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# City of Somerville Council on Aging



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

## SOMERVILLE SILVER ALERT

### BOOK CLUB

Do you enjoy reading? The SCOA has a book club and we would love to have you join.

The club meets at our Holland Street Center at 10:00 A.M. the first Friday on each month.

This is an informal, fun group - no pressure about reading or meeting attendance.

The books are chosen by the group, so your opinion counts. Books are made available at the Somerville Public Library, main branch, no need to purchase your own.

If more information about the current selection, to confirm the meeting day and time or if you have any questions please feel free to give us a call at 617-625-6600, ext. 2300.



The City of Somerville has a new program to take a proactive approach towards protecting some of Somerville's most vulnerable citizens who suffer with serious cognitive impairments that put them at risk for wandering and getting lost.

The Silver Alert will help in locating older adults with memory loss as The Amber Alert has been helpful in locating children.

In Somerville, our Police Department and the Council on Aging are joining forces and putting together a recovery plan designed to provide a rapid response in locating cognitively impaired residents who have been reported missing.

There is no way to predict when someone with a cognitive impairment might wander off. Most importantly, those who wander might not be dressed appropriately for the weather, they may need food, water or medication. One out of six people with dementia will get lost and the odds of finding a lost person dramatically improve if we are prepared.

The Somerville Silver Alert program is designed to help us be prepared by collecting specific information about potential missing persons, along with photo identification. This confidential information will be kept on file for immediate use in the event a loved one is reported missing.

We are encouraging all residents who have a loved one suffering from a serious cognitive impairment to stop by the Council on Aging office located at 167 Holland Street for a registration packet.

If you would like more information, have any questions or would like to request a registration packet please contact Cindy Hickey, Executive Director to the Somerville Council on Aging at 617-625-6600, extension 2300.

**Message from our Mayor****Contacts & Information**

After a month of cold and rain it looks like we might have a better spring and hopefully a warm summer. I'm sure we're all looking forward to getting out and taking advantage of some sunny weather.

Exciting news that we are listed as the #3 city in the country to live! Somerville has come a long way and we are very proud of our wonderful city. Speaking of things to do in the city, I loved that you have been dancing and exercising in the parks. We have so many beautiful parks from which to choose.

We also are planning a *Live Your Life Well* event at the Holland Street site; I think you will find that session very informative. There are many fun events and trips for the summer months; I hope to see you at one of them. Remember the "Fireworks" will be June 30<sup>th</sup>.

I would like to take this opportunity to wish all of you that are fathers a Happy Father's Day!


**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

Jen Olsen ▪ Nutritionist

Maureen Bastardi ▪ Program Coordinator

Josephine Raczkowski ▪ Administrative Assistant

Kim Moss ▪ Ralph and Jenny Director

Judy Calvey ▪ Holland Street Director

Brianna Walsh ▪ Social Work Intern

**BOARD**

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Roseanne Bent ▪ Vice Chair

Cheryl Horan ▪ Liaison to the Director

Louis Favreau

Eddie Abate

Marie Linscott

Rose Earle

Linda Cohen

**CROSS STREET CENTER**

165 Broadway ▪ 617-625-6600, ext. 2335

Monday &amp; Tuesday 9:00 a.m. to 12:30 p.m.

Thursday 9:00 a.m. to 3:00 p.m.

**HOLLAND STREET CENTER**

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9:00 a.m. to 3:00 p.m.

**RALPH & JENNY CENTER**

9 New Washington Street ▪ 617-666-5223

Monday-Thursday 9:00 a.m. to 2:30 p.m.

## Social Worker Assistance

Do you have a question that maybe only a social worker could answer? Do you know what a social worker can help you out with?

Drop by the Cross Street Center on Monday, June 13<sup>th</sup>, from 10:00 A.M. to 11:30 A.M. and take advantage of having a Licensed Clinical Social Worker available to you. Natasha Naim, LCSW, for the Somerville Council on Aging will be holding regular monthly visits at the Cross Street Center to answer your questions and assist you in any number of areas.

Through trained staff and an extensive resource file, the social workers from the Somerville Council on Aging are able to direct you to the appropriate resources and answer questions regarding a variety of services. In many cases, our social workers work individually with older adults to find them the help they need. Through case management, information and referrals we are able to work together to offer options for those seeking assistance. We also provide thorough follow-up to insure that older adults are satisfied with the services provided.

Social Services promote senior health, independence and continued living in the community. Social Services can be very useful to families and caregivers seeking help for their elderly loved ones. Social Services and Programs offered at the Somerville Council on Aging can provide assistance with housing, transportation, baby boomer planning, medical equipment loans, wellness, nutrition, financial subsidies, advocacy and support groups – just to name a few.

Please drop by the Cross Street Center on Monday, June 13<sup>th</sup>, between the hours of 10:00 A.M. and 11:30 A.M. to have your questions and concerns addressed by one of our Social Workers.

