

# MAY 2010 SENIOR NOTES

from Arlington's Wellness, Learning, & Social Center  
27 Maple Street (behind Town Hall)

Council on Aging (781) 316-3400  
Seniors Association (781) 316-3420  
MSS' "Eating Together" Meal Site (781) 316-3423



ARLINGTON  
SENIORS  
ASSOCIATION  
INC.



## SENIOR CENTER STAFF

### COUNCIL ON AGING

Ann V. FitzGerald  
*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  
*President*

Joan Pippin  
*MCOA-Certified  
Program Coordinator*

Richard Townsend  
*Office Clerk*

John Moore  
*Administrative Assistant*

### "EATING TOGETHER" MEAL SITE

Joanne Pijoan  
*Coordinator*

## **WHAT'S NEXT AFTER INDEPENDENT LIVING? THURSDAY MAY 13TH 1:30 PM**



What would you do if suddenly, you found you couldn't manage day to day activities as you had been able to in the past? Shopping for, and preparing meals, handling laundry, keeping up with basic housekeeping chores, even remembering to take medications can all begin to seem overwhelming as we become older. An older person's world can be turned upside down after a traumatic event such as a fall or an illness, making even the simplest task difficult and time consuming. What options are available to seniors when help is needed?

Join Dinah Olanoff and Lisa Yarin from Youville Assisted Living Residences to learn more about the many options available when independent living becomes more difficult. Becoming aware of options and planning ahead for a time when you may need additional services and support, will allow you to make the choices for yourself that support your individual needs and preferences. They will discuss home-based support options, as well as assisted living, and when one kind of option is preferred over the other. Be sure to bring your questions!

Refreshments will be served.

## **PUT SOME "SPRING" IN YOUR STEP WITH THE ASA**

### **Bone Health and Nutrition**

**Breakfast Lecture: Thursday, May 13 at 9:30 am.**

Spring is the time for fresh starts; the weather is great for walking, and the supermarkets are packed with fresh produce. Jessy McNeil, a registered dietician and consultant with Salter HealthCare, will give us some tips on taking care of our bones. She'll be happy to answer your questions, so bring them along and join us.

A healthy snack will follow the presentation.



**ASA Day trips**

*(Full payment due with reservation)*

**Saturday, June 12:** Block Island, the “Bermuda of the North”. The trip features luncheon at the historic National Hotel (choice of New England scrod, herb baked salmon, or pasta pomodora), followed by a tour of the island. There will also be time to browse the shops and galleries along Water Street. \$89.

**Tuesday, June 22:** Fenway Park Tour. Visit the historic home of Red Sox Nation. Enjoy lunch at Maggiano’s “Little Italy” Restaurant. \$68.

**Sunday, June 27:** Lobsterfest Day Trip at the Beacon Resort, Lincoln, NH. Trip features the Clermont Family’s Fabulous Lobster Bake. Lots of choices, all delicious! Entertainment “American Band Stand” follows. \$70.

**Thursday, July 8:** Venezia Waterfront Restaurant . Two outstanding shows: Singing Sensation Maureen McMullan, and Virtuoso Violinist Pei Wein. Lunch choice chicken parmesan or baked haddock. \$70

**Wednesday, July 28:** Lobsterbake at the Clambake Seafood Restaurant, Pine Point, Scarborough, ME. Enjoy a scrumptious luncheon (choice of whole boiled lobster or baked stuffed chicken) in a gorgeous setting. Trip also includes a 90-minute narrated cruise through the harbor. \$90.

**Thursday, July 29:** Bailey’s Island and Casco Bay. Take the ferry from Portland, ME for a 2-hour narrated cruise on Casco Bay to Bailey’s Island. Enjoy a delicious luncheon at Cook’s Lobster House Restaurant (choice of lobster casserole, chicken cordon bleu, grilled sirloin, fish and chips, or calamari Greek salad). \$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.)*

**June 1-4:** Niagara Falls. Three nights’ hotel accommodations on the Canadian side of the falls, including breakfast each day. Dinner each evening at different restaurants. Extensive sightseeing . Don’t forget your passport! \$675/twin.

**June 9-11:** Trapp Family Lodge (“The Sound of Music”), Stowe, VT. Two nights at the world-famous Lodge, including full breakfasts and a-la-carte dinners. Entertainment at the Lodge; sightseeing at the Lodge and during the trip there and back. \$540/twin.

