



Holland Street  
Ralph & Jenny  
Cross Street

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City of Somerville

Council on Aging

# SCOA News

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

January 2020



## 2020 Resolutions



Another year has past and a new decade has begun! Every year, many of us make New Year Resolutions, yet, for various reasons, many of us fail to meet these resolutions. Sometimes our resolutions are too vague or unrealistic, sometimes we do not have the motivation to meet these goals. If you want to make and meet a resolution, try following these few helpful tips!

- 1) ***Be sure to bring your motivation:*** It is easy to make resolutions, especially those that seem popular. Yet, sometimes the thing that is most popular is not right for us. The less motivated that you are, the less likely you will meet a goal or resolution. Make sure your resolution is important to you and that you are motivated to achieve it.
- 2) ***Make the resolution as specific as you can:*** Resolutions that are vague can be hard to follow up. An example of a vague resolution is simply to do more activities. What are those activities? How often will that person do the activities? An example of a specific resolution is to attend bingo once a week. In this case, it is clear what the resolution is and the person can measure if and how often they are following up with that resolution.
- 3) ***Make sure the resolution is realistic and attainable for you:*** Not all resolutions can be achieved by everyone. Make sure the resolutions you make are ones that you can achieve.

***Happy New Year!***



## A Message From Our Mayor

Dear Friends,

Happy New Year, and welcome to 2020!

I am so fortunate to be able to kick off yet another year as Mayor of this incredible city. Somerville has been my lifelong home. It's where I attended elementary, middle and high school. It's where my wife and I are raising our four boys, who are becoming young men right before my eyes, and it's where I began my service to the community more than 20 years ago as an Alderman, and then mayor. I want to thank you for continuing to put your faith in me, and continuing to work alongside me as we live, work, play, and raise our families. Here's to another fantastic year.

As usual, the Council on Aging will kick off the year with some fantastic programs and events, like the Chinese New Year celebration, and "Living Your Best Life as an Elder," among so many other programs.

Happy New Year, and please stay safe and warm this winter!

Sincerely yours,

A handwritten signature in blue ink that reads "Joseph A. Curtatone". The signature is written in a cursive, flowing style.

Joseph A. Curtatone  
Mayor

### **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  
Brittany Orlando ▪ Social Worker Intern

### **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.

## Movie Day

Join us **Tuesday January 14th at 10:30 am** at the **Holland Street Center Atrium**, we will be showing **“Jack Frost”**. A father who can't keep his promises, dies in a car accident. One year later, he returns as a snowman, who has the final chance to put things right with his son, before he is gone forever.

The cost is **\$3 per person** for lunch  
Payment due at time of reservation

Pizza will be served after the movie  
To RSVP please call 617-625-6600 ext. 2300



## Living Your Best Life

**Tuesday, January 21st at 10:00 am** at the **Holland Street Center** we will be kicking off the **Living Your Best Life Resiliency Training**. Come join us as we celebrate receiving the grant and learn more about the program.

Lunch will follow.

Please call Josie at 617-625-6600 ext. 2300 to sign up.

## Chinese New Year Lunch & Bingo

Join us **Wednesday, January 29th, 2020** at our **Holland Street Center** for a Chinese New Year Lunch & Bingo Celebration

**10:30 am – 1:30 pm**

**\$12.00 per person** due at time of reservation

Price Includes: Lunch, Coffee, Dessert & Bingo

Come and have a fun filled day! Limited Seating and Transportation

To RSVP please call 617-623-6600 x 2300



## *Diabetic Shoe Clinic*

Did you know that if you have Medicare and diabetes, you may be eligible for a new pair of diabetic shoes each year? Please consider registering for the Diabetic Shoe clinic where you can be fitted for your own personal pair.

The clinic will be held ***Wednesday January 15th, 1:30 pm to 4:30 pm*** at the ***Holland Street Senior Center, 167 Holland Street.***

To sign up please call Natasha at 617-625-6600 ext. 2317. Appointments are scheduled for 10 minute intervals.



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## *Senior Center Happenings*

Come join us at one of our Senior Centers, we have many activities and events happening at our three locations.

