

February 2012

Joseph A. Curtatone  
Mayor



— 167 HOLLAND STREET, SOMERVILLE, MA 02144 • (617) 625-6600, Ext.: 2300 —

Dear Friends,

We have many new and exciting programs coming up at the Council on Aging this month. I hope that many of you will come to our special Valentine's Day event at the Winter Hill Yacht Club on February 14. The following week bring your grandchildren in for kid-friendly activities at each of the centers. Then on February 27 we are kicking off our new Cultural Mondays program with a Chinese New Year celebration including food, dance, music and a talk on Chinese Culture. You won't want to miss any of these events.

Our centers are starting our own Somerville Olympics. By participating in exercise and fitness classes, you can compete to win gold. I strongly encourage everyone to participate. See insert for complete details.

On a more serious note, we are having several programs addressing mental health as we age. On February 9, we will be viewing the film version of *Talking With Dolores*, a one-act play about aging, life-and-death choices, and saving room for dessert followed by sweets and conversation. Then on February 28, join us for *In Our Own Voice* a presentation and discussion about mental illness from people who have been there sponsored by the National Alliance on Mental Illness.

Sincerely,

Joseph A. Curtatone  
Mayor

#### MY SENIOR CENTER

If you missed last month's breakfast and have not yet signed up for MySeniorCenter, it's not too late. See a member of the Social Services Team who can get you up and running. Everyone who signs up will be entered into a drawing to win special prizes.

#### CULTURAL MONDAYS

Tour the world without leaving Somerville! On February 27 we will be traveling to China to celebrate the Year of the Dragon where we will be entertained with dance and music after a Chinese lunch. There will also be a talk on Chinese culture and current affairs. March 26th we will celebrate the Iranian New Year, Nowruz with food, dance, music and conversation. April 30 brings us to Brazil where the Sheboom women's drumming group will entertain us with rhythm and drumming as we enjoy a wonderful Brazilian meal. Our last country will be June 11 as we go to Haiti and sample the food, music and culture. We are excited to have students and faculty from Tufts University join us in our talks as we travel the world. The world tour will take place at 11:30 at the Holland Street Center. Keep your eye out for more details. Passport provided!

**FROM THE SOCIAL SERVICES DESK**

**2012 FUEL ASSISTANCE GUIDELINES**



Fuel Assistance is a Federal and State-funded program assisting low-income households with winter heating costs from November 1 to April 30. (Maximum income eligibility: 1-person household: \$30,751; two-person household: \$ 40,213)

Call 617-349-6252 for more information or to schedule an appointment. Office hours are 8:30 a.m. to 5 p.m. Monday through Friday. Special arrangements can be made to take your application if you're homebound and unable to come to the office.

If you're not eligible for Fuel Assistance and heat with oil you may be referred to other programs, such as Citizens Energy (Joe Kennedy) oil delivery or EFSP (Emergency Food and Shelter Program). Funds are usually available mid-April for help with utilities.

**PLANNING AHEAD: ALZHEIMER'S CAREGIVERS SERIES**

Join us for an important series of presentations and discussions on caring for someone with Alzheimer's disease or dementia taking place at the Holland Street Center Tuesdays starting March 13 from 6 to 7:30 p.m. To register, call 617-625-6600, ext. 2300.

**March 13**

Caring for Someone with Alzheimer's Disease:  
Early diagnosis, supports, and services

**March 20**

Grief and the Caregiver

**March 27**

Legal and Financial Considerations for the Caregiver

**April 3**

Dual Benefits of Accessing Services:  
How to get a person with Alzheimer's on board

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## HAPPENINGS

### MONTHLY BREAKFAST



In honor of Grandparents Day later in the month, the guest speaker at the February breakfast is Kathleen Keenan from the Catholic Charities Foster Grandparents Program. Suggested donation for breakfast is \$1.50 and reservations are mandatory.

### AFTERNOON AT THE MOVIES TAKES A HIATUS

There will be no movie in February, but please give your suggestions for future movies to any of the Center Directors.

