



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

September 2006



SENIOR NOTES

Arlington Senior wellness, learning, social & 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

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TOWN DAY SATURDAY, SEPTEMBER 9

Raindate: Saturday, September 16

The Arlington Seniors Association will host the following activities at the air-conditioned Senior Center: entertainment, bake sale, light lunch consisting of hot dogs, chips, tonic, coffee & dessert, and much more.

- 10:30 - 11:00 *Madrigal Singers*
- 11:15 - 12:00 *Line Dancing*
- 1:15 - 1:45 *Sing-along*
- 2:00 - 2:30 *Folk Dancing*



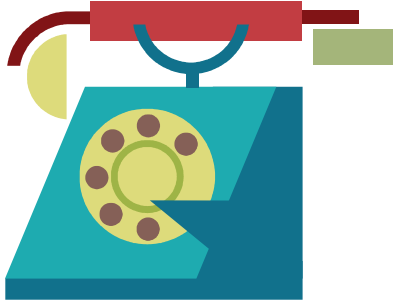
At the Arlington Seniors Association booth on Mass. Ave. the very popular Cameron Bennett is back and will be drawing silhouettes. You can also find out about the ASA's exercise classes, yoga, new fall programs, the upcoming day and overnight trips, their new computer room that is open to the public and also about the plans for their 25th Anniversary Celebration. You can pick up membership applications, brochures and newsletters.

The Arlington Council on Aging will have their information table under the canopy on Mass. Ave., where you can learn about the COA's programs and services, the Dial-A-Ride Program, Health and Wellness Programs, Social Services, Clinics, the S.H.I.N.E. Program, the LINKS Program and our many VOLUNTEER OPPORTUNITIES. Our Senior Services Directory, brochures and newsletters will be at the table.

Are you spending a lot for your prescription drugs... even with Part D? Prescription Advantage can help!

Medicare's new prescription drug program has been a huge benefit for many seniors across the country, saving some up to hundreds of dollars each month on their prescription drugs. However, even with these savings, seniors may still have high out-of-pocket costs. The Part D premium in Massachusetts ranges from \$7.32 to \$65.58 per month, depending on the plan chosen. Many plans also have deductibles up to \$250 a year. Beyond those costs, there are drug co-payments. Individuals whose drug costs reach \$2,250 (the so-called "doughnut hole"), then pay 100% of the drug costs until they have reached the cap for out of pocket expenses.

Fortunately for seniors living in Massachusetts, Prescription Advantage, the state's pharmacy assistance program, can help reduce these expenses. As a secondary payer to Part D, Prescription Advantage "wraps around" or supplements Medicare drug plans by helping to pay for co-payments, deductibles and other coverage gaps. *(continued on p. 11)*



DEVICES FOR THE HARD OF HEARING

Thursday, September 14, 1:30 PM

John Moore, Hartling Communications, Inc

Mr. Moore will be discussing special equipment for the hard of hearing, such as telephones ,and devices to hear television better. He will also give details on the Verizon Free Telephone program that allows people with Hearing/Vision/Mobility "issues", to receive telephones free or at a reduced cost. Hartling Communications is also a supplier for the Verizon

Disability Program, and can supply telephones to those who are eligible.

SENIORS! SAVE MONEY ON PRESCRIPTIONS

MEDICARE CHANGES, PRESCRIPTION ADVANTAGE PROGRAM UPDATE:

A S.H.I.N.E. PROGRAM PRESENTATION

Thursday, September 28, 1:30 PM

Cindy Phillips, SHINE Program Manager, Minuteman Senior Services

Seniors! How is your prescription coverage working for you now? Did you fall into the “donut hole”? Do you want to change your plan for next year? Do you still need help to pay for medications? Come hear about the Medicare drug plan changes for next year and the other programs that will help you save money.

Come to the Arlington Council on Aging at 27 Maple Street on Thursday, September 28, at 1:30 PM. SHINE counselors will be available to help you with specific questions and applications. For more information call 781-316-3400.

The SHINE Program (Serving Health Information Needs of Elders) is managed and funded by the Executive Office of Elder Affairs to ensure that Medicare subscribers have access to unbiased and comprehensive health insurance information through coordination with local agencies.

