



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



June 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

Cooperative Elder Services: 781-641-1070

Seniors Drop-in Room: 781-316-3426

MSS "Eating Together" Meal Site: 781-316-3423

*Mailing costs for "Senior Notes" are supported through the Council on Aging by a grant from the Executive Office of Elder Affairs*

## IN THIS ISSUE:

<b>This month's workshops</b>	<b>2</b>
<b>Hot Weather Facts</b>	<b>2</b>
<b>Trips this month</b>	<b>3</b>
<b>A concerned citizen writes:</b>	<b>4</b>
<b>"Walk the Rink"! Program</b>	<b>5</b>
<b>Monthly Calendar</b>	<b>6</b>
<b>Clinics &amp; Classes</b>	<b>8</b>
<b>Monthly Sing-along</b>	<b>9</b>
<b>Movies This month</b>	<b>10</b>
<b>ASA Membership drive</b>	<b>12</b>

## ARLINGTON SENIORS ASSOCIATION 25<sup>TH</sup> ANNIVERSARY

Our Anniversary Committee is diligently at work to make this a banner year for Arlington's seniors! We hope you enjoy all our current activities and events, and also offerings coming to the public in the near 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 say you'd like to help! You can reach the 25<sup>th</sup> Anniversary Committee at 781-316-3420.

**Monday, June 19:**

**Arlington Seniors Association celebrates Flag Day** and the start of summer, with a **barbecue from 4-5 PM, followed by the movie "Dreamer"!**

You'll cheer all the way to the finish line for this feel good film based on a true story. Kurt Russell and Dakota Fanning star as a horse trainer and his inspiring young daughter Cale, whose determination to help an injured racehorse, changes their lives forever.

Our menu will consist of hamburgers, cheeseburgers, hot dogs, potato salad, chips, drinks, cookies, and watermelon. Tickets \$5.00 each for ASA Members, \$6.50 each for Non-Members. Pick up your tickets at the Senior Center, or you can order by mail. Send a check made out to the Arlington Seniors Association.

*Any questions, Call 781-316-3421 or 3420.*

## 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.*



## **FINDING A JOB AFTER 55: TIPS FOR SUCCESS**

**Thursday, June 8, 1:30 PM**

If you're 55 or older and looking for a job, you know there are special challenges of age and unemployment. In this session, we'll discuss ideas and strategies for success, present some free or low-cost resources available, and talk about identifying opportunities that welcome mature workers. We'll also share information about the federally-funded Senior community Service employment Program, a "back to work" program for eligible workers age 55 and older, administered by Operation A.B.L.E. of Greater Boston.

Susan Jepson is a Program Manager at Operation A.B.L.E. (*Ability Based on Long Experience*), a Boston-based nonprofit organization that has been providing employment and training services for older workers since 1982. Susan has worked for Operation A.B./L.E. since 1999, and has been coaching job hunters and career changers for almost 30 years.

## **BIGELOW-COYNE REAL ESTATE FORUM**

**Wednesday, June 14, 10:00 -11:30AM, COA Conference Room**

Understanding home insurance: don't get caught without it! Paul Kent, owner of Rush Kent Insurance, and Arlington Attorney Frederic C. Harris will lead the workshop. No need to RSVP, and the forum is free. Check the Bigelow-Coyne forum website [ww.seniorsre.com](http://ww.seniorsre.com) for further information.

## **UNDERSTANDING HOSPICE**

**Thursday, June 22, 1:30 PM**

Most people think of Hospice as a special place or facility where patients receive care in the last few days of life. Actually the goal of Hospice is to allow patients to remain in their own home or nursing home throughout their illness. This care can go on for many months. Hospice care is covered by most commercial insurance. It is a Medicare /Medicaid benefit if appropriate. Any patient with a life limiting illness and appropriate hospice diagnosis will be cared for regardless of their ability to pay.

The focus of Hospice care is to manage and control pain and symptoms of an illness. Hospice seeks to enhance the quality of life for the patient and their loved ones. Care is coordinated among a team of hospice clinicians including the Medical Director, RN's as primary case manager, social workers, home health aides, chaplain, volunteers and the patient's primary care physician. Care is available 24 hours a day, 7 days a week (offering security that help is always within reach).

