



City of Somerville

June, 2023

# Somerville Council on Aging

A center for learning, wellness and connections.

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## ***HEALTH AND WELLNESS FAIR***

**Wednesday, June 21st**

**10:30am**

**Holland Street Center**



Join the Council on Aging as we bring back our annual Health and Wellness Fair! Community vendors will be available to share ways to encourage healthy aging and to provide an opportunity for you to learn about healthy eating, exercise, self-care and so much more!

Lunch to follow

*Space is limited*, please RSVP by contacting Phelan at 617-625-6600 ext. 2315 or email her at [phowell@somervillema.gov](mailto:phowell@somervillema.gov)

## **City of Somerville Fireworks Thursday Evening, June 29th Trum Field**



If you would like to join the COA reserved seating area, please call Connie at 617-625-6600 ext. 2319

***Limited Transportation Available***

*Guided Meditation  
Via Zoom*

**Tuesdays at 1:00pm**  
*June 13th, 20th & 27th*

Join Maria Skinner in a virtual guided meditation class.

Practicing meditation can help to build skills to manage stress, increase patience, improve sleep quality and has been shown to decrease your resting blood pressure and heart rate.

For the Zoom invitation or for more information, please contact Phelan at 617-625-6600 ext. 2315 or email, [phowell@somervillema.gov](mailto:phowell@somervillema.gov)



**Our Fit-4-Life schedule is changing!**

To accommodate the ever expanding physical wellness program at the Council on Aging our Fit-4-Life schedule will be changing beginning the week of June 5th!

**New Fit-4-Life Schedule starting June 5th:**

**Mondays: 9:00am and 11:00am**

**Wednesdays: 9:00am**

**Fridays: 11:00am**

We look forward to seeing you at one of our classes!

For more information please contact Phelan at 617-625-6600 ext. 2315 or [phowell@somervillema.gov](mailto:phowell@somervillema.gov)



## Let's Get Moving!

Please contact Phelan at **617-625-6600 ext. 2315** or [phowell@somervillema.gov](mailto:phowell@somervillema.gov) with any questions or for more information.



<b>Yoga</b>	<b><u>Tuesdays</u></b> <b>June 6th, 13th &amp; 20th</b> at <b><u>9:00am</u></b> and <b><u>10:00am</u></b> at the Holland St. Center
<b>Fit-4-Life Exercise</b> at the <b><u>Ralph &amp; Jenny Center</u></b>	<b><u>Mondays</u></b> <b>June 5th &amp; 26th</b> at 2:30pm
<b>Music and Movement</b>	<b><u>Thursday, June 15th</u></b> at <b><u>4:00pm</u></b> at the Holland St. Center
<b>Walking Club (New Day)</b>	<b><u>Thursdays</u></b> <b>June 8th, 15th &amp; 29th</b> at 9:00am Meets at the entrance of Holland St. Center <i>*Weather permitting</i>
<b>Virtual Fit-4-Life Exercise Class</b>	<b><u>Every Wednesday &amp; Every Thursday</u></b> <b>via Zoom at 1:00pm (except Wednesday, June 21st)</b>
<b>Fit-4-Life Exercise</b> at the <b><u>Holland Street Center</u></b>	<b><u>Mondays</u></b> <b>June 5th, 12th &amp; 26th</b> at 9:00am & 11:00am
<b>Fit-4-Life Exercise</b> at the <b><u>Holland Street Center</u></b>	<b><u>Wednesdays</u></b> <b>June 7th, 14th &amp; 28th</b> at 9:00am
<b>Fit-4-Life Exercise</b> at the <b><u>Holland Street Center</u></b> <b>(New Day)</b>	<b><u>Fridays</u></b> <b>June 9th, 16th &amp; 30th</b> at 11:00am
<b>LGBTQIA+ Exercise Class</b>	<b><u>Thursdays</u></b> <b>June 1st, 15th, 22nd &amp; 29th</b> at 6:00pm <b><u>via Zoom</u></b> <b>June 8th</b> at 6:00pm <b><u>in person</u></b> at the Holland St. Center
<b>Virtual Exercise, Strength and Balance</b>	<b><u>Mondays</u></b> <b>June 5th, 12th &amp; 26th</b> <b><u>Via Zoom at 1:00pm</u></b> Please email John at <a href="mailto:jrpcchia@gmail.com">jrpcchia@gmail.com</a> for the Zoom link
<b>Healthy Steps</b>	<b><u>Mondays</u></b> <b>June 5th, 12th &amp; 26th</b> at 1:00pm at the Holland St. Center
<b>Guided Meditation</b>	<b><u>Tuesdays</u></b> <b>June 13th, 20th &amp; 27th</b> at 1:00pm <b><u>via Zoom</u></b>

### Paint Day with Raquel Kaplan

**Monday, June 12th**

1:00pm

At the Holland Street Center

We will be painting a canvas tote bag, similar to the one pictured.



