



City of Somerville

October 2021

Council on Aging News

Director

Ashley Speliotis, LICSW, ME.d
aspeliotis@somervillema.gov
617-625-6600 ext. 2310

Staff

Connie Lorenti ▪
Admin/Fiscal Assistant
clorenti@somervillema.gov
617-625-6600 ext. 2319

Natasha Naim ▪
LICSW Social Worker
nnaim@somervillema.gov
617-625-6600 ext. 2317

Chris Kowaleski ▪
Health & Wellness Coordinator
ckowaleski@somervillema.gov
617-625-6600 ext. 2315

Debby Higgins ▪
Outreach Coordinator
dhiggins@somervillema.gov
617-625-6600 ext. 2321

Maureen Cuff Bastardi ▪
Program Coordinator
mbastardi@somervillema.gov
617-625-6600 ext. 2335

Mary Marshall ▪
Nutritionist
headtofitness10@yahoo.com
617-625-6600 ext. 2316

Josephine Raczkowski ▪
Administrative Assistant
jraczkowski@somervillema.gov
617-625-6600 ext. 2300

Judy Calvey ▪
Holland Street and
Ralph & Jenny Director
jcalvey@somervillema.gov
617-625-6600 ext. 2300

Welcome fall and all of the wonderful programming that the cool weather and change of season brings. We look forward to seeing you at our centers throughout the month!



***Halloween Boxed Lunch Pick Up
Friday, October 29th, starting at 10:30 am***

Ralph and Jenny Center
9 New Washington St.

Please reserve your lunch by calling ***Connie*** at
617-625-6600 ext. 2319.



***Join us for pumpkin decorating
during our in-person craft session!***

***Friday, October 22nd
10:00am
Ralph & Jenny Center***

Crafting materials will be provided; cost is \$3 per person.

Please **RSVP** by calling ***Maureen*** at ***617-625-6600 ext. 2335*** or
email her at ***mbas-***
tardi@somervillema.gov



Social Services



Diabetic Shoe Clinic

Do you have diabetes as well as Medicare? You may be eligible for a new pair of diabetic shoes once a year. The Somerville Council on Aging is hosting a **Diabetic Shoe Clinic on December 14th**.

our Diabetes shoes clinic, you must reserve a
ment slot.

In order to attend
10 minute appoint-

Please call **Natasha at 617-625-6600 ext. 2317** to reserve an appointment!



Don't Miss Out on Prescription Drug Coverage

Open Enrollment season is upon us!

From October 15th-December 7th, Medicare beneficiaries can change their health insurance plans. When thinking about changing your health insurance plan it's important to consider your drug costs. Most Medicare Advantage Plans and all Medicare Part D plans cover prescription medication costs. However, is the coverage they provide the best fit for your prescription drug needs?

All prescription drug coverage is not the same. Some drugs may be covered under one plan and not covered by another and co-pays for prescriptions can change every year. It's important to be aware of the changes that can occur year by year.

It's also important to be aware of different programs that you may be eligible for should you have high prescription drug costs. Prescription Advantage is a program that helps Medicare recipients with high prescription drug co-pays and for those that find themselves in the doughnut hole each year. Prescription Advantage however isn't drug coverage; rather it is additional coverage.

If you are curious about what your prescription drug costs look like for 2022 and are looking for a better plan, or if you want to apply for Prescription Advantage, consider making an appointment with a SHINE counselor by calling 617-625-6600 ext. 2317.



Join us for our ongoing programs!



Mental Health Awareness Series	October 12th from 11:30am-12:30pm Meets Via Zoom	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Men's Club	October 5th from 10:30am-11:30am Meets at the Holland St. Center	RSVP to Norbert at ndeamato@hotmail.com
Book Club	October 15th from 10:00am-11:00 am. This month's book is: <i>Pelosi</i> by Molly Ball Meets at 167 Holland St and	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Caregiver Check-In	October 26th from 11:30am-12:30pm Meets via Zoom	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Indoor Fit-4-Life Exercise Class	Every Monday and Wednesdays at 9am and 11am Meets at the Holland St. Center	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov
General Nutrition Classes	Every Monday at 12:30pm at the Ralph and Jenny Center Every Wednesday at 11:00am at	RSVP to Mary at 617-625-6600 ext. 2316 or email her at headtofitness10@yahoo.com
Walking Club	Every Friday; meets outside of the Holland St. Center at 9:30am	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov
English Conversation	Every Monday from 10:00am-11:00am at the Ralph and Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or email mbastardi@somervillema.gov
Indoor Yoga	Tuesday, October 12th and 26th 10:00am In person at the Holland Street Center	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov
Ageless Grace Fitness Program	Tuesday, October 5th & 12th at 1:00pm. Meets via Zoom	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov

Nutrition

Farmers' market season is in full swing!



Farmers' markets offer tons of resources for making healthful and delicious meals, but sometimes getting started can be a bit daunting. Not to worry though, because a few simple tips and tricks can turn the experience from overwhelming to downright fun!

Tip #1: Look for your favorite foods, but also seek opportunities to try something new. A true farmer's market will change as the growing season evolves. Check out what's new each week and feel free to talk to the vendors about ways of preparing foods.

Tip #2: Watch out for baked goods! Most farmer's markets have a few stands that sell huge baked goods. Remember that any baked good the size of your hand is going to have an average of 400-500 calories.

Tip #3: Enjoy the walk. Strolling the farmers' market can be good exercise, especially if you make a few laps around the stalls and park your car farther from the stands.

