



Newslines

The Newsletter of the Cambridge Council on Aging
806 Massachusetts Ave., Cambridge, MA 02139
Office 617.349.6220

April 2021 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors,

It is the last day of March and I have been extremely delayed in writing this note to you. I am especially sorry for my delay because it impacts my colleagues that are responsible for uploading the newest edition of the Newslines. My delay also was based on what to write about. There are many topics, but all seem related to COVID-19 and I am hoping to practice a bit of self-care and write on a different topic.

As I stated above, it is the end of March and Easter is four days away. Growing up, Easter was a holiday that had almost as much prep work to do as Christmas. It had probably as much cleaning, cooking, and baking. Baking meant of course Portuguese Sweet Bread – massa. Massa is traditionally baked at Christmas and Easter. When baking massa, it does not mean a loaf. It means many, many loaves. It is a baking extravaganza! It can take up to 12 hours or more until the process is completed. I remember as a child often awakening to the incredible smell permeating the air of baking massa. The massa is the boss. It bakes when it is ready to be baked.

This year, I am my mother's "sous chef/ baker" for this annual tradition. This will be the first time that I will be assisting my Mom from start to finish. At almost 80 years old, my Mom can knead circles around me, but she wanted me to do it this year. It was great to be following a years' old recipe, combining all the ingredients, and then kneading the dough to its perfect elastic consistency. The dough is now resting in a warm spot. When it rises and doubles in size, it will be divided into individual baking pans. It will then rest and rise and then it will bake. I hope that it will

be as beautiful and as delicious as the ones shown in the photo (Christmas 2020 massa).

As I kneaded the dough, my Mom and I reminisced of years' gone by and spoke about both my grandmothers' culinary talents. During the kneading, I felt the presence of these extraordinary women. My Mom's physical presence and my grandmothers' spiritual presence. How blessed I have been to have had these women in my life.



As I await the next step of the massa process, I sit and think of something we so often hear. Traditions are so important, but they become traditions by doing and passing it on. Take the time to share a story or a recipe with a family member. When it is shared, it continues. The very much stained recipe card of the massa has all the ingredients and measurements. The card however does not show the technique of the old and tired arms still finding the strength to knead that dough, nor does it tell the story of the recipe. That could only be seen when present – watching and listening.

As April begins, let's embrace the presence of spring. Enjoying the return of plantings, longer days, and chirping birds. We know that it is possible to still see some snow, but we know it will not be long lasting. Brighter and warmer days are ahead!

Continue to be well!

Warm Regards,

Susan P. Pacheco

LGBT ELDERS

IN AN EVER-CHANGING WORLD

10TH ANNUAL CONFERENCE

SAVE THE DATE!

Friday, June 25, 2021

A virtual one-day conference focusing on interdisciplinary practice and community engagement for working with lesbian, gay, bisexual, and transgender older adults and caregivers

Additional Details Forthcoming

Featuring Keynote Speakers:
Jess T. Dugan & Vanessa Fabbre, Ph.D.
“I’ve Got My Game On: Insights from Trans Elders on Well-Being in Later Life”

Photographer Jess T. Dugan and social worker Vanessa Fabbre traveled across the U.S. creating the book, *“To Survive on This Shore: Photographs and Interviews with Transgender and Gender Nonconforming Older Adults.”* They will speak about the process of creating this project and share images, stories, and insights gained from the narratives of more than 80 trans older adults.



Healthy Aging & Cycling in Cambridge

Power Pedal

April 6th – May 27th
Tuesdays and Thursdays
12:30 PM – 1:30PM

Prepare yourself to get back in the (bicycle) saddle this spring with a free 8-week class series for all fitness levels focused on building strength, balance, and flexibility while also working on reflex responses and agility specifically for bicycling.

This fitness class series is intended to be the first unit of a 3-unit Healthy Aging and Cycling in Cambridge program.

Unit 1: Power Pedal Fitness Classes

Unit 2: On-Bike Skills Clinic

Unit 3: Urban Cycling: from bike paths to on-street riding – bicycling for transportation

No equipment necessary, although there will be the option to incorporate hand weights or household items for added resistance.

Register here

or email aphilson@cambridgema.gov



Information & Referral

Caregiver Support Group

If you are a caregiver and have question about Caregiver Support, there is help available. To learn more about Caregiver Support resources please contact 617-349-6220.

