



# Newslines

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139  
Office: (617) 349-6220 Senior Center: (617) 349-6060

**OCTOBER, 2004**

North Cambridge Senior Center (617) 349-6320  
[www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2)

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### Cambridge Council on Aging Mission

To promote and safeguard the health and independence of seniors.

To advocate for seniors, to provide social services, activities and recreational options to enhance the lives of seniors.

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*Our appreciation to the Executive Office of Elder Affairs for funds to support our Newslines publication.*



Cambridge Senior Town Meeting will be held at the Citywide Senior Center, 806 Massachusetts Avenue on Saturday, October 2, 10:00 a.m. to 2:00 p.m. Registration required. Sign in between 9:00 and 10:00 a.m.

The Senior Town Meeting is a gathering of any interested seniors that will offer important information and workshops, and a chance to talk with your City Councilors and other city officials.

Lunch will be served. Transportation can be arranged for those who cannot travel to the Senior Center on their own.

The Senior Town Meeting is free of charge, but you must register as space is limited. On the registration form you can note your preferences for which workshops you would like to attend and also note if you will need transportation.

To obtain a registration form, please:

- Call (617) 349-6055, or
- E-mail your request to [coarecep@cambridgema.gov](mailto:coarecep@cambridgema.gov)
- Drop by either the Citywide or the North Cambridge Senior Center



*Department of Human Service Programs*  
**CAMBRIDGE COUNCIL ON AGING**  
806 Mass Avenue Cambridge, MA 02139  
617-349-6220 Voice  
617-349-6050 tty 617-349-6054 fax  
www.cambridgema.gov

### **Overview of Programs and Services**

**Newslines:** Subscribe to the Council On Aging monthly newsletter for \$6.00 a year. *Newslines* contains articles of interest on health care, housing, benefits, volunteer opportunities, fitness, current legislation, a calendar of ongoing and special events at the senior centers as well as citywide. *Contact: Pat Johnson*

### **Case Management/Public Benefits**

**Counseling:** Council On Aging case management/ outreach department, allows short-term follow up to elders who need assistance in navigating the elder care system. *Contact: Liz Seelman*

**Discount Programs:** are available to Cambridge residents 60 and over or those who are disabled.

✓**Taxi Coupons:** offer reduced taxi fares.

✓**Buylines:** offers merchant discounts; and free parking in municipal lots. *Contact: Susan Pacheco*

**Home Safety Programs:** *Contact: Liz Seelman*

✓The **File of Life** kit holds vital personal and medical information for use in emergencies.

✓**Enhanced 911** is available in Cambridge. An alert form is available to notify 911 of disabilities that impede phone communication.

✓**Postal Carrier Alert Program** is a collaboration between the Council On

Aging, the US Postal Service and the Consumer Commission. If mail starts to accumulate, your letter carrier will contact the Council on Aging.

**Housing Assistance:** Services available to seniors seeking affordable housing including advocacy, listing of available housing and help with forms and interviews with landlords. *Contact: Nancy Daniels*

**Information and Referral:** provides answers for questions or concerns regarding any program, service or issue related to the elderly. *Contact: Caryn Eichenbaum*

**SHINE Health Insurance Counseling:** Counseling regarding Medicare, Medicaid, Medigap insurances and HMO's. Information is available by appointment at the Senior Centers or home visit. *Contact: Caryn Eichenbaum*

**Substance Abuse Services for Seniors (SASS):** Outreach, counseling, home visits, education and support groups are available to Cambridge elders experiencing alcohol and or drug problems or medication misuse. *Contact: Deb Lake*

**Transportation:** Door to door transportation is available for medical trips locally and to Boston. Transportation for grocery shopping is available for those unable to use public transportation. Call SCM Transportation, Inc. directly at 617-625-1191 for reservations.

✓ For additional transportation resources and information regarding the Council On Aging's Senior Center Shuttle Bus please call 617-349-6055.

