



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



JANUARY 2006

SENIOR NOTES

ARLINGTON SENIOR WELLNESS, LEARNING & RECREATION CENTER
27 MAPLE STREET, ARLINGTON, MA 02476 (BEHIND TOWN HALL)

Arlington Seniors Association: 781-316-3420
Association Coordinator: 781-316-3421
Seniors Drop-in Room: 781-316-3426

Council on Aging: 781-316-3400
Cooperative Elder Services: 781-641-1070
MSS "Eating Together" Meal Site: 781-316-3423

IN THIS ISSUE:

This month's workshops	2
LINKS Program	3
Senior Property Tax Relief	4
Thanks to our Thanksgiving Volunteers!	5
Monthly calendar	6,7
Clinics & Classes	8
Dial-a-Ride Tickets for 2006	9
Movies this month; spiritual discussion	10
Fuel assistance information	12

CHRISTMAS IN JANUARY!

Friday, January 13, 1 - 4 PM, Senior Center, main hall

Come and join us for the Senior Association's **post-holiday party!** Since our December 9th shindig was cancelled due to the snowstorm, we didn't want anyone to feel left out. Besides, this will "liven up" the usually quiet month of January. Come and help make the fun! In the meantime, hold on to your "Pot-o-Gold" tickets...the big drawing will be held at the January 13 party. **Refreshments will be served!**



WINTER STORM CLOSING POLICY FOR THE SENIOR CENTER

When the Arlington schools are closed, so is the Minuteman Meal Site and the Arlington Seniors Association. The Council on Aging will always be open since it is a municipal agency.

The Cooperative Elder Services, Inc., Adult Day Health Program is usually open. When in doubt call Cooperative Elder Services at 781-641-1070 and check the message on their answering machine.

INCLEMENT WEATHER CANCELLATIONS for COA VANS

COA van service will be cancelled when the Arlington Public Schools are cancelled because of inclement weather. Listen for school cancellation announcements on WBZ (channel 4), WCVB (channel 5) and WHDH (channel 7), or radio stations WEEI and WBZ. The COA office will remain open. Scheduled clients will be notified that vans are not running that day and the recommendation will be given that they should reschedule any appointments. Scheduled transportation for that day's medical appointments will be evaluated on a case-by-case basis. Factors considered are the van driver's assessment of road conditions, the client's mobility skills, and access from client's door to the van.



DON'T FALL VICTIM TO A FALL!

**THURSDAY, JANUARY 12, 1:30 PM
SENIOR CENTER, MAIN HALL**

*Karen Breehey, Arlington Visiting Nurses
and Community Health*

Falls severely injure, and sometimes kill, people of all ages. To address this problem, Visiting Nurse and Community Health, Inc. (VNCH) of Arlington has developed an awareness presentation that will hopefully help stem injuries due to falls.

This timely presentation blends common sense and humor to address this often debilitating occurrence. It carries a "how to avoid" falls message for the home and surrounding outside areas, and details everyday hazards and offers easy-to-implement solutions.

**CANCER AWARENESS
and PREVENTION**

**THURSDAY, JANUARY 26, 1:30 PM
SENIOR CENTER, MAIN HALL**

*Mary Johnson, RN, BSN, OCN,
Nurse Coordinator,
The Barron Center for Men's Health
Mount Auburn Hospital*

In this workshop about cancer awareness and prevention, Ms. Johnson will concentrate on those cancers that we can screen. There are many different cancers; the presentation will touch on breast, prostate, skin, colorectal, cervical and testicular cancers.

The importance of nutrition, exercise, sun safety and smoking cessation will also be discussed. A Powerpoint presentation will be utilized, followed by a question and answer session. Come and learn!

A row of bottles on my shelf caused me to analyze myself...

One yellow pill I have to pop goes to my heart so it won't stop.

A little white one that I take goes to my hands so they won't shake.

The blue ones that I use a lot tell me I'm happy when I'm not.

The purple pill goes to my brain and tells me that I have no pain.

The capsules tell me not to wheeze or cough, or choke, or even sneeze!

The red ones, smallest of them all, go to my blood so I won't fall.

*The orange ones, so big and bright, prevent my leg cramps in the
night.*

Such an array of brilliant pills helps to cure all kinds of ills.