Space is very limited—\$5 per person

RSVP to Debby by calling 617-625-6600 ext. 2321 or [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)  
Grab & Go lunch available following the class.

### June Notes

The Somerville Council on Aging will be **closed** on **Monday, June 19th** in observance of Juneteenth Independence Day.



### Movie Day



**Friday, June 23rd at 10:00am**  
**Holland St. Center**

*Your Place or Mine*  
Starring *Reese Witherspoon*  
& *Aston Kushner*

Two long-distance best friends change each other's lives when she decides to pursue a lifelong dream and he volunteers to keep an eye on her teenage son. **Rated PG-13**

RSVP to Debby by calling 617-625-6600 ext. 2321 or [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

*\$2 per person for Pizza Lunch.*



### Wednesday Bingo!

Ralph & Jenny Center  
starting at 10:00am  
**Wednesday, June 28th**

Lunch is available following Bingo.

RSVP to Debby by calling 617-625-6600 ext. 2321 or email [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

## MassHealth Workshop

*Connecting Seniors to Coverage*

Wednesday, June 7th  
10:00am—12:00pm  
Holland St. Center

Come hear about the requirements to qualify for MassHealth and learn about the Frail Elder Waiver Program.  
This presentation is provided by Tufts Senior Care Options

To RSVP please contact Molly at 617-625-6600 ext. 2318 or  
[mpagliuca@somervillema.gov](mailto:mpagliuca@somervillema.gov)



### *Project Outlook*

*New Time: 2:00pm at the Holland Street Center*

*Thursday, June 22, 2023*

Project Outlook is a group of residents with low or no vision who enjoy getting together for camaraderie and socialization. Project Outlook has been active for over 30 years and is always welcoming new members!

Come join the conversation, we look forward to meeting you!

*For more information, please contact Claudia Ferro at 857-237-1801.*

*A pizza luncheon will be served.*



<b>LGBTQIA+ Social and Dinner</b>	<b><u>Thursday, June 8th</u></b> 5:00pm at the Holland St. Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
<b>Book Club</b>	<b><u>Friday, June 16th</u></b> 10:00am at the Holland St. Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
<b>Bingo</b>	<b><u>Thursdays</u></b> <b><i>June 1st, 8th, 22nd &amp; 29th</i></b> at 10:00am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
<b>Music and Munch</b>	Meets the second <b><u>Wednesday</u></b> of the month ( <b><i>June 14th</i></b> ) at 12:00pm. Meets via <b>Zoom</b>	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
<b>Nutrition Class at Holland Street</b>	<b><u>Wednesdays</u></b> <b><i>June 14th &amp; 28th</i></b> at 10:00am at the Holland St. Center	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
<b>Project Outlook</b>	Meets the fourth <b><u>Thursday</u></b> of the month ( <b><i>June 22nd</i></b> ) at the Holland St. Center at 2:00pm	RSVP to Claudia at 857-237-1801
<b>Tech Time - Open Hours</b>	<b><u>Tuesdays</u></b> <b><i>June 6th, 13th &amp; 27th</i></b> at 10:00am at the Holland St. Center	RSVP to Molly at 781-823-9210 or mpagliuca@somervillema.gov
<b>Health &amp; Wellness Fair</b>	<b><u>Wednesday, June 21st</u></b> at 10:30am at the Holland St. Center	RSVP to Phelan at 617-625-6600 ext. 2315 or phowell@somervillema.gov
<b>Technology Course</b>	<b><u>Mondays</u></b> <b><i>June 5th, 12th, &amp; 26th</i></b> at 10:00am at the Holland St. Center	RSVP to Molly at 781-823-9219 or mpagliuca@somervillema.gov
<b>De-Cluttering Support Group</b>	<b><u>Monday, June 5th</u></b> at 1:00pm at the Holland St. Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
<b>Bingo</b>	<b><u>Wednesday, June 28th</u></b> at 10:00am at the Ralph & Jenny Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov

