



Newslines

*The Newsletter of the
Cambridge Council on Aging (COA)*

October 2024

806 Massachusetts Avenue, Cambridge, MA 02139

617-349-6220 • www.cambridgema.gov/CouncilOnAging

Dear Seniors:

Not sure how to begin with this month's note to you. My note could be focused on the beautiful season of autumn but instead all I can bring myself to write about is the overwhelming sense of grief currently enveloping me. On September 10th, my brother Jimmy passed away. He suffered a massive stroke and within three days, peacefully passed away. During my tenure as Executive Director and scribing these monthly notes, Jimmy has been the subject of a few notes. Jimmy was a developmentally disabled adult. He had a 60% hearing loss. He communicated with basic sign language and minimal verbal communication. If you were to have met him, you would have had difficulty understanding him, but as I am sure you can all understand when I say this, we (his family) understood him completely. We knew through his limited words, his gestures and just simply by his disposition what he wanted and needed. Jimmy also had complex medical issues and had received a kidney transplant almost 6 years ago. He lived at home with my parents. He was incredibly happy at home with all his "things", watching his game shows, having his favorite snacks and awaiting the visits of his niece and nephews. Now he is gone. I find myself saddened by the loss of my sibling. Jimmy was special and we had a special bond. I have had a hand in Jimmy's care

since I was 10 years old. Much more so during the last 15 years. A calendar marked with Jimmy's appointments; side bar lists of things to remember to get for Jimmy; text messages from the pharmacy that it is time for Jimmy's Flu/COVID vaccine. None of these no longer needing to be managed. This is the new reality that I must now navigate. I have been fortunate to have such tremendous support from family, friends and colleagues. One colleague shared this treasured comment with me:

"I have always treasured running into you and asking about Jimmy; your love for him radiated in the way your entire being lit up when speaking about Jimmy. Please know that I have and will always love hearing about Jimmy if you find yourself wanting to talk about him. It's hard to believe I never met Jimmy given the ripple effects he has had on my life."

For anyone reading this experiencing their own personal loss, my condolences. I would welcome anyone needing to talk, to please reach out to me at 617-349-6220. or spacheco@cambridgema.gov

Let us support one another.

Warm Regards,

Susan P. Pacheco

Executive Director

Information and Referral

NEW in 2024! Medicare Savings Program eliminates asset test making more beneficiaries now eligible

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums--currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and the prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309 - \$2552 monthly and married couples earning \$3123 - \$3451 qualify for the Medicare Savings Programs and as of April 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call the Council on Aging.

October Mall Walking

In the month of October we will be offering an indoor Mall Walking Group that will take place at Arsenal Yards in Watertown. The group will leave from the Senior Center in Central Square at 10:30am and will return to the Senior Center at 1:00pm.

The dates for this indoor walking group will be:

Tuesday, October 8

Wednesday, October 16

Tuesday, October 22

Reservations are required two business days in advance. Please call the Transportation Office at 617-349-7254.

Home pick up is available upon request.

Please specify if you want home pick up while making reservation.

On Tuesday 10/8 & 10/22 home pick up is available in North & West Cambridge

On Wednesday 10/16 home pick up available in Central Square and East Cambridge

Please contact Vincent McCarthy

vmccarthy@cambridgema.gov 617-349-6216

if you have any questions.

Long-Term Care Ombudsman Presentation Monday October 21, 6pm-7pm

Please join us for a Long-Term Care Ombudsman Program presentation presented by Jillian O'Brien, Long-Term Care Ombudsman Program Director at Greater Lynn Senior Services Inc. "A Long-Term Care Ombudsman is an advocate for residents in long term care facilities. Ombudsmen offer a way for residents and their loved ones to voice their complaints and have their concerns addressed so that residents can live their lives with dignity and respect." We hope to see you there so you can learn about this program!

Medication Takeback Day

Monday October 28, 1:00-3:00 (IP)

The Cambridge Public Health Department (CPHD), Cambridge Police Department, and Cambridge Council on Aging are hosting a Medication Takeback Event. Personnel will be available on-site in the lobby to accept unwanted or unused prescriptions, over-the-counter meds, and vitamins. Sharps and liquids will NOT be accepted.

