



Holland Street
Ralph & Jenny
Cross Street

Inside this issue

Message From
Our Mayor

Programming

Social
Services

Health &
Wellness

Nutrition

Calendar

Spotlight On

City of Somerville

Council on Aging

SCOA News

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

February 2020

Food Stamp Application Walk-In-Hours

One in nine people in Massachusetts are helped by the Department of Transitional Assistance (DTA). In addition to emergency aid and domestic violence services, the DTA manages the Food Stamp Program. Recently, the DTA has placed a food stamp application kiosk at the Holland Street Senior Center. Applying through the kiosk provides a quick way to submit your food stamp application rather than traveling to a DTA office. Food Stamps help to supplement the cost of nutritious foods and provide access to farmer market reimbursements. The Somerville COA Social Workers will be available on **Monday, February 3rd** from **10:00 a.m. until noon** at the **Holland Street Center** to assist with food stamp applications. Please bring a valid ID and proof of income on February 3rd; call Ashley at 617-625-6600, ext. 2318 for additional information.

Income Tax Time



AARP is taking appointments to help with income tax preparations **starting February 10, 2020** at the **Holland Street Senior Center** at 167 Holland Street. Please call Josephine to schedule an appointment at 617-625-6600, ext. 2300.



A Message
From Our
Mayor

Dear Friends,
Happy February!

There are some exciting events and updates I want to highlight for you this month, not only for the upcoming celebrations planned by the Council on Aging, but also important dates to make sure you plan for over the coming months.

First, for the celebrations: the COA will, as always, host an annual Valentine's Day celebration that is sponsored by our fantastic Police and Fire Departments, so be sure you sign up for that in advance. This month the COA will also host a performance by the Powers Music School, and a Food Stamp Application program. All of the details on those events, and more, are found inside this month's newsletter.

Looking further ahead, there are two important civic duties I want to be sure to remind you of. 2020 is both a Presidential Election year as well as a U.S. Census year. Every household will be receiving information from the Census Bureau between now and July, collecting important data about our city's population that will help us secure funding and other important resources for our residents. The survey is short and easy, and we urge each of you to take the time to complete it. We're here to help if you need assistance, so don't hesitate to ask.

Finally, for this year's election, we'll be hosting early voting for the primary election during the last week of February. For dates and more information, visit the city website. You can opt to vote on primary day which will be March 3, but early voting can save time. Your voice matters, so please vote and make yours heard.

Here's to another exciting month!
Sincerely,

A handwritten signature in blue ink that reads "Joe Curtatone".

Mayor Joe Curtatone

Executive Director
Cindy L. Hickey

Staff

Connie Lorenti ▪ Admin/Fiscal Assistant
Natasha Naim ▪ LICSW Social Worker
Ashley Speliotis ▪ LICSW Social Worker
Chris Kowaleski ▪ Health & Wellness Coordinator
Debby Higgins ▪ Outreach Coordinator
Maureen Cuff Bastardi ▪ Program Coordinator
Josephine Raczkowski ▪ Administrative Assistant
Judy Calvey ▪ Holland Street / Ralph & Jenny Director

Board

Suzanne Rinfret ▪ Chair
Roseanne Bent ▪ Vice Chair
Cheryl Horan ▪ Liaison to the Director
Louis Favreau
Marie Linscott
Rose Earle
Linda Cohen

Holland Street Center - Main Office

167 Holland Street ▪ 617-625-6600, ext. 2300

Fax: 617-625-0688

TTY: 866-808-4851

Monday, Tuesday, Wednesday: 8:30 a.m. to 4:30 p.m.

Thursday: 8:30 a.m. to 6:30 p.m.

Friday: 8:30 a.m. to 1:30 p.m.

Cross Street Center

165 Broadway ▪ 617-625-6600, ext. 2335

Fax: 617-625-1414

Monday & Tuesday: 8:30 a.m. to 4:00 p.m.

Thursday: 8:30 a.m. to 6:30 p.m.

Friday: 8:30 a.m. to 1:30 p.m.

Ralph & Jenny Center

9 New Washington Street ▪ 617-666-5223

Fax: 617-666-5223

Tuesday, Wednesday, Thursday: 9:00 a.m. to 2:30 p.m.

Monday Madness

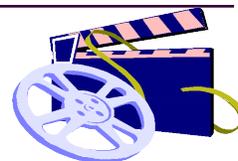
Join us on **Monday, February 3, 2020** for Breakfast catered by Renee's Café at 9:00 a.m. at the **Holland Street Center**. Seating is very limited, RSVP a must.