ORAL HYGIENE: HOW TO STAY HEALTHY

Morian Montazeri, DMD

Friday, September 22, 1:30 pm, Senior Center main hall



Dr. Morin Montazeri, DMD from New England Family Dental in Arlington will be speaking on the importance of good oral hygiene on Friday, September 22 at 1:30 PM. Please join us and advance your knowledge of how to stay healthy with new up-to-date information. Brushing and flossing are essential for good oral health, the heart, kidneys, and all other parts of the body.

Bad breath, or halitosis, is often caused by bacteria in the mouth or upper airways. It can be abolished by thorough brushing, which includes the tongue, flossing, brushing any dentures one may have, and using antimicrobial mouth wash. People with Halitosis often have "bad bacteria" on their tongue. Researchers confirm the link between Pneumonia and poor oral hygiene. Without adequate periodontal health, one cannot possess good general health.

HELP NEEDED FOR OVERNIGHT TRIPS!!

Anyone wishing to help with overnight trips,
Please call Judy Quimby at 617-645-5473

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour insurance is available)

- ◇ **September 7-10, 2006** – Washington DC, The World War II Memorial. Courtyard by Marriott – Landover, MD. Sights of Washington, DC, night tour of city. \$499.00 Double PP, \$599.00 Single. \$50 Deposit made payable to ASA.
- ◇ **October 3-4, 2006** – **Autumn in New Hampshire**, Woodbound Inn. Visit Cathedral of the Pines, Colony Mill Marketplace, High Hopes Orchard, and enjoy the Innkeepers Cocktail Party. \$219.95 Double PP, \$279.95 Single.
- ◇ **November 12-13, 2006** – **Beacon Motel**. 2 days/1 night – visit from Santa, Christmas Party – live entertainment and free turkey, \$149 Double PP, \$145 Triple, \$179 Single.
- ◇ **December 5-7, 2006** – **New York City and Radio City Christmas Show**. Backstage tour of Radio City Music Hall, and tickets for the Radio City Music Hall Christmas Show with the world-famous Rockettes. Sightseeing, shopping. 2 nights at the Hotel Wellington (7th Ave. and 55th St.), 3 complete meals. \$485 Double PP, \$470 Triple, \$570 Single.
- ◇ **December 6-7, 2006** – **Holiday Magic in the City**. Vienna Boys Choir – New York City Rockettes. \$299.95 Double PP, \$399.95 Single. **FULLY BOOKED, WAITING LIST ONLY.**
- ◇ **January 23 – February 2, 2007** – **Southern Carribean Cruise** leaving from New York City. Sailing to St. Thomas, St. John's, Antigua, Bridgetown, Philipsburg, and Tortola. 8 different restaurants. Dress casual or dressy. \$1,099 Double PP, \$ 2,599 Single.
- ◇ **March 21 – March 28, 2007** – **Discover Sicily**, departing from Logan Airport. Visit Catania, Taormina, Mr. Etna, Piazza Armerina, Siracusa, Giardina, Naxos. \$1,989 Double PP, \$1,959 Triple, \$2,339 Single.

For information or reservations, contact Judy Quimby at 617-645-5473 (cell phone).

Bus will pick people up at Drake Village, Cusack Terrace, and Winslow Towers

Make checks to Arlington Seniors Assoc. & mail to: Judy Quimby, 990 Mass Ave. #26 Arlington, MA 02476

DAY TRIPS *(full payment due with reservation)*

- ◆ **Thursday, September 21** ----- Ronan Tynan at Mohegan Sun. \$65.00.
- ◆ **Tuesday, October 10** ----- Turkey Train – Train ride and turkey dinner on Lake Winnepesaukee. \$59.00.
- ◆ **Tuesday, November 7** ----- Branson to Boston at Lantanas in Randolph. Great music and entertainment and a turkey dinner. \$61.00.
- ◆

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

Make checks out 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.

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

**HEAR YE! HEAR YE! CALLING ALL ASA MEMBERS!
DON'T MISS THIS CHANCE TO BE PART OF OUR
25TH ANNIVERSARY CELEBRATION**



Your 25th Anniversary Committee is hard at work planning our Anniversary Celebration weekend to be held October 21-22, 2006. We need volunteers during our celebration weekend to meet and greet visitors, to assist in the various activities planned, to guide visitors through the Center, and to represent the seniors of Arlington on this festive occasion. To volunteer, call the ASA office at 781-316-3420 and get ready to join the fun! Be a part of it!



FARMERS MARKET COUPONS AVAILABLE AT THE COUNCIL ON AGING

The Arlington Farmer's market, held at the Russell Common parking lot, at Mystic Ave and Chestnut St, is 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.

