Older American’s Month

May is Older American’s Month. Historically, Older American’s Month has been a time to acknowledge the contributions of past and current older persons of our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older American’s Month is celebrated across the country through ceremonies, events, luncheons and other such activities.

The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

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Nutrition Fair

Join us for our annual Nutrition Fair on **Thursday, May 9th** at the New Dilboy Post at 351 Summer Street, from 10:00 a.m. to 11:30 a.m. Lunch & Bingo will follow after the fair.

Please contact us at 617-625-6600, ext. 2300 for more information, if you have any questions, or to RSVP.

**Reminder - RSVP is required.**
Dear Friends,

Welcome to a very busy May! May is the beginning of Somerville’s outdoor festival season and we also mark several important events in May – Older Americans Month, Mother’s Day, and Memorial Day.

Somerville’s older residents contribute so much to our community, and it’s an honor to recognize that each May with a celebration and proclamation. And, of course, I want to point out all the programs and activities that the Council on Aging organizes to make sure older residents have opportunities to stay engaged, informed, and have some fun!

A few things to keep an out for in May include the Understanding Your Electric Bill and Scams workshop on May 2, the Nutrition Fair at the Dilboy Post on May 9, and Dollar Days at the Movies.

A few other upcoming events you may want to take note of are PorchFest on May 11, the 2019 Roll Call of Heroes Memorial Day Remembrance Ceremony on May 26, and Memorial on the Mystic: A Commonwealth Remembers Memorial Day concert and Fireworks Tribute on May 27.

As I said, these are just a few of the upcoming activities, celebrations, and events coming up. Inside this newsletter you’ll find much more information about what’s coming up at the Council on Aging and around the City.

Sincerely,

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
Caitlin McAfee ▪ Nutritionist
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: 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.
Older American’s Month Celebration

Come join the Somerville Council on Aging for our Older American’s Luncheon Celebration on Wednesday, May 1st at Dilboy Post located at 351 Summer Street, from 11:00 a.m. to 2:00 p.m.

Enjoy an afternoon of music, food and fun as we celebrate your contributions all for $5.

Limited seating and transportation. For more information or to RSVP please call Connie at 617-625-6600, ext. 2300.

Dollar Days at the Movies

Tuesday, May 21st at 12:00 p.m. Somerville Theatre Davis Square – Love Simon. Simon Spier keeps a huge secret from his family, his friends and all of his classmates: he's gay. When that secret is threatened, Simon must face everyone and come to terms with his identity. 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 please contact Josie or Vivian at 617-625-6600, ext. 2300.

Intergenerational Visits

The Prospect Hill Academy 1st Grade classes will be coming to entertain our seniors with stories, games and singing throughout the month of May at the Ralph & Jenny Senior Center. This is just another way to celebrate our seniors during Older Americans month. The children will be at joining us on May 7th, May 15th, May 29th and May 30th at 9:30 a.m.
Memories of Lost Ones

Memories of Lost Ones is back for another year. Nancy Duffy will be here on Tuesday, June 4th, from 10:00 a.m. to 11:30 a.m. She will lead an event celebrating the lives of people we have lost in the last year. The event will help us honor those who have left us and make sure that others know of the impact that they have had on our lives. Nancy Duffy is a bereavement counselor and specializes in concerns around grief, loss and the bereavement process. Together we can come together and help each other through the grieving process. To sign up for this event, please call Josie or Vivian at 617-625-6600 ext. 2300.

Charge Up Your Charlie Card

If you came to our Senior Charlie Card event in March you should have just received, or will soon be, receiving your Senior Charlie Card in the mail. On Tuesday, May 21st, the Social Workers will walk with you to Davis Square and will show you how to load money onto your card and then how to use your card to automatically pay the fare for your next ride. How much you add to your account is up to you; the senior discount fare is $1.25 for each subway ride and $0.85 for each bus ride. The Social Workers will leave the Holland Street Center at 10:30 a.m. on Tuesday, May 21st, to head to Davis Square. Please RSVP to Josie or Vivian at 617-625-6600, extension 2300.

Somerville Memory Café Moves to the Music

Steve Gintz, MA, MT-BC, visited the Memory Café last month. He inspired us to connect with one another as we moved and grooved to music from across the ages and genres. Steve led us in song and gentle movements, encouraged us to sing along and showed us how to shake rattle and roll musical egg shakers. Steve is a board-certified music therapist and mental health clinician and will be joining our group again on Thursday, May 9th, and Thursday, June 13th. If you or a loved one are experiencing cognitive decline and would like to join us at our monthly Memory Café, please call Ashley at 617-625-6600, extension 2318.
Health & Wellness

With winter almost behind us, now is the perfect time to start moving. The Somerville Council on Aging is here to help you with a wide array of health and 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:

* Yoga
* Tai Chi
* Fit-4-Life
* Walking Club

* Bike Club
* Nutrition Classes
* Hiking
* Healthy Steps

Did you know that walking is one of the best exercises you can do? It’s been shown that walking can help strengthen your heart, increase your energy and even, in some cases, help prevent dementia.

Starting, Monday, May 6th, the Walking Club will be walking from 9:00 a.m. to 10:00 a.m. and exploring areas in and around Somerville. Every week the club will take the COA bus to a new location and walk. The club is limited to 12 walkers, so sign up is a must. Contact Chris for more information or to sign up at 617-625-6600, ext. 2315.
Mohegan Sun

On Tuesday, May 14th we will be traveling to Mohegan Sun for the day. Check in times are 7:30 a.m. at the Holland Street Center and 8:00 a.m. at the Ralph & Jenny Center with an approximate return time of 7:00 p.m. $25 includes transportation, bonus package consisting of a $10 food coupon and a $10 free bet. To RSVP call Connie at 617-625-6600, ext. 2300.

New York City

Join us as we travel to New York City for the weekend of Saturday, June 1st to Monday, June 3rd. $315/pp double, and $458/single. Your 3 day, 2 night trip includes roundtrip motorcoach transportation, 2 nights deluxe accommodations at the Sheraton in Stamford, CT, 2 hotel breakfasts and a guided tour of New York City. You will have plenty of time to take in a play or a buggy ride.

Check in time is 6:45 a.m. at the Ralph and Jenny Center on Saturday, June 1st with an approximate return time of 4:00 p.m. on Monday, June 3rd. To RSVP please contact Connie at 617-625-6600, ext. 2300.

Mystery Trip

Join us on Monday, June 10th for “Destinations Unknown”.

$20 per person due at time of reservation. Price includes luxury air-conditioned motorcoach transportation, an activity and lunch.

Lunch choices are chicken picatta, Tuscan steak tips or baked scrod with cracker crust. All served with salad, rolls & butter, chef’s choice of potato, vegetable and dessert.

Don’t delay this trip will sell out fast.

Please call Connie at 617-625-6600, ext. 2300 to join in the mystery.
### May 2019

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**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.
Due to the generosity of Ian Judge, Director of Operations at the Somerville Theatre we get to enjoy our monthly Dollar Days at the Movies.

Since, March of 2018, the Somerville Theatre has opened its doors once a month for Dollar Days at the Movies. Letting our seniors enjoy a movie for just $1. Also, opening the concession stand just in case someone would like popcorn with that movie.