DECEMBER 2016

City of Somerville Council on Aging

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

Safety First

The Holiday season is upon us. With it comes not only good cheer but also dangerous situations. Take the right precautionary steps so you can enjoy the Holiday season.

- If you have put up a tree, make sure your Christmas tree is securely mounted on a sturdy base
- Water real Christmas trees daily
- Turn off holiday lights & decorations when leaving the home or going to bed
- Make sure when burning candles that there is a "one-foot circle of safety"
- Stand by your pan - Never leave holiday cooking or any cooking unattended
- Keep space heaters at least 3 feet away from everything
- Keep matches & lighters out of sight and reach of children
- Have working smoke alarms & carbon monoxide detectors
- Use extension cords wisely – do not overload them
- Drink responsibly, never drink & drive, use extremely caution when drinking and taking prescription medication.
- Drive safely – busy people become careless people
- Don't smoke – ask guest to smoke outside providing them with a safe place to properly extinguish cigarettes
- Do not leave packages, gifts or valuables visible in your car
- Criminals take advantage of the holiday season to prey on those who are unsuspecting and generous. Be careful when someone you do not know comes to your door during the holiday season
- When shopping, if possible, do not carry a purse or wallet, avoid carrying large amounts of cash & keep your cash in your front pocket. Avoid overloading yourself with packages and stay alert of your surroundings.

De-cluttering

1-Day Paper De-cluttering Workshop

Do you have too many papers? Struggling to sort through old bank statements, receipt, newspaper clipping and other paper?

Come to our paper clutter presentation on December 7th 2016 from 10:30 a.m. 12:00 p.m. at 167 Holland Street in Somerville. If you have more questions, please call Natasha at 617-625-6600, ext. 2317.

WELCOME!

Message from our Mayor

Dear Friends,

I hope this letter finds you keeping warm. As the winter settles upon us the threat of inclement weather increases. Remember to sign up for our snow-shoveling program that the COA runs in coordination with the Teen Snow Shoveling Program.

The COA staff has many exciting programs this holiday season including Holiday Parties at each center and a Holiday Bazaar. See the program page inside for more details

I hope to see you all at a Council on Aging event soon. Until then, I wish everyone a joyous holiday season.

Sincerely yours,

Joseph A. Curtatone

Contacts & Information

EXECUTIVE DIRECTOR
Cindy L. Hickey

STAFF
Connie Lorenti ▪ Administrative Assistant
Natasha Naim ▪ LCSW, Social Worker
Chris Kowaleski ▪ Health and Wellness Coordinator
Debby Higgins - Outreach Coordinator
Maureen Bastardi ▪ Program Coordinator
Josephine Raczkowski ▪ Administrative Assistant
Kim Moss ▪ Ralph and Jenny Director
Judy Calvey ▪ Holland Street Director

BOARD
Suzanne Rinfret ▪ Chair
Roseanne Bent ▪ Vice Chair
Cheryl Horan ▪ Liaison to the Director
Louis Favreau
Eddie Abate
Marie Linscott
Rose Earle
Linda Cohen

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 6:30 p.m.

HOLLAND STREET CENTER
167 Holland Street ▪ 617-625-6600, ext. 2300
Monday - Thursday: 9:00 a.m. to 3:00 p.m.
Friday: 9:00 a.m. to 1:30 p.m.

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

Main Office
167 Holland Street ▪ 617-625-6600, ext. 2300
Monday, Tuesday, Wednesday: 8:30 a.m. to 4:30 p.m.
Thursday: 8:30 a.m. to 6:30 p.m.
Friday 8:30 a.m. to 1:30 p.m.

LGBTQ Happenings

Our LGBTQ Advisory Group will meet quarterly in the conference room of our Holland Street Center at 4:30 p.m. to 5:30 p.m. Meetings usually last one hour. We are always looking for new members and would love for you to come and join us in the discussions important to the LGBTQ senior community. Members of the community are always welcome to participate in programming. We are looking to fill a few positions of our Advisory Committee.

