JULY 2016

City of Somerville Council on Aging

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

Spotlight on .....

Conquering Your Fears

Do you have Arachnophobia - the fear of spiders? Or do you have Glossophobia - the fear of public speaking? How about Equinophobia or hippophobia - the fear of horses or horseback riding? Many of us experience a fear or phobia in our lifetime.

Fear is probably the least talked about issue with horseback riders. Somehow people are made to feel inadequate if they have a fear of riding, and yet fear is a very important emotion that deserves respect.

Fear keeps us safe; it stops us from doing things that may harm ourselves. The more you disrespect your feelings of fear, the worse they will get because your brain will keep intensifying the fear until you finally pay attention to your instincts. Overcoming a fear of riding horses starts with respecting it, whether the danger is real or imagined. The brain does not make a distinction; in both cases the fear is exactly the same.

This month the Somerville Council on Aging puts the spotlight on Hazel Evans, Maureen Spears and Kathy Bento for trying something new, for overcoming a fear and going horseback riding for the first time during the Council on Aging's most recent trip to Pine Grove Dude Ranch in the Catskills Mountains.

Forming Friendships

"Friendship isn't a big thing it's a million little things."

Have you been feeling lonely lately? Are you looking for the opportunity to meet and connect with new people? If so, the Somerville Council on Aging is having a four week social group.

Join us for our "Forming Friendships" group to make new and lasting friends.

The group will run for four consecutive weeks starting Wednesday, July 6th (July 13th, July 20th & July 27th) from 11:30 A.M. to 12:30 P.M. at our Holland Street Center.

To register or if you have any questions, please contact Natasha Naim at 617-625-6600, ext. 2300.

WELCOME!

Message from our Mayor

Dear Friends,

Happy Fourth of July! Summer is definitely here and bringing plenty of sunshine!

Please join the Council on Aging staff and myself on the 3rd of August at the Annual Mayor's Picnic. It will be a day filled with fun, entertainment, great gifts and a terrific lunch. Tickets are available at all three sites until the 29th of July. So hurry and get your ticket.

July can be a hot month. Please remember that the Senior Centers are all air conditioned buildings. Now is the perfect time to get out of the heat and have some fun at one of the three centers. Come in for a movie, lunch, coffee hour or one of our many programs.

I hope to see you all at the many summer events around the city!

Sincerely yours,

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

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

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Louis Favreau
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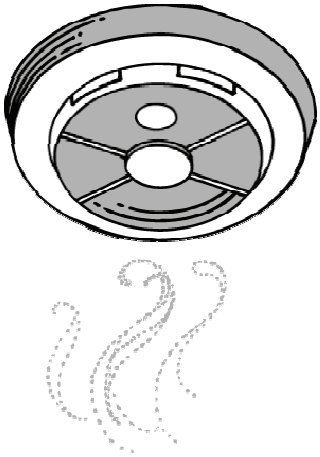
Linda Cohen

CROSS STREET CENTER
165 Broadway ▪ 617-625-6600, ext. 2335
Monday & 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.

Free Smoke Alarm / Carbon Monoxide Detectors



The Somerville Council on Aging and The Health & Human Services Department have been partnering with The Somerville Fire Department to offer free smoke alarm / carbon monoxide detectors (they are one unit) to Somerville older adults and residents with a wide range of disabilities.

To qualify you must be an older adult, 60 years of age or older, and live in Somerville (own or rent) or a Somerville resident with a disability (Photoelectric Alarms with ADA Compliant Strobe Light are available.)

There is a brief application that will need to be filled out, signed and returned. Please contact Maureen Bastardi, Program Coordinator at the Somerville Council on Aging, at 617-625-6600, ext. 2300 to request an application.

This program is on a first come / first serve basis. This is a Federally funded grant and services will be provided until the grant is exhausted.

Deferral of Property Taxes for Seniors

The deferral of property taxes for seniors (Clause 41A) permits an elderly taxpayer to postpone payment of property taxes.

