirements will be verified by certified copies of Federal income Tax forms, and bank accounts **verified by bank statements**. **For an appointment, call Joyce Killingsworth (afternoons) at the COA, 781-316-3404. You must file by March 15.**

WHAT ARE YOUR TRANSPORTATION NEEDS? WE WANT TO KNOW! LET'S TALK ABOUT

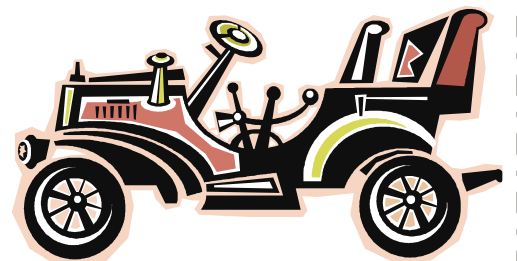
"TRANSPORTATION OPTIONS FOR ARLINGTON SENIORS"

TUESDAY MARCH 16, 1 - 2:30 PM



SENIOR CENTER, MAIN HALL

Do you think about how to get around if you don't drive? Perhaps you are considering giving up your car or don't want to drive in winter weather. Perhaps you have transportation needs right now. Come to the COA program "Transportation Options for Arlington Seniors" on Tuesday, March 16, 2010 from 1:00 to 2:30 p.m. in the Senior Center main hall.

COA Executive Director John Jope will tell us about the Council on Aging Transportation Program. John, along with COA Board members, will lead a discussion on what YOUR current and future needs may be. Bring your friends and family!



Monday	Tuesday	Wednesday
<p>8:30 PODIATRY CLINIC (\$25, BY APPT.)</p> <p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 ART CLASS</p> <p>12:30 PROGRESSIVE BRIDGE DROP-IN</p> <p>1:00 CRIBBAGE</p> <p>2:00 EARLY ARLINGTON 6 OF 6</p> <p>ROAST CHICKEN W/ COQ AU VIN SAUCE SWEET POTATOES, CAULIFLOWER</p> <p style="text-align: right;">1</p>	<p>10:00 CHAIR PILATES (1 OF 6)</p> <p>10:30 WHAT'S ON YOUR MIND?</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>12:30 NO B/P @ COA TODAY</p> <p>1:00 COMPUTER CLUB</p> <p>1:00 MAH JONG (\$5.00 DROP-IN)</p> <p>SAUSAGE SUB WITH MARINARA SAUCE TOSSED SALAD</p> <p style="text-align: right;">2</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE</p> <p>1:00 BINGO</p> <p>ROAST TURKEY W/ MASHED POTATOES</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 ART CLASS</p> <p>12:30 PROGRESSIVE BRIDGE DROP-IN</p> <p>1:00 CRIBBAGE</p> <p>GROUND BEEF BURGUNDY EGG NOODLES, SPINACH</p> <p style="text-align: right;">8</p>	<p>10:00 CHAIR PILATES (2 OF 6)</p> <p>10:30 WHAT'S ON YOUR MIND?</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>10:00 NOREEN MURPHY, ATTY (BY APPT.)</p> <p>12:30 B/P @ COA</p> <p>1:00 MAH JONG (\$5.00 DROP-IN) ; SING-ALONG</p> <p>2:00 IMMIGRANT SUPPORT GROUP (COA)</p> <p>SHAVED STEAK W/ PEPPERS, ONIONS AND MUSHROOMS, CORN</p> <p style="text-align: right;">9</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE</p> <p>1:00 BINGO</p> <p>CHICKEN W/ TERIYAKI GINGER BROWN RICE, BROCCOLI</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 ART CLASS</p> <p>12:30 PROGRESSIVE BRIDGE DROP-IN</p> <p>1:00 CRIBBAGE</p> <p>BAKED CHICKEN W/ GRAVY MASHED POTATOES</p> <p style="text-align: right;">15</p>	<p>10:00 CHAIR PILATES (3 OF 6)</p> <p>10:30 WHAT'S ON YOUR MIND?</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>10:15 CAREGIVER SUPPORT GROUP</p> <p>12:30 B/P @ COA</p> <p>1:00 MAH JONG (\$5.00 DROP-IN); SCRABBLE</p> <p>1:00 "TRANSPORTATION OPTIONS" DISCUSSION (SENIOR CENTER, MAIN HALL)</p> <p>CHILI, BROWN RICE, BROCCOLI</p> <p style="text-align: right;">16</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE</p> <p>1:00 BINGO</p> <p><u>SPECIAL</u></p> <p>CORNED BEEF W/ BROTH BOILED POTATOES, CARROTS</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 ART CLASS</p> <p>12:30 PROGRESSIVE BRIDGE DROP-IN</p> <p>1:00 CRIBBAGE</p> <p>GROUND BEEF STROGANOFF MASHED POTATOES, GREEN BEANS</p> <p style="text-align: right;">22</p>	<p>10:00 CHAIR PILATES (4 OF 6)</p> <p>10:30 WHAT'S ON YOUR MIND?</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>12:30 B/P @ COA</p> <p>1:00 MAH JONG (\$5.00 DROP-IN)</p> <p>CHICKEN W/ LEMON PICATTA SUCE BROWN RICE</p> <p style="text-align: right;">23</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE</p> <p>1:00 BINGO</p> <p>SCALLOPS W/ NEWBURGH BROWN RICE, BRUSSELS SPROUTS</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 ART CLASS</p> <p>12:30 PROGRESSIVE BRIDGE DROP-IN</p> <p>1:00 CRIBBAGE</p> <p>LIVER WITH ONIONS MASHED POTATOES, GREEN BEANS</p> <p style="text-align: right;">29</p>	<p>10:00 CHAIR PILATES (5 OF 6)</p> <p>10:30 WHAT'S ON YOUR MIND?</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>12:30 B/P @ COA</p> <p>1:00 MAH JONG (\$5.00 DROP-IN)</p> <p>SWEDISH MEATBALLS W/ MUSHROOM GRAVY GARLIC MASHED POTATOES</p> <p style="text-align: right;">30</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE</p> <p>1:00 BINGO</p> <p>SLICED HAM W/ MUSTARD SWEET POTATO, CAULIFLOWER</p>