**Trash/Recycling & Snow Exemptions:** These Programs have disability requirements as well as income eligibility guidelines. *Contact: Susan Pacheco*

**YMCA Passes:** Thanks to the generous support of the Friends of the Council On Aging, the COA has a limited supply of YMCA membership passes, available to Cambridge residents, 60 or older. *Contact: Susan Pacheco*



***Cambridge Citywide Senior Center  
Offers Unique Enrichment and Social  
Opportunities for Residents***

**The Cambridge Citywide Senior Center**, at 806 Massachusetts Ave., is located in the heart of Central Square, directly across the street from Cambridge City Hall, next to the Post Office. The Citywide Senior Center is housed in a beautifully rehabbed four-story building providing a wonderful setting for Seniors to come together for socialization, recreational and educational activities. The atmosphere of the Senior Center is one of high energy and enthusiasm. Here we offer an array of classes, trips, educational programs and much more. Below is a sampling of the programs offered. Join us the Week of **October 18 – 23, 2004** for our **Open House** where you will be able to preview many of our classes.

**Exercise and Fitness**

If you made a resolution to start exercising, the Citywide Senior Center offers the following exercise and fitness classes: **QiGong, senior stretch, strength building, senior aerobics, chair yoga, tai chi for the mature body, Line Dancing, Awareness through Movement and the Walking Club.**

**Health and Wellness**

Come and join us for a **Lunch time Chat with the Doctor** or attend **Health and Wellness lectures** on a wide array of health topics or have your **blood pressure taken**. This fall receive your **free flu shot**.

**Adult Education**

**Computers** A state of the art computer lab offers **beginner, intermediate, and advanced classes**. Come surf the **Internet** or set up a free **email** account.

**ESL Classes**

**(English as a Second Language)** for beginners as well as advanced students.

**Book Discussion Group**

A local librarian facilitates book discussions monthly.

**Creative Writing Group**

This group welcomes writers at all levels.

**Ethnic and Cultural Groups**

The Cambridge Citywide Senior Center is comprised of diverse groups of seniors. We promote the groups coming together to celebrate and share. Groups include African-American Seniors, Asian Seniors, Spanish Speaking Seniors, Haitian Seniors and Russian Seniors.

**Men's Club**

Men's Club provides an opportunity for men to come together for activities, programs and day trips.

**Meals Program**

Enjoy a delicious **breakfast or lunch** prepared on site at the Citywide Senior Center and offered at a discount for seniors.

**Arts and Crafts**

Ceramics, clay sculpture, painting and water colors classes

**Music**

Senior Chorus and Asian-American Seniors

**Other Offerings**

Beano

**The North Cambridge Senior Center**

Now in its 18<sup>th</sup> year, the North Cambridge Senior Center offers a comfortable and cozy atmosphere where one can make new friends and develop new interests.

Located at 2050 Massachusetts Ave., the center offers a variety of social, educational and recreational programming.

Hot lunches are served daily.

Programs include Bridge, Whist, Spanish, Computer classes, Bingo, Yoga, exercise class, Watch Our Weight (WOW) group, crafts, afternoon teas, movies and community trips.

Monday through Friday, 8:30 a.m. to 5:00 p.m.

**Volunteer Opportunities**

Volunteers are the heart of the Cambridge Senior Centers. Can you teach a special class, help with program sign-up, monitor a computer lab, answer the phone or otherwise share your time and talent?

If you would like to talk about volunteering, or want to get more information about or tour the Senior Centers, please call the Citywide Senior Center at **617-349-6060**, or the North Cambridge Senior Center at **617-349-6322**.

