Cambridge Council on Aging

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
September 2015 www.cambridgema.gov/DHSP

Dear Seniors:
Summer is passing and September is at our doorstep. It doesn't matter how old one is, September still feels like the beginning of the New Year. I am sure that there is at least one First Day of school that you remember. The new outfit; the brand new school supplies; the bittersweet feelings. Sadness that summer had reached its end but secretly excited about beginning a new school year. We can all remember being either happy with our teacher assignments or feeling a bit nervous not getting the "favorite" teacher.

The summer before entering sixth grade, I had those feelings of great anxiety. My teacher had the reputation of making her students work. Rumor had it that she was really mean. I entered that sixth grade classroom, with my Happy Days metal lunchbox, new school outfit, and brand new school supplies: the coveted Trapper Keeper, erasable pens and Pink Pearl eraser. Somehow having these things made it ok to face the mean teacher. I held on tight to that Pink Pearl eraser. I loved the feel of that new Pink Pearl eraser. As we sat at our desks, to my surprise each desk had a slip of paper along with a Pink Pearl eraser! The note read: "here is an eraser, to remind us that everyone makes mistakes (including teachers) and it is ok!" WOW! I couldn't believe that the teacher who had a reputation of being mean and making her students work, had done this. Sixth grade turned out to be the greatest year. She was a tough teacher and we did work hard but her goal was to prepare us for middle school

and to teach us so many things such as the love of reading, the importance of learning about the world around us and the art of a firm handshake.

This year the anxiety of sending my own children off to school is much less than last year. Amanda is a 'returning college student'. So the anxiety of getting her set up and having her move away has lessened. She is returning to a known campus and will fall into the rhythm of campus life much easier this Fall. Jeff, starts his sophomore year of high school and also is not facing the feared high school freshman year. All seems good.

At the COA and Senior Centers, we will also be excited to resume programs that had been on hiatus for the summer. We are also looking at new programs to be offered. Make sure you check out the calendar for both centers and The Happenings page. I will also be joining colleagues to do community presentations on the continued work of the Cambridge Elder Abuse Prevention Coalition. Following the successful June forum, the momentum is strong and education and public awareness is the best tool to combat elder abuse. There is much work to be done, but together it can be done.

With summer coming to an end, let's make the most of these warm days while we can. Take in the pale, yellow mornings and the violet hued twilights. The days grow shorter, but they are still quite lovely. Enjoy summer's last stand!
Warm Regards,
Susan P. Pacheco

PS: I think I am going to buy myself a Pink Pearl eraser!

INFORMATION & REFERRAL

The Buried in Treasures Workshop: ***Peer Support for People Who Have Too Much Stuff***
Saturday, September 26th
9:30 - 12:00

We are about to launch our second support group for folks with a clutter problem! To help us get started, we have invited Lee Shuer, a self-defined "Finder/Keeper," to be our speaker. Along with Dr. Randy Frost, he designed the facilitator's guide for The Buried in Treasures Workshop (BIT.) For the past 15 years, Lee has worked in human services – helping those with mental health challenges to take charge of their lives. He has addressed large audiences across the US and Australia, and trained thousands of people to run his peer support groups. His work has been featured in media sources including The New York Times, Scientific American, CBS Sunday Morning, and Canadian Public Broadcasting. Lee is acknowledged as a leading proponent of self-help and peer support for making and sustaining progress towards a life less cluttered.

Do you have too much stuff? Do you know someone who does? Is the clutter creating problems in your life? Are you willing to begin to examine this issue? If so, please join us for a talk by Lee Shuer.

There will be information about the new group forming and about how to join.
To register call Liz Seelman, 617-349-6048 or eseelman@cambridgema.gov.
Registration at 9:30, light breakfast provided.

It's that time of year again! If you have a **Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO)**, you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: it is important to review, understand and save this information! During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call the COA at 617-349-6220 for an appointment.