## **Computer Lab**

The Computer Lab is an open program for people to use the computers. 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. Fee is \$ 3.00 per hour or \$ 5.00 for 2 hours. We request you register 48 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.*



**ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS**

*(Cruise & tour insurance is available)*

- **June 25-26, 2006** – **Mountain View “Red Jacket Resort”** at North Conway, NH. Magnificent scenery, indoor and outdoor pools, Sunday brunch, 3-course dinner, after-dinner show, breakfast, shopping. \$255 DO, P/P, \$245 Triple, \$310 Single. \$25 deposit needed, payable to the Arl. Srs. Assoc.
- **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*

**ARLINGTON SENIORS ASSOCIATION DAY TRIPS**

*(full payment due with reservation)*

- **Monday, June 12, 2006** - **Jim Nabors – at Mohegan Sun.** Show, transportation, luncheon voucher of \$ 15.00 and 2 free bets. \$ 65.00.
- **Saturday , June 24** - “Will Rogers Follies” – a musical starring Scott Wahle at the Reagle Players, Waltham. \$43.00. Show ticket and transportation.
- **Tuesday June 27, 2006** - **Quabbin Reservoir.** One hour guided tour of the Reservoir and lunch at the Salem Cross Inn. Visit to Oakwood Farm Christmas Barn. \$ 54.
- **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.

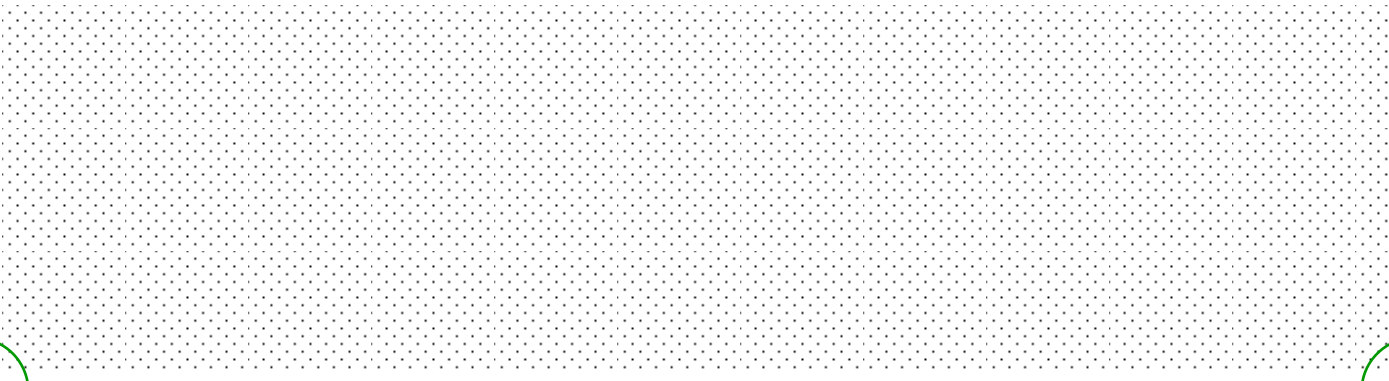
*For information or reservations, call Joan Caterino at 781-646-9064.*

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



**A concerned citizen writes:**

I went to the Senior Center to use the podiatrist last week. I am grateful that there are some services available, but it turns out that when I tried to ask a question about some other service, I ran into the complexity that there are a number of different, independent agencies involved, and it's impossible to figure out who is responsible for what.

However, given that it's virtually impossible to park at the Senior Center, I don't expect to be using its services in the future. I guess those who need it most can be picked up by a van, but for those of us who do drive but can't walk very far, the parking is hopeless. (I have a handicap placard, but there don't seem to be any handicap parking spaces, or any parking spaces at all for that matter -- there are some spaces behind the building, but they seem all to be designated for particular use.)

**The response:**

You're right. Separating "who does what" can be confusing! Actually, there are four separate organizations that share the Senior Center space (first floor; ground floor) at 27 Maple Street. Each provides services and programs different from the others.

Together, they 'round out' senior services in Arlington:

**THE COUNCIL ON AGING** (a municipal agency): health, wellness & transportation services:  
(781) 316-3400

**COOPERATIVE ELDER SERVICES, INC.** (private nonprofit): adult day health / social day programs:  
(781) 641-1070

**ARLINGTON SENIORS ASSOCIATION, INC.** (private nonprofit): social & recreational activities:  
(781) 316-3420

**MINUTEMAN SENIOR SERVICES MEAL SITE** (private nonprofit): hot lunches, meals on wheels:  
(781) 316-3423

It's true that parking space here is at a premium. Just 18 of the location's off-street spaces are dedicated Senior Center spaces, two of which are for handicapped parking. They're often full, particularly if something popular is being offered that day, such as exercise, a party, a health & wellness presentation, bingo, or monthly podiatry clinic. However, those wishing to participate in Senior Center programs don't necessarily have to drive. We're only a short block from the bus stop on Mass Ave. (we're directly behind Town Hall), or folks can call the Council on Aging Transportation Program at 781-316-3414. Give us 24 hour's notice and we can schedule affordable COA van pickup to the Center, and later return you home.

