

Council on Aging Board

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Watertown Senior News

Watertown Council on Aging/Senior Center

31 Marshall Street ♦ Watertown, MA 02472 ♦ 617-972-6490

HOURS: Monday 8:30-5, Tuesday 8:30-5, Wednesday 8:30-5, Thursday 8:30-5, Friday 8:30-5

COA/Senior Center Staff

Anne-Marie Gagnon, MSW
Director of Senior Services
Deborah A. Dunn
Program Coordinator
Marina Kirsanova, LSW
Case Worker
Rae Grassia
Principal Account Clerk
Jim Cunningham
Senior Shuttle Driver
Kathy Cunningham
Food Pantry Coordinator

SEPTEMBER 2018

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September Notes from the Director

September is **Falls Prevention Month** and we encourage you to join us for one of our fitness classes that promotes strength and balance. Make sure to take a look at your home for any obstacles such as scatter rugs, extension cords, books or magazines on the floor, or misplaced furniture that could contribute to a fall, and keep an eye on small pets. In addition, consider having your vision and hearing checked and your medications reviewed. Be Falls Free!

Our **September Lunch and Learn** will feature Judy Fallows, the Watertown Schools Gardens Coordinator, for a presentation on the garden projects and her work with students and seniors. We will have a special presentation from McLean Hospital on healthy aging and the prevention and treatment of Alzheimer's Disease on September 19th. In cooperation with the Watertown Health Department, Flu shots will be offered at the Senior Center on September 20th.

Looking ahead, our SHINE Counselor, Dan Goldberg, will present **Everything You Need to Know about Medicare Open Enrollment** on October 3rd. You won't want to miss it!

School is back in session, so please be patient in traffic as children make their way to and from school, and make sure to stop by our table at the Annual Faire on the Square and say hello!

See you at the Center,

Anne-Marie Gagnon



Saturday, September 22, 2018
Saltonstall Park, 11 am—4 pm

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AN UPDATE ON THE DIAGNOSIS AND TREATMENT OF ALZHEIMER'S DEMENTIA: IS PREVENTION A REALITY?

Dr. Regan Patrick, Ph.D, a neuropsychologist in McLean Hospital's Geriatric Psychiatry Division, will be speaking about healthy aging and the prevention, diagnosis, and treatment of Alzheimer's Disease. He will be accompanied by members of Dr. Brent Forester's Geriatric Psychiatry Research Program, which is dedicated to helping develop and test novel treatments that will improve quality of life for older adults. His team is experienced in conducting studies of innovative treatments for Alzheimer's disease and behavioral complications of dementia, and conducting neuroimaging in geriatric depression and bipolar disorder. McLean offers many resources and can help refer people for thorough diagnostic testing as well as research opportunities.

WHEN: Wednesday September 19
TIME: 10:00 AM
Pre-registration Required—617-972-6490.

LUNCH & LEARN WATERTOWN'S SCHOOL GARDENS & THE SENIOR CENTER

Join Judy Fallows, official garden coordinator for Watertown's public schools for the past three seasons, as she talks about the connections in elementary schools between classrooms and gardens. She will speak a bit about the challenges of maintaining the gardens in summer and the wonderful volunteers who help with this. Learn about the connections with the school food service and harvests for school cafeterias.

Judy will also talk about the progress of the Senior Center gardens. Gardening questions are welcome, and volunteers to help tend the new raised bed by the preschool fence and containers on the Senior Center porch are most welcome as well.

WHEN: Wednesday, September 12
TIME: 10:00 AM
Pre-registration is requested. Call the Senior Center at 617-972-6490.



Election Day is
Tuesday,
September 4, 2018

⇒ **NOTE!** Pre-Registration is requested for all programs in order to have enough materials available. **LUNCH AND LEARN** programs **REQUIRE** you pre-register for food. Please call the Senior Center at (617) 972-6490.



