



# 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

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

## Dear Seniors:

I invite you to come along for a ride with me. I am the driver and the passengers are my 19 yr.-old son, his friend since grade school and my Mom. My son had come home from school for Easter and his 19th birthday. I was now taking him back to campus.

As we made our way, there was conversation among all of us, but what I focused most on was their conversation. I was feeling a bit nostalgic. My baby had just turned 19 and he is completing his 1st year of college. I truly do not know where the time has gone. As I heard them talk, I was transported to trips many years ago; pick ups from school; soccer practice; school events. I always remember the talk among the boys. I learned so much about them as I drove them, and they spoke as if I wasn't there. I really learned a lot! At times my Mom and I would

speaking in Portuguese and at some point, I realized the boys were asleep. Eventually we reached our destination. We had some lunch and then the boys settled back in their respective dorms. As we were saying good-bye to my son, he received a text from his friend. He shared that he was so happy to have



been able to be with us. He so liked my Mom and I speaking Portuguese. It reminded him of his Italian-speaking grandmother who had passed away. He was both sad and happy. It stirred good memories for him.

I was so pleased that he shared his feelings with my son. It certainly exhibited the relationship he had with his grandmother. It also

made me think about how lucky my children have been to have their grandparents so present in their lives. They are friends. They talk or face time regularly; have regular luncheon dates or have shared 'couch time'. Their relationship with their grandparents has taught them how to value older adults. How to slow down and have meaningful conversations and especially to learn their family history. Their relationship is invaluable. I wish this relationship for every young person and older adult.

The trip to and from campus is completed. I now wait for my son to complete his semester and we go to move him back home. He will be back home just in time for Mother's Day!

Happy May!!!

Best Regards,  
Susan P. Pacheco

# Information & Referral

## H.O.W. Coffee time

**Monday, May 6, 10:30 – 12:00**

You are invited to join the Housing Occupancy Wellness Coffee Time Discussion Group.

## Healing and Feeling:

### Support Through Loss

**Wednesday, May 8, 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

## Memory Café

**Friday, May 17, 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.

## Save the Date!

**Caregiver Support Group Monday, May 20, 1:00– 2:30**

This group will be open to anyone who is providing care for a loved one. The group will take place on the third Monday of each month.

If you are interested in participating in this group, or have questions about caregiver support, please contact Vincent McCarthy [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov) or Maryellen McEleney [mmceleney@cambridgema.gov](mailto:mmceleney@cambridgema.gov) 617-349-6220

## 8 Benefits Of Caregiver Support Groups

Research has shown that participating in caregiver support groups results in very real benefits that can significantly improve your quality of life.

Caregivers in support groups report 8 key benefits:

1. Feeling less lonely, isolated or judged;
2. Gaining a sense of empowerment and control;
3. Improving your coping skills;
4. Reducing distress, depression or anxiety and having lower rates of clinical depression;
5. Developing a clearer understanding of what to expect with your situation;
6. Getting practical advice or information about treatment options;
7. Improving your caregiving ability and giving better quality of life for the older adult;
8. Helping you keep your loved one at home longer.

## Film & Discussion

**Tuesday, May 21,  
12:45-3:30**

Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.



## Protect Yourself From Medicare Fraud!

**Thursday, May 23, 1:00- 2:00**

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Come meet Pat McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

For more information and to reserve your seat please contact Vincent McCarthy, the client services coordinator at the Cambridge Senior Center, at 617-349-6220 or at [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

## Meditation and Mandala

**Friday, May 24, 10:00-11:00 Please note new start time**

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.

# May 2019 Happenings at the Citywide Senior Center

## Town Meeting & Birthday Party

**Thursday, May 2, 12:00-1:00.**

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

## First Thursday Writing Class

**Thursday, May 2, 1:00-2:00**

First Thursday Writing Group is intended as a positive, encouraging circle of people who want to write, using prompts, exercises, and constructive group feedback.