Tip #4: Pack smart! Having your own bags, a few cooler packs or a bottle of frozen water while you're making your way through the farmers market is always helpful as you shop. Plus, you can take sips out of the frozen water bottle as the ice melts. Don't forget your hat and sunscreen and having some cash handy is always helpful at the farmers' market.

Tip #5: Don't judge a book by its cover. Many of the foods that you'll find at a farmers' market won't be as uniform as the foods you're used to seeing at the grocery store. Often these less perfect looking foods are packed with the most unbelievable flavor. So don't let a funny lump or lone worm hole dissuade you from picking up a tasty new food or two.

**Please check your local Farmer's Market times and dates throughout Somerville.
For more information, please call Mary at 617-625-6600 ext. 2316 or email her at
headtofitness10@yahoo.com**



Health and Wellness

October is National Emotional Wellness Month

Coping with life's challenges can be difficult for many older adults. Even within retirement, stress can build up quickly, throwing our emotional wellness off kilter.

In 2004, October officially became Emotional Wellness Month to help bring awareness to our emotional health and how important it is. To help keep your emotions healthy and within check, it is important to regularly look at factors within your life that might be causing you stress. Such factors can include: finances, relationships, excessive screen time and physical health.

If you find yourself struggling with one of these areas, it's a good idea to assess and reach out to resources that are available to you.

Having trouble exercising, looking to make a new friend or searching for an activity that will get you out of the house and away from the TV or computer? The Council on Aging is a great place to call for assistance and to help keep your emotional wellness balanced and healthy.

Prevention Corner from Somerville Prevention Services

On the heels of Recovery Month & the start of the new school year, it's a good time to remind folks that prevention works, especially when you start early!

Since 2007, the City of Somerville's Health and Human Services Department has supported Somerville Cares About Prevention (SCAP). SCAP is a community-based coalition that aims to educate and mobilize community members around substance misuse prevention efforts. A key facet of our coalition is youth. Each school year, SCAP recruits and hires 20-30 middle and high school youth to serve as substance misuse prevention ambassadors. Youth work on various initiatives and programming to empower peers and the community with important substance misuse information through advocacy, awareness campaigns, and social media posts. If you know a youth who may be interested in participating, please email lheller@somervillema.gov.

This summer, SCAP worked with five youth to create 5 mini mindfulness videos that helped individuals learn how to use mindfulness as a coping skill. In addition, Somerville Prevention worked with six Youth Social Media Prevention Ambassadors to create 40 (!) substance misuse prevention posts on Instagram. Youth were able to reach **THOUSANDS** of community members with important information that will help youth and community members make informed decisions when it comes to potential substance use.

To see all of the content created for August & September 2021 please visit our Instagram page: [@somervilleprevention](https://www.instagram.com/somervilleprevention).

P.S. – if you want to learn more about what Somerville Prevention has been up to this past spring/summer, please check out our most recent newsletter - <https://bit.ly/summerprevention21>

Did you know?

Through social media, particularly Instagram, Somerville Prevention was able to reach 6,328 individual accounts and our content was viewed an astonishingly 22,492 times in August 2021 alone!

Connect with CaptionCall

Caption call is a federally funded program to benefit people with hearing loss. Caption call provides phones to eligible residents that

- *Displays easy-to-read text*
- *Captioned voice messages*
- *Are hearing aid friendly*
- * Have Bluetooth connectivity*

Caption Call phones are no cost if you have hearing loss and need captions to use the phone efficiently.

***Met with a CaptionCall representative on
Thursday, November 4th from 9:00 am– 10:00am
Holland Street Center***

Yoga

Returns In Person this October

***Join us for a gentle yoga class
Tuesday, October 12th & 26th
Holland Street Center***

RSVP to Chris at 617-625-6600 ext. 2315 or email
ckowaleski@somervillema.gov

Music and Munch

Wednesday, October 13th & October 27th at 12:00 pm

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



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

Music and Movement with Steve

**Thursday, October 21st at 4:00 pm
at the Holland St. Center**



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.

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



Our Weekly Bingo and Grab n' Go Lunch Continues in November!

**Tuesday, November 2nd, November 9th, November 16th or November 30th
at 10:00 am at the Ralph & Jenny Center**

**Thursday, November 4th or November 18th at 10:00 am at the Holland
Street Center**



Participation is limited. You may sign up for one Bingo per week.

Grab n' Go lunch available following Bingo.

To register, please call **Connie at 617-625-6600 ext. 2319** or

This October we welcome back

Game Club

Beginning **October 18th**, and every Monday following
9:00 am–10:00 am

Ralph and Jenny Center

Join us as we play a wide variety of board and card games!

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



Forest Flow Mindfulness with Libby Curtis Webb

*Tuesday, October 5th at 10:00 am
meeting outside at the Holland St. Center
RSVP to Debby Higgins at 617-625-6600 ext. 2321*

Come join us for a fall morning of gentle exercise and mindfulness.

Whether you are new to spending time in nature or are a seasoned participant, our approach to finding flow in the forest is safe, supportive, and inclusive. All Forest Flow experiences include gentle body and mind warmups, walking with awareness, nature meditation, and group reflection. By practicing mindfulness in nature, we bring attention to our inner life and build compassionate engagement with the natural world.

Nature



therapy benefits include:

- Relieves stress and anxiety
 - Improves mood
 - Boosts immunity
- Cultivates feelings of happiness.



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167 Holland Street
Somerville, MA 02144
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