Day	Thursday	Friday
DROP-IN) 3 GRAVY S, PEAS	4 9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 MOVIE: "INGLORIOUS BASTERDS" SHEPHERDS PIE, CORN	5 9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:30-10:30 STATE SENATOR KEN DONNELLY AT THE COUNCIL ON AGING 12:00 YOGA (\$5.00 DROP-IN) 1:00 BRIDGE (IN A&C) FISH TENDERS W/ LEMON DILL SAUCE DICED & SPICED POTATOES
DROP-IN) 10 RANGER SAUCE BROCCOLI	11 9:15 B/P @ FOX 10:00 SENIOR FORUM 1:30 "HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE" PRESENTATION MEATLOAF W/ GRAVY WHIPPED POTATOES	12 9:00-11:00 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) 10:30 YOGA (\$5.00 DROP-IN) 1:00 BRIDGE (IN A&C) 2:00 TAI CHI (1 OF 6) LASAGNA WITH TOMATO SAUCE ITALIAN GREEN BEANS <i>Daylight savings begins Sunday March 14</i>
DROP-IN) 17  H, MUSTARD, POTTS, CABBAGE	18 9:15 B/P @ FOX 10:00 SENIOR FORUM 12:00 SPECIAL PRESENTATION (AT LUNCH SITE): "METROPOLITAN HOME HEALTH SERVICES" 1:00 MOVIE: "A GOOD YEAR" PORK RIB W/ BBQ SAUCE, GREEN BEANS, CORN 4:00 COUNCIL ON AGING MONTHLY MEETING: OPEN TO THE PUBLIC (SR CTR, 1ST FLOOR DROP-IN ROOM)	19 9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00-10:00 STATE REPRESENTATIVE JAY KAUFMAN AT THE COUNCIL ON AGING 10:30 YOGA (\$5.00 DROP-IN) 1:00 BOOK CLUB 1:00 BRIDGE (IN A&C) 2:00 TAI CHI (2 OF 6) BROCCOLI BAKE, STEWED TOMATOES 
DROP-IN) 24 RRG SAUCE S SPROUTS	25 9:15 B/P @ FOX 1:30 "WHAT'S UP, DOC?" PRESENTATION SALISBURY STEAK W/ JARDINIÈRE GRAVY MASHED POTATOES	26 9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 10:00-11:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 10:30 YOGA (\$5.00 DROP-IN) 1:00 BRIDGE (IN A&C) 2:00 TAI CHI (3 OF 6) STUFFED SHELLS W/ TOMATO SAUCE BROCCOLI
DROP-IN) 31 RD SAUCE LIFLOWER	<div style="border: 1px dashed black; padding: 10px;"> <p><i>Reserve a lunch the day before (\$2.00 donation requested):</i></p> <p><i>Arlington Sr Ctr: 781-316-3423</i></p> <p><i>Arlington Heights: 781-648-7500</i></p> <p><i>(menu subject to change without notice)</i></p> </div>	