## Consumer Alert Link

Elder Affairs is often reminded of new (and sometimes old) ingenious practices to separate elders and others from their money - either outright or through information that seniors provide in good faith.

As you may or may not know, the Federal Trade Commission (FTC) maintains a constantly updated website (<https://www.consumer.ftc.gov/scam-alerts>) to alert consumers about what is real and what is fake. The FTC is the nation's consumer protection agency. Working to prevent fraudulent, deceptive and unfair business practices in the marketplace.

Crooks use clever schemes to defraud millions of people every year. They often combine sophisticated technology with age-old tricks to get people to send money or give out personal information. They add new twists to old schemes and pressure people to make important decisions on the spot. One thing that never changes: they follow the headlines — and the money.

Stay a step ahead with the latest info and practical tips from the nation's consumer protection agency. You can browse FTC scam alerts by topic or by most recent as well as sign up for email alerts



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

		<p><b>1</b></p> <p>11:30 Forget Me Knot (H) 11:30 Lunch (R) 12:45 Bingo (R)</p>	<p><b>2</b></p> <p>10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (R) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R), C 12:45 Bingo (H, R)</p>	<p><b>3</b></p> <p>10:00 Book Club (H) 11:30 Lunch (H) 12:45 Bingo (H)</p>
<p><b>6</b></p> <p>9:30 Monthly Breakfast with Eric Donnelly from RiteAide (H) 10:00 English Conversation (C) 11:30 Lunch (C)</p>	<p><b>7</b></p> <p>10:00 English Conversation (C) 10:30 Mens Group (H) 10:30 Live Your Life Well at Culinary Arts</p>	<p><b>8</b></p> <p>11:30 Forget Me Knot (H) 12:30 Taking Care of Yourself / Taking Care of Others (H) <b>Hairspray</b> <b>Ralph &amp; Jenny Center Closed</b></p>	<p><b>9</b></p> <p>10:00 English Conversation (C) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, C) 12:45 Bingo (H) <b>Mohegan / Foxwoods</b></p>	<p><b>10</b></p> <p>11:30 Lunch (H) 12:45 Bingo (H) 6:00 - 10:00 LGBTQ Pride Dance - Holiday Inn <b>Mohegan / Foxwoods</b></p>
<p><b>13</b></p> <p>9:00 Gardening Club (H) 10:00 English Conversation © 10:00 - 11:30 Social Service Drop In Hours (C) 11:30 Lunch (C) 4:30 LGBT Advisory Group (H)</p>	<p><b>14</b></p> <p>10:00 English Conversation (C) 10:00 Cards (R) 10:30 Low Vision Group (H) 11:30 Lunch (R), C 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R)</p>	<p><b>15</b></p> <p>11:30 Forget Me Knot (H) 5:00 Planning for the Future (H) <b>Essex, Gloucester &amp; Rockport</b> <b>Ralph &amp; Jenny Center Closed</b></p>	<p><b>16</b></p> <p>10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (R) 10:00 Blood Pressure Screening (H) 10:30 Consumer Rights (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R), C 12:45 Bingo (H, R)</p>	<p><b>17</b></p> <p><b>All Centers Closed</b> <b>Bunker Hill Day</b></p>
<p><b>20</b></p> <p>9:30 Veterans Group (H) 10:00 English Conversation (C) 11:30 Lunch (C)</p>	<p><b>21</b></p> <p>10:00 English Conversation (C) 11:30 Lunch (C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 6:00 Caregivers Group (H) <b>Summer Super Bingo (H)</b></p>	<p><b>22</b></p> <p>11:30 Lunch (R) 12:45 Bingo (R)</p>	<p><b>23</b></p> <p>9:00 Community Food Program (R) 10:00 English Conversation (C) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (C)</p>	<p><b>24</b></p> <p>11:30 Lunch (H) 12:45 Bingo (H)</p>

	<p>27</p> <p>10:00 English Conversation (C)  10:00 Senior Health Insurance 101 (Dental Care) (H)  11:30 Lunch (C)  5:00 - 6:30 Planning for the Future (H)</p>		<p>28</p> <p>10:00 English Conversation (C)  10:00 Cards (R)  10:00 Senior Housing 101 / Senior Home Loans (H)  11:30 Lunch (R), C  11:30 Pizza &amp; Movie (H)  12:00 Computer tutorial with Norbert (by appointment only) (H)  12:45 Bingo (R)</p>		<p>29</p> <p>11:30 Lunch (R)  12:45 Bingo (R)</p>	<p>11:30 Lunch (R) - Joint lunch w/ Holland - Portuguese Food</p> <p>Venus De Milo / Highwaymen</p>	<p>30</p> <p>10:00 English Conversation (C)  10:00 Current Events (H)  10:00 Cards (R)  11:00 Computer tutorial with Barbara (by appointment only) (H)  11:30 Lunch (C)  12:45 Bingo (R)  6:00 Fireworks</p>
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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.

