



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

The Center at The Heights • 300 Hillside Avenue • Needham Heights, MA 02494 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by The Friends of The Needham Elderly, Inc.

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SPRING CONCERT!

Wednesday, April 16 • 1:00 p.m.

Doug Robinson, a long-time Needham resident and pianist, will perform a wide-ranging selection of tunes from the 20s and 30s as well as songs of today. In addition to some great piano tunes, Doug will share his experiences in music and the origin of some of the songs. From time to time, a sing-along may break out! Please join us!

There is no fee for this event, but sign-up is required by calling 781-455-7555.

BOOK SIGNING WITH LOCAL AUTHOR DOUG MOST!

Wednesday, April 23 • 1:00 p.m.



Needham resident Doug Most will discuss his recently released book *The Race Underground: Boston, New York and the Incredible Rivalry that Built America's First Subway*, named one of Amazon's February 2014 books of the month. In reviewer Keith O'Brien's words, "The Race Underground is a great American tale, filled with moments of surprising drama and unforgettable characters fighting against impossible odds. Doug Most hasn't just written a book for history buffs and train lovers; he's written something wonderful for us all." Doug Most is a writer, journalist and deputy managing editor at the Boston Globe. You can see him jogging around the streets of Needham or coaching a basketball or baseball game thanks to his daughter's many activities.





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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

FRIENDS OF NEEDHAM ELDERLY
2014 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Phone Number: _____

Please check below:

The Senior Compass can be sent to my e-mail address:

Please list e-mail address carefully.

A Compass should be mailed to my home address.

Membership (Jan. 1, 2014 to Dec. 31, 2014)	\$25.00
Additional Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

*Name of Deceased _____

Name and Address of Deceased Family _____

Please make checks payable to F.O.N.E. and mail to F.O.N.E., 300 Hillside Ave., Needham, MA 02494. Thank you!

Note: If there is a "14" next to your name on the mailing label of this Compass, your dues are up to date for 2014.

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

GENERAL

- Bill & Marie Aldrich
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- Natalie Carey in memory of Joseph P. Carey
- Shirley & David Hoffman in memory of Lucille Kahr
- Lois Raskind in memory of Edward Raskind
- Joseph & Rosemary Reddington in memory of James Pineo
- Joan Story in memory of Dana W. Story, Jr.

PLEASE NOTE



The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Programs may have costs in an effort to meet the overall expenses for all programs. If you cannot afford a class, please contact us about a scholarship.

MONDAY'S LUNCH BUNCH

Try someplace new, socialize, and enjoy a good meal. Meet at the Senior Center at 11:30 a.m., board our van and take a ride to:



MARCH

Monday, April 7 – Grassfields, Waltham

Monday, April 14 – Bamboo, Dedham

Monday, April 21 – CLOSED for Patriots' Day

Monday, April 28 – The Chateau, Norwood

Call The Center at The Heights at 781-455-7555, speak with the receptionist and sign up today.

REP. DENISE GARLICK'S OFFICE HOURS AT THE CENTER AT THE HEIGHTS

The Center at The Heights

Monday, April 7 • 1:00 p.m. & Monday, May 5 • 1:00 p.m.

FREE WiFi AT THE CENTER AT THE HEIGHTS!

Please enjoy this free service: Setting: Need-Wireless • Password: highland14

FEELING OVERWHELMED BY CLUTTER? NEED HELP LETTING GO OF WHAT'S HOLDING YOU BACK?

Clutter Support Group at The Center at The Heights

Mondays at 2:00 p.m.

No registration necessary. Just call 781-455-7555 or stop at the front desk to sign in!

ART CLASS FOR ALL LEVELS

Current Session Dates:

Mondays, March 10, 24; April 7, 14

Cost is \$16.

Next session begins May 5



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WEIGHT MANAGEMENT SUPPORT GROUP

8 WEEK SESSION

Mondays at Noon

March 3, 10, 17, 24, 31;

April 7, 14, 28

Instructor: Pearl Pressman

Cost is \$32.

To sign up, call the Needham Senior Center at 781-455-7555.

This program will teach you how to make doable lifestyle changes to achieve your weight-loss goals.

CURRENT EVENTS GROUP

10:30 a.m. - Noon

Meets on the first, third and fifth Tuesday of every month

Tuesdays, April 1,

April 15 and April 29

There is no fee for this group.

This group is a friendly place to equally share information with one another in a supportive environment.

NEW PROGRAM!

ART STUDIO/ PAINTING

6 WEEK SESSION

Wednesdays,

March 12-April 16

11:00 a.m. - 2:00 p.m.