**TALES OF THE SPIRIT: Come Share A Story and Reminisce**

What are your stories? Do you have a story or tale to share? Come share your story with a small group and listen to other people's stories. *Cost: Free*

Dates: Wednesdays, January 4, 11, 18, 25

Time: 10:30 - 11:30 AM

Location: Council On Aging Conference Room, ground floor

Moderated by Marilyn Richard, COA Pastoral Counselor

Call 781-316-3400 to sign up

Refreshments will be served.

ARLINGTON SENIORS ASSOCIATION DAY TRIPS

(full payment due with reservation)

•Tuesday, February 14, 2006: Valentine’s Party at Spinelli’s of Lynnfield:lunch at noon (scrod or Yankee pot roast) and “Broadway in Song” with Laura Summerhill, live music for dancing. \$56. pp

•Friday, March 17, 2006: “Forever Irish” Tour at Venus de Milo, Swansea...the Andy Cooney Band, comedy and songs of Mac & O, Irish dancing, lunch (corned beef/cabbage or baked haddock). \$62. pp

For information or reservations, call Joan Caterino at 781-646-9064.

All checks must be made out to Arlington Seniors Association, Inc., 27 Maple St., Arlington, MA 02476 with name, address, phone number and name of trip included. Please enclose a self-addressed stamped envelope. Trips are a means of fund raising for our Association.

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

ADDRESS.....

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

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

THE LINKS PROGRAM

The LINKS Program (Linking Neighborhood Kids with Seniors) is ready for the winter. Kathy Roche, the Program Coordinator, will match seniors who need help with yard work or snow shoveling with neighborhood students. The students may work individually or in pairs. Students get \$5 an hour for yard work; snow shoveling is paid by the job. Seniors requesting LINKS services should call Joyce Killingsworth at the COA, 781-316-3404, Monday – Friday, between noon and 4 PM.



BOOK CLUB NEWS



Meetings held in the Senior Center drop-in room on the third Friday of each month at 1 PM, so January 20 will be the date for this month. We’ll read and discuss “Namesake” by Jhumpa Lahiri.

Ruth Silva & Elisa Lopez

ElderCareQ&A: SENIOR PROPERTY TAX RELIEF**Q: Is there a new property tax credit law for seniors?****A: Yes, and it could be worth as much as \$3,260.**

Shortly before Thanksgiving, the state legislature passed a law that expands the state income tax credit for elders with high property taxes. Under the revised "circuit-breaker" law, homeowners 65 or over who meet certain income eligibility requirements can apply for a state income tax credit of up to \$840. The qualifying home value has been lifted from \$400,000 to \$600,000.

The "Circuit-Breaker" allows elderly homeowners to get a refundable state tax credit if their local property tax and water/sewer bills exceed more than 10% of their income. Elderly renters can also take advantage of this law if 25% of their annual rent exceeds 10% of their annual income. To figure out how much the state may owe you, get a copy of Schedule CB by calling 1-800-392-6089 and press "1" to wait for an agent. Or, find it on the internet at http://www.dor.state.ma.us/Forms/IncTax05/PDFs/sch_cb.pdf

Even if you owe no state taxes, you can get up to \$840 back. The form to fill out is called Schedule CB. Ask a family member or friend to help you fill out the forms, because it does take some calculations to figure your credit. A qualifying taxpayer is one whose joint income does not exceed \$60,000, or \$40,000 for a single taxpayer.

The new law also increases the housing threshold every year based on a new "cost of housing adjustment," which will be higher than the cost of inflation, because home values have been rising faster than inflation. By indexing the housing threshold to property value increases, seniors will not be priced out of receiving this credit in future years solely because of the appreciation in the value of their home. Every year the income eligibility and the actual credit amount will go up by an inflation factor, but the qualifying home value will go up even faster.

The law also gives cities and towns the option to lower the 8% rate of interest on deferred property tax bills to as low as 0%. Taxes deferred, plus interest, must eventually be paid either when the owner dies or when the property is transferred.

But here's the best part: You can claim up to three years credit retroactively by contacting the Department of Revenue. Taxpayers have to fill out an amendment form (known as a CA6), fill out Schedule CB, and file a full state tax form for each year if none was filed at the time. You have until April 15, 2006 to file retroactively for the years 2002, 2003, 2004. That means that from January to April, 2006, you can file for the Circuit-Breaker for 2005, plus the three retroactive years. The credit for 2002 is \$790, for 2003 its \$810, for 2004 its \$820, and for 2005 its \$840. You could receive a check for up to \$3,260. Many professional tax preparers don't know about this credit, so make sure you ask them to calculate your "circuit-breaker" property tax credit.

