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It's Tax Time Again!

The Newton Senior Center and AARP Volunteer Tax Team will provide tax assistance again in 2022, using a modified drop-off model. This means seniors will have a brief in-person intake session and then will have the option of waiting in the building or going home for a few hours while the return is prepared. Tax aide volunteers will file the finished return on your behalf.

Call the Senior Center at 617-796-1662 to make a tax appointment. **You may call starting January 28th.**

Please note that the AARP Tax Program is intended to help low- to mid-income seniors with incomes less than \$70,000 per person or \$85,000 per couple – who have simple returns. **If you have foreign pensions, more than \$25,000 in schedule C expenses, or more than 14 days of rental income, other than land, we cannot do your return.**

Once you make an appointment, you will receive a confirmation letter that lists documents you will need, including: 2020 Federal and MA tax returns • Social Security Cards and a government-issued photo ID • Documents showing interest and dividends, including year-end brokerage statements • Forms showing pension and IRA distributions, including 2021 Social Security Statement • Real Estate tax bills, mortgage statement, water and sewer bills • Home assessment (2021) • Rent (monthly or annual) and landlord's name and address.

On the day of your appointment, please arrive 15 minutes early, with your paperwork in order.

Can I Still Change My Medicare Plan?

Even though Medicare's Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2022. Please make a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans at this time of year:

Exceptional Circumstances: If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March

For Prescription Advantage members or those getting "Extra Help" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year.

5-Star Special Enrollment Period: You have an opportunity to enroll in a top-rated (5-Star) plan once during the year. For 2022, the Tufts Medicare Preferred HMO plans are 5-Star rated.

Medigap Plan: You can enroll in a Medigap plan or switch to a different plan throughout the year.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free confidential counseling on Medicare options. To schedule a SHINE appointment, call the Newton Senior Center at 617-796-1665. For other SHINE-related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town and number. A volunteer will call you back, as soon as possible.



Please call our Program Information Line (617-796-1666) after 7:30 a.m. if it is snowing or icy. The pre-recorded message will indicate if we are closed due to weather.

You can also check our website at newtonseniors.org after 7:30 am.



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Notices

Have you been wanting to jump into the world of virtual programs?

If you are someone who has really wanted to join that virtual Zumba class or Zoom concert or remote art class, but don't have a computer or tablet, you will want to sign up to borrow a tablet from the Senior Center.

Newton Senior Center was awarded a grant from the Massachusetts Association of Councils on Aging (MCOA) to purchase tablets for Newton and 6 other surrounding communities. The tablets are available to borrow on a short-term basis (3-6 months depending on customer requests) to give people the opportunity to explore this ever-growing digital world.

The grant provided the funding for the tablets and a data plan that does not require you to have internet or access to Wi-Fi, already. These things come "built in" to the tablets.

Each tablet is prepopulated with access to all 7 towns' Senior Center websites and links to programs, the Newton Free Library, and popular apps to explore: Zoom, Facebook, Google, email, brain games, and more. Still a little hesitant because you haven't touched a tablet before and wouldn't know where to begin? The tablet comes with a user guide, **and** we have recruited volunteer Tech Coaches to work one on one with those who want this. Still not sure? We have heard from hundreds of people who have accessed our virtual programs, not only how wonderful they are, but how important the programs were, during the pandemic. Participants felt more connected, and isolated, and they had fun! Call the Senior Center at 617-796-1660 to get put on the waiting list to borrow a tablet.

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

The Newton Senior Center will be closed for all business on:

Monday, January 17th
(Martin Luther King, Jr. Day)

Monday, February 21st
(President's Day)

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

The Newton Senior Center has provided our own grocery shopping and delivery program throughout the pandemic, as well as continuing to offer both in-person and to-go lunches daily at the Center. Below is information detailing our food programs. Eliza Dodge, Food and Essential Items Coordinator, can be reached at 617-796-1669 or edodge@newtonma.gov with any further questions.

Grocery Shopping and Delivery

Grocery shopping and delivery occurs on Tuesday and Friday each week, except for holidays. To schedule a shop, please call **617-796-1669** or email your list to shopping@newtonma.gov. Our staff will return your message during business hours to confirm shopping day and time. Caregivers may also call/email a list on behalf of their resident. Shopping should occur bi-weekly, or twice a month, for each resident. **This is not an emergency food service.** If you find yourself in a food emergency, please call Health and Human Services at (617) 796-1420 or dial 311. To receive grocery delivery on Tuesday, lists must be received by Sunday at midnight. Any list received after this day and time will be ordered for the Friday of that week. To receive grocery delivery on Friday, lists must be received by Wednesday at midnight. Any list received after this day and time will be ordered for the Tuesday of the following week. EBT shopping will occur on Wednesdays, **depending on volunteer availability.**