Coupons which can be exchanged for food products are available at the Council on Aging, 27 Maple Street. They are available to seniors who meet eligibility guidelines: 60 years of age or older, with annual income no more than \$11,613 (single-person household), or \$15,642 (two-person household).

FREE LEGAL SERVICES

Attorney Betsey Crimmins of the Senior Citizen's Law Project is available to provide FREE civil legal services for a variety of elder (60+) law matters including housing cases, benefits such as Social Security and SSI, food stamps, health care issues such as Medicaid and Medicare, guardianship defense, nursing home issues, and consumer issues. You can reach the Project by calling their Legal Services' elder intake line at (617) 603-1776. The Project is located at Greater Boston Legal Services, 197 Friend Street, Boston. Attorney Crimmins is available to make home visits or nursing home visits.

BOOK CLUB NEWS

Welcome back Club members. Summer is over and we hope it was an enjoyable one. So, let's all come back and again have those great discussions. Know you're all raring to go, and our first meeting of the Fall will be held on Friday, September 15th at 1:00 p.m. The book selected is: "*Never Let Me Go*" by Kazuo Ishiguro. See you all then.

Ruth Silver and Elisa Lopez

BASEBALL IN HEAVEN

Two elderly men, Moe and Sam, had loved baseball all their lives. They decided to make a pact that whichever one died first would somehow let the other one know whether there was baseball in heaven. Sam passed soon after. A few weeks later around midnight, Moe was awakened by a bright light and a voice, "Moe, it's me Sam," said the voice. "I'm in heaven and I wanted to tell you the good news and a little bad news. The good news is there is baseball in heaven - all our friends are there and it's always spring, but it never rains." *Moe is thrilled. "So what's the bad news?" "You're pitching next Tuesday."*



HELP US WELCOME OUR NEW COA NURSE

Patricia Falwell, RN, recently started at the Council on Aging as our new Geriatric Nurse Specialist. Pat will be working a Tuesday, Wednesday and Thursday schedule. With her experience and her pleasant manner we're sure you'll like her, and find her responsive to your needs. Please drop by to welcome her!

Note: Blood Pressure Clinics are on a different schedule. Check Calendar

WOULD YOU LIKE A FRIENDLY VISITOR?

The Council on Aging is currently looking for seniors who would like to be visited weekly by a volunteer Friendly Visitor. The COA screens and interviews volunteers and then introduces them to Arlington seniors who do not get out much and would like a social visit. If you are interested in finding out more, call Lourie August, Social Worker, at 781-316-3410.



Watch the COA's "Golden Opportunities", Bea Barber, Host on local Comcast cable channel 8:

Monday: 9 AM, 6 PM

Wednesday: 6 PM

Thursday: 9 AM, 9 PM

Friday: 6 PM

Saturday: 9 AM, 9PM

Sunday: 6 PM

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.

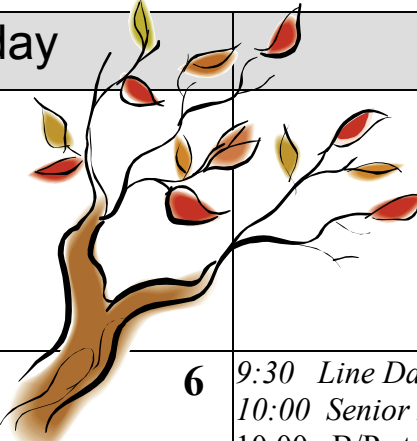
The students are paid \$5 an hour. Seniors requesting service should call the Council on Aging at 781-316-3404.



ARLINGTON BOYS & GIRLS CLUB LOW IMPACT AEROBIC CLASS

The Arlington Boys & Girls Club offers a low impact aerobic class to all their adult members on Mondays, Wednesdays and Fridays from 11 to 11:45 am. Classes will begin the week of September 11. For more information about memberships and programs please contact the Boys & Girls Club at www.abgclub.org or 781-648-1617.