Monday Night Presentation
SCM Door2Door – Community Transportation
September 21, 5:30– 6:30
Door2Door is a not-for-profit organization that focuses primarily on assisting senior citizens and persons with disabilities in Cambridge, Everett, Medford and Somerville. The service takes seniors to doctor's appointments, grocery shopping, family events and beyond.
Door2Door will also do specials trips on demand.
Please contact Vincent McCarthy for more information
vmccarthy@cambridgema.gov 617-349-6220

PARTICIPATORY BUDGETING IS BACK – SUBMIT YOUR IDEAS!
This time, Cambridge community members will directly decide how to spend $600,000 of the FY17 Capital Budget.

What projects and improvements would you like to see around Cambridge? To submit an idea, please use our interactive online map at www.cambridgema.gov/yourbudget or contact Michelle Monsegur in the City's Budget Office at pb@cambridgema.gov or (617) 349-3266.
We also accept idea submissions via mail and walk-in.

To be eligible for funding, project ideas must meet the following criteria:

- Benefit the public. Projects that only benefit private individuals or groups are not eligible.
- Are implemented by the City of Cambridge on public property.
- Are one-time, capital expenditures that do not exceed $600,000.

Last year, six projects won funding: 1) an accessible public toilet in Central Square, 2) 100 new trees and trees wells, 3) free public Wi-Fi in six outdoor locations, 4) bilingual books for children learning English, 5) 20 new laptops for the Community Learning Center, and 6) eight bike repair stations around town.

Submit your ideas today! We would love to hear from you about how to make the city a better place for everyone.

September 2015 Happenings at the Citywide Senior Center

Women's Club
Tuesdays, September 1, 8, 15, 22 & 29 11:00-12:00
This is an opportunity to meet other women and to build friendships and community. Group is informal drop-in and check the group out.

Zumba Gold
Tuesdays, September 1, 8, 15, 22 & 29 1:30-2:30
Zumba® Gold takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those continuing their journey to a fit and healthy lifestyle. What stays the same is the zesty Latin and international music. It's a dance-fitness class that feels friendly, and most of all, fun. Pre-registration required. Cost: $3.00 class

Jewelry Class
Wednesdays, September 2 and 16 1:00-3:00
Opportunity to design and create your own unique piece of jewelry. The class is taught by April a professional Jewelry maker. The class is $3.00 plus the cost of your materials.

Town Meeting
Thursday, September 3, 12:00-1:00
Come join us the first Thursday and find out what's new at the Senior Center as well as share your ideas for programming you would like to see. Special Guest Ireya Olafson will discuss the formation of a new book group.

Birthday Party
Thursday, September 3, 1:00-2:00
Come celebrate the September birthdays with us. If it's not your birthday, that's okay come and enjoy the party.

Men's Group
Tuesday, September 8 and 29, 10:00-12:00
9/8 Movie & Pizza Luncheon 9:30 – 12:30
Bird : The Charlie Parker Story
The story of jazz musician, Charlie "Bird" Parker's life and career.
9/29 Do you still have your favorite record??
Come listen to some wonderful music with us and feel free to bring some of your favorite music along to share. We will even have a record player available! We will have plenty of music to play and will have access to CD/Cassette and Record Player.

Health and Wellness Talk
Brown Bag Check-Up
Thursday, September 10, 1:00-2:30
Bring all prescription and over-the-counter medications for review by CHA Pharmacists. The pharmacists will be checking expiration dates, any medicines which may either have an adverse effect or offset each other and they will be available to answer any questions you may have.

Raising Your Energy Level Back to Health
Saturday, September 12, 10:00 – 12:00
Catherine Simmons will conducts a one-day workshop where you will learn different techniques to improve your nutrition, learn proper breathing and techniques with balance! You will learn how to take back responsibility for your health and well-being. Program is free but registration is required. For more information or to register call 617-349-6060.

Health & Wellness Presentation
Thursday, September 17, 1:00-2:30
Students and Faculty from Massachusetts College of Pharmacy and Health Science FASCO (Faculty And Student Community Outreach) will be providing an overview of over the counter products with particular attention and emphasis on Vitamins and Supplements. We will define what a supplement is, discuss the types of supplements available, explain the health benefits and risk of supplements, and discuss proper intake of these vitamins and supplements. A game will follow at the end of the presentation to test your knowledge!

Cell Phone Wireless Q&A
Monday, September 21, 9:00-11:00
Patrick Williams from the Consumers Council will be here to answer your questions about your wireless devices. Program meets in the TV Room of the Senior Center.