## Super 8 Ball Schedule

**May 2, Newton @ Cambridge 11:00-12:30**

**May 9 – Cambridge @ Arlington 11:00-12:30**

## Art of Dancing Class

**Fridays, May 3, 10, 17 & 24 12:00-1:00**

This dance class incorporates many modalities of movement and body awareness including meditation, yoga and modern jazz, flamenco and African diasporic dance. There is an emphasis on having fun and connecting with others. Program for people age 60+. \$3.00 per class.

## Conversation with Joseph Caparco

**Monday, May 6, 1:00-2:00**

“My Journey with Cancer” How to handle the news and ways to accept the outcome of cancer.

## Men’s Group

**Tuesday, May 7, 10:30-11:30**

Coffee & Conversation. Please join us for coffee, conversation and light refreshments.

## Senior Safety Group

**Tuesday, May 7, 12:30-1:15**

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

## Cookies, Conversation, & Connection

**May 7, 12:30-1:30 and every Tuesday in May**

2nd Floor Patio Rain location: Kitchen Classroom  
All Women Welcome! Hosted by: Janae Detwiler-Michelson. Questions? Contact Janae at 617-868-1650

## Book Group

**Thursday, May 9, 11:15-12:00**

Book: *Sudden Sea* by R.A. Scotti

Draws on period newspaper accounts, eyewitness

testimony, and archival footage to recount the Great Hurricane of 1938, which left a trail of death and destruction across seven states and obliterated entire communities and families.

## Health & Wellness Presentation

**Thursday, May 9, 1:00-2:00**

Topic: Oral Health with Dr. Caleb Tam, Intern at the Cambridge Health Alliance Windsor Street Dental Clinic. Oral health is a key indicator of overall health, wellbeing and quality of life. We will discuss the importance & benefits of good oral health, the danger of infections and the new role of the dentist.

## Talk about Malnutrition

**Monday, May 13, 1:00-1:45**

Andrea from SCES will discuss screening tables, recipe demonstration, food sampling, and a talk about malnutrition.

## Lunch and Learn

**Tuesday, May 14, 12:30-1:30**

Speaker: Estelle Disch, “Activists at any Age: The Grandmothers of Plaza de Mayo.” What would you do if armed thugs appeared out of the blue and took your pregnant daughter away? You’d probably go looking for her and her baby. That’s exactly what the Grandmothers of Plaza de Mayo have been doing for 41 years. They have so far located 128 of the estimated 500 children abducted by the military and illegally adopted. Estela Carlotto, president, is working nonstop at 88.

## Restaurant Trip to Outback @ Assembly Row

**Wednesday, May 15, 10:30-3:00**

Ticket for transportation \$2.00. Lunch on your own.

## MAYOR’S Luncheon @ MIT

**Thursday, May 16, 10:30-2:00**

**All Programs and Classes Cancelled**

## Bingo and Dinner

**Monday, May 20, 4:30-6:00**

Ticket required. Dinner cost: \$2.00 Bingo on your own.

## Men’s Group

**Tuesday, May 21, 10:30-11:30**

Please join the Men’s Group for a Drum Circle. Various percussion instruments will be provided.

## Books on Review

**Tuesday, May 21, 12:30-1:15**

Cambridge Librarian Janet Borrow will review a series of books. You may check them out with a library card.

# 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: Wednesdays

**9:00-10:00**

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

Mindfulness is part of the meditation guidance, the two elements of which are being in the

**\*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 ( \_\_\_\_\_ ) \_\_\_\_\_



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 May 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	2	3
6  Open Forum 12:15 and Birthday Tea	7	8	9	10
13 Mother's Day Breakfast 10:00am-11:00am Join us for bagels, muffins and coffee	14	15	16 MIT Luncheon 10:30am-1:00pm Bus pick up 9:30am  Dancing for Balance Cancelled	17
20 MODIFIED PROGRAMMING	21 MODIFIED PROGRAMMING	22 MODIFIED PROGRAMMING	23 MODIFIED PROGRAMMING	24 MODIFIED PROGRAMMING
27 Memorial Day Senior Center Closed	28 MODIFIED PROGRAMMING	29 MODIFIED PROGRAMMING	30 MODIFIED PROGRAMMING	31 MODIFIED PROGRAMMING