Public Safety Mornings

Tuesday, September 11 & 25
Coffee with Chief Lawn & Captain Dupuis

Thursday, September 6 & 13 at 10:00 AM
NEW PROGRAM with Fire Captain Ryan Nicholson

55+ AND READY TO MAKE A MOVE?

Thinking of making a move and/or downsizing? Learn how to qualify for Affordable Housing and the different housing options available in Watertown. Join us for all three sessions or just one.

September 11th: Downsizing & Aging in Place Tips and Tricks

September 18th: What is Affordable Housing & How do I know if I Qualify

September 25th: Application Assistance for Affordable Housing

Presented by Metro West Collaborative Development

TIME: 10:00 AM—11:30 AM Light Brunch at all sessions. Please call 617-972-6490 to reserve your space.



NEED LEGAL ASSISTANCE WITH HOUSING, A SIMPLE WILL OR OTHER MATTERS?

METROWEST Legal Services will now be joining us on the third Friday of every month. Appointments are made for 20 minute sessions and you must call the Senior Center at 617-972-6490 to reserve your time.

SEPTEMBER FLOWERS WITH ERNIE



Join us for an afternoon of fun with new and old friends. We have a special treat this time with Ernie Berardinelli! We will be making a combination door and centerpiece with silk flowers, and real flowers! Don't miss out.

WHEN: Tuesday, September 18

TIME: 1:30 PM COST: \$15.00

Pre-registration required. (This program is funded in part by the Friends of the Watertown COA.)

WATERTOWN FIRE DEPARTMENT



The Watertown Fire Department, in partnership with the Watertown Senior Center, will be here for the next two installments of their educational series on fire and life safety for older adults. In addition to valuable safety lessons, each session will highlight a different aspect of firefighting, complete with demonstrations. We look forward to a fun and valuable three weeks. Attend one or attend all, but we hope the latter!

DATES: Thursdays - September 6 & 13
TIME: 10:00 AM

Call to pre-register at (617) 972-6490

FINANCIAL Basic Estate Planning & Trusts



Financial Planning Seminars

Join us when Dale J. Tamburro, PC presents a two-part seminar!

Wednesday, September 26: Understanding Basic Estate Planning Terms & Documents—The Estate Documents 90% of us need. Organizing paperwork, Probate & why you don't want it, How are your assets owned: Good or Bad?, ABC's of a Revocable Living Trust & Terminology

Wednesday, October 31: Basic Understanding & Benefits of Irrevocable & Revocable Trusts—The Top 5 Reasons for using a Trust— Avoid Probate, Asset Protection, Minimize Estate Taxes, Manage family assets.

TIME: 10:00 AM Pre-registration is requested. (617) 972-6490

FLU SHOTS

at the
SENIOR CENTER

Thursday, September 20 from 9-11 AM

Tuesday, October 9 from 9-11 AM



Please remember to bring your Medicare/Insurance card and to wear short sleeves.

TRANSPORTATION for WATERTOWN SENIORS

Call the Senior Center at (617) 972-6490 for more information.

**GROCERY SHOPPING,
TRIPS TO TARGET,
MARSHALLS, WATERTOWN &
ARSENAL MALLS**

Via the Watertown Senior Shuttle

(617) 972-6490

Call the Senior Center **to be added to the route** if you are new or need to change from your scheduled day. The Shuttle will pick you up and return you to your home. Approximately 1 hour of shopping time. Suggested donation is \$1.00 Round Trip. **3 BAG LIMIT!** Please show the driver your *My Senior Center* Key Tag. Applications available on the Senior Shuttle.

**TRANSPORTATION TO THE
SENIOR CENTER FOR
PROGRAMS and SERVICES**

(617) 972-6490

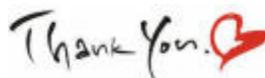
We want to see you at the Senior Center! Call us! Program available as funding permits.

**TO LOCAL DOCTORS
(617) 972-6490**

Call the Senior Center **2 days in advance** to schedule your taxi ride. You may tip the driver at your discretion. A spouse, friend, or companion may accompany you at no extra charge. Program available as funding permits.

