



Newslines

The Newsletter of the Cambridge Council on Aging
806 Massachusetts Ave., Cambridge, MA 02139
Office 617.349.6220 Senior Center 617.349.6060
North Cambridge Senior Center 617.349.6320
November 2017 <http://www.cambridgema.gov/DHSP/COA>

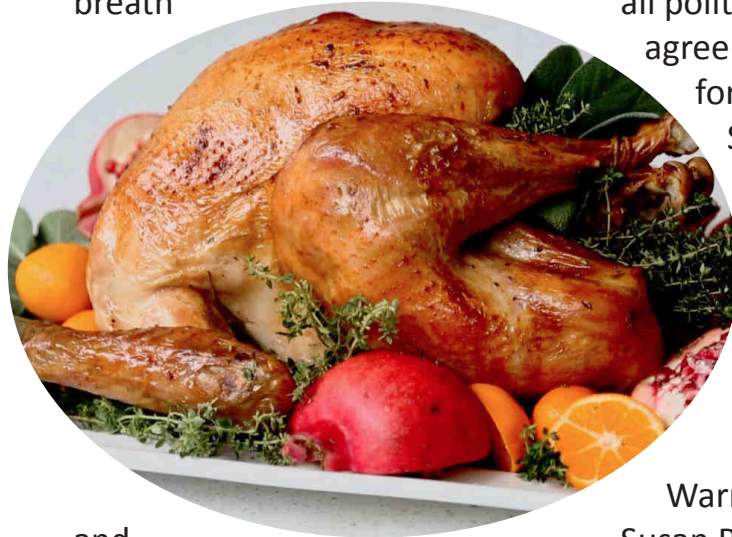
Dear Seniors:

This month I want to take a few moments and just be grateful. The news has been extremely difficult to absorb. So many tragedies both at the hands of man and by Mother Nature. We hear the events of one situation, not quite taking it all in, when another is right on its doorstep. I have found myself saying "the human heart cannot absorb all this shock". I think about all those impacted; lives lost, homes, cities destroyed, and wonder how one can move forward?

But as we have witnessed time and time again, humans are resilient beings and forward they will go.

During the Thanksgiving holiday, it is my family's tradition to name something one is grateful for. It can be big or small. Sometimes it is a very general thanks for the family's good health and a hope for each other's presence for the following year. It's easy to take the good things and people in

our lives for granted. It is human nature to not be thankful or notice when things are good. We only hope for the good when things are not so good. So as I begin my article, I am taking a breath



and reflecting on the little things in life that I am grateful for. It is as simple as being thankful that my husband brings me a latte every Saturday when he comes from work just because. It is feeling appreciated that something I said or did for someone else, really helped. It is not getting caught up in the things that go wrong and feel like we're living under our own private rain cloud. It's figuring out how to adapt to the good things and

people in our lives. Building gratitude!

This month, we also honor our military veterans. We celebrate the service of all U.S. military veterans. I believe we can place all political opinions aside and agree to THANK our military for their service!

So, during this month of thanks, I extend to all of our veterans, a THANK YOU and to all of you, a wonderful and Happy Thanksgiving!

Warm regards,
Susan P. Pacheco

Information & Referral

Donations of Canes Needed

The Council on Aging has a small program to lend or give canes, walkers and wheelchairs. At the moment we have almost no canes. Unfortunately, we cannot use the wooden ones but are looking for lightweight, aluminum canes, in good condition. If you have a cane you would like to donate, please contact the social services staff at **617-349-6220**.

Open Enrollment is here!

If you have Medicare, October 15-December 7, 2017 is an important time for you. It is the time of year to review if your current Medicare plan is still the right one for you. Do you take different medications than you did last year? Did you change your doctor recently? Did the cost of your current plan change? These are some of the important questions that can impact what plan you choose for 2018, and SHINE counselors can help you evaluate your options.

On Tuesday, November 2, from 1-2pm, please come to an Open Enrollment presentation, where you can learn more about factors to consider when choosing a Medicare plan, as well as pick up handouts with information about the stand-alone Part D, Medigap, and Medicare Advantage plans available for 2018.

On Wednesday, November 15, from 12-3pm, SHINE counselors will be available to meet one-to-one to conduct prescription drug plan searches on the Medicare website, to help guide your decision about what plan is right for you. Please call Maryellen at 617-349-6215 for more information or to schedule a SHINE appointment.