The ***Holland Street Center*** at ***167 Holland Street*** is open ***Monday - Friday***. We serve lunch, have numerous exercise classes, various groups: men's, veteran's, caregivers group just to name a few. And of course we have bingo!

The ***Ralph & Jenny Center*** at ***9 New Washington Street*** is open ***Tuesday & Wednesday*** for Bingo and Lunch. The Brown Bag program will also be held on the last Thursday of the month unless noted otherwise.

For a complete list of what is offered at ***Holland Street/Ralph & Jenny Centers*** please call ***617-625-6600 ext. 2300.***

The ***Cross Street Center*** at ***165 Broadway*** is open ***Monday, Tuesday, Thursday*** and ***Friday***. Join us for Coffee and Conversation followed by Fit-4-Life Exercise class. Lunch is served daily. Tuesdays following lunch will we be holding ***Computer Classes*** from ***12:30 pm to 2:00 pm.***

For more information call Maureen at ***617-625-6600 ext. 2335.***



We hope to see you soon!

## *Health & Wellness*

2019 was a great year with all our Health and Wellness programs and we want to keep that going through 2020. Like every year, we want you to keep moving and we provide many programs to help. From our awarding winning Fit-4-Life program to our Health and Wellness Fair, we have a program to help you keep moving and staying healthy. Whether you want to gain strength or just socialize, January is a great time to start. For more information on any of our Health and Wellness programs or questions regarding older adult health and wellness, contact Chris at 617-625-6600 ext. 2315.

## *Winter Recipe*

A popular dish to survive New England winters is corn chowder. This soup based on corn and potatoes, both rich in vitamin C, contains several warming herbs including cumin, paprika, nutmeg and black pepper. A recipe for this hearty soup is provided below. Enjoy and be warm!!

### *Corn Chowder*

#### **INGREDIENTS:**

2 tablespoons olive oil or butter	3 cups fresh or frozen corn
¼ teaspoon cumin powder	3 cups water or stock
Pinch paprika	1 teaspoon salt
1 small onion, diced	1 cup heavy cream or non-dairy milk (such as soy, almond, or rice)
3 stalks celery, diced	Pinch nutmeg
1 leek, sliced	Black pepper to taste
4 cups potatoes, peeled and diced	1 teaspoon chopped chives or scallions for garnish (optional)



#### **DIRECTIONS:**

In a large soup pot, heat the olive oil or butter. Add the cumin and paprika and sauté spices for 30 seconds.

Add the onions, celery, and leeks, and sauté for a few minutes, until veggies are tender.

Add the potatoes, corn, and stock. Bring to a boil, add the salt, and simmer for 15 minutes, until potatoes are tender.

Using a hand or traditional blender, blend half of the soup and pour the blended soup back into the pot.

Add the cream or milk, nutmeg, and pepper. Simmer on medium-low heat until heated through. Garnish with chives or scallion, if using.

<https://kripalu.org/resources/kripalu-recipe-corn-chowder>

## *Park ODD During Snow Season 2019/2020*

As snow season approaches, the City of Somerville reminds all residents that because this winter season begins in an odd year, snow emergency parking is allowed is the odd side. The City's snow removal policy for public streets requires that residents park only on one designated side of the street during snow emergencies (unless otherwise posted). One-sided parking is needed to allow plows to push snow to the other side of the street to ensure safe passage for emergency vehicles and others. Any exceptions for designated streets will be posted with official roadside signage.

### ***No Parking in School Lots During Snow Emergencies***

As a reminder, ***parking is no longer allowed in school parking lots during snow emergencies***. Four hours after a snow emergency is called, gates to school parking lots will be closed and locked until the emergency is lifted. Additional off-street parking will still be available in other municipal parking lots such as the metered lots in business districts. A map of available municipal lots for snow emergency parking can be found at [www.somervillema.gov/snow](http://www.somervillema.gov/snow)

### ***Sign Up for City Alerts***

The city offers a free alert system, available for phone calls, emails, and text messages, to keep you in the loop in advance of snow emergencies as well as other important city information. If you are not already registered, you can sign up by visiting [www.somervillema.gov/alerts](http://www.somervillema.gov/alerts), or by calling 311 (617-666-3311 from outside the city).

