MAY 2016

City of Somerville Council on Aging

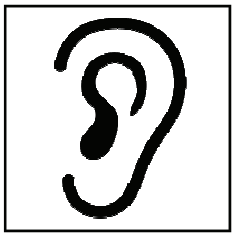
167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

Celebrate Older Americans Month!

Can You Hear Me Now?

The Somerville Council on Aging will be conducting free hearing screening and hearing aid checks on Tuesday, May 24th at our Holland Street Center from 10:00 AM to 12:00 PM.

The screenings are given by Mass Audiology.



You must book a time for a screening. Please call 617-625-6600, ext. 2300 and ask for your appointment to have your hearing checked.

Older Americans Month 2016: "Blaze a Trail"

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

While the Somerville Council on Aging provides a wide range of services to and for older adults year-round, it's always important during OAM to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

We encourage you to get involved. Visit one of our three Centers. Talk to Natasha about our quarterly volunteer roundtables, where you can learn more about helping out in the community. Come travel with us. Work with Chris to get fit and strong through Fit 4 Life. Learn more from Vilma about gardening at Ralph and Jenny and Cross Street. Meet some of Somerville's younger generation by engaging with our friends at Teen Empowerment. There's no shortage of ways for you participate and "blaze your own trail."

Discover OAM: Visit http://acl.gov/olderamericansmonth

WELCOME!

Message from the Mayor

Happy Older Americans Month!

I know that May is a favorite month for many of you because it's Older Americans Month. I believe strongly that older adults in our community deserve special recognition---not just during this month, but always.

Every year at this time, I'm always reminded about how much our City has to offer older adults, and about how the Council on Aging is working all the time to create and bring new and interesting programming to you.

May is "Older Americans Month" and there are great events planned for the whole month. I 'm sure I will see many of you at our celebration at the Winter Hill Yacht Club. You know we always have a great time there! The Nutrition Fair is a big hit and this year it is on May 12th, I hope to see you all there.

To all of you who are mothers, grandmothers, sisters or aunts. I wish you all a Happy Mother's Day!

Your Mayor,

Contacts & Information

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CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335
Tuesday and Thursday 9 a.m.—12:30 p.m.

Wednesday 9 a.m.-3 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300
Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223
Monday-Thursday 9 a.m.-2:30 p.m.

The Latest Health & Wellness News

Nutrition Fair

On Tuesday, May 12th from 10 a.m. to 12 p.m. our Holland Street Center will host what promises to be one of the best Nutrition Fairs geared to the health and nutrition needs of older adults. It will include health screenings, food demonstrations, healthy snack samples, giveaways, health eating tips, and delicious recipes to take home with you. After the fair, the COA will offer a healthy lunch at 12:00pm followed by bingo at 1:00pm. Call Chris at (617) 625-6600, ext. 2300 to learn more or to register. Transportation available upon request.

Keep Moving Walking Club

Ready to walk! Join the new *Keep Moving Walking Club*. Monday mornings, starting on May 2 at 9:30am, the new Keep Moving Walking Club will start walking. Every week, members will learn new routes throughout the Davis Square area and beyond. Participants will be given maps, pedometers and journals to track their progress each week and walk their way to better health. Members will also be shown smart phone and computer apps that can help track their progress. For more information and to register, please contact Chris at (617) 625-6600 ext. 2300 or via email at ckowaleski@somervillema.gov

Live Your Life Well

Join us on June 7th for the *Live Your Life Well* day event. Thanks to funding provided by the MA association of Councils on Aging through a grant provided by the MA executive Office of Elder Affairs, this one day educational event will cover topics such as; Stay positive, Get physically active, Help others, Get enough sleep, Create joy and satisfaction, eat well, Deal better with hard times and Get professional help if you need it. Starting at 10:00am small groups will cover each topic above. Afterwards, enjoy a delicious lunch at 12:00pm followed by bingo at 1:00pm. For more information and to register, contact Chris at (617) 625-6600 ext. 2300 or via email at ckowaleski@somervillema.gov

Shred Day Part 2, Thursday, May 19

Shred day in April was so successful that we have decided to hold it one more day in May. Do you have old credit card offers, junk mail or important papers that you want to get rid of? Bring them to the Somerville Council on Aging! Outside the Social Service office will be two locked barrels. Simply put the papers in there and they will be shredded. For more information, please call Natasha at 617-625-6600, x 2300.

