

SILVER ALERT

The Somerville Silver Alert program is designed to help us be prepared by collecting specific information about potential missing persons, along with photo identification.

This confidential information will be kept on file for immediate use in the event a loved one is reported missing.

We are encouraging all residents who have a loved one suffering from a serious cognitive impairment to stop by the Council on Aging office located at 167 Holland Street for a registration packet.

City of Somerville Council on Aging



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

World Alzheimer Awareness Month

September is World Alzheimer's awareness month. Among older adults, Alzheimer's is the most common cause of dementia. Below is a list of early signs and symptoms from the Alzheimer's Association (www.alz.org):

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing ability to trace steps
8. Decreased or poor judgement
9. Withdrawal from work and social activities
10. Changes in mood and personality

A few **helpful community resources** for those who may suspect they are experiencing Alzheimer's are:

- Your doctor
- Alzheimer's Association 24/7 Helpline: 1-800-272-3900
- Somerville Cambridge Elder Services Memory Disorder Service: Provides in home consultation for families and older adults dealing with effects of memory loss
- The Somerville Council on Aging's Social Service staff
- Local support groups (see www.alz.org for local group listings)

Message from our Mayor

Contacts & Information

Dear Friends;

Thank you all for attending our Annual Mayor's Picnic Celebration. It was a great day to catch up with old friends and meet new ones. *I* also enjoy catching up with *you* and hearing how things are going.

I would like to thank all the Somerville businesses that donated door prizes and supported this great picnic.

I look forward to seeing you all again at another Council on Aging event, like the Winter Hill Yacht Club or the third Annual Mayor's Thanksgiving dinner. Please take time to look through the calendar; I am sure that you will find a trip, seminar, luncheon or activity that will catch your attention.

Sincerely yours,


EXECUTIVE DIRECTOR

Cindy L. Hickey

STAFF

Connie Lorenti ▪ Administrative Assistant

Natasha Naim ▪ LCSW, Social Worker

Katey Duchin ▪ Social Worker

Chris Kowaleski ▪ Health and Wellness Coordinator

Jen Olsen ▪ Nutritionist

Debby Higgins - Outreach Worker

Maureen Bastardi ▪ Program Coordinator

Josephine Raczkowski ▪ Administrative Assistant

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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.

Health, Wellness & Nutrition

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. Cost is \$20.00 for 5 classes!

It's time to start hitting the pins again. Starting September 14 at 1:00pm, **bowling** will resume at Sacco's Bowl Haven at Flatbreads in Davis Square. Join us on Wednesday's from 1:00 to 3:00pm and enjoy a few games of bowling. Cost is \$10.00 per week.

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. Cost is \$20.00 for 5 classes.

If you have questions, require additional information or would like to sign up for the any of the programs listed above please contact Chris at 617-625-6600, ext. 2315.



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! We are looking to hear from anyone interested, particularly if you already have a bike. If you don't already have a bike, please still contact us if you're interested. Get some more out of the good weather and join us in the fall!

For more information, please contact Chris or Jen at 617-625-6600, ext. 2300.



Last Chance! The Fit-4-Life Healthy Living Class is collecting recipes for the final draft of the **Council on Aging Cookbook**. This cookbook contains recipes from the participants of Fit-4-Life, highlighting healthy versions of family classics, guilty pleasures, and holiday favorites. The book will be made available in the late fall. If interested in contributing a recipe to our book, please contact Jen or Chris as soon as possible at 617-625-6600, ext. 2300.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>Hampton Beach Sunday the 11th Sold Out</p>	<p>Tampa / Orlando Trip Departs Tuesday the 13th Returns Saturday the 17th Sold Out</p>	<p>Veterans Cruise Sunday the 18th RSVP Required</p>	<p>10:00 Cards (R) 10:00 Current Event (H) 10:00 English Conversation (C) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C, H, R) 12:45 Bingo (H, R)</p>	<p>2 11:30 Lunch (H) 12:45 Bingo (H)</p>
<p>5 All Centers Closed Labor Day</p>	<p>6 10:00 Cards (R) 10:30 Men's Group (H) 11:30 Lunch (R) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (R)</p>	<p>7 All Centers Closed Staff Retreat</p>	<p>8 10:00 Cards (R) 11:30 Lunch (R) 12:45 Bingo (R) Election Day</p>	<p>9 11:30 Lunch (H) 12:45 Bingo (H)</p>
<p>12 9:00 Gardening Club (H) 9:30 Monthly Breakfast (H) 11:30 Lunch (H) 1:00 Bereavement Support Group (H) 4:30 LGBTQ Advisory Group (H)</p>	<p>13 10:00 Cards (R) 10:30 Low Vision Group (H) 11:30 Lunch (R) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (R)</p>	<p>14 1:00 Bowling Starts Flatbreads / Davis Square</p>	<p>15 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Blood Pressure Screening (H) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (H, C) 12:45 Bingo (H)</p>	<p>16 10:00 Book Club (H) 11:30 Lunch (H) 12:45 Bingo (H)</p>
<p>19 9:30 Veteran's Group (H) 10:00 English Conversation (C) 10:30 Moonlighters (H) 11:30 Lunch (C) 11:30 Lunch & Entertainment (H)</p>	<p>20 10:00 English Conversation (C) 10:00 Cards (R) 11:30 Lunch (R), C) 12:00 Computer tutorial with Norbert (H) 12:45 Bingo (R)</p>	<p>21 1:00 Bowling Flatbreads / Davis Square 5:00 Dinner & Bingo</p>	<p>22 9:00 Community Food Program (R) 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (R)</p>	<p>23 11:30 Lunch (H) 12:45 Bingo (H)</p>

