



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

Dear Seniors:

November will soon be upon us and before we know it, another year will be completed. In November, we celebrate all our Veterans. We thank them for the courage and sacrifice they gave for the service of this great country. We celebrate Thanksgiving, giving thanks for all that is good and important in our lives. This November we also participate in the greatest right we have – voting.

I know many people who are angry, saddened, frustrated and quite disillusioned. One cannot help but feel these emotions as the news unfolds of potential harm to political figures; to another mass shooting, once again attacking a core tenet of this country – religious freedom.

Yes, that is the news of today and soon it will be yesterday's news. We somehow will move forward. But I do believe the soul of this country has forever changed.

Although there are reasons to despair, I do have hope. As a citizen of this great country, I believe many more people will be performing their civic duty and voting. I really do. I believe that many more are looking to have

dialogue, and this will move us toward relationships and alliances that are built on respect and with a shared understanding. I am hopeful that this is still the America of one's dreams. I am hopeful that there are many whose cause is to unite and heal this divisive present.

VOTE! It is our civic duty and up to all of us to heal our fractured souls. Thank you to all the great men and women who served this country and thank you to those who continue to serve!

Happy Thanksgiving!
Warm Regards,
Susan P. Pacheco



Information & Referral

Medicare Fall Open Enrollment is here!

If you have Medicare, **October 15-December 7, 2018** 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 2019, and SHINE counselors can help you evaluate your options.

On **Wednesday, November 7, from 12:30-1:30**, 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 2019.

Following the presentation, SHINE counselors will be available from 1:30-4:30 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 617-349-6055 for more information or to schedule a SHINE appointment.

Leslie Hergert, *Alzheimer's Through the Alphabet One Journey of Ups and Downs*, November 14, 2018

Cambridge COA is hosting Leslie Hergert, as she reads and discusses her memoir. The memoir is of her experience with her husband Ralph's long Alzheimer's journey. It is a quirky mix of logistics and feelings, sadness and humor. This presentation will feature upbeat excerpts from the book and an open discussion. Light refreshments will be served. For more information, please contact Susan Pacheco at spacheco@cambridgema.gov or call 617-349-6220.

Memory Café

Friday, November 16, 10:00-12:00

Join us for the Cambridge Connections Memory Café! 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.

H.O.W. Coffee time

Monday, November 19, 10:30 – 12:00

You are invited to join the Housing Occupancy Wellness Coffee Time Discussion Group. 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 experts on special topics

Film and Discussion

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

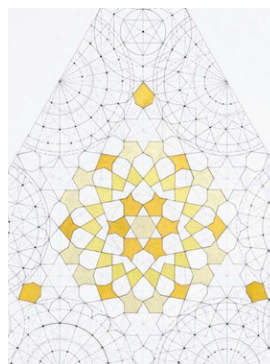
We Are Marshall

In 1970, Marshall University and the small town of Huntington, W. Va., reel when a plane crash claims the lives of 75 of the school's football players, staff members and boosters. New coach Jack Lengyel (Matthew McConaughey) arrives on the scene in March 1971, determined to rebuild Marshall's Thundering Herd and heal a grieving community.



Visit To Gallery 344

Wednesday, November 29, 2018



Join us as we view the current exhibit at The Cambridge Arts Council, ***Infinite Present - Revelations from Islamic Design in Contemporary Art***. Registration is required. The bus will depart 806 Mass Ave at 10:20am and return at 11:30am. Registration is required. For more information please contact Vincent McCarthy at vmccarthy@cambridgema.gov or call 617-349-6220.

Meditation and Mandala

Friday, November 30, 11:00-12:00

Mandalas are used in many cultures for meditation and contemplation. Music and a quiet atmosphere will allow group members to relax and get "centered" as they fill in the outlines of paper Mandalas with colored markers. For more information contact Vincent McCarthy at 617-349-6220 vmccarthy@cambridgema.gov

November 2018 Happenings at the Citywide Senior Center

Town Meeting & Birthday Party

Thursday, November 1, 12:00-1:00

Join us as we share information about what's new at the senior center.

