



# 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](http://www.cambridgema.gov/DHSP2)

June, 2012

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*Greetings,  
As part of our Senior Centers' arts and cultural happenings, the North Cambridge Center recently participated again in the NOCA (North Cambridge Arts Association) Art Open House. Also, the Citywide Center coordinated a group of seniors who attended the student concert at Cambridge Rindge and Latin School. If you are interested in being a part of events such as these, or getting involved in painting, sculpture, ceramic and other art classes, check in at either of our Centers. Although we don't publish our full newsletter in July and August, we will continue to publish our calendars, where you can find information about our art classes and a wealth of other offerings.  
I wish everyone a fun and healthy summer.*

*Eileen Ginnetty  
Council on Aging Director*

*The Cambridge Bicycle and Pedestrian Committees have developed a survey for seniors about transportation issues in the city. Copies of the survey can be picked up at the Senior Centers or you can complete an electronic version of the survey at:  
<http://www.zoomerang.com/Survey/W/EB22FE9RA7VBJthank>*

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



In celebration of

## Pride Month

The Cambridge Citywide Senior Center Hosts



### A Jazz Concert

For Lesbian, Gay, Bisexual and Transgender Older Adults & Friends

Music by  
The JEAN MARIE CORROIS QUARTET

Tuesday, June 26, 1:00 – 3:00 pm



## “Gen Silent”

You are invited to view the film **Gen Silent** at the Cambridge Public Library 449 Broadway Cambridge, MA, **Thursday, June 14, 2012 at 6:00 p.m.**

**Gen Silent** is the critically-acclaimed documentary chronicling the challenges of six LGBT (Lesbian, Gay, Bisexual, and Transgender) seniors in the Boston area as they begin to need support from elder service providers and consider long-term care.

The film helps to illustrate how oppression in the years before Stonewall now leaves many elders not just afraid, but dangerously isolated. **Gen Silent** shows the wide range in quality of caregivers, from those who specifically trained to make LGBT seniors feel safe, to the other end of the spectrum, where LGBT elders face discrimination, neglect or abuse.

As we journey through the challenges that these men and women face, we also see reasons for hope as each subject crosses paths with a small but growing group of impassioned professionals trying to wake up the long-term and healthcare industries to their plight.

Presented by: The Cambridge GLBT Commission and Somerville-Cambridge Elder Services  
Co-Sponsors: The LGBT Aging Project, Cadbury Commons, Cambridge Homes, Cambridge Council on Aging, Cambridge Human Rights Commission and Cambridge Peace Commission.  
Registration is required. Please RSVP to Somerville Cambridge Elder Services at 617-628-2601 ext.604

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## KEEP YOUR COOL IN THE HEAT

Hot weather can place a dangerous strain on your body, especially on your heart. Heat stress can cause many medical problems. Taking a few precautionary steps against heat stress and learning what resources will be available in the event of a heat wave can mean a more comfortable and safer summer.

Take steps to cool down and avoid more serious affects of the heat. However, if you or someone you know experiences any of the following serious signs, bathe with cool water and seek medical advice immediately: dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin (no sweating), chest pain, great weakness, and mental changes, breathing problems or cramps.

**For Medical emergencies call 911 immediately.**

The Cambridge Council on Aging will serve as the main number for individuals to call for information and assistance in the event of a heat emergency. A staff person will provide information on preventive steps to avoid heat stress and coordinate with available community resources to link you with the assistance you need.

The Cambridge Senior Center, 806 Mass. Ave. and the North Cambridge Senior Center, 2050 Mass Ave. will operate as ‘cool shelters’ where Cambridge elders are welcome to come and cool off. The Cambridge Senior Center is open Monday 8:30 a.m. – 8:00 p.m., Tuesday – Thursday 8:30 a.m. – 5:00 p.m., Friday 8:30 – 3:00 and Saturdays 8:30 – 1:00. The North Cambridge Senior Center is open M-F, 8:30 – 5:00. To see if a formal heat emergency has been declared, please contact the Council on Aging at 617-349-6220.

If you are a senior who is low income and who does not have a fan, and has difficulty affording one, please call and ask for Alicia, Liz or Susan at 617-349-6220.



## JUNE 2012 Happenings at the Cambridge Citywide Senior Center

### Father's Day Breakfast & Silly Tie Contest Friday, June 1 9:00-10:00 am

Ready for a good breakfast and a fun event? The Father's Day Breakfast is not to be missed. Enjoy scrumptious food along with a good time. Wear your silliest tie and you may win a prize. This program is free to men 60 and older but sign-up is required. See first floor receptionist, or call 617-349-6060.