**OCTOBER CITYWIDE SENIOR CENTER, 806 MASSACHUSETTS AVENUE, CAMBRIDGE MA 02139 (617) 349-6060**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>For our October Flu Shots</b> Call (617) 349-6060	<b>Saturday Schedule</b> <b>Breakfast 8:30-9:30</b> <b>Billiards 8:30-1</b> <b>Computer Lab 9:30-11:30</b> <b>Yoga 10-11</b> <b>Lunch 11:30-12:15</b>	<b>“Ask Liz”</b> Will resume with the November issue. Send your questions to: Liz Seelman, CCOA, 806 Mass. Ave., Camb., Ma 02130 or call (617) 349-6048, or email: <a href="mailto:eseelman@cambridgema.gov">eseelman@cambridgema.gov</a> .	<b>SATURDAY OCTOBER 2 SENIOR TOWN MEETING</b> <b>10:00 a.m. – 2:00 p.m.</b> For information call (617) 349-6060. No charge, but registration is required.	1. Qi Gong 9-10 Chinese Movie 10-12 Strength Building 11-12 <b>Cooking with Julie 1-2</b> Ballroom Dance 1-3 Beano 1:30-3
4. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 Classic Movie 1-3 Painting Class 1:30-3:30 <b>MSAC 1-2</b> Beano 1:30-3	5. ESL-I 9:30-10:30 Line Dancing 10-11:30 ESL IV 10:30-12 Creative Writing 11-12 Senior Safety 12:30-1:30 Latino Group 1-2 Movie 1:15-3:15	6. Qi Gong 9-10 Walking Club 9-12 Chinese/English Singers 9-12 Tai Chi Level I 12-1 Crafts/Social Club 1-3 Tai Chi Level II 1:15-2:15 Beano 1:30-3	7. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 <b>Birthday Party 1-2</b> 	8. Qi Gong 9-10 Chinese Movie 10-12 Strength Building 11 Book Discussion Gr 12:30-1:30 Ballroom Dance 1-3 <b>Men’s Pool Tournament 1-4</b> Beano 1:30-3
<b>11. Holiday Open for Breakfast and Lunch 8:30-1</b>	12 ESL-I 9:30-10:30 Line Dancing 10-11:30 ESL-IV 10:30-12 Blood Pressure Screening 1-2 Latino Group 1-2 African American Seniors 1-2:30 Movie 1:15-3:15	13. Qi Gong 9-10 Walking Club 9-12 <b>Men’s Breakfast 9-10</b> Chinese/English Singers 9-12 Line Dancing 10-11:30 Beano 1:30-3	14. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 	15. Qi Gong 9-10 Strength Building 11-12 Chinese Elder Meeting 11:15-12:15 Ballroom Dancing 1-3 Beano 1:30-3
18. Qi Gong 9-10 Cards, Board Games 9-11:30 *Clay Sculpture 10-12 *Senior Singers 10-11:30 *Classic Movie 1-3 *Painting 1:30-3:30 Beano 1:30-3	19. ESL II 9:30-10:30 *Line Dancing 10-11:30 ESL-IV 10:30-12 *Creative Writing 11-12 Latino Group 1-2 Movie 1:15-3	20.* Qi Gong 9-10 *Walking Club 9-12 *Chinese/English Singers 9-12 *Tai Chi Level I 12-1 *Crafts/Social Club 1-3 *Tai Chi Level II 1:15-2:15 Beano 1:30-3	21. Grandet An Aksion 9-2 *Ceramics 9:30-12 *Exercise Class 10-11 <b>9<sup>th</sup> Anniversary Party with Bobby Justin 12-3</b> 	22. Qi Gong 9-10 Chinese Movie 10-12 *Strength Building 11-12 Ballroom Dancing 1-3 Beano 1:30-3
25. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 Classic Movie 1-3 Beano 1:30-3	26. ESL-II 9:30-10:30 ESL-IV 10:30-12 Line Dancing 10-11:30 Latino Group 12-1 African American Seniors 1-2:30 Movie 1:15-3:15 Blood Pressure Screening 2:30-3	27. Qi Gong 9-10 Walking Club 9-12 Chinese/English Singers 9-12 Crafts/Social Club 1-3 Beano 1:30-3	8. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 	29. Qi Gong 9-10 Chinese Movie 10-12 Strength Building 11-12 Ballroom Dancing 1-3 Beano 1:30-3

To sign up for lunch call one day in advance (617) 349-6060. Lunch time is from 11:30 a.m.-12:45 p.m. The suggested donation is \$1.50

**Food Pantry Hours Tuesdays & Thursdays 12-2 p.m.**

Classes with an (\*) are offered complimentary during Citywide Senior Center’s Anniversary Week.

[www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2)

