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
www.cambridgema.gov/DHSP

March 2014

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Dear Seniors:
Snow, snow and more snow! The *Polar Vortex?* That became common vernacular for the winter of 2014. It seems as if this winter will never end! But as true New Englanders we have persevered!

What I have observed through the snow banks and slushy roads are the simple acts of kindness. An email I received from a woman concerned about her elderly neighbor. A shared story that two young men helped push a woman's car that had been stuck in the snow. People helping each other shovel out and an endearing story that a COA staff person observed. *On the evening of a snowstorm, she saw a kid strip off his jacket and put it on his grandmother/senior companion as she made her way with a cane down a barely shoveled sidewalk.* These simple acts certainly shed brightness during these stormy days.

Thinking happy thoughts of Spring. I can *practically* smell those tulips blooming! I said, *practically*…

Warm Regards,
Susan P. Pacheco

Members Sought for Council on Aging Board

The Cambridge Council on Aging is seeking interested individuals to serve on its board. This is an opportunity for you to advocate for important senior issues. Applicants must be age 60 or older and a Cambridge resident.

The purpose of the board is to promote and encourage existing and new services and activities intended to enhance and improve the quality of life of older persons in the city; advise the City Manager on all matters pertaining to the welfare of elderly Cambridge citizens; and advocate for Cambridge elderly residents. Board members also support Council on Aging/ Senior Center staff with community outreach for services, benefits, activities and programs available to them.

Interested applicants should submit a letter describing any applicable experience by Friday, March 14, 2014 to:

Richard C. Rossi, City Manager
City of Cambridge
795 Massachusetts Avenue
Cambridge, MA 02139

Letters can also be faxed to 617-349-4307 or sent via e-mail to: citymanager@cambridgema.gov.

For more information, please contact the Executive Director of the Council on Aging, Susan Pacheco at 617-349-6220 or at spacheco@cambridgema.gov.

Elder Lobby Day

State House, March 24, 11am to 2pm Grand Staircase, 2nd floor. For the elders, and workers who care for them!
For more information please call Somerville Cambridge Elder Services at (617) 628-2601.

Inspired by the writings submitted by the Thursday Writing Group, the following was received from a former Cambridge resident, now living in Hanover, PA.

Dear Ms. Pacheco,

I always appreciate receiving your Newslines. This issue of January 2014 was especially inspiring. I am giving it to the Director of our Senior Center here in Hanover as a way of sharing ideas concerning care of seniors. Here is my story:

A Story by Ted

During 1941 when I was 16 years of age our family, my father Gardiner and my mother Beatrice and my brother Donald 14 years of age moved from our home town of Saratoga Springs, New York to an apartment on the first floor on Green St. Cambridge. My father had found steady employment at Simplex Wire and Cable Company in the printing department. We had quite an adjustment to make moving from a small city of 15,000 people to Cambridge with a population of 110,000. I immediately had to select which High School I would attend. Rindge or Cambridge High and Latin I selected Rindge, entered my sophomore year majoring in mechanics. My brother and I were not satisfied with our residence on Green St. so we both worked after school in a grocery store, bowling alley and in restaurants and earned enough money to help our parents move to a very pleasant apartment on Hancock Street. We had been very active in the Boy Scouts in Saratoga so we transferred to a troop which met at the Police Station in Central Square. Later we both joined the Sea Scouts. The small library at the police station helped me to set goals and assist me with my school work.

When I completed my junior year I had been trained to be a welder and all during the summer I was a spot welder at Lawley Ship Yard, north of Boston. My earnings were substauial and I was able to help provide for our family. During my junior and senior year at Rindge I found employment in factories in Kendall Square from 3 pm. to 8pm. and half a day on Saturdays.

As I started my senior year at age 18 our principal Mr. Woods gave over 35 of us an opportunity to double up on all of our subjects and graduate in March when we were all drafted for the service. All through that period I enjoyed all of the opportunities offered in Cambridge admiring MIT, Harvard, two libraries, the YMCA, Brattle St. Harvard Square, North Cambridge, Central Square, Kendall Square, Grace Methodist Church, Baptist Church and Congregational Church.