FUEL ASSISTANCE HELP



Community Teamworks' Arlington Satellite office for Fuel Assistance is located in the Senior Center building, 27 Maple Street, second floor, in the Weatherization Office. The Arlington office serves people living in Arlington, Belmont, Lexington, Waltham, and Watertown. This satellite office will remain open through the end of April.

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

THE "LINKS" PROGRAM

LINKS Program (*Linking Neighborhood Kids with Seniors*) will match seniors who need assistance with outdoor projects and Ottoson Middle School students in their neighborhood.

During the winter, students provide snow shoveling services and are paid by the job. The fee is determined by difficulty, amount, and depth of snow to be removed. Prices range from \$5 to \$30. Due to the age of the students, they do not use power tools or snowblowers.

Seniors requesting LINKS services should call Joyce Killingsworth, Council on Aging, 781-316-3404.



THURSDAY MOVIES at 1:00 PM

Mar 4: *INGLORIOUS BASTERDS* (2009)

Brad Pitt, Mike Meyers

WWII fantasy of revenge against the Nazis. (8 oscar nom)

Mar 18: *A GOOD YEAR* (2006)

Russell Crowe, Freddie Highmore, Albert Finney.

A London bond-trader learns to slow down and live.



Remember the shoe store that had what amounted to an x-ray machine in front of the store? You stuck your foot in it and you could see your foot bones.

Wonder if it caused cancer?



BOOK CLUB NEWS

Friday March 19th at 1:00 pm

Erik Larson's "*The Devil in the White City: Murder, Magic, and Madness at the Fair that Changed America*" is the true story of the architect who pulled together the 1893 Chicago World's Fair and of the serial killer, masquerading as a doctor, who plied his gruesome trade there.

MARCH SING-ALONG

with ANN DONOVAN & LARRY MARTIN

Tuesday, March 9 at 1 pm.

Spend an afternoon at our "Irish Hooley", singing songs of homeland, family, and loved ones. Come celebrate St. Patrick's Day and be Irish for a day!





William Brownsberger

State Representative

State House, Boston, 02133-1054

(617) 722-2800, x7115

Rep.WilliamBrownsberger@hou.state.ma.us

March, 2010

Dear Arlington Senior:

I am writing to let you know of a state income tax credit that may be helpful to you.

This tax credit is known as the Circuit Breaker. It is available to certain taxpayers age 65 or older. Eligible seniors can claim a refundable credit on their state income taxes for the real estate taxes paid on the residential property they own or rent as their principal residence.