October 2024 Programs – Registration Information

806 Massachusetts Avenue, Cambridge, MA 02139 617-349-6220

Open Monday 8:30 - 8:00, Tuesday through Thursday 8:30 - 5:00, Friday 8:30 - 12:00

Classes and Special Events

- Participants must be aged 60 years and older. Priority will be given to Cambridge residents.
Classes and special events are either **In-person, Virtual (online), or Hybrid (combination of in-person and virtual).**
- In-person classes and special events are held at 806 and/or 2050 Massachusetts Avenue, Cambridge, MA.
- Virtual classes and special events are offered via Zoom. Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class or event.
- To register, unless specified otherwise, call COA at 617-349-6220. COA reserves the right to limit the number of participants per the instructors' request.

Lunch

- Hot Dine-and-Stay lunches are served Monday – Thursday, 11:30 – 12:15
Lunch reservations should be made 2 business days in advance. Please call 617-349-6047 to make your reservation. Lunches are available for a suggested donation of \$3 for seniors aged 60 years and older



October 2024 – Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.**

***Tech-Help: Smartphone Q&A: Basics**
Mondays, 9:00-11:00 Tuesdays, 1:00- 4:00
Wednesdays, 1:00-2:00

Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook.

Please call to register for an appointment.

Empowered Caregiver Series with the Alzheimer's Association

Thursday, October 3, 10, 17 and 24
11:00 – 12:00pm

Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late-stage caregiving in this education program.

Topics in the program include:

- » Building foundations of caregiving.
- » Supporting independence.
- » Communicating effectively.
- » Responding to dementia-related behaviors.
- » Exploring care and support services.

Register in advance with Courtney Johnson
courtney.johnson@eldercare.org
617-628-2601 ext 3168

Music Jam Session

Monday, October 7, 4:30-6:30pm

ESOL Conversation & Reading Class

Tuesday October 8, 10:00-12:00 pm

An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month, every 2nd and 4th Tuesday. On the 1st and 3rd Tuesdays,

you will receive a selected reading with vocabulary support. We will use this reading as part of our next in-person class. Class is canceled on October 15 and 22.

LGBTQ+ Film Series

Tuesday, October 8, 10:00-12:30

Movie: *Professor Marston + The Wonder Women* American biographical drama film about American psychologist William Moulton Marston, who created the fictional character Wonder Woman.

For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Veterans and Friends Support Group

Wednesday October 9, 1:00-2:00 PM

This group is a place where veterans and non-veterans can come to check in, share stories, discuss life experiences, socialize, and discuss military culture in a nonjudgmental space. The focus will be on promoting self-care, wellness, and peer support. For more information, please contact Dee Cannon at dcannon@cambridgema.gov

Book Group

Thursday, October 10, 12:00 - 1:00pm

***The Book of Lost Friends* by Lisa Wingate**

This tale begins in the aftermath of Reconstruction, when three young women set off from Louisiana to Texas as unwilling companions on perilous quests: Lavinia, the pampered heir to a now-destitute plantation; Juneau Jane, her illegitimate free-born Creole half-sister; and Hannie, Lavinia's former slave.

Men's Group

Tuesday, October 15, 10:00-11:30am

Please join us. Light refreshments will be served. . Please contact Vincent McCarthy at vmccarthy@cambridgema.gov

Fall 2024 Flu and COVID Vaccine Clinic

Wednesday October 16, 10 – 2pm

During the month of October, the Cambridge Public Health Department will be offering COVID-19 and flu vaccines to adults and children who live in Cambridge. Everyone 6 months and older should get flu and COVID-19 vaccines this fall. Registration is encouraged and will be open in October. Bring your insurance card if you have one. We recommend wearing layers as it makes it faster and easier to administer vaccines in the arm. Medical staff will be available to speak with anyone who has vaccine questions or concerns.

The Antidote to "getting old" wisdom purpose and creativity Presentation

Thursday, October 17, 1:00-2:00pm

In this presentation, we'll examine the contradiction in the commonly-held belief that we want a long life, but we don't want to "get old." We'll look at examples of how people find a "good life" in even when living with the real challenges of older age: limitations, loss, illness. The presentation will also provide practices that help people move from avoidance or denial of "being old" towards more satisfaction with their long life. The presenter Marie Clouqueur, LICSW is a therapist in the Geriatric Psychiatry Outpatient Clinic at McLean Hospital and leads the clinic's dementia caregiver program.

Billiard's dedication ceremony for Jack Harney on Thursday Oct 17

Halloween Bingo and Continental Breakfast

Monday October 21, 9am – 11am

Continental Breakfast: 9am-10:30am

Bingo: 9:30-11am

Menu: bagels and cream cheese, muffins, croissants, yogurt parfait, coffee, tea and juice. Registration is required. Ticket cost \$5.00. Please register by October 15.