**July 11-12:** Tanglewood Overnight and the scenic Mohawk Trail. Reserved seats inside the Shed for the magnificent Sunday afternoon concert. We’ll spend the night at the Williams Inn in Williamstown, including a complete dinner and full breakfast. On Monday we’ll visit the famous Clark Art Museum, and we’ll return via the Mohawk Trail. \$298/twin.

**July 14-16:** “Capital Vermont Tour” based in Montpelier, VT. Spend two nights at the delightful Capital Plaza Hotel. Enjoy the sights and the shopping in Montpelier. Visits to a nearby horse farm, the Rock of Ages Granite Quarries. Extensive sightseeing throughout the tour. \$469/twin.

**July 18-21:** Finger Lakes Region, NY. Stay at the beautiful Double Tree Hotel in Syracuse, (3 breakfasts, 1 lunch, and 3 dinners included). Tour the many fascinating sights in the area, including Syracuse/Skaneateles/Erie Canal, Fox Run Vineyards, Sonnenberg Gardens, and much more. \$569/twin.

*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.....

ADDRESS .....email address.....

TRIP.....MENU CHOICE .....

*Senior Center agencies do not endorse any seminar or presentation. Presentations are for informational use only.*

**YOU AND YOUR MEDICATIONS**  
**SAFE MEDICATION MANAGEMENT FOR SENIORS**

**THURSDAY MAY 27 - 1:30 PM**

Presented by: Gerry Nelson MS, RN  
 Community Health Department  
 Mount Auburn Hospital



Please join us for this presentation of safe medication management for seniors at home. For many seniors, medication management is difficult and complex. In this step-by-step presentation you will learn how to be successful in managing your medications. Successful medication management is often the key to being able to stay at home safely. Let us teach you how to develop a simple system that will help you stay on track and maintain compliance with your medications.

**THANK YOU**

*from the*

**ARLINGTON SENIORS ASSOCIATION**

The Arlington Seniors Association wishes to thank those members and donors who helped to make our recent fund drive a success. Results of this year's drive, according to the Fund Raising Committee, more than doubled that of last year. All donations together with member dues help make possible our many social programs and activities, including bingo, movies, parties and special performances.

Thanks again, everyone!

## PEOPLE AT THE SENIOR CENTER

Frank Tadley is one of the most multi-talented of the many talented people here at the Center. He explains modestly what he does here: "I have been delivering meals on wheels for almost five years. I also teach the computer classes at the Senior Center." What he doesn't mention is that he also rescues the rest of us when we are completely stumped by something we are trying to do on the various computers. Our cries for help are frequent and are always answered with a smile and a quick resolution of the problem. Frank notes that he spent twenty-six years in the high tech field working for companies that specialized in speech recognition. He describes this work as "getting your computer to understand what you say" and adds "Now if I could just get my kids to do that!"

In his life outside the Center, Frank is also an artist and a photographer. He does art installations for individual clients and for the Griffin Museum of Photography in Winchester. Those of us who have taken his computer classes have had the opportunity to appreciate his photos, which grace the covers of each of his class hand-outs.

### MEDICAL EQUIPMENT AVAILABLE



The Council on Aging has medical equipment available to loan to Arlington citizens. Usually we have walkers, shower chairs, tub benches, raised toilet seats, and wheelchairs. Before you purchase equipment yourself, call our Social Worker, Lourie August, at the Council on Aging (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.

### MUSCLE POWER

We all need it! Our internal organs are muscles. Let's discuss their nutritional needs - how much protein do we need daily?

Good vegetarian sources of protein  
will be highlighted at

**The Arlington Senior Center**  
**May 19th 11:15 AM**

and at

**Drake Village**  
**Arlington Heights**  
**May 20th at 11:15**

## DENTAL SCREENING CLINIC

The COA's next dental screening clinic will be held on Tuesday, May 11 from 10 AM - noon at the Council on Aging. In order to be eligible you must be an Arlington resident, 60 years or older, and you must qualify under the program's income limits, which are \$23,150 for a single person living alone or \$26,475 for a married couple living together.



There is a \$300 per client per year limit in this program. There can be no duplication of services, so if you're receiving dental benefits from MassHealth or from another dental plan you are not eligible.

***There are only a limited number of openings for this clinic.  
Please call 781-316-3400 for an appointment, and with any questions.***

## CLASSES AT THE SENIOR CENTER

**Introduction to Microsoft Word.** If you've been using *Word* the way you used to use your typewriter (remember that?), this is the place to learn to take advantage of all the great things Word can do. Our instructor, Frank Tadley, has extensive experience in the high tech field and knows exactly how to translate "geek-speak" into plain English. Class meets on Thursdays from 1-3, starting on May 6.