I found a true mentor and friend in Rev. Frank Garish Potter and in Mr. Leon Fitzgerald, my English teacher. Our family had moved to Allston St. after one year at Hancock St. I served in the 409th Reg of the 103rd Div. from March 1944 to Dec. 1945 in the battle of Southern France and Voges Mountains I was captured by the Germans and served 6 months in a slave labor camp where 25 out of 200 of us died of starvation. I returned home. Had a 60 day vacation. Returned to the Service until Dec. 10, 1945 when I was discharged.

I was fortunate to be accepted at Cambridge High and Latin and continued an entire school year of study as it prepared me to be accepted at the University of Mass at Ft. Devens for 2 years and two more at the Amherst Campus and two more graduate studies until June, 1952.

I finally moved away from Cambridge to Ashby, Mass. and to Long Island, New York and on to my retirement home here in Hanover, PA. I will always remember the Kindness of so many and the excellent opportunities I had in Cambridge to prepare me for my own family and career.

Sincerely,
Theodore J.

March 2014 Happenings at the Citywide Senior Center

Mysteries of the Cosmos
Tuesday, March 4, 1:30-2:30

To Touch the Sun: A Discussion of Angular Momentum. Why can spacecraft travel to Uranus in less time than it takes to maneuver into a stable orbit around Mercury? What are the biggest challenges for the Solar Probe Plus mission? What is really happening during a "gravity assist" for a spacecraft? We will answer these questions (and more!) this month when we take a closer look at the conservation of angular momentum.

Cambridge City Council Honors LeRoy Cragwell
Wednesday, March 5, 2014 1:00 - 3:00

The City Council will present a commemorative plaque and the unveiling of the Cambridge Public Library's *Leroy Cragwell African-American History Book Collection.* Event will be held at The Cambridge Public Library, 449 Broadway, Cambridge. RSVP to Emma Watkins, 617-349-6043

International Women's Day Event
March 6, 1:30-3:00

***Friendship Knows No Boundaries*: Stories of Friendship with True Story Theater** International Women's Day Event! Come share stories of friendship. True Story Theater performers spontaneously transform audience members' stories into theater through drama, movement and song. This event is being sponsored by the Cambridge Women's Heritage Project. Program is free and open to the public.

Central Square Post Office – Free Shredding Day
Saturday, March 8, 10:00 – 2:00

There will be a Shred Day event on March 8, 2014 The Post Office will be providing free public shredding for area residents and businesses.

www.cambridgema.gov/DHSP/COA

Dr. Conant's Lunchtime Chat
Tuesday, March 11, 12:00-1:00

Dr. Conant will stop in the Citywide Senior Center for his monthly visit. So bring your lunch and join us. The Doctor always has interesting news from the medical front to share with us. Program is free and open to seniors 60+.

Writing Workshop: Book of Friends
Tuesday, March 11, 1:00-3:00

Be part of a tradition that stretches from the 15th to 21st century: help create a "book of friends," or, in Latin, liber amicorum. EVERYONE at the Senior Center is invited to contribute to this book. The theme will be "The Joy of Living – What Makes Me Happy."**Tuesday, March 25** a reception and exhibition of everyone's pages will be presented. **1:00-2:00 pm**

Health and Wellness Talk
Thursday, March 13, 1:00-2:00

Topic: Healthy Recipes/Healthy Eating Explore the properties of food & how they affect the body. Food is information to the body...not just substance to satisfy hunger.

Health & Wellness Presentation
Tuesday, March 18, 1:00-2:30

Topic: Heartburn/GERD
Have you ever had a burning sensation in your chest after you eat? Heartburn affects thousands of people every day. Find out what causes heartburn and how you can avoid these symptoms! Faculty and Students from the Massachusetts College of Pharmacy (FASCO) will also discuss lifestyle modifications and medications that can help relieve your symptoms.

