



# 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  
**January 2019** <http://www.cambridgema.gov/DHSP/COA>

## Dear Seniors:

January – it is the start of the New Year! How did that happen? I know we hear this quite often, but where did the year go? It truly passed in a blink. I have heard from many people, myself included, that they were looking forward to the year ending but in some cases a bit fearful of what the new year may bring. This thought really resonated with me. It led me to an inventory of sorts for myself. The year was difficult in many ways because my family faced the death of loved ones; disease diagnosis and management of chronic illnesses. I cannot sugar coat any of this. It has been hard, both physically and emotionally. After the inventory of the “bad” things this year, I refocused and thought about the good things. When I started doing that, there were a lot! In between all the “bad” my family and I celebrated some great milestones. My children’s college and high school graduations. My parents’ 50th Wedding Anniversary. My own 25th Wedding Anniversary and my youngest brother’s wedding. These were all wonderful events and these events are what nourished and strengthened us to meet the challenges of everything else. It is easy to just focus on all that

is going wrong. The feelings are so crushing and overwhelming. But can it not be as possible to be overwhelmed with all that is going right? I really want to try and do that in the new year. I recently read a challenge on a social media post, “list one good thing daily and place it in a jar or container. At the end of the year you can read all the good that has happened to you throughout the year.” I am going to challenge myself to do this. I will not do it daily but will reflect on a weekly basis. I will document one good thing that I experienced at week’s end. And just as I did at the beginning of this note, I am sure to have many more wonderful moments than not.

On behalf of the Council on Aging and Senior Center staff, I wish you all a wonderful New Year! Peace, Health and Happiness to all!

Warm Regards,  
Susan P. Pacheco



# Information & Referral

## **Many Helping Hands 365 Cambridge MLK Day of Service Monday January 21 from 2 - 5**

Please come volunteer at the 9th Annual Cambridge MLK Day of Service and honor Dr. Martin Luther King, Jr.

Join us for an afternoon of hands-on service projects that benefit thousands of Cambridge residents in need! Make fleece scarves and blankets for homeless children and adults. Make Valentines for elders and veterans. Sort food, winter clothing, books and toiletries for people in need and more!

All projects take place in Central Square, Cambridge Citywide Senior Center, City Hall, the YWCA, St. Peter's Church and The Possible Project.

All ages welcome! Come for an hour or the entire afternoon.

Don't come empty handed! Bring a can of food, a children's book or a gently used item of winter clothing. You can come by yourself or come with friends or family. Sign up as an individual or with friends and family. A special request: Do you know how to sew? Would you join the sewing team making blankets and scarves for the homeless in Cambridge on MLK Day? Make a difference in the lives of others.

Many people. Many needs. Many Helping Hands.

More information:

<http://www.manyhelpinghands365.org>  
[lorilander@manyhelpinghands365.org](mailto:lorilander@manyhelpinghands365.org)  
or call Lori Lander at 617-388-4656

## **Healing and Feeling:**

### **Support Through Loss**

**Wednesday, January 9, 1:30–2:30**

(second Wednesday of every month)

The Cambridge Council on Aging is starting a new support group. Betsy Simmons, Holistic Health Educator & Interfaith Minister, will facilitate this ongoing monthly group. This will be a safe place to reflect on our losses, including separation from, or death of, a loved one, or witnessing the end of a loved one's life. The group will reflect on and share experiences of grief and loss and explore simple meditations, poetry and rituals to begin healing. Self-care, listening and support are the foundation of this group.

For more information please contact Vincent McCarthy at [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov) or 617-349-6220

## **H.O.W. Coffee time**

**Monday, January 14, 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 inspection
- Being a good neighbor/tenant
- Setting limits with guests
- Hearing from experts on special topics

## **Memory Café**

**Friday, January 19, 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](mailto:mmceleney@cambridgema.gov) Registration is requested, but not required. Anyone who requires personal care assistance must be accompanied by a care partner.

## **Meditation and Mandala**

**Friday, January 25, 11:00-12:00**

Mandalas are used in meditation as a focal point, just as a mantra (a personal sound or word to quiet the mind). They are beautiful, symbolic visual aids representing wholeness and harmony with the universe.

## **Donations of Canes Needed**

The Council on Aging has a small program to lend or give canes, walkers and wheelchairs. At the moment we have almost no canes. Unfortunately, we cannot use the wooden ones but are looking for lightweight, aluminum canes, in good condition. If you have a cane you would like to donate, please contact the social services staff at 617-349-6220.

# January 2019 Happenings at the Citywide Senior Center

## Town Meeting & Birthday Party

**Thursday, January 3, 12:00-1:00**

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

## Senior Safety Group

**Tuesday, January 8, 12:30-1:15**

Come and join your community police officer and find out the latest news of what is happening in your neighborhood.

