



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
March 2018 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors:

As I write this month's note to all of you, I find myself at the end of a rather meaningful week for me. My Mom recently had hip replacement surgery and I took the week off to care for her. First, I recognize that I am fortunate to be able to do so. I have a supportive work environment; great colleagues who support one another when personal things arise. It's great to have a wonderful work family. Second, caring for my Mom did not necessarily mean caring for her physically but taking care of all that she cares for, most importantly my brother. I spent the week prepping meals, coordinating things, and basically keeping my brother's routine in stride. If my brother was content, my mother was happy. This strengthened her. She was a star at physical therapy. Her resiliency, faith and positive attitude have always carried her through. I was so grateful to be able to do all I could do for her this week. I could give back to her a small percentage of all that she has given me. The entire week she thanked me for being there and how lucky she was to have such support. But did she not realize that what she was receiving was what she had been doing for all of us, all this time? I guess not.

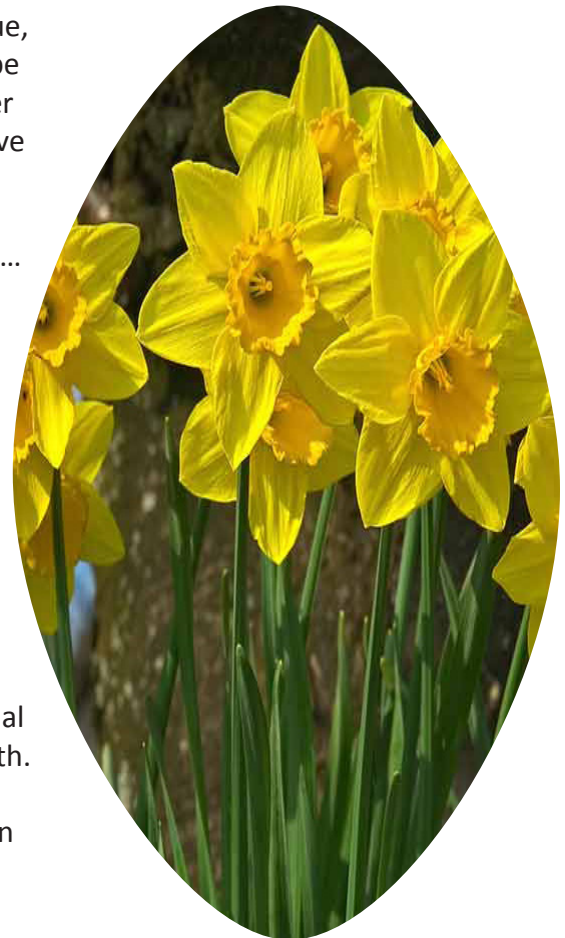
The reality, I was the one knee-deep in gratitude, being able to do all I could do for my mother, who has always helped me, sustained me, and supported me along this journey we call life.

She has 'shooed' me off to work this week. "I am fine," she says. It's true, she is. Knowing her she will soon be running circles around all of us. Her spirit is incredible. I hope that I have some of that in me as well.

Now back to work related business... I want to take this opportunity to let you know of changes up at the North Cambridge Senior Center (NCSC). We are moving – TEMPORARILY! Most of you are aware that The Russell Apartments will be undergoing a renovation. During that time the entire building will need to be vacated. The NCSC will be temporarily housed at Jefferson Park – 266-B Rindge Avenue. Official opening will be Monday, March 19th. All your favorite programming will continue. Please visit us at NCSC on Rindge!

Welcome March! Here is to longer days; 1st day of Spring; Daffodils and March Madness!

Warm Regards,
Susan P. Pacheco



Information & Referral

Did you know ??

- It is estimated that up to 60% of older women misuse prescription medications
- 8% of older adults reported binge drinking in the last month (2013), which is a 23% increase since 2002



H.O.W. Coffee Time

All seniors 60 years of age and older are invited to join the

Housing Occupancy Wellness Coffee Time

Discussion Group

Cambridge Senior Center

806 Mass Avenue

Monday morning, March 19th

10:30am – 12:00pm

Discuss:

- Housing related topics of interest to you
- Property Manager/Landlord communications
- Preparing for apartment inspections
- Being a good neighbor/tenant
- Setting limits with guests
- Hearing from the experts on special topics

Multi-Service Center Coffee and Conversation Monday, March 19, 10:30-12:00

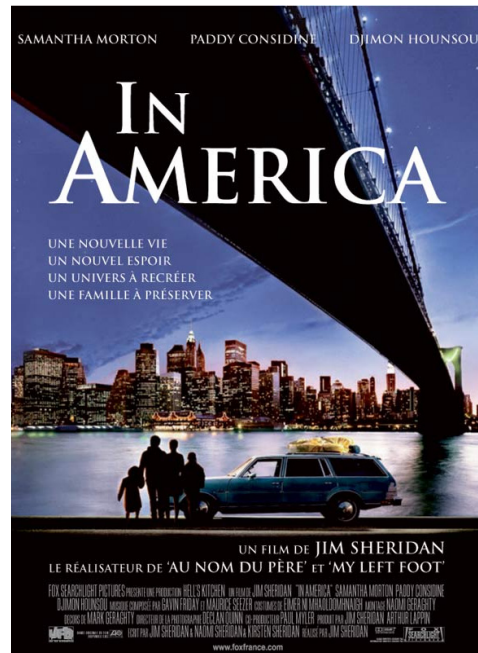
The Center works to prevent evictions and resolve landlord-tenant problems through case management, advocacy and budget counseling. We also have a transitional living program for homeless men. Come for coffee and conversation.

