



Holland Street
Ralph & Jenny
Cross Street

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SCOA News

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

November 2019

2019 Veterans Expo and Family Day

Sunday November 3, 2019 1p.m. – 5p.m. Dilboy Stadium

Have you ever been to a STADIUM PARADE? Well now is your chance. This event will honor our Veterans and our military for their service to our country. There will be food, games for the kids, information for Veterans and a BIG SHOW in the stadium starting at 3pm. Make sure you mark your calendars now and plan to join us as we celebrate service.

2019 Heroes Salute Luncheon

Saturday November 9, 2019 11a.m.– 2p.m. Holiday Inn

Join us for our annual Salute to Service Awards Ceremony. We are excited to recognize our Veterans of the Year and induct several Veterans in to our City's Hall of Fame. This is a free event but you must register. Please call Bryan Bishop at 617-625-6600, ext. 4700 for more information.

Mayor Curtatone's

Annual Thanksgiving Dinner

Friday, November 8th at the Holiday Inn located at
30 Washington Street. Doors open at 3:45 p.m.

Dinner will be served at 4:00 p.m.

If you would like to attend the dinner please call Josie at 617-625-6600 ext. 2300. If you sign up but are unable to attend, please let us know as we have a waiting list for this event.



A Message From Our Mayor

Dear Friends,

We're winding down on another fantastic year. As always, it's been an honor and a privilege to work for you and with you to make Somerville a great place to live, work, play and raise a family. Thank you for your support of and your participation in our events and programs.

To that end, let's dive right in to what's coming up this month.

Just around the corner, as we prepare to honor our Veterans on Veterans Day, we have a series of events and commemorations like the Heroes Salute, and our Annual Mayor's Thanksgiving Dinner for our Veterans and Seniors at the Holiday Inn on Friday November 8th. RSVPS are a must. We will be traveling to the Wrentham Outlets for some holiday shopping on Sunday November 10th.

I would like to also take this opportunity to wish you and your families a Happy Thanksgiving.

Sincerely yours,

A handwritten signature in blue ink that reads "Joseph A. Curtatone". The signature is written in a cursive, flowing 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

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.

Census 2020

Come join Carly Bari, Partnership Specialist from the U.S. Census Bureau

Tuesday, November 12th, 2019 10:00 a.m. at the Holland Street Center

Learn why it is so important to respond to the 2020 Census that will be mailed to your home.

Lunch and Bingo will follow

For more information or to join us please call Josie at
617-625-6600 ext. 2300



Dollar Days at the Movies

Tuesday, November 19th at 12:00 p.m. at the Somerville Theatre in Davis Square

This month's movie is **A Dog's Journey**

Bailey is a dog that has grown old through the years who makes a promise to his owner that he will find and protect his granddaughter no matter what.

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

Holiday Bazaar

Save the Date

Don't forget to stop by our Annual Holiday Bazaar on
Thursday and Friday, December 12th and 13th from 10:00 a.m. to 1:00 p.m.
at the Holland Street Senior Center.

Come and enjoy homemade goodies, raffles, and more.



Caregivers Support Series

Join our Caregivers Support Series from **4:30 p.m. to 5:30 p.m.** on the following **Thursdays** at our Holland Street Center. The series is led by Ashley Speliotis, LICSW.

Nov. 7th – Activities you can do together

Nov. 14th – Attend a Memory Café

Nov. 21st – Coping with the holidays and having honest discussions with family and friends.

Light Refreshments will be served

To reserve your spot please call Ashley at 617-625-6600, ext. 2318.

Preventing Unwanted Tenants: Winter Rodents

As we approach the end of another hot summer, many of us are preparing to spend the cool months indoors. Now is also the time to be sure that rodents don't try to move inside as well. The beginning of fall is a good time to take a look at your yard and home and make some changes before rodents try to move in.

They try to dig in places that aren't easily visible, so it's important to remove anything that blocks your view of the ground to help prevent them from burrowing. Remove any clutter in the yard, especially anything that is stored on exposed grass or dirt. Porches or stairs that are open underneath also provide the perfect places for rats to hide a burrow, so consider installing physical barriers to prevent digging if necessary.

Rats can fit through holes that are half an inch wide and mice can fit through holes that are even smaller than that – a quarter of an inch wide, or about the size of a dime. Common places to look for rodent entry points include gaps around utility lines or vents going into the house, basement windows and first floor doors, drains in basement floors, and cracks in the exterior foundation.

The best way to prevent rat activity is to understand their behaviors and be strategic with your actions. Inspecting and sealing up your property before the winter will save you both the stress and the cost of extermination down the road.