Minuteman Senior Services, January 2006

GRANDPARENT SUPPORT GROUP:
the 2ND TUESDAY EACH MONTH

This support group is for grandparents who are active in raising their grandchildren. It meets the second Tuesday of each month. For further information call Lourie August, COA Social Worker, at 781-316-3410. *This group is supported in part by a Title III Grant through Minuteman Senior Services.*

CAREGIVER SUPPORT GROUP:
the 3RD TUESDAY EACH MONTH

A support and networking group for caregivers of a loved one who is residing at home or in a long-term care facility will be held at the Council on Aging from 10:15 AM – 11:45 AM. We often share information about caring for people with Alzheimer's or other dementias. Questions? Call Lourie August at 781-316-3410.

MEDICAL EQUIPMENT
AVAILABLE

The Council on Aging has medical equipment available for loan to Arlington citizens. Usually we have walkers, shower chairs, tub benches, raised toilet seats, and wheelchairs.

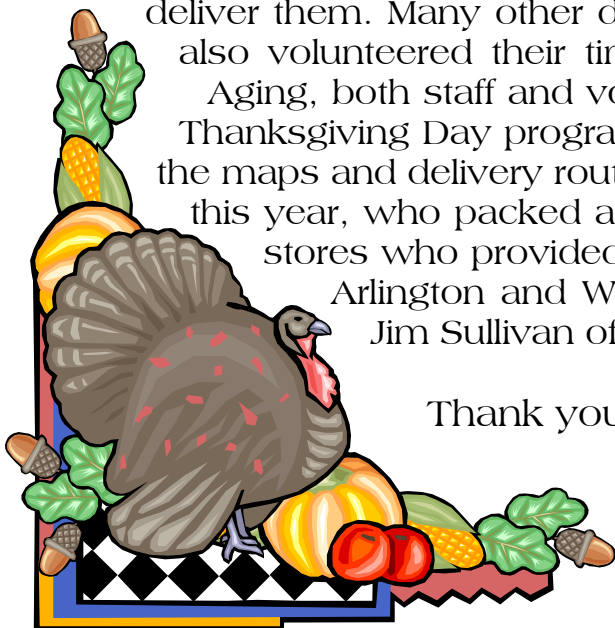


So, before you purchase equipment yourself, call Lourie at the Council on Aging at (781-316-3410) to see what might be available. We also accept donations of equipment but have very limited space, so please call first to see if we can accept the item.





A GIANT THANK YOU to the Retired Men's Club of Arlington for donating the money to pay for the 120 turkey dinners that were delivered to shut-in residents of Arlington, who otherwise would not have had a turkey dinner at all. The Retired Men's Club has supported this endeavor for many years, not only by paying for the meals but also providing drivers on Thanksgiving morning to deliver them. Many other drivers, some with children and grandchildren, also volunteered their time. Thanks also to the Arlington Council on Aging, both staff and volunteers, who organized and coordinated the Thanksgiving Day program. Not only did they arrange (and re-arrange!) the maps and delivery routes, but they provided the volunteers, 26 in all, this year, who packed all the meals. Thanks go out to the many local stores who provided bags for the dinners, namely, Trader Joe's in Arlington and Whole Foods in Cambridge. A final thanks to Jim Sullivan of Bateman's who prepared the meals.

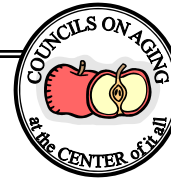
Thank you to all who helped in so many ways!