Super 8 Ball November Schedule

Thursday, November 1 Cambridge @ Waltham

Thursday, November 8, Newton @ Cambridge

Thursday, November 15, Cambridge @ Arlington

Financial Literacy Training

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

Different types of financial exploitation and scams and how to guard against identity theft.

And of course, questions regarding these topics are welcome. Presenter will be Lisa M. Pacheco, Training Specialist, East Cambridge Savings Bank

Strength Training Class

Mondays, November 5, 19, 26, 11:00-12:00

Strength training makes you stronger and fitter. It also protects bone health and muscle mass. Cost: \$3.00 per class.

Monday, November 5, 4:30-6:30

Movie on the Patio

The Mountain Between Us

Men's Group

Tuesday, November 6, 10:20-11:30

Join us for conversation, coffee and light refreshments

Senior Safety Group

Tuesday, November 6, 12:30-1:15

Join your community Police Officers as they share information regarding what is happening in the neighborhood.

Building Your Wellness Toolbox

Tuesdays, November 6, 13, 20 & 27, 12:30-1:30

Group for Women

This women's group will focus on skill building and education around the topics of stress reduction, pain relief, mindfulness, management of medications, relationships and more!

Book Group

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

Book: *Strength in What Remains* by Tracy Kidder is the

story of one man's inspiring American journey and of the ordinary people who helped him, providing brilliant testament to the power of second chances.

Health and Wellness

Thursday, November 8, 1:00 – 2:00

Topic: Necessary Vaccines by Dr. Emily Chen and John Adams. All are welcome to attend.

Lunch and Learn

Tuesday, November 13, 12:30-1:30

Guest: Muna Kangsen will speak about his recent visit to Cameroon and the current political crisis enveloping the country. Muna will also touch on the colonial history of Africa and how this tragic history imperils peace and prosperity on the continent. A light lunch will be served after the presentation. Must have advance ticket to enter.

Veterans Appreciation Social

Tuesday, November 13, 10:00-11:30

All Welcome. Program will be held on the 2nd floor of the Senior Center in the Atrium.

Alzheimer's Through the Alphabet

Wednesday, November 14, 1:00-2:00

Author, Leslie Hergert's book provides a vivid story of life with Alzheimer's or at least, one story of one family with an unusual sense of humor. Leslie will be here to share some stories.

Thanksgiving Dinner Party

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

Entertainment by: Andy Baer and his band.

Ticket cost \$5.00 and must be purchased in advance.

Books on Review

Tuesday, November 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.

Cooking Class

Wednesday, November 28, 1:00-3:00

Holiday Cooking with Richard Slater

Tickets are \$2.00 and must be purchased in advance.

Health and Wellness

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

The Massachusetts College of Pharmacy Faculty and Student Community Outreach will present a talk on Antibiotics.

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

SAVE THE DATE

Thursday, December 6th

2:00 Matinée *It's a Wonderful Life*

The North Cambridge Senior Center will see the play adaptation *It's a Wonderful Life* at the Greater Boston Stage Company (Formerly the Stoneham Theatre). Total cost is \$34.00 for ticket and transportation. The bus will depart at 12:30 and will return at 5:30. Registration will begin Monday November 5th at Open Forum

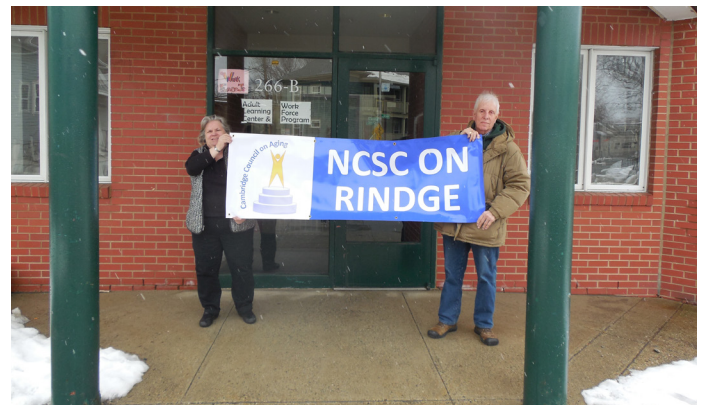
Birthday Tea Wednesday November 7th 12:15

Every month the North Cambridge Senior Center celebrates birthdays during our Birthday Tea. Cake, cider, tea and coffee is served.

