AUGUST 2016

City of Somerville Council on Aging

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

Beat The Summer Heat!

Learn how to beat the heat this summer!

Did you know…

- **over 80%** of older adults are dehydrated?
- **1 in 10** hospital visits for older adults is **due to dehydration**?
- dehydration leads to **confusion, communication issues, fatigue, dizziness, constipation, risk of falling,** and **glycemic control** (for diabetics). It can also contribute to urinary tract infections, kidney stones, ulcers, and coronary heart disease.

August is our hottest month of the year, and with the heat comes dehydration and an increased risk of injury or illness. With temperatures in July reaching a whopping 96 degrees, staying hydrated is pivotal to staying healthy. Older adults should strive for 5 cups (40 ounces total) of water every day, but if you drink coffee or alcohol, take medication, exercise, or spend time outdoors, you'll need more. The feeling of thirst actually decreases with age, which is why many older adults aren't aware they're not drinking enough. Below you'll find some tips and tricks for beating the heat and drinking more water:

Carry a water bottle with you every day and refill as you go! The Council on Aging, as well as many supermarkets and stores have water fountains available for use.

Set a timer on your phone or oven every two hours as a reminder to drink one cup.

Make popsicles or ice cubes out of diluted fruit juice, berries, or tea. My favorite is mint tea with chunks of fresh lemon ice pops! Herbal teas also work really well and taste great! Just brew tea as usual, and when it cools, throw it in the freezer with your fruit of choice and let freeze.

Many fruits have high water content, so eating them helps keep you hydrated! Some of the best fruits for this are also in season: watermelon, strawberries, grapefruit, and cantaloupe.

Staying hydrated means staying safe this summer! Come by Fit-4-Life and share how you stay hydrated!

Tampa -Orlando Trip Changes

FLY WITH US TO FLORIDA

The Somerville Council on Aging has made some changes to the Tampa & Orlando trip. In addition to date changes and length of the trip changes – we have decided to fly rather than have motor coach transportation. Please see the enclosed insert for all changes.

WELCOME!

Message from our Mayor

Dear Friends;

I hope to see many of you on Wednesday, August 3, at my annual Mayor's Picnic. Please join the Council on Aging staff and myself for a day filled with fun, entertainment, dancing, sing-a-long, and prizes!

August can be a hot and humid month. ***All of our Senior Centers now have air conditioning***. Please feel free to come by for a visit to cool down or take part in one of our regular programs. See the calendar inside for more details.

I hope everyone enjoys the remainder of his or her summer.

Sincerely,

Contacts & Information

EXECUTIVE DIRECTOR
Cindy L. Hickey

STAFF
Connie Lorenti ▪ Administrative Assistant

Natasha Naim ▪ LCSW, Social Worker

Chris Kowaleski ▪ Health and Wellness Coordinator

Jen Olsen ▪ Nutritionist

Debby Higgins - Outreach Worker

Maureen Bastardi ▪ Program Coordinator

Josephine Raczkowski ▪ Administrative Assistant

Kim Moss ▪ Ralph and Jenny Director

Judy Calvey ▪ Holland Street Director

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CROSS STREET CENTER
165 Broadway ▪ 617-625-6600, ext. 2335
Monday & Tuesday 9:00 a.m. to 12:30 p.m.
Thursday 9:00 a.m. to 3:00 p.m.

HOLLAND STREET CENTER
167 Holland Street ▪ 617-625-6600, ext. 2300
Monday - Friday 9:00 a.m. to 3:00 p.m.

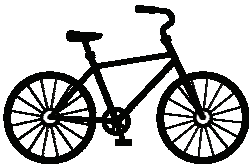
RALPH & JENNY CENTER
9 New Washington Street ▪ 617-666-5223
Monday-Thursday 9:00 a.m. to 2:30 p.m.

Bike & Bowling

New program: Autumn Bike Club

The Council on Aging will be starting a bike club beginning in mid-September. This club will meet once a week and take participants out on bike/pedestrian-only paths for leisurely rides in the cooling autumn air. Been a while since you last got on a bike? No worries, we're taking it slow! Participants do NOT need their own bike, and our top priorities are safety and fun! Get some more out of the good weather and join is in the fall!

