



City of Somerville

January 2021

Council on Aging News



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Hello Friends,

Welcome 2021, a new year with new possibilities! What a year 2020 has been and what hope 2021 brings. I've heard from so many expressing hope for a better 2021. I've heard of your hopes to reconnect with others in person, to embrace your friends and family and to return to traveling without fear. It has also been wonderful to hear about your resolutions, or small changes you can make in the hopes of a better year and a better you!

As we share in the joy of the new year and make our plans for the future, the COA remains committed to providing remote services and activities to help you along the way. In 2021 are you planning to focus on improving your health? Check out our nutrition workshops where you can share recipes and tips for health cooking. Or maybe 2021 will be the year to reach out to meet new people. To help kick-start your goal, join us for book club or let's enjoy music together during our music and munch. Maybe 2021 is the year you learn a new piece of technology—reach out us; we would love to help!

*Wishing you all the joy and hope a new year can bring,
Ashley*





Social Work Corner with Natasha Naim

Resolutions

At the beginning of every year we envision how this new year can be better than the last by making resolutions. For many of us our resolutions will be small changes which we can make in the hopes of a better year. Popular resolutions include getting into shape, learning something new or being better about our finances. Whatever your New Year's resolution may be, here are some ways to make sure your resolutions don't go bust by February.

Set measurable goals: When making your New Year's resolutions consider being as specific as possible. Instead of making a resolution to learn French, make a detailed plan. How much French do you want to learn in the coming year; do you want to become fluent or just learn a few key phrases? Making a plan and fitting your resolutions into your schedule also makes them more achievable. Having a detailed plan makes you more likely to succeed and gives you markers to measure your progress.

Make resolutions a group activity: Even though we can't be together, we can still make ourselves accountable to others! Often times it is easier to accomplish goals when you have another person to be accountable too. For example, if you want to spend 2021 learning how to knit, consider learning with others via a Zoom knit class. Having a group of other people who are performing at the same level as you can help to motivate you to continue with your resolution. It's also a fun way to make new friends and find new connections with others.

Plan for hard stretches: You've set your goals, made your plans and joined a group that will support you; you've also told all of your friends and family about your amazing resolutions. What could go wrong? Unfortunately, many things can still get in the way to making us successful in our resolutions. We may have other commitments or concerns that may steal our attention or distract us. If you find yourself having a less than productive January you don't have to wait until January 2022 to start back up. Think about what could make you more successful in February or March and start again. Even if you get to December 2021 and you don't fully complete your resolutions you still made progress on them and that's something to celebrate!



To RSVP to the below programs please call *Natasha Naim* at 617-625-6600 ext. 2317 or e-mail her at nnaim@somervillema.gov



Online De-cluttering Classes

Often times it is easier to collect items and harder to get rid of them. De-cluttering can be a difficult process but you don't have to do it alone. If you are looking for support in regards to downsizing, decluttering or discarding items, consider joining the online de-cluttering support group. With a supportive group environment you will learn how to turn your mountain of items into a manageable amount.

Mental Health Awareness

On **January 12th from 11:30-12:30** the Somerville Council on Aging, in partnership with Roberta Robinson, from Cambridge Health Alliance, will be continuing our Mental Health Awareness series. This month Roberta will discuss mindfulness and meditation.

Caregiver Check-In

Are you a caregiver for a loved one and want to connect with other caregivers? Would you like to discuss the joys and challenges of caregiving? The Somerville Council on Aging is hosting a monthly check-in via Zoom for caregivers. Our next check-in is on **January 26th from 11:30-12:30.**

Brown Box Distribution January 28th

Many of us are facing food insecurities due to COVID-19. If you find yourself in need please reach out to us! The COA can assist with applications for food stamps, our Brown Box shelf-stable food program, or connect you with a food pantry.



Nutrition with Mary Marshall



HAPPY, HEALTHY, NEW YEAR!!

After the holidays most of us pledge to eat healthier because we have over indulged. Losing weight is the number one New Year's resolution. But, this annual cycle of overindulging followed by restricting often amounts to more than guilty feelings and creates an unhealthy relationship with food. A slice of pizza is no longer just that, it's a symbol of self-control, deprivation, or reward.

In 2020 many of us didn't really celebrate as in previous years but still managed to put on a few extra pounds. Pre-pandemic, the average shopper visited a food store 2-3 times a week and spent on average about 20 minutes per shopping trip. Today, we are preparing food for only members of our households and are lucky if shoppers go out even once a week.

Many of us are looking to 2021 as a fresh start. Do you have a New Year's resolution or goal for the new year? Did you have to put off your 2020 plans and goals because of COVID-19? Has the pandemic given you a new perspective that makes your resolutions, or how you plan to achieve them, different than what you might have done in the past?