St. Patrick's Day Party
Thursday, March 20, 12:30-3:00

Entertainment by D.J. Jimmy Caserta. Traditional Irish Meal, corn beef, cabbage, carrots, potatoes, baked rolls & St. Patty's Day dessert. Ticket Required Cost: $4.00

Health and Wellness Program
Thursday, March 27, 12:30-3:00

Rheumatoid Arthritis Education
Topic: Understanding Rheumatoid Arthritis
Lunch Provided. Pre-registration required.

CAMBRIDGE CITYWIDE SENIOR CENTER DAILY EVENTS AT OUR CENTER 617-349-6060

MARCH 2014

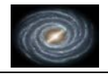
806 Massachusetts Avenue
Cambridge, MA 02139 617-349-6060
www.cambridgema.gov/DHSP/COA

Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. – 9:30 a.m. $1.00 donation
Lunch: Reservations Required $1.50 Donation-
Served Monday –Thursday 11:30a.m.-12:45 p.m. Friday 11:00 a.m. -11:30 a.m. Saturday 11:30-12:15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12:00 Clay Sculpture 10:00-12:00 Strength Building 10:30-11:30 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:00 Beano 1:30-3:00 Painting 1:30-3:30 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 Latino Elders 10:00-11:30 ESOL IV 10:30-12:00 Women's Club 1100-12:00 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese EOSL 8:30 – 9:30 Computer Lab 9:00 – 12:00 ESOL (CLC) 9:30-11:00 Chinese Singers 10:00-11:30 Better Balance 10:00-10:50 Tai Chi Level 1 11:00-12:00 Crafts/Social 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Ceramics 9:30-12:00 Noon Meditation with Catherine 9:00-9:45 Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 ****Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 p.m.**	Qi Gong 9:00-10:00 Computer Lab 9:00 – 12:00 ESOL Chinese 9:00-10:30 Simplified Qi Gong – Tai Chi 10:00-11:00 Computer Lab 12:00-2:00 **Council on Aging closes at 12:00 pm.** **Senior Center closes at 3:00 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 1:00 pm.**

SPECIAL EVENTS & ACTIVITES AT OUR CENTER MARCH 2014

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3 **Afternoon Tea** 3:00-3:30 	**4** **Senior Safety Meeting** 12:30-1:30 **Mysteries of the Cosmos** 1:30-2:30 	**5** **The City of Cambridge Honors LeRoy Cragwell** 1:00 pm Location: Cambridge Public Library – RSVP required **Senior Pool League** Cambridge @ Billerica 1:00 pm	**6** **Town Meeting** 12:00-12:30 **Birthday Party** 12:30-1:00 **First Thursday Writing Class** 1:30-2:30 **International Women's Day with True Story Theater "*Friendship knows No Boundaries*"** 1:30-3:00	**7** **Ladies Breakfast 9:00-10:00** **Food Served until 9:30** *Sign up in advance* **Reminiscence Group** 12:00 – 1:30 (Limited transportation available)	**8** **Central Square Post Office** Free Public Shredding 10:00-2:00
10 **Dinner & Bingo** 4:00-6:00 Dinner 4:00 – Bingo 4:30 Remember to change the batteries in your smoke alarms and carbon monoxide detectors	**11** **Men's Breakfast** 9:00-10:00 **Men's Support Group** 10:00-12:00 **Dr. Conant's Lunchtime Chat** 12:00-1:00 **Workshop – *Book of Friends*** 1:00-3:00	**12** **Blood Pressure** 12:30-1:00 (Public Health Nurses) **Jewelry Class** 1:30-3:00	**13** **Health and Wellness Talk *Healthy Recipes*** 1:00-2:00 **Senior Pool League** Cambridge @ Chelmsford 1:00 pm	**14** **Reminiscence Group** 12:00 – 1:30 (Limited transportation available)	**15**
17 **Cooking Class** 1:00-3:00 **Taste of Thai** Cost: $2.00 (sign up required)	**18** **Health and Wellness Talk** MASS College of Pharmacy (FASCO) Topic: Heart Burn/GERD 1:00-2:30	**19** 	**20** **St. Patrick's Day Party** **Entertainment by D.J. Jimmy Caserta** 12:30-3:00 Ticket required. Cost: $4.00 **Senior Pool League** Tewksbury @ Cambridge 1:00 	**21** **Reminiscence Group** 12:00 – 1:30 (Limited transportation available)	**22**
24 Dinner & Bingo 4:00-6:00 Dinner 4:00 – Bingo 4:30 Reservations Required **31** **Afternoon Tea** 1:00-3:00	**25** **Men's Support Group** 10:00-12:00 **Books on Review** 1:00-1:30 ***Book of Friends* Reception** 1:00-2:00	**26** **Jewelry Class** 1:30-3:00 **Senior Pool League** Cambridge @ Woburn 1:00 pm 	**27** **Rheumatoid Arthritis Education Program** Lunch Provided 12:30-3:00 Pre-registration Required	**28 Reminiscence Group** 12:00 – 1:30 (Limited transportation available) **Restaurant Week** Lunch Out 11:00-1:00	**29**