### Charlesgate Yacht Club Trip Wednesday, June 6 10:00 - 3:00pm

Join us as Charlesgate Yacht Club hosts the Citywide Senior Center. We will be treated to lunch with entertainment and a beautiful boat ride down the Charles River. This trip is offered to Seniors 60+. Participants will be selected by lottery. There is a \$5.00 Transportation Fee for trip participants. You can enter the lottery at the first floor receptionist desk. Call 617-349-6060 for more information.

### Book Club & Tea Monday, June 11 3:00-3:30 pm

**Book Club Book:** *The Necklace: Thirteen* Women and the Experiment That Transformed Their Lives, by Cheryl Jarvis. Join us for tea and the discussion even if you have not read the book.

### Dr Joyce Wang One Woman Art Show Wednesday, June 13 1:00-4:00 pm

Please join us for a reception to celebrate The Life Journey of Dr. Joyce Wang's Family, an art exhibit by Dr. Wang. Through over 40 annotated paintings, Joyce tells the story of her life journey from 1953 to 2006.

### Cambridge Boathouse Trip Thursday, June 14 9:30-12:30 pm

Renata von Tscherner, President of the Charles River Conservancy will present a presentation about the bridges, architecture and building/rebuilding along the Charles River. Participants will be selected by lottery. To enter the lottery see the first floor receptionist. Lottery winners will pay \$4.00 transportation costs.

### Spring Regional State Walk-Castle Island Walking Group, Friday, June 15 9:30-1:30 pm

The Citywide Senior Center's Walking Club will participate in the Spring Regional "Keep Moving Walk" to celebrate senior fitness and to meet other walkers from around the state. The walk will take place at Castle Island. Dress for the weather. Sign up at first floor receptionist desk. There is a \$10.00 fee for meal and school bus transportation to and from Castle Island.

### Mysteries of the Cosmos Tuesday, June 19 1:00-2:00 pm

Join us for a lecture on the ever changing Cosmos. Greg Snyder, a Harvard Astronomer will present a lecture exploring the known and the unknown about the Cosmos. This is a wonderful way to spend time expanding the mind. Program is free and open to the public.

### Health and Wellness Lecture: Topic: Rehab Thursday, June 21 1:00-2:30 pm

After hospitalization some people need to regain more strength before returning home. Rehab provides this care with its hosts of services and special attention to your health. This Lecture is free and open to the public. Presented by the Cambridge Health Alliance.

### Juice for Life Friday, June 22 11:00-12:00 pm

Come and sample "Fresh Fruit Juiced!" Fresh juice provides us with minerals, vitamins, essential fatty acids, carbohydrates, proteins and much more. COST: 1.00 per person

### LGBT SENIOR PRIDE EVENT Tuesday, June 26 1:00-3:00 pm

The Cambridge Citywide Senior Center, in celebration of **PRIDE MONTH**, will host a Jazz concert followed by a reception for LGBT (lesbian, gay, bisexual and transgender) seniors and friends. Music by the JEAN MARIE CORROIS QUARTET. For more information call Emma Watkins at 617-349-6060. Program is free and open to the public.

### June Party "Dancing through the Years" Thursday, June 28 12:30-3:00 pm

Entertainment by "Jimmy to the Max". Come and get your dance on!!! Tickets \$4.00 must be purchased in advance. Call 617-349-6060 for more information.

# JUNE 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 11:30-12:15

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 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Classes 9- 12 (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 Dancing 8:30 -9:30 Chinese EOSL 8:30 – 9:30 Computer Classes 9:00-12:00 (Limited open lab access) Chinese Singers 10:00-11:30 Better Balance 10:00-10:50 Tai Chi Level 1 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 9-12 (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  Council on Aging Office closes at 1:00 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 3:00 pm