*Gratefully, Bill Murphy,
 COA Coordinator of Volunteers*



Monday	Tuesday	Wednesday
 <p>2</p>	<p>3</p> <p>9:30 Line Dancing 10 B/P @ Fox 11 Yoga 1:00 Women's Billiards 1:00 Computer club <i>Sloppy Joe, whipped potatoes</i></p>	<p>9:00 Exercise 10 Informal Knitt 1:00 Bridge; Bingc <i>Tomato cabbage sou</i></p>
<p>9:00 Exercise 9:00 COA Podiatry Clinic 1:00 Progressive Bridge; Cribbage <i>Meatballs & tomato sauce</i></p>	<p>10 10 B/P @ Fox; Atty. Noreen Murphy 11 Yoga 1:00 Sing-along 1:00 Women's Billiards <i>Chicken fajitas, onions, red peppers, mushrooms, brown rice</i></p>	<p>9:00 Exercise 10 Informal Knitt 10 Real Estate Fo 1:00 Bridge; Bingc <i>Burgund</i></p>
<p>16</p> <p>MARTIN LUTHER KING DAY: SENIOR CENTER CLOSED</p>	<p>17</p> <p>10 B/P @ Fox; Caregiver Support Group 11 Yoga 1:00 Computer Club; Scrabble 1:00 Women's Billiards <i>Minestrone soup, cheese lasagna/tomato sauce</i></p>	<p>9:00 Exercise 10 Informal Knitt 1:00 Bridge; Bingc <i>Beef rib patty,</i></p>
<p>23</p> <p>9:00 Exercise 1:00 Progressive Bridge; Cribbage <i>Chicken, red pepper sauce</i></p>	<p>24</p> <p>9:30 Line Dancing 10 B/P @ Fox 11 Yoga 1:00 Women's Billiards 1:00 Movie: "Dr. Jekyll & Mr. Hyde" (John Barrymore, 1920 silent film) <i>Baked fish fillet, spinach Florentine sauce</i></p>	<p>9:00 Exercise 10 Informal Knitt 1:00 Bridge; Bingc <i>Tomato rice sou</i></p>
<p>30</p> <p>9:00 Exercise 1:00 Progressive Bridge; Cribbage <i>Ziti/meat sauce, Genoa vegetables</i></p>	<p>31</p> <p>10 B/P @ Fox 11 Yoga 1:00 Women's Billiards <i>Egg drop spinach soup, chicken marsala</i></p> 	

Wednesday	Thursday	Friday
<p>4</p>  <p>ing o</p> <p>up, crunchy fish wedge</p>	<p>5</p> <p>10:00 Senior Forum; Family Matters 12:30 B/P @ COA 1:00 Movie: "March of the Penguins"</p>  <p>Roasted chicken, tarragon gravy</p>	<p>6</p> <p>9:00 Exercise 9:00 State Rep. James Marzilli @ COA 1:00 Bridge</p> <p>Cream of broccoli soup, Yankee pot roast</p>
<p>11</p> <p>ing rum (COA conf. rm.) o</p> <p>ly beef tips</p>	<p>12</p> <p>10:00 Senior Forum; Family Matters 12:30 B/P @ COA 1:30 "Don't Fall victim to a Fall" presentation</p> <p>Macaroni & cheese, stewed tomatoes</p>	<p>13</p> <p>9:00 Exercise; Massage Therapy @ COA 9:00 Financial Planner Rick Fentin 1:00 Bridge 1-4: "Christmas in January" party 2:00 T'ai Chi (1 of 6)</p> <p>Roast turkey, gravy, mashed potatoes</p>
<p>18</p> <p>ing o</p> <p>mushroom gravy</p>	<p>19</p> <p>10:00 Senior Forum; Family Matters 12:30 B/P @ COA 1:00 Movie: "Divorce, American Style"</p> <p>Hot & sour soup, sweet & sour pork 7:30 PM Council on Aging Monthly Meeting: the public is invited</p>	<p>20</p> <p>9:00 Exercise 1:00 Bridge; Book Club 2:00 T'ai Chi (2 of 6)</p>  <p>Meatloaf/gravy, whipped potatoes, beets</p>
<p>25</p> <p>ing o</p>  <p>up, broccoli bake</p>	<p>26</p> <p>10:00 Senior Forum; Family Matters 12:30 B/P @ COA 1:30 "Cancer Awareness and Prevention" presentation</p> <p>Chicken pot pie, Tuscany style vegetables</p>	<p>27</p> <p>9:00 Exercise 9:00 Massage Therapy @ COA 9:00 Financial Planner Rick Fentin 1:00 Bridge 2:00 T'ai Chi (3 of 6)</p> <p>Turkey ham, country style vegetables</p>
<p>January 2006</p>		<p>For a lunch reservation, phone the Meal Site the day before: Arlington Senior Center: 781-316-3423; Arlington Heights: 781-648-7500 (\$2.00 donation requested)</p>



