



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
May 2017 <http://www.cambridgema.gov/DHSP/programsforadults>

Dear Seniors:

A couple of weeks ago something happened to me that I had never experienced – I was pulled over for running a red light! As I write this, I still cannot believe it. You are probably thinking – really? Yes, really. It had been a long day at work. Nothing out of the ordinary, but I do remember feeling tired by the day and tired by various life events. I was travelling along Mass Ave. (my usual route) and recall thinking

to myself that traffic was light and then noticed a police car who had pulled over another motorist. As I passed them (and the red light), I heard the sirens behind me. I pulled over and then thinking that the police car would drive by me, it pulled up right behind me! I was mortified! When the police officer approached me, I learned what I had done. We did the obligatory

exchanges and I stated that I couldn't believe what I had just done, and that this was the first time I had ever been pulled over. I'm sure the officer thought to herself, "yea, sure". I lucked out, I was issued a warning and the officer said, "You were right, you really have never been pulled over". We had a good laugh and then I was on my way. But as I started on my way I became

super cautious. It actually frightened me that I had not seen the red light. It made me think of how many other things I had missed that day. Do we do things so automatically that we then lose sight of the task at hand? How many conversations had I had during the day and really listened to

what the person was saying? There are so many times in our lives that we get so consumed with all that we are doing, that our minds truly are not focused on what we are doing. We take on too much. We want to appease everyone and think we can do it all. I realized that evening, you can't, and when one starts doing things like I did, it means that the brain is on overload. I remembered something I read once "the opposite of more...is enough. Remember that." How true. Everything comes down to your capacity for presence. Work your mind to focus on the present. I write this so easily, but doing it is so much harder. I drive by that traffic light every day. Each time I get a gentle nudge – focus. That's what I try to do, look, listen and reflect. That's what I've been thinking. Looking forward to the longer and warmer days of May!

Warm Regards,
Susan P. Pacheco



Follow us on

facebook.

Information & Referral

Do you have difficulty reading or holding books and newspapers?

The Talking Information Center Network (**TIC**) is a radio reading service that provides around the clock programming for the blind, visually impaired or otherwise disabled. Tune in to volunteers as they read state and local newspapers, magazines, periodicals and other information about state programs and events.

** HOW TO LISTEN

- **Call** TIC at **781-834-4400** to order a radio receiver.
- **Listen** by telephone: call 712-832-7025
- **Listen** via website: www.ticnetwork.org
- **Download** our **free app** on your phone

For more information go to, www.ticnetwork.org or call 781-834-4400.

What is a MOON?

For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly required notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, ***an inpatient hospital stay of at least three days*** is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call 617-349-6220. For other SHINE

related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Headline: You're Never Too Old. Be an Organ Donor.

The Massachusetts Advisory Council on Organ and Tissue Transplants and the Massachusetts Department of Public Health have launched a public awareness campaign to encourage residents to register as organ and tissue donors.

In Massachusetts and across the nation, organ donor registrations fall off dramatically among people 50-years old and older. The need to change this trend is critical. There are almost 120,000 people waiting for a transplant in the United States - and 22 of them die each day because the organs they need are not donated in time.

Did you know a single organ donor can save the lives of up to 8 people? The Massachusetts Advisory Council on Organ and Tissue Transplants and the Massachusetts Department of Public Health want you to know that you shouldn't let age stop you from registering to be an organ donor. When it comes to organ donation, age doesn't matter. Even if you have a health condition, you may be able to donate organs.

Here are just a couple of real people in Massachusetts who were saved by older donors:

- Paul from Western MA is doing well today, one year after a liver transplant from a 70-year old saved his life.
- Rich from Worcester is thankful every day for the 66-year old donor who gave him the ultimate gift.

Please take a few minutes to visit www.RegisterMe.org and become an organ donor. It's fast, easy, and private. Your registration is valid for good, and you can change your mind at any time.