There is no fee for this group.

Sign-up is required.

Call 781-455-7555 to register.

Please bring your own supplies.

Maximum number of participants is 10, but a waiting list will be kept.

CREATIVE WRITING GROUP

10:00 - 11:30 a.m.

Meets on the 2nd and 4th

Tuesday of the month.

April 8 and April 22

There is no fee or registration for this group.

Write your memoirs, short stories or fun facts about an experience and share them with the group.

PARKING AT THE CENTER AT THE HEIGHTS

Please note that participants who park in the lot at The Center at The Heights to attend an event, program or drop in need to register their vehicles and obtain a parking sticker at the front desk. Vehicles without the necessary sticker or vehicles who park mistakenly in the MBTA spaces may be ticketed or towed at the owner's expense. There is no charge for the sticker.

COMPASS COLLATING

**Wednesday, April 23
10:00 a.m.**

Please join us as we prepare the May Compass for mailing.

Please call the Center at 781-455-7555 to confirm the day and time.

DID YOU KNOW!

Needham has a Traveling Pool Team. Their season runs through May 29 and they have openings! In addition to Needham, other towns that participate include Bellingham, Framingham, Holliston, Natick, Newton, Northboro and Southboro. All levels are welcome. Their home base is The Center at The Heights, 300 Hillside Avenue. For more information, please contact Dick Tiernan at 781-444-2203.



CINEMA AT THE CENTER

Fridays • 1:00 p.m.

Friday, April 4

"Enchanted April" (1991)

Enchanted April is an adaptation of Elizabeth von Arnim's 1922 novel about fleeing dreary London weather to vacation in sunny Italy.

Wednesday, April 9*

"A Year in Italy"

Documentary: As a follow-up to the April 4th showing of Enchanted April, we will show A Year in Italy, by award-winning travel filmmaker, Steve McCurdy.

Friday, April 11

"Philomena" (2013)

Based on the 2009 investigative book by BBC correspondent Martin Sixsmith,

** Please note that on April 9th Cinema at The Center will be on a Wednesday, not a Friday.*

"The Lost Child of Philomena Lee," this film focuses on the efforts of a mother to find a son conceived out of wedlock.

Friday, April 18

"The Greatest Game Ever Played" (2005)

A biographical sports story based on the early life of golf champion Francis Ouimet, who at the age of 20 played against his idol, champion Harry Vardon, in the 1913 US Open.

Friday, April 25

"Lincoln" (2012)

As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield and the decision to emancipate the slaves.

WATCH THE WORLD CHAMPION RED SOX ON THE CENTER'S WIDESCREEN

Friday, April 4 • 2:00 p.m.

Home Opener against the Milwaukee Brewers

This annual milestone is another sign that spring has arrived. Please join us as we cheer on the home team. Sign up by telephoning or stopping by the front desk so we will know how many fans to expect!

TRIP NEWS

FOXWOODS TRIP FOXWOODS RESORT & CASINO IN LEDYARD, CT.

Wednesday, April 23

OUR MOTOR COACH WILL DEPART AT:

7:45 a.m. from Linden & Chambers, Linden St, Needham, MA or

8.00 a.m. from The Center at The Heights, 300 Hillside Ave, Needham, MA

A \$25 fee due upon reservation includes casino time from 10:15 a.m. to 4:15 p.m., with either a \$10.00 food coupon or Free Festival Buffet & \$15.00 bonus slot play.

For reservations, please contact the Trip Desk at 781-455-7555, ext 209.

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more information, call The Center at The Heights.

SHINE BULLETIN

HOSPITAL OBSERVATION STAYS AND ORIGINAL MEDICARE

Hospitals are increasingly admitting patients under observation status. Patients under "observation" are considered outpatients, even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. For instance, Medicare requires a three-day inpatient stay at a hospital, before it will pay for any stay in a skilled nursing facility. Time spent under "observation" in a hospital will not count toward that three-day minimum.

In addition, a Medicare Supplement (Medigap) **will not** cover any of the costs of the skilled nursing care, if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home

Medicare Advantage plans **will** cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial.

Currently, there are bills filed in both houses of Congress (the Improving Access to Medicare Coverage Act of 2013) requiring that time spent in "observation" be counted towards meeting the three-day prior inpatient stay that is necessary to qualify for Medicare coverage in a skilled nursing facility. All members of the Massachusetts delegation support this pending legislation.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. 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 and number. A volunteer will call you back, as soon as possible.

NEW BEREAVEMENT SUPPORT GROUP

Thursdays Starting April 10 • 10:00 - 11:30 a.m.