Grocery delivery occurs between 9 a.m.-12p.m. You must be at home on your scheduled day during these hours to receive your delivery and reimburse the volunteer. Grocery orders are filled at Wegmans Market in Chestnut Hill. Some items may not be available, depending on store stock on any given day. Substitutions for unavailable items will be accepted upon request. *This is a volunteer-run program. All volunteers are screened by Senior Services staff, and are CORI-checked by City Hall. Please be courteous and considerate always!* There are no fees or charges associated with this program. These policies are subject to change as this program continues to develop and evolve. Shopping is funded through client payment or check reimbursement at delivery. Check or cash reimbursement will be collected upon delivery. Checks should be made out to the Newton Senior Center.

Join Springwell and your neighbors for lunch at the Senior Center! Springwell offers all local adults aged 60+ a healthy in-person or grab-and-go lunch (please bring your own bag) Monday-Friday from 11:30 a.m.-12:30 p.m. at the Newton Senior Center. Please call 617-796-1668 two business days in advance to reserve your meal. Leave a message stating your name, what day you would like to attend, and whether you would like an in-person or grab-and-go meal. The meal is free to all, however an optional donation of \$2 to Springwell, a local non-profit, is suggested and appreciated.

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Newton Senior Center Programs



Our upcoming programs are publicized in our weekly e-newsletter. If you want to receive the e-newsletter every Friday, please email: iseidmann@newtonma.gov

If you don't have email, please call our Programs Information Line (617-796-1666), where you can listen to a recorded listing of our weekly activities.

You can also pick up a copy of the **weekly activities list in our vestibule, open 24/7.**

Here are some of the activities we are currently offering. **The dates/times are subject to change.** Before you come for the first time, please call the Newton Senior Center or check our website, to confirm the date and time.

Educational Events

Music, history, travel, cooking, and nature lectures

If they're on Zoom, you can "call in" via phone or access the program from the Senior Center's public access computers. These are usually held at 1:30 or 2 p.m.

Performances

In-person concerts, theatre performances, Memory Cafes with guest artists

These are usually held at 1 p.m. or 2 p.m.

Paid Workshops

Mah Jongg, Watercolor

Painting (Tuesdays at 10 a.m.), **Acrylic Painting** (Wednesdays at 10 a.m.), **Ceramics** (Thursdays at 9:30 a.m. and 2 p.m.), and **Mosaics** (Fridays at 10 a.m.)

Affinity Groups:

Men's Club (Fourth Thursday of the month at 9:30 a.m.) and **Newton LGBTQ Elder Café** (now on Zoom, times TBD)

Music

Chamber Ensemble (Wednesdays at 9:30 a.m.), **Swing Band** (Tuesdays at 1:30 p.m.), and **Folk Sing-Alongs** (monthly, at 3p.m. on Zoom)

Drop-In Programs

Sketching/Drawing Studio (Mondays at 9:00 a.m.)
Chess Open Play (Fridays at 1p.m.), **Mah Jongg Open Play** (Mondays and Thursdays at 1p.m.), **Billiards Open Play** (Mondays, Wednesdays, and Fridays at 9 a.m.)

In-Person Fitness Classes:

Muscle, Movement, & Balance (Tuesdays and Thursdays at 10:30 a.m.), **Seated Strength & Balance** (Wednesdays at noon), **Beginner Tai Chi at the Hyde Community Center** (Fridays at 11a.m.), **Advanced Tai Chi** (Mondays at 11a.m. and Fridays at 9:30 a.m.)

Virtual Fitness & Wellness Classes:

Zumba Gold (Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays at 11a.m.) **Seated Strength & Balance** (Mondays at 1p.m. and Wednesdays at noon), **Yoga** (Thursdays at 1p.m.), and **Mindful Meditation** (Thursdays at 9 a.m.), **Muscle, Movement, & Balance** (Tuesdays and Thursdays at 10:30a.m.)

Support Groups:

Parkinson's (Last Monday of the month at 10:30 a.m.), **Caregiver** (Third Tuesday of the month at 2:30 p.m. on Zoom and First Tuesday of the month at 2:30 p.m. in-person), **Bereavement Support** (Third Thursday of the month at 10:30 a.m.), **Clutter Support** (Second Friday of the month at 2 p.m.)

Helpful Services:

MetroWest Legal Clinic (Third Thursday of the month, 10:00 a.m.-1:00 p.m.) and **Community Shredding Day** at Rumford Avenue Recycling Depot (Twice per year, fall and spring)

You are also welcome to do a puzzle, read the Globe, utilize our computers, and have some coffee! Please join us!

