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City of Newton  
Department of Senior Services

Newton Council on Aging



The Senior Center

Published Bi-Monthly  
Issue #2 Volume XVII

Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)

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## March/April 2021

### Looking for a COVID-19 vaccine appointment? Wondering if you're eligible?

COVID-19 vaccinations are rolling out for people who meet current state eligibility. For the latest criteria about who is eligible, check [www.mass.gov/vaccine](http://www.mass.gov/vaccine) or call Newton's vaccine information line at 617-796-1440, for a recorded message. Getting an appointment remains challenging, but the vaccine is becoming available at more places, including pharmacies, healthcare providers, and large vaccinations sites.

For people who use a computer or have someone who helps them online:

If you've been trying to book an online appointment, keep checking back. New appointments typically become available on Thursday mornings. Also, pay attention to your email because some healthcare providers are contacting their eligible patients directly about appointments. The Newton COVID-19 vaccine website at [www.newtonma.gov/covidvaccine](http://www.newtonma.gov/covidvaccine) includes a list of links to vaccination sites near Newton and a link to a site that aggregates appointments so you have to check only sites with available appointments. What to be sure you get vaccine e-mail updates? Subscribe to the Senior Center e-newsletter and the Mayor's e-newsletter

at [www.newtonma.gov/newsletters](http://www.newtonma.gov/newsletters)

For people who don't use a computer and don't have anyone who can help them online:

If you need help getting a COVID-19 vaccine appointment, please call the Senior Center's vaccination hotline at 617-796-1666. You'll be asked to leave your name/phone number for a return phone call. Please be patient, as our staff and volunteers work to return calls as quickly as possible. You may be eligible to be vaccinated at a Newton site in partnership with the Holtzman Medical Group. You may also consider checking with your primary healthcare provider to let them know you don't use a computer and want help getting a local vaccine appointment.

Providers affiliated with large local healthcare systems are reaching out to patients to schedule local appointments.

For everyone:

Be aware of vaccination scams. You should not be asked to pay anything out of pocket for a COVID-19 vaccine. Do not accept help (booking an appt, a ride, etc.) from someone you do not know. Do not give your personal information out to unfamiliar people. While you wait to be vaccinated, it's very important to continue following COVID-19 prevention principles including wearing a mask, staying 6 feet away from people outside your household, frequently cleaning your hands, and if you have COVID-19 symptoms, isolate at home and contact your healthcare provider about next steps. Even after vaccination, it's important to continue mask-wearing, distancing, and other prevention measures until directed otherwise. It will be many months until enough people are vaccinated and there is evidence to inform future prevention recommendations. We know it's hard to wait, but vaccine rollout is a significant step toward returning to a new normal. The many providers throughout the state are working hard to get as many people vaccinated as quickly as possible.

**E-Newsletter** The Newton Senior Center has an e-newsletter with over 3,700 subscribers and lots of virtual programming! We are also planning some outdoor programs for the spring, and they will be publicized in our e-newsletter. If you want to receive the e-newsletter every Friday, please email: [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov)

The Newton Senior Center remains closed to the public.

The majority of our programs in March and April will be held virtually.

You can reach staff at the Newton Senior Center by calling 617-796-1660 and leaving a message.

# Notices

## **Fabric Face Coverings Available**

If you are in need of a fabric face covering, please contact Norine Siltan at [nsiltan@newtonma.gov](mailto:nsiltan@newtonma.gov) or 617-796-1664.

## **Senior Parking Stickers**

Newton residents, 65 years and older are eligible for a Senior Parking Sticker that allows free parking in the City's municipal lots. We are now in year 2 of the current 2-year Senior Parking Sticker program. The stickers are blue and show an expiration date of June 30, 2021. If you do not have one, you may apply by mailing a copy of your license and registration. If a personally-leased car, we need a copy of the lease, too. Commercial and/or company cars are not eligible. To get a new sticker, the cost is \$1.00. Stickers are good at 1, 2, and 3-hour meters in all city lots, but not on the street! The Senior Center is closed, right now, but you can mail copies of your documentation to the Newton Senior Center, 345 Walnut Street, Newtonville 02460. Payment can be made by check (made out to Newton Senior Center), or you can go online to the City's website. If you have questions, please contact Norine Siltan at [nsiltan@newtonma.gov](mailto:nsiltan@newtonma.gov) or 617-1664-1664. Information can also be found on our website.

## **Pay for Classes Online!**

You can now pay your classes, including fitness classes and other services, online, by credit card or e-check! Please visit [newtonseniors.org](http://newtonseniors.org) and click on the "Pay Online" button. It can be done right from your home, 24/7! Questions about payment? Call Norine at 617-796-1664 or Ilana at 617-796-1670.

**Disclaimer** We thank our advertisers, presenters, and program sponsors for all they do to educate, inform, and inspire participants. The Center does not specifically endorse any service or product advertised, presented, or sponsored herein.

## **Daily Meal Delivery is Available through Springwell**

Please call Emily Kuhl at 617-796-1672 to sign up.

The Newton Senior Center will be closed for all business on:  
**Monday, April 19th**  
(in observance of Patriot's Day).