Monday	Tuesday	Wednesday
<p>Asterisked (*) programs require advance scheduling: call for appointments.</p> <p>COA: 781-316-3400</p> <p>ASA: 781-316-3420</p>		
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;">LABOR DAY: SENIOR CENTER CLOSED</p> </div> <p style="text-align: right; font-size: 2em; font-weight: bold;">4</p>	<p style="font-size: 2em; font-weight: bold;">SEPTEMBER 2006</p>	
<p>9:00 Podiatry Clinic* (\$20) 10/16, 11/6</p> <p>9:00 Exercise</p> <p>1:00 Progressive Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Painting</p> <p>2:00 Computer class</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">11</p> <p style="text-align: center;"><i>Yankee pot roast, summer squash</i></p>	<p>10:00 Lifeline with Eva Balazs</p> <p>10:30 Yoga</p> <p>12:30 B/P @ COA</p> <p>1:00 Women's Billiards</p> <p>1:00 Computer Club</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">5</p> <p style="text-align: center;"><i>Turkey ham, sweet potatoes, Brussels sprouts</i></p>	<p>9:00 Exercise</p> <p>10:00 Informal L</p> <p>10:30 Creative v</p> <p>1:00 Bridge; B</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">12</p> <p style="text-align: center;"><i>Seafood New</i></p>
<p>9:00 Exercise</p> <p>1:00 Progressive Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Painting</p> <p>2:00 Computer class</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">18</p> <p style="text-align: center;"><i>Sliced turkey, pineapple raisin salad</i></p>	<p>10:00 Lifeline with Eva Balazs</p> <p>10:00 Caregiver Support Group</p> <p>10:30 Yoga</p> <p>12:30 B/P @ COA</p> <p>1:00 Women's Billiards</p> <p>1:00 Scrabble</p> <p>1:00 Computer Club</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">19</p> <p style="text-align: center;"><i>Meatloaf/gravy, mashed potatoes, jardinière blend</i></p>	<p>9:00 Exercise</p> <p>10 :00 Informal</p> <p>10:30 Creative v</p> <p>1:00 Bridge; B</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">19</p> <p style="text-align: center;"><i>Chicken, swee</i> <i>Br</i></p>
<p>9:00 Exercise</p> <p>1:00 Progressive Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Painting</p> <p>2:00 Computer class</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">25</p> <p style="text-align: center;"><i>American chop suey, Italian style blend</i></p>	<p>10:00 Lifeline with Eva Balazs</p> <p>10:30 Yoga</p> <p>12:30 B/P @ COA</p> <p>1:00 Women's Billiards</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">26</p> <p style="text-align: center;"><i>Roasted chicken/mustard sauce, O'Brien potatoes</i></p>	<p>9:00 Exercise</p> <p>10 :00 Informal</p> <p>10:30 Creative v</p> <p>1:00 Bridge; B</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">26</p> <p style="text-align: center;"><i>Grilled chick</i></p>

Wednesday	Thursday	Friday
		<p>9:00 Exercise 9:00 State Rep. Marzilli @ COA 1 10:00 Spanish 1:00 Bridge (in A&C I) 1:00 Movie</p> <p><i>Beef ribs, bbq sauce, mashed potatoes</i></p>
<p>Knitting writing Bingo</p> <p>burgh, rice pilaf, broccoli</p>	<p>6 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX 10:00 Spanish 1:00 Movie</p> <p><i>Sliced roast beef, potato salad</i></p>	<p>7 9:00 Exercise 9:00 Financial Planner Rick Fentin* 10:00 Spanish 8 1:00 Bridge (in A&C I); 1:00 Movie</p> <p><i>Cheese lasagna, tom. sauce, gr. beans</i> TOMORROW: TOWN DAY!!</p>
<p>Knitting e Forum: ng Your Home” writing Bingo</p> <p>y, red bliss potato, carrots</p>	<p>13 9:30 Line Dancing 10:00 Senior Forum 10:00 Spanish 10:00 NO B/P at FOX TODAY 1:30 “Hearing Loss” presentation</p> <p><i>Chicken/red pepper sauce, potato, gr. beans</i></p>	<p>14 9:00 Exercise 10:00 Spanish 15 1:00 Bridge (in A&C I) 1:00 Movie</p> <p><i>Fish tenders, wild rice, peas</i></p>
<p>Knitting writing Bingo</p> <p>et/sour sauce, brown rice, russels sprouts</p>	<p>20 9:30 Line Dancing 10:00 Senior Forum 10:00 Spanish 10:00 B/P at FOX 1:00 Movie</p> <p><i>Broccoli bake, stewed tomatoes</i> 7:30: COA Board meeting</p>	<p>21 9:00 Exercise 22 9:00 Financial Planner Rick Fentin* 10:00 Spanish 1:00 Bridge (in A&C I) 1:30 “Oral Hygiene” presentation</p> <p><i>Swedish meatballs, mashed potatoes, winter squash</i></p>
<p>Knitting writing Bingo</p> <p>en salad, macaroni salad</p>	<p>27 9:30 Line Dancing 10:00 Senior Forum 10:00 Spanish 10:00 B/P @ FOX 1:30 “Getting the Most Out Of Medicare” workshop</p> <p><i>Roast pork, sweet potatoes, green beans</i></p>	<p>28 9:00 Exercise 29 10:00 Spanish 1:00 Bridge (in A&C I) 1:00 Movie</p> <p><i>Shepherds pie, Tuscany style blend</i></p>

