



City of Somerville

May, 2023

Somerville Council on Aging

A center for learning, wellness and connections.



Let's Celebrate!
Older American's Month
Thursday, May 11th

11:00am

The George Dilboy Post
351 Summer Street

Join us for an afternoon of fun as we
celebrate growing older and wiser!

\$10 per person

*Please call Connie for additional
information and to RSVP at
617-625-6600 ext. 2319*



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Join us on **Wednesday, May 24th**
at 11:00am at the Holland Street
Center for **Knock On Wood**.

*Cultural Series
Event*

Knock on Wood is a high-energy acoustic folk-rock duo, featuring singer-songwriter **Howie Newman** on guitar, lead vocals and harmonica. Howie is joined by Dave Talmage on fiddle. The duo performs Classic Rock covers and funny original songs (suitable for all ages). It's a very lively show with great musicianship, nice vocal harmonies and a little humor here and there.

Lunch will be served after the performance, \$5 per person.

Please call *Debby* to RSVP at 617-625-6600 ext. 2321 or
dhiggins@somervillema.gov

Grab and Go lunch available following the program.



This program is supported in part by a grant from the Somerville Arts Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Exercise of the Month

Single Leg Stands

Single leg stands are an exercise that, when done safely, can be a great way to practice your balance. Balance exercises can strengthen your stabilization muscles and can increase proprioception (*your body's ability to know where it is in space*) that naturally decreases with age. Single leg stands are an exercise that can be made as simple or as challenging as you would like them to be, which makes them a great addition to almost everyone's physical activity routine. Before you perform single leg stands, make sure that the area around you is safe and clear, so there is nothing around you that you could potentially trip over (except for your support, whether that be a chair, table, or wall).

To perform:

- ◇ Stand next to a chair with two feet flat on the floor and turn to the side so one side of your body is closer to the chair (a wall, table or any other sturdy support works as well). Shift your weight to your outside leg (the leg furthest away from the chair) and pick up your other foot off the floor. You have the option to hold onto the chair or let go; you also have the option to bring your outside arm (the arm on the same side of the leg you are standing on) out to the side and slowly swing it back and forth. Bringing your arm out and swinging it will make it more difficult to balance. Closing your eyes while performing this exercise will also make it more challenging. *You can position your arms and hands in anyway that makes you most comfortable to practice single leg stands, the above positioning instructions are just one suggestion.*
- ◇ Stand on one foot for at least 3-5 seconds, bring your foot down, rest and repeat at least 2-3 more times.
- ◇ Switch sides and perform the single leg stand on your other leg.

Try not to get discouraged if balancing is challenging for you; start small and use supports when needed. Adding balance exercises will help to create a well-rounded physical activity routine. Practicing your balance, especially as an older adult, is crucial to reducing fall risk and increasing muscle strength and endurance.

Meet our Zumba Instructor Darren Hairston

Darren grew up in the Somerville/Cambridge area of Massachusetts with a passion for dance. Growing up multiracial, he has been exposed to various music and naturally was moved by Latin based rhythms and hip hop, which lead him to falling in love with Zumba. Darren has been teaching Zumba since 2015! Darren's career is focused on the social services and has done everything from supporting youth and families as well as supporting caregivers of the elderly and disabled.



Darren lead a fun filled, fast paced Zumba class this March and April and will return to the Holland Street center on July 12th!

Contact: zumbacond@gmail.com

<https://fitnesswithdarren.com/>

linktr.ee/fitnesswithdarren



Let's Get Moving!

Please contact Phelan at **617-625-6600 ext. 2315** or phowell@somervillema.gov with any questions or for more information.