The maximum credit allowed for both renters and homeowners is \$930. To be eligible for the credit for the 2009 tax year:

1. The taxpayer or spouse, if married filing jointly, must be 65 years of age or older at the close of the 2009 tax year; the taxpayer must own or rent residential property in Massachusetts and occupy the property as his or her principal residence.
2. The taxpayer's "total income" cannot exceed \$51,000 for a single filer who is not the head of a household; \$64,000 for a head of household; or \$77,000 for taxpayers filing jointly, and;

For homeowners, the assessed valuation as of January 1, 2009, before residential exemptions but after abatements, of the homeowner's personal residence cannot exceed \$788,000.

Eligible taxpayers who own their property may claim a credit equal to the amount by which their property tax payments in the current tax year (excluding any exemptions and/or abatements) including water and sewer use charges assessed, exceed 10% of their "total income" for that tax year.

For renters, the law assumes that 25% of rent goes toward property tax. Accordingly, renters may claim a credit in the amount by which 25% of their annual rental payment is more than 10% of their total income.

To claim circuit breaker credit, taxpayers must file Schedule CB and the associated Schedule CB worksheet. For more detailed information on required adjustments and other qualifying information, you can call the Department of Revenue Customer Service at 617-887-6367 or visit the DOR web site www.mass.gov/dor and click on Individuals and Families and then Forms. All of the tax information in this letter is excerpted from this web site.

Please feel free to contact my office at any time with questions (phone 617-711-2800, x7115, or email Rep.WilliamBrownsberger@hou.state.ma.us).

State Representative William Brownsberger, 24th Middlesex District

COUNCIL ON AGING EXERCISE PROGRAMS

Through the generosity of Lahey Clinic, the Council on Aging has again received an Exercise Grant to introduce Arlington's seniors to the joys and benefits of exercise. This year, the COA offers three programs: a Water Exercise Program, a Tai Chi Program, and a Pilates offering. Priority will be given to those who have not participated in earlier classes.

A low-impact arthritis Aquacise Program is held in the indoor pool at the Arlington Boys and Girls Club, 60 Pond Lane, Arlington, on Mondays & Fridays 2:00 to 2:45. We will have tickets available for interested seniors. The program is held in shallow water and is designed to improve flexibility, strength, endurance, coordination and balance.



A Tai Chi Program (March-June) will be held at the Senior Center. Classes on Fridays at 2 PM in two six-week sessions from March 12 through June 25. There will be a maximum of twenty participants per class. In comparison to other exercises, including weight training, stretching, endurance training, and balance training, Tai Chi was the most beneficial exercise.

A Pilates Program (March-May) Pilates is a form of exercise designed to stabilize the body's core muscles, improve posture, flexibility, strength, balance and coordination. The Arlington COA's unique version will be a form of "chair Pilates" with some standing exercises to improve balance. Classes on Tuesdays at 10 AM for two six-week sessions from March 2 through May 18. A portion of each class will be devoted to focused relaxation practices.

There is no cost for participants as the Lahey Clinic's grant covers all fees. Participation in each Program is strictly limited. Advance registration is required and can be done at the Council on Aging. Call the COA at (781) 316-3400 for more information.

DIAL-A-RIDE PROGRAM CHANGES

If you are already a member of *Dial-A-Ride*, you do not need a new membership card until July 1, 2010. Your current (pink) tickets and membership card will be good through June 30, 2010. The new *Dial-A-Ride* year will be July 1, 2010 to June 30, 2011. *Dial-a-Ride* applicants age 60-62 must provide proof of both income and age; those 62 and over need to produce only proof of age.



10-10-10: Get Ready! This is the year of the U.S. Federal Census!