COUNCIL ON AGING EVENTS

<u>CLINIC / EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Blood Pressure Clinics:</u>			
at Council on Aging, 27 Maple St.	Tuesdays	12:30-1:45 PM	free
at Fox Community Ctr., 175 Mass Ave.	Thursdays (exc. 9/14)	10:00-11:15 AM	free
<u>Podiatry Clinic:</u>*	Mon. 9/11, 10/16, 11/06	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>Financial Planner, Rick Fentin:</u>*	2nd & 4th Fri ea. month	9-10:30, by appt.	free
<u>Grandparent Support Group:</u>	2nd Tues ea. month (call Lourie at 781-316-3410)		free
<u>Caregiver Support, Lourie August:</u>	3rd Tuesday ea. month	10:15-11:45	free
<u>Real Estate Forum, Mary Lou Bigelow</u>	2 nd Wed. ea. month	10 - 11:30 AM	free
<u>State Representative James Marzilli:</u>	1st Friday ea. month	9-11 AM (drop in)	free

(* 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, "Lifeline":</u>	Tuesdays	10 AM	no charge
<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	2-4 PM	\$40 / 4 sessions
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Beginning Bridge Class</u>	Mon. 10/2	10-12	\$40 / 6 weeks
<u>Yoga:</u>	Tuesdays	10:30-12	\$5 / class
<u>Drama Class:</u>	Thursdays 9/14, 9/21	1:30-3	\$10 / 2 weeks
<u>Painting Class with Don Polley:</u>	Mondays	1-2:30 PM	\$40 / 6 weeks
<u>Spanish for Seniors:</u>	Thursdays & Fridays	10-11 AM	\$40 / 6 weeks
<u>Creative Writing:</u>	Wednesdays	10:30-12	\$40 / 6 weeks
<u>Still Life Drawing Class</u>	Tuesdays	10-12	\$40 / 6 weeks



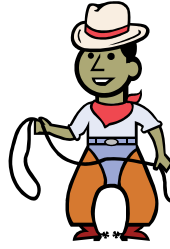
BOWLING? see page 10



SING-ALONG

**Tuesday, September 12, 2006
1:00 p.m.**

Come to our Country/Western Sing-Along
with *Larry Martin and Anne Donovan*



**GRANDPARENT SUPPORT GROUP:
the 2ND TUESDAY of 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 of 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.

PEOPLE AT THE CENTER

Come and meet Marianne Mattiori. Marianne is the new hostess on Thursday afternoons. She came to the Center because of her family's good friend Rita Lucas. Rita Lucas was involved in many senior activities. After her passing, Marianne decided to volunteer in Rita's memory. Marianne is a real estate agent and has many interests including interior decorating and cooking. She makes Thursday afternoons fun for all who drop in for singing, movies and other group activities. Marianne is a wonderful asset to the Senior Center.

Elisa Lopez

Donations needed for ASA Town Day Bake Table

The Arlington Seniors Association is asking for donations of baked goods to sell at the Senior Center on Town Day. Please call 781-316-3420 if you need your baked items picked up.

The Arlington Seniors Association needs help for Town Day

If you can volunteer an hour or more, please call 781-316-3420 or 3421. We need people to help set up and also to be at the Senior Center on Town Day to help with the many activities and we also need people to sit at our booth on Mass Ave.

NEW OFFERINGS...

BEGINNING BRIDGE CLASS: Monday, October 2, 10-12 p.m. \$40 for 6 weeks, \$10 for bridge book; Teacher Dick Belmont

LIFELINE: An informal gathering, to discuss and explore life changes with Dr. Eva Balazs on Tuesdays at 10 a.m.