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| Yoga | <u>Tuesdays</u> May 2nd, 9th, 16th, 23rd & 30th at 9:00am and 10:00am |
| Fit-4-Life Exercise at the <u>Ralph & Jenny Center</u> | <u>Mondays</u> May 1st, 15th & 22nd at 2:30pm |
| Music and Movement | <u>Thursday, May 18th</u> at 4:00pm at the Holland St. Center |
| Walking Club | <u>Fridays, May 12th, 19th & 26th</u> at 9:00am Meet at the entrance of Holland St. Center |
| Virtual Fit-4-Life Exercise Class | <u>Every Wednesday & Every Thursday</u> <u>via Zoom at 1:00pm</u> |
| Fit-4-Life Exercise at the <u>Holland Street Center</u> | <u>Mondays</u> May 1st, 8th, 15th & 22nd at 9:00am & 11:00am |
| Fit-4-Life Exercise at the <u>Holland Street Center</u> | <u>Every Wednesday</u> at 9:00am & 11:00am |
| LGBTQIA+ Exercise Class | <u>Thursdays</u> May 18th & 25th at 6:00pm <u>via Zoom</u> May 11th at 6:00pm <u>in person</u> at the Holland St. Center |
| Tai Chi | <u>Fridays May 5th, 12th, 19th & 26th</u> at 10:00am at the Holland St. Center. |
| Virtual Exercise, Strength and Balance | <u>Mondays May 1st, 8th, 15th & 22nd</u> <u>Via Zoom at 1:00pm</u> Please email John at jrpecchia@gmail.com for the Zoom link |



Healthy Steps returns to the Holland St. Center

The Healthy Steps Program improves balance which can decrease risk of falls, increase range of motion, and help participants gain strength and endurance, all of which can increase overall well-being. Dance with props to eclectic music – from Broadway to Bollywood, Rock to R&B, Country to Classics, Pop to Polka, Folk to Fifties. Be prepared to have fun on your way to better health.

Mondays at 1:00pm: May 8th, 15th & 22nd and continuing June 5th, 12th & 26th

For more information contact Phelan at 617-625-6600 ext. 2315 or email phowell@somervillema.gov



FYI! Massachusetts has expanded the income and asset limits for the Medicare Savings Program, so more people are now eligible!

Does the price of health care, including health insurance, concern you? If you find yourself experiencing high health care costs, MassHealth may be able to assist you with the price of your monthly Medicare premiums as well as the amount of money you pay for medications when you refill your prescription. If you have applied for premium assistance from MassHealth in the past, and were denied due to your income being too high, consider reapplying if your income falls below the new 2023 income limits.

If you would like to find out more information about these programs, or would like help applying for assistance, please call Natasha at 617-625-6600 ext. 2317.

| Plan Name | New Monthly Income Limits | New Asset Limits | Benefits |
|--------------------------|--|--|---|
| MassHealth Senior Buy-in | \$2,300 for single household \$3,123 for a couple | \$18,180 for single household \$27,260 for a couple | Covers the cost of Medicare A and B premiums, deductibles and co-pays. Assists with prescription costs. |
| MassHealth Buy-in | \$2,734 for a single household \$3,698 for a couple | \$18,180 for single household \$27,260 for a couple | Pays for Medicare part B premium and assists with medication costs. |



May Movie:

Marry Me

**Friday, May 26th at 10:00am
Ralph & Jenny Senior Center**

Starring Jennifer Lopez, Owen Wilson, & Maluma

Music superstars Kat Valdez and Bastian are getting married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd. **Rated PG-13**

RSVP to Debby by calling 617-625-6600 ext. 2321 or dhiggins@somervillema.gov

\$2 per person for Pizza Lunch.

Travel Training Seminar



Has it been a while since you've been on a bus or train?

If you are looking to become more comfortable using the MBTA look no further than the MBTA travel training seminar. The MBTA mobility center is holding a seminar to discuss how to safely and effectively travel using the MBTA.

This seminar takes place on
Wednesday, May 31st
10:00am-12:00pm
 The Holland St. Center.

For more information, contact *Natasha* at 617-625-6600 ext. 2317
 or nnaim@somervillema.gov.



Grab and Go lunch available following the program.

Tech Time continues in May with Molly



Tech Open Hours - Tuesday, May 16th and 30th at 10:00am at the Holland St. Center

Bring your phones, computers, and tablets, or borrow one from the COA! The COA Technology Open Hours provides drop-in style individual help to answer your technology questions and frustrations.