Please join us at the Cambridge Connections Memory Café. The free Café is held the third Friday of every month, from 10am-12pm at the Citywide Senior Center, and is a welcoming place for anyone experiencing forgetfulness or changes in their thinking. No one will be asked to discuss his or her health, or share a diagnosis; the aim of the Café is to gather with others and enjoy yourself. Please remember that anyone requiring personal assistance must be accompanied by a care partner.

On November 17th, Cambridge Connections will hold an international potluck! Please feel free to bring a dish to share with others if you are able. We will enjoy each other's company and learn about dishes from different cultures. Each month Cambridge Connections will host a different activity, which may include arts and

crafts, music, movement, and games. If you have any questions about the Café please call Maryellen at 617-349-6215 or mmceleney@cambridgema.gov.



Film & Discussion

Tuesday, November 28, 12:45pm – 3:15pm

Megan Leavey Based on the true life story of a young Marine corporal (Kate Mara) whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. Leavey identifies with a particularly aggressive dog, Rex, and is given the chance to train him. Over the course of their service, Megan and Rex completed more than 100 missions until an IED explosion injures them, putting their fate in jeopardy.

Make Your Voice Heard: Vote in Participatory Budgeting December 2-8, 2017!

From December 2-8, Cambridge residents age 12 and older will be able to vote for their favorite Participatory Budgeting (PB) projects to decide how to spend \$800,000 on capital projects to improve the community.

Past winning PB projects include solar panels for the Main Library, 100 new street trees, a public toilet in Central Square, bilingual books for kids, bicycle repair stations, and many more.

Voters will be able to choose up to 5 of the 20 projects on the PB ballot. You can vote online at pb.cambridgema.gov or at voting events around town, including:

- City Hall: Monday 12/4 from 4-8pm and Friday 12/8 from 9am-12pm (795 Mass. Avenue)
- Citywide Senior Center: Thursday 12/7 from 12-2pm (806 Mass. Avenue)

For a full list of voting events, please visit pb.cambridgema.gov or contact the Cambridge Budget Office at (617) 349-4270 or pb@cambridgema.gov.

November 2017 Happenings at the Citywide Senior Center

Facebook Class

Wednesdays, November 1, 8, 15, 22 & 29, 2:00-3:00pm

Follow the Senior Center happenings on Facebook. This class will guide you through the process of creating your own **Facebook** page.

Town Meeting & Birthday Party

Thursday, November 2, 12:00-12:30pm

Our Town Meeting is a meeting of the Citywide Senior Center community. It is during our Monthly Town Meeting that the staff of the Council on Aging and Senior Center disseminates important information that is of interest to Senior Citizens.

The Town Meeting is followed by our monthly Birthday Party. Come and celebrate with us.

Mandarin Chinese Language Class

Monday, November 6, 13, 20 & 27, 10:00-11:00am

Introductory Mandarin Chinese Classes. Sign Up Today.

Men's Group

Tuesday, November 7, 10:30 – 11:30

Men's Group Social. Please join us for coffee, conversation and light refreshments.

Men's & Ladies Breakfast

Thursday, November 9, 9:00-10:00am

Breakfast served 9:00 to 9:30 am.

Sign up in Dining room.

Book Group

Thursday, November 9, 11:15am-12:00pm

Book: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. Documents the story of how scientists took cells from an unsuspecting descendant of freed slaves and created a human cell line that has been kept alive indefinitely, enabling discoveries in such areas as cancer research, in vitro fertilization, and gene mapping.

Health and Wellness Talk

Thursday, November 9, 1:00-2:00pm

Topic "Taking Care of the Skin"

Taking care of the skin, skin disorders as well as the Shingles and skin cancers.

Presentation by Roberta Robinson, Director of Geriatric Outreach for Cambridge Health Alliance.

Tax Payer Assistance

Tuesday, November 14, 10:00am-12:00pm

If you have any questions or concerns regarding your FY18 property taxes the Assessing Department is offering taxpayer assistance at the Cambridge Senior Center.

Restaurant Trip

Wednesday, November 15, 11:00am-1:00pm

Restaurant: S&S

Cost: Transportation \$2.00. Lunch on your own. Must register in advance.

Senior Center Thanksgiving Party

Thursday, November 16, 12:30-3:00pm

Entertainment by Andy Baer Band.

Tickets: \$5.00 and must be purchased in advance.

Men's Group

Tuesday, November 21, 10:30-11:30am

Community Service Project

Join the Men's Group as we assemble gift bags for residents of The Chelsea Soldiers' Home. We will be listening to Arlo Guthrie's classic Thanksgiving Day record, *Alice's Restaurant*, while we work.