Eating is one of the basic ways we care for ourselves. Current disruptions in food and activity routines due to COVID-19 have people thinking about how they redefine wellness. While reflecting on such a difficult year and your mindset when it comes to wellness, don't forget to include self-compassion.

The reality of what we've seen during the pandemic is the return to comfort foods and familiar brands that make us feel calm and comfortable. These familiar food and brands have a long heritage that solidified their reputations for being safe, we know what to expect from them and we know that they taste great. Yet, many of these foods can lead to over indulgence. So, start your year off by being consistent with meal times, try experimenting with some of your comfort foods and adding a healthy twist and maybe try going meatless one night per week.

We don't know what 2021 will bring, so slow down while enjoying these wonderful meals that you prepare or that you have ordered out. Enjoy each bite, live in the moment and start your new year with intentional, healthy, behavior that is all about you.

Nutrition Workshops

Each week we come together to share ideas on how to balance out your day with tasty and nutritious meals and snacks. We will focus on getting in all of the daily food groups, while sharing our favorite recipes. During these unprecedented times planning meals can be tiresome and boring but the kitchen is where you provide nourishment for yourself.

Topics we will cover, include:

- ◆ Knowing how much to eat and spacing out your meals
- ◆ How to choose foods that are delicious and nutritious
- ◆ How to get started on your grocery list
- ◆ Filling out a meal plan that works for you and your schedule
- ◆ Meal preparation for weekly planning and leftovers
- ◆ Healthy cooking and recipe exchanges



We will also share ideas about dining out, grocery shopping, cooking and learning what our bodies need. Please be sure to join in as I look forward to each week and hearing all the new ideas.

Upcoming Workshops Dates:

Monday January 11th, 18th, 25th, and February 1st at 11:00 am
Wednesday January 6th, 13th, 20th, 27th at 10:00 am

For more information or to sign up *email Mary at headtofitness10@yahoo.com*

Chris Kowaleski, Health and Wellness

Yoga has been practiced for hundreds of years but it hasn't been until more recently that yoga has become popular in the United States and its popularity continues to grow. As we age yoga can be very valuable and provide many benefits from helping to increase flexibility when our joints are stiff to better sleep at night and a reduction of chronic pain. Yoga is also highly beneficial in times of uncertainty as it has been shown to help reduce stress and anxiety.

Prior to the pandemic, Janine Duffy had been teaching weekly chair yoga classes at the Holland Street Center and she now develops yoga videos that play throughout the week on the Somerville City Cable Channel and on YouTube.

The City Cable Channel weekly schedule can be found at:
<https://schgov.somervillema.gov/CablecastPublicSite/>

Janine's YouTube videos can be found at the following links:
https://www.youtube.com/watch?v=vDGF_EEbqF0
 or
<https://www.youtube.com/watch?v=6Zezcj9XXBU>



January Mask Drive Thru

***Friday January 8th from 10:30 am-12:00 pm
Holland St Center***

The COA has masks available for Somerville residents who are 60 and over. If you are in need of a mask or may know of a friend or neighbor who may need a new mask stop by our Drive-Thru.

Virtual Bingo Day!

Tuesday January 12th from 10:00 am - 11:30 am

Join us online or via phone to play ***BINGO***.

We will supply you with the bingo cards and instructions.

Space is limited

To RSVP call Debby at 617-625-6600 ext. 2321 or e-mail her at dhiggins@somervillema.gov

Music and Munch

Wednesday January 13th & January 27th from 12:00 pm-1:00 pm

Join us online via Zoom or by phone to learn, sing-along, relax and enjoy some music while you munch.

To RSVP call Debby at 617-625-6600 ext. 2321 or e-mail her at dhiggins@somervillema.gov

Book Club

Friday January 15th from 10:00 am -11:00 am

Book club is now meeting online via Zoom. We will be discussing *A Visit From the Goon Squad* by Jennifer Egan

Please contact Natasha at 617-625-6600 ext. 2317 or e-mail her at nnaim@somervillema.gov for the Zoom link or to ask any questions

Music and Movement

Thursday January 21st from 10:30 am-11:30 am—Via Zoom or Call In

Join Steve as he plays guitar, sings and leads gentle movements. Just tapping your toe or singing along can help move your body in new ways. Being physically active is not just good for our bodies, but it is also one of Mental Health America's 10 tools to building resiliency; or the ability to overcome obstacles and manage through tough times.

Please RSVP to Debby at dhiggins@somervillema.gov or 617-625-6600 ext. 2321.

January Boxed Lunch Pick-Up

December's monthly boxed lunch pick up will be held on ***Friday January 22nd at the Ralph and Jenny Center.***

While we can't share lunch together we hope you are able to drive thru to pick up a lunch.

Masks and RSVPs required; please call Connie at 617-625-6600 ext.2319 to sign up.