New Technology Class Starting on Monday, May 15th at 10:00am at the Holland St. Center and continuing on May 22nd, June 5th, 12th, & 26th.

Participants will learn while using their own devices or one borrowed from the Council on Aging. Participants will focus on specific technology learning objectives week to week with the goal of feeling more competent and confident to navigate their world using technology at the end of the course. Participants will learn about the notes app, organizing your apps, and the calendar app. Space is limited for this class in order to optimize the learning setting.

RSVP to Molly at 781-823-9210 or mpagliuca@somervillema.gov

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| LGBTQIA+ Social and Dinner | <u>Thursday, May 11th</u> 5:00pm at the Holland St. Center | RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov |
| Book Club | <u>Friday, May 19th</u> 10:00am at the Holland St. Center | RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov |
| Bingo | <u>Thursdays</u> <u>May 4th, 18th & 25th</u> at <u>10:00am</u> at the Holland St. Center | RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov |
| Music and Munch | Meets the second <u>Wednesday</u> of the month (<u>May 10th</u>) at 12:00pm. Meets via Zoom | RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov |
| Nutrition Class at Holland Street | <u>Wednesdays</u> at 10:00am at the Holland St. Center | RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com |
| Project Outlook <i>New Day and Time</i> | Meets the fourth <u>Thursday</u> of the month (<u>May 25th</u>) at the Holland St. Center at 2:00pm | RSVP to Claudia at 857-237-1801 |
| Tech Time - Open Hours <i>New Day</i> | <u>Tuesdays</u> <u>May 16th and 30th</u> at 10:00am at the Holland St. Center | RSVP to Molly at 781-823-9210 or mpagliuca@somervillema.gov |
| LCR Game Day | <u>Wednesday, May 10th</u> 10:00am at the Holland St. Center | RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov |
| Technology Course <i>New Day</i> | <u>Monday</u> <u>May 15th and 22nd</u> at 10:00am at the Holland St. Center | RSVP to Molly at 781-823-9219 or mpagliuca@somervillema.gov |
| De-Cluttering Support Group | <u>Mondays</u> <u>May 1st, May 8th, May 15th & June 5th</u> at 1:00pm at the Holland St. Center | RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov |

*“Old age is always fifteen years older than I am. ” —
Oliver Wendell Holmes*

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| Coffee & Conversation | <u>Mondays</u> May 1st, 8th, 15th & 22nd 10:00am-11:00am at the Ralph & Jenny Center | RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov |
| Game Hour | <u>Monday</u> May 1st, 8th, 15th & 22nd 11:00am-12:00pm at the Ralph & Jenny Center | RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov |
| Nutrition Classes at the Ralph and Jenny Center | <u>Mondays</u> May 8th, 15th & 22nd at 11:00am <u>via Zoom</u> and 12:30pm <u>in person</u> at the Ralph & Jenny Center | RSVP to Mary at 617-625-6600 ext. 2316 or headtofitness10@yahoo.com |
| Bingo | <u>Every Tuesday</u> at 10:00am at the Ralph & Jenny Center | RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov |
| Brown Bag Supplemental Food Program | <u>Thursday, May 25th</u> , pick up from 9:00am-noon at the Ralph & Jenny Center | RSVP to Natasha at 617-625-6600 ext. 2317 or nnaim@somervillema.gov |
| Asian Tea | <u>Monday, May 8th</u> at 2:00pm. This group is bilingual in Cantonese and English. | RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov |
| Movie Day | <u>Friday, May 26th</u> at 10:00am at the Ralph & Jenny Center | RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov |
| Men's Group | Meets the second <u>Tuesday</u> of the month (May 9th) at the Holland St. Center from 10:30am-11:30am | RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov |
| Veteran's Group | Meets the fourth <u>Tuesday</u> of the month (May 23rd) at the Holland St. Center at 11:00am. | RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov |
| Bowling | <u>Every Wednesday</u> 9:00am-10:30am at Flat Bread Pizza in Davis Square | RSVP to Debby at 617-625-6600 ext. 2321 or dhiggins@somervillema.gov |

May Notes

The Somerville Council on Aging will be
closed on
Monday, May 29th in observance
of Memorial Day.





