



City of Somerville

June, 2021

Council on Aging News

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Dear Friends,

As we see the number of Covid-19 cases start to drop and restrictions start to ease, we want to assure you that safety has been and continues to remain our top priority. We are working with CDC and local guidelines to increase safety for all of our participants while accessing our programs. We also want to acknowledge that many of us continue to feel the effects of the pandemic socially, emotionally and physically.

As always, staff continues to be available to you for support and referrals to City, State and Federal programs. For example, staff have on hand information regarding COVID-19 funeral assistance, transportation assistance for you to receive your vaccine, and the Emergency Broadband Benefit Program. If you have an income 135% below the federal poverty guideline or receive SNAP benefits, the broadband program may provide you with a \$50 per month discount on high speed internet or a one-time \$100 discount for a laptop, computer or tablet.

Our Friendly Phone Caller program and staff outreach programs continue to grow, and for those who aren't ready to rejoin our outdoor exercise classes we continue to offer a variety of exercise programs such as Yoga and Ageless Grace live via Zoom or on the City's You Tube channel.

We hope you can join us for one of the many programs offered this month. Thanks to the Arts Council we have two special performers joining us via call-in or Zoom. We start the month, on the 2nd, with folk singer, song-writer Rachel Sumner and conclude the month, on the 28th with Howie Newman, who will share with us popular tunes ranging from the 1900's to the 1960's.



June is looking to be another fun filled month; please stay tuned for new information regarding increased safety protocols and new schedules as they become available!

~Ashley

Social Work Corner with Natasha Naim

MassHealth Buy-In Programs Eligibility Guidelines Have Increased

The MassHealth Buy-In Programs, also called Medicare Savings Program, is a program which covers the cost of your Part B monthly premium which typically is \$148.50 per month in 2021. The gross monthly income eligibility for a single person is now \$1,771 with assets no higher than \$15,940; and for a couple \$2,396, with assets no higher than \$23,920. If you feel you may be eligible under these new income guidelines, feel free to call Natasha to schedule a SHINE appointment.

For additional information, or to RSVP to the following programs, please call Natasha at 617-625-6600 ext. 2317 or e-mail her at nnaim@somervillema.gov

Mental Health Awareness

Tuesday, June 8th from 11:30 am-12:30 pm

The Somerville Council on Aging, in partnership with Roberta Robinson, from Cambridge Health Alliance, will be continuing our Mental Health Awareness series. Every month Roberta discusses new and interesting topics in regards to mental health.

Book Club

Friday, June 18th from 10:00 am -11:00 am

Do you love books and want to discuss your love of reading with others? Consider joining book club. Book club is now meeting online via Zoom. This month's book is *A Woman of No Importance: The Untold Story of the American Spy who Helped Win World War II* by Sonia Purnell.

Caregiver Check-In

Tuesday, June 22nd from 11:30 am-12:30 pm.

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? Join The Somerville Council on Aging as we host our monthly check-in via Zoom. All are welcome to join.

Online De-cluttering Classes

Sometimes it's 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.

Join us every Wednesday in June at 11:00 am

Brown Box Distribution, Thursday, June 24th

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 local food pantry.

Adult Incontinence Supplies Available

Through the generosity of the community, the Somerville Council on Aging has received donations of adult incontinence supplies. Styles and sizes vary. If you or a loved one are in need please contact Natasha.

Prevention Corner from Somerville Prevention Services.



Pain management is a growing area of concern for many Americans.

Whether you're recovering from a wisdom tooth removal or struggling with chronic pain from an accident, it can be difficult to know how to deal with your pain.

Some individuals have turned to substances to try to manage their pain, using substances such as alcohol, opioids, and marijuana. However, it is not fully understood as to whether some of these substances can help you with your pain, especially medical marijuana. Other substances, such as prescription opioid painkillers, have shown to have highly addictive qualities in nature and can lead to difficulties in other parts of your daily life.

If you are struggling with chronic pain, we highly recommend that you work with your medical provider to help you create a long-term pain management plan. We also recommend that you reach out to the Massachusetts Hotline at 1-800-327-5050 for treatment recommendations, if you think that you need help with your substance use.

DID YOU KNOW?

In the 2020 student health survey, 0% of Somerville High School students surveyed reported any current heroin use! We're proud of our students for making healthier choices around substances. Let's continue to keep the conversation with our youth going, because prevention works!

Nutrition with Mary Marshall

International Picnic Day

International Picnic Day is celebrated in many countries—a simple opportunity to enjoy the beauty of eating outside!

On June 18th, we celebrate one of the greatest ways to enjoy the summer season, an outdoor picnic with friends, family, games and activities, and delicious food. For many across the world, picnics are a relaxing change of pace from their daily lives. However, the picnic as we know it today didn't exist until the French Revolution, as public parks finally became available. There are very few, if any, cultures around the world that do not engage in picnicking in their own way. Picnics are a wonderful way to get outside and enjoy what your city has to offer you. And after a hike or walk, you'll be antsy for a nice break and a yummy meal.

