



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

March 2020

## *Senior SAFE Grant Awarded*

On Monday, January 20, 2020 the Somerville Fire Department responded to a Central Street address to investigate a fire alarm sounding. Upon arrival, firefighters discovered a carbon monoxide detector activated in the basement of the home. Using meters, firefighters detected elevated levels of carbon monoxide. A rotted vent pipe from the furnace to the chimney was discovered as the source of the hazard. Carbon monoxide is an odorless, colorless gas which can build up indoors and poison occupants who breathe it.

The carbon monoxide detector which alerted the elderly occupant to the elevated levels of carbon monoxide had been installed by Somerville firefighters in July, 2014. It was done as part of a combination of a federal and state grant program run in close collaboration with the Somerville Council on Aging. Over 200 homes occupied by elderly residents were visited by firefighters, inspected for fire safety and provided with smoke and carbon monoxide alarms which were installed free of charge.

The Somerville Fire Department continues to collaborate with the Somerville Council on Aging regarding fire safety for our senior residents. The Somerville Fire Department was recently awarded \$2,930.00 from the state as a Senior SAFE grant. Any Somerville senior resident in need of smoke or carbon monoxide detectors should contact Debby Higgins at the Council on Aging at 617-625-6600 x2321 or by email at [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

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## *Daylight Saving Time*



It's time to Spring Forward! Daylight Savings begins at **2:00 a.m.** on **Sunday, March 8th**. Before you go to bed on Saturday night don't forget to turn all of your clocks and watches ahead one hour! It is also a great time to check and replace the batteries in your smoke/ carbon monoxide detectors.



A Message  
From Our  
Mayor

Dear Friends,

As you're receiving this month's newsletter, we're just wrapping up early voting for the 2020 Presidential Primary Election. If you didn't have the chance to cast your ballot during early voting, the citywide primary election will be held on Tuesday, March 3. I encourage you to be sure your voice is heard. As always, every vote and every voice matters!

While we're on the topic of making sure your voice is heard, I want to take a moment to remind you that while we always have a jam packed events calendar, we also encourage every resident to stay involved in issues facing our community, and to help us shape our city's future. When we're constructing new parks, renovating roadways, or planning for new development, we want to be sure we have everyone's input. So keep an eye on our city calendar at [www.somervillema.gov](http://www.somervillema.gov), or sign up for one of our electronic newsletters for ways you can be involved in those processes and meetings.

In the near term, the COA has some great events and programs planned for the month of March, like the Monday Madness program and our annual St. Patrick's Day celebration. This month we're also very excited to announce a new partnership with restaurants in Davis Square as part of a monthly movie / lunch series. Check inside the newsletter for more details on that and much, much more.

All the Best,

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 Raczowski ▪ 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 Fun*

If you missed it, on Monday February 3<sup>rd</sup> we held the first Monday Madness event. The theme was “Heart Health”. The morning started off with a wonderful breakfast followed by healthy activities that included exercise, blood pressure, relay bingo and food stamp registration. Before lunch, participants enjoyed a few rounds of heart healthy trivia. If you missed this fun filled Monday Madness event, join us for the next one on **Monday, March 2nd at 9:00 a.m.** at our **Holland Street Center**. The theme will be a Gaelic Celebration. Starting with a catered breakfast from Renee’s Café followed by Leprechaun Magic & Activities. A special lunch will be served.

Seating is limited and you **must RSVP. \$3** to be paid at time of reservation. Bingo to follow. Please call 617-625-6600 ext. 2300 for more information.



## *A Day in Davis Square*

Join us on **Tuesday, March 24th** at 12:00 pm at the Somerville Theatre for the showing of *Bohemian Rhapsody* ( The story of the legendary British rock band Queen and lead singer Freddie Mercury.) Doors will open at 11:30 am.

Cost for the movie is **\$1 paid directly to the Theatre.**

Following the movie we will be enjoying lunch at **The Foundry Restaurant** with your choice of Chicken, Fish or Pasta (vegetarian) meal.

Cost is **\$15 per person paid at time of reservation. RSVP a must.**

For more information or to **RSVP** call 617-625-6600, ext. 2300.