<b>Coffee &amp; Conversation</b>	<u><b>Mondays</b></u> <b>June 5th, 12th &amp; 26th</b> 10:00am-11:00am at the Ralph & Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
<b>Arts &amp; Crafts</b>	<b>Friday, June 2nd</b> at 10:00am at the Holland St. Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
<b>Nutrition Classes at the Ralph and Jenny Center</b>	<u><b>Mondays</b></u> <b>June 5th, 12th &amp; 26th</b> at 11:00am <u>via Zoom</u> and 12:30pm <u>in person</u> at the Ralph & Jenny Center	RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com
<b>Bingo</b>	<u><b>Every Tuesday</b></u> at 10:00am at the Ralph & Jenny Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
<b>Brown Bag Supplemental Food Program</b>	<u><b>Thursday, June 22nd</b></u> , pick up from 9:00am-noon at the Ralph & Jenny Center	RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov
<b>Asian Tea</b>	<u><b>Monday, June 12th</b></u> at 2:00pm. This group is bilingual in Cantonese and English.	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov
<b>Movie Day</b>	<u><b>Friday, June 23rd</b></u> at 10:00am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
<b>Men's Group</b>	Meets the second <u><b>Tuesday</b></u> of the month ( <b>June 13th</b> ) at the Holland St. Center at 10:30am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
<b>Veteran's Group</b>	Meets the fourth <u><b>Tuesday</b></u> of the month ( <b>June 27th</b> ) at the Holland St. Center at 11:00am.	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
<b>Bowling</b>	<u><b>Every Wednesday</b></u> 9:00am-10:30am at Flat Bread Pizza in Davis Square	RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov
<b>Game Hour</b>	<u><b>Mondays</b></u> <b>June 5th, 12th &amp; 26th</b> 11:00am-12:00pm at the Ralph & Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov





## *Subtraction Equals Addition*

Americans are often encouraged to eat more of this or less of that, but if a nutrient being subtracted from the diet contains calories, simply reducing it will leave a calorie deficit. Research suggests that the advice to reduce calorie intake is rarely followed for long. This is because a reduction in calorie intake tends to increase hunger. People will usually compensate for eating less of one type of food by eating more of something else.

Advice to the public to limit dietary fat and saturated fat is currently recommended by the American Heart Association, the National Cancer Institute, and the U.S. Dietary Guidelines. However, foods are never 100% saturated fat. It seems likely that when the federal government and various health advocacy groups suggested Americans eat less fat and saturated fat, they had hoped Americans would replace fatty meats, desserts, and dairy products with more high-carbohydrate foods like fruits, vegetables, beans, and whole grains. This is not what happened. Why? Americans were bombarded with ads for fat-free foods such as cookies, cakes, candies, chips, and nonfat frozen yogurt.

Americans are, in fact, gaining more weight on a lower-fat diet. In the past, much research suggested that Americans might be better off adding monounsaturated fat. But this is not true. In the 1980s, it was demonstrated that people eat more calories and gain weight when monounsaturated fat is added to foods. We now know that this is because the added fat increases the calorie density and lowers the satiety value of the food. Foods with a lot of saturated fat or hydrogenated fat raise LDL levels and promote cardiovascular disease, obesity, and diabetes. Foods high in sugar and/or refined flour also promote obesity and diabetes. Foods high in refined carbohydrates may even be more calorie-dense and contain far lower levels of vitamins and minerals than some higher-fat foods like fish, avocados, tofu, meat, and milk. As such, they promote obesity and diabetes, increasing cardiovascular disease risk.

As we grow older, we must be encouraged to add more fruits, vegetables, whole grains, beans, fish, and nonfat dairy to our diet. When these foods are added, and the foods high in unhealthy fats and/or refined carbohydrates/sugars are subtracted from the diet, calorie intake falls, arteries don't clog up, and people lose weight and keep it off without hunger.

***For more information, please contact Mary Marshall  
at [headtofitness10@yahoo.com](mailto:headtofitness10@yahoo.com) or 617 625-6600 ext.2316***

### *June Nutrition Schedule:*

***Monday, June 5th, 12th & 26th***

11:00am-12:00pm *via ZOOM*

12:30pm-1:30pm at the Ralph & Jenny Center

***Wednesday, June 14th & 28th***

10:00am-11:00am at the Holland Street Center

**Stroke Awareness Seminar**  
**with Marie McCune, Stroke Nurse Navigator**  
**Mount Auburn Hospital**



**Friday, June 9th**  
**10:00am**  
**Holland Street Center**

Learn about Stroke and what to do in the critical moments of a stroke emergency. You will learn about what a stroke is and the different types of strokes. What are the warning signs? Information on the importance of knowing what to do if you or someone you love is having a stroke. You will also learn about risk factors for stroke and how you might be able to improve your overall health by lowering the risk factors that you have the power to change.