Walk Down Memory Lane Dance Party and Luncheon
Thursday, September 24, 12:30-3:00
We are kicking off the count down to the City Wide Senior Center's 20 Anniversary. Come join us as we celebrate (and party) with music from the last two decades. Ticket required. Cost: $4.00

The Buried in Treasures Workshop: *Peer Support for People Who Have Too Much Stuff* ***(see page 2)***
Saturday, September 26, 9:30 - 12:00

Cooking Class
Wednesday, September 30, 1:00-2:30
Join us for Peanut Butter Soup, a favorite in West Africa
Cost: $2.00 class

SPECIAL EVENTS & ACTIVITES AT NORTH CAMBRIDGE

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

"Introducing the new WOW (Women of Wellness)"
Every Wednesday from 12:30pm-2:00pm
Weekly WOW meetings will be an informative and enjoyable discussion of the current health trends and topics of interest. WOW will also focus on a specific monthly health topic and gives participants the option to actively participate in the discussion or to just sit and enjoy listening. Participants are also given the option to monitor their weight and receive a monthly blood pressure checks.

"Strength Building Class has a new day and time"
Every Wednesday from 2:30pm-3:30pm
Our Tuesday morning Strength Building Class with Suzi has moved to Wednesday Afternoons at 2:30pm. The Strength Building Class is suitable for all.

"Yoga 2 is Continuing"
Every Tuesday from 3:00pm-4:00pm
The North Cambridge Senior Center is pleased to have Yoga 2 continue and to offer Yoga classes twice per week. For a description of the Yoga 2 class of any additional questions, please call Alicia Johnson.

"Estate Planning Discussion provided by East Cambridge Savings Bank"
Tuesday September 29th from 11:00am-12:30pm
Please join us as we welcome East Cambridge Savings Bank (North Cambridge Branch) as they discuss the importance of Estate Planning. Refreshments will be served.

For more information, please contact Alicia Johnson at 617-349-6320 or aliciaj@cambridgema.gov

***NEWSLINES SUBCRIPTION 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 Council on Aging,
806 Masschusetts Avenue Cambridge, MA 02139 Attn: Cambridge Council on Aging

Name:_____

Address:_____

City: _____ State:_____ Zip Code_____

Phone number ( ) _____

North Cambridge Senior Center Daily Events at Our Center September 2015

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	Computer Instructor 10:00-1:00 Needle Crafts 1:00-3:00 Yoga 2 3:00pm-4:00pm	Intro to Meditation 9:00 – 10:00 Computer Instructor 10:00-1:00 Arm Chair Exercise 10:30-11:30 WOW 12:30-2:00 Strength Building 2:30-3:30	Watercolors 9:30-11:00 Computer Instructor 10:00-1:00 Dancing for Balance 1:30-2:30 Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 Whist or Bridge Lessons 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 Open Forum 12:15pm-1:15pm	2 WOW Returns 12:30pm	3	4 Whist or bridge Lessons 10:30am-11:30am
7 Labor Day Holiday Center Closed	8	9 Birthday Tea 12:00pm (New Time) Strength Building Returns 2:30pm (New Day and Time)	10 Safety Awareness Returns 12:00pm-1:00pm	11 Zumba Returns 9:30am Whist or Bridge Lessons 10:30am-11:30am
14 Podiatrist 10:00am-2:00pm Computer Lab closed 8:30am-2:00pm	15 End of Summer Beach Party 12:00pm-2:00pm Registration is Required Cost is $3.00 Per Person Entertainment will be "Comedy By Richard"	16 Strength Building 2:30pm (New Day and Time)	17 Watercolors Returns 9:30am Lunch Walk to Porter Square Join us for lunch as we walk to Christopher's We will leave at 11:30am and Return at 1:00pm Walk with us or join us there	18 Whist or Bridge Lessons 10:30am-11:30am
21 Spaghetti Dinner 3:30pm-4:30pm Registration is Required Cost is $3.00 Per Person	22 What's That APP? 11:00am-12:00pm This is a Question and Answer Session regarding APP's Available on a smartphone or tablet.	23 Strength Building 2:30pm (New Day and Time)	24 Day Trip to the Museum of Russian Icons and Lunch at the Old Timer Restaurant. Bus Departs at 10:30am and returns at 3:00pm. Cost is $7.00 per person Lunch is on your own. Registration is required.	25 Whist or Bridge Lessons 10:30am-11:30am
28 Clase Espanola Gratis (Free Spanish Class Every Monday Beginning at 11am	29 Estate Planning Financial Discussion presented by East Cambridge Savings Bank 11:00am-12:30pm Refreshments will be served	30 Strength Building 2:30pm (New Day and Time)		

