



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



July 2006

SENIOR NOTES

ARLINGTON SENIOR wellness, learning & recreation CENTER
27 MAPLE STREET, ARLINGTON, MA 02476 (BEHIND TOWN HALL)

Arlington Seniors Association: 781-316-3420

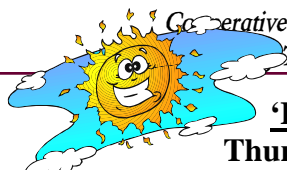
Council on Aging: 781-316-3400

Association Coordinator: 781-316-3421

Co-operative Elder Services: 781-641-1070

Seniors Drop-in Room: 781-316-3426

"Together" Meal Site: 781-316-3423



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'BEAT THE HEAT'

Thursday, July 13, 1:30 PM

Visiting Nurse and Community Health, Inc. (VNCH) of Arlington

Hot weather is particularly dangerous for infants and older adults, who can quite suddenly experience the effects of dehydration and heat stroke. Dehydration occurs when a person becomes overexposed to the sun, or sick with vomiting, fever or diarrhea. Heat stroke is caused by extreme exposure to the sun, preventing a person from sweating enough to lower body temperature.

In anticipation of the hot days of summer, *Visiting Nurse and Community Health, Inc. (VNCH) of Arlington* will sponsor a seminar on how to prevent dehydration and heat stroke during the Summer months. The seminar will be held at the Arlington Council on Aging, 27 Maple St., on Thursday, July 13 beginning at 1:30 PM. We will focus on the signs, symptoms and prevention of dehydration and heat stroke.

So please come, learn, and ask questions!

SEVOYAN DENTAL PROGRAM

The Council on Aging's Sevoyan Dental Subsidy Program 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 11th screening.



Computer Room

The Computer Room is now open! You can write letters, do spreadsheets, play games, access the Internet, etc. All Arlington citizens are welcome, although seniors are given preference.

Lab hours are as follows: Monday: 10-1; Tuesday 9-11; Wednesday closed; Thursday: 9-12; Friday 9-11 and 11-1. Suggested donation is \$1.50 an hour. We request you register 24 hours in advance; please call 781-316-3420.



Small-group classes: (Monday, 2-4 PM: Basic Class with Marlene Archer resumes in July)

Currently: Wednesday, 3-5 PM: Internet Class with James Sullivan.

GERIATRIC DEPRESSION**Thursday, July 27, 1:30 PM****Magnetic Resonance Imaging (MRI) Study of Treatment with Zoloft**

Dr. Brent Forester, M.D., from McLean Hospital, will be coming to discuss late-age depression. His talk will touch on symptoms of depression, along with ways to detect the disorder, and treatment options. He will also explain his current study at McLean which uses MRIs to examine treatment response to anti-depressant medication.

**Snacks will be provided.****Study Contact:** Tom Cooper, Clinical Research Assistant, 617-855-2410 tcooper@mclean.harvard.edu**PROTECT YOURSELF AGAINST IDENTITY THEFT**

On **Thursday, August 10th**, a representative from Massachusetts Secretary of the Commonwealth William Francis Galvin's Securities Division will speak on investor protection. Anthony M. Drenzek, a staff attorney with the Securities Division will review current issues in identity theft. The presentation will also cover important steps you can take to protect your investments and financial well being.

The talk will cover warning signs of identity theft. You will learn how the Securities Division aggressively enforces the securities laws to protect investors and return funds from the coffers of fraud artists.

You will also learn how to find out important information about your broker or financial adviser. These individuals stand in a special relationship to investors and are required to disclose whether they are registered, their business practices, and disciplinary history. This information is available from the Securities Division, and will help you when choosing a financial professional.

This seminar will be held at **the Arlington Senior Center located at 27 Maple Street in Arlington at 1:30 pm**. The program will run approximately 45 minutes with a question and answer session to follow.

The Council on Aging's**HARRY BARBER COMMUNITY SERVICE PROGRAM**

is now up and running for FY2007. There are eleven opportunities this year for qualified low and moderate-income Arlington seniors to serve in a municipal agency. Reimbursement is \$750.00 for 111 hours of completed Program participation. Maximum allowable income for program participation is \$46,300 for a senior living in a single-person household, and \$52,950 for a married senior couple residing together.