Advisory dates for 2017 are:
January 9th, February 13th, May 8th & September 11th
+ + + + + +

LGBTQ Event Night happens quarterly, unless otherwise noted, in the Atrium of our Holland Street Center starting at 5:30 p.m.

Upcoming Event Nights:
December 19th – Wine & Cheese Night at Daddy Jones Bar
+ + + + + +

Looking forward to 2017 Events
March 20th - Health Fair
May/June- TBA Flag Raising
June 2nd - Dance
November 20th -TBA
December 18th - TBA

For more information on the LGBTQ Advisory Group or Event Nights and to register for an event night please contact Debby Higgins, Outreach Coordinator at 617-625-6600, ext. 2321.

Email Group

The email group is for Somerville Seniors/Caregivers who are interested in the latest information on resources, events, programming etc. in and around the Somerville area.

Please share information with anyone you would think would benefit.
Use the link below to join.
https://groups.google.com/group/somerville-council-on-aging
If you have any questions or need help joining contact
Debby Higgins, Outreach Coordinator at
617-625-6600, ext. 2321 or email: dhiggins@somervillema.gov

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:30 Lunch (H) 12:45 Bingo (H) **Holiday Bazaar**	**2** 11:30 Lunch (H) 11:45 Bingo (H) **Holiday Bazaar**
5 9:30 Monthly Breakfast (Culinary Arts) 10:00 English Conversation (C) 11:30 Lunch (C)	**6** 10:00 English Conversation (C) 10:00 Reminiscing Group (H) 10:30 Men's Group (H) 11:30 Lunch (C, RJ) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ) **Indian Head Resort Departs**	**7** 9:00 Bowling at Flatbreads 11:30 Lunch (RJ) 12:45 Bingo (RJ) **De-Cluttering Paper Workshop**	**8** 10:00 Current Events (H) 10:00 English Conversation (C) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C, H, RJ) 12:45 Bingo (H, RJ) 1:00 Arts & Crafts (C) **Indian Head Resort Return**	**9** **Winter Wonderland Super Bingo Holland Center**
12 10:00 English Conversation (C) 11:30 Lunch (C) 1:00 Bereavement Support Group (H) **WHYC**	**13** 10:00 English Conversation(C) 10:00 Reminiscing Group (H) 10:30 Low Vision Group (H) 11:30 Lunch (C, RJ) 11:30 Pizza & Movie (H) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ)	**14** 9:00 Bowling at Flatbreads 11:30 Lunch (RJ) 12:45 Bingo (RJ)	**15** 9:00 Community Food Program (RJ) 10:00 Current Events (H) 10:00 English Conversation (C) 10:00 Blood Pressure Screening (H) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C) 11:30 Joint lunch w/ Holland - Portuguese Food (RJ) 12:45 Bingo (RJ) 1:00 Arts & Crafts (C) **Yuletide Newport**	**16** 10:00 Book Club (H) 11:30 Lunch (H) 11:45 Bingo (H)
19 9:30 Veterans Group (H) 1:00 Bereavement Support Group (H) 5:30 LGBTQ Event Night	**20** 10:00 Reminiscing Group (H) 11:30 Lunch (RJ) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (RJ)	**21** 11:30 Lunch (RJ) 12:45 Bingo (RJ)	**22** 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (H, RJ)	**23** 11:30 Lunch (H) 11:45 Bingo (H)

E

R

	12:45 Bingo (RJ) 6:00 Caregivers Support Group (H)		12:45 Bingo (H, RJ)	
26 **All Centers Closed City Holiday**	27 11:30 Lunch (H)	28 11:30 Lunch (H)	29 11:30 Lunch (H)	30 11:30 Lunch (H)

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) / Bike Club - 10:00 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

** Keep Moving Walking Club is on hiatus until the Spring

One on one nutrition is on hiatus until further notice

KEY TO ABBREVIATIONS

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

Words of Wisdom from our Seniors

We just started a fun activity at the center called "Getting Older is Better Because…." We asked seniors to finish this sentence. Here are a few responses we have received.

