



## June 2006 Update

June 1, 2006

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Dear Friend of Discovering What's Next,

Believe it or not, summer is approaching and with it DWN will be completing its first full year as an official 501(c)3 nonprofit organization. I hope you will join me in extending a sincere thank you to four amazingly talented Board members, Shirley Selhub, Scott Schillin, Cissie Klavens, and Fred Mandell who have guided our organization through an exciting year. While vacation plans are on the minds of many of us, this dedicated Board along with other wonderful volunteers will focus their summer energies on crafting a business plan for DWN. We hope this plan will capture the excitement that so many of you tell me has been your DWN experience and enable DWN to move forward in a sustainable and meaningful direction.

This summer we will also introduce you to our new and expanded Board of Directors, officially launch our website (you can take a peak at [Discovering What's Next](#)), and put the finishing touches on an exciting outreach program. In the meantime, stay tuned and read below for some exciting programs to partake in.

Looking forward to hearing from you soon,

Carol Greenfield

### • New DWN Travel Discussion Club

June 26, 7-9 pm

DWN Hub, 3rd floor  
Newton Free Library

#### Introducing DWN's "Where Next" Travel Discussion Club

Many individuals in Discovering What's Next: ReVitalizing Retirement (DWN) can't wait to realize their dreams to travel. In fact, many travel continuously during the first year or two after retirement. We hope to bring that enthusiasm to DWN's new "Where Next" travel discussion club. The club will explore travel ideas and issues brought up by the participants, and may range from ways to travel around the world to travel for individuals with disabilities, or traveling on a tight budget. There might be discussion on travel associated with volunteering, with learning a new language,

learning how to cook, safaris, camping, biking, hiking, golfing, and travel to pursue just about any sport, hobby or interest you can name.

The DWN "Where Next" travel discussion club is a great way to meet and connect with individuals who have already traveled to a favorite dream destination or who share an interest in a similar destination. Janet Wynn will coordinate the DWN travel discussion club and Karen Johnson has volunteered to speak about her experiences traveling to and within India at the first meeting on Monday, June 26, 7-9 PM, DWN HUB, 3rd floor, Newton Free Library. Free and open to all interested. For more information call 617-796- 1419

## • Film & Discussion Club

**Next Film: "The Notebook" - June 19th**

Boylston Place, 7 pm

### **Featured Film "The Notebook" followed by discussion**

In the beautiful and romantic film "The Notebook", an aging James Garner reads a classic love story to Gena Rowlands, an older woman who is suffering from dementia. The story moves between the World War II era and the present day, and tells about the intense relationship between a young country boy and a rich city girl. It shows the influence of social attitudes of the 1940's and how stereotypes and prejudices shaped the lives of and decisions people made. Ultimately, though, this sweet tale confirms the overriding power of enduring love. The film also stars Ryan Gosling, Rachel McAdams, Joan Allen and James Marsden. Nick Cassavetes directs this 2004 production. It is in English.

This film club is FREE to DWN participants and their friends thanks to a grant from Watertown Savings Bank. Films selected for their focus on issues related to aging are screened bi-monthly and followed by lively discussion led by Marian Knapp. Boylston Place is at 615 Heath Street (617-244-6400). From Route 9 Eastbound, take a right at the light onto Tully Street just before the new Charles Schwab offices. Then take an immediate left into Boylston Place's underground garage. Parking is FREE. For more information, email [knappml@comcast.net](mailto:knappml@comcast.net). We hope you will join us.

## • Special Service Requests

**Opportunities in the Community**

### **Summer opportunities and beyond**

We have a few special requests for volunteer service. First, Mayor David Cohen has reached out to the DWN community with a request for a talented volunteer to work on his new online community newsletter - The Newton Community Report. He is looking for people who would like to write columns for this monthly publication. If you are interested, call DWN at 617-796-1419 and we will put you in touch with the Mayor.

DWN is actively seeking an individual(s) who can assist us

with database creation and administration. In particular, we are looking for someone to serve on our outreach team and oversee the contact management system. If you are interested, call DWN at 617-796-1419.

Of course, SOAR always has interesting volunteer opportunities. They are eager to hear from you at 617-969-5906 ext. 120.

## • More Programs of Interest

### Our Community Has So Much to Offer

**Life Planning Network Program** The Life Planning Network is offering a lunchtime presentation on *Breaking through the Facade: Baby Boomers Struggling Financially*, on Friday June 16 from noon to 2 pm at New Directions, 66 Long Wharf, Boston, MA. For more information about this program, please go to [Life Planning Network](#).

**Author presentation at Newton Free Library** Dr. Muriel Gillick will speak on her new book, "The Denial of Aging: Perpetual Youth, Eternal Life, and Other Dangerous Fantasies" at the Newton Free Library on Tuesday, June 27, at 7:30PM, followed by a book signing. Gillick points out in this important yet unsettling book, that the majority of us will get old and no matter what vitamin regimen, diet or exercise program we use, we will likely one day find ourselves sick or frail. How do we prepare, and what will we need? Most provocatively, Gillick argues that care should focus on quality of life, not whether it can be prolonged at any cost. "A good old age," she writes, "is within our grasp" but we must reach in the right direction. For more information, contact the library at 617-796-1360.

## • Medicare D Collaboration

### Special Thanks to Transition Navigators

### Successful Collaboration between DWN and Newton Council on Aging: Everyone Benefits

May 15th was the official deadline to enroll in Medicare's new Part D prescription drug program. This is an extremely complicated program and figuring out your best option is difficult. Fortunately, Newton volunteers responded and through special training in conjunction with the Newton Council on Aging and the Massachusetts SHINE program, our community had access to knowledgeable volunteers to help them navigate this new system. DWN is most appreciative of two of its Transition Navigators, Lucy Boyle and Laurel Eisenhauer, who took additional training in order to work with community members in analyzing their options using a government sponsored web site. Lucy and Laurel calmed the panic in more than 30 Medicare eligible folks and their families who were desperately trying to figure out how best to apply for this new benefit. This is a fine example of a community responding in a collaborative way and we hope to

have other opportunities to do this.

## • Show Your Support

### Just a Few Clicks Will Show Your Support

DWN is now able to accept your financial donation online through its partner, Wainwright Bank, at the secure website [Community Room](#). It's an easy way to show DWN that you appreciate what it continues to do on behalf of our community. DWN is an all volunteer organization but we do have expenses in bringing our programming and services to you and evolving these services as you suggest. Just a few clicks will show your support. Go to [Community Room](#) and click on **Make a Donation** and find **Discovering What's Next** from the drop down menu; then follow directions. We thank you in advance. Of course, we always are happy to accept tax deductible contributions made payable to **Discovering What's Next** and sent to 492 Waltham Street, West Newton, MA 02465

### [Community Room](#)

### Discovering What's Next

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*Discovering What's Next: ReVitalizing Retirement (DWN) is a community collaboration engaging mid-life and older adults in creative exploration of their next life stage. DWN provides connection and direction and opportunities for learning and community involvement.*