National Prescription Drug Drop Take Back Day

Mayor Joseph A. Curtatone announces that the Police Department in collaboration with the Health and Human Service Department and the Somerville Council on Aging will be going on the road to escort seniors to take their medications to the Somerville Public Safety Building located at 220 Washington Street on Tuesday, April 26 10:00 am-2:00 pm. This location has two kioskos located in the lobby and are available to the public to dispose expired or unused medications (no liquids, pleases) and the second kiosk is for sharps. To sign up or for more information, please contact the Council on Aging at 617-625-6600, x 2300.

MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Activities & Movie (RJ) 10:00 English Conversation (C) 10:30 Moonlighters (H) 11:30 Lunch (RJ, C) 1:00 Bereavement Group (H) 1:00 Berklee / Italian	3 **9:30 - 11:30 Coffee Hour (H)** 10:00 English Conversation (C) 10:00 Cards (RJ) 10:30 Mens Group (H) 11:30 Lunch (RJ, C) **11:30 LGBTQ / GSA Intergenerational Lunch (H)** 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ)	4 11:30 Lunch (RJ) 11:30 Forget Me Knot (H) 12:45 Bingo (RJ) 1:00 Bowling at Flatbreads	5 10:00 English Conversation (C) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (C) **Older American's Month Celebration at The WHYC**	6 10:00 Book Club (H) 10:00 Discharge Planning (H) 11:30 Lunch (H) 12:45 Bingo (H)
9 9:00 Gardening Club (H) 9:30 Monthly Breakfast (H) 10:00 English Conversation (C) 10:30 Moonlighters (H) 11:30 Lunch (C) 1:00 Bereavement Group (H) 4:30 LGBTQ Advisory Group (H)	10 **9:30 - 11:30 Coffee Hour (H)** 10:00 English Conversation (C) 10:00 Cards (RJ) 10:30 Low Vision Group (H) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ)	11 11:30 Lunch (RJ) 11:30 Forget Me Knot (H) 12:45 Bingo (RJ) 1:00 Bowling at Flatbreads **Dinner & Bingo (H)**	12 **Nutrition Fair At Holland Street** **All other centers closed.**	13 9:30 - 10:30 De-Cluttering Workshop (H) 11:30 Lunch (H) 12:45 Bingo (H)
16 9:30 Veterans Group (H) 10:00 English Conversation (C) 10:30 Moonlighters (H) 11:30 Lunch (C) 1:00 Bereavement Group (H) 5:30 LGBTQ Event Night (H)	17 **9:30 - 11:30 Coffee Hour (H)** 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ) 3:00 Legal Check Up (H) 6:00 Caregivers Group (H)	18 11:30 Lunch (RJ) 11:30 Forget Me Knot (H) 12:45 Bingo (RJ) 1:00 Bowling at Flatbreads	19 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 10:00 Blood Pressure Screening (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ, C) **12:30 - 1:30 Mental Health Outreach Event (H)** 12:45 Bingo (H, RJ)	20 11:30 Lunch (H) 12:45 Bingo (H)
23 10:00 English Conversation (C)) 10:00 Senior Health Insurance 101 (H) 10:30 Moonlighters (H) 11:30 Lunch (RJ,C)	24 **9:30 - 11:30 Coffee Hour (H)** 10:00 English Conversation (C) 11:30 Lunch (C) 12:00 Computer tutorial with Norbert (by appointment only)	25 11:30 Lunch (RJ) 11:30 Forget Me Knot (H) 12:45 Bingo (RJ) 1:00 Bowling at Flatbreads	26 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 10:00 Blood Pressure Screening (RJ)	27 11:30 Lunch (H) 12:45 Bingo (H)