### ***Please Pay Attention to Information Sources When Snow is Approaching***

The city announces snow emergencies in a number of ways, including but not limited to announcements to local and regional TV, radio, print, online, and social media news sources; alerts on the City's website [www.somervillema.gov](http://www.somervillema.gov); alerts via the 311 Somerville App; postings on the City's social media feeds including [www.fb.com/somervillecity](http://www.fb.com/somervillecity) and [@somervillecity](https://twitter.com/somervillecity) on Twitter; alerts on City Cable TV (Comcast Ch. 22, RCN Ch. 13 & Ch. 613); and flashing blue lights at major intersections.

### ***Snow Emergency Parking Information***

- Once a snow emergency has been declared, residents have four hours to move vehicles to the correct side of the street, or into a designated municipal parking lot.
- Vehicles not moved during this window of time may be ticketed (\$100 fine) and towed (\$100 fine assessed by the tow company).
- Vehicles parked within 20 feet of any intersection may be ticketed and towed.



# January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar shows sample events for the month. Please contact the COA at 617-625-6600 ext. 2300 for information on all events.</p>		<p><b>1</b> <i>New Years Day All Centers/ Offices Closed</i></p>	<p><b>2</b> <i>Bingo &amp; Lunch Holland Street 10:30 a.m.</i></p>	<p><b>3</b> <i>Coffee, Conversation Cross Street 10:00 a.m.</i></p>
<p><b>6</b> <i>Fit-4-Life Holland Street 1:00 p.m.</i></p>	<p><b>7</b> <i>Men's Group Holland Street 10:30 a.m.</i></p>	<p><b>8</b> <i>Bowling Flatbreads – Davis Square 9:00 a.m.</i></p>	<p><b>9</b> <i>Coffee &amp; Conversation Cross Street 10:00 a.m.</i></p>	<p><b>10</b> <i>Bingo &amp; Lunch Holland Street 10:30 a.m.</i></p>
<p><b>13</b> <i>Coffee &amp; Conversation Cross Street 10:00 a.m.</i></p>	<p><b>14</b> <i>Movie Day Holland Street 10:30 a.m.</i></p>	<p><b>15</b> <i>Diabetic Shoe Clinic Holland Street</i></p>	<p><b>16</b> <i>Fit-4-Life LBT Holland Street 6:00 p.m.</i></p>	<p><b>17</b> <i>Book Club Holland Street 10:00 a.m.</i></p>
<p><b>20</b> <i>Martin Luther King Day All Centers/Offices Closed</i></p>	<p><b>21</b> <i>Living Your Best Life Holland Street 10:00 a.m.</i></p>	<p><b>22</b> <i>Fit-4-Life Holland Street 9:00 a.m. 10:00 a.m. 1:00 p.m.</i></p>	<p><b>23</b> <i>Brown Bag Lunch &amp; Bingo Ralph &amp; Jenny 8:30 a.m.</i></p>	<p><b>24</b> <i>Bingo &amp; Lunch Holland Street 10:30 a.m.</i></p>
<p><b>27</b> <i>Veteran's Group Holland Street 9:30 a.m.</i></p>	<p><b>28</b> <i>Computer Classes Cross Street 12:30 p.m.</i></p>	<p><b>29</b> <i>Chinese New Year Lunch &amp; Bingo Holland Street 10:00 a.m.</i></p>	<p><b>30</b> <i>Bingo &amp; Lunch Holland Street 10:30 a.m.</i></p>	<p><b>31</b> <i>Fit-4-Life Holland Street 9:00 a.m. &amp; 10:00 a.m.</i></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 ...*



*A few Rotary Club members volunteering with us at Red Sox*

### ***Somerville Rotary Club***

The Somerville Rotary Club is one of our Community Volunteer Groups. They witnessed first hand how many seniors we serve when they joined us for the Mayors Annual Picnic. Since then they've lent a helping hand at many of our Dances and Events at the Dilboy Post. We look forward to our continued collaboration with the Somerville Rotary Club.

We appreciated all that our volunteers do.

Thank you!



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](http://www.somervillema.gov/departments/health-and-human-services/council-aging)



[www.facebook.com/SomervilleCOA](https://www.facebook.com/SomervilleCOA)