Afternoon of Poetry and Mindful coloring on

Wednesday November 14th 12:00-1:30

The North Cambridge Senior Center will be joined by Poet Jean Dany Joachim for an afternoon of poetry readings, followed by mindful coloring. This event is made possible by a grant from the Cambridge Arts Council. Refreshments will be served.



Make Your Voice Heard: Vote in Participatory Budgeting December 3-7, 2018!

From December **3-7**, Cambridge residents age 12 and older will be able to vote for their favorite Participatory Budgeting (PB) projects to decide how to spend \$900,000 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 12/3 from 4-8 and Friday 12/7 from 9 -12 (795 Mass. Avenue)
- **Citywide Senior Center:** Thursday 12/6 from 12- 2 (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.

***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 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 Dancing for Balance 1:00-2:00 HELD IN COMMUNITY ROOM Gentle Mat Yoga 3:30-4:30 HELD IN COMMUNITY ROOM Bingo 1:00-3:00 Rm 3	Strength Building Rm 1 9:30-10:30 Chair Yoga 3:00-4:00 HELD IN COMMUNITY ROOM	Guided Meditation and Reiki 9:00 – 10:00 Rm 1 Qi Gong Arm Chair Exercise 10:30-11:30 Rm 1	Watercolors 9:30-11:30 Rm 3 Dancing for Balance 1:30-2:30 HELD IN COMMUNITY ROOM Gentle Mat Yoga 3:00- 4:00 HELD IN COMMUNITY ROOM	Zumba 9:30-10:30 HELD IN COMMUNITY ROOM Whist or Bridge Lessons 10:30-11:30 Whist 12:30-3:30

Special Events & Activities at North Cambridge

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

			1	2
5 Open Forum 12:15 Dancing for Balance Cancelled Gentle Mat Yoga Cancelled	6 Chair Yoga Cancelled	7 Birthday Tea 12:15	8 Dancing for Balance Cancelled	9
12 Holiday Senior Center Closed	13	14 Poetry Reading by Jean Dany Joachim Followed by mindful coloring 12:00-1:30 Refreshments will be served	15 Thanksgiving Lunch Special Hosted by SCES 11:30 Tax Payer Assistance 2-4	16
19 Clase Espanol Gratis (Free Spanish class every Monday)	20	21	22 Happy Thanksgiving Senior Center Closed	23 Senior Center Closed
26	27	28	29	30

November 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 Meal 9:00am - 11:15am Saturday Meal 9:00-11:30am