Vincent McCarthy vmccarthy@cambridgema.gov or Maryellen McEleney mmceleney@cambridgema.gov

SHINE Program

Are you new to Medicare? Are you turning 65 soon, or losing employer-based health insurance coverage? The SHINE program can help you understand your Medicare health insurance coverage options. For more information, please call the Council on Aging at 617-349-6220.

SHINE is a service of Minuteman Senior Services funded, in part, by Administration for Community Living, the Cummings Foundation and local support of individual donors.



Film and Discussion

A continuation of our Alone Together Series.

Tuesday, April 27 at 1:00

The Moth Presents Lindiwe Majele Sibanda: Grandma Mahembe's Farm

A leading advocate for food security must reassess her own relationship to food. Lindiwe Majele Sibanda is one of Africa's leading advocates for food and nutrition security. Her PhD thesis was about improving the productivity of indigenous goats. This episode of The Moth Radio Hour was made possible thanks to the generosity and support of the Aspen Institute and the Bill & Melinda Gates Foundation.

If you would like to register for this month's Film & Discussion, please contact Vincent McCarthy at 617-349-6216 or vmccarthy@cambridgema.gov by Monday, April 26, and he will send you the Zoom invitation and discussion questions.

Volunteer Opportunity

If you have an appreciation for art and history and enjoy meeting new people, volunteering at the Cyrus Dallin Art Museum in Arlington is a rewarding way to pursue these interests and provide a valuable public service. Being a docent requires a modest commitment of at least four hours per month, and docent shifts are two hours long. Please contact Nancy Blanton for details nblanton@dallin.org

Continued from page 5:

New England Aquarium Virtual Visit

Thursday, April 22, 3:00-3:30

Engage with a marine mammal trainer as they conduct a training session with an Atlantic Harbor Seal, located outside on the Front Plaza. Learn about how we train, why we train, and what you can do to protect the ocean environment for these amazing animals.



Bingo

Monday, April 26, 4:00-5:00

The Council on Aging will provide you with a Bingo Card and game sheet, they will be sending it to your address by mail. The last day to register is April 16. To register or for more information please contact Julie 617-349-6042 jking@cambridgema.gov

Getting the Most out of Your Zoom Exercise Classes With Emily And Teresa

Thursday, April 29, 1:00-2:00

Our exercise instructors Emily Brenner and Teresa Boughner will guide you through key tips to maintain proper form and alignment through your movement classes, as well as Zoom tips for how to have the most safe, effective, and enjoyable virtual group exercise experience possible. Our tech expert Geoff Kotowski will be on hand for helpful Zoom tips and support as well.

We welcome you to submit your questions ahead of time to smohamed@cambridgema.gov

April 2021 Happenings at the Cambridge Council on Aging

*To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.

“Conversation & Connection” with Susan Pacheco, Executive Director Thursday, April 1, 12:00-1:00

Gather virtually at Susan’s kitchen table. Connect with others, as views are shared. Conversation has always been the best way of connecting. It often serves as a therapeutic tool. A conversation starter is provided, and the hope is that there is space and the encouragement to explore your own thoughts and feelings. Please bring your own coffee or tea! To register, call Susan at 617-349-6224 or spacheco@cambridgema.gov

Flamenco Dance Class

Fridays, April 2, 9, 16, 23 and 30, 10:00-11:00

This class for all, with or without any kind of physical limitation and have the option of dancing sitting on the chair if needed. So that each of you will discover your flamenco style.

*Special flamenco items are not required. Please join the class with comfortable clothes, water bottle and chair.

Gentle Morning Jive Dance Class

Tuesdays, April 6, 13, 20, 10:00-11:00

Wake up your body, mind and soul with stretching, strengthening and dancing -- all from home! Music from the 1930’s - present day will keep us energized throughout our workout which draws from disciplines such as yoga, Pilates, tap, jazz, West African, modern and ballet dance. No dance experience necessary. Movements will be demonstrated from a seated position but can be modified to be done while standing.

Health and wellness

MCPHS University in Boston

Tuesday, April 6, 12:00-1:00

Topic: skincare (retinoids, skin cancer prevention, hydration, etc.)