**Digital Photography:** Frank, who is also a professional photographer, will help you work with all those photos you've been taking with that cool digital camera. Class meets for two weeks, Tuesday, May 18 and 25 from 1-3.

**Creative Writing:** Join this lively creative writing course to start or finish your life story, poem, novel, letter to the editor—or anything else you want to write! Get guidance on your writing from Lynette Benton, a published writer of articles, essays, and blogs. Here's the place to meet other local writers and have fun working on your writing project. Class meets on Tuesdays at 1, starting on May 4.

**Drop-in Classes:** And, when the spirit moves you, you can always drop in on Mahjong (Tuesdays at 1 pm, \$5 per class), Exercise Class (Mon., Wed., Fri. at 9 am, \$2.50 per class), or Yoga (Tues. and Fri. at 10:30 am, \$5 per class).



.....

## KNOW YOUR CENSUS TAKER

Starting in May census takers will be coming to your door if you have not already mailed your Census form back. It is important for your community and your congressional representation that you be counted in the 2010 Census!



You will know it is a trained Census taker at your door because they will present an official badge with the Department of Commerce watermark. They will only ask questions that appear on the 2010 Census form. They are sworn for life to protect your data. Census takers will also carry materials to assist in other languages. Census takers WILL NOT enter your home or ask for your social security number. Be counted so we can get the funding and the representation we need!

Monday	Tuesday	Wednesday
<p>8:30 PODIATRY CLINIC (\$25, BY APPT.)            9:00 EXERCISE (\$2.50 DROP-IN)            12:30 PROGRESSIVE BRIDGE DROP-IN            1:00 CRIBBAGE</p> <p style="text-align: right;"><b>3</b></p> <p style="text-align: center;">BEEF TIPS WITH BORDELAISE SAUCE WHIPPED POTATOES, CARROTS</p>	<p>10:00 CHAIR PILATES (4 OF 6)            10:30 YOGA (\$5.00 DROP-IN)            11:00 WHAT'S ON YOUR MIND?            12:30 <b>NO B/P @ COA TODAY</b>            1:00 INTERMEDIATE COMPUTER WK 5 OF 6            1:00 CREATIVE WRITING            1:00 MAHJONG            1:00 COMPUTER CLUB</p> <p style="text-align: right;"><b>4</b></p> <p style="text-align: center;">CHICKEN PATTY, SWEET POTATOES</p>	<p>9:00 EXERCISE (\$2.50 DRO            10:00 INFORMAL KNITTING            1:00 BRIDGE            1:00 BINGO</p> <p style="text-align: center;">CHICKEN CORDON BLEU W SAUCE, RICE PILAF, B</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)            12:30 PROGRESSIVE BRIDGE DROP-IN            1:00 CRIBBAGE</p> <p style="text-align: right;"><b>10</b></p> <p style="text-align: center;">ROASTED CHICKEN WITH BBQ SAUCE MASHED POTATOES, BROCCOLI</p>	<p><b>10:00 COA DENTAL SCREENING CLINIC</b>            10:00 CHAIR PILATES (5 OF 6)            10:30 YOGA (\$5.00 DROP-IN)            10:00 NOREEN MURPHY, ATTY (BY APPT.)            11:00 WHAT'S ON YOUR MIND?            12:30 B/P @ COA            1:00 INTERMEDIATE COMPUTER WK 6 OF 6            1:00 SING-ALONG            1:00 CREATIVE WRITING, MAHJONG            2:00 IMMIGRANT SUPPORT GROUP (COA)</p> <p style="text-align: right;"><b>11</b></p> <p style="text-align: center;">SLOPPY JOES, CARROTS, SPANISH RICE</p>	<p>9:00 EXERCISE (\$2.50 DRO            10:00 INFORMAL KNITTING            1:00 BRIDGE            1:00 BINGO</p> <p style="text-align: center;">CRUNCHY POTATO DICED PARSLED PO</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)            12:30 PROGRESSIVE BRIDGE DROP-IN            1:00 CRIBBAGE</p> <p style="text-align: right;"><b>17</b></p> <p style="text-align: center;">SLICED HAM, MUSTARD RICE &amp; PEA SALAD</p>	<p>10:00 CHAIR PILATES (6 OF 6)            10:30 YOGA (\$5.00 DROP-IN)            10:15 CAREGIVER SUPPORT GROUP            11:00 WHAT'S ON YOUR MIND?            12:30 B/P @ COA            1:00 DIGITAL PHOTOGRAPHY WK 1 OF 2            1:00 CREATIVE WRITING            1:00 MAHJONG            1:00 SCRABBLE</p> <p style="text-align: right;"><b>18</b></p> <p style="text-align: center;">CHEESE LASAGNA WITH TOMATO SAUCE SPINACH</p>	<p>9:00 EXERCISE (\$2.50 DRO            10:00 INFORMAL KNITTING            11:15 MUSCLE POWER &amp; PR            1:00 BRIDGE            1:00 BINGO</p> <p style="text-align: center;">CHICKEN WITH TERIYA BROWN RICE, BRO</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN)            9:00-10:00 STATE REPRESENTATIVE                JAY KAUFMAN AT THE COUNCIL ON AGING            12:30 PROGRESSIVE BRIDGE DROP-IN            1:00 CRIBBAGE</p> <p style="text-align: right;"><b>24</b></p> <p style="text-align: center;">GROUND BEEF STROGANOFF NOODLES, STRING BEANS</p>	<p>10:30 YOGA (\$5.00 DROP-IN)            11:00 WHAT'S ON YOUR MIND?            12:30 B/P @ COA            1:00 CREATIVE WRITING            1:00 DIGITAL PHOTOGRAPHY WK 2 OF 2            1:00 MAHJONG</p> <p style="text-align: right;"><b>25</b></p> <p style="text-align: center;">ROAST CHICKEN WITH APRICOT GLAZE MASHED POTATOES, BROCCOLI</p>	<p>9:00 EXERCISE (\$2.50 DRO            10:00 INFORMAL KNITTING            1:00 BRIDGE            1:00 BINGO</p> <p style="text-align: center;">SWEDISH MEATBALLS WIT GRAVY, NOODLES,</p>
<div style="border: 2px solid red; border-radius: 50%; padding: 10px; display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p style="font-size: 2em; font-weight: bold;">31</p> <p style="font-size: 1.5em; font-weight: bold;">Memorial Day: Senior Center closed</p> </div> </div>	<div style="border: 1px solid black; padding: 10px;">  <p><b>Creative Writing:</b> Join this lively creative writing class. Write a letter to the editor — or whatever you want to — and submit it to a published writer of articles, essays and blogs. It's fun working on your writing project. Class meets every other week. Please call Joan at 781-316-3421.</p> </div>	