For more information please contact:
Lynn Tyree, Housing Specialist, Multi Service Center
617-349-6340

Memory Café

Friday March 16th 10:00-12:00

Join us for the **Cambridge Connections Memory Café!** Café activities in upcoming months will include painting, music, and a visit from Improv Boston. Memory cafés are social gatherings for people with memory loss or forgetfulness and their care partners, family, or friends in a safe and inclusive space that feature conversation, activities, and light refreshments. Cambridge Connections is held the third Friday of every month. For more information about the Cambridge Connections Memory Café or to register, call **Maryellen at 617-349-6215 or mmceleney@cambridgema.gov**. Registration is requested, but not required. Anyone who requires personal care assistance must be accompanied by a care partner. The Memory Café is a joint venture between Somerville-Cambridge Elder Services and the Cambridge Council on Aging.



Film and Discussion

Tuesday, March 27, 12:45-3:30

Movie: **In America** A family of Irish immigrants adjust to life on the mean streets of Hell's Kitchen while also grieving the recent death of a child. To begin all over again is a classic American dream. But it is remarkably hard to do, as Johnny and Sarah discover when they hit New York City, with their two spunky young daughters, in the mid-1980s. With no cash to spare, the family settles into a chaotic tenement and attempts to turn the dilapidated setting into a true home.

March 2018 Happenings at the Citywide Senior Center

Town Meeting & Birthday Party

Thursday, March 1, 12:00-1:00

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

Enabling the World through Disability Rights

Thursday, March 1, 1:00-2:00

Presentation by Dr. Michael Ashley Stein

Men's Group

Tuesday, March 6, 10:30-11:30

Coffee & Conversation

Join the Men's Group for coffee and conversation. New members are always welcome.

Consumer talk

Tuesday, March 6, 12:30-1:30

Guest speakers Laura Nichols and Corey Pliz
The Cambridge Consumer's Council (617-349-6150) works in cooperation with the Massachusetts Office of the Attorney General to offer free and impartial consumer assistance and advocacy services for residents who have a dispute with a business. We will be discussing consumer rights, scams targeting seniors, and how to protect yourself against scam artists and tricksters. Common concerns include Identity Theft, IRS/Social Security scams, telemarketing and postal fraud. Bring your questions and experience to share!

Book Group

Thursday, March 8, 11:15-12:00

Book: *Miss Anne in Harlem* by Carla Kaplan
Miss Anne in Harlem: The White Women of the Black Renaissance, focuses on white women, collectively called "Miss Anne," who became Harlem Renaissance insiders.

Health & Wellness Talk

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

Roberta Robinson Director of Marketing & Outreach, Geriatrics Cambridge Health Alliance will show one of her TV Shows with Dr. Alex White, a Pulmonologist at Cambridge Health Alliance who will speak to lung disorders and respiratory system.

International Women's Day

Tuesday, March 13, 1:00-2:30

Join us for a conversation with Kimberly Sansoucy, Executive Director of the Commission on the Status of

Women. The theme for International Women's Day, is "Time is Now: Rural and urban activists transforming women's lives". Come and join the conversation and share your story. This event is free and open to the public.

Boston Flower & Garden Show

Wednesday, March 14, 9:30-2:00

This year's show theme is "Savor Spring!" As winter wanes, designers will whet your appetite for the sumptuous joys of the season ahead with colorful gardens and floral designs.

St. Patrick Day Party

Thursday, March 15, 12:30-3:00

Come enjoy a traditional Corned beef and cabbage lunch and entertainment by Owen Howell.

Ticket \$5.00 and must be purchased in advance.

Men's Group

Tuesday, March 20, 10:30-11:30

Presentation on the War Memorial Recreation Center Derrick Harris, Recreation and Aquatics Manager at the War Memorial Recreation Center, will be here to tell us about this wonderful city facility and the many programs that are offered including aqua aerobics, fencing, yoga & much more. Please join us!

Books on Review

Tuesday, March 20, 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 books that interest you. Bring your library card or sign up for a card.

Restaurant Trip

Wednesday, March 21, 11:00-1:00

Asgard Irish Pub & Restaurant
Join us for an outing to a local restaurant for lunch. Transportation provided. Cost: \$2.00 Lunch on your own.

Introduction to Ancient Egyptian History

Thursday, March 29 1:00-2:00

Presentation by: Egyptian Archaeologist Hisham Hegazy.
Egyptian Archaeologist Hisham Hegazy will take you back in time thousands of years to the land of pharaohs for Introduction to ancient Egyptian History. How this was formed, Geography and Location, Ancient Egyptian Gods, Rosetta stone, Pyramids and Resurrection after life. Houses made from mudbrick Ka, Ba, Akhet, Statue, tombs, false doors, Canopic Jars.