## Strength Training Class

**Mondays, January 7, 14 & 28 11:00-12:00**

**Wednesdays, January 9,16,23 & 30 1:30-2:30**

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

## Lunch & Learn

**Tuesday, January 8, 12:30 – 1:30**

Guests: Lisa Krinsky & Bob Linscott, LGBT Aging Project  
Please join us for a free 60-minute lunch and discussion to learn and talk about people who identify as lesbian, gay, bisexual or transgender.

We invite anyone who is interested in this subject and we welcome all views. This is a safe place to bring any and all questions.

## Book Group

**Thursday, January 10, 11:15-12:00**

Book: *Little Soldiers: An American boy, a Chinese School, and the Global Race to Achieve* by: Lenora Chu.

## Martin Luther King Presentation

**Thursday, January 10, 1:00 - 2:00**

Presenter: Tito Jackson

Tito Jackson is a lifelong resident of Roxbury's Grove Hall neighborhood and is the son of Herb and Rosa Jackson, two beloved community activists. Also a former District 7 City Councilor.

## Cambridge Volunteer Clearinghouse workshop

**Friday, January 11, 12:00 - 1:30**

Join Laurie Rothstein, Director, Cambridge Volunteer Clearinghouse, if you are interested in volunteering in Cambridge. An agency is waiting to meet you, train you, and put you to work. Volunteers play a critical role in making our city welcoming, safe and supportive for all residents, and Cambridge has more nonprofits per square

inch than almost anywhere else in the world! But that's also the problem: it can be challenging to narrow down the choices. In this session we will show you your options and help you find the right fit.

## Men's Group

**Tuesday January 15, 10:30 – 11:30**

Community project benefiting the annual homeless census.

## Restaurant Trip

**Wednesday, January 16, 11:00-1:00**

Join us for an outing to Border Café in Harvard Square for lunch. Transportation cost is \$2.00, and lunch will be on your own.

## Health & Wellness Talk

**Thursday, January 17, 1:00-2:00**

Topic: "GERD/Gastroesophageal reflux by: Jaime Silva, PA and Roberta Robinson.

## Holiday Closing

In honor of Dr. Martin Luther King Jr's Birthday, the Cambridge Senior Center will be closed Monday, January 21, 2019

## Books on Review

**Tuesday, January 22, 12:30-1:15**

Librarian Janet Borron will be here with a selection of books that she will review and allow you to check out books that interest you. Bring your library card or sign up for a card.

## Film and Discussion

**Tuesday, January 22, 12:45– 3:15**

Movie: *Selma* A chronicle of Dr. Martin Luther King, Jr's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965.

## Winter Ball Party

**Thursday, January 24, 12:30-3:00**

Come enjoy delicious food and entertainment with DJ Vincent J. Caserto. Cost: \$5.00 must be purchased in advance.

## Presentation by Dick the Poet Laureate of the Boston Red Sox Thursday, January 31, 1:00-2:00

DICK FLAVIN is an Emmy Award winning broadcaster and is known as the poet laureate and senior ambassador of the Boston Red Sox and voice of Fenway Park, serving as public address announcer for Red Sox day games. 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

## North Cambridge Senior Center Class Descriptions

### Gentle Mat Yoga:

**Mondays 3:30-4:30 and Thursdays 3:00-4:00**

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 who are comfortable moving from floor to standing with minimal support. Modifications are offered to meet the needs of all participants.

### Chair Yoga: Tuesdays 3:00-4:00

In this gentle one-hour class, we practice the basic elements of Yoga, including breathing and movement. A chair is used for seated and standing support. This class is designed for those new to Yoga as well as those who enjoy a supported practice. Modifications are offered to meet the needs of all participants.

### Strength Building: Tuesdays 9:30-10:30

In this gentle, seated, one-hour class, strength building movements are performed using resistance bands, small hand weights and ankle weights. This class is appropriate for all fitness levels and modifications are offered to meet the needs of all participants. Equipment is provided, and participants can choose the resistance band or weight that is most comfortable.

### Guided Meditation and Reiki: Wednesday's 9:00-10:00

In this class, the instructor will call upon the two-part basic element of meditation and reiki. Mindfulness is part of the meditation

**\*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 (       ) \_\_\_\_\_



guidance, the two elements of which are being in the moment and being aware of your personal state. In reiki, the instructor will call upon the element of universal energy that contributes to healing. The instructor will practice laying on of healing hands (optional) and the class is concluded with a brief discussion.