ay	Thursday	Friday
DP-IN) <b>5</b>  WITH SUPREME BROCCOLI	<b>6</b> 9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 INTRODUCTION TO WORD WK 1 OF 2 1:00 MOVIE: "THE BLIND SIDE" 1:30 SHAKESPEARE DRAMA GROUP WK 5 OF 6  MACARONI AND CHEESE STEWED TOMATOES	<b>7</b> 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 10:30 YOGA (\$5.00 DROP-IN) 1:00 BRIDGE  MEATBELLS WITH TOMATO SAUCE ZITI, GREEN BEANS
DP-IN) <b>12</b>  D FISH POTATOES	<b>13</b> 9:15 <b>NO B/P @ FOX TODAY</b> 9:30 BREAKFAST LECTURE ON BONE HEALTH 10:00 SENIOR FORUM 1:00 INTRODUCTION TO WORD WK 2 OF 2 1:00 COMPUTER BASICS WK 1/4 1:00 SHAKESPEARE DRAMA GROUP WK 6 OF 6 1:30 "WHAT'S NEXT AFTER INDEPENDENT LIVING?" PRESENTATION  ROAST PORK WITH GRAVY SWEET POTATOES, ITALIAN GREEN BEANS	<b>14</b> 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 2:00 TAI CHI (1 OF 6)  SHEPHERDS PIE, MASHED POTATOES CHUCKWAGON CORN
DP-IN) <b>19</b>  PROTEIN  SAKI SAUCE BROCCOLI	<b>20</b> 9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 MOVIE: "THE STEPMOMS" 4:00 <b>COUNCIL ON AGING MONTHLY MEETING:            OPEN TO THE PUBLIC</b> (SR CTR, 1 <sup>ST</sup> FLOOR DROP-IN ROOM)  SALISBURY STEAK WITH JARDINIÈRE GRAVY MASHED POTATOES, GREEN BEANS	<b>21</b> 9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 10:30 YOGA (\$5.00 DROP-IN) 1:00 BOOK CLUB 1:00 BRIDGE 2:00 TAI CHI (2 OF 6)  CHICKEN PATTY WITH GRAVY AU GRATIN POTATOES, BRUSSELS SPROUTS
DP-IN) <b>26</b>  H MUSHROOM BEETS	<b>27</b> 9:15 B/P @ FOX 10:00 SENIOR FORUM 1:30 "SAFETY MEDICATION MANAGEMENT FOR SENIORS" PRESENTATION  HOT DOG, MUSTARD BAKED BEANS, CARROTS	<b>28</b> 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)  ROAST TURKEY WITH GRAVY STEAMED RED BLISS POTATOES
<p><i>writing course to start or finish your life story, poem, novel, write. Get guidance on your writing from Lynette Benton, s. Here's the place to meet other local writers and have ets on Tuesdays at 1:00pm, starting May 4th, \$40 for six</i></p>		<p><b>Reserve a lunch the day before</b>            (\$2.00 donation requested):            Arlington Senior Center: 781-316-3423            Arlington Heights: 781-648-7500            (menu subject to change            without notice)</p>