Books on Review

Tuesday, November 21, 12:30-1:15pm

Librarian Janet Borron will be here with a selection of books that she will review and will allow you to check out books that interest you. Bring your library card or sign up for a card.

Poison Prevention Presentation

Thursday, November 30, 1:00-2:00pm

The Regional Center for Poison Control and Prevention serving Massachusetts and Rhode Island provides a critical public service – the management and treatment of poisoning exposures. In 2016 we helped over 46,000 individuals and healthcare providers understand and treat poison exposures, ranging from simple to the life-threatening. A large number of poison exposure calls we receive involve adults of age 50 or older. Our services are free, confidential and focused on exceptional patient care and customer service.

Special Events & Activities at North Cambridge

Please note – Trips and Walking-Club are subject to weather.
Course & Program cancellations are posted at the reception desk

Thanksgiving Luncheon

Tuesday November 21st 12:00 -1:30pm

Join us for a traditional Thanksgiving lunch of Turkey and all of the fixings.

Registration is required and the cost is \$3.00 per person



First Thursday Writing Group 2017

CIRCLES by Marta Bonini

Two weeks ago, a company that delivered oxygen machines to homes had to transport a machine to the man's home. The company left a big machine on the street, silently buzzing and making oxygen. The technician arranged to return with the man's container. The man went upstairs to see what he had so anxiously waited for. Surprise! It was the same container the man had before. The street machine was no longer there, leaving behind a bright and empty spot. The man opened his mouth, formed a circle, Oh.....he said, and watched the technician leave.

A Circular Story by Marie Guzell

It was after supper,
at least one hour after, or so I thought.
I'll try a little snack. First, a few
peanuts.
Half an hour later, some crackers and
peanut butter. That's enough.
Two hours later, a slice of cheese.
Still later, a few spoonful of ice cream
to end the day.
Tomorrow will be different.
I will start my diet.
No snacks, no food in front of the TV.
Tomorrow is here. Gee, I'm hungry.

Interior Painting By Mary Santana

She looked at the painting and told
the story.
She woke up feeling good. Decided to
go visit a friend,
She walked to her friend's house. Her
friend was happy to see her.
Let me show you my house, her friend
said.
She followed her friend, and looked
around.
Through the bedroom window, she
saw beautiful green trees.
The ground looked snow-covered,
under the trees shaded by shadows.
The bedroom appeared ten feet high,
a blue ceiling.
The bedcovers white, the bright sun
shining in



added a blue tint to the covers.
The windows, looked six feet
high,
designs carved into the window
panes.
The curtains, tied together with
a brown tie,
let in the sunlight.
At the center of the room, a
brown rug.
Two pictures hung on the wall by
the bed.
One by the headboard, another
on the other side of the bed.
A small dresser next to the
window. The walls painted green
and gray.
At the bottom of this picture, the
name of the artist.
She told the story and went
home.

Dear Universe by Johnnie Ludrum

As I look out at the sky.
I see the lights in the sky.
The sky I will never reach.
This is the Universe.
I can wish upon a star.
I see shooting stars out there in
the Universe
But I will never be able to go. To
see them up close.

***NEWSLINES SUBSCRIPTION FORM *** If you would like to have the Newslines mailed to your home: Send a check or money order for \$6.00 made out to the Cambridge COA

Name: _____

Address: _____

City: _____ State: _____ Zip Code _____

Phone number () _____

North Cambridge Senior Center Daily Events at Our Center November 2017

Lunch Served Monday - Wednesday - Friday 11:30am - 12:15pm Reservations Required \$2.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Please call by 9:00 am to confirm Spanish Class 11:00-12:00 Bingo 1:00-3:00 Gentle Mat Yoga 3:30-4:30	Gentle Mat Yoga 3:00-4:00	Guided Meditation and Reiki 9:00 – 10:00 Qi Gong Arm Chair Exercise 10:30-11:30 WOW 1:00-2:00 Building Strong Bones 2:30-3:30	Watercolors 9:30-11:30 Dancing for Balance 1:30-2:30 Chair Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 Whist or Bridge Lessons 10:30-11:30 Whist 12:30-3:30

Special Events & Activites at North Cambridge

Course & Program cancellations are posted at the reception desk as soon as possible.