THE MBTA RIDE

Have you thought about taking the MBTA Ride?
For eligibility contact:
THE RIDE Eligibility Center
617-337-2727
www.mbta.com/theride



**For Supporting the Friends of the
Watertown Council on Aging.**



**MEDICARE OPEN
ENROLLMENT IS COMING!**

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September.

It is important to **understand** and **save** this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

Call now to schedule your SHINE appointment any time during the Open Enrollment from **October 15 through December 7th**!

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

To schedule a meeting with a SHINE Counselor call the Watertown Senior Center at **617-972-6490.**

UPCOMING TRIPS

CHOCOLATE & WINE TOUR—SEPTEMBER 24

Today we visit Sanborn Fine Candies followed by delicious full course luncheon at Warren's Lobster House. Next we visit The Flag Hill Winery, winner of the 2017 "Best Wine in NH Gold Medal" A wine tasting is included. **LEAVE: 8:30 AM RETURN: 5:30 PM COST: \$82.00.**

**INDIAN PRINCESS RIVERBOAT TRIP—
OCTOBER 16**

We head to Webster MA for our Foliage trip. We'll enjoy a cruise aboard the Indian Princess, one of the few authentic paddle wheel riverboats still in operation in the US. Next it's lunch at the Point Breeze on Webster Lake. Your meal choices are Baked Haddock or Grilled Chicken. We end the day with a stop at the local area farm stand. **Leave: 8:30 AM Return: 5:00 approximately. Cost: \$82.00.**

**SALEM CROSS INN, BRIGHT LIGHTS, YANKEE
CANDLE, & TRAPPIST JAMS—NOVEMBER 28**

Enjoy the beautifully decorated Salem Cross Inn and the sounds of Christmas. Your lunch includes soup, salad, Chicken Pot Pie or Maple Salmon, and dessert. Your shopping includes visits to the Saint Joseph Abby for Jellies and Preserves and the Yankee Candle Bavarian Christmas Village. We finish our day with a leisurely ride through the Bright Night's display. Time: 9:15—7:30 **Cost: \$82.00.**

**"Everything You Need to
Know about Medicare Open
Enrollment"**

**Presented by
Dan Goldberg, SHINE Counselor
October 3, 2018 at 10:00 AM**



EXERCISE CLASSES at the SENIOR CENTER

\$3 for each Exercise or Yoga class. \$4 for Line Dancing and Tai Chi.

Audio or Video Tape classes are Free. Each class lasts one hour.

In the absence of an instructor, the Senior Center reserves the right to substitute an instructor, offer a pre-recorded program, or cancel the class.

MONDAYS:	11:00 - Exercise with Shannon	THURSDAYS:	9:30 - Chair Yoga with Diane S.
TUESDAYS:	9:30 - Exercise with Joanna G.		11:00 - Exercise by Video Tape
	11:15 - Line Dancing with Manny	FRIDAYS:	10:40 - Exercise with Henry O.
WEDNESDAYS:	11:00 - Mat Yoga with Sue G. <i>(Please bring your own mat.)</i>		12:30 - Tai Chi with Marie starts 9/14
			2:15 - Strength & Balance with Pearl



CASE WORKER CORNER

Appointments with Marina Kirsanova, LSW

The Case Worker is available to answer your questions and to help with assistance programs. She can meet in your home or here at the Senior Center, but we want to make sure she is available to spend time with you, so please call ahead to schedule an appointment. Thank you!

To schedule an appointment please call: (617) 972-6490.

OTHER SPECIAL SERVICES—CALL THE SENIOR CENTER AT (617) 972-6490

- ◆ **How Do I Use This Thing?** iPhone and Computer Help at the Senior Center.
- ◆ **Property Tax Work Off Program** - must meet eligibility requirements for work in a Town Department.
- ◆ **Senior Parking Permits** - for Watertown residents age 65 and older, up to 2 free hours of metered parking in Watertown's municipal parking lots.