Newton Parks, Recreation, & Culture 55+ Programs

Newton South Recreation Complex: Six-week program includes Pickleball, Indoor Walking and new Badminton program. Opens January 6, 2022

Zoom Fitness: Pilates, Tuesdays 5-6 p.m. Tai Chi, Fridays 9:15 10:30 a.m. Yoga, Fridays 9-10 a.m. Relax and Restore Program, Saturdays 9-10 a.m. Eccentrics, Thursdays 4:30-5:30 p.m.

Hybrid Classes: Seated Exercise, Tuesdays 10-11 and Thursdays 9-10 a.m. Strength Building Tuesdays 9-10 a.m. Ballet Fitness, Thursdays 12-1 p.m.

In Person: Basketball, Saturdays 8:30-10:30 a.m. Art Group, Wednesdays 1-3 p.m. Aquatic Exercises, Tuesdays & Thursdays 9-10 a.m. Line Dancing, Thursdays 1-3 p.m.

Zoom/ in person Social Programs: Bingo, Mondays 10-11, Word Games, Tuesdays 4-5, Cards Tuesdays and Thursdays 10-11. Walking groups: Mondays- Fridays meet at Albemarle Fieldhouse 8 a.m. Wednesday walking meets at Upper Falls Greenway 10:00 a.m.

Please call 617-212-5289 for program details and registration.

A Message from the Newton Police Department

Phone Scams

If you are wondering whether those annoying calls on your cell phone or home phone number have been increasing— well, they have. Currently in Newton, and surrounding cities and towns, scams are becoming a big issue.

The Big Picture: Telephone scams largely originate in other countries, and over the past few years, they are increasing dramatically in the United States. There were 3,000,000 more scam victims in 2021 than in 2020. The total amount of money stolen has also increased by \$10 billion, since 2020. The average victim's loss has increased by approximately \$151.

Locally: On average, the Newton Police take 2 reports a day on scams, and we have seen large losses of money by the victims. The scams that we are seeing in Newton are;

Utility delinquent – someone calls stating that you haven't paid a utility and your service will be cut off if you do not pay the balance. They will request gift cards.

Clear up arrest warrant – you receive a call that you have an arrest warrant that needs to be cleared up. They will request gift cards to fix this issue.

Amazon— you receive a phone call from someone claiming to be from Amazon about an order you placed (due to amazon being popular their name is used because so many of us use them regularly). Usually, the order is regarding an iPhone or iPad. They will request that you purchase gift cards to clear up the matter.

In reality: Gift cards will never be requested to pay a bill from a utility company or to fix an issue with an Amazon order. The IRS will never call you at home to fix an issue. The IRS handles their matters by mail, sending you a letter. Medicare will never call you on the phone to verify your card information.

Tips: If you do not recognize the caller calling your phone, the Newton Police recommends not answering the phone and letting it go to voicemail – “Call screening”. “Call screening” is the safest way to avoid becoming a victim. Once you answer the phone, the scammers are very good at what they do, playing on your emotions and keeping you on the phone. The longer you are on the phone with them, the greater the chance of becoming a victim, or giving away personal information to be used later.

If you do answer, NEVER give out any personal/private information on the phone to anyone you do not know to be legitimate. Never agree to pay for anything over the phone; request information in writing. You can always tell someone on the phone to call you back and research the matter, by either checking in with someone you trust or simply by calling your local police department.

Thank You's

Thank you for your Contribution to the Newton Senior Center

In Memory of Bea Carp:

Marsha & Peter Berenson, Beverly Weinfeld, Evelyn Shuman, Ruth Weiner, Audrey & Jim Foster & Family, Debbie Shapiro, Larry & Mary Jane Abruzzese, Cathy Boskey, Nancy Fisch & Norma Sullivan, Rise & Richard Liskov & Judy Andler, Chuck & Helene Fliegler, Linda Shapiro, Deborah & Gordon Megrian, Caroline Taber Kiessling, Ruth Levens, Friends of Rachel Siegel (Rebecca Spillane, Kate Mooney, April Collins, Julie Bayiates, JJ Oliver, John Roussos, Paul & Kaylin Nimblet, Terry Martin, Joe Downs, & Craig Crisholm), Ruth Ann, David, & Michael Schlesinger & Laurie Ferris, Roberta Jacobs, Myra Weinstein, Vanuita & Richard Schnell, Erika Cohen, Jill & Larry Sandberg, Joe Ryan, Joan & Dick Green, Angela Donovan, Malcolm & Judith Hindin, Ruth & Jon Tepper, Sally & Gerald Gladstone, Annette Needle & Peter Meyersohn