1:00 Bereavement Group (H)	(H) 12:30 Afternoon at the Movies (H) **R&J Center Closed**		10:30 Community Food Program (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (C) **11:30 Lunch (RJ) - Joint lunch w/ Holland—Portuguese Food** 12:45 Bingo (RJ)	
30 **All Centers Closed Memorial Day Holiday**	31 **9:30 - 11:30 Coffee Hour (H)** 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ)		Our Dude Ranch trip leaves on Sunday, May 15th and will be returning on Friday, May 20th.	

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

WEEKLY EXERCISE AND NUTRITION CLASS SCHEDULE

Monday: *Fit-4-Life Group C - 1:00 p.m. - (H)

Tuesday: Strengthening - 9:15 a.m. - $3 per class (H) / *Fit-4-Life - 11:15 a.m. (Cross Street) / Dalcroze Eurhythmics - 1:00 p.m. - $2/class (H)* / *LBT Fit-4-Life, 6:00 p.m. (H)**

Wednesdays: *Fit-4-Life - Group A - 8:45 a.m. / Group B (nutrition) - 9 a.m./ Group B (exercise) - 10:00 a.m. (H) / Group A (nutrition) 10:00 a.m. / Group C (nutrition) - noon (H) / Group C (exercise) - 1:00 p.m. (H) / Zumba 4 All - 5:15 p.m. - $3/class (H)

Thursdays: Yoga - 9:00 a.m. - (H)** / Strengthening - 9:30 a.m. - $3 per class (RJ) / *Fit-4-Life, 11:15 a.m. (Cross Street) / *LBT Fit-4-Life, 6:00 p.m. (H)**

Fridays: *Fit-4-Life - Group A - 8:45 a.m. - (H); *Fit-4-Life - Group B - 10:00 a.m. (H)

***All Fit-4-Life classes are $10 per month and require pre-registration / ** Walking & Talking Group is on hiatus until springtime / *** Dalcroze Eurhythmics is on hiatus / ****Yoga is a 5 week series / One on one nutrition is on hiatus until further notice**

KEY TO ABBREVIATIONS

H: HOLLAND STREET **C: CROSS STREET CENTER** **RJ: RALPH & JENNY CENTER**

What's good for your mind is good for your body:

Making Positive Connections

Daylight savings time is here, we've set the clocks forward which means more daylight time more usable hours in each day. Meanwhile the grass is growing greener, the flowers are in bloom, and spring definitely is in the air. You feel Great! Energy is at an all -time high. Now what to do? Besides taking time to smell those roses- which probably means your allergies are flaring up. After taking that dose of much needed allergy medication, why not take advantage of that good feeling and do something good for the body you live in? One important thing we can do is to make time for face-to-face with people we like. We spend so much time behind a screen these days its beneficial to

Spend time daily, face-to-face, with people you like. Make spending time with people you enjoy a priority. Choose friends, neighbors, colleagues, and family members who are upbeat, positive, and interested in you. Take time to inquire about people you meet during the day that you like. Research has shown its meaningful friendships that may actually help keep people alive and feeling better! Come out and try a new program at the Council on Aging. We've got fitness, we've got social groups, we've got activities. Come on down and see what's happening at your council on aging today!

Five Ways To Making Positive Changes

1. Decide what is most important. Only once you give yourself permission to stop trying to do it all, to stop saying yes to everyone, can you make your highest contribution to the things that really matter .

2. Do good for others. Scientific research has confirmed the biochemical nature of the process: Volunteering reduces stress and spurs the release of endorphins, the brain's natural painkillers.