May 2017 Happenings at the Citywide Senior Center

Men's Group

Tuesday, May 2, 10:00-12:00

Join the Men's Group for a social in our Billiards Room. We will have access to two 9 slate billiards tables. Light refreshments will be served. We will also have access to a turn table, so feel free to bring along your favorite album.

Facebook Class

Wednesdays, May 3, 10, 17, 24 & 31

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, May 4, 12:00 – 1:00

Guest Speaker: The Postal Inspector. He will discuss mail fraud, lotteries and scams. The Town Meeting will be followed by the May Birthday Party.

First Thursday Writing Class

Thursday, May 4, 1:00-2:00

Lily Owyang is an amazing writing teacher. Students in this class are producing wonderful short stories and poems. Class requirement: Students must speak English. This is a free writing class.

COA Board Meeting

Tuesday, May 9, 9:30-11:00

Senior Safety Group

Tuesday, May 9, 12:30-1:15

Cambridge Police Officer Daniel Burroso will be here to update you on the latest happenings in the community and to answer your questions.

Book Group

Thursday, May 11, 11:15-12:00

Book: *The Underground Girls of Kabul*. By Jenny Nordberg. An investigative journalist uncovers a hidden custom that will transform your understanding of what it means to grow up as a girl in Afghanistan.

Health and Wellness Talk

Thursday, May 11, 1:00-2:00

Topic: Depression with Roberta Robinson.

Dinner and Bingo

Monday, May 15, 4:00-6:00

Dinner 4:00-4:30 Bingo 4:30-6:00

Men's Group

Tuesday, May 16, 10:00-12:00

Café Culture: Please join us for a presentation and discussion by the staff of one of Central Square's premier cafes – 1369 Coffee House. 1369 was established in 1993 and is a favorite of many of our participants.

Books on Review

Tuesday, May 16, 12:30-1:15

Librarian Janet Borron will be here with a selection of books that she will review and will allow you to check out.

Mayor's Luncheon @ MIT

Thursday, May 18, 10:30-2:00

For Cambridge Residents. Ticket Required
(All Senior Center Programs and Classes Cancelled)

Film and Discussion

Tuesday, May 23, 12:30-3:15

Movie: *Fences* Set in 1950s Pittsburgh, the film adaptation of August Wilson's Pulitzer Prize-winning play takes a passionate look at former baseball player Troy Maxson as he fights to provide for those he loves in a world that threatens to push him down.

Restaurant Outing

Wednesday, May 24, 11:15-1:00

Outing to Falcons Nest @ Cambridge Rindge and Latin High School. Transportation provided. Cost: \$2.00 Lunch on your own.

Lecture on Prince Hall and the Free Masons

Thursday, May 25, 1:00-2:30

Guest Speaker: Red Mitchell. Throughout North America, the Caribbean and Europe there are Free Masons whose lineage began here in Boston in 1775, when Prince Hall and 14 other freed black men secured a charter to join the international association.

Blood Drive – American Red Cross

Tuesday, May 30, 2:00-7:00 pm.

Cooking Class with Richard

Wednesday, May 31, 1:00-3:00

Come and enjoy the flavors of spring with Richard (Chef Kiwi) from DHSP. There is no better way to enjoy the spring weather than with a flavorful lunch that celebrates the freshest produce of the season.

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

Podiatrist

Monday May 1st 10:00am-2:00pm

Dr. Dwyer will be at the North Cambridge Senior Center from 10am to 2pm.

Please call Dr. Dwyer's office directly for an appointment

Mother's Day Appreciation Monday May 15th 10:30am-11:00am

Stop by for a bagel and coffee between 10:30am-11:00am.

Pet parents are welcome.

Lunch Walk to Tavern in the Square (Porter Square Location) Tuesday 11:30am-1:30pm

Join us for lunch at Tavern in the Square 1815 Mass Ave. Cambridge. Walk with us or meet us there. We will leave the North Cambridge Senior Center at 11:30am and expect to return by 1:30pm. Lunch is on your own.

