



Holland Street  
Ralph & Jenny  
Cross Street

### Inside this issue

Message From 2  
Our Mayor

Programming 3

Social 4  
Services

Health & 5  
Wellness

Nutrition 6

Calendar 7

Spotlight On 8

City of Somerville

Council on Aging

# SCOA News

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

October 2019

## *Mayor's Annual Thanksgiving Dinner*

Join us for Mayor Curtatone's Annual Thanksgiving Dinner on **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.

---

## *New Caregiver Support Series*

AARP Massachusetts reports that there are over 844,000 residents in Massachusetts whom are providing care for a loved one. To help aging parents, spouses and loved ones remain at home, family members are providing assistance with everything from bathing and dressing to managing finances and home repairs. Sometimes caring for a loved one can seem like a never ending roller coaster ride, or it can seem like taking on a new job that you have little experience for. While every experience is unique, please remember that you are not alone. The Somerville Council on Aging is presenting a new 6 week series which will provide a variety of practical information such as tips on nutrition, bathing and dressing and coping with the holidays. The group will also allow time for supportive conversation where you can share your story and learn from and support others as they navigate the complex role of caregiver.

The Caregiver's Support Series will be held every **Thursday** from **October 17th—November 21st** from **4:30 PM- 6:00 PM** at the Holland Street Center. Please call Ashley at ext. 2318 to sign up.



## A Message From Our Mayor

Dear Friends,

It seems impossible, but somehow we're already back in the full swing of autumn and we're looking ahead to the 2019 holiday season, and the dreaded snow season. But first, let's talk about the more uplifting items on the horizon.

Coming up this month the COA will host the annual Halloween Dance on October 31<sup>st</sup>, so make sure you've got your costume cleaned and ready to go! Looking ahead to November I also want to remind you to get your tickets early for the annual (early) Thanksgiving Dinner on November 8, and mark your calendars for the City's Veteran's Day ceremonies that weekend as well.

Also this month, join the COA on October 17 for the Health Fair and learn about important wellness updates, programs, and of course some giveaways. While we're on the topic of health, remember that as we get into the winter months, the City offers free flu shots while supplies last. Stay in contact with the COA for dates and details of flu clinics.

Before I sign off for this month, I also want to issue a friendly reminder to get out and VOTE on Election Day, November 5.

Until next month,

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  
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.

## ***Dollar Days at the Movies***

Join us on **Tuesday, October 22<sup>nd</sup>** for Dollar Days at the Movies at the Somerville Theatre in Davis Square.

This month's movie is POMS. POMS is a comedy about a group of women who form a cheerleading squad at their retirement community, providing that you're never too old to "bring it!"

Door open at 11:30 a.m., movie starts at **12:00 p.m.** and the cost is \$1 per person payable to the theatre. They will have the refreshment stand open to make purchases on your own.

To sign up please call Josie at 617-625-6600, ext. 2300.

## ***Finances 50+ Workshop***

Join us for the AARP Finances 50+ Workshop presented by our Senior Volunteer, Sandy Francis. The workshop is on **Thursday, October 24<sup>th</sup>, 5:00 p.m. to 6:00 p.m.** in the Atrium of our Holland Street Center located at 167 Holland Street.

The Finances 50+ Workshop was designed to help you make and keep smart money habits.

The workshop will cover.

- Budgeting and goal setting
- Taking charge of credit and debt
- Developing a savings plan and protecting your assets

To register please call Josie at 617-625-6600, ext. 2300.

## ***Movie Day at Holland Street***

**Tuesday October 29, 2019**

Holland Street Center 167 Holland Street **10:30 am**

**The Haunted Mansion**—A realtor and his wife and children are summoned to a mansion, which they soon discover is haunted, and while they attempt to escape, he learns an important lesson about the family he has neglected.

**Lunch and Bingo** will follow

\$2 per person for Lunch

Please call Josie at 617-625-6600 ext. 2300 to reserve your spot

## *Doc Talk: Let's Get Talking*

Veronica Nuzzolo, PhD, CADC will be joining the **Holland St . Center** on **October 7<sup>th</sup>** at **1pm** for a coffee hour to discuss how to talk to our doctors about our medications. Veronica will review what questions we should be asking and what information is vital to share with our health care professionals. She will give us strategies to talk with our doctors and will specifically focus on how to talk about our pain management treatment. Call 617-625-6600 extension 2318 to sign up today!

---

## *It's time for your Medicare check-up!*

Medicare Open Enrollment is **October 15, 2019 – December 7, 2019**. This is your annual opportunity to review your health coverage, compare health plans, obtain premium and co-payment information and learn of any additional covered services and prescription plans.

SHINE is a State Health Insurance Program (SHIP), and a program of Minuteman Senior Services, offering free health insurance counseling for Medicare beneficiaries through a network of state certified staff and volunteers.

SHINE counselors are always available to meet with individual's onsite at the Somerville Council on Aging during scheduled hours.

To make an appointment please call 617-625-6600 extension 2318 or 2317.



## *Health & Wellness Fair*

Be sure to mark your calendars for our annual Health and Wellness on **Thursday, October 17<sup>th</sup>** from **10:00 a.m. to 11:30 a.m.** at the **Holland Street Center**. This year's theme is "Healthy You" and we want you to be healthier and happier as you age here in Somerville. This event is a great opportunity for you to talk with local health and wellness vendors and ask questions to help you be healthier and happier as you age with us.

There will be a flu shot clinic, blood pressure screening, healthy living tips, raffles, speakers and over a dozen vendors for you to see. Please call the office if you want a Flu Shot for the registration form. A healthy lunch and bingo will follow the fair.