We're thankful to Arlington's leadership, and also to Town Meeting, for restoring funding to this popular and useful program!

In past years, participants have enjoyed their involvement in such agencies as the Board of Health, Fair Housing Office, Selectmen's Office, Robbins Library, Human Services, Police & Fire Services, Public Works, Personnel, Veteran's Services, and Arlington High School. The work is light and pleasant, schedules can be flexible, and openings are available in several Town agencies.

Interested seniors should contact the Arlington Council on Aging, 27 Maple Street (781-316-3400) for more information, or for an application form.

ARLINGTON SENIORS ASSOCIATION
OVERNIGHT TRIPS

(Cruise & tour insurance is available)

- **July 16-17, 2006 - Tanglewood** This event will be in the shed. \$270 DO \$260 Triple \$305 Single. \$25 deposit needed, payable to the Arl. Srs. Assoc.
- **August 7-9, 2006 - Montreal Canada** . Fairmont Queen Elizabeth Hotel. Dinner at Le Vieux Port Restaurant. Gambling, sights and attractions of Montreal. \$ 299 DO, P/P, \$295 Triple, \$399 Single.
- **September 7, 2006** – Washington DC, The World War 11 Memorial. Courtyard by Marriott – Landover, MD. Sights of Washington, DC, night tour of city. \$499.00 DO PP, \$599.00 Single. \$50 Deposit made payable to ASA.

*For information or reservations, contact Judy Quimby at 781-646-0400.
Judy will pick people up at Drake village, Cusack Terrace, and Winslow Towers*

DAY TRIPS

(full payment due with reservation)

- **Thursday, July 13, 2006** – JFK Library, including the special exhibit “A Journey home: JFK in Ireland,” morning shopping in Quincy Market, lunch at the Venezia Restaurant. \$ 59.00.
- **Tuesday July 18, 2006 - Rhode Island’s Magnificent Coastline.** A two-hour narrated cruise on the M/V Southland from Galilee, R.I. Then lunch at the Coast Guard Restaurant. \$ 58.00.
- **Tuesday August 8, 2006** - Lobster bake at Woodmans, Essex, MA after browsing and shopping in Rockport. \$66.00.
- **Tuesday August 22, 2006** - Spirit of South Hadley (Conn.) Riverboat Cruise. Lunch at the HU KE LAU Restaurant in Holyoke, MA followed by a 75 min. river cruise from the Holyoke Dam to Northampton. \$56.00.

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.

You must enclose a self-addressed stamped envelope.

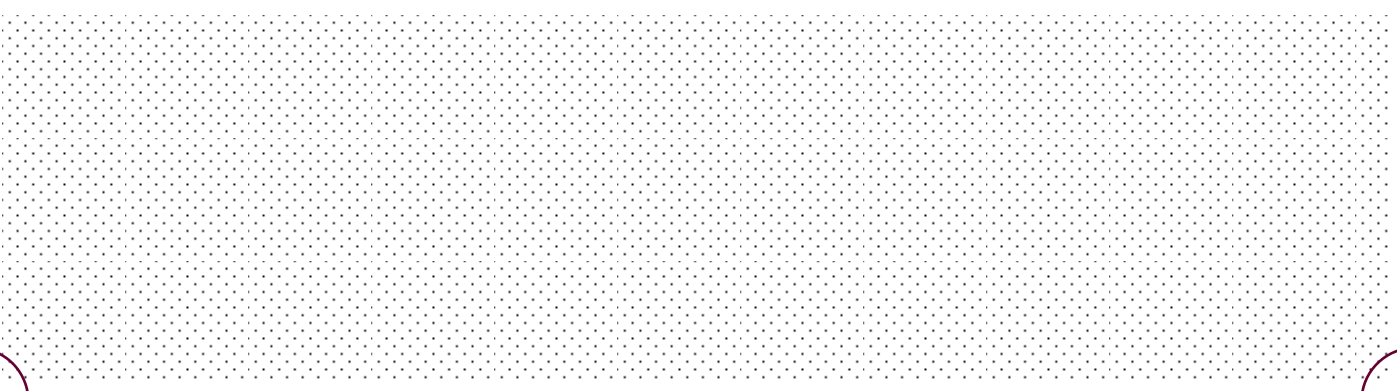
Trips are a means of fund raising for our Association.