If you don't feel ready to make a regular commitment to volunteer, try doing singular good deeds for friends, neighbors or strangers. Check the website RandomActsofKindness.org for ideas. Examples: leave a generous tip as a surprise for a waiter. Be kind to someone you don't like. Sign up to be an organ or bone marrow donor.

3. Be kinder to yourself. Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings . After all, who ever said you were supposed to be perfect.

4. Forgive the one person who least deserves it. You've probably heard the saying: Holding onto anger is like swallowing poison and waiting for the other person to die. It's a powerful image, and one many of us can relate to. Its message is straightforward: When you harbor resentment and bitter feelings, the person who suffers the most is you.

5. Go slower, get there faster. It's so competitive and so performance-based and we forget about the pleasure of doing things because we like to do them.

"For example, if your goal is to organize your house, your first baby step could be de-cluttering for 10 minutes, three times a week." Even small tasks bring a sense of accomplishment, which in turn encourages us to do more

Recipe in a Box

Recently, the Somerville Council on Aging has begun to take part in the Community Supplemental Food Program. On the last Thursday of each month, eligible individuals will receive two free bags of food containing healthy shelf stable products!

Each month the food varies and sometimes it can be difficult to come up with a healthy nutritious meal to make from the free food you may receive along with what you already might have in your pantry. In doing a little research we found up to 15 websites that could assistance anyone in making just about anything simply by entering in or checking off from a pre-existing list of foods you have to work with.

Recipe Matcher, Super Cook, Recipe Puppy, Cook Thing and My Fridge Food are just some of the websites that allow you to key in or check off the ingredients you have to work with.

Last month the two free bags of food contained a box of shredded wheat type cereal. By going to Recipe Matcher and simply keying in shredded wheat along with other foods I had in my pantry such as eggs, sugar, chocolate chips, milk, etc… and it came up with several recipes that we could use. We ended up making the Chocolate Wheat Cereal Snack and it was delicious. Here is the recipe:

Chocolate Wheat Cereal Snack

Ingredients:

6 cups bite-size shredded wheat type cereal

1 cup milk or dark chocolate chips

1/4 cup creamy peanut butter

1 cup confectioners' sugar

Directions:

1. Place cereal in large bowl; set aside. In microwave or double boiler, melt chocolate chips and peanut butter; stir until smooth. Pour over cereal and stir gently to coat. Let stand 10 minutes.
2. Sprinkle with confectioners' sugar and toss to coat. Cool completely. Store in an airtight container. Yields 6 cups.

Nutritional Facts:

1 serving (1/4 cup) equals 117 calories, 4 g fat (2 g saturated fat), 2 mg cholesterol, 21 mg sodium, 21 g carbohydrate, 2 g fiber, 2 g protein.

Total time: Prep: 10 minutes & cooling time.
Yield: 24 servings

Do you have a recipe you would like to share that is made with at least one ingredient received from the Community Supplemental Food Program? We would love for you to share it with us.

If you have questions regarding the Community Supplemental Food Program feel free to give us a call at 617-625-6600, ext. 2300.

Spotlight on……

Bereavement

Losing someone can be difficult and the emotions associated with loss can be overwhelming. Whether it's a friend, family member or a loved one everyone feels loss different. If you or someone you love are in need of a space to talk about that process, the Somerville Council on Aging has a bereavement group. This group takes place every Monday 1:00-2:00 pm at 167 Holland Street. For more information, please call 617-625-6600, x 2300 and ask for Natasha.

De-cluttering One Day Series: Marie Kondo's "The Life Changing Magic of Tidying Up"

Marie Kondo's book, "The Life Changing Magic of Tidying Up" is a New York Time's bestseller guide to de-cluttering. On Friday, May 13th 9:00-10:30 am at 167 Holland Street, we will be discussing the book. Social Worker, Natasha Naim will be going over the main themes of the book, so if you have not had the opportunity to read this guide, you will still be able to enjoy this presentation and discussion.

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