Watertown Food Pantry
80 Mount Auburn Street—Rear.

OPEN: Tuesdays 10-11:30 AM
Thursdays 4-6:00 PM



WATERTOWN
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59 COOLIDGE HILL ROAD
WATERTOWN, MA 02472

617.924.1130

www.WatertownHC.com

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Introducing the Care Dimensions Hospice House

Combining the comfort of home
with the benefits of round-the-clock medical care

When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

Watch our video tour at CareDimensions.org
or call 781-373-6616 to learn more
about the new Care Dimensions Hospice House.



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Watertown Council on Aging, Watertown 06-5192



SEPTEMBER Movie Matinee

Relax and enjoy a movie in our
Activity Room, Thursdays at 1:00 p. m.



9/6 Once Upon A Time In Venice: Private eye Steve Ford hasn't been getting a lot of business, but he goes into full action mode when a gang of thugs dognaps his adored terrier, Buddy. To get his pooch back, Ford is forced to form a dubious alliance with the gang's conniving leader. Cast: Bruce Willis, John Goodman, Jason Mamoia 2017 NR 94 mins.



9/13 American Made: To avoid jail time for smuggling drugs into the United States from South America, pilot Barry Seal turns informant for the Drug Enforcement Administration -- and soon finds himself in the midst of one of the largest covert operations in U.S. history. Cast: Tom Cruise, Domhnall Gleeson, Sarah Wright 2017 R 115 mins.



9/20 Brad's Status: Brad, whose satisfying career, sweet wife and comfortable life in suburban Sacramento aren't quite what he imagined during his college glory days. He accompanies his musical prodigy son on a university tour, he can't help comparing his life with those of his four best college friends. Brad reconnects with his former friends and begins to question whether he has really failed or if their lives are more flawed. Cast: Ben Stiller, Austin Abrams, Jenna Fischer 2017 R 101 mins.



9/27 Mark Felt: The Man Who Brought Down The White House: This story centers on the true story of "Deep Throat", the notorious whistleblower for one of the greatest scandals of all time, Watergate. The true identity of the informant remained a mystery for over 30 years. Until, in 2005, special agent Mark Felt shockingly revealed himself as the tipster. This powerful true story chronicles the life of the brilliant and uncompromising Felt, who sacrificed everything -- his family, his career, his freedom -- in the name of justice. Cast: Liam Neeson, Diane Lane, Marton Csokas 2017 PG-13 103 mins.



HEALTH & WELLNESS



September 20: Podiatry Clinic at 11:00 AM. Toenails, corns, callus care only. The cost for this service is \$25.00 payable to Dr. Alper. Insurance is not accepted.

September 27: Blood Pressure Screening at 10:00 by Linda Micklay, R.N. from CareGroup Home Care. Free.

WELCOME BACK!



9/7 Strength & Balance Class resumes at 2:15

9/10 Art Class is back Monday mornings at 9:30

9/14 Tai Chi joins us starting at 12:30

9/19 Book Club's first meeting is at the at the Stockyard Restaurant. Call 617-972-6490 for more information.

BE THE FIRST TO KNOW!

Have the **Watertown Senior News** emailed to your home computer every month by going to the Town website: www.watertown-ma.gov and choosing the 'Notify Me' icon. Add your email address and scroll down on the left side of the page, to **Watertown Senior News** and check it off! Or call the Senior Center at 617-972-6490 with your email & we'll add it for you!

JOIN ONE OF OUR REGULAR PROGRAMS

See Calendar on Page 7 for Dates and Times

Art Class Open Studio — Mondays at 9:30 AM

Led by local artist Dawn Scaltreto, bring your own art project (oil, watercolor, pencil or ink) to this open studio.

Bridge/Chess/Cribbage/Rummikub/Whist/Canasta — See Calendar for Dates and Times

Bring your skills to any of these groups. Drop in and join in the afternoon fun.