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

ADDRESS.....

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

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



Arlington Senior Notes: July 2006

LIFE IN THE 1500'S

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor. Hence, the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the sons and other men, then the women and finally the children; last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a "thresh hold." (*Getting quite an education, aren't you?*)

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could "bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat."

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake."

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer."

And that's the truth... now, whoever said that history was boring !!!

SPANISH FOR SENIORS (BEGINNERS)

The purpose of this six week program is to teach seniors how to develop a good memory through learning Spanish as a second language. Some brain cells, called neurons, do die off with age. Scientists are pretty sure that the multitude of remaining neurons become adventurous networkers, branching out to form new connections in the brain. With these new connections clicking along, memories stay intact. Foreign languages are the ideal subject area for the use of memory techniques.

If you are losing memory, then you need to exercise your brain. Graciela Correa, native Spanish speaker from Columbia, will use different techniques to teach this class. She has a Master in Education from Boston University, and a lot of teaching experience. Come join us!

Classes now being formed: call Joan at 781-316-3421 to register.

WANTED!

Newly or almost newly retired or semi-retired Arlingtonians with bookkeeping and/or accounting experience, or writing/P.R. expertise, for part-time volunteer work. Reward: pleasure and satisfaction of contributing to the success of Arlington's only non-profit corporation devoted utterly to the needs and well-being of all seniors. For more information, contact Lisa Lopez or Charles Schwab at 781-316-3421.

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 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.

THE "LINKS" PROGRAM

The LINKS Program (Linking Neighborhood Kids with Seniors) is up and running for the summer. The school coordinator for the program will match seniors who need yard work, or a garage cleaned out, with a student in their neighborhood.

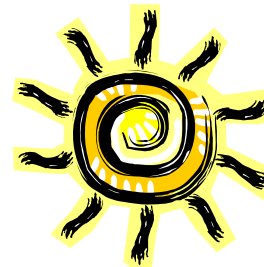
The students are paid \$5 an hour. Seniors requesting service should call the Council on Aging at 781-316-3404.




**HOT WEATHER FACTS**

Elders are at an increased risk of developing heat-related disorders such as **heat stroke** and **heat exhaustion**. Be aware of **danger signals**: dizziness, fainting, weakness, confusion, agitation, vomiting, unresponsiveness, or hot skin.

Prevention tips:

- ◇ Make sure that your living environment is well ventilated. Use air conditioners or fans to promote air circulation.
- ◇ Drink plenty of fluids.
- ◇ Avoid using the oven in cases of extreme heat.
- ◇ Take cooling showers or baths.
- ◇ Keep shades down during the day.
- ◇ Wear loose, light clothing.
- ◇ Avoid going out during the hottest hours of the day (between 10 AM and 2 PM).