This Program is free and open to the public.

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



See you @ NCSC on
Rindge
266B Rindge Avenue



Follow us on

facebook.

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Name: _____

Address: _____

City: _____ State: _____ Zip Code _____

Phone number () _____

North Cambridge Senior Center Daily Events at Our Center March 2018

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	Chair 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 (By Registration Only) 9:30-11:00 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 Les- sons 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.

			1 MODIFIED PROGRAMMING	2 MODIFIED PROGRAMMING
5 MODIFIED PROGRAMMING	6 MODIFIED PROGRAMMING	7 MODIFIED PROGRAMMING	8 MODIFIED PROGRAMMING	9 MODIFIED PROGRAMMING
12	13	14	15	11
19 Opening Day at 266-B Rindge Ave NCSC on Rindge!	20	21	22	23
26	27	28	29	30

March 2018 Daily Events at Cambridge Citywide Senior Center

Breakfast Served Monday – Thursday 8:30am to 9:30am Lunch Served Monday –Thursday 11:30am to 12:30pm Friday Brunch 9:00am - 11:15am Saturday Brunch 9:00-11:45am

\$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 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 Winter Bingo 9:30-11:15 Chinese Singers 9:30-11:30 Better Balance at 10:00-11:00 Tai Chi Level 2 at 11:00-12:00 Crafts & Social Group 1:00-3:00 Computer Lab 1:00-3:00 Facebook Class 2:00-3:00	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 ESOL Conversation 12:30-1:30 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 Hand Building with Clay 9:30-11:30 Simplified Qi-Gong Tai Chi 10:00-11:00 Council on Aging closes at 12:00pm. Senior Center closes at 1:50 pm.	Brunch 9:00 -11:45 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Senior Center closes at 12:50pm

SPECIAL EVENTS & ACTIVITES AT OUR CENTER

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

			1 Super 8 Ball Cambridge @ Lexington 11 - 12:30 Town meeting & Birthday Party 12:00-1:00 Enabling the World through Disability Rights Presentation by: Dr. Michael Ashley Stein 1:00-2:00	2 Brunch 9:00 -11:15	3 Brunch 9:00 -11:45
5 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00	6 Men’s Group 10:30-11:30 Coffee & Conversation Prevent Diabetes T2 program 12:30-1:30 (closed enrollment) Consumer Talk 12:15-1:30 Guest speakers Laura Nichols and Corey Pliz	7 Jewelry Class 1:00-3:00	8 Book Group 11:15-12:00 Miss Anne in Harlem by Carla Kaplan Super 8 Ball Cambridge @ Bedford 11 - 12:30 Health & Wellness Talk 1:00-2:00 Topic: Lung disorders and respiratory system	9 Brunch 9:00 -11:15	10 Brunch 9:00 -11:45
12 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00 The Cambridge Chapter of the National Federation for the Blind 5:30 -7:30	13 COA Board Meeting 9:30-11:00 Senior Safety Group 12:30-1:00 International Women’s Day 1:00-2:00 Guest speaker Kimberly Sansoucy	14 Boston Flower & Garden Show 9:30-2:00 Blood Pressure 12:30-1:00 (Public Health Nurse)	15 Super 8 Ball Waltham @ Cambridge 11 - 12:30 St. Patrick Day Party 12:30-3:00 Entertainment by: Owen Howell Ticket \$5.00 must be purchased in advance	16 Brunch 9:00 -11:15 Memory Café 10:00-12:00 MSAC Chapter Meeting 11:30-1:00	17 Brunch 9:00 -11:45
19 Mandarin Chinese class 10:00-11:00 Multi Service Center Coffee and Conversation 10:30-12:00 Monday Tech Help 2:00-3:00	20 Men’s Group 10:30-11:30 Guest speaker: Derrick Harris Books on review by Janet Borron, Cambridge Librarian12:30-1:15	21 Jewelry Class 1:00-3:00 Restaurant Trip 11:15-1:00 Asgard Irish Pub & Restaurant Ticket \$2.00 for transportation,	22 Men’s & Ladies Breakfast 9:00-9:30 Super 8 Ball Cambridge @ Newton 11 - 12:30 Movie and refreshments 1:00-3:00 Movie: Loving	23 Brunch 9:00 -11:15	24 Brunch 9:00 -11:45
26 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00	27 Film and Discussion 12:45-3:30 Movie: In America Blood Pressure 2:30-3:00 (Windsor House)	28	29 Super 8 Ball Arlington @ Cambridge 11 - 12:30 Introduction to Ancient Egyptian History Presentation by: Egyptian Archaeologist Hisham Hegazy 1:00-2:00	30 Brunch 9:00 -11:15	31 Brunch 9:00 -11:45

Cambridge City Council

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Cambridge Council on Aging
 806 Massachusetts Avenue
 Cambridge, MA 02139

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 Executive Office of Elder Affairs
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