September 2015 DAILY EVENTS AT CAMBRIDGE CITYWIDE SENIOR CENTER

Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. Lunch: Reservations Required. Served Monday –Thursday 11:30a.m.-12:45 p.m. Friday 11:00 a.m. -11:30 a.m. Saturday 11:30 a.m. -12:15 p.m. $2.00 Donation for all meals

Monday	Tuesday	Wednesday	Thurday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 9:00- 12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:00 Bingo 1:30-3:00 Watercolor Painting 1:00-3:30 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 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 Women's Club 11:00-12:00 ESOL IV 10:30-12:00 Computer Lab 1:00-4:00 Classic Movie 1:00-3:15 Bingo 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 9:30-11:30 Better Balance 10:00-10:50 Tai Chi Level I 11:00-12:00 Crafts & Social Group 1:00-3:00 Computer Lab 1:00-3:00 Bingo 1:30 – 3:00 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 Meditation with Catherine 9:00-10:00 Exercise Class 10:15-11:15 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 *Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 pm.	Qi Gong 9:00-10:00 Computer Lab 9:00 – 2:00 ESOL Chinese 9:00-10:30 Pottery Open Art Class 9:00-11:30 Simplified Qi Gong & Tai Chi 10:00-11:00 **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

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

	1 Senior Safety Group 12:30-1:15 Zumba Gold 1:30-2:30 ($3:00 per class)	2 Trip: Labor day Picnic @ Castle Island 9:00-1:30 pm *Pre-registration required Cost: $10 Includes: Transportation and Lunch Jewelry Class 1:00-3:00 No Better Balance No Tai Chi Level I & II	3 Town Meeting 12:00-1:00 Birthday Party 1:00-2:00 First Thursday Writing Class 1:30-2:30	**4**	5
7 **Holiday Senior Center Closed**	8 Men's Group 9:30 – 12:30 Zumba Gold 1:30-2:30 ($3:00 per class)	9 Castle Island Walking Club 9:00-12:00 Blood Pressure 12:30-1:00 (Public Health Nurses)	10 Health & Wellness Talk 1:00-2:30 Topic: Brown-Bag Check-Up	11	12 Raising your Energy Level Back to Health (Workshop by Catherine Simmons, sign up required) 10:00-12:00
14 Afternoon Tea 3:00	15 Zumba Gold 1:30-2:30 ($3:00 per class)	16 Castle Island Walking Club 9:00-12:00 Jewelry Class 1:00-3:00	17 Massachusetts Pharmacy and Health Sciences University's FASCO Presentation Vitamins and Supplements 1:00-2:00	18 Men's & Ladies Breakfast 9:00-9:30	19
21 Cell Phone Wireless Q&A 10:00-12:00 Afternoon Tea 3:00	22 Meet & Greet Janet Borron, Staff Librarian/Senior Services 12:30-1:15 Zumba Gold 1:30-2:30 ($3:00 per class) Blood Pressure Screening 2:30-3:00 (Windsor House)	23 Castle Island Walking Club 9:00-12:00	24 Walk Down Memory Lane Dance Party and Luncheon. Hits of the last 20 years. 12:30-3:00 Ticket required. Cost: $4:00	25 Brunch 8:30-11:00	26 The Buried in Treasures Workshop 9:30-12:00 *Pre-register With Liz Seelman 617-349-6220 or eseelman@ cambridgema.gov
28 Dinner & Bingo 4:00-6:00 Dinner served until 4:30	29 Men's Group 10:00-12:00 Zumba Gold 1:30-2:30 ($3:00 per class)	30 Castle Island Walking Club 9:00-12:00 Cooking Class 1:00-2:00 West African Cuisine			

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