**WEEKLY EXERCISE AND NUTRITION CLASS SCHEDULE**

Monday: Keep Moving Walking Club - 9:15 a.m. (H) / Fit-4-Life Group C - 1:00 p.m. (H)

Tuesday: Strengthening - 9:15 a.m. - \$3 per class (H) / Fit-4-Life - 11:15 a.m. (C) / LBT Fit-4-Life, 6:00 p.m. (H)

Wednesday: Fit-4-Life - Group A (exercise) - 8:45 a.m. / Group B (nutrition) - 9 a.m. / Group B (exercise) - 10:00 a.m. (H) / Group C (nutrition) - noon (H) / Group C (exercise) - 1:00 p.m. (H) / Zumba 4 All - 5:15 p.m. - \$3/class (H)

Thursday: Yoga - 9:00 (H) / Strengthening - 9:30 a.m. - \$3 per class (R) / Fit-4-Life - 11:15 a.m. (C) / LBT Fit-4-Life, 6:00 p.m. (H)

Friday: Fit-4-Life - Group A - 8:45 a.m. (H) / Fit-4-Life - Group B - 10:00 a.m. (H) / Group A (nutrition) 10:00 a.m. (H)

\*All Fit-4-Life classes are \$10 per month and require pre-registration  
One on one nutrition is on hiatus until further notice

**KEY TO ABBREVIATIONS**

H: HOLLAND STREET

C: CROSS STREET CENTER

RJ: RALPH & JENNY CENTER

## A SPECIAL THANKS TO



According to numerous news reports, volunteers are one of our country's most important assets. Volunteers are certainly one of the Somerville Council on Aging's most important assets! We would not be able to do what we do without you.

Volunteering strengthens our community, brings people together, encourages civic responsibility. Volunteering promotes personal growth and self-esteem, saves

resources and most importantly volunteering "Makes a Difference." Every person counts! The staff at the Somerville Council on Aging can not THANK YOU enough.

Eddie Abate  
Louie Barretto  
Jo Barry  
Maria Batista  
Joe Beckmann  
Roseann Bent  
Kathy Bento  
Emily Bhargava  
Dyan Blewett  
Jim Buckley  
Judy Bugarin  
Donna Burnham



Richie Clark  
Linda Cohen  
Debbie Connolly  
Theresa Connolly  
Henry Davidson  
Norbert DeAmato  
Laura DeAmato  
Carolyn Dempkowski  
Flo Donoghue  
Joe Dunne  
Mike Dwyer  
Rose Earle

Ellen Ellis  
Leona Ernst  
Hazel Evans  
Lou Favreau  
Eileen Flaherty  
Joanne Fontano  
Sue Fontano  
Connie Francis  
Sandy Francis  
Mary Fuller

Eileen Gay  
Kevin Geaney  
Kathy Harvey  
Cheryl Horan  
Henry Jung  
Mary Rose Kiklas  
Timothy Kunz  
Loretta Larivee  
Bernice LaRoche  
Helen Latanowich



# OUR VOLUNTEERS

Mary Lou Linehan  
 Marie Linscott  
 Mary Ann Manfra  
 Barbara Marshall  
 Roger McDonald  
 Alice McDonald  
 Juanita Meranda  
 Guisippina Mingace  
 Daisy Monsalve  
 Courtney O'Keefe  
 Marie O'Meara



Alice Pantano  
 Mary Paskos  
 Debbie Petrone  
 Barbara Pitts  
 Pat Quinlan  
 Chu Race  
 Josephine Raczkowski  
 Rob Rebelo  
 Anna Rebelo  
 Suzanne Rinfret

Bill Rogers  
 Louise Sabella  
 Margaret Smith  
 Maria Soares  
 Maureen Spear  
 Vilma Sullivan  
 Billy Tauro  
 Marie Toussaint  
 Maria Tramontozzi



## Spotlight on. . .

### Jennifer Olsen

A BIG welcome to Jen Olsen - Jen joins the Somerville Council on Aging as our new Nutritionist.

Jennifer Olsen is a graduate from Tufts University with a Master's degree in Nutrition and a Master's degree in Public Health. She has worked in many aspects of the nutrition world, serving as a health and community development Peace Corps volunteer in Rwanda as well as developing community health education programs in New York; she has also worked as a research assistant in many contexts and continues to develop nutrition programming for nonprofit organizations in other countries. She fancies herself a Nutritionist domestically and a Humanitarian globally. She is a four-season Boston cyclist, and loves experimenting in the kitchen. And, most importantly, her favorite food is popcorn: stove-popped and sprinkled with parmesan!



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

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