In Memory of Audrey Cooper:

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In Memory of Betsy Simmon's father: Judith Horgan

In thanks to the Newton Senior Center: Gail & Stephen Gerzof, Trudy Lanman, Jim & Marie Piraino, Julie & Edward Ginsburg, Aline (Bea) Goldsmith, Bruce Beck, Naomi Krasner, and Mary-Ann Greene

Thank You to Our Sponsors for Supporting our October and November Programming

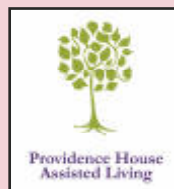
Providence House Assisted Living— for sponsoring our Music of the Great Depression program with John Clark, AND our Memory Café with singer, guitarist, and flutist Sue Kranz, and our Memory Café with singers, guitarists, and pianists Joel Light and Dan Moore, AND co-sponsoring our Lizzie Borden and the 40 Wacks program with the Delvena Theatre Company, AND our Beautiful Bahamas program with Joy Marzlof, AND our Home for the Holidays program with Frank King

The Newton Cultural Council— for sponsoring our Winter and Woo concert with Elaine Woo and Bob Winter, AND co-sponsoring our Lizzie Borden and the 40 Wacks program with the Delvena Theatre Company

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Newton Senior Center Programs

Tech Tutoring

The Newton Senior Center has volunteer “tech tutors” who can assist seniors on an appointment-only basis. The appointments are arranged mutually between the Tech Tutor and the student. These appointments are geared towards beginner tech users, and volunteer tech tutors provide introductory-level assistance and training. They are not professional computer technicians. They are also not “emergency” tech help. If you’re having a specific/complex problem with your device, please contact your device manufacturer or a private tech help company (we can refer you to those through our contractor referral program). Appointments are held in person at the Newton Senior Center during our operating hours. Please meet your tutor initially in the Reception area and then walk to your appointment location from there. Tech tutors can meet one to six times with the same student and can help you with the following: iPhone, Android, iPad, Tablet, PC, Computer (Mac), Zoom, and Jitterbug. They cannot assist with any devices that cannot be brought to the Senior Center. Please call or email Ilana at iseidmann@newtonma.gov or 617-796-1670 with your name, telephone number, what kind of technology you have, and a little bit about the issue or what you need help with.

NewMo

NewMo – Newton in Motion – is an on-demand shared-ride service that takes both commuters and seniors anywhere they want to go in Newton. Seniors can also go to some medical facilities outside of Newton. **Seniors can pre-schedule all rides to medical appointments by calling the call center by 5 p.m. the day before their appointment.** (Pre-scheduled requests can be made up to five days ahead of time.) Make sure you tell the agent what time you want to *arrive* at your appointment, not what time you want to be picked up at your home. The number for the call center is 617-655-8019.

For non-medical appointments or other destinations, such as a grocery store or the Senior Center, riders should request a ride on the day they want to travel. NewMo Senior Service operates from 8:00 a.m. to 5:00 p.m. Monday through Friday and from 9:00 a.m. to 12 noon on Saturday and Sunday. To sign up, or to make an appointment with someone who can help you download the NewMo app and learn to use it, call Elizabeth Lund at 617-796-1665.

Durable Medical Equipment Loan & Donation Program

The Newton Senior Center coordinates a program that allows Newton residents to borrow and donate “gently-used” medical equipment. If you have equipment that you no longer need, please call us at 617 796-1673 and leave a message. Call-backs are made on Tuesday and Friday mornings, unless we are closed or it is a holiday. Please note that all donations are by appointment only, by calling the number above.

Fuel Assistance 2021-2022

ELIGIBILITY GUIDELINES: 2021-2022 FUEL ASSISTANCE	
HOUSEHOLD SIZE	TOTAL GROSS YEARLY INCOME
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751
5	\$91,351
6	\$103,951
7	\$106,314
8	\$108,676
Over 8	See ABCD Fuel Assistance staff

Action for Boston Community Development (ABCD) provides fuel assistance to low-income households in Newton. ABCD accepts applications between November and March. **ABCD has intake sites at Newton City Hall and the Newton Senior Center.** For seniors 60 years and over, you can make an appointment at the Senior Center with Emily Kuhl or Kathryn DeSimone. Please call 617-796-1672 for a Fuel Assistance appointment. Please bring the following documentation for *everyone* in your household: proof of income, social security number, if you have one, identification (Social Security Card, birth certificate, copy of driver’s license or state-issued ID), current copy of lease, or rent receipt, or mortgage statement, and current primary heating bill (oil, gas, or electric). Due to COVID, we may do most of the appointment over the phone but will still need to meet to collect documentation and signatures. Please wear a face covering for appointments; if you need one, we can provide one.