Join us for another virtual informative session with MCPHS University on various topics within skincare! We will be hosting a discussion followed by a Q&A to talk about sunscreen, retinoids, diabetic foot care, eczema, and more! The chemistry behind many over the counter products can be difficult to navigate, but we’ll break down the ingredients together and talk about preventative strategies to many common skincare problems.”

Online Tech-Help via Zoom

Smartphone Q&A: Basics

Tuesdays, April 6, 13, 20 and 27, 12:30- 1:30

Geoff & Pam will be available via zoom to answer common questions about your wireless devices, laptops and applications such as Zoom and Facebook.

To register, e-mail Geoff at gkotoski@cambridgema.gov



Book Group/Read and Tell

Thursday April 8, 12:00-1:00

Readers aren’t able to all read the same book - so instead the book discussion has become a “share what you have been reading meeting”. Any member who wants to share with - the title, author, sometimes a brief summary of the book and a review, i.e. if you enjoyed reading it.

Health & Wellness Presentation with Roberta Robinson

Thursday, April 8, 1:00-2:00

Topic: Nutrition and Bone Health

How do we keep our bones healthy? Discussion will be on food, supplements and exercises.

Talk with the Doc - Tuesday, April 13, 11:00-12:00

Dr. Kady Goldlist, MD Quimby Center for Geriatric Care Mount Auburn Hospital

Update on the COVID – 19 Vaccines. There are many competing messages. Dr. Kady Goldlist from the Quimby Center for Geriatric Care at Mount Auburn Hospital will speak about the different COVID 19 vaccines that are available. You may have already been vaccinated; this is a good opportunity to learn about what you can expect post vaccination. Dr. Goldlist will review what efficacy means and how it relates to the various vaccines. Bring your questions, as she will leave time to ask questions and discuss concerns.

The Importance of Laughter

Thursday, April 15, 5:30-6:30

Join us for a fun and informative, laughter wellness program with Trevor Smith. In this interactive program, you will learn the benefits of therapeutic laughter. Laughter reduces stress and increases energy and we will learn techniques to help improve our wellness, just by having a laugh.



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Cambridge Council on Aging Class Descriptions

Art Class: Learn art techniques, with an emphasis on drawing and watercolor painting, in this beginner-friendly, instructor-led class. Participants are encouraged to use whatever art materials they have on hand.

Balance Chi Kung: Learn basic Tai Chi principles with gentle, slow repetitive movements of Chi Kung. Over time, this may increase balance, and encourages you to find a way to allow your body to move in a relaxed way. The class begins and ends with meditation.

Cardio and Yoga for Heart Health: A 45-minute class starting with 20 minutes of East/West Cardio followed by 25 minutes of in-depth Yoga poses.

Chair Exercise: This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.

Dancing for Balance: This fun, friendly dance class is suited for all fitness levels. You will learn basic steps geared towards improving one's balance. Seated warm up and cool down exercises are performed.

Gentle Mat Yoga: In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, seated and lying down postures. This class is appropriate for adults comfortable moving from floor to standing with minimal support. Modifications are made to meet the needs of all participants.

Line Dancing: Easy to learn and fun to dance. This class will teach you the basics of line dancing as well as the newer and more established line dances being done. Have fun, learn new dances and making new friends.

Meditation: This is a thirty-minute guided meditation class, with focus on breath work. Aimed at reducing one's overall stress.

Move, Groove and Embody Rhythm Dance: Accompanied by recorded traditional West African and African rooted rhythmically stressed music.

Qi Gong: A movement practice from Chinese breath and martial arts traditions. Exercise movements include sitting and standing and are gentle and accessible to all participants. We follow a simple routine designed by teacher Sylvia Chen and is now peer led by Cathy Hoffman and support teacher Jamine Lee.

Spanish: This class reviews and updates students about the Spanish Grammar that permits students to formulate

sentences and paragraphs of information for understanding, responding, and conversing in the Spanish language.

Strong & Stretched: A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or Thera bands for resistance. Muscle conditioning reinforces good posture and class ends with deep Yoga stretches.

Watercolor Painting: Learn Methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies.

Zumba Gold: This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

Intermediate Mat Yoga: Intermediate Mat Yoga will be designed to cater to those more experienced yogis who are interested in more vigor and challenge. This class will include downward facing dog, plank, full sun salutations, squats, kneeling postures, and pranayama (breathing exercises) to name a few.

