



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

March, 2012

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Caregivers pg 2
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Save the date:

**ESSENTIAL SKILLS FOR
FAMILY CAREGIVERS:**
April 5, 2012

Wireless Service Education
Sessions
April 18, 2012 @ 10:00 am
April 25, 2012 @ 10:00 am

Please look for further
information regarding this
program in our April *Newslines*
edition.

Greeting to Cambridge Seniors,

***If you want to be green this
month sign up for our St.
Patrick's party at the Citywide
Senior Center on March 15 and
join the North Cambridge Senior
Center's monthly tea on March
14, where various Irish bread
recipes will be served. And we
really "go green" on March 20th,
the first day of Spring. Enjoy!***

***Eileen Ginnetty
Council on Aging Director***

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

Food Banks and Food Pantries

We have all heard of food banks and food pantries, but how does the system work? A food bank conceptually functions much like that of a financial bank. Certain groups (grocers and food producers) deposit while others (agencies and individuals) withdraw food supplies. Mainly, food banks serve as warehouses for food between the source and the end user. Food banks work with food pantries in a given area in order to ensure distribution to the appropriate individuals and households. Food pantries, as part of the food banking system, are defined as "food distribution agencies which provide its clients with bags or boxes of food for home preparation and consumption".

Cambridge Senior Center Food Pantry Coordinator Geoffrey Kotowski reports that in 2011 our Senior Food Pantry purchased more than 12,500 food items at the Greater Boston Food Bank. The food purchased weighed 161,680 pounds and was distributed to 850 seniors. The food had a retail value of \$186,946, but the cost to the Senior Center was only \$7,867, thanks to the generosity of the Food Bank and those who donate to it.

Cambridge Senior Center Food Pantry is handicapped accessible. The food pantry operating hours are Tuesdays 2:00-4:00 pm and Thursdays, 12:00-2:00 pm.

If you or someone you know is 55 years of age or older and a Cambridge resident, visit or have them visit the Cambridge Senior Center Food Pantry. For applications or more information call Geoff Kotowski at 617-349-6060.



Sources:
Predictors of Food Bank Usage among Those with Low Food Security by Sarah McQueen
The Greater Boston Food Bank Distribution for Cambridge Senior Center Food Pantry

ESSENTIAL SKILLS FOR FAMILY CAREGIVERS: IT STARTS WITH COMMUNICATION

April 5, 2012
1:00 pm – 3:00 pm
Cambridge Council on Aging
806 Massachusetts Avenue
Cambridge, MA

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](http://www.Alz.org/MANH).

An invitation to join W.O.W.!

**(Watching Our Weight!)
At The North Cambridge Senior Center
2050 Massachusetts Ave.**

You are invited to join the W.O.W. (Watching Our Weight) Club at the North Cambridge Senior Center. We have been a club for over 25 years, and continuity is our secret. Since losing weight is not easy, we follow these strategies to keep our weight stable, or lose weight if we so desire:

1. A private weekly weigh-in.
2. An optional exercise class before the meeting.
3. Weekly lectures from professionals in the field of nutrition.
4. Optional weekly blood pressure screening performed by a nurse, with monthly lectures from a Cambridge Public Health nurse on blood pressure and other health topics.
5. Special speakers on timely health topics.

The Club meets Wednesdays, 12:30 pm to 2:00 pm at the North Cambridge Senior Center. For more information please call 617-349-6320.

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 () _____

MARCH 2012 Happenings at the Citywide Senior Center

Jewelry Making Class

**Wednesday, March 7, and March 21,
1:00-3:00**

The Jewelry Making class is in full swing. Some Students are making new and interesting pieces of jewelry, others are bringing in pieces of jewelry from home and repairing or re-designing them. The class has a rolling admission. So if you want to learn the craft of jewelry making please join us. Classes are \$3.00 per class. Pre-registration is required and class size is limited to 10.

Health & Wellness Presentation

March 8, 1:00-2:00

Faculty and Students from the Massachusetts College of Pharmacy will present a lecture on Diabetes. There will also be an opportunity to ask questions. This Program is free and open to persons 60+. Call 617-349-6060 for more information.

Book Club & Tea

Monday, March 12, 3:00-3:30

Book: *The Postmistress* by Sarah Blake. The Postmistress is a tale of two worlds-one shattered by violence, the other willfully naïve-and of two women whose job is to deliver the news, yet who find themselves unable to do so. Through their eyes, and the eyes of everyday people caught in history's tide, it examines how stories are told, and how the fact of war is borne even through everyday life (Amazon). If you have not read the book come and enjoy the discussion. Program is free and open to seniors 60+.

Note: This book was originally scheduled as the February Book Club Book but due to unforeseen circumstance this book has been scheduled for the March book club.

Dr. Conant's Lunchtime Chat

Tuesday, March 13, 12:00-1:00

Bring your lunch and join us as we welcome Dr. Conant to the Senior Center. Dr. Conant always shares health information that is important to seniors as well as provides an opportunity for questions and answers. Program is free for all seniors.

Kamishibai Storytelling

Tuesday, March 13, 1:00-2:00

Long before there was television, the Japanese told stories with the Kamishibai Story Theater. Kamishibai is the Art of Picture Telling. Come hear two stories told in the Kamishibai format. A humorous Japanese folktale called "The Centipede's Errand" is a moving family story from China. This Program is free and open to the public. Please call 617-349-6060 for more information.

St. Patrick's Day Party

Thursday, March 15, 12:30-3:00

The Citywide Senior Center will be celebrating St. Patrick's Day with good food (corn beef and cabbage and other goodies), good friends and good music. We will be royally entertained by *Jimmy Caserta*, DJ, Musician and Vocalist. Tickets are \$4.00 and must be purchased in advance. For more information call 349-6060.