**OCTOBER 2004**  
**NORTH CAMBRIDGE SENIOR CENTER**  
**2050 Massachusetts Ave., Cambridge**  
**Telephone :( 617) 349-6320**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
 <p style="text-align: center;"><b>Call the center for our October Flu Shot dates (617) 349-6320.</b></p>	<p><b>North Cambridge Advisory Committee</b>  <b>Rae Hamilton</b>  <b>Daphne Luscap</b>  <b>Diana Moscardini</b>  <b>Ruth Nicolora</b>  <b>Ellie Stevenson</b></p>	<p style="text-align: center;"><b>Hear Ye!</b></p> <p style="text-align: center;"><b>Hear Ye!</b></p>  <p style="text-align: center;"><b>Hear Ye!</b></p>	 <p style="text-align: center;"><b>Hear Ye!</b>  <b>Saturday October 2</b>  <b>Senior Town Meeting at Citywide Senior Center</b>  <b>10:00-2:00</b>  <b>Call (617) 349-6060 for information</b></p>	<p style="text-align: center;"><b>1</b></p> <p>Line Dancing 10:30-11:30  Lunch 11:30-12:30  Whist 1:00-4:00</p>
<p style="text-align: center;"><b>4</b></p> <p>Walking Club 10-12  Spanish Class 11-12  Lunch 11:30-12:30  <b>OPEN FORUM 12:15-1</b>  <b>Computer Assistance 12-2</b>  Bingo 1-3:30</p>	<p style="text-align: center;"><b>5</b></p> <p>Bridge 9-12  <b>COA Social Services 10-2</b>  Lunch 11:30-12:30  Quilting 1:00 – 3:00  Crochet/ knitting 1:00-3:00</p>	<p style="text-align: center;"><b>6</b></p> <p>Stretch/Exercise 11:00- 12:00  Lunch 11:30-12:30  W.O.W. 1-2</p>	<p style="text-align: center;"><b>7</b></p> <p>Bridge 9-12  Yoga 10-11  Lunch 11:30-12:30  <b>Safety Awareness 1:00-2:00</b></p>	<p style="text-align: center;"><b>8</b></p> <p>Line Dancing 10:30-11:30  <b>Watertown Mall 10:30-1:30</b>  Lunch 11:30-12:30  Whist 1:00-4:00</p>
<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;"><b>CENTER CLOSED</b></p> <p style="text-align: center;"><b>COLUMBUS DAY</b></p>	<p style="text-align: center;"><b>12</b></p> <p>Bridge 9-12  <b>COA Social Services 10-2</b>  Quilting 1:00 – 3:00  Crochet/ knitting 1:00-3:00</p>	<p style="text-align: center;"><b>13</b></p> <p>Stretch/Exercise 11-12  Lunch 11:30-12:30  W.O.W. 1-2  <b>Tea Party 2:00-3:00</b>  Movies and Popcorn 2-4</p>	<p style="text-align: center;"><b>14</b></p> <p>Bridge 9-12  Yoga 10-11  <b>Patsy Cline Show 10-4</b>  Lunch 11:30-12:30</p>	<p style="text-align: center;"><b>15</b></p> <p>Line Dancing 10:30-11:30  Lunch 11:30-12:30  Whist 1:00-4:00</p>
<p style="text-align: center;"><b>18</b></p> <p>Walking Club 10-12  Spanish Class 11-12  Lunch 11:30-12:30  <b>Computer Assistance 12-2</b>  Bingo 1-3:30</p>	<p style="text-align: center;"><b>19</b></p> <p>Bridge 9-12  <b>COA Social Services 10-2</b>  Lunch 11:30-12:30  Quilting 1:00 – 3:00  Crochet/ knitting 1:00-3:00</p>	<p style="text-align: center;"><b>20</b></p> <p>Stretch/Exercise 11-12  Lunch 11:30-12:30  W.O.W. 1-2</p>	<p style="text-align: center;"><b>21</b></p> <p>Bridge 9-12  Yoga 10-11  Lunch 11:30-12:30</p>	<p style="text-align: center;"><b>22</b></p> <p>Line Dancing 10:30-11:30  Lunch 11:30-12:30  Whist 1:00-4:00</p>
<p style="text-align: center;"><b>25</b></p> <p>Walking Club 10-12  Spanish Class 11-12  Lunch 11:30-12:30  <b>Computer Assistance 12-2</b>  Bingo 1-3:30</p>	<p style="text-align: center;"><b>26</b></p> <p>Bridge 9-12  <b>COA Social Services 10-2</b>  Lunch 11:30-12:30  Quilting 1:00 – 3:00  Crochet/ knitting 1:00-3:00  <b>Book Discussion 3:30-4:30</b></p>	<p style="text-align: center;"><b>27</b></p> <p>Stretch/Exercise 11:00- 12:00  Lunch 11:30-12:30  W.O.W. 1-2  Movies and Popcorn 2-4</p>	<p style="text-align: center;"><b>28</b></p> <p>Bridge 9-12  Yoga 10-11  Lunch 11:30-12:30</p>	<p style="text-align: center;"><b>29</b></p> <p>Line Dancing 10:30-11:30  Lunch 11:30-12:30  Whist 1:00-4:00</p>

**To sign up for lunch, call one day in advance 617-349-6320. Lunch hour is from 11:30am-12:30. The suggested donation is \$1.50.**

[www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2)

**Our popular Computer classes begin each month. Register NOW for the Basics. Classes are \$12.00 for the series. It's fun, and easy when you know how.**

**REGISTER NOW  
FOR OUR POPULAR OCTOBER 2004  
COMPUTER CLASSES**

Did you **KNOW?**

You can insert your original (use Paint) into a greeting card (use Publisher) and October is the month to get started. For more details, visit the Computer Room.

