



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
www.cambridgema.gov/DHSP2

April, 2012

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Greetings,

I want to thank everyone who supported our collection of empty medicine bottles for a medical mission to Haiti. We were able to deliver three large bags full to the Doctors who a left Saturday for their work there.

This month, we recognize and thank the Greater Boston Food Bank. Without their support we would not be able to run a comprehensive senior food pantry. During the month of April, we will have basket at the reception desk at the Citywide Senior Center for donations toward the Food Bank. We will send all donations to them at the end of the month as a pledge for their May 6th Walk for Hunger.

And as Emma Watkins has written in her article on this page, we send our deepest thanks to the wonderful senior volunteers at the North Cambridge and Citywide Senior Centers.

*Eileen Ginnetty, Director,
Cambridge Council on Aging*

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

Volunteers are Priceless Treasures

April is National Volunteer Month! Volunteering is the act of donating your time, effort, energy and talent to help a cause. Here at the Council on Aging, the Citywide Senior Center and the North Cambridge Senior Center we take this opportunity to say a heartfelt "Thank You" to the many people that give so generously of their time, energy and talent. Because of their generosity they make a difference in the lives of many who use the programs and services that we offer. The contributions made by volunteers also allow us to greatly increase the quality and number of programs and services that we offer to the Senior Citizens of Cambridge.

Thursday, April 26, 2012 the COA and Citywide Senior Center will celebrate our volunteers with a Volunteer Appreciation Luncheon and The North Cambridge Senior Center will celebrate their volunteers with a Luncheon on April 17, 2012.

Emma Watkins, Citywide Senior Center Director



Wall art courtesy of Ming Kui Tam

**WirelessED Class comes to the Cambridge Senior Center!
Wednesday, April 18, 2012 @ 10:00 a.m.**

Corey Pilz, Consumer Information Specialist & Mediator, Cambridge Consumers' Council will be conducting this informative session. The goals of the class will be as follows:

- Basic introduction to wireless service – what it is; how it is measured; understanding data and how it is used/measured
- Understanding service plans – what types of service plans are available including Lifeline Support Service Plans (Safelink, Assurance, etc); pros and cons of such plans; how to choose the right plan, carrier and device; monitoring usage and adjusting plans as necessary
- Consumer rights and Privacy – understanding how to read a wireless bill; what are the privacy risks for wireless users; how to keep personal information private
- Managing and Using Wireless Devices – basic functions of the phone (on, off, charging); text messaging; address books; data usage; other.

This class is limited to 20 people. Preregistration IS required. This will ensure that staff is able to provide one-on-one attention at the conclusion for those who require it, especially with troubleshooting devices. **Please remember to bring your wireless device to the session!**

To register, please contact Susan Pacheco at 617-349-6220 or spacheco@cambridgema.gov.

Save the Date

Mind & Body Wellness Fair
Cadbury Commons Independent & Assisted Living Residence
66 Sherman Street, Cambridge, MA 02140
Thursday, May 17, 2012
9 am to 1 pm
~ Demonstrations ~ 30 Exhibits ~ Refreshments ~
~ Blood Pressure, Oxygen Level & Heart Rate Screenings ~
~ Free ~ Accessible ~ Open to the Public ~
For more information or Directions: (617) 868-0575
www.CadburyCommons.com

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 Council on Aging, 806 Mass. Ave. Cambridge, MA 02139
Attn: Cambridge Council on Aging**

Name: _____		
Address: _____		
City: _____	State: _____	Zip Code _____
Phone number () _____		

April 2012 Happenings at the Citywide Senior Center

Latin Social Dancing

Mondays, April 2, 9, 23 and 30 5:00-6:00

In this class you will learn to dance salsa, merengue, cha-cha, tango, and rumba. A partner is not necessary. Beginners as well as seasoned dancers are encouraged to come. Program is free for Seniors 60+.

Blood Pressure Screenings

Wednesday, April 4, 10:30-11:30

Provided by Cambridge Rehabilitation and Nursing Center.