# May 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 9:00-11:45am

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 Cookies, Conversation & Connection Women’s Group 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 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 Strength Training Class 1:30-2:30 Bingo 1:30-3:00 Facebook Class 2:00-3:00	Grandet An Aksion 9:00-3:00 Computer Lab 9:00-12:00 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 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   <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 Jewelry Class 1:00-3:00 Tech Help 1:00-2:00	2 Gardening Class 9:00-9:15 Super 8 Ball Newton @ Cambridge 11:00-12:30 Town meeting & Birthday Party 12:00-1:00 First Thursday Writing Class 1:00-2:00	3 The Art of Dancing Class 11:00-12:30  Cambridge Volunteer Clearing House Workshop 12:00-1:00	4 Saturday Re-opening
6 Conversation with Joseph Caparco 1:00-2:00 Joseph shares his journey with cancer. Cinco de Mayo Celebration 4:00-6:00 Ticket \$5.00	7 Gardening Class 9:00-9:15 Men’s Group 10:30-11:30 Senior Safety Group 12:30-1:15 Let’s Talk 12:30-1:30 All Women Welcome Cookies, Conversation and connection on the patio (every Tuesday)	8 Blood Pressure 12:30-1:00 (Public Health Nurse) Tech Help 1:00-2:00 Healing and Feeling – Support Through Loss 1:30 -2:30	9 Gardening Class 9:00-9:15 Mother’s Day Breakfast (Men Welcome) 9:00-9:30 Super 8 Ball Cambridge @ Arlington 11:00-12:30 Book Group 11:15-12:00 Book: <b>Sudden Sea</b> by R.A. Scotti. Health & Wellness Talk 1:00-2:00 Topic: Oral Health with Dr. Caleb Tam	10 The Art of Dancing Class 11:00-12:30	11
13 Ballroom Dancing and Bingo Cancelled Talk about Malnutrition 1:00-2:30 The Cambridge Chapter of the National Federation of the Blind 5:30- 7:30	14 Gardening Class 9:00-9:15 COA Board Meeting 9:30-11:00 Lunch and Learn With Estelle Disch 12:30-1:30 Topic: Activists at any age: The Grandmothers of Plaza de Mayo	15 Restaurant Trip to Outback @ Assembly Row 10:30-3:00 Ticket \$2.00 for transportation, lunch on your own. Tech Help 1:00-2:00	16 Gardening Class 9:00-9:15 Mayor’s Luncheon @ MIT 10:30-2:00 All PROGRAMS AND CLASSES CANCELLED	17 Memory Café 10:00-12:00 MSAC Chapter Meeting 11:30-1:30  The Art of Dancing Class held at the Dance Complex	18
20 Caregivers Support Group 1:00-2:30 Dinner and Bingo 4:30-6:00 Dinner \$2.00 – Bingo on your own	21 Gardening Class 9:00-9:15 Men’s Group 10:30-11:30 Books on review by Janet Borron, Cambridge Librarian 12:30-1:15 Blood Pressure 2:30-3:00 (Windsor House) Chair Yoga Cancelled	22 Strength Training Cancelled  Tech Help 1:00-2:00	23 Gardening Class 9:00-9:15 Senior Medicare Patrol Program 1:00-2:00	24 New time for Meditation and Mandala 10:00-11:00 The Art of Dancing Class 11:00-12:30	25
27 Memorial Day Senior Center Closed	28 Gardening Class 9:00-9:15 Film and Discussion 12:45-3:15 Movie: <b>Green Book</b>	29 Tech Help 1:00-2:00	30 Gardening Class 9:00-9:15 Ballroom Reserved for 102 Training all day Contact Susan for questions.	31	

**Cambridge City Council**

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