### TALKING WITH DOLORES



Please join us at the Holland Street Center, Thursday, February 9 at 3 p.m. for conversation, tea, and dessert following an important film showing of a play written by Dee O'Connor. *Talking with Dolores* is a one-act play about aging, life-and-death choices, and saving room for dessert. The story's lead character is Mo, the 85-year-old owner of Mo's Diner and a widower, who talks to the portrait of his late wife, Dolores. The movie and event are designed to raise awareness about elder suicide.

### IN OUR OWN VOICE

If you or someone you know is interested in learning more about mental illness from people who have been there, come to a presentation of *In Our Own Voice* at the Holland Street Center on Tuesday, February 28 at 10 a.m. This is an interactive presentation given by trained presenters who are living with mental illness. It is produced by NAMI, the National Alliance on Mental Illness.

In Our Own Voice expands people's knowledge of mental illness. Misunderstanding, fear and judgment are replaced with insight, awareness and acceptance. Learn from the men and women whose lives were interrupted by mental illness, but who are now role models for hope and recovery.

*To sign up for any of the above events, call 617-625-6600, ext. 2300*

### MUSEUM OF THE MONTH

Attention all cultural buffs: The Somerville Council on Aging now sponsors a Museum of the Month program. Visits so far have included the Pompeii exhibit at the Museum of Science and the Peabody Essex Museum in Salem. The group makes an afternoon of it by heading out to lunch at some local spot. Sometimes, we are lucky enough to venture out with our own Community Police Officer, Maryann Manfra. More trips are in the works, but space is very limited. If you would like to sign up or want more information, please call Janine Lotti at (617) 625-6600, ext. 2321.

# HOLLAND STREET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:30 Flexibility & Balance Exercises (Janine) 10:30 Women's Group 11:30 Lunch 1:15 QiGong	9:00 Indoor Exercises 10:00 Current Events Group 11:30 Lunch 11:45 Chair Massage 12:45 Bingo	9:00 Indoor Exercises 11:30 Lunch 12:45 Bingo
9:30 Breakfast 10:30 Somerville Singing Seniors 11:30 Lunch  <b>Russian Icon Museum</b>	9:15 Strengthening Exercises (Geoff) 11:30 Lunch	9:30 Flexibility & Balance Exercises (Janine) 10:00 SHINE hours by appt. only 10:30 Women's Group 11:30 Lunch 1:15 QiGong  <b>Twin Rivers</b>	9:00 Indoor Exercises 10:00 Current Events Group 11:30 Lunch 12:45 Bingo 3:00 "Talking with Dolores"	9:00 Indoor Exercises 11:30 Lunch 12:45 Bingo
9:00 Indoor Gardening 10:30 Somerville Singing Seniors  <b>Dance Holiday Inn</b>	<b>CENTER CLOSED</b>  <b>Winter Hill Yacht Club</b>	9:30 Flexibility & Balance Exercises (Janine) 10:00 SHINE hours by appt. only 10:30 Women's Group 11:30 Lunch 1:15 QiGong	9:00 Indoor Exercises 10:00 Current Events Group 11:30 Lunch 11:45 Chair Massage 12:45 Bingo	9:00 Indoor Exercises 9:00 Book Club 10:00 Blood Pressure Screening 10:30 Low Vision Group 11:30 Lunch 12:45 Bingo
<b>CENTER CLOSED</b>  <b>President's Day</b>	9:15 Strengthening Exercises (Geoff) 11:30 Lunch  <b>Fiores Restaurant</b>  6:30 Caregivers	9:30 Flexibility & Balance Exercises (Janine) 10:00 SHINE hours by appt. only 11:00 Grandparents Day 10:30 Women's Group 11:30 Lunch 1:15 QiGong	9:00 Indoor Exercises 10:00 Current Events Group 11:30 Lunch 12:45 Bingo	9:00 Indoor Exercises 11:30 Lunch 12:45 Bingo
9:30 Veteran's Group 10:30 Somerville Singing Seniors 11:30 Lunch Tour the World-China  5:30 Staying Put	9:00 Strengthening Exercises (Geoff) 10:00 In Our Own Voice 11:30 Lunch 12:30 Falls Prevention Screening	9:30 Flexibility & Balance Exercises (Janine) 10:00 SHINE hours by appt. only 10:30 Women's Group 11:30 Lunch 1:15 QiGong  <b>Hanscom Air Force Base</b>		

