



ALDA Boston – P.O. Box 600622 – Newtonville, MA 02460

Website: www.aldaboston.org

ALDAgram – June 2018



Join us for the **Annual ALDA Boston** picnic with great food, friends, and games (bean bag toss, badminton, croquet). Free and open to all. Besides hot dogs, hamburgers, side dishes, and non-alcoholic beverages, you can also make your own s'mores in the fire pit. Please bring your appetite as well as an appetizer or dessert to share. **Registration is required!**

★ **PLEASE RSVP
BY JUNE 22ND!**

Annual Summer Picnic



Date: Saturday, June 30th [RAIN DATE: Saturday, July 7th]

**Time: 4 - 8 p.m. Place: Home of Ellen & John Perkins
96 Fisher Street
Westborough, MA**

ALDA will supply hot dogs and hamburgers—along with the fixings—side dishes, and non-alcoholic beverages.

PLEASE BRING AN APPETIZER OR DESSERT TO SHARE!

★ **RSVP to Lou & Linda Sakin by phone at 508-620-1148 or email at louissakin@aol.com and let us know what you'll be bringing!** ★



Remember to bring your own lawn chair!



Museum of Fine Arts Accessible Guided Tours

Don't miss the last ALDA/HLAA Accessible tour before the summer!! There will be no tour in July and August. "What's New at the MFA" on **Saturday, June 23** will focus on new acquisitions in the permanent collections. Registration closes on June 15 unless the tour is filled up before then.

Accessible Theater



American Repertory Theater

Jagged Little Pill

Open Captioned: June 14 at 7:30 and June 16 at 2 pm.

Boch Center, Shubert Theater

Dirty Dancing

Open Captioned: Sunday, June 17 at 6:30 pm.

To order tickets, go to <http://www.bochcenter.org/buy/show-listing/dirty-dancing>

Boston Opera House, Boston

Aladdin

Open Captioned: Saturday, July 7 at 2 pm

ASL: Saturday, July 14 at 2pm

To order tickets, go to <https://oss.ticketmaster.com/aps/ccet/EN/promotion/home>

Book of Mormon

Open Captioned Performance: Saturday, August 18, at 2pm.

ASL: Saturday, August 25 at 2pm

To order tickets, go to <https://oss.ticketmaster.com/aps/ccet/EN/promotion/home>

News of Note

A post in *Hearing Like Me* (www.hearinglikeme.com) reports that a new study by Brigham and Women's Hospital found that women can decrease their risk of hearing loss by eating a healthy diet. The study was published in the *Journal of Nutrition*. The researchers tracked the diets of 81,818 women for 22 years. They found that women who followed specific diets ended up with a lower chance of hearing loss.

“Researchers found that women that followed the Alternate Mediterranean diet (AMED) and the Dietary Approaches to Stop Hypertension (DASH) diet lowered their risk of hearing loss by 30 percent compared to women who did not follow either one of those diets. According to the study, the AMED diet includes foods such as vegetables, fruits, nuts, fish, grains, extra virgin olive oil and a moderate intake of alcohol. The DASH diet includes fruits, vegetables, low-fat dairy and low sodium. By eating these foods, more women can decrease their chance of losing their hearing. This is just one of the many benefits of eating healthy.”

