APRIL 2016

City of Somerville Council on Aging

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

More Reasons to Participate in COA Progams!

No more excuses for not participating in one of the many health and wellness options the Council on Aging offers. Now, if you have insurance from Blue Cross Blue Shield of Massachusetts, the plan offers two reimbursement programs designed to help you lead a healthier lifestyle. If you enroll in a qualified health club or fitness facility, you can receive **reimbursement** for that expense—-up to $150/year. ***This includes Fit 4 Life classes at the Council on Aging!*** Other health plans, including Tufts, may offer similar reimbursements or discounts. Act now to learn more about how your insurance carrier can improve your access to healthy living.

Social Services Team Plans Valuable Workshops

If you have visited a member of the COA's Social Services Team, you know that they are wonderful listeners. All day, every day, they hear people talk about their concerns. One way they work to help people face those concerns is by designing and preparing informational programs. The following two programs are great examples:

Four Week Mindfulness Workshop

Beginning April 8, April 15, April 22, and April 29

10:00-11:00 a.m. at 167 Holland St.

Come learn more about the practice of mindfulness and its four foundations, as well as some basic meditation techniques.

Information Session and Panel Discussion: Discharge Planning

Friday, May 6, 2016 from 10:00-11:00 a.m. at 167 Holland St.

Understanding a "hospital discharge plan", Medicare benefits, appeal process, services available once home and your basic rights.

Call Suzanne at (617)625-6600, ext. 2300 to register or for more information about either or both programs.

Leave a Legacy

Many individuals are choosing to leave a permanent legacy for the charity of their choice. If the Somerville Council on Aging has made an impact on your life or the life of a loved one, please consider remembering the Somerville Council on Aging in your long-term estate planning. Individuals have different needs and abilities to give, so it's suggested you contact your financial advisor about planned giving that would include the Somerville COA.

WELCOME!

Message from the Mayor

Spring is here!

April is the first full month of Spring, and it's when I really welcome Spring. Being a New Englander means it is very difficult to choose a favorite season! Each one holds its own beauty. During Spring, I like to admire the new and recurring flowers and plants all around our City. I'm also happy to get outside on a more regular basis.

As always, the Council on Aging has a great lineup of trips and events to keep you active and busy. I continue to be impressed with the health and wellness programming that keeps getting added to your calendar. Participating in your community is one of the many ways to stay healthy and active, and I notice that the COA has planned some wonderful events about volunteering and giving of your time. I know that so much of what happens at the COA is only possible because of faithful volunteers. I'm glad to see that there is a special luncheon scheduled for later this month.

Since Spring is a time of birth and renewal, I think it's appropriate that you have planned a "Community Baby Shower" for Somerville's newest residents. It's always nice to see generations celebrating together.

I encourage you to get out and enjoy all that April has to offer.

Your Mayor,

Contacts & Information

EXECUTIVE DIRECTOR

Cindy L. Hickey

STAFF

Connie Lorenti ▪ Administrative Assistant

Suzanne Norton ▪ LICSW, Social Worker
Natasha Naim ▪ LCSW, Social Worker

Chris Kowaleski ▪ Health and Wellness Coordinator
Maureen Bastardi ▪ Outreach Coordinator

Josephine Raczkowski ▪ Administrative Assistant

Kim Moss ▪ Ralph and Jenny Director

Judy Calvey ▪ Holland Street Director

Brianna Walsh ▪ Social Work Intern

BOARD

Suzanne Rinfret ▪ Chair
Roseanne Bent ▪ Vice Chair
Cheryl Horan ▪ Liason to the Director
Louis Favreau

Eddie Abate

Marie Linscott

Rose Earle

Linda Cohen

CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335
Monday, Tuesday and Thursday 9 a.m.— 3 p.m.

Wednesday and Friday closed

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300
Monday - Friday 9 a.m.-3 p.m.

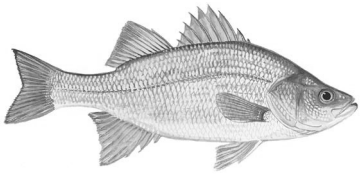
RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223
Monday-Thursday 9 a.m.-2:30 p.m.

Fun Facts: Food Preferences Across the U.S.

Have you ever thought about the one food you would pick to showcase your state? This question so haunted the folks at Foursquare Labs that they put their data science team to work to identify the singular tastes of all 50 states and Washington, D.C. The team used a mix of data sets (menus, tips, ratings, and more) and normalized for size against other states. Then foursquare reviewed the data and selected the winning taste that is most special and unique to each state.

It seems logical that food preferences in the New England states tend to center around seafood. Citizens of Maine, for example, love their lobster. Rhode Islanders love their clams. New Hampshire loves haddock, and Massachusetts loves lobster rolls. Only Connecticut and Vermont stray from fish favorites. People from Vermont love their maple syrup. Citizens of Connecticut love "grinders."



Did you know, though, that Kansas craves cherry limeade? Folks from Wyoming prefer elk. They love perch in Michigan, and people form Washington, D.C. love Ethiopian food! Pierogies rule in Ohio and in Missouri, they like toasted ravioli.