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## CROSS STREET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>CENTER CLOSED</b>  1:00 Bowling	2 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	3 10:00 Blood Pressure Screening 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo
6 <b>CENTER CLOSED</b>  Russian Icon Museum	7 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	8 <b>CENTER CLOSED</b>  Twin Rivers  1:00 Bowling	9 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	10 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo
13 <b>CENTER CLOSED</b>  Dance Holiday Inn	14 11:30 Lunch  Winter Hill Yacht Club	15 <b>CENTER CLOSED</b>  1:00 Bowling	16 9:30 SHINE hours by appt. only 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	17 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo
20 <b>CENTER CLOSED</b>  President's Day	21 10:30 Indoor Exercises 11:00 Grandparents Day 11:30 Lunch 12:45 Bingo  Fiores Restaurant	22 <b>CENTER CLOSED</b>  1:00 Bowling	23 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	24 10:30 Flexibility & Balance Exercises (Didi) 11:30 Lunch 12:45 Bingo
27 <b>CENTER CLOSED</b>	28 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	29 <b>CENTER CLOSED</b>  1:00 Bowling  Hanscom Air Force Base		

## RALPH & JENNY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30 Zumba Gold 11:30 Lunch 12:45 Bingo	2 9:45 Bereavement Group 10:00 Strengthening Exercises (Geoff) 11:30 Portuguese Lunch 12:45 Bingo	3 <b>CENTER CLOSED</b>
6 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo  Russian Icon Museum	7 9:30 Chair Yoga 10:30 Flexibility & Balance (Didi) 11:30 Lunch 12:45 Bingo	8 10:00 Blood Pressure Screening 10:30 Zumba Gold 11:30 Lunch 12:45 Bingo  Twin Rivers	9 9:45 Bereavement Group 10:00 Strengthening Exercises (Geoff) 11:30 Portuguese Lunch 12:45 Bingo	10 <b>CENTER CLOSED</b>
13 <b>CENTER CLOSED</b>  Dance Holiday Inn	14 <b>CENTER CLOSED</b>  Winter Hill Yacht Club	15 10:30 Zumba Gold 11:30 Lunch 12:45 Bingo	16 9:45 Bereavement Group 10:00 Strengthening Exercises (Geoff) 11:30 Portuguese Lunch 12:45 Bingo	17 <b>CENTER CLOSED</b>
20 <b>CENTER CLOSED</b>  President's Day	21 9:30 Chair Yoga 10:30 Flexibility & Balance (Didi) 11:30 Lunch 12:45 Bingo  Fiores Restaurant	22 10:30 Zumba Gold 11:30 Lunch 12:45 Bingo	23 9:45 Bereavement Group 10:00 Strengthening Exercises (Geoff) 11:00 Grandparents Day 11:30 Portuguese Lunch 12:45 Bingo	24 <b>CENTER CLOSED</b>
27 10:30 Indoor Exercises 11:30 Lunch 12:45 Bingo	28 9:30 Chair Yoga 10:30 Flexibility & Balance (Didi) 11:30 Lunch 12:45 Bingo	29 10:30 Zumba Gold 11:30 Lunch 12:45 Bingo  Hanscom Air Force Base		

## ANNOUNCEMENTS

### INDOOR GARDENING MADE EASY



Our “Gardening for the Apartment” program provides an opportunity for budding gardeners to lend each other advice and support. At the group’s January meeting, members shared their gardening success stories. Sisters Ann Diaz and Joan Velazquez shared their sunflower and mesclun greens and showcased a successful “air cleaning” plant for indoors. Carol Paquet shared rhododendron cuttings. Our resident expert, Vilma Sullivan, offered plenty of encouragement and some helpful insights. She brought with her hot pepper seeds as well as some Moonbeam climbing flower seeds. Next month, the group plans to pot mesclun seeds and looks forward to enjoying fresh salad greens.

The next meeting is Monday, February 13 at 9 a.m. at the Holland Street Center. For more information, call Janine Lotti at 626-6600, x2321.

