

SENIOR NOTES

Belmont Council on Aging

266 Beech Street, Belmont, MA 02478

Monday -Friday 8 a.m. - 4 p.m.

(617) 993-2970

www.BeechStreetCenter.org

May 2022

FRONT DESK

617-993-2970

Nava Niv-Vogel

Director, 617-993-2975

NNivVogel@belmont-ma.gov

Dana Bickelman

Assistant Director

617-993-2977

Dbickelman@belmont-ma.gov

Marie Poore

Volunteer Coordinator

617-993-2979

MPoore@belmont-ma.gov

J.R. Amdur, LICSW

Social Worker, 617-993-2983

Jamdur@belmont-ma.gov

TRANSPORTATION

617-993-2980

Martin Cloherty

Transportation Coordinator

mcloherty@belmont-ma.gov

Diane Corsino

Administrative Assistant

Dorothy Boyle

Administrative Assistant

Richard Berger

Tech Sharing Facilitator

Roy Elliott

Lead Custodian

TRAVEL LINE

617-993-2976

HOME DELIVERED MEALS

617-926-4100

Please do not send confidential information in e-mails.

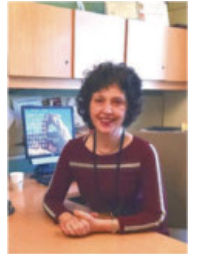
E-mails to and from the Council on Aging and its staff become public records!

The following is probably the most difficult first sentence that I have had to write in these monthly reports. I will be retiring at the end of June from being your center's director. There is never a good time to take such a step, but there is a right time. I learned this and many amazing life lessons from all of you over the almost 22 years working for the Council on Aging. It has truly been the honor of a lifetime to serve you, and I will miss you. I hope that over the next two months, I will be able to connect with you and share personal greetings. The Town will be starting the hiring process for the new director shortly. Until the director position is filled, and that may be after I am gone, the center's operations will be in the able hands of our Assistant Director, Dana Bickelman. As much as I would wish that there be no bumps in this transition, I am aware that it will be challenging for staff during this period. Therefore, one parting wish I have of you is that you provide support and show patience to all our staff during this transition period. Another parting wish is that anyone who wants to see a program at the center, please feel free to find others who want it and take some initiative in figuring out how to implement the program at the center. We are seeing that the community is changing. This means that programs that we had before the covid shutdown may not be popular with younger seniors in Town. By the same token, there may be other ideas that we have not thought of that might delight many and/or serve a critical unmet need. In that spirit, you all, hopefully, received the flyer that we mass-mailed last month, highlighting that we welcome all groups in the Town, regardless of race, religion, gender, sexual orientation, nationality of origin, etc. We mentioned a special event to follow up on our outreach effort, scheduled for May 11. Please come with your ideas for new programming ideas and ways that we can make others feel more included at the center.

When I considered the timing of my retirement, I planned that the covid pandemic and all the restrictions it brought would be behind us. Unfortunately, we are not back to "normal" as I had hoped at this point. There are several points that I would like to make in this regard about our center functioning at this time. Although the Town has lifted its mask mandate and participants are free to come here without one, it is also true that many seniors, understandably, feel uncomfortable and unsafe around people who are unmasked. After all, there has been a surge of covid cases this past month. I have learned that a number of people have stopped coming to the center once they observed that others were not masked. I ask that if you are in a group where you are sitting close together, that you wear a mask. Even if you do not fear becoming ill yourself, consider the feelings of others. Unless you have a breathing problem, is it really too difficult to do? As many of you have noticed, I wear a kn95 mask around the center. Perhaps unwisely, I do not fear for my health. However, I don the mask primarily because I want everyone else to feel safe, comfortable, and welcome. It is a small inconvenience to make for the greater good.

