



City of Somerville

Council on Aging

SCOA News

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

March 2019

Holland Street
Ralph & Jenny
Cross Street

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Blood Pressure Screening

Has your doctor ever told you to monitor your blood pressure? To get it checked at least once a week or once a month? Well I'm here to help!

My name is *Sara Harris* and I am the *Public Health Nurse Manager* for the City of Somerville. Once a week on Thursday's I travel to each of the Council on Aging Centers to do blood pressures for the seniors. Along with getting your blood pressure done I also check your pulse and oxygen saturation and give you a log book for you to keep information in so your doctor can see it at your next visit. I also distribute Senior Health Books that not only give you tips on how to remain healthy as you age, and what a healthy blood pressure is, but it also allows you to keep track of medications, vaccines, doctor's appointments and more, and fits easily in your bag.

Please join me at the Holland Street, Cross Street or Ralph & Jenny Centers at the times and dates listed below to get your blood pressure checked and let me know how else I can support the seniors in Somerville.

Holland Street 11:30am-12:30pm
March 7th, April 4th, May 2nd and June 6th

Cross Street 10:30am-11:30am
March 14th, April 11th, May 23rd and June 13th

Ralph and Jenny 11:30am-12:30pm
March 21st, April 18th, May 16th and June 20th

If you can't make it to a blood pressure clinic, but still want to have your blood pressure checked, please set up an appointment with me by calling 617-625-6600 x4320 or emailing at

sharris@somervillema.gov



A Message From Our Mayor

Dear Friends,

Welcome to March! I don't want to jinx it, but the relatively mild winter we've had makes it hard to forget that spring is right around the corner.

As we move into spring, I want to remind you about an important upcoming deadline. April 1 is the last day you can apply for residential and other exemptions on your property tax bill. Along with exemptions, we offer the senior tax work-off program as well as options for those facing extreme hardship in paying their bill. If you're struggling with your property tax bill it's worth it to see what you might qualify for. You can call Tax Assistant Janneke Donovan at 617-625-6600 ext. 3522 for assistance or talk to staff at the Council on Aging.

On a less serious note, I want to remind you about the upcoming St. Patrick's Day Celebration at the Dilboy Post on March 14. Because there is limited seating and we need to plan for transportation you'll want to sign up for this event early. You can find out more by calling Connie at 617-625-6600 ext. 2300 or speaking with other Council on Aging staff.

As we move through March, keep an eye out for announcements of upcoming spring and summer activities both at the Council on Aging and around Somerville with the Arts Council. There will be some fun opportunities to enjoy free entertainment and explore the city coming up that you won't want to miss.

Sincerely Yours,

A handwritten signature in blue ink that reads "Joseph A. Curtatone". The signature is written in a cursive 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
Judy Calvey ▪ Holland St./Ralph & Jenny Director
Josephine Raczkowski ▪ Administrative Assistant

Board

Suzanne Rinfret ▪ Chair
Roseanne Bent ▪ Vice Chair
Cheryl Horan ▪ Liaison to the Director
Louis Favreau
Eddie Abate
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: 9:00 a.m. to 1:00 p.m.

Thursday: 9:00 a.m. to 3:00 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.

Cribbage

Come join your friends at the Holland Street Center on Mondays from 10:30 am – 11:30 am to play cribbage.

Lunch will be served at 11:45 am.

Please call Josie at 617-625-6600 ext. 2300 to sign up and join the fun.

Dollar Days at the Movies

On Tuesday, March 26th at 12:00 p.m. at the Somerville Theatre in Davis Square Mamma Mia Here We Go Again will be playing.

Five years after the events of Mamma Mia!, Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

Doors do not open until 11:30 a.m. the cost is \$1 per person for the movie paid to the theatre. They will have the refreshment stand open to make purchases on your own.

For more information or to RSVP call Josie at 617-625-6600 ext. 2300.

World War II Letters

Come join Corinne H. Smith as she presents WWII Letters.

Tuesday, March 19th at 10:30 a.m. at our Holland Street Senior Center located at 167 Holland Street.

Corinne's mother joined the U.S. Cadet Nurse Corps program in 1944 at the University of Pennsylvania. During study hours she wrote to soldiers who were either friends of her and her family, or friends/relatives of her new college classmates. What Corinne has here were the men's responses.

Special Lunch will follow \$2 per person.

For more information please call 617-625-6600 ext. 2300.

Be Like Charlie, Use the T

Come to the COA for a fun day of exploring how to access public transportation. The day will begin with a Fun Walk starting at 10:00 a.m. to find local bus and subway stations close to the Holland Street Center. Walkers will be divided into groups for a gentle walk to the closest bus stop or for a stroll to Davis Square Subway Station. Lunch and Bingo will follow at 11:30 a.m. While you are enjoying the day make sure to see our Social Workers who will be running a Senior Charlie Card Booth from 10:00 a.m.-12:00 p.m. If you are 65 or older, have never applied for a Senior Charlie Card in the past, and have a valid Massachusetts State ID or Drivers' License, you will be eligible. By having a Senior Charlie Card you will be able to ride the

De-Cluttering

Spring is a time for change and a change that you might be thinking of making is with your home. As we age, we tend to accumulate more stuff and as we age, the greater the risk is that the stuff we have may pose a health risk. While it's easy to acquire items, it's often harder to get rid of them. Especially with heirlooms, old photographs and clothes you just can't find anymore. If you've found it hard to part with items, The Somerville Council on Aging just might have a group for you. The De-cluttering support group is here to help you with de-cluttering items. In a supportive group with people going through the same process as you, you will learn tips and techniques to make de-cluttering less stressful and more manageable.