MIT Luncheon Thursday May 18th 9:30am-1:00pm

Please see the receptionist for tickets. The bus will leave the North Cambridge Senior Center at 9:30am. Please let the receptionist know at the time of registration if you will need accessible transportation.

Pet Therapy Tuesday May 23rd 9:15am-10:00am

Gracie returns to the North Cambridge Senior Center this month with Vincent McCarthy.

Gracie, a registered pet therapy dog will be visiting between 9:15am and 10:00am.

You may stay for the entire session or just drop in to say hello.

Lucky Penny Day Luncheon Tuesday May 23rd 12:00pm-1:30pm

Did you know that May 23rd is Lucky Penny Day? Join us for lunch as we try to make cents of this day. Registration is required and the cost is \$3.00 per person.

Day Trip to the Museum of Fine Arts Thursday May 25th

Are you interested in seeing the new exhibits or do you enjoy the wonderful art on display? Please join us for a wonderful afternoon at the museum. The bus will depart the North Cambridge Senior Center at 10:00am and will return by 2:30pm. The cost is \$25.00 per person which includes Admission and transportation. Registration is required. Lunch is on your own within the museum.



Bingo Bonanza and Brown Bag Lunch Tuesday May 30th 10:30am-1:30pm

Join us for a morning and afternoon of Bingo games, with a break for lunch at noon. Lunch will consist of deli meat sandwiches, chips, soda and a cookie. Registration is required and the cost is \$3.00 per person for lunch only

Future Information & Referral

In the near future the Council on Aging is planning to host a 4 week educational program to address issues around substance use and recovery. If you are interested in participating or have any questions at all please contact Vincent McCarthy at vmcarthy@cambridgema.gov 617-349-6220

***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 May 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 3:00-4:00	Guided Meditation and Reiki 9:00 – 10:00 Qi Gong Arm Chair Exercise 10:30-11:30 WOW 12:30-2:00 Building Strong Bones 2:30-3:30	Watercolors 9:30-11:00 (By Registration Only) Dancing for Balance 1:30-2:30 Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 SHINE 10:30 -2:30 (By appointment only) Whist or Bridge Lessons 10:45-11:30 Whist 12:30-3:30

Special Events & Activites at North Cambridge

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

1 Open Forum 12:15-1:15 Podiatrist 10:00-2:00	2	3 Women of Wellness 1:00-2:00 Building Strong Bones Exercise Class with Suzi 2:30-3:30	4	5 Whist or Bridge Lessons 10:45-11:30
8	9	10 Birthday Tea 12:15 Women of Wellness 1:00-2:00 Building Strong Bones Exercise Class with Suzi 2:30-3:30	11	12 Whist or Bridge Lessons 10:45-11:30
15 Mother's day Appreciation 10:30-11:00 Join us for bagels and coffee	16 Lunch Walk to Tavern in the Square (Porter Square Location)	17 Women of Wellness 1:00-2:00 Building Strong Bones Exercise Class with Suzi 2:30-3:30	18 MIT Luncheon 9:30-1:00	19 Whist or Bridge Lessons 10:45-11:30
22 Clase Espanola Gratis Free Spanish Class every Monday beginning at 11:00	23 Pet Therapy with Gracie 9:15-10:00 Today is Lucky Penny Day Join us for lunch as we try to make Cents of this day. 12:30-1:00	24 Women of Wellness 1:00-2:00 Building Strong Bones Exercise Class with Suzi 2:30-3:30	25 Day trip to the Museum of Fine Arts Bus will depart at 10:00am and will return by 2:30pm Cost is \$25.00	26 Whist or Bridge Lessons 10:45-11:30
29 Memorial Day Senior Center Closed	30 Bingo and Brown Bag lunch 10:30-1:30 Cost is \$3.00 per person for lunch only	31 Women of Wellness 1:00-2:00 Building Strong Bones Exercise Class with Suzi 2:30-3:30		

May 2017 DAILY EVENTS AT CAMBRIDGE CITYWIDE SENIOR CENTER

Breakfast Served Monday – Saturday 8:30 a.m. to 9:30 a.m. Lunch: Served Monday –Thursday 11:30a.m. to 12:30 p.m. Friday 11:00 a.m. -11:30 a.m.