For anyone who has experienced a loss through death, please join us for a six week support group facilitated by Judith Chaloux, Bereavement Coordinator for Beacon Hospice, an Amedisys Company in Framingham. Registration is required. Please call 781-455-7555.



Also located in Newton at
465 Centre St., 617-244-2034

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LOW VISION SUPPORT GROUP

Friday, April 18
10:00 a.m.

This group provides an opportunity for the blind and visually impaired to come together to discuss issues related to their vision loss. The group addresses topics about how to use specialized equipment in the home or on the job, how to maintain independence, aging and vision loss, or the effects of vision loss on family and friends.

If you need a ride please call The Center at the Heights in advance at 781-455-7555 ext. 204

SHOPPING EXPERIENCE:

Baza Gourmet Food & Spirits, Newton

Friday, April 18th
Departure at 10:30 a.m.

Call 781-455-7555 to sign up.

If you require a pickup at your home in Needham, please inform the receptionist. We also provide a regular, independent grocery shopping service, which provides transportation from one's Needham home to Roche Bros. or Sudbury Farms. Please call 781-455-7555 ext. 204 for more information.

VOLUNTEERING

For information regarding volunteering at the Needham Council on Aging Center at The Heights, please call Penny at 781-455-7555 ext. 204.

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

7 WEEK SESSION

9:00 a.m.

March 3, 10, 17, 24, 31; April 7, 14

Instructor: Scott Brumit

Cost is \$28.

*Sign-up is required. Contact The Center at
The Heights 781-455-7555.*

Tai chi is a slow-motion, moving, meditative exercise for relaxation and health. As a stress-relieving therapy, it leaves the participants ready to face whatever difficulties their day may bring. Scott has studied various forms of martial arts since 1983, including tai chi and qigong.

YOGA

9 WEEK SESSION

9:00 a.m. • **March 31;**

April 14, 28; May 5, 12, 19; June 2, 9, 16

Instructor: Sandi Levy.

Cost is \$36.

*Sign-up is required. Contact The Center at
The Heights 781-455-7555.*

SENIOR STRENGTH EXERCISE

8 WEEK SESSION

10:15 a.m.

March 3, 10, 17, 24, 31; April 7, 14, 28

Instructor: Pearl Pressman

Cost is \$32.

*Sign-up is required. Contact The Center at
The Heights 781-455-7555.*

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

LINE DANCING CLASS

8 WEEK SESSION

12:00 p.m.

March 3, 10, 17, 24, 31; April 7, 14, 28

Instructor: Manny Correia

Cost is \$32.

*Sign-up is required. Contact The Center at
The Heights 781-455-7555.*

Line dancing is fun and a great form of exercise! No partner is needed; just bring yourself! Instructor Manny Correia has been a popular line dancing teacher for over 20 years.

TUESDAY

EASY YOGA™ FOR OLDER ADULTS

WINTER SESSION – 8 WEEKS

9:15 - 10:15 a.m.

Feb. 25; Mar. 4, 11, 18, 25; April 1, 8, 15

Spring session runs from April 22 - June 10

Instructor: Steffi Shapiro

Cost is \$69.

*Sign up through Needham Community Ed using one of
the methods listed on page 5. The catalog is posted
under Community Education and Adult Ed.
at www.needham.k12.ma.us.*

EasyYoga™ is a gentle form of yoga that is especially suited to older adults. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. The gentle stretches and simple movements provide flexibility and strengthening for the neck, shoulders, abdomen and other parts of the body. They also help to release tension throughout the body. We will use simple breathing, concentration, and meditative exercises to relax the mind as well as the body. The various relaxation techniques can be practiced throughout the day and are a helpful way to combat insomnia. Come join us to experience how the practice of yoga can boost self-confidence and memory, as well as improve overall strength, coordination and flexibility! More information can be found about EasyYoga™ on the website www.elder-yoga.com.

ARTHRITIS EXERCISE CLASS

9 WEEK SESSION

2:00 p.m.

March 4, 11, 18, 25; April 1, 8, 15, 22, 29

Instructor: Lisa Cadigan

Cost is \$36.

*Sign-up is required. Contact The Center at
The Heights 781-455-7555.*

This exercise program includes range-of motion exercises, such as flexibility, strengthening exercises, endurance activities, weight-bearing activities, balance and coordination activities, posture and body mechanics training.

BALLROOM DANCING

5 WEEK SESSION

2:00 p.m. • **April 1, 8, 15, 22, 29**

THE WEST COAST SWING

Instructor: Betty Hood

Cost is \$20.