**BOOK CLUB NEWS**  
**Friday May 21st 1:00 pm**

We'll be reading *Olive Kitteridge* by Elizabeth Strout, a "novel in stories" about ordinary folks living lives of loneliness and loss, somewhat redeemed by moments of human connection.. Olive Kitteridge is a seventh-grade math teacher who provides the link among the characters.

**MAY SING-ALONG**

with **ANN DONOVAN & LARRY MARTIN**  
**Tuesday, May 11th at 1 pm**

Drop what you're doing and give yourself a lift! Your cares will seem to vanish as you sing along with Anne and Larry.



**THURSDAY MOVIES at 1:00 PM**

**MAY 6: THE BLIND SIDE**

Sandra Bullock (Oscar winner)

A hilariously uplifting adventure by Disney / Pixar (96 minutes)

**MAY 20: THE STEPMOMS**



Julia Roberts Susan Sarandon

A warm, "winningest" romantic triangle (127 minutes)

MY LIFE BROKEN DOWN INTO SEGMENTS



**WE APOLOGIZE**

We have received a few comments of late regarding an occasional misspelling in the newsletter. Although we strive to be as accurate as possible, there seem to be times when things slip through and end up on the printed page. For this, we offer you, the reader, our apologies. We will do our very best in the future, and hope you bear with us.

## **THE "LINKS" PROGRAM**



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

During the spring, students provide cleanup and other outdoor services and are paid by the job. The fee is determined by difficulty of the job. Prices range from \$5 to \$30 depending on workload. Due to the age of the students, they do not use power tools.



*To request LINKS services, call  
Joyce Killingsworth, Council on Aging*

*781-316-3404.*

**Are you at least 60 and have a problem with your in-home caregiving services?**

**Do you know someone who does?**

**If so, please call us!**

**1-800-243-4636**

**(1-800-AGE-INFO)**

***Save this date!!***

***COME JOIN US FOR AN EVENING OF FUN***

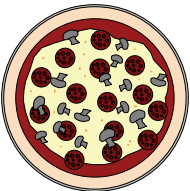
### **PIZZA & MOVIE PARTY**

**TUESDAY, JUNE 8th**

**Movie: to be arranged**

**4:00 TO 7:00 PM**

**Tickets \$4.00**



## MAY IS AMERICAN STROKE MONTH

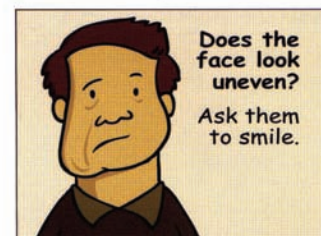
### Act "FAST"

"Every 45 seconds, someone in America has a stroke. About 700,000 Americans will have a stroke this year and over 167,000 will die. Stroke is the #3 killer and one of the leading causes of disability." This is a frightful statistic and people need to know the warning signs and react quickly if experiencing any of the symptoms. Warning signs include:

- 1). Sudden numbness/weakness of the face, arm, or leg, especially on one side of the body.
- 2). Sudden confusion, trouble speaking or understanding.
- 3). Sudden trouble seeing in one or both eyes.
- 4). Sudden trouble walking, dizziness loss of balance and/or coordination.
- 5). Sudden, severe headache with no known cause.