You can see the graphic representation of each state by going to the following website:https://www.mapbox.com/labs/foursquare/statetastes/ This site also includes the 50 best places in each state for that taste. It's an interesting food journey across the U.S. from the comfort of your own chair. Foursquare provides a way for people to search for the best places to eat, drink, and shop in locations worldwide by relying input from local experts.

The Somerville Housing Authority is going Smoke-Free September 1st

Did you know that smoking in your apartment may result in secondhand smoke harming your neighbors? According to the **Cambridge Health Alliance** even if you smoke with the window open, smoke travels under doors, through cracks in the walls and ceilings, and through the ventilation system. Secondhand smoke contains more than 7,000 chemicals, and 250 of these are harmful. Secondhand smoke causes about 3,000 cases of lung cancer in non-smokers every year, and breathing secondhand smoke on a daily basis doubles the risk of having a heart attack.

There is no safe level of secondhand smoke. If you smoke, always step outside.

For help to quit smoking call the **Massachusetts Smokers' Helpline** at 1-800-784-8669 or if you are a patient of **Cambridge Health Alliance,** call our Tobacco Treatment Program at 617-591-6922.

The Cambridge Health Alliance will be visiting each building of the Housing Authority in May and June with Lisa Montouri Trimble, RN, to discuss secondhand smoke, how to keep your home smoke-free, and resources to quit smoking if you are trying.

APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Book Club (H) 11:30 Lunch (H) 12:45 Bingo (H)
4 9:30 Monthly Breakfast (H) 10:00 English Conversation (C) 10:30 Moonlighters at VNA Lowell Street 1:00 Bereavement Group (H) **2:00 Berklee / Anglo Celtic**	**5** 9:00 Living Frugally (H) 10:00 English Conversation (C) 10:00 Cards (RJ) 10:00 Knitting for Babies (RJ) 10:30 Men's Group (H) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ) **5:30 Community Baby Shower (H)**	**6** 11:30 Lunch (RJ) 12:45 Bingo (RJ) 1:00 Forget Me Knot (H) 1:00 Bowling at Flatbreads	**7** 10:00 Current Events (H) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Walk Down Memory Lane (H) 11:30 Lunch (H, RJ) 12:45 Bingo (H, RJ) **Cross Street Center Closed**	**8** 10:00 Mindfullness (H) 11:30 Lunch (H) 12:45 Bingo (H) 2:00 Death Café (H)
11 9:00 Gardening Club (H) 10:00 English Conversation (C) 10:30 TBA Moonlighters (H) 1:00 Bereavement Group (H) 4:30 LGBTQ Advisory Group (H) **Foxwoods**	**12** 9:00 Living Frugally (H) 10:00 English Conversation (C) 11:00 to 12:30 Social Worker Outreach (C) 11:30 Lunch (C) **SCES Health Fair**	**13** 11:30 Lunch (RJ,) 1:00 Bowling at Flatbreads 1:00 Forget Me Knot (H) **5:00 Dinner & Bingo (H)** **8:00 Tufts / Songs and Dances**	**14** 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Walk Down Memory Lane (H) 11:30 Lunch (H, RJ, C) 12:45 Bingo (H, RJ)	**15** 9:00 Volunteer Roundtable (H) 10:00 Mindfullness (H) 11:30 Lunch (H) 12:45 Bingo (H)
18 **City Holiday** **Patriot's Day** **All Centers Closed**	**19** 10:00 English Conversation (C) 10:00 Cards (RJ) 11:00 to 12:30 Social Worker Outreach (RJ) 11:30 Lunch (RJ, C)	**20** 11:30 Lunch (RJ) 12:45 Bingo (RJ) 1:00 Forget Me Knot (H) 1:00 Bowling at Flatbreads	**21** 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 10:00 Blood Pressure Screening (H)	**22** 9:30 De-Cluttering (H) 10:00 Mindfullness (H) 11:30 Lunch (H) 12:45 Bingo (H)

	12:00 Computer tutorial with Norbert (by appointment only) (H) 12:30 Bingo (RJ) 6:00 Caregivers Group (H) **Moulin Rouge at Lantanas**	**8:00 Tufts / Chamber Music**	11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Walk Down Memory Lane (H) 11:30 Lunch (H,, RJ, C) 12:45 Bingo (H, RJ)	**Community Shredding Day**
25 10:00 English Conversation (C) 10:00 Senior Health Insurance 101 (H) 10:30 Veterans Group (H) 10:30 Moonlighters at Buddy Caholan 1:00 Bereavement Group (H) **Lake George/Saratoga**	**26** 10:00 English Conversation (C) 10:00 Housing 101 (H) 11:30 Lunch (H, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:30 Afternoon at the Movie (H) 12:45 Bingo (RJ) **Lake George / Saratoga**	**27** 11:30 Volunteer Lunch at Mt. Vernon 12:45 Bingo (RJ) 1:00 Forget Me Knot (H) 1:00 Bowling at Flatbreads	**28** 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 10:30 Community Food (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (RJ) - Joint lunch w/Holland - Portuguese Food 11:30 Lunch (C) 12:45 Bingo (RJ) **8:00 Tufts / Opera**	**29** 10:00 Mindfullness (H) 11:30 Lunch (H) 12:45 Bingo (H)

News from Social Services

Medicare Case Review

Livanta is the company now responsible for all Medicare case review in Massachusetts. If you have a complaint or an appeal, this is the company responsible for reviewing and determining the status of your complaint or appeal.