Knitting—Wednesdays at 12:30 PM

Working on a project or need a little help? Stop in for an afternoon of creative work and conversation.

English for Speakers of Other Languages (ESOL) - Wednesdays at 2:00 PM

Explore history and culture while learning the English language with this group.

Mellowtones Choral Group—Fridays at 12:30 PM

Love to sing? This co-ed group led by music director Anne Silverman will put a song in your heart! All welcome.



BINGO! Fridays at 10:00 AM for BINGO fun.

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>YOU MUST CALL AND PRE-REGISTER FOR EVENTS MARKED "REGISTER". SEATING IS LIMITED</p> <p>SENIOR CENTER 3</p>  <p>9:30 Art Class 11:00 Exercise -Video Tape LUNCH M-F 11:30 100 Warren St. 1:00 Bridge 1:00 Chess</p>	<p>COA SHOPPING BUS 4</p> <p>12:30 Cribbage</p> <p>Open until 7:00 PM</p> <p><i>Don't forget to vote!</i></p>  <p>COA SHOPPING BUS 11</p> <p>9:30 Exercise Class</p> <p>10:00 Affordable Housing Options - Register</p>  <p>11:15 Line Dancing 12:30 Cribbage</p> <p><i>We Remember!</i></p>	<p>COA MALL BUS 5</p> <p>10:00 SHINE (by appt.) 11:00 Mat Yoga Class 12:30 Whist / Knitting 1:30 Canasta 2:00 ESOL</p> <p>COA MALL BUS 12</p> <p>10:00 L & L School Gardens - Judy Fallows - Register</p> <p>10:00 SHINE (by appt.) 11:00 Mat Yoga Class 12:30 Whist / Knitting 1:30 Canasta 2:00 ESOL 4:00 COA Meeting</p>	<p>10/3 DAN GOLDBERG - MEDICARE OPEN ENROLLMENT 10/9 FLU SHOTS 10 - 12 10/16 FOLIAGE TRIP</p> <p>COA SHOPPING BUS 6</p> <p>9:30 Chair Yoga Class 10:00 Capt. Nicholson Fire & Life Safety For Seniors- Register 11:00 Exercise -Video Tape 12:00 Rummikub's Game 1:00 Movie: Once Upon A Time In Venice</p> <p>COA SHOPPING BUS 13</p> <p>9:30 Chair Yoga Class 10:00 Capt. Nicholson - Fire & Life Safety For Seniors- Register 11:00 Exercise -Video Tape 12:00 Rummikub's Game 1:00 Movie: American Made 2:00 Friend's Meeting</p>	<p>COA SHOPPING BUS 7</p> <p>10:00 Bingo 10:40 Exercise Class 12:30 Mellowtones 2:15 Strength & Balance</p> <p>COA SHOPPING BUS 14</p> <p>10:00 Bingo 10:40 Exercise Class 12:30 Mellowtones 12:30 Tai Chi 2:15 Strength & Balance</p>
<p>SENIOR CENTER 10</p> <p>9:30 Art Class 11:00 Exercise -Video Tape LUNCH M-F 11:30 100 Warren St. 1:00 Bridge 1:00 Chess</p>	<p>COA SHOPPING BUS 18</p> <p>Chocolate & Wine Trip</p> <p>9:30 Exercise Class</p> <p>10:00 Affordable Housing Options - Register</p> <p>11:15 Line Dancing 12:30 Cribbage</p> <p>1:30 Flower with Ernie- Register</p>	<p>COA MALL BUS 19</p> <p>10:00 SHINE (by appt.) 10:00 Lecture - Alzheimer's McLean's Hospital - Register 11:00 Mat Yoga Class 12:30 Whist / Knitting 1:30 Canasta 2:00 ESOL</p> 	<p>COA SHOPPING BUS 20</p> <p>9:30 Chair Yoga Class 10:00 FLU SHOTS 11:00 Exercise -Video Tape 11:00 Dr. Alper 12:00 Rummikub's Game 1:00 Movie: Brad's Status</p>	<p>COA SHOPPING BUS 21</p> <p>10:00 Bingo 10:00 MetroWest Legal appt. 10:40 Exercise Class 12:30 Mellowtones 12:30 Tai Chi 2:15 Strength & Balance</p>
<p>SENIOR CENTER 24</p> <p>9:30 Art Class 11:00 Exercise Class LUNCH M-F 11:30 100 Warren St. 1:00 Bridge 1:00 Chess</p>	<p>COA SHOPPING BUS 25</p> <p>9:30 Exercise Class</p> <p>10:00 Affordable Housing Options- Register</p>  <p>11:15 Line Dancing 12:30 Cribbage</p>	<p>COA MALL BUS 26</p> <p>10:00 SHINE (by appt.) 10:00 Estate Planning - Dale Tamburro - Register 11:00 Mat Yoga Class 12:30 Whist / Knitting 1:30 Canasta 2:00 ESOL</p>	<p>COA SHOPPING BUS 27</p> <p>9:30 Chair Yoga Class 10:00 Blood Pressure 11:00 Exercise -Video Tape 12:00 Rummikub's Game 1:00 Movie: Mark Felt: The Man Who Brought Down White House</p>	<p>COA SHOPPING BUS 28</p> <p>10:00 Bingo 10:40 Exercise Class 12:30 Mellowtones 12:30 Tai Chi 2:15 Strength & Balance</p>