Mysteries of the Cosmos

Thursday, March 22, 1:00-2:00

Note: A new day for ongoing programs on the Mysteries of the Cosmos. A fascinating lecture on the wonders of the Cosmos and this planet. Free program and open to the public.

Special Health and Wellness Lecture Topic: The Power of Positive Thinking

Thursday, March 29, 1:00-2:30

Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds.

Presentation by: Roberta Robinson, Director of Marketing and Outreach for the Cambridge Health Alliance. This is a free program and open to the public.

MARCH 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 9-12 (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 | 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 –12:00 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 MARCH 2012

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|
| | |  | 1 Town Meeting 12:00 – 1:00 pm Birthday Party 1:00-2:00 pm | 2 * Men's Breakfast 9:00-10:00 (Food served until 9:30) | 3 |
| 5 Afternoon Tea 3:00-3:30  | 6 Men's Pizza & Movie Movie: 10:30-1:00 Senior Safety 12:30-1:00 | 7 Jewelry Making Class 1:00-3:00 (\$3.00 per class) Blood Pressure Screening 11:00-12:00 Provided by Cambridge Rehabilitation and Nursing Center | 8 Health & Wellness Presentation Topic: Diabetes 1:00-2:30 Presented by Mass College of Pharmacy | 9 * Ladies Breakfast 9:00-10:00 (Food served until 9:30) | 10 |
| 12 Book Club & Tea 3:00-3:30 Book: <u>The Postmistress</u> By Sarah Blake Dinner & Bingo Dinner 4:00-4:30 Bingo starts @ 4:45 | 13 Doctor Conant's - Lunchtime Chat 12:00-1:00 <u>Kamishibai Storytelling:</u> Hear two stories told in Kamishibai format 1:00-2:00 | 14 Blood Pressure Screening 12:30-1:00 Provided by Cambridge Public Health Nurses (Kitchen Classroom) | 15 No Exercise Class St. Patrick's Day Party 12:30-3:00 Entertainment by <i>Jimmy</i> <i>Caserta</i> (\$4.00 ticket must be purchased in advance) | 16 | 17 |
| 19 Afternoon Tea 3:00-3:30 | 20 * Men's Pizza & Movie Movie: 10:30-1:00 Big Screen Movie & Popcorn Movie: TBA 1:00-3:00 | 21 Jewelry Making Class 1:00-3:00 (\$3.00 per class) | 22 Mysteries of the Cosmos 1:00-2:00 Museum of Science Trip * 1:00-3:00 (Free, Limited Space advance sign up) | 23 Chinese Elder Meeting 10:45-12:00noon | 24 (* Reservations, Advance Sign-up, or fee required) |
| 26 Afternoon Tea 3:00-3:30 Pizza & Movie Night 4:30-6:00 Pizza served at 4:30 | 27 Book Review 1:00- 2:00 Blood Pressure Screening 2:30-3:00 Provided by Windsor House Adult Day Health Center | 28 Restaurant Week: Lunch Trip Henrietta's Table, Harvard Square 11:00- 2:00 Lunch on your own, transportation \$1.00 | 29 Cambridge Health Alliance Presents: Positive Attitude Program 1:00-2:30 | 30 African-American Seniors 10:45-12:00 | 31 |

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320

DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ March 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 10:45 -12:45 Lunch 11:30-12:15 Needle Crafts 1:00-3:00 | Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 WOW 1-2 Movie 2:30-4:30 | Watercolors 9:30-11 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 ☯ March 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 |
|---|--|---|--|---|
| |  |  | 1 Safety Awareness 12:30pm – 1:30pm Yoga 3pm – 4pm | 2 |
| 5  | 6 St. Patrick's Day Card Design 10:45 am – 11:45am  | 7 The Bodyguard with Whitney Houston 2:30pm running time 1hr.29 min Rated R | 8  Yoga 3pm – 4pm | 9  |
| 12 | 13 Chronicle Discussion Group 10:45 – 11:30am Watch Chronicle on Monday Channel 5 @ 7:30pm | 14 Monthly Birthday Tea 2:30pm – 3:30pm  | 15 Corned Beef & Cabbage Lunch @ Andy's Diner 11:30am Registration required Yoga 3pm – 4pm | 16 |
| 19  | 20  | 21 Money Ball with Brad Pitt 2:20pm * (early start time)* PG 13 – 2h. 14 min | 22 Morning of Beauty Somerville High 8:45am – 1:30pm Registration Required Yoga 3pm – 4pm | 23 |
| 26 | 27 Chronicle Discussion Group 10 :45am – 11:30am Watch Chronicle on Monday Channel 5 @ 7:30pm | 28 Dolphin Tale 2:30pm Running time 1hr.52 min. Rated PG | 29  Yoga 3pm – 4pm | 30  |

MARCH 2011

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



**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 warm and beautiful
location on the THIRD Floor of
the Center.**

**The Computer Room is closed
on Holidays
and when Cambridge Schools
are closed.**

**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, 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 MARCH 2012

| M | T | W | Th3/1 | F 3/2 | S3/3 |
|---|---|--|---|--|---|
| 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 Alan 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 3/5 | T3/6 | W 3/7 | TH 3/8 | F 3/9 | S 3/10 |
| 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 Alan 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 3/12 | T 3/13 | W 3/14 | TH 3/15 | F 3/16 | S 3/17 |
| . 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 Alan 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 3/19 | T 3/20 | W 3/21 | TH 3/22 | F 3/23 | S 3/24 |
| . Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson Spring tomorrow! Yes! | 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 Alan 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 |
| M3/26 | T 3/27 | W 3/28 | TH 3/29 | F 3/30 | S 4/2 |
| 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 Alan 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