**It's a Computer Fact:** Every computer file has an extension, (so your computer will know which program to use to open the file.) A **bitmap (.bmp)** denotes a **bitmap** file) is a map of dots or pixels (the smallest unit of a picture on a computer screen.)

Like to **BROWSE?**

Find out how DVD works at <http://www.howstuffworks.com>

You can read reviews of products and check prices, too. Thank you, LeRoy Cragwell, our dedicated Thursday monitor (and printer wiz) for this endlessly browsable site.

**COMPUTER BASICS** in four consecutive weeks, (each class is 1½ hours) you will make the mouse your friend, type, save, and print a letter, insert a graphic, and make an envelope or labels. Classes are \$3.00/class or \$12.00 for the series. **MORE WORD PROCESSING** in four consecutive weeks, (each class is 1½ hours) you will format a document with symbols, use “cut and paste”, create headers and footers, use the **PAINT** program, and take a tutorial on the Internet. Classes are \$3.00/class or \$12.00 for the series. **INTERNET BASICS** in four consecutive weeks, (each class is 1½ hours) you will create an e-mail account, E-mail your friends, and surf the **WORLDWIDE WEB**. Classes are \$3.00/class or \$12.00 for the series. Computer Basics is highly recommended. **DESKTOP GALLERY** come to the Computer Room and enjoy our desktop gallery of .jpgs and originals (.bmps) created in the Paint program. **TUTORIALS** (overviews) of programs are available to you in our cool, friendly Computer Room. Try one, or learn to **PAINT** or **DRAW** from easy-to-follow instructions. Ask a cool, friendly Monitor for help. **COMING SOON** Use Paint and Publisher to personalize a greeting card. **REGISTER NOW.** It's fun and easy, when you know how.

**Our popular Computer classes begin each month. Register NOW for the Basics.  
Classes are \$12.00 for the series. It's fun, and easy when you know how.**

October	Already	Register	Now	F 10/1	S 10/2
Our computers are available on Saturdays from 9:30-11:30	Register now for our October classes. Enjoy the enthusiasm of interesting people like YOU.	Practice Computer Basics 9:00-12:00 Eve Flochild Computer Lab 1:00- 4:30 Bob Frank Eve Flochild	Computer Lab 11:00-2:00 LeRoy Cragwell	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30 Maurice Anderson
M 10/4	T 10/5	W 10/6	TH 10/7	F 10/8	S 10/9
Remember: Joy and Laughter Build the Immune System.	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Practice Computer Basics 9:00-12:00 Eve Flochild Computer Lab 1:00- 4:30 Bob Frank Eve Flochild	Computer Lab 11:00-2:00 LeRoy Cragwell	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30
M 10/11	T 10/12	W 10/13	TH 10/14	F 10/15	S 10/16
Practice your computer moves on our computers T, W, TH, F, Sa	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Practice Computer Basics 9:00-12:00 Eve Flochild Computer Lab 1:00- 4:30 Bob Frank Eve Flochild	Computer Lab 11:00-2:00 LeRoy Cragwell	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30  Maurice Anderson
M 10/18	T 10/19	W 10/20	TH 10/21	F 10/22	10/23
CREATE YOUR OWN WEBPAGE Internet Basics required. Take a tutorial @Yahoo.com	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Practice Computer Basics 9:00-12:00 Eve Flochild Computer Lab 1:00- 4:30 Bob Frank Eve Flochild	Computer Lab 11:00-2:00 LeRoy Cragwell	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30
M 10/25	T 10/26	10/27	10/28	10/29	10/30
Our popular computer classes begin each month. Register at the Reception Desk or visit our Computer Lab.	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Practice Computer Basics 9:00-12:00 Eve Flochild Computer Lab 1:00- 4:30 Bob Frank Eve Flochild	Computer Lab 11:00-2:00 LeRoy Cragwell	Our November classes begin next week. Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30  Maurice Anderson

# OCTOBER EVENTS AT OUR CENTERS

[www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2)

