



# 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)

May, 2012

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Greetings,  
On any given day (Mondays through Saturdays) you can find several exercise movement classes happening at our Senior Centers. The choices are many, and with a cost of about \$3 for most classes, you can take a professionally taught session at a fraction of what you would pay at a Health Club or studio. Come check out our classes, which include:

- Yoga
- Basic Stretch/ Exercise
- Arm Chair Exercise
- Better Balance
- Chair Yoga
- Qi Gong
- Strength Building
- Tai Chi
- Zumba Gold
- Walking groups
- Ballroom Dancing

We welcome you

*Eileen Ginnetty, Director  
Cambridge Council on Aging*

Congratulations to Lisa Castagna, who was recently promoted to the position of Council on Aging Administrative Assistant.

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

## Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is the state prescription drug assistance program for seniors and people with disabilities in Massachusetts.

### Who can join?

Prescription Advantage is available to Massachusetts residents who are:

- 65 years of age or older and eligible for Medicare or;
- 65 years of age or older and not eligible for Medicare or;
- Under age 65 and meet disability guidelines.

*Note: Income limits may apply. Call Prescription Advantage or SHINE for more details.*

### How can Prescription Advantage help you?

- If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).
- If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan **now**, instead of waiting for Open Enrollment in October.
- If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan **now**, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Also, help is available from the SHINE program. Cambridge Seniors are able to contact Alicia Johnson, Information & Referral Specialist/SHINE Counselor, Cambridge Council on Aging at 617-349-6220.

## 2012 ELDER LAW EDUCATION PROGRAM

The topic this year is "Taking Control of Your Future: A Legal Checkup." This will cover such issues as who needs a will? What is a living trust? How to protect your home and assets; power of attorney and health care proxies. The Cambridge Council on Aging is pleased to host this informative program on **Monday, May 14, 2012 at 5:30 p.m.** at the Cambridge Senior Center, 806 Massachusetts Avenue, Cambridge. Our speaker will be Attorney Neal Winston. Registration IS required. *Limited transportation is available.* To register, please call Susan Pacheco at 617-349-6220 or [spacheco@cambridgema.gov](mailto:spacheco@cambridgema.gov).

**This program is part of the Elder Law Education Program, sponsored by the Massachusetts Chapter of the National Academy of Elder Law Attorneys.**

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Come join us for...

### **Stronger Together: A substance abuse recovery group for older adults and caregivers, Pilot Session**

*Pilot Session: Tuesday May 15th, 2012 from 11:30am to 1:00pm*

*Location: Cambridge Council on Aging; 806 Massachusetts Ave Cambridge, MA*

*Contact: Christa Smith (617) 628-2601 ext: 3182 or Alexandria Paige (617) 661-5700 ext: 17*

- Do you want to learn more about substance abuse and aging? Do you want to learn more about meditation and relaxation as a way to cope with stress?
  - Come join us for this pilot group--we would love your feedback!
- What is a pilot group?
  - This is like a practice run. We are holding a one-time group to gather feedback from potential group members and help inform the development of our 10 week group curriculum.
- Who is this group for?
  - This group is aimed at both older adults and their caregivers. You do not have to be struggling with substance abuse yourself to join; you can participate in this group as someone who has been affected by substance abuse indirectly (through friends or family). We hope to provide valuable feedback and support to help develop positive communication and relationships for people who have been affected by substance abuse.
- When can I join the pilot group? When can I join the actual group?
  - Please contact Alexandria or Christa if you would like to participate in the pilot group.
  - We expect the 10 week group to begin in August of 2012. Please also contact Alexandria or Christa if you would like to join this group.

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### **Computers for Seniors at Cambridge Community Television Mondays from 10am-12pm**

Are you looking for one-on-one help to brush up on your computer skills? Our friendly staff is here to help with your basic computer needs. We can help with things like learning computers for the first time, using different software applications, staying in touch with family and friends, and much more.