Monday	Tuesday	Wednesday
<p>9:00 Exercise 10:00 Still life drawing 1:00 Progressive Bridge; Cribbage</p> <p style="text-align: right;">3</p> <p><i>Macaroni & cheese; stewed tomatoes</i></p>		<p>9:00 Exercise 10:00 Informal 1:00 Bridge; B</p> <p><i>Veal pa</i></p>
<p>9:00 Podiatry Clinic* (\$20; 7/10, 8/07, 9/11) 9:00 Exercise 10:00 Still life drawing 1:00 Progressive Bridge; Cribbage</p> <p style="text-align: right;">10</p> <p><i>Baked fish, newburg saouce</i></p>	<p>10:00 Atty. Noreen Murphy * 10-11¹⁵: B/P Clinic @ Fox 10:30 Yoga 11:00 Grandparent Support Group* 1:00 Sing-along 1:00 Women's Billiards</p> <p style="text-align: right;">11</p> <p><i>Seafood salad, pasta/cucumber salad</i></p>	<p>9:00 Exercise 10:00 Real Estat 10:00 Informal 1:00 Bridge; B</p> <p><i>Chicken, red p</i></p>
<p>9:00 Exercise 10:00 Still life drawing 1:00 Progressive Bridge; Cribbage</p> <p style="text-align: right;">17</p> <p><i>Sliced truly, pineapple raisin salad</i></p>	<p>10:00 Caregiver Support Group 10:30 Yoga 1:00 Women's Billiards; Scrabble 1:00 Computer Club</p> <p style="text-align: right;">18</p> <p><i>Salisbury steak, jardinière gravy</i></p>	<p>9:00 Exercise 10:00 Informal 1:00 Bridge; B</p> <p><i>Pork ribs, bb</i></p>
<p>9:00 Exercise 10:00 Still life drawing 1:00 Progressive Bridge; Cribbage</p> <p style="text-align: right;">24</p> <p><i>American chop suey, Italian style vegetables</i></p>	<p>10:30 Yoga 1:00 Women's Billiards</p>  <p style="text-align: right;">25</p> <p><i>Grilled chicken salad, tomato/pepper salad</i></p>	<p>9:00 Exercise 10:00 Informal 1:00 Bridge; B</p> <p><i>Fish ten</i></p>
<p>9:00 Exercise 10:00 Still life drawing 1:00 Progressive Bridge; Cribbage</p> <p style="text-align: right;">31</p> <p><i>Chicken w/bbq sauce, mashed potatoes</i></p>	<p style="text-align: center;">Save this Date & Time: Monday, August 7, 4 to 7 PM Cookout & Movie "Walk the Line". More info in August Newsletter.</p>	

Wednesday	Thursday	Friday
<p>Knitting Bingo</p> <p>5</p> <p>parmesan, tomato sauce</p>	<p>9:30 Line Dancing 10:00 Senior Forum 10:00 Family Matters; Spanish 1:00 Movie 1:30 Drama class</p> <p>SPECIAL: Kielbasa, peppers/onions, red bliss potatoes</p> <p>6</p>	<p>9:00 Exercise 9:00 State Rep. Marzilli @ COA 1:00 Bridge (in A&C I) 2:00 T'ai Chi</p> <p>7</p> <p>Roast turkey, gravy, mashed potatoes</p>
<p>Senior Forum (COA conf. rm.) Knitting Bingo</p> <p>12</p> <p>pepper sauce, sweet potatoes</p>	<p>9:30 Line Dancing 10:00 Senior Forum 10:00 Family Matters; Spanish 12³⁰-1⁴⁵: B/P Clinic @ COA 1:30 "Beat the Heat" presentation 1:30 Drama class</p> <p>13</p> <p>Beef stake/gravy, whipped potatoes</p>	<p>9:00 Exercise 9:00 Financial Planner Rick Fentin* 1:00 Bridge (in A&C I) 2:00 T'ai Chi</p> <p>14</p> <p>Sloppy Joes, brown rice</p>
<p>Knitting Bingo</p>  <p>19</p> <p>bbq sauce, chantilly potatoes</p>	<p>9:30 Line Dancing 10:00 Senior Forum 10:00 Family Matters; Spanish 1:30 Drama class</p> <p>20</p> <p>Chicken, sweet/sour sauce, brown rice, beets</p>	<p>9:00 Exercise 10:00 Spanish 1:00 Bridge (in A&C I) 2:00 T'ai Chi</p> <p>21</p> <p>Swedish meatballs, mushroom sauce</p>
<p>Knitting Bingo</p> <p>26</p> <p>beans, wild rice, carrots</p>	<p>9:30 Line Dancing 10:00 Senior Forum 10:00 Family Matters; Spanish 1:30 "Adult Depression" workshop 1:30 Drama class</p> <p>27</p> <p>Italian roast pork, sweet potatoes</p>	<p>9:00 Exercise 9:00 Financial Planner Rick Fentin* 10:00 Spanish 1:00 Bridge (in A&C I) 2:00 T'ai Chi</p> <p>28</p> <p>Roasted chicken, lemon-mustard sauce</p>
		<p>Asterisked (*) programs require advance scheduling: call for appointments.</p> <p>COA: 781-316-3400 ASA: 781-316-3420</p>