The fitness room is a very popular program that has been impacted by the covid restrictions. It is also logistically very complicated to run, and because of that, we have been slow to move operations back to pre-covid ways. We have heard your dissatisfaction with this and your concerns. So we are moving to allow more people in for each timeslot. My intention is that everyone reach the fitness goals they set for themselves. I appreciate your patience in that regard. On a different note-The Town's budget season is drawing to a close and will conclude with Town Meeting's session in June. If the Town Administrator's FY'23 budget is approved there, it will mean that the COA can hire a full-time social worker using federal covid funds. The position will be funded through the end of 2024. As that time period ends, the COA will evaluate the effectiveness of the new service and determine if and how to continue funding it.

I hope you enjoy the flowers and natural beauty of Belmont in May. Take good care until I address you again in June's newsletter.



Nava

BEECH STREET CENTER REMINDERS

The Beech Street Center is a MASK FRIENDLY BUILDING! UNVACCINATED STAFF AND VISITORS ARE ADVISED TO CONTINUE MASKING INSIDE. MASKS ARE AVAILABLE FOR THOSE WHO WOULD LIKE ONE.



Parking Permits for Belmont Seniors

Registration and RENEWALS for parking permits continue to be available to all seniors over 65. For \$5, seniors will be able to park for free at any of the metered spots and municipal parking lots of the Town for 2 hours each trip. To apply, please call 617-993-2978. Appointments for parking permits are required.

**COMMUNITY TEAMWORK FUEL ASSISTANCE
FAMILY SIZE MAXIMUM ANNUAL GROSS INCOME**

1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751
5	\$91,351
6	\$103,951

Fuel Assistance can pay part of your winter heating bills. You can rent or own your home. If your heat is included in your rent, you may also qualify. If eligible, please call our social work intern Rachel Garrity at 857-702-9839 or 617-993-2986. Applications may be updated with any changes to the household size or income through May 13th.



Online registration for Myrec is available! Myrec encourages customers to easily locate information and register online. Online registration is convenient and easy to use. Please find more information on our Myrec website <https://belmontcoama.myrec.com/info/default.aspx>. Please be patient as we add more classes, activities, and programs to the site.



STAY INFORMED! BELMONT TOWN MEETING!
All Town Meeting Sessions begin at 6:30pm unless otherwise stated
Segment A of the 2022 Annual Town Meeting will be held by remote Zoom webinar.

Annual Town Meeting, Segment A-Mon, May 2, Wed, May 4, Mon, May 9, and Wed, May 11
Annual Town Meeting, Segment B-Wed, June 1, Mon, June 6, Wed, June 8, and Mon, June 13
Special Town Meeting-None in 2022 as of yet



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EXERCISE, FITNESS, AND WELLBEING

Drop-In Bereavement Group

The pandemic has put an added strain on all of us. We are experiencing more loss and grief with seemingly nowhere to turn. Consider meeting with others who have experienced a recent or distant death or loss in a casual and supportive environment. Our Bereavement Drop-In will meet Tuesday, May 10. The in-person gathering will take place at the Beech St. Center from 1:00 to 2:00 pm. The virtual zoom gathering will take place from 5:00 to 6:00 pm. For the zoom session, please submit your e-mail address to Dana to receive the zoom connection.

Parkinson's Caregiver Support Group

If you have a partner with Parkinson's, they may have many sources of support, including you!... But where is the support for you? A small group of us who are family caregivers of people living with Parkinson's would like to plan ways to support one another and invite you to meet. Meetings May 5, 19, June 2, and 16. Please call Hildy Dvorak at 617-816-2883 for more information.



ONLINE Caregiver Support Group May 3rd, 17th, and 31st

Caregiving for an elder loved one can be stressful, whether the loved one lives at home or far away from the caregiver. The COA is happy to announce that we will be offering a monthly caregiver support group led by our social work intern, Ms. Rachel Garrity; this group will provide caregivers with an opportunity to share their personal experiences with others who have similar responsibilities. Participants will benefit from mutual support and sharing helpful tips. Call Rachel's Google voice number at 857-702-9839 to sign up and receive the link.