COUNCIL ON AGING OFFERINGS

<u>CLINIC / EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Blood Pressure Clinics:</u>			
at Fox Community Ctr, 175 Mass Ave.	Tuesdays	10:00-11:15 AM	free
at Council on Aging, 27 Maple St.	Thursdays	12:30-1:45 PM	free
<u>Muscle-Strengthening Series:</u>*	Wednesdays	10:15-11:00 AM	\$30/8 weeks
<u>Massage Therapy:</u>*	Friday, Jan 13 & 27	9-noon, by appt.	\$13/15 min.
<u>Podiatry Clinic:</u>*	Monday, 1/09, 2/06, 3/06	9-noon, by appt.	\$20
<u>S.H.I.N.E. Counselor:</u>*	3rd Tuesday of the month	by appt.	free
<u>Attorney Noreen Murphy:</u>*	2nd Tuesday ea. month	10-noon, by appt.	free
<u>Certified Financial Planner:</u>*	Friday, Jan 13 & 27	9-10:30, by appt.	free
<u>Grandparent Support Group:</u>	2nd Tuesday ea. month	(call Lourie at 781-316-3410)	free
<u>Caregiver Support Group (Lourie August):</u>	3rd Tuesday ea. month	10:15-11:45	free
<u>State Representative James Marzilli:</u>	1st Friday ea. month	9:00-11:00 AM	(drop in)
<u>Bigelow & Coyne R. E. Forum:</u>	2 nd Wed. ea. month	10-11:30 AM	free

(* call 781-316-3400 for appointments)

SENIORS ASSOCIATION OFFERINGS

<u>EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Dr. Eva Balazs, "Family Matters":</u>	Thursdays	10 am – noon	free
<u>Line Dancing:</u>	Tuesdays	9:30 AM	\$2.50 / class
<u>Singalong:</u>	2nd Tuesday	1:30 PM	free
<u>Exercise:</u>	Mon, Wed, Fri	9:00 AM	\$2.50 / session
<u>Introduction to the Internet:</u>	Tuesdays (Jan 3,10)	1-3 PM	\$20 / 2 sessions
<u>Computer Classes, basics:</u>	Wednesdays (starts Jan 4)	10-12 & 1-3	\$40 / 4 sessions
<u>Computer Classes, beyond basics:</u>	Thursdays (starts Jan 5)	10-12 & 1-3	\$40 / 4 sessions
<u>T'ai Chi:</u>	Fridays (starts Jan 13)	2-3 PM	\$40 / 6 weeks
<u>Beginning Spanish:</u>	Thursdays (starts Jan 12)	10-11AM	\$40 / 6 weeks
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Yoga:</u>	Tuesdays	11 AM-NOON	\$5 / class
<u>Still Life Drawing Class:</u>	(call 781-316-3420 for information)		

THE ROBBINS LIBRARY CHILDRENS SERVICES
and
THE ARLINGTON SENIORS ASSOCIATION

would like to invite you to join in their intergenerational games, hobbies and various activities. Chess and board games on Thursdays, 7-8:30 PM, at the Robbins Library. Also, you'll find Crafts, hobbies, sing-along, writing your life story, shared book group (for 8-10 year olds). We'd like Seniors and Juniors to get together on alternating weeks both at the Library and at the Senior Center to share in the above activities.



For more information and to sign up please call Liza Halley, Russell Fund Coordinator, Robbins Library, Tel. 781-316-3210 (leave a message) or Uta-Marion Low (ASA) Intergenerational Program Coordinator, 781-316 3420.

2006 DIAL-A-RIDE PROGRAM

Come get your new 2006 Dial-a-Ride annual membership cards and ride coupons at the Council on Aging, weekdays between the hours of 11:00 AM – 1:00 PM. If you have any 2005 (green) ride coupons, they will be valid through March 31, 2006 but in order to use them you must have purchased your new 2006 membership card.

Please remember to enclose \$2 for your new card when ordering coupons by mail. The cost of ride coupons remains unchanged at \$3.00 a one-way ride, limit 8 coupons per month.



HOSTESSES WANTED

Come join us, meet some great people, have some good times! We have openings for volunteers who would like to meet and greet people who come to the Senior Center. Duties include providing general information, making coffee, but primarily welcoming all visitors. Usual hours are ½ day, 1 day a week. Mornings or afternoons usually 4 hours. *Call Joan at 781-316-3421.*



Spiritual discussion?



What's bothering you?

Wouldn't it be nice if someone would listen?

The door is open. The COA's non-denominational Pastoral Counselor, Marilyn Richards, is available for confidential sessions on Wednesday and Thursday afternoons. Let's discuss it!

To make an appointment, please call 781-316-3400.