If you qualify, you must enter into a written tax deferral and recovery agreement with the Somerville Assessors who will put a lien on the property to be recorded at the Registry of Deeds.

You may file an application if you are:

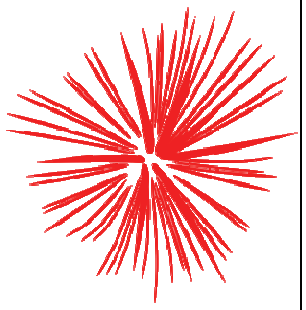
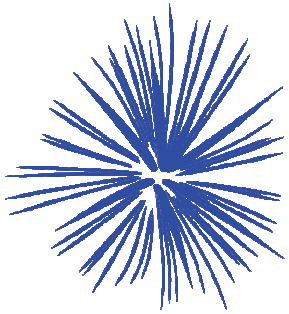
- 65 years old or older
- own and live at your property
- owned and lived at any property in Massachusetts as your domicile for at least 5 years.
- lived in Massachusetts for at least the prior 10 years
- have an annual income not more than $56,000 (proof is required)

The agreement requires that the deferred taxes, along with 4% annual interest must be repaid in full when the property is sold or transferred, upon your death, or upon death of your surviving spouse.

PLEASE VISIT OR CALL THE ASSESSING DEPARTMENT IF YOU WANT TO APPLY FOR A TAX DEFERRAL. The Assessing Department is located at City Hall, 93 Highland Avenue and the telephone number is 617-625-6600, ext. 3100

The deadline to apply for the deferral for fiscal year 2017 is April 3, 2017, 4:30 pm.

JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				**1** 11:30 Lunch (H) 12:45 Bingo (H)
4 **All Centers Closed** **City Holiday** **Independence Day**	**5** 10:00 English Conversation © 10:00 Yoga (RJ) 10:30 Men's Group (H) 11:30 Lunch (C) 12:00 Computer tutorial with Norbert (by appointment only) (H)	**6** 11:30 - 12:30 Forming Friendships (H)	**7** 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)	**8** 11:30 Lunch (H) 12:45 Bingo (H)
11 9:00 Gardening Club (H) 10:00 English Conversation (C) 10:00 - 11:30 Social Service Drop In Hours (C) 11:30 Lunch (C) 4:30 LGBT Advisory Group (H) **Vine to Wine**	**12** 10:00 English Conversation © 10:00 Yoga (RJ) 10:00 Cards (RJ) 10:30 Low Vision Group (H) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ)	**13** 11:30 - 12:30 Forming Friendships (H)	**14** 10:00 English Conversation (C) 11:30 Lunch (C) **WHYC**	**15** 10:00 Book Club (H) 11:30 Lunch (H) 12:45 Bingo (H)
18 9:00 Gardening Club (H) 9:30 Veterans Group (H) 10:00 English Conversation (C) 11:30 Lunch (C) 5:30 LGBTQ Event Night	**19** 10:00 English Conversation © 10:00 Yoga (RJ) 11:30 Lunch (C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 6:00 Caregivers Group (H)	**20** 11:30 - 12:30 Forming Friendships (H) **Supper & Bingo (H)**	**21** 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 10:00 Blood Pressure Screening (H) 11:00 Computer tutorial with Barbara (by appointment only) (H)	**22** 11:30 Lunch (H) 12:45 Bingo (H) **Revere Beach**

5:30 LGBTQ Event Night		(by appointment only) (H) 11:30 Lunch (H, RJ, C) 12:45 Bingo (H, RJ)		
25 10:00 English Conversation (C) 11:30 Lunch (C) **Mohegan Sun**	**26** 10:00 English Conversation © 10:00 Yoga (RJ) 10:00 Cards (RJ) 10:00 Senior Housing 101 / Senior Home Loans (H) 11:30 Pizza & Movie (H) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ)	**27** 11:30 - 12:30 Forming Friendships (H)	**28** 9:00 Community Food Program (RJ) 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 Lunch (C) 11:30 Lunch (RJ) - Joint lunch w/Holland - Portuguese Food 12:45 Bingo (RJ) **Gloucester Cruise & Lobster bake**	**29** 11:30 Lunch (H) 12:45 Bingo (H)

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)

Wednesdays: 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)

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

Fridays: 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

Summer Safety Tips

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that older adults can use to make sure they have a fun, safe summer.