Women's Social Group

Monday, October 21, 12:30-2:00pm

Join us for the new Women's Social Group meeting. We will laugh, share ideas and enjoy each other's company. For more information, please contact Alicia Johnson at 617-349-6220 or aliciaj@cambridgema.gov

Film and Discussion

Tuesday, October 22, 1:00 - 3:30

Movie: *Rescued by Ruby* State trooper Dan dreams of joining the K-9 Search & Rescue team, but no one will give him the chance. Shelter dog Ruby dreams of having a home. For more information, please contact:

vmccarthy@cambridgema.gov 617-349-6220

Senior Home Education Mini-Series

Thursday, October 17, 24, 10:00am-11:00

Join Jennifer Jonassaint from Homeowners Rehab for a Senior Home education mini-series. Each session will run 60 minutes on the second and fourth Thursday of the month, from October thru December 2024.

Topics in October:

How to set up my annual home maintenance schedule

How to interview and vet safe and skilled contractors to prevent scams for success

Senior Center Anniversary Party

Thursday October 31 12:30-3:00pm (IP)

Join us as we celebrate our 29th Anniversary with a catered lunch and music provided by DJ Owen Howell. Registration is required. Space is limited. Ticket cost \$10 .

October – Weekly Class Schedule

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong (V) 9:00 – 9:45	Computer Lab (IP) 9:00 – 4:00	Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00	Meditation (V) 9:00 – 9:45	Qi Gong (V) 9:00 – 9:45
Computer Lab (IP) 9:00 – 5:00	Mat Yoga (IP) 10:00 – 11:00	Music Instrument Lessons (IP) 9:00-10:00	Computer Lab (IP) 9:00 – 4:00	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance Chi Kung (IP) 11:30 – 12:30	Computer Lab (IP) 9:00 – 4:00	Zumba Gold (IP) 9:00 – 9:45	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Zumba Gold (IP) 1:00 - 1:45	ESOL (CLC) (IP) 9:30 – 11:45	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Beginners (IP) 8:30 – 9:30
Spanish Fun Lessons (IP) 9:30-11:00	Board and Card Games (IP) 1:00 – 3:00	Flamenco Tango (V) 10:00 – 11:00	Low Impact Fitness 1:00-1:45 (IP)	Ping Pong — Experienced (IP) 9:30 – 10:30
Strong and Stretched (IP) 11:00 – 12:00	Tech Help (IP) 1:00 - 4:00	Chorus (IP) 10:30-11:30		Yoga for Better Balance (IP) 10:30 – 11:30
Art Class 1:00-200 (V)	Chair Exercise 2:00-2:45 (IP)	Chair Exercise (V) 11:15 – 12:00		
Ballroom Dancing (IP) 1:00 – 3:00		Tech Help (IP) 1:00 - 2:00		
Intro to Theatre (IP) 1:30-2:30		Crafts and Social Group (IP) 1:00 – 3:00		
Portrait Drawing Class 3:00-5:00 (IP)		Strong and Stretched (V) 1:30 – 2:30		
Line Dancing (H) 6:00 – 7:00				
Spanish (V) 6:45 – 8:00				

October Special Events Calendar

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Empowered Caregiver Series 11:00 – 12:00 (IP)	4 Yoga for Better Balance (IP) Cancelled
7 Strong and Stretched Canceled Music Jam Session 4:30-6:30	8 COA Board Meeting 9:30-11:00 (V) ESOL Intermediate: 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>Professor Marston and The Wonder Women</i> Mat Yoga Cancelled	9 Veterans & Friends Support Group 1:00-2:00 (IP) Strong and Stretched Cancelled	10 Book Group 11:45- 1:00 (H) Empowered Caregiver Series 11:00 – 12:00 (IP)	11 Meditation and Mandala (IP) Yoga for Better Balance Cancelled
14 Indigenous Peoples Day Holiday Senior Center Closed	15 Men’s Group 10:00-11:30 (IP) ESOL Intermediate: Cancelled Mat Yoga Cancelled	16 Flu and COVID Vaccine Clinic 10:00-2:00 (IP) Strong & Stretched Canceled Safety Awareness 1:00-2:00 (IP) Music Lessons and Chorus Canceled.	17 Cambridge Consumers Council Drop-In Information Table 11:00-12:30 The antidote to “getting old” wisdom purpose and creativity 1:00-2:00 (IP)	18 Yoga for Better Balance (IP) Cancelled
21 Women’s Social Group 12:30-2:30(IP) Halloween Bingo and Continental Breakfast 9:00- 11:00 (IP) Intro to ballroom dancing workshop 3:30-4:30 (IP) Presentation long term care Ombudsman 6:00-7:00 (IP)	22 ESOL Intermediate: Cancelled Film and discussion 1:00-3:30 (IP) Movie: <i>Rescued by Ruby</i>	23 Meeting 11:30-1:00 (IP)	24 Empowered Caregiver Series 11:00 – 12:00 (IP) 31 Senior Center 29th Anniversary	27
28 Mass Senior Action Council Meeting	28 Continued 11:30-1:00 (IP)	28 Continued Medication Takeback Day	Party 12:30-3:00 (IP)	