For more information or other rodent prevention tips, go to somervillema.gov/rodentcontrol. To learn more about the free extermination services offered by the city and to see if you qualify, call 311.

Fuel Assistance Program

If you live in Somerville or Cambridge and need help with paying for heating during the winter, you may be eligible for the Fuel Assistance Program.

The Fuel Assistance Program is a federally funded program that runs from **November 1st to April 30th**. This program is for any family or individual who pays for heat in their home and meets the program's income qualification. This program is for both homeowners and renters.

In order to apply for this program, new applicants should call the Fuel Assistance office at **617-349-6252** during the middle of October. This office is located at 51 Inman Street in Cambridge. During that phone call, a receptionist will ask the applicant questions about their housing and income. The receptionist will also schedule an appointment at the office. If an applicant is unable to come to the office, accommodations can be made.

After the appointment and application is completed, the applicant will find out if they are eligible or not to receive assistance. If an applicant is denied, they have the right to appeal. Individuals and families that have received help through the Fuel Assistance Program in the past still need to complete an application each year.

The Fuel Assistance office also helps families and individuals in the cases of no heat or in other emergency cases. If a family or an individual has no heat, a 72 hour shut-off notice on utility, or less than 1/8 of tank of oil, they will be given an appointment on the day they call the office. The applicant still needs to complete the application, and they may or not be eligible to receive the services if they do not meet the qualifications.

If interested in the Fuel Assistance Program and you are a resident of Somerville or Cambridge, call the Fuel Assistance office at 617-349-6252.

**This office is part of the Department of Human Service Programs at
51 Inman St., Cambridge, MA 02139.**

Health & Wellness Fair

Our Annual Health and Wellness Fair that was held on October 17th was a great success. The Fair attracted well over 100 participants as well as many vendors from the area. Vendors offered services such as blood pressure screenings, flu shots and healthy living tips. The event was a huge success and a fun, social time to learn about health and wellness.

We hope to see everyone at the 2020 Annual Nutrition Fair in the spring.

Walking Club

Even though it's November, we still have plenty of nice weather and there is nothing like taking a walk in the fall. As long as the weather is nice, the walking club plans to take as many walks as possible this November and December.

Please join us on Monday's at 9:00 a.m. at the Holland Street Center for a 45 minute walk and enjoy the fall weather.

For more information on the Walking Club, contact Chris
at 617-625-6600 ext. 2300.



Daylight Savings Time

It's time to Fall Back! Daylight Savings Time ends at 2:00 a.m. on **Sunday, November 3rd**. Before you go to bed on Saturday night don't forget to turn all of your clocks and watches back one hour! It may be getting darker earlier but the good news is we gain an hour sleep.

It is also a great time to check and replace the batteries in your smoke/carbon monoxide detectors. If you need a smoke detector, there are free and limited smoke detector available for Somerville residents 60 years of age and older. For more information please call Debby at 617-625-6600 ext. 2321.



November 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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

1
Bingo & Lunch
10:30 a.m.
Holland Street

4
Paint Day
10:00 a.m.
Holland Street

5
All Centers
Closed
Elections

6
Bowling
9:00 a.m.
Bowl Haven at
Flatbreads

7
Bingo & Lunch
10:30 a.m.
Holland Street

8
Fit-4-Life
8:45a.m. &
10:00 a.m.
Holland Street

11
All Centers
Closed
Veterans Day

12
Census 2020
10:00 a.m.
Holland Street

13
Fit-4-Life
9:00 a.m. &
10:00 a.m.
Holland Street

14
Caregivers
4:30 p.m.
Holland Street

15
Book Club
10:00 a.m.
Holland Street

18
MGM Casino
&Golden Corral
Buffet & Grill

19
Movie @
Somerville
Theatre
A Dog's Journey
12:00 p.m.

20
Mamma Mia
Norwood
Theater

21
Brown Bag
Bingo & Lunch
Ralph & Jenny

22
Bingo & Lunch
10:30 a.m.
Holland Street

25
Lunch Only
Holland Street

26
Lunch Only
Holland Street

27
Lunch Only
Holland Street

28
All Centers
Closed
Thanksgiving

29
All Centers Closed

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 ...



November is a month to celebrate our Veterans.

We would like to thank all the Men and Women who have served and sacrificed so much for this country. This includes Veterans of WWII, Korean War, Vietnam and Desert Storm. The difference between Veterans Day and Memorial Day, is in May we memorialize our Veterans and November we celebrate our Veterans.

“All Gave Some, Some Gave All”



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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