MOVIES THIS MONTH (1:00 P.M)

January 5: "March of the Penguins"

Narrated by Morgan Freeman

January 19: "Divorce, American Style"

Dick Van Dyke, Debbie Reynolds

January 24 (Tuesday): "Dr. Jekyll & Mr. Hyde"

The 1920 silent film with John Barrymore

Thanks to Video Horizons and the COA's Leo W. Fanning Memorial Collection for the movies we show.

Ice cream courtesy of the Arlington Seniors Association.



SINGALONG:

Tuesday, January 10, 1-3 PM

Sing away the winter blues
with Anne and Larry!

Larry Martin and Anne Donovan

THE MEDICARE DRUG PLAN FINDER TOOL

The SHINE Program is providing Medicare Drug Plan Enrollment Information Forms to all the Councils on Aging in order to help people prepare to find a plan. This form should be completed by the senior. Contact Joyce Killingsworth at the COA, afternoons, Mon-Fri, 781-316-3404.

USE ONE OF THE FOLLOWING OPTIONS:

1. personally search the plan finder tool at www.medicare.gov.
2. give it to the SHINE counselor at an individual appointment.
3. send the completed form to Minuteman Senior Services, SHINE Program (address is on the form) for processing; takes 3-4 weeks.
4. call MassMedline with the information at 1-866-633-1617.
5. or call Medicare at 1-800-medicare (1-800-633-4223).

Beware companies who want to do the search for a fee. The SHINE Program and MassMedline searches are free. Beware of companies who ask you for your Social Security and Medicare numbers. Fraudulent companies may try to use the numbers to bill Medicare for a service or equipment you do not need. Remember, most people have until May 15, 2006 to decide on a plan and trained staff will be available to help you.

AQUACISE PROGRAM UPDATE

The COA now has some half-price tickets for the Lahey-supported Aquacise Program at the Arlington Boys & Girls Club. The Aquacise Program runs through June on Mondays & Thursdays from 1 to 1:45 PM. Hopefully those who tried the program with the free tickets will continue on their own. Each class is \$6 and the tickets are worth \$3. Call the Council on Aging at 781-316-3402 and we will mail one to you.

COOPERATIVE ELDER SERVICES

Cooperative Elder Services, Inc., Adult Day Health Program at 27 Maple St., Arlington, provides door-to-door transportation for Arlington residents. The program is open Monday through Saturday, 8:30 a.m. to 3:00 p.m. and provides a structured daytime environment that includes socialization, therapeutic activities, light breakfast, hot lunch and nursing care.

For more information, please call Susan Clifford at 781-641-1070.

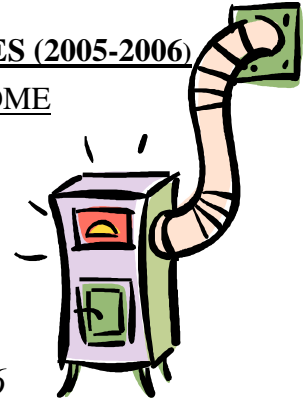


thE BAcK pAge

Community Teamworks' Arlington Satellite Office for Fuel Assistance is now open, and is located in the Arlington Town Hall Annex, third floor, in the Veteran's Services Dept. The Arlington office serves people living in Arlington, Belmont, Lexington, Waltham and Watertown. 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 their Arlington Office at 781-643-2358.

FUEL ASSISTANCE ANNUAL HOUSEHOLD INCOME GUIDELINES (2005-2006)

<u>HOUSEHOLD SIZE</u>	<u>MAXIMUM GROSS INCOME</u>
1	19,140
2	25,660
3	32,180
4	38,700
5	45,220
6	51,740



Program period: November 1, 2005 to April 30, 2006

** The last day to apply is April 29, 2006 **

*Community Teamwork, Inc., Fuel Assistance Program
517 Moody Street, Lowell, MA 01854*

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

BULK RATE
U. S. POSTAGE PAID
PERMIT NO. 58391
ARLINGTON, MA



THE OPINIONS EXPRESSED IN "SENIOR NOTES" ARE THOSE SOLELY OF THE CONTRIBUTORS. PUBLICATION CONSTITUTES NEITHER AN ENDORSEMENT BY "SENIOR NOTES" NOR BY ANY SENIOR CENTER AGENCY. THE NEWSLETTER GROUP RESERVES EDITORIAL PRIVILEGE DUE TO SPACE, CONTENT AND TIME LIMITATIONS.