Call (781-316-3400) with any questions or concerns. We'll do our level best to help you out!

**JOIN US to "WALK THE RINK"!!****Tuesdays and Thursday mornings through June 15**

"Walk the Rink", an aspect of "Activate Arlington", is a six-week indoor Walking program sponsored by the Arlington Council on Aging. Walks are held on **Tuesdays and Thursdays, 9 AM - 11 AM**, at the Veterans Memorial Rink, 422 Summer Street, in Arlington. During these weeks the ice is drained, providing a smooth walking surface in a cool building, equipped with a stereo system and perfect for a morning walk!

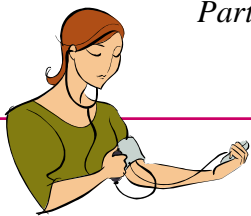


Why should I come? "Walk the Rink" is a healthy, fun social event for members of the Arlington community over the age of 60. Come and walk with your friends, have fun, and get fit! Through experienced instructors, you'll also get information on benefits of exercise, walking safety, proper shoes and attire, hydration, flexibility and stretching, nutrition, treatment of injury, strength training, and breathing techniques. Prizes will be given to individuals who meet walking goals.

*Participants in this Program are having a wonderful time of it...come join us!!*

*Just show up at the rink at the assigned times and register there!*

This program is funded through a generous grant from Lahey Clinic.

**BLOOD PRESSURE CLINIC at FOX COMMUNITY CENTER****Tuesdays, June 13 and 20, 10 - 11 AM**

Diane Coste, RN, MSN, Public Health Nurse with the Arlington Board of Health, will be at the Fox Center twice in June to run Blood Pressure Clinics. Diane has rearranged her already-tight schedule to accommodate this need, so be sure to thank her when you see her! Hopefully, we'll be back on full track in July.

**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

**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.

**ARTHRITIS AQUACISE CLASSES**

The Council on Aging was able to obtain a few more **free tickets** for the Arthritis Aquacise Program held at the Arlington Boys and Girls Club. Call 781-316-3400 for tickets.

**LINE DANCE: Thursdays at 9:30 AM**

Mary Bailey has been the Line Dance instructor since August. She has been dancing since age 4 and excels in many different dances including ballroom and square dance. Mary has 5 children that keep her busy. She teaches in Burlington, Belmont, and Winchester. Her students have nothing but wonderful things to say about her. Yola states: "She is fantastic". Ana finds her very patient and tolerant of new people. Joeney-Rhea raves about her teaching abilities. The general consensus is she is fun! So come down and join us (*only \$2.50 a class!*) see old friends and meet new ones. It's also good painless exercise!