EATING FOR YOUR MENTAL HEALTH ***by Nutritionist, Mary Marshall***

Eating healthy foods can significantly impact your mental health and well-being. Not only does consuming nutritious meals help keep you productive, alert, and energized, but it can also reduce anxiety levels and improve your moods. Additionally, eating healthy can benefit everything from reducing blood pressure to staving off memory loss as you age.

If you are confused on how to eat healthy try looking at the Mediterranean diet. This is not your typical fad diet; it is more of a lifestyle than a restrictive diet with food "rules." Its goal is to incorporate the nutritious foods that people traditionally eat in the areas surrounding the Mediterranean Sea. It includes plenty of whole grains, fruits, vegetables, beans and lentils as well as seafood and healthy fats like olive oil and nuts. It also includes a moderate amount of chicken, turkey, eggs and fermented dairy, like yogurt or kefir, while limiting red meat, sweets and processed foods. Plus, the diet emphasizes the importance of cooking at home, enjoying meals with others and fitting in regular exercises, like walking.

Eating plenty of fresh fruits and vegetables, lean proteins, and wholesome grains is essential for maintaining mental health. Furthermore, fish rich in Omega-3 fatty acids provide vital nutrients for your brain—so don't forget them! Regular physical activity can also go a long way toward keeping you feeling mentally strong, which often reinforces the positive benefits of a healthy diet. So, make sure you do your part in eating well as you reach your golden years so you can maintain good mental health!

COA Board of Directors

The Board of Directors meets the first Friday of the month.
This month's meeting will be held on ***May 5th at 11:00am***
at the Holland Street Center.

COA Board Members

- | | |
|-----------------|----------------|
| *Daisy Monsalve | *Edna Murray |
| *Maclise Jean | *Marian Bremer |
| *Neeraj Wadhwa | *Pina Mingace |
| *Ronit Prawer | |

*Interested in getting more involved with city decision-making?
Take a look at these opportunities to join a board or commission!
<https://www.somervillema.gov/besomerville> or call 311 for more information.*



***New Program Alert from the
Somerville Fire Department,
aimed at keeping our seniors safe at home!***



Lockboxes for Seniors

What is the Lockboxes for Seniors program?

The Lockboxes for Seniors program is intended to provide Police, Fire and Emergency Medical Services (EMS) access to your residence in the event of an emergency where you are unable to open the door.

A key to your residence will be stored in a secure metal storage device, like a realtor's lockbox, at your residence. The access code to the lockbox will **only** be available to Police, Fire, or EMS personnel and **used only during an emergency**.



Who is eligible?

The program is targeted towards Somerville community members who live alone and are aged 65+, or those who are disabled and/or suffer from major medical issues at any age. Individuals living in apartment complexes or other facilities with maintenance staff are not eligible for this program.

How do I know this is safe?

A member of the Somerville Fire Department will install and demonstrate how the lockbox operates and answer any questions you may have. The four-digit combination on the lockbox will only be available to responding emergency personnel in the event of an emergency.

Who should I contact for more information?

For more information, please contact Debby Higgins at the Council on Aging City via E-mail at dhiggins@somervillema.gov or by telephone at (617) 625-6600 ext. 2321.

There is no charge to participate in the program if you meet the established target criteria. The Council on Aging will verify eligibility for services. This program is designed for those who are at most significant risk for falls or have limited mobility.

All participants will be required to provide a spare house key to be used in the lock box as well as a safety inspection of the property.

Veteran's Corner

All Veterans are welcome to this month's Veterans Group at the Holland Street Senior Center on

Tuesday, May 23rd at **11:00am**

RSVP to Debby at 617-625-6600 ext. 2321
or dhiggins@somervillema.gov.