Stay Hydrated - Drink plenty of cool water, clear juices and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you.

Keeping Your Cool - Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that does, libraries, shopping malls, movie theaters and of course your local Senior Centers.

Dress Appropriately - Whenever you can, try wearing loose fitting, light colored clothes made of natural fabrics, such as cotton opposed to synthetic fibers. Top it off with a lightweight, broad-brimmed hat and you will be dressing like a pro.

Protect Your Eyes - Vision loss can be common among older adults and too much exposure to the sun can irritate your eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

Ouch! Sunburn - Everyone, young and old, can benefit from wearing sunscreen when outdoors. Use a broad spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.

Apply Bug Spray - If you plan on being outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by virus carrying mosquitoes.

Medication Safety - Make sure to check with your medical team to make sure any medications you are taking won't be affected by higher temperatures. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit.)

Stay In Touch - High temperatures can be life-threatening, so communication plays an important role in ensuring your safety. You should let friends and / or family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

Know Who to Call - Just in case - prepare a list of emergency phone numbers and place in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

Scam Alert

TREASURER GOLDBERG ALERTS RESIDENTS TO UNCLAIMED PROPERTY SCAM

Massachusetts State Treasurer Warns Citizens of Fraudulent Letters Claiming "Unclaimed Property Winnings"

Illegitimate letters from a Massachusetts address are being sent to the state's citizens claiming "unclaimed property winnings". According to Treasurer Goldberg, these letters are not being sent by either the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA).

"It has come to our attention that fraudulent letters using our address and likeness have been sent to residents across the state," said Treasurer Deb Goldberg. "Our goal is to ensure that no Massachusetts citizen is taken advantage of as part of this scam."

Official unclaimed property notices will never direct owners to pay money, whether for processing fees, tax payments, or otherwise, when searching unclaimed property or filing a claim. The official Massachusetts Treasury website for unclaimed property, http://www.findmassmoney.com/ is free of charge to search and claim.

The Office of the State Treasurer and Massachusetts Legislators utilize the mail to inform owners of unclaimed property. There are a number of ways to discern official Treasury notices from scam notices. Letters will be mailed from Boston, Massachusetts with a return address; they will direct owners to an official http://www.mass.gov/ website; and they will bear the official seal of the State of Massachusetts along with the signature of the Treasurer.

Unclaimed property includes forgotten savings and checking accounts, un-cashed checks, insurance policy proceeds, stocks, dividends, and the contents of unattended safe deposit boxes. Most accounts are considered abandoned and are turned over to the state after three years of inactivity. Last year Treasury returned over $114 million in property to its rightful owners, making the Commonwealth the state to return the most money on a per-capita basis. The Treasury currently holds over $2 billion in unclaimed property that rightfully belongs to Massachusetts residents.

If you have any questions regarding unclaimed property, please visit the Treasury's official website, http://www.findmassmoney.com/ or call 888-344-MASS (6277). You can view an example of a fraudulent letter at the following: www.mass.gov/treasury/scamletter.

LGBTQ Happenings.....

The LGBTQ Advisory Committee to the Somerville Council on Aging has been working hard to bring older adults in the LGBTQ community fun, educational, informative and social opportunities and workshops throughout the whole year. Here is a list of the upcoming "Event Nights" scheduled for the remainder of the 2016 calendar year.

- **Monday, July 18th: Ice Cream Social**
- **Monday, August 15th: Safety Seminar**
- **Monday, September 19th: Out Vets Presentation**
- **Monday, October 17th: LGBTQ Health Fair**
- **Monday, November 21st: Painting to Reduce Stress**
- **Monday, December 19th: Holiday Party**

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