October 2024 – Weekly Class Descriptions

Art / Watercolor Painting

Learn art techniques, with an emphasis on drawing and watercolor painting, in this beginner-friendly, instructor-led class. Participants are encouraged to use whatever art materials they have on hand.

Balance Chi Kung

Learn basic Tai Chi principles with gentle, slow repetitive movements of Chi Kung. Over time, this may increase balance, and encourages you to find a way to allow your body to move in a relaxed way. The class begins and ends with meditation.

Cardio and Yoga for Heart Health

A 45-minute class starting with 20 minutes of East/West Cardio followed by 25 minutes of in-depth Yoga poses.

Chair Exercise

This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.

Chorus

Experience the joys of singing, regardless of how "good" your voices are. We'll pick songs based on whether people like them and will work on 10–12 songs at a time. Songs can be of any genre or era.

Dancing for Balance

This fun, friendly dance class is suited for all fitness levels. You will learn basic steps geared towards improving one's balance. Seated warm up and cool down exercises are performed.

English for Speakers of Other Languages (ESOL)

Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Sandy Middleton, Cambridge Community Learning Center (CLC) ESOL teacher.

Flamenco Tango

Flamenco class provides in-depth expertise on learning the rhythm of clapping hands, singing, and dancing at the same time. Tango has an energetic and festive feeling and taste and is also an essential rhythm for all.

Flamenco Dance

This is a class for all, with or without any kind of physical limitation and have the option of dancing sitting on the chair if needed. So that each of you will discover your flamenco with your style.

Gentle Mat Yoga

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 comfortable moving from floor to standing with minimal support. Modifications available to participants.

Instrument (Individual or Small Group Lessons)

Here is your chance to learn to play an instrument — even if you have never played one before! Or dust off the instrument you used to play and give it a new life.

Line Dancing

Easy to learn and fun to dance. This class will teach you the basics of line dancing as well as the newer and more established line dances being done. Have fun, learn new dances and making new friends.

Low - Impact Fitness

This class is designed for people of all levels to strengthen the muscles, the heart, and the brain, all while having fun and moving to great music. Prepare to sweat as we use our own body weight as well as light hand weights, and some low-impact cardio. Come as you are and take everything at your own pace, and you will feel the benefits in mind and body!

Meditation

This is a 45-minute class, including a talk and meditation to encourage a peaceful and positive way of looking at life, and to reduce stress. The class is appropriate for beginners as well as experienced meditators. After class, there is an optional 15 minutes for questions.

Qi Gong

A movement practice from Chinese breath and martial arts traditions. Exercise movements include sitting and standing and are gentle and accessible to all participants. We follow a simple peer led routine.

Spanish

This class reviews and updates students about the Spanish Grammar that permits students to formulate sentences and paragraphs of information for understanding, responding, and conversing in the Spanish language.

Strength Building

A muscle conditioning class focusing on high repetitions with light or no weight. You will need to be able to stand for a good portion of class, have a chair, a portion of empty wall space you can lean against, a bit of floor space to move in, any of the above mentioned props, sneakers, and water.