COUNCIL ON AGING EVENTS

<u>CLINIC / EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Blood Pressure Clinic @ Fox:</u>	Tuesday, 7/11	10 - 11 ¹⁵ AM	free
<u>Blood Pressure Clinic @ COA:</u>	Thursday, 7/13	12 ³⁰ - 1 ⁴⁵ PM	free
<u>Podiatry Clinic:</u>*	Monday, 7/10, 8/07, 9/11	9-noon, by appt.	\$20
<u>S.H.I.N.E. Counselor:</u>*	available by appointment only		free
<u>Attorney Noreen Murphy:</u>*	2nd Tuesday ea. month	10-noon, by appt.	free
<u>Certified Financial Planner:</u>*	Friday, July 14 & 28	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>Real Estate Forum:</u>	2 nd Wed. ea. Month:	<i>no presentations July & August</i>	
<u>State Representative James Marzilli:</u>	1st Friday ea. month	9:00-11:00 AM	(drop in)

(* call 781-316-3400 for appointments)

SENIORS ASSOCIATION EVENTS

<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>	Thursdays	9:30 AM	\$2.50 / class
<u>Exercise:</u>	Mon, Wed, Fri	9:00 AM	\$2.50 / session
<u>Computer Classes, basics (Marlene):</u>	Mondays (July 10-31)	2-4 PM	\$40 / 4 sessions
<u>Computer Classes, internet (James Sullivan):</u>	Wednesdays	3-5 PM	\$40 / 4 sessions
<u>T'ai Chi:</u> (7 participants minimum)	Fridays	2-3 PM	<i>begins again in September</i>
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Yoga:</u>	Tuesdays	10:30 AM-NOON	\$5 / class
<u>Drama Class:</u>	Thursdays (no class 7/20)	1:30	\$5 (1 session); \$10 (2 plays)
<u>Painting Class with Don Polley:</u>	Mondays	1-2:30 PM	\$35 / 6 weeks
<u>Spanish for Seniors:</u>	Thursdays (Jul 20-Aug 24)	10-11 AM	\$40 / 6 weeks
and	Fridays (July 21-Aug 25)	10-11 AM	\$40 / 6 weeks

BOOK CLUB NEWS

May 19th was the last meeting of the Winter/Spring season. We will resume again in September – on 9/15, the 3rd Friday of the month. The book selection will be "Never Let Me Go" by Kazuo Ishiguro See you all then.





SING-ALONG

TUESDAY, JULY 11, 2006

1:30 p.m.

Beat the heat, come to Anne Donovan and Larry Martin's super-cool oldies but goodies sing-along!

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, 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.

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.

HEALTH TIP OF THE MONTH:
MEDICATION SAFETY

Pharmacists in hospitals and health systems play an important role in preventing medication errors. To make sure you use medicines safely and effectively, the American Society of Health-System Pharmacists recommends that you:

- Keep a list of all medications that you take (prescribed drugs, non-prescription medicines, herbal supplements, home remedies, and medical foods) and medicines that you cannot take due to allergic reactions, and share those with your doctor or pharmacist.
- Tell your health care provider how you actually take your medication, especially if this is different from the originally prescribed directions.
- Learn the names of the drug products that are prescribed and given to you, as well as their dosage strength and schedules.
- Ask if you should avoid certain foods, beverages, other medicines, or activities while you are taking the drug.
- Ask for any written information available on the drug product.
- Question anything you don't understand or that doesn't seem right. Be especially alert to unexpected changes, such as receiving a prescription refill that seems to have a different strength or appearance from your original prescription.
- Show that you understand how to use your medication by repeating information about your prescription back to your doctor or pharmacist.
- If you're too ill to follow these suggestions, ask a friend or relative to help.

Remember that when you're in a hospital or health system, you can always ask to speak to the pharmacist if you have questions about your treatment or medications.

BLOOD PRESSURE CLINICS
THIS MONTH

Diane Coste, RN, MSN, Arlington's
Public Health Nurse, will be at the Fox Center on

Tuesday, July 11, (10 - 11:15 AM)

and at the Council on Aging on

Thursday, July 13, (12:30 - 1:45 PM)

to run Blood Pressure Clinics. Thanks, Diane, for pitching in!