**RSVP is a must.**

For more information and to sign up, call 617-625-6600 ext. 2300.

---

## *Mobile Farmers' Market Wrapping Up Season*

The Somerville Mobile Farmers' Market has been selling fresh, local produce all summer long and will continue to sell great fruits and vegetables until Saturday, October 19th.

You can find the Mobile Farmers' Market at the following places.

### **Fridays:**

10:30 a.m. to 12:30 p.m. at the Council on Aging 167 Holland Street.

2:30 p.m. to 4:30 p.m. at the East Somerville Community School 50 Cross Street

### **Saturdays:**

10:00 a.m. to 12:00 p.m. at the North Street Housing Development 24 North Street

1:30 p.m. to 3:30 p.m. at the Mystic Housing Development 530 Mystic Avenue.

Don't miss out on the fall produce.



## *Microwave Meal in a Mug*

For anyone who came to the Mayor's picnic in August, you should have received a blue mug in your goodie bag. These mugs are perfect to try out a fast, but healthy microwavable meal in a mug. They are BPA free and microwave/dishwasher safe. Here a couple easy recipes that you can make in less than 5 minutes in your new mug!

---

### *Omelet*

**Ingredients:**

Cooking spray  
2 eggs  
1 Tablespoon mushrooms  
1/4 cup spinach  
1 Tablespoon low-fat feta cheese  
1 teaspoon sliced green onion  
Salt and pepper to taste

**Directions:**

1. Spray inside of mug.
  2. Whisk eggs together in mug.
  3. Stir in mushrooms, spinach, feta, green onion, salt and pepper.
  4. Microwave for 1 minute and 30 seconds.
  5. Microwave for another 10-15 seconds, if needed to finish cooking eggs.
- 

### *Vegetarian Chili*

**Ingredients:**

6 Tbsp canned red kidney beans  
6 Tbsp frozen corn  
4 Tbsp grated carrots  
2 Tbsp chopped onion  
3/4 cup canned tomato/tomato sauce\*  
1/4 tsp cumin  
1/8 tsp chili powder  
1 tsp Worcestershire sauce (optional)  
Pinch of salt  
Pinch of pepper

**Directions:**

1. Mix all ingredients in the mug.
2. Microwave for 1 minute and stir.
3. Microwave for 30-45 seconds.
4. Top with 1 Tbsp low-fat sour cream or 1 Tbsp non-fat Greek yogurt, 1 Tbsp cheddar and/or avocado.

**Nutrition Notes:**

\*For canned tomato/tomato sauce, you can use half canned diced tomatoes and half canned tomato sauce.

\*\*Cut back on the cumin and chili powder for a more mild chili.

# October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <i>Men's Group</i> 10:30 a.m. Holland Street	<b>2</b> <i>Penne for Your Thoughts</i> 2:30 p.m. Holland Street	<b>3</b> <i>Fit-4-Life Nutrition Class</i> 3:00 p.m. Holland Street	<b>4</b> <i>Bingo &amp; Lunch</i> 10:30 a.m. Holland Street
<b>7</b> <i>Doc Talk</i> 1:00 p.m. Holland Street	<b>8</b> <i>Low Vision Group</i> 10:30 a.m. Holland Street	<b>9</b> <i>Penne for Your Thoughts</i> 2:30 p.m. Holland Street	<b>10</b> <i>Healthy Steps</i> 12:30 p.m. Holland Street	<b>11</b> <i>Bingo &amp; Lunch</i> 10:30 a.m. Holland Street
<b>14</b> <i>All Centers Closed</i> <i>Indigenous Peoples' Day</i>	<b>15</b> <i>Coffee &amp; Conversation</i> 10:00 a.m. Cross Street	<b>16</b> <i>Arts &amp; Crafts with Judy</i> 9:30 a.m. Holland Street	<b>17</b> <i>Health Fair</i> 10:00 a.m. Holland Street	<b>18</b> <i>Book Club</i> 10:00 a.m. Holland Street
<b>21</b> <i>Veteran's Group</i> 9:30 a.m. Holland Street	<b>22</b> <i>Dollar Days at the Movies</i> 12:00 p.m. Somerville Theatre	<b>23</b> <i>Bowling</i> 9:00 a.m. <i>Bowl Haven at Flatbreads</i>	<b>24</b> <i>Caregivers</i> 4:30 p.m. Holland Street <i>Finances 50+</i> 5:00 p.m. Holland Street	<b>25</b> <i>Bingo &amp; Lunch</i> 10:30 a.m. Holland Street
<b>28</b> <i>Music &amp; Movement</i> 3:00 p.m. Holland Street	<b>29</b> <i>Movie &amp; Lunch</i> 10:30 a.m. Holland Street	<b>30</b> <i>Fit-4-Life</i> 9:00 a.m. & 10:00 a.m. Holland Street	<b>31</b> <i>Halloween Dance</i> 11:00 a.m. Dilboy Post	.

*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. 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 ...*



My name is Brittany Orlando. I am from Weymouth, Massachusetts. In my free time, I enjoy reading, going to the movies, and spending time with family and friends. I am starting my second year of a two year social work grad school program at Salem State University. I graduated with my bachelors of social work at Wheelock College in Boston in May 2018. After I get my masters, I hope to work with the geriatric population. I am really excited about interning at Somerville Council on Aging. I am looking forward to learning and working with the community.

When you see Brittany, please make sure to give her a warm Somerville welcome!



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)



[www.facebook.com/SomervilleCOA](https://www.facebook.com/SomervilleCOA)