In-person and Virtual Fitness Classes

In-door Strength and Flexibility with Susan Barbato on Mondays from 1:30-3PM May 2-June 13 Cost:\$27

NEW!! In-door Strength & Flexibility on Wednesdays 1:30-3PM May 11-June 15 Cost: \$27

NEW!! Strength and Flexibility with Susan Barbato on Zoom Fridays 1-2:30PM May 13-June 17 Cost:\$27

CHAIR YOGA with CAROL Monday via Zoom 12:30 PM Apr.11-May 23 Cost: \$36

ZUMBA GOLD TUESDAY 12:00 noon SESSION RESUMES IN JUNE!

TAI CHI Wednesday 9:30 AM May 18-June 22 Cost: \$60

NEW!!TAI CHI Friday 10AM May 20-June 24 Cost \$60

CORE WORKOUT and STRENGTHENING on Zoom Thursday 10:00 AM Apr.7-May 12 Cost: \$50

CHAIR AEROBICS AND POWER OF POSTURE WITH KIM CLEMENTS IS POSTPONED.

"Gentle Yoga for Any Age"

In this class, we will be exercising using a series of gentle stretches, breath awareness, and tension tightening and releases. The effect is akin to a self-massage.

As the body and mind relax, a return to our natural state of balance occurs as well as a state of internal stillness. Class will be led by Bonnie Randall a Certified Yoga Instructor from the Kripalu Institute.

8-week session, Wednesdays from 2-3PM starting May 11. Cost: \$80. Call 617-993-2970 for more information on how to register. Bring your own mat and light blanket to class.



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Professional Services

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State Rep. Dave Rogers' Office. Tuesday, May 10 at 9 a.m. at the center

State Senator Will Brownsberger's Office. No meeting in May. If you any questions, please contact Senator Brownsberger's office at (617) 722-1280.

Over the Phone Legal Clinic. New! We're excited to resume our legal clinic with attorney Stephanie Ozahowski from Metrowest Legal Services. Tuesday, May 10 from 1-3PM. Please contact 617-993-2977 if you would like to register.

Veterans' Coffee Hour. Friday, May 20 at 10:30 a.m.

Notary Public. By Appointment. Please call 617-993-2978.

SHINE Health Insurance Counseling. This service is via telephone. To arrange a call from the SHINE Counselor, please call 617-993-2970 for pre-screening. SHINE is a free service with highly trained, impartial counselors for Medicare beneficiaries and caregivers. Cost: Free.

Computer Topics

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Computer Help

Drop in with questions! Free. Tuesdays, from 10 a.m. to 1:30 p.m. with volunteer Tran Luu



Are you on Facebook? If so, make sure to give the Beech Street Center a like!

OTHER SERVICES

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Fitness Room-Open Monday through Friday. Please call 617-993-2970 or 617-993-2973 for more information about how to join or to schedule appointments. Cost: \$10 per month.



Transportation—Belmont residents over the age of 60 or adults with disabilities are eligible for trips around Belmont and to medical appointments. Reservation required: 617-993-2980. \$2 suggested each way.

- Market Basket: Thursdays, May 5 and 19 8:30 a.m. with 90 minutes to shop.
- Star Market: Tuesdays and Fridays at 8:30 a.m.



Friends of Belmont COA Scholarship Program

If you face hardship paying for a class, a Friends of the COA scholarship may be able to help. Please call on Nava Niv-Vogel 617-993-2975 for a confidential meeting to see if you are eligible for discounted or free classes. Scholarships are also available for our fitness room and other programs.

EXERCISE, FITNESS, AND WELLBEING

NEW!! JAZZERCISE DEMO WITH SUSAN REGAN!!

Thursday, May 12 at 10:30 a.m.

Join Susan, a certified senior fitness trainer who taught dance and exercise for over 50 years in Watertown, for this fun new class. Please wear comfortable clothes and sneakers.

Jazzercise blends jazz dance, Pilates, cardio, resistance training, and yoga in routines designed to improve cardiovascular endurance and increase strength and flexibility. Call 617-993-2970 to sign up. Cost for demonstration: Free.