NewMo will not run on this holiday, and lunch delivery, grocery shopping, and prescription pick-ups will not be available on these days.

## **NewMo**

NewMo – Newton in Motion – is our transportation service for residents age 60 and older. The service is provided by Via under a contract with the Department of Senior Services. Riders can request trips to the Senior Center, medical appointments, houses of worship, grocery shopping, and to long-term care facilities within the Garden City. You can also go to any Village center, any city building or city-sponsored program or event, and to the Needham Street Corridor. NewMo takes riders to certain medical facilities outside of Newton, as well. Unlike Newton's previous transportation system, NewMo is an on-demand system similar to Uber or Lyft. That means you call shortly before you want to travel on the day you want to travel. During the pandemic, you will be the only passenger in the vehicle, unless you are traveling with a companion. Call Elizabeth Lund at 617-796-1665 to sign up.

## **Commodity Supplemental Food Program**

The Commodity Supplemental Food Program works to improve the health of low-income senior residents by supplementing their diets with nutritious USDA foods provided through the Greater Boston Food Bank. Seniors must be 60+ and complete the application form in advance to be registered to receive groceries. Eligible residents will receive two free bags of food once a month (3<sup>rd</sup> Friday of the month: March 19th & April 16th) containing healthy shelf-stable products. Food packages include a variety of foods such as nonfat dry milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables. On occasion, fresh produce will be distributed, as well. During the pandemic, participants can pick up at the Newton Senior Center, 345 Walnut Street, or if an individual cannot pick up, we can deliver. Please call Emily Kuhl at 617-796-1672 to sign up.

## **Durable Medical Equipment Loan Program**

The Newton Senior Center coordinates a program that allows Newton residents to donate and borrow "gently-used" medical equipment; such as 2-wheel walkers, 4-wheel rollators with seats, shower chairs, commodes, wheelchairs, transport chairs, etc. Due to Covid-19, the demand has been high, and the donations have been low. If you have "gently-used" equipment that you no longer need, please call us at 617 796-1673 or email [nsiltan@newtonma.gov](mailto:nsiltan@newtonma.gov) to see if you have something we can use. We will happily schedule a time for you to drop the equipment off at the Newton Senior Center safely, without contact. Please note that the Senior Center is closed and all donations are by appointment only. Additionally, if you need equipment, please call or email us, as noted above.



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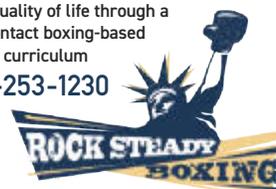
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# Notes

**Can You Change Your Medicare Plan?** You may still be able to change plans during 2021. If you believe you are in the wrong plan due to an enrollment error or being given wrong information, you may be allowed to make a change. If you have been in a Medicare Advantage (HMO or PPO) plan since the beginning of the year, a change can be made once from January 1 through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare and a drug plan, and add a Medigap plan, if you want. You may also be able to change plans if you're a Prescription Advantage member, if you're getting Extra Help with your Medicare drug coverage, if you have recently moved, or for other reasons. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free confidential counseling on these issues and all Medicare options. Due to COVID-19, counseling is being done by phone. To schedule a SHINE appointment, call the Newton Senior Center at 617-796-1660. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name, town and phone number.

## Thank you for Your Contribution to the Newton Senior Center!

Julie & Edward Ginsburg, Norman Sirk, Barry & Judith Freedman-Kaplan, Madeline Dupiton, and Karen Krag, *in thanks to the Newton Senior Center*  
Carlene Kelly *in thanks for the SHINE program*  
Steve and Gail Gerzof, *to provide groceries for Newton seniors in need*  
Beatrice Carp, *in memory of Vera Wood*

## Thank You to Our Sponsors for Supporting our December and January Virtual Programming!

Wingate Residences at Needham, for sponsoring our Crooner Comedy program with Frank King

Sunrise Senior Living in Newton, for sponsoring our Memory Café with Second Nature Arts

The Newton Cultural Council, for sponsoring our Mabel and Jerry comedy show with Have Comedy, Will Travel

Wingate-Chestnut Hill, for sponsoring our New Year's Party with the David Polatin Duo and for sponsoring our Winter Series on Mindfulness with Neil Motenko

Wingate-Boylston Place, for sponsoring our A Year in Morocco lecture with Barry Pell

CareOne at Newton, for sponsoring our Australia: Above and Below program with Joy Marzlof

Providence House Assisted Living, for sponsoring our Memory Café Classic Songs of Yesteryear program with Howie Newman



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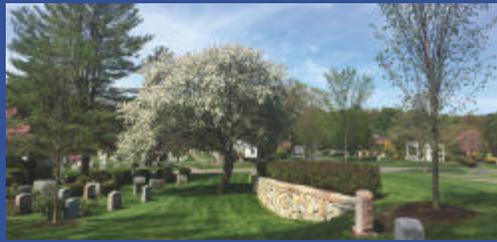
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#### Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support us through welcoming, respectful, and meaningful opportunities that engage and value older people and empower us to remain independent and to be important assets in our community.

#### Vision

To provide sustained leadership that helps Newton be a livable and age-friendly community for all who choose to age here.

#### Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs, and advocacy.