**Located in Central Square, CCTV is a short walk from the Red Line at 438 Massachusetts Ave. For more information, please call Nicole at 617-401-4007.**

## MAY 2012 Happenings at the Cambridge Citywide Senior Center

### **A Day of Remembrance Thursday, May 3, 1:00 – 2:30**

May is the month that our country celebrates Memorial Day. The Citywide Senior Center will have a Remembrance Ceremony to remember and honor our loved ones. You are invited to bring a picture, poetry or a special memento to share. There will be music and songs and storytelling. The program will be joyous and uplifting. There is an *African proverb that states "that as long as you say my name, I live."*

**This Program is free and open to the public.**

### **Cinco de Mayo Celebration Monday, May 7, 4:00-6:00**

Celebration will include May Birthday Party, a buffet and Latin Social Dancing. Registration is required. For more information call 617-349-6060.

### **Poetry Reading by Janet Marks Tuesday, May 8, 1:30-2:30**

Janet is the author of **I Wanted a City**. A sharp vision, vivid attention to detail, and compelling rhythms- these are the hallmarks of Janet Marks' decades of poetry. **Program is free and open to the public.**

### **WirelessED Drop-In Hours Wednesdays, May 9<sup>th</sup> and May 23<sup>rd</sup>, 10:00- 12:00**

During this time, seniors can bring their wireless devices for troubleshooting as well as their bills or other questions for discussion with Corey Pilz.

### **Pain Management Thursday, May 10, 1:00-2:00**

Lecture presented by Massachusetts College of Pharmacy. The students will also conduct a survey looking at your use of herbal drugs and prescription medication.

### **Mother's Day Breakfast & Hat Fashion Show Contest Friday, May 11, 9:00-10:30**

Come join us for our Annual Mother's Day Breakfast. Wear your favorite hat. There will be

prizes for the most fashionable or outrageous hat. Program is free but sign up required. See Senior Center receptionist or call 617-349-6060

### **Mayor's MIT Luncheon Wednesday, May 16, 10:00-3:00**

**All Programs and Classes Cancelled!  
See First Floor Receptionist for ticket.**

### **Road Scholar Class Thursday, May 17, 12:30-1:30**

The Registry of Motor Vehicles presents "Road Scholar: A Safe Driving Program," a free, hour-long talk highlighting issues facing elder drivers. All are invited.

### **Book Club & Tea with Librarian Carol Withrow Monday, May 21, 3:00-3:30**

Book: **A Cup of Friendship** by Deborah Rodriguez. Join us for tea and the discussion even if you have not read the book.

### **Walking Club Wednesday, May 23, 9:00-12:00**

If you are interested in joining the Walking Club please sign up with the first floor receptionist.

### **Cambridge Rindge and Latin Concert Wednesday, May 23, 7:00 pm**

CRLS Alumni are invited to a concert. Free tickets and transportation are available. Call 617-349-6060 for more information.

### **In Our Own Voice Thursday, May 24, 1:00-3:00**

**In Our Own Voice: Living with Mental Illness** is an hour long presentation given by trained people with mental illness about their experiences. The talk includes a video, personal testimony, and discussion with the audience.

**Program is free and open to the public.**

### **Health and Wellness Lecture Thursday, May 31, 1:00-2:00**

Cambridge Health Alliance presents: Fears and Phobias. **Program is free and open to the public.**

# MAY 2012

**Breakfast** Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Fridays 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. Fridays 11:00 a.m. -11:30 a.m. Saturday11:30-12:15

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 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	Chinese Folk Dancing <b>(NEW)</b> 8:30 -9:30 AM Chinese ESL <b>(NEW)</b> 8:30 – 9:30 AM Computer Classes 9:00 – 12:00 (Limited open lab access) Chinese Singers 9:00-11:30 Better Balance 9:30-10:30 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 <b>**Deadline for Monday Night Dinner &amp; Transportation Reservations is Thursday at 2:00 p.m.</b>	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 <b>Senior Center closes at 3:00 pm</b>	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 <b>Senior Center closes at 1:00 pm</b>