Spring Project with Paint With Me

Tuesday, May 3 at 1:15PM

Let's hop into spring with a fun door hanger painting with Raquel. Join Raquel with a step-by-step guided approach to making your own spring home decor in a few hours. Cost: \$10 checks or cash can be given to Raquel directly. Call 617-993-2970 or find us on Myrec to register.

Mother's Day Jewelry Making Class with Naomi Ellenberg-Dukas

Tuesday, May 10 from 1-3 p.m.

Are you into waste reduction on planet earth, or maybe intrigued by the idea of upcycling a commonplace household item as an attractive, unusual jewelry item for a second life? If your answer is "yes," then this workshop is for you! We will meet for two hours on Tuesday, May 10th, 1:00 - 3:00pm, to make a fashionable pair of earrings combining colorful beads and a variety of straws. You will leave the class

with one or two pairs of earrings to give as a gift for yourself or another. The Center will provide basic supplies and tools to share, but here is a list of additional materials to bring if you have them: work light, bead mat, two pairs of jewelry pliers, and sharp scissors or mat knife. Cost: \$25.00 Call 617-993-2970 or find us on Myrec to register.



Celebrate Spring with a Watercolor Card Workshop with Audrey Jones Childs

Friday, May 6 at 1p.m.

Make a watercolor Spring Card for yourself or to give to a loved one. No previous experience is necessary. Supplies will be available. If you have watercolor brushes, bring them. Even if you never have painted before, the steps are easy. Come prepared to have fun. Cost: \$5.00 plus \$1.00 per card w/ envelope (If possible, bring your own watercolor paint and brushes.) Call 617-993-2970 or find us on Myrec to register.

Watercolor Painting with Audrey

Starting Friday, May 13 1-3 p.m.

Students will learn how to use and control their paints effectively. Methods will include using a dry brush, color mixing, techniques, and what effects a paper towel and a porous sponge can create. The class is designed to help the student gain confidence with the medium. Beginners will learn the fundamental techniques of watercolor. Intermediate students will have new challenges with an emphasis on exploring techniques.

Audrey is a well-known watercolor artist whose landscape paintings hang in homes across the country. She is also known for her house and pet portraits. Upon graduating from the Art Institute of Boston/Lesley College, she worked for a Boston art company reproducing historical wallpaper, commissioned sculpture reliefs, and detailed signage. Her art teaching experience includes drawing classes at the Middlesex Community College Extension, The Belmont Council on Aging, community youth and adult classes, and private lesson. Cost: \$60.00 Call 617-993-2970 or find us on Myrec to register.



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Recurring Events at the Beech Street Center

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<p>9 Chinese Singing Group</p> <p>9:30 Knitting</p> <p>12 Lunch</p> <p>12:30 Chair Yoga (VIA ZOOM)</p> <p>1 Social Bridge</p> <p>1:30 Strength and Flexibility</p>	<p>8:30 Star Market</p> <p>9 Informal Tai Chi</p> <p>9 Texas Hold 'em Poker</p> <p>9:15 Bingo</p> <p>10 Computer Help with Tran Luu</p> <p>10:30 Hot Topics</p> <p>12 Lunch</p> <p>12 Zumba (RESUMES IN JUNE)</p> <p>12:30 Chinese Dance</p> <p>1 Mah Jongg</p> <p>2 Power of Posture (ON HIATUS)</p> <p><u>By Appointment</u></p> <ul style="list-style-type: none"> • Notary Public 	<p>9 Chinese Culture Class</p> <p>9:30 Tai Chi</p> <p>9:30 Duplicate Bridge</p> <p>12 Lunch</p> <p>1 Scrabble</p> <p>1 Social Painting/ Drawing</p> <p>1:30 Strength and Flexibility</p> <p>2 Gentle Yoga</p>	<p>9:30 Chinese Dance</p> <p>10 Intermediate Spanish Conversation (VIA ZOOM)</p> <p>10 ESL- New Students: \$50, returning students \$30)</p> <p>10 Core Workout (VIA ZOOM)</p> <p>12 Lunch</p> <p>12:30 Chinese Dance</p> <p>1 Hand & Foot Card Game</p> <p>1 Open Art Studio</p> <p>1:15 Bel Aires (singing)</p> <p><u>By Appointment</u></p> <ul style="list-style-type: none"> • Notary Public 	<p>8:30 Star Market</p> <p>9:30 International Phonetics</p> <p>9:30 Quilting</p> <p>10 Tai Chi</p> <p>10 Intermediate and Advanced French Fridays</p> <p>12 Lunch</p> <p>1 Strength and Flexibility (VIA ZOOM)</p>

