



City of Somerville

Council on Aging

SCOA News

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

May 2020

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A Note from the Mayor

The City of Somerville distributed over 4,000 masks to residents in senior living facilities throughout the city.

“Getting masks to our seniors was a top priority. Our older residents and those with underlying health conditions are especially vulnerable to COVID-19 and we must do what we can to help protect them. We are advising our seniors to wear these masks when in common areas or out in public to help protect their neighbors and ultimately themselves,” said Mayor Joseph A.

Curtatone. “I also want to thank our Council on Aging and Department of Public Works for their quick work in distributing these masks throughout the city.” Along with the masks, residents also received information about how to wear them safely, other COVID-19 safety precautions, and where to find resources and supports should they need them.

Stay Safe, Be Well

Do You Miss the COA Staff, because the COA Staff Sure Misses You!

We're in this Together



We will be hosting a community Q&A to be sure you have the information you need.

If you are thinking of something that you wished you knew the answer to, then another senior is thinking it too, so please ask the question.

You can submit questions to Chris Kowaleski at 617-625-6600 ext. 2315 or by email: ckowaleski@somervillema.gov
The deadline for questions is Tuesday, May 5th

We will then air the Q&A on our next Senior Circuit cable show.
We will try to answer as many questions as we can.

Social Workers Corner

Meditation at Home

Many people think the meditation is hard or difficult. Here at the Somerville Council on Aging we have made it easy to try meditation at home to allow for stress reduction and tranquility.

Step One: Get Comfortable

An important first step to start meditating is to find a place in your home that relaxes your mind. Choose a corner in your home free of clutter and things that remind you of all of the things on your to do list. Set up a comfortable chair and place your feet flatly on the ground. Make sure you are wearing comfortable clothing while you meditate, a wool sweater only gets itchier when you clear your mind.

Step Two: Find Some Music That Inspires Calm

A great way to quiet your mind is through music. You don't have to purchase a specific meditation CD; any soft classical music CD can serve as a nice substitute. Also, websites such as youtube.com has music you can listen to for free. Youtube.com even has guided meditations to help if you are new to meditating.

Step Three: Set a Time Limit

Make sure when you start meditating that you have a specific amount of time allotted for it. If you are a beginner, allotting as much as 5 minutes can be helpful in guiding your meditation. As you become more experienced with meditation feel free to add-on more time. Using an egg timer or an alarm helps with keeping the time

Step Four: When in Doubt, Breath In and Out

If you find yourself not knowing where to start with meditation, start with breathing. Focusing on deep breaths can help calm us down, even if we only do it for a moment. Focusing on our breaths is something that helps clear our minds of the worries and stress that come with every day.

Step Five: Be Kind to Yourself

When it comes to meditation, the importance lies in the time we take to care for ourselves and our minds. The first few times you meditate, you may find yourself worrying about things.



Health & Wellness

Health & Wellness-Nutrition Tip

Did you know that some foods and beverages can help promote feelings of calm and fight anxiety? There are many factors that can cause these feelings, but research has shown that certain foods and beverages can help. So if you are making your grocery shopping list for this week, try adding some of the following foods to your list.

Salmon (Omega-3 Fatty Acids)

Raw fruits and Vegetables

Yogurt

Walnuts (Good on Salad)

Whole Grains



Dark Chocolate

Peppermint tea

Milk

Oranges

Clementines

Spinach

Broccoli

Peppers

Strawberries

Now even though these foods can help with being calm and fighting anxiety, remember that there is not one cure-all. Along with diet, it is important to exercise, get regular sun light, meditate, and most important, turn off electronics.

May is Older Americans Month



When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended 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 Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. -www.acl.gov

*We look forward to celebrating you all in the near future!
Stay safe and well.*

“Beautiful young people are accidents of nature, But beautiful old people are works of art.” ~ Eleanor Roosevelt

“Age is a matter of feeling, not of years.” ~ George William Curtis

*“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”
~ Mark Twain*

“To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old.” ~ Oliver Wendell Holmes