### VETERAN’S HISTORY PROJECT

Created in 2000, the *Veterans History Project* archives personal first-hand accounts/memoirs of American war veterans. World War I, World War II, Korean War, Vietnam War, Persian Gulf War, Afghanistan and Iraq conflicts, so that future generations may hear directly from veterans and better understand the realities of war. In addition, those U.S. citizen civilians who were actively involved in supporting war efforts (such as war industry workers, USO workers, flight instructors, medical volunteers, etc.) are also invited to share their valuable stories. If you think you might be interested in participating in this project, contact Suzanne at 617-625-6600 ext. 2318.



### COMPUTER TUTORIAL

Retired computer teacher Barbara Marshall will be volunteering on select Thursdays from 11 a.m. – 12 noon at the Holland Street Center to provide individualized computer training. To schedule an appointment, call 617-625-6600, ext. 2300.

### BLOOD PRESSURE SCREENINGS

Thanks to the Somerville Health Department, we are able to offer monthly blood pressure screenings at all three centers.

**Cross Street Center:** 1<sup>st</sup> Friday of the month

**Ralph & Jenny Center:** 2<sup>nd</sup> Wednesday of the month

**Holland Street Center:** 3<sup>rd</sup> Friday of the month



### CHAIR MASSAGE AT HOLLAND STREET

On February 2 and 16 from 11:45 a.m. to 1:15 p.m., Massage Therapist Dell Fisher will be giving chair massages at the Holland Street Center. \$15 will buy you 15 minutes of ultimate relaxation. Call 617-666-5223 to book your appointment.

## FITNESS

### FLEXIBILITY AND BALANCE: (DIDI/JANINE)

Tuesday	10:30-11:15 a.m.	Ralph & Jenny Center
Wednesday	9:30-10:15 a.m.	Holland Street Center
Friday	10:30-11:15 a.m.	Cross Street

### STRENGTH: (GEOFF)

Tuesday	9:15-10:15 a.m.	Holland Street Center
Thursday	10-11 a.m.	Ralph & Jenny Center

### INDOOR EXERCISE:

Mon/Wed	10:30-11 a.m.	Ralph & Jenny Center
Thurs/Fri	9:00-9:30 a.m.	Holland Street Center
Tues/Thurs	10:30-11 a.m.	Cross Street Center

### QIGONG: (LISA)

Wednesday	1:15-2 p.m.	Holland Street Center
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### CHAIR YOGA: (MARGARET) \$5 per class

Tuesday	9:30-10:30 a.m.	Ralph & Jenny Center
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### ZUMBA GOLD: (SUZI) \$5 per class

Wednesday	10:30-11:30 a.m.	Ralph & Jenny Center
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### BOWLING: (FLO) \$10 includes shoe rental & dues

Wednesday	1:00-3 p.m.	Flatbreads- Day Street
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### THANK YOU!

The Council on Aging would like to take this opportunity to thank the following agencies for the grants that they provided to us:

*Somerville-Cambridge Elder Services,  
The Office of Strategic Planning and  
Community Development,  
&  
The Executive Office of Elder Affairs*

### Trip Policy

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 subject to availability. Proof of residency may be required.

**CROSS STREET CENTER ♦ 165 BROADWAY ♦ 617-625-6600, EXT. 2335**

Tuesday, Thursday, Friday 9 a.m.–3 p.m.

**HOLLAND STREET CENTER ♦ 167 HOLLAND STREET ♦ 617-625-6600, EXT. 2300**

Monday – Friday 9 a.m.– 3pm

**RALPH & JENNY CENTER ♦ 9 NEW WASHINGTON STREET ♦ 617-666-5223**

Monday – Thursday 9 a.m. – 3 p.m.

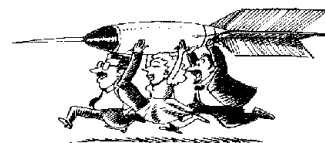
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Janine Lotti, Senior Project Manager

**Citywide Senior Centers**

Judy Calvey, Holland Street Director  
Didi El-Enanzih, Ralph and Jenny Director  
Maria Carrocino, Cross Street Director

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**Somerville Council on Aging  
Somerville Community Service Center**

167 Holland Street  
Somerville, MA 02144

**(617) 625-6600 ext. 2300**