## SPECIAL EVENTS & ACTIVITIES AT OUR CENTER MAY 2012

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <u>Senior Safety Group</u> 12:30 – 1:30	<b>2</b> Blood Pressure Screening 10:30-11:30 <i>(The Cambridge Rehabilitation and Nursing Center)</i> <u>Jewelry Making Class</u> 1:00-3:00 Cost: \$3.00	<b>3</b> <u>A Day of Remembrance</u> 1:00-2:30 <i>Bring Pictures, Stories, and Memories to share of the ones who you love and who are not forgotten.</i> Light Refreshments Served	<b>4</b> Men's Breakfast 9:00-10:00 (food Served until 9:30)	<b>4</b>
<b>7</b> <u>Cinco de Mayo Celebration with MAY Birthday Party, Buffet and Latin Dancing</u> 4:00-6:00 pm  (Latin Social Dancing is 5:00-6:00) Reservations required.	<b>8</b> Dr. Conant's Lunchtime Chat 12:00-1:00  <u>Poetry Reading by Janet Marks</u> 1:30-2:30 YOGA cancelled	<b>9</b> WirelessEd drop in 10:00–12:00  Blood Pressure Screening 12:30-1:00 <i>(Cambridge Public Health Nurse)</i>	<b>10</b> <u>Health &amp; Wellness Presentation</u> Topic: Pain Management 1:00-2:00 <i>Presented by Mass College of Pharmacy</i> EXERCISE CLASS cancelled	<b>11</b> <u>Mother's Day Brunch</u> ~Best Hat Show & Contest~ 9:00-10:00 (Food served until 9:30) SIMPLIFIED QI GONG cancelled	<b>12</b>
<b>14</b> <u>Taking Control of Your Future: A Legal Check-up</u> 5:30-6:30	<b>15</b> Big Screen Movie: <u>The Iron Lady</u> starring Meryl Streep 1:00-3:00	<b>16</b> <u>Mayor's MIT Luncheon</u> 10:00-3:00 All Classes and Activities are Cancelled	<b>17</b> Registry of Motor Vehicles Presents: <u>Road Scholar Class &amp; Dessert</u> 12:30 – 1:30	<b>18</b> Chinese Elder Meeting 10:45-12:00 Juice for Life (NEW) 11:00-12:00 <i>Sample Fresh Fruit Juiced! .50 cents per sample</i>	<b>19</b>
<b>21</b> Book Club & Tea 3:00 – 3:30 Book: <u>A Cup of Friendship</u> by Deborah Rodriguez Dinner & Bingo 4:00-4:30 Bingo starts @ 4:30	<b>22</b> Mysteries of the Cosmos 1:00-2:00	<b>23</b> Walking Club 9:00-12:00 WirelessEd drop in 10:00–12:00  <u>Jewelry Making Class 1:00-3:00</u> Cambridge Rindge & Latin Music Festival 7:00 pm	<b>24</b> National Alliance on Mental Illness Presents: <u>In Our Own Voice</u> <i>Stories, Videos, Personal Testimonies, &amp; discussion of mental illness and coping.</i> 1:00 – 3:00	<b>25</b> African American Meeting 10:45 – 12:00	<b>26</b>
<b>28</b> HOLIDAY Breakfast & Lunch Only. All Programming Cancelled Senior Center closes at 1:00	<b>29</b> Books on Review 12:30-1:00 Blood Pressure Screening 2:30-3:00 <i>(Windsor House)</i>	<b>30</b> Walking Club 9:00-12:00	<b>31</b> <u>Cambridge Health Alliance Lecture</u> Topic: Fears and Phobias 1:00-2:00	Hold the following Dates: June 6 – Charlesgate Yacht Club June 26 – Senior Pride Photo Exhibit and Reception	