Grab & go lunch available following the program

RSVP to Debby by calling 617-625-6600 ext. 2321 or  
 email [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

**COA Board of Directors**

The Board of Directors meets the first Friday of the month.  
 This month's meeting will be held on **June 2nd at 11:00am**  
 at the Holland Street Center.

**COA Board Members**

*Daisy Monsalve	*Edna Murray
*Maclise Jean	*Marian Bremer
*Neeraj Wadhra	*Pina Mingace
*Ronit Praver	

*Interested in getting more involved with city decision-making?  
 Take a look at these opportunities to join a board or commission!  
<https://www.somervillema.gov/besomerville> or call 311 for more information.*

**Coffee & Conversation**

**Mondays, June 5th, June 12th & June 26th** at our Ralph & Jenny Center located at 9 New Washington Street 10:00am - 11:00am



Come enjoy some fresh coffee and have great conversations with your peers. Meet and mingle with new friends.

RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov

**Walking Group moves to Thursdays!**

Beginning on June 8th and continuing on June 15th and 29th.

Join us as we go on walks throughout the neighborhood. Group meets outside of the Holland Street Center at 9:00am.

Please contact Phelan at 617-625-6600 ext. 2315 or phowell@somervillema.gov with any questions or for more information.

**Arts & Crafts**

**Friday, June 2nd**  
10:00am at the Holland Street Center  
This month we will be making string art signs, similar to the picture below!  
\$3 per person to cover supplies



Please RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov. Grab and Go lunch available following the program.

“Today is the oldest you’ve ever been, and the youngest you’ll ever be again.”  
*Eleanor Roosevelt*

**Book Club**

**Friday, June 16th** from 10:00am -11:00am at the Holland Street Center. This group meets in person and concurrently via Zoom

Do you love books and want to discuss your love of reading with others? Consider joining the book club.



Please RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov

This month’s book is Killers of the Flower Moon by David Grann



## Somerville Council on Aging 2023 Trips have Arrived!

*Mark your calendars, the COA is hitting the road.*

### 2023 Day Trips

#### **Isles of Shoals, Lighthouses & Portsmouth Harbor Cruise – July 18<sup>th</sup>**

*\$149 per person.* Enjoy a harbor cruise through New Hampshire and Maine seeing the legendary Isles of Shoals. Following the cruise, a luncheon will be held at the Portsmouth Gaslight Company.—***Sold Out***

#### **The Corvette Doo Wop Revue at Fosters Lobster Bake York, Maine - August 9<sup>th</sup>**

*\$115 per person.* Enjoy the music of the 1950's Doo Wop era and a traditional Maine Lobsterbake.—***Sold Out***

**Turkey Train – October 25<sup>th</sup>**, *\$125 per person.* Day trip to the Lake Winnepesaukee area featuring a foliage train ride, Hart's Turkey Farm luncheon, mystery stop and sightseeing.—***Sold Out***

#### **Dancing Dream, ABBA Tribute at Lake Pearl Wrentham, Mass. - November 15<sup>th</sup>**

*\$104 person/\$85 without transportation.* Enjoy lunch as you are transported back to the happy groovy 70's with great harmony, elaborate costumes and choreography.

**Merry Country Christmas at Danversport - December 7<sup>th</sup>** *\$104 per person/ \$89 without transportation.* Merry Country Christmas features all of your favorite Christmas songs presented in authentic Nashville country style. Luncheon included.

### 2023 Overnight Trips

**Lancaster, PA – September 18<sup>th</sup> – 20<sup>th</sup>** 3 days and 2 nights accommodations, roundtrip transportation, Amish style breakfast and dinner, and more! Price: single room, \$514, double room \$389 per person. —***Sold Out***

*All trips are non-refundable.*  
*Payments accepted by check, made payable to SCOA.*

*For more information contact Connie Lorenti at 617-625-6600 ext. 2319.*



Join us on **Thursday, June 15th** at  
**11:00am** at the Holland Street  
Center for **Dance Caliente**.



Join Eileen & Raul for a fun filled learning experience. They will inspire us to learn the Rumba using fun and creative teaching techniques like "Oonka Ah" (a singing alternative to counting). This program is designed to encourage all participants to develop their skills in an atmosphere of joy.

***Lunch will be served after the performance, \$5 per person.***

Please call *Debby* to *RSVP* at 617-625-6600 ext. 2321 or [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

*This program is supported in part by a grant from the Somerville Arts Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



City of Somerville

**Council on Aging**

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