**THE CITYWIDE SENIOR CENTER**  
806 Mass Ave., Cambridge  
(617) 349-6060

**THE NORTH CAMBRIDGE SENIOR**  
2050 Mass Ave., Cambridge  
(617) 349-6320

Friday October 1	Cooking with Julie 1-2		
Saturday October 2	Town Meeting with City Councilor, Denise Simmons. Registration Required 10-2	Saturday October 2	Town Meeting with City Councilor, Denise Simmons 10-2 @ Citywide Senior Center
Thursday October 7	Birthday Party 1-2	Mondays October 4,18,25	Open Forum 12:15-1:00 Sign up for October Trips
Friday October 8	Men's Pool Tournament 1-4	Tuesdays October 5, 12, 19, & 26	Social Services 10-2
Wednesday October 13	Men's Breakfast 9-9:30	Wednesday October 13	Fall Tea Party 2-3
Monday-Friday 10-18 -10-23	Citywide Senior Center 9 <sup>th</sup> Anniversary Week	Thursday October 14	Patsy Cline Show 10-2
Thursday October 21	Citywide Senior Center 9 <sup>th</sup> Anniversary Luncheon Party 12:30-3		Flu Shots available this month. Call your center for dates.



*Hear ye! Hear ye! Hear ye!*

*Cambridge Senior Town Meeting on Saturday October 2, 2004  
10:00 a.m.-2:00 Meet the Councilors, Voice Your Concerns, Join us for  
Activities and Refreshments  
For information call (617) 349-6060.*

1. *MEDICARE - WHAT WE KNOW TO DATE* Issue 5 September/October, 2004
2. Prescription Advantage Open Enrollment Reminder

The Cambridge Council On Aging SHINE program can be reached at  
(617) 349-6220 weekdays 8:30 a.m. to 5:00 p.m.



## **MEDICARE DISCOUNT DRUG CARD PROGRAM**

SOURCES: SHINE Fact Sheets, [www.medicareoutreach.org](http://www.medicareoutreach.org),  
[www.medicare.gov](http://www.medicare.gov), [www.familiesusa.org](http://www.familiesusa.org)

Welcome to the September – October edition of  
***MEDICARE - WHAT WE KNOW TO DATE***

We hope everyone had a pleasant and cool Summer. Copies of the March, April, May, and June issues are available at the Cambridge Council On Aging (617) 349-6220.

Newsletters current and back issues can also be found on the COA's web site  
[www.cambridgema.gov](http://www.cambridgema.gov).

**This months' edition includes information about:**

➤ ***Special Pricing Programs***

**Prescription Advantage members who are enrolled in the Public Sector Partner's Card & who exhaust their Medicare \$600 credit.**

➤ ***Discount Card Enrollment and \$600 Benefit***

***Special Pricing Programs***

*Pfizer, Johnson & Johnson, Eli Lilly, Novartis, Abbott, and Merck* have agreed to offer Public Sector Partners Medicare-approved Drug Discount Card holders extended discounts when the \$600 Medicare credit has been exhausted. This became effective August 1, 2004.

Prescription Advantage has sent out letters to members outlining the drug companies, and the medications covered by this additional benefit.

\* If you access medication through the *Special Pricing Programs*, the cost of your medications does not go towards your Prescription Advantage

## ***Enrollment in Medicare Endorsed Discount Cards & \$600 benefit.***

**Reminder** if you plan to enroll in a Medicare Discount Card and think you are eligible for the \$600 benefit, you must enroll in a card program no later than November 15, for a start date of December 1, 2004. The \$600 benefit will be pro-rated in 2005.

If you enroll for a December 1, 2004 start date you will get the full \$600 in 2004 and 2005. If you do not use the full \$600 in December 2004 the benefit will be carried over into 2005.

## **PRESCRIPTION ADVANTAGE OPEN ENROLLMENT**

*SEPTEMBER 1, 2004  
TO  
SEPTEMBER 30, 2004*

### ***FINAL REMINDER***

Prescription Advantage's Open Enrollment is here. All applications and required documents are due in the office by Thursday September 30, 2004.

It is suggested that applications be mailed returned receipt requested.

### **Applications can be obtained from:**

- Prescription Advantage (800) AGE-INFO (617) 243-4636
- [www.800ageinfo](http://www.800ageinfo)
- [www.medicareoutreach.org](http://www.medicareoutreach.org)
- Cambridge Council On Aging