# NORTH CAMBRIDGE SENIOR CENTER 617-349-6320

## DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ May 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 ☯ May 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
<p><b>All registration for trips and special events begins at Open Forum. Telephone and walk-in registration accepted after Open Forum.</b></p>	<p>1</p> 	<p>2</p> <p style="text-align: center;"><b>Movie</b> <b><u>The Descendants</u></b> Starring George Clooney 1hr. 50min. rated R</p>	<p>3</p> <p style="text-align: center;"><b><u>Safety Awareness</u></b> 12:30pm – 1:30pm Yoga 3pm – 4pm</p>	<p>4</p>
<p>7</p> <p style="text-align: center;"><b><u>Open Forum</u></b> 12:15pm – 1:15pm</p>	<p>8</p>	<p>9</p> <p style="text-align: center;"><b><u>No Exercise Class</u></b></p> <p style="text-align: center;"><b><u>Mother's Day Tea</u></b> 2:30pm – 3:30pm</p> 	<p>10</p> <p style="text-align: center;">Presentation by Cambridge Health Alliance "Talking with Dolores" 12:15pm – 1:45pm (light refreshments) Yoga 3pm – 4pm</p>	<p>11</p> 
<p>14</p> <p>Low Vision Group 10am – 12pm</p>	<p>15</p> <p>Sharing stories with Graham &amp; Parks 3<sup>rd</sup> Grade Students 10:45am – 11:45am Registration required Advisory Board 3 –4pm</p>	<p>16</p> <p style="text-align: center;">Mayor's MIT Picnic</p> <p style="text-align: center;">Senior Center open, but all other programs cancelled</p>	<p>17</p> <p style="text-align: center;"><b><u>Day Trip</u></b> Castle Island &amp; lunch at Amhreens 9am – 2:30pm Registration required</p>	<p>18</p> <p style="text-align: center;"><i>Saturday, May 19<sup>th</sup></i> <b>OPEN STUDIOS</b> 12pm -6pm Featuring works by COA art program participants</p>
<p>21</p> 	<p>22</p> <p style="text-align: center;">Wireless Education Basic intro to wireless service 10:45am – 11:30am Registration required</p>	<p>23</p> <p style="text-align: center;">Movie <b><u>Iron Lady</u></b> Starring Meryl Streep 1hr. 50min. rated PG-13</p>	<p>24</p>  <p style="text-align: center;">Yoga 3pm – 4pm</p>	<p>25</p> 
<p>28</p> <p style="text-align: center;">HOLIDAY</p>	<p>29</p>	<p>30</p> <p style="text-align: center;">Movie <b><u>War Horse</u></b> 2hr.26min. rated PG- 13 EARLY START TIME 2:20 pm</p>	<p>31</p> <p style="text-align: center;">Book reading by local senior author, Janet Marks, <b><u>I Wanted a City</u></b> 12:15pm – 1:15pm (light refreshments)</p>	

**MAY 2012**

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 bright and beautiful  
location on the THIRD floor of  
the Center.**

**Q: What does PDF stand for?**

**A: Portable Document Format**

**The file format/extension  
for documents viewed and  
created by [Adobe Acrobat  
Reader](#), This technology has  
succeeded in standardizing  
the format of documents  
used and transferred on the  
Internet.**