An appeal relates to a request for review (for example, you are told the nursing home is discharging you and will no longer cover your stay, but you do not feel healthy enough to leave.) If you want to file an appeal, call Livanta at 866-815-5440 and select Option 1.

A complaint relates to a concern about the quality of care or other services you get from a Medicare provider (for example, you developed an infection while in the hospital and did not receive treatment for the infection.) If you wish to file a complaint, you can call Livanta at the same number, but select Option 2 instead. For all complaints, there is a form you must fill out. You can access it on line at http://bfccqioarea1.com/a1.answer1.html. A member of our social services team can also help you access the form.

When appealing or complaining, it is helpful to have the following information handy when you call:

- Medicare card
- Medicare number
- Address and phone number
- Date of birth
- Date of service
- Full name and contact information of the facility or health care provider.

Remember, our social service team is here to help you navigate your way through these and other confusing benefit regulations. You can always call Suzanne or Natasha at (617)625-6600, ext. 2300 for assistance.

Proof for What We Already Know!

(***excerpted from a news article by Amy Albernaz in the October 20, 2015 issue of The Boston Globe***)

Yet another prestigious medical journal has confirmed something Council on Aging staff have known for a long time: face-to-face contact and socialization help to combat depression in older adults!

A recent study published in the Journal of the American Geriatric Society included data on more than 11,000 people age 50 and older. Those who met with family and friends once every few months or less were nearly twice as likely to be depressed than those who met up very often—-say three or more times per week. Phone calls and email contact had no clear effect on depression risk.

Lead author Dr. Alan Teo, an assistant professor of psychiatry at Oregon Health and Science University and a researcher at the VA Portland Health Care System, said: "We looked at other forms of contact and other variables that could alternatively explain depression, but still found that in-person interaction has a potent benefit."

"It seems to be preventive medicine for depression," said Teo. "Just like the doctor tells you to make exercise a part of your routine, we should make face-to-face time a regular part of our week."

(***and from a news article by Jane Brody in the March 7, 2016 issue of the New York Times.)***

Also, a National Endowment for the Arts sponsored study showed that when older adults become involved in culturally enriching programs, they experience a decline in depression, are less likely to fall, and pay fewer visits to the doctor. Through a program called EngAGE in Southern California, participants cite the program as one reason they feel decades younger. "The arts open people up, giving them new vehicles for self-expression, a chance to tell their stories," says Janine Tursini, director of Arts for the Aging, in Rockville, Maryland.

LGBTQ News

Unfortunately, Mother Nature gave us a wintery mix on Monday, March 21st which put a damper on our LGBTQ Event Night. Senator Pat Jehlen was going to attend and speak about the Special Legislative Commission on Lesbian, Gay, Bisexual and Transgender Aging Report which came out last year. Hopefully, we will be able to have Senator Jehlen back another time to discuss this most important document.

Keep your eyes & ears open for these very special LGBTQ Event Nights coming up this year.

Monday, May 16th will be "Dinner & Coming Out Stories." Special speakers Michael Mulcahy and Courtney O'Keefe will share their coming out stories giving us a view from two different generations.

Friday, June 3rd will be our "1st Annual SCOA's LGBTQ Pride Dinner Dance."

Monday, September 19th will be an evening featuring OUTVETS. OUTVETS is a nonpartisan nonpolitical charitable organization dedicated to recognizing and honoring the contributions and sacrifices of LGBTQ Veterans, active service members, and their families through social interaction, community service, and public awareness.

"We will also be having a couple intergenerational activities with the students from the Gay Straight Alliance at Somerville High School. There is just so much event planning happening right now and I am very excited about it" said Maureen Bastardi, Liaison to the LGBTQ Advisory Board.

Our next Advisory Board meeting will be held on Monday, April 11th at 4:30 in the conference room of our Holland Street Center. We are always looking for volunteers. If you are interested in volunteering please contact Maureen Bastardi at (617) 625-6600 ext. 2300.

Spotlight on . . .

Janine Lotti

Janine Lotti, our Project Manager/Cross Street Coordinator, is leaving us after 5 years of service to the Council on Aging. We are all so sorry to see her leave. Janine has started the multi-cultural center at Cross Street, with many activities including the Symphony with Teen Empowerment, Berklee shows, Jaunts with Janine, and the list goes on and on.

"It has been a real pleasure working with Janine" the Staff quotes. Janine has been a friend to staff and seniors alike. Janine will be missed but not forgotten.

We wish her great success in her endeavor. Thanks for the memories and all the terrific programs you brought to the seniors of this community. Best of Luck!!!!

Somerville Council on Aging
Somerville Community Service Center
167 Holland St.
Somerville, MA 02144
617-625-6600 ext. 2300