Wednesday, April 11, 12:30-1:00

Provided by the Cambridge Public Health Nurses

Tuesday, April 24, 2:30-3:00

Provided by Windsor House Adult Day Health Center

Essential Skills For Family Caregivers: It Starts With Communication

Thursday, April 5, 1:00-3:00

Good communication is essential when providing care for a family member in mid to later stage dementia. Learn how to communicate in a way that minimizes frustrations, decreases anxiety, and avoids disagreements.

Designed with family caregivers in mind. *No professional caregivers please.*

Program is free of charge but pre-registration is required. To register, please call 800-272-3900 or go to [www. Alz.org/MANH](http://www.Alz.org/MANH).

Book Club & Tea

Monday April 9, 3:00-3:30

Book: *The Three Junes* by Julia Glass. Three Junes is a vividly textured symphonic novel set on both sides of the Atlantic during three fateful summers in the lives of a Scottish family.

Program is free and open to the public.

Health and Wellness Lecture

Thursday, April 12, 1:00-2:30

Topic: Medications that effect cognition, balance and cause tinnitus. Presentation is by Mass College of Pharmacy. **Program is free and open to the public. For more information call 617-349-6060.**

Men's Breakfast

Friday, April 13, 9:00-10:00

"Take me out to the Ballgame" Today is the Red Sox's home opener. Come join us as the kitchen staff hit one out of the park with the "Red Sox's Special" Fenway breakfast and a few surprises. Program is free to seniors 60+ but Reservation is required.

Call 617-349-6060 for information.

Ladies Spring Breakfast

Friday, April 20, 9:00-10:00

Springtime is season of renewal. The Ladies Breakfast is a good time to check in with friends or meet new friends. Come join us for a delicious breakfast, some Springtime cheer and a few surprises.

Program is free to seniors 60+ but Reservation is required. Call 617-349-6060 for more information.

Volunteer Appreciation Luncheon

Thursday, April 26, 12:30-3:00

The Council on Aging and Citywide Senior Center will honor their valued Volunteers. Program is by invitation Only! For more information call Arline McGrady at 617-349-6060.

ESSENTIAL SKILLS FOR FAMILY CAREGIVERS: IT STARTS WITH COMMUNICATION

April 5, 2012

1:00 – 3:00 PM

Cambridge Council on Aging

806 Massachusetts Avenue

Cambridge, MA 02139

Good communication is essential when providing care for a family member in mid-to-later stage dementia and there are many proven communication techniques that caregivers can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety, and avoids disagreements.

Designed with family caregivers in mind. *No professional caregivers please.*

This program is presented in collaboration with the Alzheimer's Association and Somerville Cambridge Elder Services through an Administration on Aging Grant administered by the Massachusetts Executive Office of Elder Affairs.

Presenter: Jill Seiler-Moon, Alzheimer's Association

Program is free of charge but pre-registration is required. To register, please call 800-272-3900 or go to www.Alz.org/MANH.

essential
skills
series



essential skills for alzheimer care

It Starts with Communication

Good communication is essential when providing care for a family member in mid-to-later stage dementia. Learning successful ways to start conversations and activities makes daily tasks, like dressing and meals, less stressful. Learning how to respond to difficult questions can help avoid disagreements. When you are talking, laughing or reminiscing, you're both more likely to go through the day in a lighter mood.

First in a series of new skills-based programs designed with family caregivers in mind. *No professional caregivers please.*

**Pre-registration
is required. Go to
www.alz.org/MANH
or call 800.272.3900**

Presented in collaboration with Somerville-Cambridge Elder Services through an Administration on Aging Grant administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