WHICH NEWSLETTER IS WHICH??

At first glance, the two newsletters below look almost the same. Fact is, one is Arlington's, and the other is...Belmont's. But the similarities in layout, appearance, and NAME (*as well as the two towns being right next door to each other*) have led to confusion among some readers who frequent activities in both towns. There have been calls on occasion asking why a scheduled program offering didn't take place, only to find that the caller was looking at the wrong newsletter.

The question was raised about the possibility of a name change in order to help clarify the situation, and to offer Arlington readership a fresh identity for our monthly gazette. Glancing at other communities, we found newsletter names such as

the "Sentinel" (Harvard), "Senior Scene" (Sudbury), "Looking Ahead" (Melrose), "Golden Times" (Everett), "Not So Old News" (Plymouth), and "The Old Marblehead Cod" (obvious!).

So...we're asking for your reactions and ideas. Shall we keep the newsletter's present title? Should we consider changing the name of Arlington's senior center newsletter? If so, what should it be called, and why?

Please let us know your thoughts and ideas...they're always welcome!



SENIOR NOTES
Council On Aging • 23 Oakley Road, Belmont, MA 02478

TELEPHONE: (617) 484-5501
Monday - Friday 8:00 a.m. - 4:00 p.m.

June 2006


SUMMER IS FAST APPROACHING!
Spring gardens are in full bloom and the weather is looking up. This month, the Senior Center welcomes naturalist Hilary Higgins for a delightful unique presentation brought to you by Habitat Education Center and Wildlife Sanctuary, located on Juniper Road in Belmont Hills. Celebrate the warm weather and give us the following:

"PLANTS: THE OTHER WILDLIFE"
A WILDLIFE Presentation
Tuesday, June 13 at 1:30 p.m.
Travel Jane Engler's solutions and take a look at "the other wildlife" - plants! In this lively slide program, Habitat naturalist and plant enthusiast Hilary Higgins presents amazing and interesting stories, and interesting facts about the green world. What plant makes ice? Which scares off widows? Ms. Higgins spent 21 years as an educator and is the author of *Never Again!* and *Adaptation: 125 Diverse Common Plants for Wildlife* and *Wild Landscapes*. Ms. Higgins graciously works as a teacher and naturalist with the Mass Audubon Society. Refreshments will be provided, so please call 617-484-5501 if you'd like to attend this one-of-a-kind presentation!

BELMONT FARMERS' MARKET
A farmers' market is coming to Town! Come browse and shop for fresh produce and other locally grown goods made direct from growers and producers to shoppers every Thursday afternoon from 2:00-5:00 p.m. The market, which starts on June 15 and runs through October, will take place in a small portion of the municipal parking lot in Belmont Center near the Cross Street (Cherryway) "U-turn" intersection.
For more information, please visit www.belmontfarmersmarket.org or call JANICE Finkley at 617-484-4313.

NAVIL-VIGEL DIRECTOR
Suzanne O'Neil Senior Center Coordinator
Lucia Stone Social Worker
Brian Jennings Transportation Coordinator
Maggie Paine Village's Coordinator
Katie Christopher Home Health Care
Pat Driscoll Meals on Wheels Coord./Secretary
Jane Knowles Secretary

SERVICES AVAILABLE
• Hot Lunch Program at Belmont Manor
• Home Services
• Information and Referrals
• Legal Assistance
• Meals on Wheels
• Mail Room Services
• Programs and Classes
• Social Services
• Tax Preparation
• Volunteer Program



June 2006
SENIOR NOTES

ARLINGTON SENIOR WELLNESS, LEARNING & OCCUPATION CENTER
27 MAPLE STREET, ARLINGTON, MA 02478 (PARKING ROOM ONLY)

Admission: Seniors Association, 781-316-3426. Closed on Wednesdays 781-316-3426
Information: Northeast, 781-316-3426. Cooperative Elder Services, 781-644-1120
Senior Support Group, 781-316-3426. 5050 "Spring Streetlight" Road, 781-316-3426
Mailings from the "Senior Notes" are supported through the Council on Aging. The name of the Council on Aging is Belmont Hills.