May 2022 Calendar of Events, Activities, and Special Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 1:15PM Spring Project Paint with Me(p.5) 2PM Online Caregiver Support Group (p.3)	4	5 8:30AM Market Basket (p.4) 1:15PM The Third Son: A Novel Presented by Julie Wu (p.8)	6 1PM Spring Watercolor Workshop (p.5) 1Pm Feature Film: The Joy Luck Club (p.8)
9 5PM Mother's Day Music Performance (p.8)	10 9Am Sate Rep. Dave Roger's Office Hours (p.4) 1PM Mother's Day Jewelry Making Class (p.5) 1PM Legal Clinic (over the phone by apt) (p.4) 2PM Online Caregiver Support Group (p.3)	11 12PM Diversity DINE Lunch (p.8)	12 10:30AM Jazzercise Demo with Susan Regan (p.5)	13 11AM Page Turners Book Club: Nights of Rain and Stars by Maeve Binchy (p.9) 1:15PM Elder Fraud Presentation presented by the FBI (p.9)
16	17 1:15PM Meet and Greet with the Bristol Country K9 (p.9) 2PM Online Caregiver Support Group (p.3) 4PM Bollywood Dance and Dinner sponsored by FISCO (p.9)	18	19 8:30Am Market Basket (p.4)	20 10:30AM Veterans' Coffee Hour (p.4) 11AM Asian American and Pacific Islander Heritage Cooking Class with Roberta Hing (p.9)
23	24 4:30PM Supper Club: The Tack Room (p. 10)	25	26	27 1 Pm Feature Film: Mary Poppins (p/1)
30 CENTER CLOSED FOR MEMORIAL DAY	31			

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead Senior Care® can help.

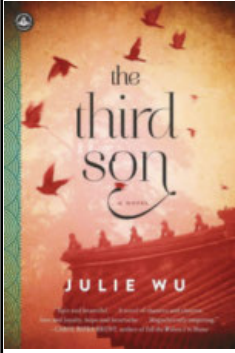
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IN PERSON AND VIRTUAL PROGRAMS



The Third Son: A Novel Presented by Julie Wu Thursday, May 5 at 1:15 p.m.

Join the Beech Street Center to honor Asian American and Pacific Islander Heritage Month with a special program presented by local Belmont author Julie Wu. In the middle of a terrifying air raid in 1940s Taiwan, Saburo, the least favored son of a Taiwanese politician, runs through a forest for cover. It's there he stumbles on Yoshiko, whose descriptions of her loving family are to Saburo like a glimpse of paradise. Meeting her is a moment he will remember forever, and for years he will try to find her again. When he finally does, she is by the side of his oldest brother and greatest rival. In Saburo, author Julie Wu has created an extraordinary character, determined to fight for everything he needs and wants, from food to education to his first love. The Third Son is a sparkling and moving story about a young boy with his head in the clouds who, against all odds, finds himself on the frontier of America's space program. Cost: Free call 617-993-2970 or find us on Myrec to register.

Feature Film: The Joy Luck Club Friday, May 6 at 1 p.m.

The Joy Luck Club is a 1993 drama film about four older women, all Chinese immigrants living in San Francisco, who meet regularly to play mahjong, eat, and tell stories. Each of these women has an adult Chinese-American daughter. The film reveals the hidden pasts of the older women and their daughters and how their lives are shaped by the clash of Chinese and American cultures as they strive to understand their family bonds and one another. Cost: Free call 617-993-2970 or find us on Myrec to register.