For more information, please contact Chris or Jen at the Council on Aging by calling 617-615-6600, ext. 2300.



Bowling

It's time to start hitting the pins again. Starting September 14 at 1:00pm, bowling will resume at Sacco's Bowl Haven in Davis Sq. Join us on Wednesday's from 1:00 to 3:00pm and enjoy a few games of bowling. For more information and to sign up, contact Chris at 617-625-6600 ext. 2300
(Cost is $10. per week).

Somerville Cribbage League

The League is looking for new members. The Somerville League is a friendly league that welcomes adults of all ages and levels of experience.

The League plays every Friday night, from September to April/May, at the Somerville Senior Center 167 Holland Street, Somerville, MA. - a non-smoking facility.

Registration for the 2016-17 season will be held on Friday night, September 9, 2016 from 6:00-7:00pm at the Holland Street address.

A 'warm-up' Round Robin game will begin at 7:30pm. For more information, call 781-378-2201 or email somervillecribbageleague@yahoo.com.

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 English Conversation (C) 11:30 Lunch (C)	2 10:00 Cards (RJ) 10:00 English Conversation (C) 10:30 Men's Group (H) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ)	3 **Mayor's Annual Picnic** **Powderhouse Park**	4 10:00 Cards (RJ) 10:00 English Conversation (C) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (RJ, C) 12:45 Bingo (H, RJ)	5 11:30 Lunch (H) 12:45 Bingo (H)
8 9:00 Gardening Club (H) 10:00 Social Service Drop-In (C) 10:00 English Conversation (C) 11:30 Lunch (C) 1:00 Bereavement (H)	9 9:00 Yoga (RJ) 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ)	10 **Lowell Spinners**	11 10:00 English Conversation (C) 10:00 Cards (RJ) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (H, C, RJ) 12:45 Bingo (H, RJ)	12 11:30 Lunch (H) 12:45 Bingo (H) **Castle Island**
15 9:30 Veterans Group (H) 10:00 English Conversation (C) 11:30 Lunch (C) 4:30 LGBT Event Night (H)	16 10:00 English Conversationn (C) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ) 6:00 Caregivers Group (H) **Norman Rockwell Museum**	17 **Wednesday Outing: Floramo's**	18 10:00 English Conversation (C) 10:00 Cards (RJ) 10:00 Current Events (H) 10:00 Blood Pressure Screening (H) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (RJ,C) 12:45 Bingo (RJ) **Ralph & Jenny BBQ** **Holland Street Closed**	19 10:00 Book Club (H) 11:30 Lunch (H) 12:45 Bingo (H)
22 10:00 English Conversation (C) 11:30 Lunch (C) 1:00 Bereavement (H) **WHYC**	23 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 11:30 Lunch & Movie (H) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ)	24 **Wednesday Outing: Bertucci's**	25 9:00 Community Food Program (RJ) 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (H)	26 11:30 Lunch (H) 12:45 Bingo (H)

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			11:30 Lunch (RJ) - Joint lunch w/Holland - Portuguese Food 11:30 Lunch (C) 12:45 Bingo (RJ)	
29 10:00 English Conversation (C) 11:30 Lunch (C) **TWIN RIVER**	30 10:00 English Conversation (C) 11:30 Lunch (C) 12:00 Computer tutorial with Norbert (H) **BBQ at Holland Street** **Ralph & Jenny Center Closed**	31 **Wednesday Outing: Belle Isle**		

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: Keep Moving Walking Club - 9:15 a.m. (H) / Fit-4-Life Group C - 1:00 p.m. (H) / Ageless Grace - 4:00 P.M. (H)

Tuesday: Strengthening - 9:15 a.m. - $3 per class (H) / Fit-4-Life - 11:15 a.m. (C) / LBT Fit-4-Life, 6:00 p.m. (H)

Wednesdays: Fit-4-Life - Group A (exercise) - 8:45 a.m. / Group B (nutrition) - 9 a.m./ Group B (exercise) - 10:00 a.m. (H) / 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. (C) / 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) /Group A (nutrition) 10:00 a.m. (H)

*All Fit-4-Life classes are $10 per month and require pre-registration

One on one nutrition is on hiatus until further notice

KEY TO ABBREVIATIONS

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

Healthy Shopping Made Easier

Top ways to make healthy shopping easier

This month during the Fit-4-Life Nutrition Class (held at Holland St. on Wednesdays and Fridays), participants told us their tricks and secrets to stress-free shopping and eating healthy.