Monday Dinner 5:00pm - 6:00pm reservation required \$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 Strength Training Class 11:00-12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Watercolor Painting 1:00-3:00 Computer Lab 1:00-4:00 Bingo 1:15-3:00 Dinner 5:00-6:00 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 Intro to the Worldwide Web 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 at 10:00-11:00 Tai Chi Level II at 11:00-12:00 Crafts & Social Group 1:00-3:00 Computer Lab 1:00-3:00 Bingo 1:30-3:00 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 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 3:00-4:45 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00pm.	Friday Meal 9:00 - 11:15 Qi Gong 9:00-9:45 Computer Lab 9:00 –12:00 Hand Building with Clay 9:30-11:30 Simplified Qi-Gong Tai Chi 10:00-11:00 Friday Tech. Help 10:00 -11:00 Computer Lab 12:00-1:00 Council on Aging closes at 12:00pm. Senior Center closes at 1:50 pm.	Saturday Meal 9:00 - 11:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 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 Super 8 Ball Cambridge@ Waltham 11:00-12:30 Town Meeting & Birthday Party 12:00-1:00 Financial Literacy Training 1:00-2:00	2	3 All programs and activities are Canceled.
5 Strength training 11:00-12:00 Monday Tech Help 2:00-3:00 Movie on the Patio 4:30-6:30 <i>The Mountain Between Us</i>	6 Men’s Group 10:30-11:30 Senior Safety Group 12:30-1:15 Building Your Wellness Toolbox 12:30-1:30	7 Shine Open House and Open Enrollment 12:30-4:30 Jewelry Class 1:00-3:00	8 Super 8 Ball Newton @ Cambridge 11:00-12:30 Book Group 11:15-12:00 Book: <i>Strength in What Remains</i> by Tracy Kidder Health & Wellness Talk 1:00-2:00 with Dr. Emily Chen and John Adams. Topic: Necessary Vaccines.	9	10
12 Veterans Day Senior Center Closed	13 COA Board Meeting 9:30-11:00 Veterans Day Social all are welcome 10:00-11:30 Tax Payer Assistance 10:00-12:00 Lunch and Learn with Muna 12:30-1:30 Building Your Wellness Toolbox 12:30-1:30	14 Blood Pressure 12:30-1:00 (Public Health Nurse) Book Talk <i>Alzheimer’s Through the Alphabet: One Journey of Ups and Downs</i> by local author Leslie F. Hergert. 1:00-2:00	15 Super 8 Ball Cambridge@ Arlington 11:00-12:30 Thanksgiving Dinner 12:30-3:00 Entertainment by: Andy Baer Ticket cost: \$5.00 Must be purchased in advance	16 Memory Café 10:00-12:00 MSAC Chapter Meeting 11:30-1:00	17
19 Housing Occupancy Wellness 10:30-12:00 Strength training 11:00-12:00 Monday Tech Help 2:00-3:00 The Cambridge Chapter of the National Federation for the Blind 5:30- 7:30	20 Men’s Group Cancelled Books on review by Janet Borrón, Cambridge Librarian 12:30-1:15 Building Your Wellness Toolbox 12:30-1:30	21 Jewelry Class 1:00-3:00	22 Thanksgiving Holiday Senior Center Closed	23 Thanksgiving Holiday Senior Center Closed	24
26 Strength training 11:00-12:00 Monday Tech Help 2:00-3:00	27 Building Your Wellness Toolbox 12:30-1:30 Film and Discussion 12:45-3:00 <i>We Are Marshall</i> Blood Pressure 2:30-3:00 (Windsor House)	28 Cooking Class 1:00-3:00 ticket cost: \$2.00 must be purchased in advance	29 Health and wellness The Massachusetts College of Pharmacy Faculty and Student Community Outreach committee (MCPHS) will present a talk on antibiotics 1:00-2:00	30 Meditation and Mandala 11:00-12:00	

Cambridge City Council

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 Alanna M. Mallon,
 Sumbul Siddiqui,
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 Lisa C. Peterson,
 Deputy City Manager
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 Assistant City Manager for
 Human Services

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 Gisela Margotta, Treasurer
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 Director of Client Services
 Maryellen McEleney,
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 Elizabeth Seelman,
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Newslines

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 Nisa Chamblin, Assistant
 Adam Leith, Assistant
 Sanaa Mohamed, Assistant

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 DC Copeland, Custodian

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 Sanctora Cooper, Assistant Manager
 Anita DeJesus, Assistant
 Isaiah Renwick-Banks, Assistant

Food Pantry

Geoffrey Kotowski, Coordinator
 Michael Terry, Assistant

Week-End Activities

Rosalind Brown
 Nisa Chamblin
 Adam Leith
 Miguel Perez Ruiz

North Cambridge Senior Center

Alicia Johnson, Director
 Joan Mahoney, Meal Site Director
 Geoffrey Coughlin, Receptionist
 Marybeth Joyce, Assistant

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