There are certain risk factors that cannot be changed such as age, heredity, race, gender, prior strokes, TIA, or heart attack. The stroke risk factors that can be changed, treated, or controlled are:

- 1). High blood pressure
- 2). No Smoking
- 3). Diabetes/Obesity
- 4). Carotid or other artery disease
- 5). High cholesterol
- 6). Physical inactivity
- 7). Poor diet
- 8). Moderation in using alcohol



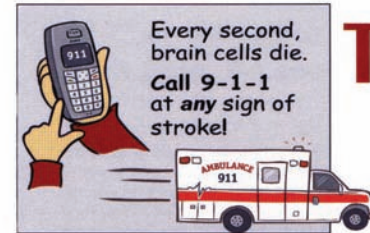
**F**ace



**A**rm



**S**peech



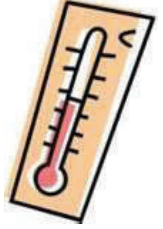
**T**ime

For further information, please contact your physician. It is important to have yearly physical exams to monitor existing conditions and to detect any new issues. The American Stroke Association has provided me with most of the information above and can be reached at 1-888-478-7653.

*Patricia Falwell, COA Nurse*

## **MENOTOMY WEATHERIZATION ASSISTANCE PROGRAM**

***Is your home or apartment cold and drafty?*** The Menotomy Weatherization Assistance Program services eligible clients at no cost to them with air sealing, insulation, and in some cases new windows and doors. Heating system tune-ups and repairs may be completed when needed.



The program is funded through the Department of Energy and State Offices of the DHCD. All contractors are licensed and insured. The program oversees the entire project from the initial audit through the final quality control inspection after the work as been completed.

For additional information and income guidelines please call 781-316-3436 or visit:

[http://www.town.arlington.ma.us/Public\\_Documents/ArlingtonMA\\_Planning/weatherization/index](http://www.town.arlington.ma.us/Public_Documents/ArlingtonMA_Planning/weatherization/index)

## **BLOOD PRESSURE CLINICS: NEW TIMES**

Pat Falwell, the Council on Aging nurse, holds a blood pressure clinic at the Fox Library on most Thursday mornings from 9:15 to 10:15. Please note: *There will not be a blood pressure clinic held on Thursday, May 13.*



The clinics at the Fox Library used to start at 10 AM, however parking spaces were very hard to come by at that time. Pat noticed there was more parking available earlier in the morning so she decided to start the Blood Pressure clinics at 9:15. Come on down and get your blood pressure checked!

Blood pressure clinics are also held at the Council on Aging on Tuesday afternoons from 12:30 to 1:45.

**\*\* *The best sermons are lived, not preached* \*\***

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
<b>No b/p clinic at the COA on Tuesday May 4</b>			
at Fox Community Ctr., 175 Mass Ave.	Thursdays	9:15-10:15 AM	free
<b>No b/p clinic at the Fox Center on Thursday May 13</b>			
<u>Podiatry Clinic*</u>	Mon 5/03, 6/07, 7/12	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>	Monday May 24	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>Intermediate computer</u>	Tuesdays	1-3 pm.	\$60/6 wks
<u>Introduction to Microsoft WORD</u>	Tuesdays	1 pm	\$40/4 wks
<u>Creative Writing</u>	Tuesdays	1 pm.	\$40/6 wks
<u>Digital Photography</u>	Tuesdays	1 pm	\$20/2 wks
<u>Shakespeare/Drama Group:</u>	Thursdays	1 pm.	\$40/6 wks
<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
<u>Art Class</u>	Mondays	1:00	\$40/6 wks
(*ASA classes may not be held due to low enrollment. Please call Joan Pippin 781-316-3421 prior to the first meeting.)			

**MEETINGS OPEN TO ALL**

The Council on Aging meets the third Thursday evening of each month at 4:00 pm in the Senior Center's drop-in room on the first floor, 27 Maple Street. We invite the public to attend. These are YOUR services and programs, so we invite your thoughts, requests, questions and suggestions to help us plan. Please use Maple Street entrance.



**Everyone is welcome!**

ARLINGTON SENIORS ASSOCIATION  
27 MAPLE STREET  
ARLINGTON, MA 02476

STANDARD A  
U. S. POSTAGE PAID  
PERMIT NO. 58391  
ARLINGTON, MA

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