B E R

Entertainment (R) 5:30 LGBTQ Event Night (H)	6:00 Caregivers Support Group (H)		11:00 Computer tutorial with Barbara (H) 11:30 Lunch (RJ) - Joint lunch w/Holland - Portuguese Food 11:30 Lunch (C) 12:45 Bingo (RJ)	30
26 10:00 English Conversation (C) 10:30 Moonlighters (H) 11:30 Lunch (C) 11:30 Lunch & Entertainment (H) 1:00 Bereavement Support Group (H)	27 10:00 Housing 101 (H) 10:00 English Conversation (C) 11:30 Lunch (C, RJ) 11:30 Lunch & Movie (Eddie The Eagle) (H) 12:00 Computer tutorial with Norbert (H)	28 1:00 Bowling Flatbreads / Davis Square	29 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (H) 11:30 Lunch (C) 12:45 Bingo (RJ)	30 11:30 Lunch (H) 12:45 Bingo (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

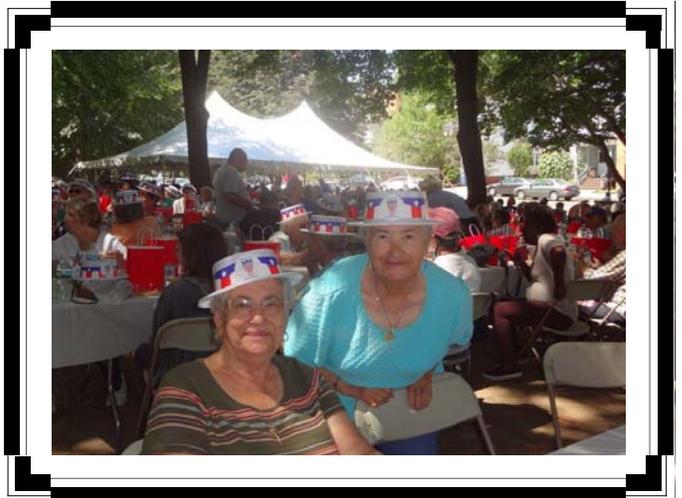
- Monday: Keep Moving Walking Club - 9:15 a.m. (H) / Fit-4-Life Group C - 1:00 p.m. (H) / Ageless Grace - 4:00 P.M. (H)
- Tuesday: Strengthening - 9:15 a.m. - \$3 per class (H) / Fit-4-Life - 11:15 a.m. (C) / LBT Fit-4-Life, 6:00 p.m. (H)
- Wednesday: Fit-4-Life - Group A (exercise) - 8:45 a.m. / Group 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)
- Thursday: 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)
- Friday: 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

Mayor's 37th Annual



Senior Picnic



All photos by Rosa Botelho. Thanks Rosa!

Spotlight On.....

Katey Duchin!

The Somerville Council on Aging is welcoming Katey Duchin, LCSW to our social services team. Katey has a Master of Social Work degree from Boston University School of Social Work. She also earned a Group Work Specialization and the Louis Lowy Certificate in Gerontological Social Work while in her graduate program. Last year Katey was a social work intern at the Somerville Family Learning Collaborative, where she helped with several groups and with intergenerational programming.



Katey is excited to help connect older adults to community resources and to facilitate groups here. Come say “hi” to her in the social services office!



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

WWW.SOMERVILLEMA.GOV/DEPARTMENTS/COUNCIL-ON-AGING

WWW.FACEBOOK.COM/SOMERVILLECOA