Following Breakfast the day will continue with Activity Stations*, "Jeopardy" & a Special Lunch. *Have your activity pass stamped from each station and receive a Goody Bag at the end of the day*

All of the above included in the price of **\$3** to be paid at time of reservation.

Please call 617-625-6600, ext. 2300 for more information

Movie and Pizza



Join us for a Movie & Pizza on **Tuesday, February 8th** at our **Ralph & Jenny Center** located at 9 New Washington Street. This month's movie is Driving Miss Daisy. A Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years.

The movie starts at 10:00 a.m. Pizza will be served following the movie. First come first serve. \$3 per person due at time of reservation. For more information please call 617-625-6600, ext. 2300.

Powers Music School

The Powers Music School is back. The Andromeda Brass Quintet will perform at our **Holland Street Center** in the Atrium on **Tuesday, February 11th** at 10:00 a.m. Lunch and Bingo will follow the performance.

To RSVP please call Josie at 617-625-6600, ext. 2300.

Powers
Music School

Computer Time

Would you like to learn how to use a computer? Maybe you would like to set up a social media account or two, such as email or Facebook? How about learning Microsoft Word or just have some free computer time. Well then, our new “Computer Time” is right for you.

Join us on ***Tuesdays from 12:30 p.m. to 2:00 p.m.*** at our ***Cross Street Center*** located at 165 Broadway. You must, however reserve space in advance.

For questions, additional information or to reserve your spot please call Maureen at 617-625-6600, ext. 2335.



Living YOUR Best Life

Enroll in the ***Living YOUR Best Life Course*** and learn how to become stronger and more resilient. This six week course will begin on ***Tuesday, March 10th and end on Tuesday, April 11th.***

The course will take place at our ***Holland Street Center*** starting at ***9:00 a.m.***

- √ Learn in depth knowledge about the 10 Tools for Resilience.
- √ Meet new and interesting people!
- √ Share your personal insights and learn new strategies from others!

To enroll, questions or additional information please contact Ashley at 617-625-6600, ext. 2318. Lunch will be served.



Memory Café February 13th

The Memory Café is a welcoming place for people with forgetfulness or other changes in their thinking and their family and friends. In this non-judgmental space we gather for dinner and to share stories and memories. Each month we have a special activity to which guest participate to the best of their ability. In January, we welcomed researchers from Charles River Analytics who are developing a robot to help those with memory decline stay safe while they are home alone. If you would like to join the Memory Café please contact Ashley at 617-625-6600, ext. 2318 to sign up.

Fit-4-Life Program

Since 2012, the Fit-4-Life exercise and nutrition program has been going strong and we always have room for new participants. Fit-4-Life meets twice a week with four different groups at the Holland Street Center and a multi-cultural group at our Cross Street Center. Each class focuses on older adult cardio, strength, flexibility and balance with all participants working at their own pace. So if you are looking for a fun and social exercise class or to build some strength, try out the Fit-4-Life exercise and nutrition program. For more information including class times and cost, please contact Chris at 617-625-6600, ext. 2300.

Conquer your Clutter

As Spring fast approaches, do you find yourself thinking about all of the extra stuff in your home? Spring cleaning can be harder for some of us, but you don't have to do it alone. The de-cluttering support group is here to assist you as you tackle extra clutter. If you are someone who needs support while deciding to get rid of old baseball cards, books or baby clothes; we can support you on your journey to a cleaner home and a happier you. Don't hesitate to call Natasha at 617-625-6600, ext. 2317 to find out more about our 7 week program to help you conquer your clutter.

Caregiver's Group: An Educational Series for those who live Independently

As we grow older we often find ourselves living alone and caring for ourselves. A new series for the independent caregiver will focus on how to become a self-sufficient caregiver to ourselves. Topics will include: how to arrange for homecare services, important documents to complete and compile as you age, and home management. The series will run *every Thursday in February* from 9:30 a.m. to 10:30 a.m. Please call Ashley at 617-625-6600, ext. 2318 for additional information.

Did you Know...

In Ireland and Britain, it is a tradition that women may propose marriage only in leap years. While it has been claimed that the tradition was initiated by Saint Patrick or Brigid of Kildare in 5th century Ireland, this is dubious, as the tradition has not been attested before the 19th century. Supposedly, a 1288 law by Queen Margaret of Scotland required that fines be levied if a marriage proposal was refused by the man; compensation was deemed to be a pair of leather gloves, a single rose, £1 and a kiss. In some places the tradition was tightened to restricting female proposals to the modern leap day, February 29, or to the medieval leap day, February 24.

According to Felten: "A play from the turn of the 17th century, 'The Maydes Metamorphosis,' has it that 'this is leap year/women wear breeches.' A few hundred years later, breeches wouldn't do at all: Women looking to take advantage of their opportunity to pitch woo were expected to wear a scarlet petticoat — fair warning, if you will."