Mother's Day Music Performance Monday, May 9 at 5 p.m.

"ACH Piano Studio" of Belmont is bringing to the Center a musical offering to celebrate Mothers' Day. Under the guidance of their teacher, Ani Hovsepian, young musicians from Belmont's elementary to high school will perform a variety of music spanning several centuries from Bach to contemporaries. This piano recital is a tribute to the town's seniors and a creative effort to connect two generations through music and budding artistry. Poster © Hollywood Pictures. Cost: Free call 617-993-2970 or find us on Myrec to register.



You're Invited! Join us for a free "box lunch" and discussion on Wednesday, May 11th, from 12-1:30

Let's DINE! ·Discover differences ·Include one another ·Navigate new perspectives ·Eat!

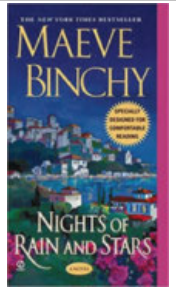
Celebrate and underline the importance of diversity and inclusion within our community

Share your ideas about how the Council on Aging can be more inclusive, diverse, and welcoming

The Council on Aging looks forward to listening to you and what you want to see at the center. Bring your friends, family, neighbors, and others from the community to this event! Please RSVP for this event at 617-993-2970 by Monday, May 9th.

IN PERSON AND VIRTUAL PROGRAMS

Page Turners Book Club: Nights of Rain and Stars by Maeve Binchy Friday, May 13 at 11 a.m.



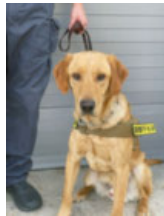
Tourists enter the hilltop tavern for a casual lunch alone and in pairs. But a sudden tragedy in the harbor below causes these perfect strangers to become unlikely friends as their lives begin to entwine...

Fiona left her nursing career in Ireland to be with the man everyone thinks is wrong for her. Elsa fled Germany and her high-powered television job once she learned what the man she loved was hiding from her. Thomas mourns his failed marriage and misses his young son in California, while David yearns to reconcile with his family in England without going into the family business. Chance has brought them together, and together they will find new ways of looking at the lives they left behind. Call our administrative assistant Kim Sliney at 617-993-2976 if you're interested in joining.

"Elder Fraud" Presented by the Federal Bureau of Investigation Friday, May 13 at 1:15 p.m.

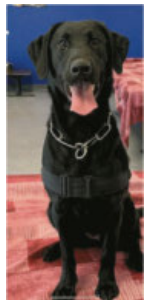


Join Beech street center members for a special elder fraud presentation given by Special Agents and Staff Operations Specialists from the FBI office in Boston. The FBI's Elder Fraud presentation covers current fraud trends impacting the senior community, including romance scams, lottery scams, tech support scams, investment scams, and imposter scams. Attendees will receive tips and tools to protect themselves and their loved ones. Cost: Free call 617-993-2970 or find us on Myrec to register. A special thank you to the Belmont Police for helping us offer this program at the center.



Meet and Greet with the Bristol County Sheriff's K9 Unit Tuesday, May 17 at 1:15 p.m.

The Beech Street Center is very excited to welcome the Bristol County Sheriff's Department Capt. Paul Douglas and canines Huntah and Duke. Huntah and Duke are used especially for COVID-19 sniffing the way other canines are used for drugs and weapons. Bristol County is the first law enforcement unit in the country to use COVID-detecting dogs. Capt. Douglas will share how Huntah and Duke were trained, offer demonstrations, and we'll have some time to meet and offer up belly rubs after. You won't want to miss this event! Cost: Free call 617-993-2970 or find us on Myrec to register.



Bollywood Dance Demonstration and Dinner Sponsored by FISCO Tuesday, May 17 dancing begins at 4 p.m. and dinner served at 5 p.m.



The Beech Street Center is pleased to welcome our friends from FISCO (The Friends of Indian Senior Citizen's Organization). They have been so kind to once again sponsor an evening with a wonderful dance and dinner. Zaika Indian Bistro will provide the meal. Cost: \$7; call 617-993-2970 or find us on Myrec to register.