## *De-Cluttering*

### *You've got mail-now what?*

It's easy for mail to pile up and add clutter into our lives. If you find yourself with credit card offers, ads for local shops, bill and other sorts of mail, it's important to keep in all in one place. Designate one part of your home for mail. Many people recommend having a small table by the door so that the mail can be dealt with easily without it spending too much time in the home. If you received credit card offers and other mail with personal details in them, think about either shredding it or concealing the important information when you dispose of it.

### *If everything has a space, nothing should be out of place*

Have you ever needed an item and not been able to find it? Whether it is a pair of scissors or stamps, the average person spends hours looking for lost items. If it's something that can be replaced, the average person can spending thousands of dollars over a lifetime on replacing items only to find that hammer in a cluttered drawer later on. Save time and money by assigning a place for everything in your home. Start small with cabinets and work your way around the room. Worried that you'll forget what's in a drawer? Simply place a sticky note so you know what goes where. It may be hard at first, but when you're able to wrap a relative's gift with ease, you'll be glad you stuck to a new system.

### *There's no time like the present*

A great way to kick clutter to the curb is to stop putting off chores. Dealing with laundry now saves you from folding and putting away clothes later. Doing dishes sooner saves the elbow grease of trying to tackle food that has been stuck on for days. Are you convinced that you don't have the time? Take a timer and see how long it takes to wipe down your counters and complete other chores. You'll be amazed that it doesn't take nearly as much time as you think. With this in mind, you'll be less inclined to think that tomorrow sounds better. Give your future self a gift and do your chores sooner rather than later.

## *Did you know .....*

### *March is Women's History Month*

Here are some examples of women throughout history who have made a huge impact in their respective fields and causes.

***Elizabeth Cady Stanton (November 12, 1815 – October 26, 1902):*** Stanton was a women's rights advocate who was one of the leaders in the women's rights movement in the 1800's. In 1848, she alongside other women helped form the first women's convention at Seneca Falls in New York. She and Susan B. Anthony, another leader in the movement, founded National Woman Suffrage Association (NWSA) in 1869. Women did not get the right to vote until August 18, 1920, 17 years after Stanton's death. However, her efforts helped pass the 19<sup>th</sup> amendment, which is women's suffrage.

***Jane Addams (September 6, 1860 – May 21, 1935):*** She cofounded Hull House in Chicago, which was one of the first settlement houses in the United States. Settlement houses were buildings that provided services to immigrants and individuals of low income. She was a pioneer in the early stages of social work. In 1910, Addams become the first female president of the National Conference of Charities and Corrections which is now known as the National Conference of Social Work.

***Marie Curie (November 7, 1867 – July 4, 1934):*** Curie is one of the most famous scientists in history. She was from Poland, and with her husband discovered radium. Curie is the first woman to win a Nobel Prize. She also was the first person to win two Nobel prizes.

***Shirley Chisholm (November 30, 1924 – January 1, 2005):*** In 1968, she became the first black woman to be elected into Congress. She worked as a Congresswoman from 1969 to 1983 in New York. In 1972, she became the first black person to seek nomination for presidency from the two major political parties, Republican and Democratic Party.

***Sonia Sotomayor. (June 25, 1954):*** Unlike the other women on this list, Sotomayor is still living today. In 2009, she became the first Latina Supreme Court Justice in the United States.

## *Health & Wellness*

With winter almost behind us, now is the perfect time to start moving, and the Council on Aging is here to help you with a wide array of health & wellness activities that will keep you active and strong. You name it and there is a good chance we have it! And, if we don't offer it yet, we want to know what will make YOU move! Throughout the year, we have the following health and wellness activities:

- \*Fit-4-Life
- \*Tai-Chi
- \*Yoga
- \*Strengthening with Geoff
- \*Zumba
- \*Hiking
- \*Kayaking
- \*Biking
- \*Walking
- \*Tai Chi in the Park
- \*Yoga in the Park
- \*Nutrition

As you can see, we want you to keep moving and we are trying to provide you with a program to help you stay strong. If you are interested in any of our health and wellness programs please call Chris at 617-625-6600, ext. 2315.



