



City of Somerville

July 2020

Council on Aging News

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

Executive Director

Cindy L. Hickey
chickey@somervillema.gov
617-325-6600 ext. 2310

Staff

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

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

Ashley Speliotis ▪
LICSW Social Worker
aspelotis@somervillema.gov
617-625-6600 ext. 2318

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

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

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

We Miss You and Can't Wait to Get Together Again!

Greetings Friends,

We hope you all are doing well and are able to enjoy some of this beautiful weather we have been having.

The COA is still fully operationally, though our locations may be different right now. You can still access our Social Service Programs like; Food Stamps, Food Applications, Health Insurance, Housing and more. Please reach out to Ashley or Natasha for more information at 617-625-6600 ext. 2318 or ext. 2317

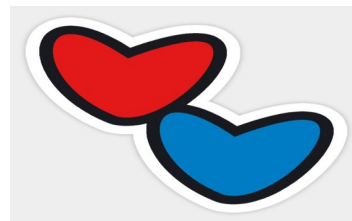
As we wait patiently, or try to wait patiently for programming and activities to resume, the staff at the COA are working on new and creative ways to stay connected with you.

If you know of someone who doesn't receive our newsletter or our email updates please share the information below with them.

Please contact Debby at dhiggins@somervillema.gov or 617-625-6600 ext. 2321 to learn more about receiving our monthly mailings.

You can join our Google Email group by using this link:
<https://groups.google.com/group/somerville-council-on-aging>

You can also follow us on [Facebook.com/SomervilleCOA](https://www.facebook.com/SomervilleCOA)



Health & Wellness Corner



Spending more time outdoors means hearing the laughter of family and friends, smelling everyone's grills and building up an appetite, as well as feeling those warm rays of sunshine hit your face and body. Here are a few safety tips to remember to stay safe during the summer months.

Hydrate: Be sure to always have a bottle of water with you whenever you are outside or going for drives. Staying hydrated is most important in summer months because you don't realize how much water you sweat off while enjoying the beautiful sunshine.

Protect yourself: If you're going to be enjoying the sunshine make sure your skin and eyes are protected. Use sunblock that's SPF30 or above that protects against UVA and UVB rays. Don't forget to protect your eyes with glasses or hat. Wearing loose fitting and light fabrics when possible to avoid direct sunlight will also help keep you safe.

Stay connected: Let friends and family know if you'll be spending an extended period of time outdoors. Gardening, reading, or enjoying a good walk down by the river can be more exhausting than you think. Be sure to check in with family and friend frequently so they know where you are.

Enjoying the warm weather and sunshine is exactly what we all need to re-energize and reboot, let's just do it safely!

Sara Harris, MSN-RN - Public Health Nurse Manager– City of Somerville



A picnic is a great way to enjoy the summer, eat some healthy summer food and relax. Even with social distancing, a picnic can be a great way to spend time with a friend and bring a smile to your face. This summer look for a place outside where you and a friend can bring your own food, sit at a distance, and enjoy each other's company and remember, try to pack some healthy snacks. A peach, some fresh strawberries, carrots, a whole wheat bread sandwich and maybe a slice of watermelon are all wonderful foods to make it feel like summer. Even if it's for 20 minutes, a socially distanced picnic can do wonders for your spirits and mental health.

Social Workers Corner

Clutter Busting 101

It is easy to accumulate items but often harder to organize and get rid of some of them. Clutter can take over parts of our home and it may feel overwhelming to deal with all of that clutter. Here are some helpful tips to make taking care of clutter easier to manage and control.

Take Time to Bust Clutter Before it Starts

Take a few moments to place clothes in their proper place, to re-shelve books we take out and to deal with our dishes now rather than later. You'll be surprised at how much time you'll save by putting things away now rather than later.

Set a Timer Every Day

De-cluttering is like a muscle, if we work it too hard without warming up we risk losing our momentum to de-clutter. Set a time for ten minutes a day and focus on one area. Once you feel confident, you can set the time to fifteen or even twenty minutes. Decluttering is a marathon, not a sprint; you have to pace yourself in order to succeed.

Fix it or Ditch it

If you have a coat that's missing a button or a mug with a broken handle, give yourself a deadline to fix those objects and stick to it. Place a sticky note on the object with the deadline and if that deadline passes, throw it away.

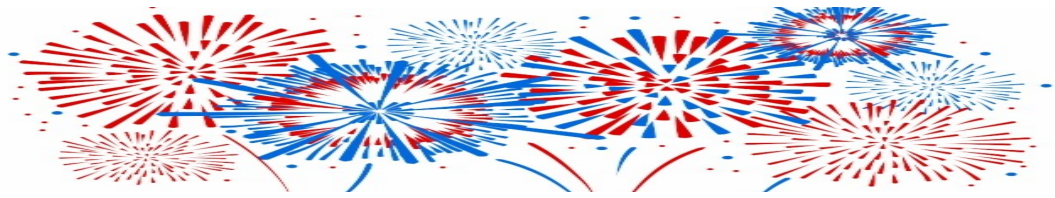
Everything should be a Favorite

Perhaps it is time that we only keep our favorite things? Think about your possessions, especially dishes, clothes, books and even furniture, do all of these items have a place in your home? Letting go of some of the items that don't make you feel great can improve your home and even improve your mood.

Get Excited about Cleaning

Instead of viewing cleaning as a boring and dull task, try thinking of it as a step in achieving your dream home. The act of cleaning and decluttering is a way to transform our homes and also our lives for the better.





*Summer in the City is looking a little different this year.
Here are a few pictures from prior years Fireworks.*