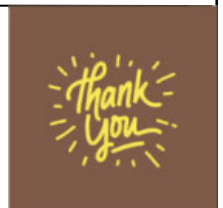


Asian American and Pacific Islander Heritage Cooking Class with Roberta Hing Friday, May 20 from 11-1 p.m.

Join us as we celebrate the month with a class that includes dishes from three different countries. We'll start with fresh Vietnamese spring rolls— healthy and delicious—and an addictive dipping sauce for them. Next, we'll make classic Chinese dumplings—a symbolic food in Chinese culture. Finally, we'll make a refreshing Thai mango ice cream—so simple and decadent. At the end of class, we'll enjoy our creations. Cost: \$25; call 617-993-2970 or find us on Myrec to register.

Please help us say a special thank you to our Veteran's Services Officer, Bob Upton, who has been a wonderful support and advocate for our Veterans' at the center. Give Bob a personal thank you at his final coffee hour on Friday, May 20 at 10:30 a.m.

Please also look for more details in our June newsletter and other media sources about our special thank you and retirement send-off for director Nava Niv-Vogel!



IN PERSON AND VIRTUAL PROGRAMS

Supper Club: The Tack Room Tuesday, May 24 departing from the Beech Street Center at 4:30 p.m.

This month, supper club members are off to a new restaurant located in Lincoln, MA. Kick your meal off with a starter of poutine (the famous Canadian dish with French fries, gravy, and cheese curds for \$13) or clam chowder (\$8). For your main course, try a classic burger (\$15), spring vegetable couscous (\$20), or pan-roasted cod (\$25). Let's help support local business and enjoy an evening with friends! Cost: \$5 donation to Belderbus. Meal, drink, tax, and tip are on your own. Call 617-993-2970 or find us on Myrec to register.



Feature Film: Mary Poppins Friday, May 27 at 1 p.m.

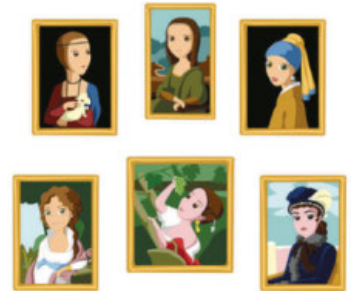


Who doesn't love this classic Disney film starring Julie Andrews and Dick Van Dyke? The children of the wealthy and uptight Banks family are faced with the prospect of a new nanny; they are pleasantly surprised by the arrival of the magical Mary Poppins. Poster © Walt Disney Productions. Cost: free call 617-993-2970 or find us on Myrec to register.

Members of the Wednesday Social Painting Group will be exhibiting their artwork during May. They enjoy using various means of media to express their creativity and imagination. Their creations are diverse, from collages to watercolors, pencils, oils, acrylics, charcoal, pastels, and sometimes combinations.

These artists have been dropping in at the Beech Street Center since the Wednesday Social Painting group started. It began when Catherine Wang, a Belmont High School freshman, led an art group of seniors as part of her high school community service credit. She has inspired them to continue to meet even after she graduated and went off to college.

New and old members are always welcome to share and find their "joy of painting."



BEECH STREET CENTER NEWS

High Prescription Drug Costs? Prescription Advantage May Help! Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year. Eligibility is based on *income only* and there is *no asset limit!*

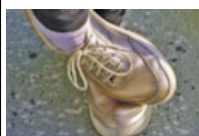
For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

65 or older with an annual income at or less than \$67,950 for a single person or \$91,550 for a married couple OR

Under 65 with a disability, with an annual income at or less than \$25,549 for a single person or \$34,423 for a married couple



The SHINE Program can help you apply for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636.



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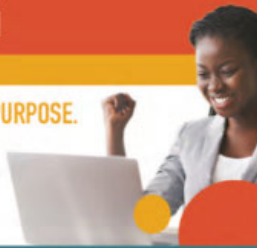


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