Monday	Tuesday	Wednesday
	<p><b><u>THANKS TO ALL OUR VOLUNTEERS!</u></b></p> <p>On April 28, Senior Center volunteers were honored for their 10,000+ hours of service during the year. Ladies and gentlemen, we couldn't have done it without you!</p> <p><b><u>WHAT A TEAM!!</u></b></p>	<p><b>Asterisks advise call CO AS</b></p>
<p>9:00 Podiatry Clinic* (\$20; 6/05, 7/10, 8/07) <b>5</b></p> <p>9:00 Exercise</p> <p>10:00 Still life drawing</p> <p>1:00 Progressive Bridge; Cribbage</p> <p style="text-align: center;"><i>Hot dog, vegetarian beans, parslid potato</i></p>	<p>10:30 Yoga</p> <p>1:00 Computer Club</p> <p>1:00 Women's Billiards</p> <p style="text-align: center;"><i>Yankee pot roast/gravy, mashed potato</i></p>	<p>9:00 Exercise</p> <p>7:00 Informal</p> <p>1:00 Bridge; B</p> <p style="text-align: center;"><i>Egg salad, b</i></p>
<p>9:00 Exercise</p> <p>10:00 Still life drawing</p> <p>1:00 Progressive Bridge; Cribbage</p> <p style="text-align: center;"><i>Baked chicken, tarragon gravy</i></p>	<p>10:00 Atty. Noreen Murphy *</p> <p><b>10-11: B/P Clinic @ Fox</b></p> <p>10:30 Yoga</p> <p>11:00 Grandparent Support Group*</p> <p>1:00 Sing-along</p> <p>1:00 Women's Billiards</p> <p style="text-align: center;"><i>Roast beef au jus, baked potato</i></p>	<p>9:00 Exercise</p> <p>10:00 Real Estate</p> <p>10:00 Informal</p> <p>1:00 Bridge; B</p> <p style="text-align: center;"><i>Meatballs/swe</i></p>
<p>9:00 Exercise</p> <p>10:00 Still life drawing</p> <p>1:00 Progressive Bridge; Cribbage</p> <p><b>4-7: Cookout &amp; Movie, "Dreamer"</b></p> <p style="text-align: center;"><i>Stuffed potato skins, vegetable chili</i></p>	<p>10:00 Caregiver Support Group</p> <p><b>10-11: B/P Clinic @ Fox</b></p> <p>10:30 Yoga</p> <p>1:00 Women's Billiards; Scrabble</p> <p>1:00 Computer Club</p> <p style="text-align: center;"><i>Seafood salad, green bean salad</i></p>	<p>9:00 Exercise</p> <p>10:00 Informal</p> <p>1:00 Bridge; B</p> <p style="text-align: center;"><i>Chicken pa</i></p>
<p>9:00 Exercise</p> <p>10:00 Still life drawing</p> <p>1:00 Progressive Bridge; Cribbage</p> <p style="text-align: center;"><i>Meatballs/ziti/tomato sauce, green beans</i></p>	<p>10:30 Yoga</p> <p>1:00 Women's Billiards</p> <p style="text-align: center;"><i>Herb roasted chicken, cranberry sauce</i></p>	<p>9:00 Exercise</p> <p>10:00 Informal</p> <p>1:00 Bridge; B</p> <p style="text-align: center;"><i>Broccoli</i></p>



**John Jope, COA**

**COUNCIL ON AGING EVENTS**

<u>DIRECTOR / EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<b><u>Blood Pressure Clinic @ Fox:</u></b>	Two Tuesdays, 6/13 and 6/20	10 - 11 AM	free
<b><u>Podiatry Clinic:*</u></b>	Monday, 6/05, 7/10, 8/07	9-noon, <b>by appt.</b>	\$20
<b><u>S.H.I.N.E. Counselor:*</u></b>	Fridays	10-noon, <b>by appt.</b>	free
<b><u>Attorney Noreen Murphy:*</u></b>	2nd Tuesday ea. month	10-noon, <b>by appt.</b>	free
<b><u>Certified Financial Planner:*</u></b>	Friday, June 9 & 25	9-10:30, <b>by appt.</b>	free
<b><u>Grandparent Support Group:</u></b>	2nd Tuesday ea. month	(call Lourie at 781-316-3410)	free
<b><u>Caregiver Support Group (Lourie August):</u></b>	3rd Tuesday ea. month	10:15-11:45	free
<b><u>Real Estate Forum:</u></b>	2 <sup>nd</sup> Wed. ea. month	10-11:30 AM	free
<b><u>State Representative James Marzilli:</u></b>	1st Friday ea. month	9:00-11:00 AM	(drop in)
<i>(* call 781-316-3400 for appointments)</i>			

**SENIORS ASSOCIATION EVENTS**

<u>EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<b><u>Dr. Eva Balazs, "Family Matters":</u></b>	Thursdays	10 am – noon	free
<b><u>Line Dancing:</u></b>	Thursdays	9:30 AM	\$2.50 / class
<b><u>Exercise:</u></b>	Mon, Wed, Fri	9:00 AM	\$2.50 / session
<b><u>Computer Classes, basics (Marlene):</u></b>	Mondays	(no June classes)	
<b><u>Computer Classes, internet (James Sullivan):</u></b>	Wed	3- 5 PM	\$40 / 4 sessions
<b><u>T'ai Chi:</u></b>	Fridays (May 26-June 30)	2-3 PM	\$40 / 6 weeks
<b><u>Bridge:</u></b>	Mon, Wed, Fri	1-3:45 PM	(donation)
<b><u>Yoga:</u></b>	Tuesdays	10:30 AM-NOON	\$5 / class
<b><u>Still Life Drawing Class:</u></b>	Mondays ( June 5-July 3)	10 - noon	\$40 / 5 weeks
<b><u>Drama Class:</u></b>	<i>call Joan Pippin at 781-316-3421 for dates and times</i>		
<b><u>Spanish for Seniors:</u></b>	<i>call Joan Pippin at 781-316-3421 for dates and times</i>		
<b><u>Painting Class with Don Polley:</u></b>	Mondays	1-2:30 PM	\$35 / 6 weeks