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320 www.cambridgema.gov/DHSP/COA

DAILY EVENTS AT OUR CENTER ☙ ☙ ☙ March 2014

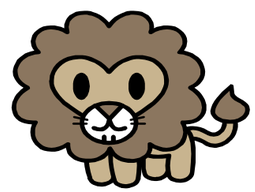
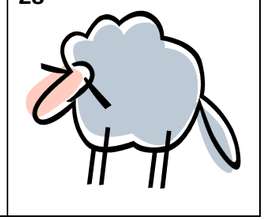
Lunch Served Monday –Friday 11:30a.m. 12:15 p.m. Reservations Required $1.50 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Spanish Class 11:00-12:00 Lunch 11:30-12:15 Bingo 1:00-3:00	Strength Building 9:30 – 10:30 Lunch 11:30-12:15 Needle Crafts 1:00-3:00	Intro to Meditation 9:00 – 10:00 Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 WOW 1:00 – 2:00 Movie 2:30- 4:30	Watercolors 9:30 – 11:00 Lunch 11:30-12:15 Yoga 3:00- 4:00	Zumba 9:30– 10:30 Lunch 11:30-12:15 Whist 1:00-3:00

SPECIAL EVENTS & ACTIVITES AT OUR CENTER ☙ March 2014

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

All trip sign up & special event registrations begin at Open Forum

Monday	Tuesday	Wednesday	Thursday	Friday
3 **Open Forum** **12:15pm-1:15pm**	**4** 	**5** **WOW GROUP** **Medication Brown Bag** **With Mass School of Pharmacy** **1:00pm-2:00pm** **Movie: (Drama) PG13** **Lee Daniel's The Butler** **Starring Forest Whitaker and Oprah Winfrey**	**6** 	**7**
10 ***Remember to change the batteries in your smoke alarms and carbon monoxide detectors***	**11** **Alzheimer's Association Presents** **The Basics: Memory Loss, Dementia and Alzheimer's Disease** **11:30am-1:00pm** **Registration Required** **light refreshments**	**12** **Birthday Tea** **2:30pm** 	**13** **Safety Awareness** **12:00pm-1:00pm** 	**14**
17 	**18** 	**19** **Movie: (Comedy) PG13** **Last Vegas** **Starring Michael Douglas; Robert DeNiro; Morgan Freeman; Kevin Kline** **1Hr 45Min**	**20** **Step Into Spring Luncheon** **12:00pm-2:00pm** **$3.00 per person** **Registration Required** ***Entertainment provided by Art Sullivan***	**21**
24 ***Money Smart Seminar*** **Presented by** **Century Bank of North Cambridge** **12:00pm-1:00pm**	**25** **31** **Podiatrist** **10am-1:00pm** **Please Call Dr. Dwyer Directly For An Appointment** **781-335-8811**	**26** **Blood Pressure Screening** **12:15pm-1:00pm** **Movie: (Comedy) PG13** **Enough Said** **Starring Julia Louis-Dreyfus And James Gandolfini** **1Hr and 33Min**	**27** **Day Trip** **IKEA** **Bus Leaves at 9:30am** **And Returns 2:30pm** **Cost $2.00 for transportation**	**28** 

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