Memorial Day Parade & Ceremony will return on a smaller scale **Sunday, May 28th** at noon.

For more information in participating or volunteering please call 617-625-6600 ext. 4700

<https://www.somervillema.gov/events/2023/05/28/memorial-day-parade-ceremony>.

May is National Military Appreciation Month

May 12th - Military Spouse Appreciation Day

May 13th -20th – Armed Forces Week

May 20th - Armed Forces Day-which is a day to pay tribute to men and women who serve in the United States' Armed Forces

May 29th - Memorial Day (Decoration Day) to commemorate all who have died in military service for the United States.

In person appointments with the Department of Veteran's Services are held every Thursday at our office located at the City Hall Annex. For questions or to schedule an appointment please call 617-625-6600 ext. 4700 or veterans@somervillema.gov.

Arts & Crafts

Friday, June 2nd

10:00am at the Holland Street Center

This month we will be making string art signs, similar to the picture below!

\$3 per person to cover supplies



Please RSVP to Maureen at 617-625-6600 ext. 2335 or mbastardi@somervillema.gov.

Grab and Go lunch available following the program.

***May 22-28 is Heat Preparedness Week
Check out these tips from Keep Cool Somerville***

Heat affects us all, but some of us are at greater risk. Different people react differently to heat based on their age, health, and living conditions. Check in on your neighbors, friends, and family on hot days to make sure they're staying cool! Here are some tips about how to stay cool during hot weather:

- ✦ Prepare for hot days. Monitor local weather reports so you know to prepare for very hot days: in the Boston area, days over 90 degrees are considered very hot.
- ✦ Where will you cool off? With a big heat wave coming up, have a plan if you don't have air conditioning. Do you have family or friends with AC that you feel comfortable visiting? Ask them if you can come over if the day gets too hot.
- ✦ Headed outdoors? Remember to dress for hot days: wear sunscreen and loose-fitting, light-colored clothing. Bring a wide-brimmed hat, sunglasses, and water.
- ✦ Know the signs of heat-related illnesses. Call 911 immediately if you suspect someone has heat exhaustion or if someone is vomiting from the heat.

Learn more about keeping cool at: somerillema.gov/departments/programs/keeping-cool-hot-weather

Keep Cool Somerville is an initiative to improve community resilience to extreme heat. The initiative began in 2020 as a collaboration between the City of Somerville and the Metropolitan Area Planning Council (MAPC) to address the health impacts of climate change.

LGBTQIA+ Allies Social Group

Thursday, May 11th at
the Holland Street Center
5:00pm to 6:00pm



LGBTQIA+ and allies are welcome.
Come and join us for this social
gathering.

Meet and mingle with new people.
Let's enjoy each other's company.
A light dinner will be served.
*RSVP to Maureen by calling
617-625-6600 ext. 2335
or mbastardi@somervillema.gov.*

Looking forward to seeing you!

Project Outlook

New Date and Time!

**Thursday, May 25th at 2:00pm
Holland Street Center**

Project Outlook is a group of residents with low or no vision who enjoy getting together for camaraderie and socialization. Project Outlook has been active for over 30 years. Come join in the conversation, we look forward to meeting you.

For more information, please contact ***Claudia Ferro*** at 857-237-1801.



Mass Elder Law Day

*Friday, May 12th
9:00am
Holland St. Center*

Somerville Council on Aging is proud to host Attorney Lauren E. DeMatteo from Rubin and Rudman for Elder Law Day.

Attorney DeMatteo will discuss wills, trusts, power of attorney and other important legal documents.

To RSVP, please call Natasha at 617-625-6600 ext. 2317.

Grab and Go lunch available following the program.

Presentation on

THE CONNECT PROGRAM

Tuesday, May 2nd 11:00am-12:00pm

Come learn about Somerville Cambridge Elder Services in-home therapy program and see how it may be a good fit for you!



To-go lunches will be provided.

For more information, contact Molly at 781-823-9210 or at mpagliuca@somervillema.gov



City of Somerville

Council on Aging

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