Saturday 11:30 a.m. -12:15 p.m. \$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 Bingo 1:15-3:00 Watercolor Painting 1:00-3:30 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 Computer Lab 1:00-4:00 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 Better Balance 10:00-10:50 Tai Chi Level 1 11:00-12:15 Crafts & Social Group 1:00-3:00 Bingo 1:15-3:00 Computer Lab 1:00-3:00 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-3:00 Computer Lab 9:00-12:00 Meditation with Catherine 9:00-10:00 Ceramics 9:30-12:00 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 2:00 pm.	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 12:00 pm. 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 –12:15 Reservations required for lunch Senior Center closes at 12:50 pm

SPECIAL EVENTS & ACTIVITES AT OUR CENTER

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

1 Monday Tech Help 2:00-3:00 Cinco De Mayo Celebration 5:00-6:00 Advanced Reservation required	2 Men’s Group 10:30-11:30 Billiards Social	3 Jewelry Class 1:00-3:00 Facebook Class 2:00-3:00	4 Super 8 Ball Cambridge @ Newton 11:00-12:30 Town meeting & Birthday Party Guest: Postal Inspector 12:00-1:00 First Thursday Writing Class 1:00-2:00	5 Brunch 9:00-11:15	6
8 Monday Tech Help 2:00-3:00	9 COA Board Meeting 9:30-11:00 Senior Safety Group 12:30-1:15	10 Blood Pressure 12:30-1:00 (Public Health Nurse) Facebook Class 2:00-3:00	11 Book Group 11:15-12:00 <i>The Underground Girls of Kabul</i> by Jenny Nordberg. Health & Wellness Talk 1:00-2:00 Topic: Depression	12 Brunch 9:00-11:15	13 .
15 Monday Tech Help 2:00-3:00 Dinner and Bingo 4:00-6:00	16 Men’s Group 10:30-11:30 Café Culture Books on review 12:30-1:15	17 Restaurant Trip 11:15-1:00 Falcons Nest @ CRLS Transportation cost is \$2.00 Lunch on your own. Jewelry Class 1:00-3:00 Facebook Class 2:00-3:00	18 Mayor’s Luncheon @ MIT 10:30-2:00 All PROGRAMS AND CLASSES CANCELLED	19 Men’s & Ladies Breakfast 9:00-9:30 Lunch 11:00-11:30	20
22 Monday Tech Help 2:00-3:00 Mother’s Day Dinner Buffett 5:00-6:00	23 Film and Discussion 12:30-3:15 Movie: FENCES Blood Pressure 2:30-3:00 (Windsor House) ESOL Cancelled	24 Facebook Class 2:00-3:00	25 Lecture on Prince Hall and the Free Masons 1:00-2:30	26 Southern Brunch 9:00-12:00	27 SAVE THE DATE Tuesday, June 6, 10:30-2:30 Charlesgate Yacht Club Trip Selection by Lottery
29 Memorial Day Holiday Senior Center Closed	30 Red Cross Blood Drive 2:00-7:00 ESOL Cancelled	31 Cooking Class with Richard (Chef Kiwi) 1:00-3:00 Facebook Class 2:00-3:00			

Cambridge City Council

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 Marc McGovern, Vice Mayor
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 Jan Devereux
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 Lily Owyang
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Cambridge Council on Aging
 806 Massachusetts Avenue
 Cambridge, MA 02139

Program and Staff**Executive Director**

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 Information & Referral

Elizabeth Seelman,
 Outreach Case Manager

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 Jessica Mowatt
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 Sanctora Cooper, Assistant Manager
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Alicia Johnson, Director
 Joan Mahoney, Meal Site Director
 Geoffrey Coughlin, Receptionist
 Marybeth Joyce, Assistant

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