Flamenco Dance: This is a class for all, with or without any kind of physical limitation and have the option of dancing sitting on the chair if needed. So that each of you will discover your flamenco with your style.

- Warm up exercise of shoulder, neck, torso, arms and fingers movement.

- Play with the rhythm clapping the hand.

- Warm up exercise with footwork.

- Combine footwork and clapping hands and we will learn how to coordinate with footwork and clapping hands through learning a variation with music.

Please join the class with comfortable clothes, water bottle and chair.

Strength Building: A muscle conditioning class focusing on high repetitions with light or no weight. Utilizing what you have available at home, dumbbells, an unopened can or a water bottle, a resistance band, or just your own body weight, we will work all the major muscle groups. The class begins with a low impact warmup, leading to the strength portion, and ending with simple stretches for all the muscles we worked. You will need to be able to stand for a good portion of class, have a chair, a portion of wall space you can lean against with nothing on the walls, a bit of floor space to move in, any of the above mentioned props, sneakers, and water.

April 2021 Cambridge Council on Aging Virtual Programming Schedule

Online classes will be offered through Zoom during Safer at Home Advisory.

Participants must be 60 years of age or older, and priority will be given to Cambridge residents.

The Council on Aging reserves the right to impose a class size limitation per the instructors' request.

To sign up, call the Cambridge Council on Aging at 617-349-6220.

Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class.

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong 9:00-9:45 Cultura Latina 11:00-11:45 Strong and Stretched 11:00-12:00 Dancing for Balance 1:00-2:00 Watercolor Painting 1:00-2:00 Gentle Mat Yoga 3:30-4:30 Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II (By email only) ESOL IV (By email only) Strength Building 9:30-10:15 Gentle Morning Jive Dance 10:00-11:00 Balance – Chi Kung 11:00-12:00 Online Tech-Help 12:30-1:30 Intermediate Mat Yoga Class 1:00-2:00 Zumba Gold 1:30-2:30 Chair Yoga 3:00-4:00	Balance – Chi Kung 10:00-11:00 Chair Exercise 11:15-12:15 Chair Yoga 12:00-1:00 Strong and Stretched 1:30-2:30	Meditation 9:00-10:00 Watercolor Painting 9:30-11:00 Chair Exercise 10:00-11:00 Haitian Elder Group Meeting 11:00-12:00 Dancing for Balance 1:30-2:30 Gentle Mat Yoga 3:00-4:15	Qi Gong 9:00-9:45 Zumba Gold 9:30-10:15 Flamenco Dance class 10:00-11:00 Cardio + Yoga 11:00-12:00 Cultura Latina 12:30-1:15

Special Events & Activities

			1 Move, Groove and Embody the Rhythm Dance Class 10:00-11:00 Conversation & Connection with Susan Pacheco 12:00-1:00	2
5	6 Health and wellness Topic: skincare (retinoids, skin cancer prevention, hydration, etc. 12:00-1:00 Tech Help 12:30-1:30	7 Chair Exercise 11:00-12:00 New start time	8 Move, Groove and Embody the Rhythm Dance Class 10:00-11:00 Book Group 12:00-1:00 Health & Wellness Talk 1:00-2:00 with Roberta Robinson Topic: Nutrition and Bone Health	9
12	13 Provider Talk with Dr. Kady Goldlist, MD Quimby Center for Geriatric Care Mount Auburn Hospital 11:00-12:00 Tech Help 12:30-1:30	14 Chair Exercise 11:00-12:00 New start time	15 Move, Groove and Embody the Rhythm Dance Class 10:00-11:00 The Importance of Laughter 5:30-6:30	16
19 Patriots Day Holiday No Activites	20	21 Chair Exercise 11:00-12:00 New start time	22 New England Aquarium Virtual Visit 3:00-3:30	23
26 Monday night bingo with Julie 4:00 - 5:00 pm	27 Tech Help 12:30-1:30 Alone Together – Film & Discussion 1:00 Lindiwe Majele Sibanda: Grandma Mahembe’s Farm	28 Chair Exercise 11:00-12:00 New start time	29 Getting the Most out of Your Zoom Exercise Classes 1:00-2:00	30

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