October 2024 – North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140 617-349-6320 •

Open Monday, through Friday 8:30 - 5:00 Hot Dine-and-Stay lunches are served

Monday – Friday, 11:30 – 12:30 Suggested donation of \$3 for seniors aged 60 years and older

Weekly Class Schedule H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30-10:15	Watercolors 9:30– 11:30 (V)	Watercolors 9:30– 11:30 (IP)	Eurythmy (IP) 10:30 - 11:30
Dominoes (IP) 10:30- 11:30	Zumba Gold (IP) 10:30-11:15	ESOL (IP) 10:30- 11:30	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 11:30-2:30
Dancing for Balance (H) 1:00 – 2:00	Strong and Stretched (IP) 11:30- 12:30	Chair Yoga (IP) 12:00– 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	Documentary Photography 3:00 -4:30
Gentle Mat Yoga (IP) 3:30 – 4:30	Tai Chi (IP) 1:30 – 2:30			
	Chair Yoga (IP) 3:00– 4:00			

October 2024 – NC Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call 617-349-6320.**

ESOL

Wednesdays 10:30am – 11:30 am

We're offering a special ESOL (English for Speakers of Other Languages) class for members our community! This class is designed to help you improve your English skills in a supportive and welcoming environment. Whether you're a beginner or looking to enhance your language abilities, join us to learn, practice, and connect with others.

Zumba Gold

Tuesdays 10:30 am - 11:15am

This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

Watercolors

Thursdays 9:30 am – 11:30am

Join us every Thursday to enjoy and explore the art of watercolors! Unleash your creativity, learn new techniques, and enjoy a relaxing, social environment. No experience necessary—just bring your supplies!

Eurythmy

Fridays 10:30 am – 11:30 am

This gentle and enjoyable practice combines rhythmic exercises with expressive gestures, promoting balance, flexibility, and overall well-being. No dance experience is required – Eurythmy is about embracing the joy of moving in harmony with yourself.

Documentary Photography

Fridays 3:00pm – 4:30pm

Unlock your creative potential with our Documentary Photography Class! Every week, we'll dive into taking the best possible image you can take with your Smartphone. Open to all skill levels. Smartphone is required. This class will help with and improve your image editing.

Life Transition Workshop: Creating your own Binder

Tuesdays October 1st & 8th

1:00pm – 2:30pm

Join our four-part workshop to create your own Life Binder to take home. We will discuss and gather important documents, medical information, and personal wishes into one place. Waitlist is open. Cost is \$5 for Life Binder.

Meet a Mini Therapy Horse

Wednesday October 9th, 10:00 – 11:00 am

Meet and interact with a therapy horse from Lifting Spirits Miniature Therapy Horses. Join us and learn more about the mini horses and the many ways therapy horses can bring joy to people of all ages.

Chair Yoga in Amharic

Wednesday October 2nd 16th and 30th

12:00pm-1:00pm

Join us for a special Chair Yoga session with an Amharic interpreter! This gentle and accessible yoga class is perfect for all levels, offering the benefits of yoga from a seated position. This class will be held in Amharic and English. Beginners are welcome!

TRIP: Walmart and Lunch

Friday, October 11th 10:00am-3:00pm

Join us as we head to Walmart for early holiday shopping! Afterwards, we will stop for lunch at Jimmy's Steer House! Limited in-person registration. Cost: \$20 for Lunch and transportation.

TRIP: Salem Cross Inn and Brookfield Orchards

Wednesday, October 16th 10:00am-5:00pm

Join us for a day trip to the Salem Cross Inn of North Brookfield where we will have a delicious farm fresh meal and enjoy the beautiful scenery. Afterwards, we will continue to enjoy the foliage at Brookfield

Orchards! Preregistration required. Cost \$25/\$50 Depending on Income.

Getting to know You: Using Art, Movement and Story Sharing with Tarsha & Sudip **Wednesday, October 16th 1:00PM-2:30pm**

What is your name? What does it mean? How many different names have you used in your life? Through conversation, art, movement and writing we will explore getting to know ourselves and our neighbor. Sign up today!

TRIP: Harvard Arboretum Tour

Friday, October 18th

9:15am-3:00pm

Join us as we embark on a 90-minute tour through Harvard's 281-acre Arboretum! Afterwards, we will stop for lunch at the Watertown Mall and Arsenal Yards. Moderate walking can be expected. Lunch on your own. Limited in-person registration. Cost: \$5 for transportation and tour.

Coming Soon!

Drawing with Watercolor Pencils

Beginning every Wednesday, November 13th
10:00am– 12:00pm

Join Drawing with Watercolor Pencils, a fun and relaxing six- part class where you'll explore the versatility of watercolor pencils. Learn techniques for blending colors, creating textures, and adding vibrant watercolor effects to your artwork. Whether you're a beginner or have some experience, this class offers a supportive space to develop your skills. Pre-registration and six-week commitment are required. Cost is \$10.00 for class and materials payable upon registration.

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

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