			2	
			Safety Awareness 12:00-1:00	
6	7	8	9	10
Open Forum 12:00		Birthday Tea 12:00		Veterans' Day Holiday Senior Center Closed
13	14	15	16	17
Podiatrist 10:00-2:00		Tax Payer Assistance 2:00-4:00		
20	21	22	23	24
	Thanksgiving Luncheon Registration is Required Cost is \$3.00 Per Person		Thanksgiving Holiday Senior Center Closed	Thanksgiving Holiday Senior Center Closed
27	28	29	30	
Clase Espanola Gratis Free Spanish Class every Monday at 11:00				

November 2017 Daily Events at Cambridge Citywide Senior Center


Breakfast Served Monday – Saturday 8:30am to 9:30am Lunch Served Monday –Thursday 11:30am to 12:30pm Friday Brunch 9:00am -11:15am

Saturday 11:30am -12:00pm \$2.00 Donation for all meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-9:45 Computer Lab 9:00- 12:00 Cultura Latina 10:30-11:30 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:00 Watercolor Painting 1:00-3:30 Bingo 1:15-3:00 Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Lab 9:00 – 12:00 Chair Yoga 10:00-11:00 ESOL IV 10:30-12:00 Women’s Club 11:00-11:45 Prevent Diabetes T2 program (Closed Enrollment) 12:30-1:30 Computer Lab 1:00-4:45 Classic Movie 1:00-3:15 Bingo 1:15-3:00 Zumba Gold 1:30-2:30 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese ESOL 8:30 – 9:30 Computer Lab 9:00 – 12:00 ESOL(CLC) 9:30-11:30 Chinese Singers 9:30-11:30 Tai Chi Practice (Closed Enrollment) 11:00-12:30 Crafts & Social Group 1:00-3:00 Bingo 1:15-3:00 Computer Lab 1:00-3:00	Grandet An Aksion 9:00-3:00 Computer Lab 9:00-12:00 Meditation with Catherine 9:00-10:00 Exercise Class 10:15-11:15 Food Pantry 12:00-2:00 Computer Lab 3:00-4:45 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00pm.	Qi Gong 9:00-9:45 Computer Lab 9:00 –1:00 Pottery Open Art Class 9:00-11:30 Simplified Qi-Gong Tai Chi 10:00-11:00 Council on Aging closes at 12:00pm. Senior Center closes at 2:50 pm.	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:00 Reservations required for lunch Senior Center closes at 12:50pm

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER

Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

		1 Evergreen Fall Concert 9:30-11:30 Jewelry Class 1:00-3:00 Facebook Class 2:00-3:00	2 Billiard Newton @ Cambridge 11:00-1:00 Town meeting & Birthday Party 12:00-12:30 SHINE presentation 1:00-2:00 First Thursday Writing Class 1:00-2:00	3 Brunch 9:00 -11:15	4 All Senior Center Programs And Meals Are Canceled.
6 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00	7 Men’s Group 10:30-11:30 Coffee Social	8 Blood Pressure 12:30-1:00 (Public Health Nurse) Facebook Class 2:00-3:00	9 Men’s & Ladies Breakfast 9:00-9:30 Billiard Cambridge @ Arlington 11:00-1:00 Book Group 11:15-12:00 <i>The Immortal Life of Henrietta Lacks</i> by: Rebecca Skloot Health & Wellness Talk 1:00-2:00 Topic: Taking care of the skin.	10 Veterans’ Day Holiday Senior Center Closed	11
13 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00 Dinner and Bingo 4:00-6:00	14 COA Board Meeting 9:30-11:00 Tax Payer Assistance 10:00-12:00	15 SHINE Open House 12:00-3:00 Restaurant Trip to S&S Restaurant 11:15-1:00 Ticket \$2.00 for transportation, Lunch on your own. Jewelry Class 1:00-3:00 Facebook Class 2:00-3:00	16 Thanksgiving Party 12:30-3:00 Entertainment by: Andy Baer Band Ticket cost: \$ 5.00 must be purchased in advance	17 Brunch 9:00 -11:15 Memory Café 10:00-12:00	12 
20 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00	21 Men’s Group 10:00-11:30 Community service project. Books on review by Janet Borron, Cambridge Librarian 12:30-1:15	22 Facebook Class 2:00-3:00	23 Thanksgiving Holiday Senior Center Closed	24 Thanksgiving Holiday Senior Center Closed	25
27 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00	28 Film and Discussion 12:45-3:15 Movie: <i>Megan Leavey</i> (2017) Blood Pressure 2:30-3:00 (Windsor House)	29 Facebook Class 2:00-3:00	30 Poison Prevention Presentation 1:00-2:00 Presented by the Regional Center for Poison Control and Prevention.		

Cambridge City Council

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Cambridge Council on Aging
 806 Massachusetts Avenue
 Cambridge, MA 02139

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Our appreciation to the
 Executive Office of Elder Affairs
 for funds to support this publication.