Technology

Joe, a Fit-4-Life participant of many years, says he uses a handheld e-reader for myriad things, most notably, for cooking and shopping. This device enables him to search and download hundreds (if not thousands) of recipe books. Because of this nifty tool, Joe can check out recipes in full color, and even watch cooking videos to help understand what the recipe calls for. He also downloaded an app, called Our Groceries, which imports the recipe straight into his shopping list, so he never forgets an item. This makes his shopping experience much easier, as he can quickly recall ingredients and double check recipes if he needs to. The portability of e-readers is great, as they can be carried in your pocket and referred to at will. If, for example, there's a sale on peaches, you can easily pull up recipes that use peaches, and make the best use of your time and money. Exposure to so many interesting and new recipes is likely to lead to greater diversity and enjoyment, as you can test out new favorites.

Sharing the fun

Technology surely isn't the only way to shop healthy. Several other participants noted that one of the ways they stay on top of their food shopping is by splitting bigger or bulk items with friends and neighbors. This helps keep produce costs down while also limiting food waste and kitchen space concerns. Others take turns making a weekly dish, and then swapping the leftovers with friends, helping eliminate waste and promoting more meal diversity and interest.

Going Local

My favorite option for this glorious time of year is taking advantage of our farmers markets. Local produce is freshest, giving us the greatest amount of nutrients as well as supporting local business. With the Somerville Mobile Farmers Market at the Holland Street Center every Friday, you can have easy access to different items each week. If that weren't good enough, those over 60 years of age receive a 10% discount, while those who are North Street or Mystic Housing residents, have SNAP/WIC cards, or Senior Coupons, receive 50% off original pricing. This makes eating local and eating fresh very affordable, social, and convenient!

*The Somerville Mobile Farmers Market is available every Friday from July 8th-October 15th at the Council on Aging Holland Street location from 11:00am-1:00pm.

Other times and locations include:

Fridays, 3:30pm-5:30pm at East Somerville Community School (50 Cross St.)

Saturdays, 10:30am-12:00pm at North Street Housing Development (26 North St.)

Saturdays, 1:00pm-3:00pm at Mystic Housing Development (530 Mystic Ave.)

Ageless Grace

Ageless Grace, the Council on Aging's new fitness class for the body and mind, will be starting its next 5 week series on July 25th. Held on Mondays at 4:00pm at the Holland St. Center, the Ageless Grace program is an innovative wellness and fitness program done seated in a chair to upbeat music. Classes are playful, imaginative and different every time. All the movements are designed to focus on the healthy longevity of the body and the brain. Contact Chris at 617-625-6600 ext. 2315 for more information and to sign up. Cost is $20.00 for 5 classes!

ageless Grace®
Timeless Fitness for the Body & Mind

Yoga

Save the date! The next 5 week Yoga series will start on Thursday, September 15th from 9:00 to 10:00am. This low-impact and easy-to-follow paced program lets you stretch and relax to help start your day. Contact Chris at 617-625-6600 ext. 2315 for more information and to sign up. Cost is $20.00 for 5 classes!

Spotlight on .....

The Somerville Council on Aging is pleased and proud to welcome to our Team, Debby Higgins. Debby comes to us with years of experience from the Special Education Department, the PAC and as a Paraprofessional with the life skills classroom at the Kennedy School, where we had many intergenerational programs with her class and the older adults.

Debby brings with her experience, enthusiasm and has the ability to meet with the older adults and community leaders for better outreach opportunities. Debby has already implemented programs to get the ball rolling.

We look forward to many creative and interesting programs. Debby is a lifelong Somerville resident who lives with her husband and children.

Welcome Debby!

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