Getting Older is Better Because …..

"No more work unless you choose to"

"More time for self"

"Able to join elderly programs for benefits"

If you would like to share your response contact Debby Higgins, Outreach Coordinator at 617-625-6600 ext. 2321 Stay tuned for more responses in upcoming newsletters.

Health & Wellness

Health & Wellness

It has been a great summer and fall for health and wellness programs here at the Council on Aging. This past summer, we started the *Keep Moving* Walking Club with a grant from the Massachusetts Council on Aging. With the use of the Council on Aging's bus, we were able to explore new places in and around the City of Somerville. Those places included the beautiful hiking trails at the Middlesex Fells and Spy Pond in Arlington. We will resume walking in the spring when the weather turns warmer once again.

We were also excited to start the Council on Aging's first ever *Bicycle Club*. Having been given complimentary passes given to us by Hubway Bike Sharing Program, the program got up and rolling in September with six participants. Starting each ride in Davis Sq. the club explored the bike path through Somerville and beyond, past the Alewife T Station. In the spring, we hope to increase our distance all the way out to Lexington and Bedford.

Both programs will be resuming in the spring when the weather turns nice. Keep a look out after winter for start dates and enjoy walking or riding your way to good health!

Health & Wellness

The Fit-4-Life Cookbook!

We are excited to announce that the Fit-4-Life cookbooks are finally here. With favorite recipes from participants of the program and staff from the Council on Aging, the cookbook will start going on sale at our Holiday Bazaar on December 1st and 2nd. They will also be available for sale in the Council on Aging's office at the Holland Street Center. The cost of the cookbook will be $5.00. Pick one up and start creating and enjoying the wonderful smells and tastes in your own kitchen! For questions, please contact Chris at 617-625-6600, ext. 2300.

Therapy Dog Visits!

Miss having a pet? The Council on Aging will be having therapy dog visits on December 9th and 15th. Chris and his chocolate lab therapy dog, Dosie, will be visiting the Cross Street Center on December 15th from 11:00 a.m. to 12:00 p.m., followed by a visit at the Ralph and Jenny Center from 12noon to 1:00pm. They will be visiting the Holland Street Center on December 9th from 11:00 to 12noon in the Conference room. Join us and enjoy some time petting Dosie.

The Fit-4-Life Exercise Show!

Back again for the second year, the Fit-4-Life Exercise Show will have new exercise shows starting in January. Enjoy moving and exercising at home with Health and Wellness Coordinator Chris Kowaleski as he guides you through thirty minutes of gentle exercises to keep you moving throughout the winter. Keep a look out in our January Newsletter for the show schedule. Also, feel free to join any of the Fit-4-Life programs at any time in person. For question on the program or any of our Health and Wellness program, contact Chris at 617-625-6600, ext. 2300.

Tai Chi!

Join us on January 9th at 12:00pm for our first Tai Chi class. This 5 week series will help you fight stress while increasing your flexibility and balance. This first 5 week series will be free to participants. Please feel free to contact Chris at 617-625-6600, ext. 2300.

Happiness and the Holidays

The Holiday season is upon us. It is a time marked with seeing family and friends. The Holidays can also be a hard time for people who have just lost someone. The Holidays are also a great opportunity to be kind to one another. If you see someone who looks like they need a friend consider saying hello or inviting them to sit at your table at the Somerville Council on Aging. Being kind doesn't have to be an extravagant affair, all it takes is a smile or saying hello.

If you are missing someone, the Somerville Council on Aging is having a special two part series called "The Holidays are here, but you are not," where we will be talking about the loved ones who are no longer with us. Please call Natasha at 617-625-6600 ext. 2317 to learn more about this.

DID YOU KNOW?

Did you know….That the Council on Aging has a list of places that you can donate too. If you are thinking about trying to find organization that may take some items off of your hands, call Natasha at 617-625-6600 ext. 2317.

Did you know….that Fuel assistance make home visits? If you are struggling to heat your own, whether you rent or own, contact that Cambridge fuel assistance office at 617-349-6200.

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