The Somerville Council on Aging is having a kick-off event on Monday, March 4th from 2:00 p.m. -3:00 p.m. To RSVP please call Natasha at 617-625-6600, ext. 2317. Please note the de-cluttering class is only open to Somerville residents 60 years or older. At the kick-off, the dates of the class will be announced as well.

Current Events is Back!

Have you been waiting to discuss a topic? Looking for peers who will share your same conversation topics? Look no further than the Current Events group. After a long hiatus, the group is back with an even earlier start time for all of you early risers. From 9:30 a.m.-10:30 a.m., we will be discussing topics large and small. On the 3rd Thursdays of the month, we have dedicated this hour to talking about woman's interests; however you don't have to be a woman to participate. If you have any questions, please call Natasha at 617-625-6600 ext. 2317.

ENGAGE B

The Somerville Council on Aging and Tufts University are teaming up to start **ENGAGE for Brain Health (ENGAGE-B)**, a new 6 month research study that will take place at the Holland Street Senior Center! The goal of ENGAGE-B is to better understand how to preserve brain health, mobility, and ultimately the independence of older adults in the community setting.

Over the next few months, we will be looking for older adults between the ages of 60 and 89 years old who might be interested in participating in this study.

For more information on this study or to see if you would be eligible for the study, contact Chris Kowaleski for more information at (617) 625-6600, ext. 2300.

Yoga & Tai Chi

If you are looking for a low-impact and easy-to-follow paced program that will help with relaxation and stretching or something to help with your balance look no further than our yoga or tai chi programs at the Holland Street Center. Tai Chi is held on Mondays at 11:30 a.m. and yoga is held on Thursdays at 9:00 a.m. We would love to have you join. Contact Chris at 617-625-6600 ext. 2300 for more information and to sign up.

Healthy-Steps

Join us on Thursday afternoons from 12:30 p.m. to 1:30 p.m. at the Ralph and Jenny Center for the new Healthy Steps program. Lead by Julie Kaufman of Julie Kaufman Dancin', Healthy-Steps is a therapeutic, gentle, movement class for anyone who needs to get moving. The class is fun and easy to do, and no special physical abilities are required. For more information and to sign-up for the class, call Debby at 617-625-6600 ext. 2300. This class is free!



The Preakness Stakes

Join us as we travel to Baltimore, Maryland for The Preakness Stakes. Leaving on Thursday, May 16th and returning on Sunday, May 19th this 4 day / 3 night trip is sure to please.

\$719 per person double and \$969 per person single includes motor coach transportation, deluxe accommodations, 3 hotel breakfasts and 3 dinners at local restaurants. You also receive reserved concourse level seating for the race, a visit to Ft. McHenry and so much more. All taxes and gratuities included.

For questions, additional information or to reserve your spot please call Connie at 617-625-6600, ext. 2300.



Nutrition Fair

Save the Date!

Mark your calendar for the Annual Council on Aging **Nutrition Fair** on May 10th from 10:00 a.m. to 11:30 a.m. at the *NEW* Dilboy Post. There will be food demos, healthy eating tips, recipes, giveaways and much much more.

Join us for a healthy lunch and bingo after the fair. RSVP is a must.

If you have questions, need additional information or just want to reserve your spot, please call 617-625-6600. Ext. 2300.



March 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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

				1 <i>Fit-4-Life</i> 10:00 a.m.
4 <i>Breakfast at</i> <i>Renee's</i> 9:00 a.m.	5 <i>Coffee &</i> <i>Conversation at</i> <i>Cross Street</i> 10:00 a.m.	6 <i>Lunch with</i> <i>Judy</i>	7 <i>Current Events</i> 9:30 a.m.	8 <i>Lunch & Bingo</i> 10:45 a.m.
11 <i>Bereavement</i> <i>Group</i> 1:00 p.m.	12 <i>Tufts Tech</i> <i>Clinic</i> 10:30 a.m.	13 <i>AARP Tax</i> <i>Preparation</i>	14 <i>St. Patrick's</i> <i>Luncheon</i> <i>Dilboy Post</i> 11:00 a.m.	15 <i>Book Club</i> 10:00 a.m.
18 <i>President's Day</i> <i>All Centers</i> <i>Closed</i>	19 <i>Letters of World</i> <i>War II</i> 10:30 a.m.	20 <i>LGBTQ Lunch</i> 11:30 a.m.	21 <i>Community</i> <i>Assessment for</i> <i>Elderly</i> 1:00 p.m.	22 <i>Bring a Friend</i> <i>Coffee Hour</i> 8:30 am
25 <i>Singing with</i> <i>Bryan</i> 10:00 a.m.	26 <i>Mamma Mia 2</i> <i>Somerville</i> <i>Theater</i> 12:00 p.m.	27 <i>Bowling at</i> <i>Flatbreads</i>	28 <i>Brown Bag</i> <i>Program at</i> <i>Ralph & Jenny</i> 9:00 a.m.	29 <i>Spring Bingo</i> 10:30 am

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 Somerville Police & Fire Departments



A special thank you to the Somerville Fire and Police Departments for sponsoring our Valentine's Luncheon at the Dilboy Post last month. The seniors had a wonderful afternoon.

Many thanks to both departments for always keeping us informed and safe!



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



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