BOWLING: We are starting a tenpin bowling group. We will meet at Lanes and Games on Route 2, Cambridge, on Tuesdays. Call Joan Catarino at (781)646-9064

STILL LIFE DRAWING CLASS: This Fall, basic Still Life Drawing Class will begin sessions on Tuesday, September 12, from 10:00 a.m. to 12:00 noon. Please bring a newsprint pad no smaller than 14"x17" – larger is recommended, a backer, such as masonite or press board, soft black conte crayon, a stump and an eraser. I will start with simple shapes and forms, covering basic perspective and composition. This information will be very helpful when you advance to actual still life set-ups. Light and shadow will be emphasized. Dialogue and conversation are welcome throughout each session.

Alfred M. Licea

HEALTH TIP OF THE MONTH:**FINDING A PROFESSIONAL TO PROVIDE YOUR EYE CARE**

When an eye doctor examines your eyes, he or she is doing more than checking to see if you need glasses. During a complete eye exam, your eye doctor will not only determine your prescription for glasses or contacts, but will also check your eyes for common eye diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health.



Everyone over the age of 60 should be annually. You can ask your family doctor the name of a local eye care specialist, or family members and friends about eye care professionals they use.

You can also contact your insurance company or health plan to learn whether it has a list of eye care professionals that are covered under your plan.

(Prescription Advantage, continued from page 1)

Those with limited income may also be eligible to receive help paying for their Medicare Part D plan premiums. Unlike other supplemental plans, **Prescription Advantage requires no monthly premium and the plan limits annual out-of-pocket expenditures** on the amount members pay towards their prescription drugs. For seniors who do not have Medicare Part D, but have prescription drug coverage through an employer or union, Prescription Advantage also provides secondary benefits.

Prescription Advantage will be holding an Open Enrollment from September 15 to November 15. For help in applying, please call Joyce at the Council on Aging (781-316-3404) for a SHINE appointment, or you can obtain the enrollment forms by calling Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

Don't miss this opportunity to further reduce your prescription drug costs!



PUBLIC NOTICE

The Council on Aging meets the third Thursday evening of each month (September 21) at 7:30 pm, in the Senior Center's drop-in room on the first floor, 27 Maple Street.

We invite the public to attend. Please bring your thoughts, requests, suggestions and questions, to help us plan our programs and services. Or, you can simply sit and observe to learn who we are and what we do.

Special Thanks

The August 7th ASA Cookout was a smashing success. Everyone enjoyed the fabulous food. A special thanks to Maureen Jackson and all the volunteers who helped make it great. THANK YOU.

Elisa Lopez



the back page

CANADIAN LOTTERY SCAM

The Arlington Police Department has received information from the Commonwealth Fusion Center regarding a new scam being perpetrated upon Massachusetts citizens. This scam involves unsuspecting victims who receive telephone calls claiming that they have won the lottery in Canada. The caller states that this type of Canadian lottery is similar to the US Publisher's Clearinghouse. The scam is also occurring in San Antonio, Texas, Rhode Island, Vermont, and Connecticut. This is how it works:

- You receive a call from a person stating they are from the Internal Revenue Service (IRS) or the Department of Homeland Security (DHS), Buffalo, New York office. Some of the callers say they are Officer Hunter or Peter Ford.

- The caller says that you have won the Canadian Lottery but must first pay the taxes on your winnings, and it must be paid in cash via Western Union or by check.

The telephone numbers used by the callers have been traced to the Toronto, Canada area. The IRS is currently investigating this scam. The IRS noted that they would never call, but instead would send information via certified mail. You should never send money to anyone who contacts you unsolicited by phone. You should respond to mail messages only if you are certain of their origins. If you have received any of these types of calls or have any questions, please the Arlington Police Department at 781-643-1212.

1 PM MOVIES - SHOWN BY THE ASA

Friday, September 1	"Chocolate Soldier" (musical)	<i>Nelson Eddy / Rise Stevens</i>	
Thursday, September 7	"Brokeback Mountain"	<i>Heath Ledger</i>	
Friday, September 8	"Damn Yankees (Musical)	<i>Gwen Verdon / Tab Hunter</i>	
Friday, September 15	"Pygmalion"	<i>Leslie Howard / Wendy Hiller</i>	
Thursday, September 21	"Meet Me In Las Vegas" (musical)	<i>Dan Dailey / Cyd Charisse</i>	
Friday, September 29	"Rasputin and the Empress"	<i>The Barrymores: John, Ethel, & Lionel</i>	

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

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