**April 5, 2012
1:00 – 3:00 PM**

Location:
**Cambridge Council
On Aging
806 Mass. Avenue
Cambridge, MA**

Presented by:
**Jill Seiler-Moon
Alzheimer's Association**

Somerville  Cambridge
Elder Services



April 2012

806 Massachusetts Avenue
Cambridge, MA 02139 617-349-6060

Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. – 9:30 a.m. \$1.00 donation **Lunch:** Reservations Required \$1.50 Donation -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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12 Noon Senior Singers 10-11:30 Clay Sculpture 10:00-12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:30 Beano 1:30-3:00 Painting 1:30-3:30 Dinner 5:00-6:00 Reservations Required Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Classes 9:00 – 12:00 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 ESOL IV 10:30-12:00 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dance 8:30-9:30 ESOL Chinese 8:30-9:30 Computer Classes 9:00 – 12:00 (Limited open lab access) Chinese Singers 9:00-11:30 Better Balance 10:00-10:50 Tai Chi Level I 11:00-12:00 Crafts/Social 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 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 Noon Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 p.m.	Qi Gong 9:00-10:00 Computer Classes 9:00 – 12:00 (Limited open lab access) ESOL Chinese 9:00-10:30 Open Art Studio 9:00-11:00 Simplified Qi Gong –Tai Chi 10:00-11:00 Computer Lab 12:00-2:00 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 April 2012

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Afternoon Tea 3:00-3:30 Bunny Hop Dinner 4:00-6:00 Latin Social Dancing 5:00-6:00	3 Dr. Conant's Lunchtime Chat 12:00-1:00 Senior Safety Topic: Scams that target Seniors 1:15-2:00	4 <u>Blood Pressure Screening</u> 10:30-11:30 Provided by Cambridge Rehabilitation and Nursing Center	5 Town Meeting 12:00 – 1:00 Lecture: Essential Skills for Family Caregivers 1:00-3:00 pm	6	7
9 Book Club & Tea 3:00-3:30 Book: <u>The Three Junes</u> by Julia Glass Latin Social Dancing 5:00-6:00	10 ESOL II and IV (cancelled) April Birthday Party 1:00-2:00	11 Jewelry Making Class 1:00-3:00 (\$3.00 per class) <u>Blood Pressure Screening</u> 12:30-1:00 Provided by Cambridge Public Health Nurses Museum of Science 1-3:00 Free * Advance Sign-up	12 Lecture: Medications that effect cognition/balance and cause tinnitus (a ringing or noise in the ears or head) 1:00-2:30 Presented by Mass College of Pharmacy	13 * Men's Breakfast (Red Sox Special) 9:00-10:00 (Food served until 9:30)	14
16 Patriot's Day Breakfast and Lunch Only! All Programming Cancelled. Senior Center closes at 1:00	17	18 Wireless Education Class: Basic introduction to wireless service 10:00-11:30	19 Mysteries of the Cosmos 1:00-2:00	20 *Ladies Spring Breakfast 9:00-10:00 (Food served until 9:30)	21
23 Afternoon Tea 3:00-3:30  Latin Social Dancing 5-6:00	24 Books on Review 1:00-2:00 Blood Pressure Screening 2:30-3:00 Provided by Windsor House Adult Day Health Center	25 Jewelry Making Class 1:00-3:00 (\$3.00 per class)	26 Volunteer Appreciation Luncheon (by invitation only) 12:30-3:00	27 African American Seniors 10:45-12:00	28
30 Afternoon Tea 3:00-3:30 Pizza & Bingo 4:00-6:00 Pizza served at 4:30 Latin Social Dancing 5-6:00				(* Reservations, Advance Sign-up, or fee required)	

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320
DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ April 2012

Lunch Served Monday – Friday 11:30a.m. 12:15 p.m. Reservations Required \$1.50 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Spanish Class 11:00-12:00 Lunch 11:30-12:15 Bingo 1:00-3:00	Strength Building 9:30-10:30 Computer Tutor 10:45am – 12:45pm Lunch 11:30-12:15 Needle Crafts 1:00-3:00	Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 WOW 1:00-2:00 Movie 2:30-4:30	Watercolors 9:30-11:00 Lunch 11:30-12:15 Yoga 3:00 – 4:00	Zumba Gold 9:30 – 10:30 Lunch 11:30-12:15 Whist 1:00-3:00