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- Connect to community lunch options or home-delivered meals, if needed.
- Get the support you need if you are a caregiver.

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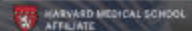
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Newton Council on Aging, Newtonville, MA

06-5143

Helpful Information

General Tips & Strategies for Low-Income/Subsidized Housing

- When you apply for subsidized units, you are generally added to a housing wait list. Wait lists can be very long; the sooner you put your name in, the better. When a unit opens, the housing entity makes multiple contacts to those on the wait list. If you are called, be ready to move in.
 - **If you move or change your phone number, be sure to update every wait list!**
 - Fill out applications completely. Keep copies of the applications and supporting documents.
 - **When you turn in an application in person, get a receipt. Keep all receipts and housing documents in a file together.**
 - Housing Authorities give priority to town residents; other priorities may include disabilities, homelessness, and age (over 62 for senior housing).
 - Make sure to include preferences or priorities (eviction, homeless, displaced due to fire, veteran, domestic violence, etc). If you qualify for a preference or priority, you will move up the wait list.
- Apply to multiple housing sites and housing authorities. CHAMP (Common Housing Application for Massachusetts Programs) is the state housing application and can be filled out online or provided by your nearest housing authority. <https://publichousingapplication.ocd.state.ma.us/> This site does not include federal housing or other non-profit housing, which is why it's important to fill out many applications!

There is a new website to help find affordable low-income and subsidized housing. It will tell you whether or not there is an opening, a waitlist, or a lottery. This tool allows renters - as well as service providers and caregivers working with them - to better understand housing choices.

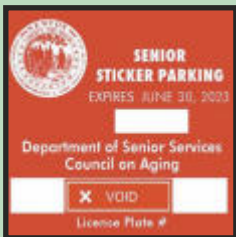
The Housing Navigator

<https://www.housingnavigatorma.org/>

For assistance learning about housing resources and in filling out applications, you can call Case Manager Emily Kuhl at 617-796-1672 or Social Work Intern Kathryn DeSimone at 617-796-1663. We are not able to provide immediate housing, but we can direct you to helpful resources.

Renew Your Parking Sticker

The Department of Senior Services offers Newton residents age 65 or older free parking in the City's *municipal parking lots*, with some restrictions. **The current "red" Senior Parking Sticker is available for purchase and is good until June 30, 2023.** Processing of a renewal or a new Senior Parking Sticker will be accepted by mail-in or drop-off of packets to the Senior Center, or you can call us at 617-796-1675 to check our in-person hours each week.



Senior Parking Sticker packets MUST include:

- 1.) Legible copy of your MA driver's license showing age 65 or above AND showing you are a Newton resident. If your address has changed, please copy the back of your license that shows your current address.
- 2.) Legible copy of your MA registration showing Newton residence AND "registration type" as passenger. **Commercial vehicles do not qualify for a sticker.** The address on registration and driver's license must match. If leased, also provide a copy of your lease agreement showing Lessor and Lessee. Lessee address must match driver's license. All documentation sent will be shredded, unless you request that it be returned with your sticker.
- 3.) Include a check for \$6 per sticker requested (max 1 per vehicle), payable to the City of Newton. *Please make sure your telephone number is included with your information, in case we have questions or you are missing documentation.* You also have the option to pay with a credit card online by going to our website www.newtonseniors.org. A copy of your online receipt must be included with your mail packet.
- 4.) A self-addressed stamped envelope for the return of your sticker (*unless you are dropping off and picking up*).
- 5.) Mail to or drop off at the Newton Senior Center, 345 Walnut St., Newtonville, MA 02460. **Please add Attention: Parking Stickers on your packet or envelope.**

More info about the Senior Parking Sticker program can be found at www.newtonseniors.org. Questions? You can reach us at SCcustomerservice@newtonma.gov or (617) 796-1675.



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Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 9:00 a.m. - 4:00 p.m.



Staff: 617-796-XXXX

Email: first initial last name@newtonma.gov

Jayne Colino, Director, 1671

Lunch Site Manager, 1668

Eliza Dodge, Food and Essential Items
Coordinator, 1669

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Elizabeth Lund, Outreach & Engagement
Coordinator, 1665

Ilana Seidmann, Program Coordinator, 1670

Norine Siltan, Executive Administrator, 1664

Liz O'Connell and Nancy Gagnon, Administrative
Assistants, 1675

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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.