### Chi Gong Arm Chair Exercise: Wednesdays 10:30-11:30

This gentle, seated one-hour class utilizes the principles of the ancient art of Tibetan Chi Gong. Chi Gong has long been used to help bring the body and mind into balance and harmony. It uses a series of postures that include upper body movements and focused breathing. Modifications are offered to meet the needs of all participants.

### Watercolors: Thursdays 9:30-11:30

Experience the creativity of watercolor painting. This class is open to all levels of experience and is led by a local NOCA artist. This is a self-paced watercolor class and participants will need to bring their own supplies. For a list of supplies, please call the North Cambridge Senior Center at 617-349-6320.

### Zumba Gold: Fridays 9:30-10:30

This is a low impact, one hour, easy to follow, Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants are able to go at their own pace.

# North Cambridge Senior Center Daily Events at Our Center January 2019

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 New Year's Day Senior Center Closed	2	3  Watercolors Class Cancelled	4
7  Open Forum 12:15	8	9  Birthday Tea 12:15	10  Watercolors Class Cancelled	11
14  Clase de Espanol Gratis Free Spanish Class every Monday beginning at 11:00	15	16	17  Watercolors Class Resumes	18
21  <b>Martin Luther King Jr's Day</b> Senior Center Closed	22	23	24	25
28	29	30	31	

# January 2019 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 ESOL IV 10:30-12:00 Building Your Wellness Toolbox 12:30-1:30 Computer Lab 1:00-4:00 Zumba Gold 1:30-2:30 Bingo 1:30-3:00 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 ESOL Conversation 1:00-2:00 Computer Lab 3:00-4:45  <b>**Deadline for Monday Night Dinner &amp; Transportation Reservations is Thursday at 2:00pm.</b>	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 Computer Lab 12:00-1:00  <b>Council on Aging closes at 12:00pm. Senior Center closes at 1:50 pm.</b>	Saturday Meal 9:00 - 11:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00  <b>Senior Center closes at 12:50pm</b>

## SPECIAL EVENTS & ACTIVITIES AT OUR CENTER

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

	1 <b>New Year's Holiday Senior Center Closed</b>	2 Jewelry Class 1:00-3:00	3 Town meeting & Birthday Party 12:00-1:00	4 MSAC Chapter Board 11:30-1:30	5
7	8 COA Board Meeting 9:30-11:00 Senior Safety Group 12:30-1:15 Lunch and Learn (Building Bridges) 12:30-1:30	9 Strength Training 1:30-2:30 Healing and Feeling – Support Through Loss 1:30 -2:30	10 Book Group 11:15-12:00 <b>Little Soldiers: An American boy, a Chinese School, and the Global Race to Achieve</b> by: Lenora Chu. Martin Luther King Presentation 1:00-2:00	11 Cambridge Volunteer Clearing House Workshop 12:00-1:30	12
14	15 Men's Group 10:30-11:30	16 Restaurant Trip to Border Café 11:00-1:00 Ticket \$2.00 for transportation, Lunch on your own. Jewelry Class 1:00-3:00 Strength Training 1:30-2:30	17 Health & Wellness Talk 1:00-2:00 Topic: GERD/Gastroesophageal reflux by: Jaime Silva, PA and Roberta Robinson.	18 Memory Café 10:00-12:00 MSAC Chapter Meeting 11:30-1:30	19
21	22 Books on review by Janet Borron, Cambridge Librarian 12:30-1:15 Film and Discussion 12:45-3:15 Movie: <b>Selma</b> Blood Pressure 2:30-3:00 (Windsor House)	23 Strength Training 1:30-2:30	24 Winter Ball Party 12:30-3:00 Entertainment by: Vincent J. Caserto Ticket cost: \$5.00 Must be purchased in advance.	25 Meditation and Mandala 11:00-12:00	26
28	29	30 Strength Training 1:30-2:30	31 Boston Red Sox Talk by Dick Flavin, an Emmy Award Winning broadcaster 1:00-2:00.		

**Cambridge City Council**

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 Jan Devereux, Vice Mayor  
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 Craig A. Kelley,  
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 City Manager  
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 Deputy City Manager  
 Ellen Semonoff,  
 Assistant City Manager for  
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 Gisela Margotta, Treasurer  
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Susan Pacheco

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 Information & Referral  
 Elizabeth Seelman,  
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**Administrative Assistant**

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 Anne Robinson

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**Bus Driver**

Laura Habermann

**Computer Instructor**

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**Newslines**

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 Adam Leith, Assistant  
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**Food Service**

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 Anita DeJesus, Assistant  
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**Food Pantry**

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 Michael Terry, Assistant

**Week-End Activities**

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 Adam Leith  
 Miguel Perez Ruiz

**North Cambridge Senior Center**

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

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 Executive Office of Elder Affairs  
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