IN THIS ISSUE

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9. What this month
10. AAA Membership drive

ARLINGTON SENIORS ASSOCIATION 25th ANNIVERSARY
Our Anniversary Committee is diligently at work to make this a better year for Arlington seniors! We hope you enjoy all our varied activities and events, and also offering content to the public in the next future. We're working and planning to make our Anniversary Celebration in October a memorable one!

We need VOLUNTEERS to make all of this possible. Let us hear from you! Call the ASA office and see you'd like to help! You can reach the 25th Anniversary Committee at 781-316-3426.

Monday, June 19
Arlington Senior Association celebrates 25th and the start of summer, with a barbecue from 4:30 PM, followed by the movie "Beverly Hills Cop".
You'll cheer off the way to the South Sea for this fun good film based on a true story. Don't forget and Debbie Young, one of our former members and her inspiring young daughter Cali, whose determination to help an injured mother, changed their lives forever.

Our menu will consist of hamburgers, cheeseburgers, hot dogs, potato salad, chips, drinks, cookies, and watermelon. Tickets \$9.00 each for ASA Members, \$6.50 each for Non-Members. Pick up your tickets at the Senior Center, or you can order by email. Send a check back to the Arlington Senior Association.
For questions, call 781-316-3426 or 3425.

SPANISH FOR SENIORS (I) BEGINS!
The purpose of this two week program is to teach seniors how to develop a useful vocabulary, to do self-talk, to be a better listener. Some brain cells, remaining accurate because advanced activities, teaching us to have new connections in the brain. With these new connections clicking along, memories stay sharp. Foreign language was the ideal subject since the life use of memory techniques.

If you are losing memory, then you need to exercise your brain. Graciela Cortes, native Spanish speaker from Colombia, will use different techniques to teach this class. She has a Master in Education from Boston University, and a lot of teaching experience. Come join us!
Classes now being formed call June at 781-316-3426 to register.

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

BULK RATE
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ARLINGTON, MA

We're hoping to start a
bowling league in the fall.
Call (781)-646-9064.

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1 PM MOVIES

shown by the ASA

<u>Thursday, July 6:</u>	"Good Night and Good Luck"	<i>Directed by George Clooney</i>
<u>Friday, July 7:</u>	"Words and Music"	<i>Mickey Rooney, Judy Garland</i>
<u>Friday, July 14:</u>	"Arch of Triumph"	<i>Ingrid Bergman, Charles Boyer</i>
<u>Friday, July 21:</u>	"Broadway Serenade"	<i>Jeanette MacDonald, Lew Ayres</i>
<u>Friday, July 28:</u>	"Country Girl"	<i>Bing Crosby, Grace Kelly</i>
<u>Thursday, August 10:</u>	"Wallace And Gromit"	<i>an ingenious, witty, wonderful film</i>

*Thanks to Video Horizons and to the COA's Leo W. Fanning Memorial Collection for the movies we show.
Ice cream courtesy of the Arlington Seniors Association.*

SPECIAL THANKS

On behalf of the ASA I would like to thank all of the volunteers who assisted in making the Yard Sale a great success. We couldn't have done it without the continued efforts of our faithful friends.

ANNUAL FARMERS MARKET NOW OPEN

(held at the Russell Common parking lot, at Mystic Ave and Chestnut St)

The Arlington Farmer's market is now open every Wednesday, from 1:00 to 6:30 PM through October 25th. Farmers come from rural Massachusetts with their freshly picked fruit, vegetables and flowers; local cheese and eggs are also available. Baked goods are usually available, sold to benefit charitable organizations. Elderly and low income State Food Coupons are welcome. The Council on Aging has a limited number of Farmer's Market coupons for low-income Arlington seniors.



ASA MEMBERSHIP DRIVE

The Arlington Seniors Association is celebrating their 25th Anniversary this year! If you would like to become a member and have this newsletter mailed directly to your home and also receive discounts on special events, this is how to join the ASA. Send a check made out to: ASA (\$12 for Arlington residents and \$14 for out of town residents.) Enclose a stamped self-addressed envelope and mail it to:

Arlington Seniors Association, 27 Maple Street, Arlington, MA 02476