**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 MAY 2012**

<b>MAY Already</b>	<b>T 5/1</b>	<b>W 5/2</b>	<b>TH 5/3</b>	<b>F 5/4</b>	<b>S 5/5</b>
<b>Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson ***</b>	<b>Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild</b>	<b>Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild</b>	<b>Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis</b>	<b>Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low</b>	<b>Maurice Anderson 9:30-11:30</b>
<b>M 5/7</b>	<b>T5/8</b>	<b>W 5/9</b>	<b>TH 5/10</b>	<b>F 5/11</b>	<b>S 5/12</b>
<b>Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson</b>	<b>Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild</b>	<b>Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild</b>	<b>Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis</b>	<b>Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low</b>	<b>Computer Lab 9:30-11:30  Maurice Anderson</b>
<b>M 5/14</b>	<b>T 5/15</b>	<b>W 5/16</b>	<b>TH 5/17</b>	<b>F 5/18</b>	<b>S 5/19</b>
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<b>M 5/21</b>	<b>T 5/22</b>	<b>W 5/23</b>	<b>TH 5/24</b>	<b>F 5/25</b>	<b>S 5/26</b>
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<b>M 5/28</b>	<b>T 5/29</b>	<b>W 5/30</b>	<b>TH 5/31</b>	<b>F June</b>	<b>S Already</b>
<b>Computer Room is closed for Memorial Day.</b>	<b>Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild</b>	<b>Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild</b>	<b>Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis</b>	<b>Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low</b>	<b>Computer Lab 9:30-11:30  Maurice Anderson</b>

**Cambridge Citywide Senior Center**

**806 Massachusetts Avenue**

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

**\*\*\*THE COMPUTER ROOM IS CLOSED ON May 28<sup>st</sup> FOR  
MEMORIAL DAY**



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**CAMBRIDGE CITY COUNCIL**

Henrietta Davis, Mayor  
E. Denise Simmons,  
Vice Mayor  
Leland Cheung  
Marjorie C. Decker  
Craig A. Kelley  
David P. Maher  
Kenneth E. Reeves  
Timothy J. Toomey, Jr.  
Minka vanBeuzekom

**CITY ADMINISTRATION**

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City Manager  
Richard C. Rossi,  
Deputy City Manager  
Ellen Semonoff,  
Assistant City Manager  
Department of Human  
Service Programs

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Gisela Margotta, Treasurer  
Carl Barron  
Norman McIver  
Nancy Peters

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Patricia Burgess  
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Maureen Harty  
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Edna Stamp, LCSW

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Erna Benjamin    Nancy Smith  
Joan Morris        Wai Ling Tam  
Ruby Woodbine

**PROGRAM AND STAFF**

**Executive Director**  
Eileen Ginnetty, LCSW

**Social Services**  
Susan Pacheco, Director of Client Services,  
Portuguese Translation  
Alicia Johnson, Information & Referral  
Elizabeth Seelman, Case Manager

**Administrative Assistant**  
Lisa Castagna

**Receptionists**  
Rosalind Brown, Citywide  
Margaret Murray, NCSC  
Betty Paige, Citywide

**Senior Aides**  
Myrna Rivera            Arvilla Sarazen  
Anne Robinson        Lorraine Wade

**Elder Haitian Program**  
Hermide Mercier        Program Coordinator  
Dianante Desjardines Program Assistant

**Computer Instructor**  
Eve Flochild

**Bus Driver**  
Laura Habermann

**Asian Seniors Coordinator**  
Judy Xue

**Newslines**  
Lisa Castagna  
Eileen Ginnetty

**Citywide Senior Center**  
Emma Watkins, Director

**Activities & Volunteer Coordinator**  
Arline McGrady

**Activities Assistant**  
Angela Owens

**Food Service Manager**  
Julianne King  
**Assistant Food Service Manager**  
Sanctora Cooper

**Meals Assistants**  
Teiko Devin  
Gail Low  
Delia Machore

**Food Pantry Coordinator**  
Geoffrey Kotowski

**Food Pantry Assistant**  
Nathaniel Rosenblum

**Week-End Activities Coordinator**  
Gail Low

**Facility Manager**  
Donn Hockman  
Department of Public Works

**North Cambridge Senior Center**  
Vincent McCarthy, Director

**North Cambridge Senior Center**  
**Assistant**  
Marybeth Joyce

**North Cambridge Senior Center**  
**Meal Site Director**  
Eliza Wiesner

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Cambridge Council on Aging  
806 Massachusetts Avenue  
Cambridge, MA 02139