Offsite Location:

Charles River YMCA, 380 Chestnut Street
*To sign up contact The Center at The Heights
at 781-455-7555.*

Couples and Singles Welcome!

WEDNESDAY

EXERCISE CLASS WITH PARK & RECREATION

9 WEEK SESSION

9:15 a.m.

March 19, 26;

April 2, 9, 16, 23, 30;

May 7, 14

The Center at The Heights

To sign up contact the
Park and Recreation Department
781-455-7550.

This low-impact aerobics class includes stretching and use of free weights with an emphasis on cardiovascular fitness and endurance, maintaining range of motion and injury prevention.

BETTER BALANCE, LIVING STRONGER

8 WEEK SESSION

2:45 p.m.

March 12, 19, 26;

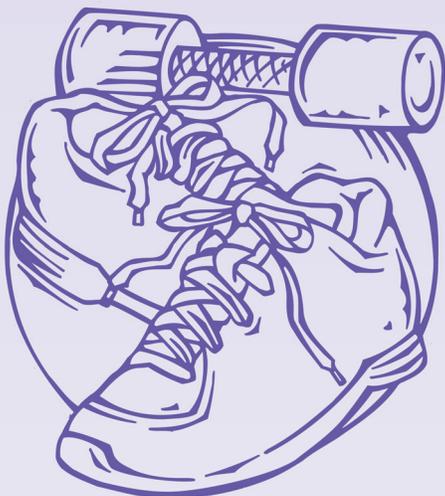
April 2, 9, 16, 23, 30

Instructor: Leslie Worris

Cost is \$50.

To sign up contact
The Center at The Heights at
781-455-7555.

Prevent falls and enjoy your day-to-day activities. Have fun while learning to improve your balance and increase strength. This class is great for beginners and those who are looking for a change from their usual exercise routine.



THURSDAY

ZUMBA

8 WEEK SESSION

10:00 a.m. • March 6, 13,
20, 27; April 3, 10, 17, 24

Instructor: Louise Carbone

Cost is \$32.

Sign-up is required. Contact The Center
at The Heights at 781-455-7555.

Wouldn't it be great if exercise were fun? Discover Zumba, an exciting dance-fitness program that's more of a party than a workout!

ARTHRITIS EXERCISE

8 WEEK SESSION

2:00 p.m. • March 6, 13,
20, 27; April 3, 10, 17, 24

Offsite Location:

The YMCA • 380 Chestnut Street

Instructor: Randi Sharek

Cost is \$32.

To sign up contact The Center at The
Heights at 781-455-7555.

FRIDAY

SENIOR STRENGTH EXERCISE

9:15 a.m. • March 7, 21, 28;
April 4, 11, 18, 25

Instructor: Pearl Pressman.

Cost is \$28.

Sign-up is required. Contact The Center
at The Heights 781-455-7555.

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

EXERCISE CLASS WITH PARK & RECREATION

9 WEEK SESSION

10:30 a.m. • March 14, 21, 28;
April 4, 11, 25; May 2, 9, 16

To sign up contact the Park and
Recreation Department 781-455-7550.

A toning, stretching, strengthening and abdominal exercise class that will benefit you from head to toe!

GAMES & MORE

TUESDAYS

DROP-IN BRIDGE

9:00 a.m. – Noon

**MEN'S BRIDGE/
WOMEN'S CRIBBAGE**

1:00 - 3:00 p.m

THURSDAYS

DROP-IN BRIDGE

9:00 a.m. – Noon

WOMEN'S BRIDGE
9:30 a.m. – 12:30 p.m.

DUPLICATE BRIDGE
12:30 - 3:30 p.m.

FRIDAYS

QUILTING

10:15 a.m.

**MAH JONG/
BOARD GAMES**

1:00 - 4:00 p.m.

KNITTING

10:30 a.m. – Noon

Do you enjoy knitting, crocheting, sharing stitches or patterns? This is an informal group for all levels.

CALLING ALL DROP IN SCRABBLE PLAYERS!

Please join us

Fridays at 1:00 p.m.

at The Center at The Heights.

BEGINNER CRIBBAGE CLASS

7 WEEK SESSION

Tuesdays

April 1, 8, 15, 22, 29

Instructor: Clif Holbrook

KEEP WELL CLINIC

Wednesday April 2, 16

A nurse from the VNA Care Network will be available for blood pressure, weight, medication review, and to discuss any health changes that have occurred.

Sign-up the mornings of the Clinics.

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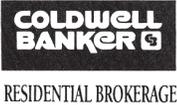


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www.needhamma.gov**

Read this newsletter in your choice of easy-to-read formats.

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