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER ☯ April 2012

Please note - Trips and Walking-Club are subject to weather. Course & Program cancellations are posted at the reception desk as soon as possible.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Brief</u> <u>Presentation on Recycling</u> <u>12pm</u> <u>Open Forum</u> 12:15pm – 1:15pm	3 	4 <u>Mr. Popper's Penguins</u> Rated PG 1hr. 14min	5 <u>Safety Awareness</u> 12:30pm – 1:30pm <u>Yoga</u> 3pm – 4pm	6
9 <u>Low Vision Group</u> 10am – 12pm	10	11 <u>Monthly Birthday Tea</u> <u>2:30pm – 3:30pm</u> 	12  <u>Yoga</u> 3pm – 4pm	13 Registration due by Friday, April 13 th for April 19th Volunteer Luncheon
16 Patriots Day Holiday Center Closed	17	18 <u>The Big Year</u> Rated PG 1hr. 30min	19 Yoga Cancelled <u>Volunteer Luncheon</u> 11:30am – 1:30pm	20 
23 	24 	25 <u>Hugo</u> *2:20pm* Note early start time Rated PG – 2hr. 6 min	26  Yoga 3pm – 4pm	27 
30 	All registration for trips and special events begins at Open Forum. Telephone and walk-in registration accepted after Open Forum.			

APRIL 2012

Register for a Computer Class at the
Cambridge Citywide Senior Center
806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 x6045



The name “**cloud computing**” was inspired by the cloud symbol that's often used to represent the Internet in flowcharts and diagrams. ... A public cloud sells services to anyone on the Internet.... Private or public, the goal of cloud computing is to provide easy, scalable access to computing resources and IT services...www.whatis.com

**REGISTEER NOW FOR A
CLASS AT THE CENTER.
617-349-6060
EX:6045**



COMPUTER BASICS In 4 consecutive classes, (each class is 1½ hours,) make the mouse your friend, type a letter, insert a graphic, save, print, and make labels. Classes are \$12.00 for the series. Please pay in full at the first class.

INTERNET BASICS In 4 consecutive classes, (each class is 1½ hours) create an e-mail account, e-mail your friends, and dive the World Wide Web Computer Basics is highly recommended. Classes are \$12.00 for the series. Please pay in full at the first class.

MORE COMPUTER BASICS In 4 consecutive classes, (each class is 1½ hours,) you will copy/ paste, PAINT, take a look at PUBLISHER (templates for greetings cards, newsletters, and more) and take a look at EXCEL (a spreadsheet program.) Classes are \$12.00 for the series. Please pay in full at the first class.

Do you have a DIGITAL CAMERA? Bring it to the Computer Room (don't forget the instruction booklet and the cable) take a picture, and print it using our USB port. Call first, please. Your images can be used in a letter or sent as an attachment to an e-mail.

To see the monthly Computer Room Calendar, type Council on Aging in the Search Box on www.cambridgema.gov.

Select #1 on the COA page, select NEWSLINES in the left frame, Scroll and click on COMPUTER ROOM CALENDAR.

Our popular Computer Classes begin again every month. Register for the Basics.

Classes are \$12.00 for the series of four classes, payable at the first class.

It's fun and easy when you know how.

COMPUTER ROOM CALENDAR FOR APRIL 2012

M 4/2	T 4/3	W 4/4	Th4/5	F 4/6	S 4/7
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:30 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Maurice Anderson 9:30-11:30
M 4/9	T4/10	W 4/11	TH 4/12	F 4/13	S 4/14
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:30 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 4/16	T 4/17	W 4/18	4/19	F 4/20	S 4/21
Patriots Day	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:30 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 4/23	T 4/24	W 4/25	TH 4/26	F 4/27	S 4/28
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:30 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 4/26	T 4/30	W May	TH 2012	F Already	S 5/5
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:30 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson

Cambridge Citywide Senior Center

806 Massachusetts Avenue

Cambridge MA 02139 To register; Call 617-349-6060 EX 6045



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Cambridge Council on Aging
806 Massachusetts Avenue
Cambridge, MA 02139