Every ten years since 1790 the Federal Government in Washington, DC has taken a head count to see how many people reside in the nation. You may have fretted in the past about whether you received a "short" or "long" form questionnaire, which gathered information about where you lived, how you lived, your ethnic background, and much more. This coming Census year, 2010, everyone will get the same form, same set of ten questions; it is estimated that it should take only ten minutes to complete the form! Thus the slogan – **10-10-10 – In 2010, take ten minutes to answer ten questions.**

You can expect to get your census form in the mail in late March, 2010. It is available in over 50 languages if your English is not good! Every household is required to respond – even if you are not a citizen of the US; if you live here, you need to be counted. The information you give is safely stored and cannot be used by any other agency or division of the government – even the US President is denied access to the individual Census form data! The Census Bureau, the agency responsible for the census count and gathering information about the US population and its economics and housing, has designated that where you are living on **April 1, 2010** is where you should be counted. **April 1 is Census Day!**

Everyone does need to respond to the census! For almost two years the Census Bureau has been creating an address directory with the aid of satellites and Geographic Information Software. If they do not get responses from an address, a census taker will visit the address to gather the information; if a census taker is sent to the community, they will come in May-July, 2010.

Why is it so important that you be counted? Well, for one thing, **it's the law!**

Also, our representational form of government is based on equal representation for all people. As people move to different states, there are shifts in the representation in government. These changes may result in redistricting, which may impact the elections for the next ten years!

The Federal Government gives about **\$400 billion in aid to the states**; the amount of aid is distributed based, in part, on population figures. The Census Data that is collected helps to guide planning for national and regional programs which respond to transportation needs, hospital and health service needs, housing needs and costs, safety and emergency and disaster assistance; the data makes possible analysis for local and regional trends for economic planning, school districting, housing, labor and education, movements of goods and services, community justice. The information is widely used in the development of programs which meet specific community needs. **Arlington receives about \$1.5 million** to support programs after-school, seniors, health and counseling programs, the arts, parks and recreation services, and planning and development projects – to name just a few benefits to the community.

So a second slogan for the upcoming Federal Census 2010 is – **It's FAST, it's SAFE, and it's THE LAW!** We all benefit from responding to the Federal Census. Look for your form in the mail in late March, fill it out promptly, and mail it back.



the back page

<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	9:15-10:15 AM	free
<u>Podiatry Clinic*</u>	Mon 3/01, 4/05, 6/07	8:30-11:30, <i>by appt</i>	\$25
<u>Elderlaw Attorney, Noreen Murphy*</u>	2nd Tues each month	10—11:30, <i>by appt.</i>	free
<u>Financial Planner, Rick Fentin*</u>	2nd & 4th Fridays	9-10:30, <i>by appt</i>	free
<u>S.H.I.N.E. Counselor*</u>	Fridays	9 –11, <i>by appt</i>	free
<u>State Senator Ken Donnelly</u>	1st Friday each month	9:30-10:30 AM (<i>drop in</i>)	free
<u>State Representative Sean Garballey</u>	2nd Fri each month	9-11 AM (<i>drop in</i>)	free
<u>State Representative Jay Kaufman</u>	3rd Fri each month	9-10 AM (<i>drop in</i>)	free
<u>State Representative Wm. Brownsberger</u>	4th Fri each month	10 AM (<i>drop in</i>)	free
(* call 781-316-3400 for appointments)			
<u>SENIORS ASSOCIATION:</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Book Club</u>	Friday	1 PM	free
<u>Exercise Class</u>	Mon, Wed, Fri	9 AM	\$2.50 drop-in
<u>Yoga</u>	Tuesdays & Fridays at 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 meeting.)			

The BARGAIN CORNER
MONDAY, WEDNESDAY, FRIDAY
10:00AM - 1:00PM

Thinking about spring cleaning? We're accepting small, gently-used items to sell (jewelry, knick-knacks, small household items, small leather goods, etc). Slightly used and clean spring and summer clothing will be welcome for our shelves - no winter clothing, please.

A word to the wise shopper: come in and check us out! New items are arriving all the time.

Need more info?

Call June at 781-646-3263
 or Peg at 781-643-1885



ARLINGTON SENIORS ASSOCIATION
 27 MAPLE STREET
 ARLINGTON, MA 02476

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SUBMISSION DEADLINE IS THE 10TH OF THE PREVIOUS MONTH.
 SEND ARTICLES, INFORMATION, ETC. TO ASA NEWSLETTER COMMITTEE,
 OR TO JOHN JOPE AT THE COA.