In Finland, the tradition is that if a man refuses a woman's proposal on leap day, he should buy her the fabrics for a skirt.

In France, since 1980, a satirical newspaper entitled *La Bougie du Sapeur* is published only on leap year, on February 29.

In Greece, marriage in a leap year is considered unlucky. One in five engaged couples in Greece will plan to avoid getting married in a leap year.

In February 1988 the town of Anthony in Texas, declared itself "leap year capital of the world", and an international leaping birthday club was started.



February 2020

Monday

Tuesday

Wednesday

Thursday

Friday

Calendar shows sample events for the month. Please contact the COA at 617-625-6600 ext. 2300 for information on all events.

<p>3</p> <p><i>Monday Madness</i> 9:00 a.m. <i>Food Stamp</i> 10:00 a.m. <i>Holland Street</i></p>	<p>4</p> <p><i>Men's Group</i> <i>Holland Street</i> 10:30 a.m.</p>	<p>5</p> <p><i>Arts & Crafts</i> <i>with Judy</i> <i>Ralph & Jenny</i> 9:30 a.m.</p>	<p>6</p> <p><i>Valentine's Super</i> <i>Bingo</i> <i>Cross Street</i> 10:00 a.m.</p>	<p>7</p> <p><i>Coffee,</i> <i>Conversation &</i> <i>Lunch</i> <i>Cross Street</i> 10:00 a.m.</p>
<p>10</p> <p><i>Valentine's Day</i> <i>Celebration</i> <i>Dilboy Post</i> 11:00 a.m.</p>	<p>11</p> <p><i>Powers Music</i> <i>School</i> <i>Holland Street</i> 10:00 a.m.</p>	<p>12</p> <p><i>Ristorante Fiore</i> <i>North End</i> <i>Pick up at</i> <i>Ralph & Jenny</i> 10:45 a.m.</p>	<p>13</p> <p><i>Caregivers Series</i> <i>Holland Street</i> 9:30 a.m.</p>	<p>14</p> <p><i>Fit-4-Life</i> <i>Holland Street</i> 9:00 a.m. & 10:00 a.m.</p>
<p>17</p> <p><i>All Centers/ Offices Closed</i></p>	<p>18</p> <p><i>Movie & Pizza</i> <i>Ralph & Jenny</i> 10:00 a.m.</p>	<p>19</p> <p><i>Bowling</i> <i>Flatbreads</i> <i>Davis Square</i> 9:00 a.m.</p>	<p>20</p> <p><i>Line Dancing</i> 10:00 a.m. <i>Healthy Steps</i> 11:00 a.m. <i>Holland Street</i></p>	<p>21</p> <p><i>Book Club</i> <i>Holland Street</i> 10:00 a.m.</p>
<p>24</p> <p><i>Game Day</i> <i>Holland Street</i> 10:00 a.m.</p>	<p>25</p> <p><i>Coffee &</i> <i>Conversation</i> <i>Cross Street</i> 10:00 a.m.</p>	<p>26</p> <p><i>Fit-4-Life</i> <i>Holland Street</i> 9:00 a.m. & 10:00 a.m.</p>	<p>27</p> <p><i>Brown Bag</i> <i>Lunch & Bingo</i> <i>Ralph & Jenny</i> 9:00 a.m.</p>	<p>28</p> <p><i>Bingo & Lunch</i> <i>Holland Street</i> 10:30 a.m.</p>

Notice: Trips must be purchased at the time of reservation. Trips are non-refundable. Trip Policy and our Standards of Independence are posted at all centers. All participants are required to have an Emergency Contact Information Form filled out prior to the trip or activity. Some trips are funded through grants and are for Somerville residents only! Parking for overnight trips is allowed at the Ralph & Jenny Center only. To sign up for Council on Aging events or classes, please call 617-625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

Spotlight on ...



Julie Kaufmann

Julie has been teaching dance since 1991, focusing mostly on swing and country western partner and line dancing. She became a licensed and certified instructor for Healthy-Steps in 2005, motivated by reading an article about this dance class for women with breast cancer. She added to her teaching repertoire by becoming an instructor of self-defense for women in 2013.

For more information, see her website at www.jkdance.com. Or join her classes on the 1st and 3rd Thursdays at Holland Street for beginner line dance at 10:00 a.m. and Healthy Steps at 11:00 a.m.



City of Somerville

Council on Aging

167 Holland Street
Somerville, MA 02144
617-625-6600 ext. 2300
www.somervillema.gov/departments/health-and-human-services/council-aging



www.facebook.com/SomervilleCOA