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SOCIAL SERVICES RESOURCES

Watertown Senior Center

Marina Kirsanova, LSW
(617) 972-6490

Email: mkirsanova@watertown-ma.gov
Help for residents 60+ and their families with fuel, housing, food, counseling and other emergency resources. She speaks English, Armenian and Russian.

Wayside

*Watertown Social Services
Resource Specialist*

Help for residents under 60 and families with fuel, housing, food, counseling and other emergency resources.
(617) 744-9585

SENIOR PARKING PERMITS

For Watertown residents 65+, parking permits available for meters in municipal lots. Call the Senior Center for info.

SHINE

Call the Senior Center to schedule an appointment to meet with a counselor about Medicare and prescription drugs.

WATERTOWN FOOD PANTRY

For Watertown Residents

Belmont-Watertown UMC (Rear)
80 Mount Auburn Street
Watertown, MA 02472
(617) 972-6490

Hours of Operation:

Tuesday 10:00 – 11:30 AM
Thursday 4:00 – 6:00 PM

Limited Home Delivery for Homebound

Kathy Cunningham, Coordinator
Email: kcunningham@watertown-ma.gov

WATERTOWN VETERANS SERVICES

Assistance to veterans and families with Federal and State benefits and services.

Mark R. Comeiro, USN, (RET)
Veterans Services Officer (VSO)
Town of Watertown
617-972-6416

Email: mcomeiro@watertown-ma.gov

METROWEST LEGAL SERVICES

(508) 620-1830

SPRINGWELL

**Aging Services Access Point
Area Agency on Aging**

(617) 926-4100

Springwell offers a Community Lunch Program Monday—Friday for any Watertown resident age 60 and older. Suggested \$2.00 donation. Call the dining manager at (617) 923-2769 for Menu Information and to Register.

WATERTOWN HOUSING AUTHORITY

(617) 923-3950

**FRIENDS OF THE
WATERTOWN COA**

2nd Thursday of the Month at 2:00 PM
at the Senior Center

**WATERTOWN
SENIOR CENTER**

Anne-Marie Gagnon, Director
Email: agagnon@watertown-ma.gov
(617) 972-6490

**WATERTOWN COUNCIL ON AGING
SENIOR CENTER
31 MARSHALL STREET
WATERTOWN, MA 02472
(617) 972-6490**

RETURN SERVICE REQUESTED