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees. Fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

**ASA SING-ALONG**

Tuesday, June 13<sup>th</sup>, 1 PM

Come join our country and western fun!! We'll be back in



**GRANDPARENT SUPPORT GROUP:  
the 2<sup>ND</sup> 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 3<sup>RD</sup> 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:**  
**AVOIDING SUN DAMAGE TO YOUR SKIN**

**Do You Know...?**

- [Year-round sun protection is important?](#)
- The sun's harmful ultraviolet (UV) radiation can penetrate many types of clothing?
- It can also go through automobile and residential windows?
- It can damage your eyes, contributing to cataracts, macular degeneration, and eyelid cancers?
- When you're on snow or ice, your face and eyes are at almost twice the risk of UV damage because of reflected glare?
- **Seek the shade**, especially between 10 A.M. and 4 P.M.
- **Do not burn.**
- Use a [sunscreen](#) with an SPF of 15 or higher every day.
- **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
- **Cover up** with [clothing](#), including a broad-brimmed hat and UV-blocking sunglasses.
- **Examine your skin** head-to-toe every month.



**MOVIES THIS MONTH (1:00 P.M)**

shown by the ASA

**Thursday, June 1: "North Country"**

*Charleze Theron, Sissy Spacek*

**Thursday, June 15: "Till the Clouds Roll By"**

*Judy Garland, Robert*

*Walker*

**Thursday, July 6: "Good Night and Good Luck"**

*Directed by George*

*Clooney*



...to Video Horizons and to the COA's Leo W. Fanning

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

**MINUTEMAN SENIOR SERVICES presents a SPECIAL CARING CONVERSATION:  
Trends in Assistive Technology for Independent Living and Caregiving: a panel discussion**

**Tuesday, June 20, 9-12:00, Burlington Marriott, Mall Road, Burlington**

Learn how high-tech and low-tech assistive technology and design concepts can assist seniors and other disabled adults to maximize their independence and help their caregivers, too. Topics include Universal Design in Housing, Driving and Environmental Controls, devices to assist with activities of daily living, and who pays for it all. Moderated by Charles Carr, Director of the Northeast Independent Living Program. Exhibit area will showcase current AT products. CEUs available. \$10.00 suggested donation includes continental breakfast (\$20 with CEUs). Information and requests for reasonable accommodations: [RSVP@minutemansenior.org](mailto:RSVP@minutemansenior.org) or 781-221-7033.

**The Council on Aging's "GOLDEN OPPORTUNITIES":**

**LOCAL CABLE TV for SENIORS**

*Arlington's longest continuously-running cable show  
(since 1993), seen on Comcast channel 8*

Invited guests offer information to seniors and their families. Topics covered on recent shows have included tax abatements and deferrals, Medicare changes, food safety for seniors, elder drivers, fuel assistance, depression, and long term care insurance. Golden Opportunities airs on the following schedule:

Monday: 9 AM, 6 PM; Wednesday: 6 PM; Thursday: 9 AM, 9 PM;  
Friday: 6 PM; Saturday: 9 AM, 9PM; Sunday: 6 PM



## the back pAge

### SUBJECT: JURY DUTY SCAM

Most of us take those summons for jury duty seriously, but enough people skip out on their civic duty, that a new and ominous kind of scam has surfaced. Fall for it and your identity could be stolen, reports CBS. In this con, someone calls pretending to be a court official who threateningly says a warrant has been issued for your arrest because you didn't show up for jury duty. The caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Sometimes they even ask for credit card numbers.

Give out any of this information, and bingo! Your identity just got stolen!

The scam has been reported so far in 11 states, including Oklahoma, Illinois, Colorado, Texas and California. This scam is particularly insidious because they use intimidation over the phone to try to bully people into giving information by pretending they're with the court system. The FBI and the federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud.



### ASA MEMBERSHIP DRIVE

The Arlington Seniors Association is celebrating their 25<sup>th</sup> 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

ARLINGTON SENIORS ASSOCIATION  
27 MAPLE STREET  
ARLINGTON, MA 02476

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