How to celebrate International Picnic Day today? Due to COVID-19, there are restrictions for people to conduct social gathering. However, you could still celebrate International Picnic Day by maintaining social distance. Gather along with your family members and go to the balcony or out on the lawn and prepare some delicious healthy foods to go along with the health benefits of being outside, such as:

Hummus and Pita Chips/Veggies and a Healthy Dip/Fruit or Fruit Kabobs

Sandwiches (add some fruits or vegetables, like apples and cucumbers for refreshing flavor).

Homemade snack mix (see my personal favorite mix I like to share).

No picnic would be complete without a sweet treat. Try a recipe for healthy oatmeal chocolate chip cookies.

So, to celebrate International Picnic Day, plan a picnic for your family and enjoy an al fresco meal in the company of your loved ones. Happy International Picnic Day!

MARY'S TRAIL MIX

Ingredients:

½ cup Barbara's Puffins cereal

¼ cup Fiber One cereal

2 Tbsp. Nuts (Walnuts, Almonds)

2 Tbsp. Craisins or Raisins

Need a chocolate fix? Add 50 calories of dark chocolate bits, but this increases the Carbohydrates to 2 servings

Need more protein: Add ¼ cup Nuts which equals 2oz of protein

Need more fruit: Add 1/4 cup of dried fruit which is equal to 2 fruits (but never eat all dried fruits, be sure to eat fresh fruit with skin whenever possible)

Food Groups: carbohydrate, protein, fruit



Health and Wellness with Chris Kowaleski

June is National Men's Health Month!

Men's Health Month was started in 1992 and according to www.menshealthmonth.org was meant to "heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys". This Men's Health Month we want everyone to know how important your health is and encourage everyone to play an active role in making and implementing healthy decisions in their lives.

According to the CDC, the leading cause of death among men is heart disease, which can be greatly reduced by implementing healthy choices in our lives such as regular exercise and a healthy diet. Knowing risk factors, creating healthy exercise and diet habits, scheduling routine tests for early detection of diseases and documenting family medical history for your physician and other members of your family is important as we increase our awareness this month.

So as we go through the month of June, take some time and see what you can do for your health and to feel your best. Small changes and steps can make a difference in all of our lives.

Fit-4-Life Exercise Show

The Fit-4-Life exercise show continues to play daily on Somerville City Cable (RCN = 13/Comcast = 22) at 11:00am and 4:00pm.

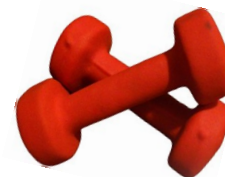
The Fit-4-Life Exercise Show and Yoga can also be viewed online through the City of Somerville's YouTube channel.

For questions or links to the YouTube exercise videos, contact *Chris* by email at ckowaleski@somervillema.gov.

Yoga with Janine

June 1st and June 15th from 10:00am—11:00am

Join Janine as she leads us in a gentle yoga class live over Zoom. Each class will include poses done from a chair or standing. Please contact Chris for the Zoom link.



Upcoming Programs

Rachel Sumner Performance via Call-in or Zoom



Wednesday, June 2, 2021 at 1:00pm

Join folk singer-songwriter Rachel Sumner for an online set of acoustic music that will include traditional bluegrass/old time songs, original songs, and cover songs from favorites like Bob Dylan, Patsy Cline, and Johnny Cash.

Performance available via Zoom or Call-In.

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

June Mask Drive Thru

***Monday, June 7th 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.

Music and Munch

Wednesday June 9th & June 23rd 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

Music and Movement with Steve

Wednesday, June 16th 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.

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

June Boxed Lunch Pick-Up

June's monthly boxed lunch pick up will be held on
Monday, June 14th 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.

Virtual Bingo Day

Tuesday, June 29th from 10:00 am - 11:00 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***

Ageless Grace Program

Bi-monthly Ageless Grace classes in both English and Spanish continue to be held via Zoom. Our instructor, Maria, leads us in simple movements that activate all five functions of the brain—memory, analytical, strategic and kinesthetic learning, creativity and imagination to create overall improvements to our health and well-being. The class incorporates 21 simple exercises that can be performed from the seated or standing position so this class is great for those of all ages and abilities.

Classes will be held on ***June 8th & 22nd in English and the 15th & 29th in Spanish***—
all are welcome to join!

***To RSVP contact Chris by email at ckowaleski@somervillema.gov or by phone at
617-625-6600 ext. 2315.***

Health and Wellness Jeopardy

Thursday, June 10th at 5:00pm

Join Chris as he hosts an hour-long health and wellness trivia game! Bring a trivia partner, or we can pair you up on the 10th! To RSVP, and receive the Zoom link, please contact Chris, at ckowaleski@somervillema.gov



Howie Newman Performance via ZOOM



Monday, June 28, 2021 at 1:00pm

Singing guitarist Howie Newman plays classic songs of yesteryear, including Sinatra, Dean Martin, old Rock 'n' Roll, some show tunes, and a bunch of popular tunes and standards from the '60s and earlier. It's a sing-along, toe-tapping musical journey from the early 1900s up through the 1960s. Howie also adds trivia, background stories about the songs and a little G-rated humor here and there.

***Performance available via Zoom or Call-In.
To RSVP call Debby at 617-625-6600 ext. 2321 or e-mail her
at dhiggins@somervillema.gov***



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