## SPECIAL EVENTS & ACTIVITIES AT OUR CENTER JUNE 2012

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	* ESOL II Canceled 6/12 6/19 6/26	(LOTTERY DRAWING for 6/6 Charlesegate Yacht Club Trip See front desk receptionist)		1 Father's Day Breakfast & Silly Tie Contest (registration required) 9:00-10:00 	2
4	5 Senior Safety 12:30 – 1:30	6 Charlesegate Yacht Club Trip 10:00-3:00 \$5.00 Transportation Cost WALKING CLUB CANCELLED	7 Town Meeting 12:00-1:00 Birthday Party 1:00-2:00	8 Ladies Breakfast 9:00-10:00 (Food served until 9:30)	9
11 Book Club & Tea Book: <u>The Necklace:</u> Thirteen Women and the Experiment That Transformed Their Lives 3:00 – 3:30	12 * Health and Wellness Topic: Normal Aging Presented by Dr. Bruschi from Cambridge Health Alliance 1:00-2:00	13 Art Show: Annotated Art Exhibit, Life Journey by Dr. Joyce Wang 1:00-4:00  Blood Pressure 12:30-1:00 (Cambridge Public Health Nurse)	14 Cambridge Boathouse Trip Limited seating available, \$4.00 Transportation cost. (tickets required in advance) 9:30-12:30	15 Spring Regional State Walk Castle Island Walking Group (\$10 ticket/registration required in advance; trip includes meal and transportation) 9:30-1:30	16
18 Afternoon Tea 3:00-3:30  Dinner & Bingo 4:00 -4:30 Bingo starts @ 4:30	19 * Mysteries of the Cosmos 1:00-2:00 	20 Walking Club 9:00-12:00  WirelessEd drop in 10:00–12:00  Tai Chi canceled	21 Health and Wellness Lecture Topic: Rehab Presented by the Cambridge Health Alliance 1:00-2:30	22 Chinese Elder Meeting 10:45–12:00 African American Meeting 10:45 – 12:00 Juice for Life (NEW) 11:00-12:00 Sample Fresh Fruit Juiced! COST: 1.00 per person	23
25 Afternoon Tea 3:00-3:30  	26 * Books on Review 1:00-2:00 Blood Pressure 2:30-3:00 (Windsor House) LGBT Pride Event 1:00-3:00	27 Walking Club 9:00-12:00 Tai Chi canceled  WirelessEd drop in 10:00–12:00	28 Dancing Through the Years June Party 12:30-3:00 (meals served until 1:15) \$4 Ticket must be purchased in advance	29 	30



**JUNE 2012**

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

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**Register Now  
for a class at the  
Cambridge Citywide  
Senior Center.**

**Call 617-349-6060 ex 6045**

**Or**

**Leave your name with a Monitor  
in our bright and beautiful  
location on the THIRD floor of  
the Center.**

**Q: What is a “Browser”?**

**A: A program used to view,  
download, upload, surf, or  
otherwise access documents  
(for example, Web pages) on  
the Internet. Internet  
Explorer and Firefox are  
well-known Web browsers,  
just like Netscape used to be,  
that enable you to view and  
interact with Web sites.  
More...? [www.netlingo.com](http://www.netlingo.com)**

**COMPUTER BASICS In 4  
consecutive classes, (each class is  
1½ hours,) make the mouse your  
friend, type, 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, select START>Internet Explorer>type  
[www.cambridgema.gov](http://www.cambridgema.gov)> in the Search Box, type: seniors+newslines>SEARCH>scroll  
down the left frame, 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 JUNE 2012

M 5/28	T 5/29	June	Already	F 6/1	S 6/2
<b>Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b> ***	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:00</b> <b>Alan Davis</b>	<b>Computer Basics</b> <b>10:00-11:30</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>11:30-2:00</b> <b>Eve/Gail Low</b>	<b>Maurice Anderson</b> <b>9:30-11:30</b>
M 6/4	T 6/5	W 6/6	TH 6/7	F 6/8	S 6/9
<b>Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b>	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:00</b> <b>Alan Davis</b>	<b>Computer Basics</b> <b>10:00-11:30</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>11:30-2:00</b> <b>Eve/Gail Low</b>	<b>Computer Lab</b> <b>9:30-11:30</b>  <b>Maurice Anderson</b>
M 6/11	T 6/12	W 6/13	TH 6/14	F 6/15	S 6/16
<b>. Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b> ***	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:00</b> <b>Alan Davis</b>	<b>Computer Basics</b> <b>10:00-11:30</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>11:30-2:00</b> <b>Eve/Gail Low</b>	<b>Computer Lab</b> <b>9:30-11:30</b>  <b>Maurice Anderson</b>
M 6/18	T 6/19	W 6/20	TH 6/21	F 6/22	S 6/23
<b>. Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b> ***	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:00</b> <b>Alan Davis</b>	<b>Computer Basics</b> <b>10:00-11:30</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>11:30-2:00</b> <b>Eve/Gail Low</b>	<b>Computer Lab</b> <b>9:30-11:30</b>  <b>Maurice Anderson</b>
M 6/25*	T 6/26	W 6/27	TH 6/28	F 6/29	S 6/30
<b>**Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b> ***	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:00</b> <b>Alan Davis</b>	<b>Computer Basics</b> <b>10:00-11:30</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>11:30-2:00</b> <b>Eve/Gail Low</b>	<b>Computer Lab</b> <b>9:30-11:30</b>  <b>Maurice Anderson</b>

Cambridge Citywide Senior Center

806 Massachusetts Avenue

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



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Sanctora Cooper

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Gail Low  
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