



City of Somerville

Council on Aging

SCOA News

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

April 2020

A Note from the Executive Director



*Greetings All,
Hope you are all safe and well during this unprecedented time.
We are all still working at the Council on Aging, though our
locations may be different.*

*If you need anything or have questions/concerns don't hesitate
to give us a call at 617-625-6600 ext. 2300.*

We look forward to seeing you all in the near future.

*Stay Safe.
Sincerely,
Cindy Hickey
Executive Director*

Executive Director
Cindy L. Hickey

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Stop the Spread of Germs

Help prevent the spread of respiratory diseases
like the flu and COVID-19:



Wash your hands often with soap and warm water, or use an alcohol-based gel.



Avoid touching your eyes, nose and mouth.



Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.



Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



Stay home if you are sick and avoid close contact with others.



Think ahead about how to take care of yourself and your loved ones if the virus starts spreading in the community. Visit [mass.gov/2019coronavirus](https://www.mass.gov/2019coronavirus) for a preparedness checklist.

For more, visit: www.mass.gov/2019coronavirus

Massachusetts Department of Public Health

3/2/2020

Stay Resilient; Stay Positive

The American Psychological Association defines resiliency as the process of adapting well in the face of adversity, stress, trauma, or tragedy. While we may not all be written about in a magazine, we all face adversity and daily challenges. Research has shown that people can demonstrate resiliency every day. Resilient individuals have developed coping techniques that allow them to effectively navigate through a crisis and these skills can be learned and developed over time. Developing resiliency is a personal journey. As every person reacts differently to traumatic and stressful life events, different strategies to remain resilient work differently for different people as well.

One strategy to foster resiliency is to stay positive. Negative or pessimistic thinking can affect our moods, our actions and our health. According to Mental Health America, people who kept track of their gratitude once a week had fewer physical complaints than those who did not.

There are many ways to foster gratitude, appreciate the positives, and to boost our moods. Mental Health America offers these suggestions for you to try at home:

Write a gratitude letter: Write a letter thanking someone who has been particularly kind to you.

Keep a gratitude journal: Everyday write down a few things, large or small, that made you smile.

Remind yourself to savor: Spend a few extra minutes on your daily walk to hear the bird chirp, or shut off the television while eating to truly taste all the flavors of your dinner.

Share good news: When something good happens take a few minutes to celebrate!

Friendly Phone Calls: Let's Stay Connected!

Looking for a way to practice social distancing but still remain connected to other people? Look no further than the Somerville Council on Aging's Friendly Phone Caller program. We have many wonderful volunteers who are waiting to give you a call. Whether you are looking to make a new friend or would just like a friendly chat to look forward to every week, this program has you covered. Call Natasha at 617-625-6600 ext. 2317 to learn more about the program and to sign up.

If calling someone doesn't interest you, consider sending three friends a card or a letter a week. Cards and letter can brighten up anyone's mailbox and anyone's week. It only takes a few moments to send a smile through the mail!

Health & Wellness-Nutrition Tip

Nutrition plays a very important part in our lives. The healthier the food we eat, the better our bodies will function, and the better our immune systems will be. In times like these, it is important not to give up on eating healthy- in fact, it's one of the best things we can do! One of the most important things you can do right now is to sit down and think about foods that are healthy for you and which will last in a cupboard or a refrigerator or freezer. Taking time to plan ahead to see what you already have on hand, and what you need to add to a shopping list, will also help reduce the amount of time you spend at the store. When making your list, try to think about the store you shop at and where items are within the store. Try to organize your list by section or aisle so you don't have to be zigzagging around the store multiple times.

Try to select foods that will last and that are healthy. Such foods include: frozen vegetables and fruits, eggs, canned beans, rice, pasta, yogurt, granola (which can be added to the yogurt), whole grain cereal, whole grain breads (which can also be frozen), fruit such as apples and low sodium canned soups.

Snack Ideas:

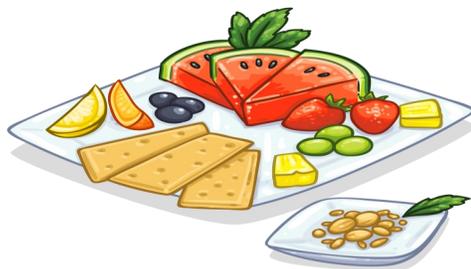
Apples & Peanut or Almond Butter

Yogurt Cups with Granola (you can also add thawed Berries or Fruit), or add boxed Cereal

Carrots

Pretzels & Hummus or Yogurt Dip Cheese Sticks (even the ones made for kids!) and Crackers

This is also a great time to call friends and family to see what they are doing for meals.



Senior Ideas

Stay at home is our new normal during these different times. It has also given spring cleaning a whole new meaning!!!

Closets and cabinets have never been more organized!!

Through our Google Group we reached out to our seniors and asked what they have been doing since we have been apart to help pass the time. Here are some of their ideas.

“Go through my photo albums from 50 years ago, Class Day, Prom and Graduation from Somerville High School. Sent the picture to old friends by email & text. What a Hoot!” - Christine T.

“Cooking– tried and true recipes, plus learning to work with pastry: (I usually buy it) scones. Next stop, sticky buns with yeast.” - Leslie H.

“Thanks for the daily tips, we’re doing the exercises and also cleaning” - Angela & Bob D.

If you would like to share your ideas with us or join our google group contact Debby Higgins, Outreach Coordinator at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov

We are sorry about the abbreviated April Newsletter. It is definitely different working remotely but we wanted to stay in touch with all of you. We hope to get back to our regular format for the month of May. Until then I hope this limited newsletter helped you still feel connected with us.

Hope to see you all soon!
Stay well.
Debby