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## *Nutrition Fair 2020*

### *Save the Date*

Join us on *Thursday, May 21st* from 10:00 a.m. to 11:30 a.m. for the Annual Council on Aging Nutrition Fair at the *VFW Dilboy Post*. A healthy lunch to follow at 11:30am. More information will be provided in next month's newsletter.

**RSVP will be a must.**

To reserve your spot now, please call 617-625-6600, ext. 2300.







# March 2020

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

<b>2</b> <b>Monday Madness</b> <b>Holland Street</b> <b>9:00 a.m.</b>	<b>3</b> <b>Holland Street</b> <b>Closed Primary</b> <b>Elections</b> <b>Cross Street</b> <b>Open</b>	<b>4</b> <b>Bowling</b> <b>Flatbreads</b> <b>Davis Square</b> <b>9:00 a.m.</b>	<b>5</b> <b>Line Dancing</b> <b>10:00 a.m.</b> <b>Healthy Steps</b> <b>11:00 a.m.</b> <b>Holland Street</b>	<b>6</b> <b>Coffee,</b> <b>Conversation &amp;</b> <b>Lunch</b> <b>Cross Street</b> <b>10:00 a.m.</b>
<b>9</b> <b>Watercolors with</b> <b>Linda Cohen</b> <b>Holland Street</b> <b>10:30 a.m.</b>	<b>10</b> <b>Computer</b> <b>Classes</b> <b>Cross Street</b> <b>12:30 p.m.</b>	<b>11</b> <b>Boston Flower</b> <b>&amp; Garden Show</b> <b>Seaport World</b> <b>Trade Center</b> <b>10:00 a.m.</b>	<b>12</b> <b>Bingo &amp; Lunch</b> <b>Holland Street</b> <b>10:30 a.m.</b>	<b>13</b> <b>Fit-4-Life</b> <b>Holland Street</b> <b>9:00 a.m.</b> <b>&amp;</b> <b>10:00 a.m.</b>
<b>16</b> <b>St. Patrick's Day</b> <b>Celebration</b> <b>Dilboy Post</b> <b>11:00 a.m.</b>	<b>17</b> <b>Living your Best</b> <b>Life</b> <b>Holland Street</b> <b>9:00 a.m.</b>	<b>18</b> <b>Fit-4-Life</b> <b>Holland Street</b> <b>9:00 a.m.</b> <b>10:00 a.m.</b> <b>1:00 p.m.</b>	<b>19</b> <b>Coffee,</b> <b>Conversation &amp;</b> <b>Lunch</b> <b>Cross Street</b> <b>10:00 a.m.</b>	<b>20</b> <b>Book Club</b> <b>Holland Street</b> <b>10:00 a.m.</b>
<b>23</b> <b>Singing with</b> <b>George Landers</b> <b>Holland Street</b> <b>9:00 a.m.</b>	<b>24</b> <b>Bohemian</b> <b>Rhapsody @</b> <b>Somerville Theatre</b> <b>&amp; Lunch @ The</b> <b>Foundry in Davis</b> <b>Square</b>	<b>25</b> <b>Bingo &amp; Lunch</b> <b>Holland Street</b> <b>10:30 a.m.</b>	<b>26</b> <b>Brown Bag</b> <b>Lunch &amp; Bingo</b> <b>Ralph &amp; Jenny</b> <b>9:00 a.m.</b> <b>Holland Street</b> <b>Closed</b>	<b>27</b> <b>Bingo &amp; Lunch</b> <b>Holland Street</b> <b>10:30 a.m.</b>
<b>30</b> <b>Foxwoods</b> <b>Pick up @</b> <b>Ralph &amp; Jenny</b> <b>7:00 a.m.</b>	<b>31</b> <b>Coffee,</b> <b>Conversation &amp;</b> <b>Lunch</b> <b>Cross Street</b> <b>10:00 a.m.</b>	<p style="text-align: center;"><b>Calendar shows just a sample of events for the month. Please contact the COA at 617-625-6600 ext. 2300 for information on all events.</b></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 ...*



Do you like to sing? We have the place for you. Come join George Landers on Monday mornings from 9:00 am to 10:00 am at the Holland Senior Street Center. No experience needed. George will lead the group in a weekly sing-along. George is a former employee of the city and well known DJ, who does a lot of events in the community and in senior buildings.



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)



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