



Watertown Senior News



October 2020

Watertown

Council on Aging Senior Center

31 Marshall Street
Watertown, MA 02472
(617) 972-6490

Or E-mail:

SeniorCenter@watertown-ma.gov

Watertown Food Pantry

80 Mount Auburn Street
Watertown, MA 02472

Tuesday 10:00 AM—2:00 PM

COA/Senior Center Staff

Anne-Marie Gagnon, MSW
Director of Senior Services

Marina Kirsanova, LSW
Program Coordinator

Jenya Kruglyansky
Case Worker

Rae Grassia
Principal Account Clerk

Margie Wayne
Program Services Assistant

Kathy Cunningham
Food Pantry Coordinator

Jim Cunningham/Bob Horrigan
Senior Shuttle Drivers

Council on Aging Board

Patricia Gold, *Chairperson*

Carol Airasian

Dorothy Jean Brown

Esther Keaney

Mary Keenan

Tom Lewis

Janet McCullough

Araxie Poladian

Arlene Smith

The Board meets the 2nd
Wednesday of the month at
4:00 PM at the Senior Center.



Dear Friends,

Fall has arrived and due to COVID-19 and our efforts to keep our senior community healthy, the Senior Center is still not open for activities, but be assured that the staff misses you and is here to assist with any questions or concerns you have. We remember fondly the Harvest Parties of the past, pictured above. We look forward to a time we are all together again!

October's calendar is full of activities via Zoom. This month has presentations focusing on Medicare Open Enrollment; Armenian Cooking; the Great American Music Experience; the Wonderful World of Trees; a visual trip to Yerevan, Armenia; and a special Grab-n-Go Harvest Lunch (page 8). We continue to offer our usual exercise classes and discussion groups too. With so many people participating, we have established new guidelines for Zoom attendance (see page 4). Please adhere to them to make the sessions run more smoothly for participants, instructors and our staff.

Election Day—November 3—is right around the corner. See information inside about Early Voting at Town Hall. Also, please check your expiration date on your Senior Parking Permit and call us to renew. As for Flu Shots, we will not be holding them here at the Senior Center this year, but reach out to us for information about what the Health Department is offering.

Happy Autumn everyone! *Anne-Marie Gagnon*

Programs in the Times of Social Distancing



Current Month Activities & Services

GAMES:

- No Activities •

EXERCISES:

- Zoom Tai Chi and Meditation •
 - Zoom Chair Yoga •
- Zoom Strength & Balance •
 - Zoom Exercises •
 - Zoom Pilates •
- Zoom Line Dancing •

ARTS:

- Zoom Art Classes with Dawn •
 - Zoom •
- Zoom The Wonderful World of Trees •

HEALTH & WELLNESS:

- Zoom Armenian Cuisine •
- Zoom Q&A w SHINE Volunteer •

GROUPS:

- Zoom Coffee & Conversation with Tom •
 - Zoom Book Club •
 - Zoom Travel Club •

COUNSELING:

- SHINE phone consultations •
- MetroWest Legal phone consultations •

MUSIC:

- Zoom History of Music •
- Zoom Mellowtones Chorus •

SOCIAL:

- Zoom Public Safety Mornings w Police and Fire Chiefs •
- Zoom w Anne-Marie, the Senior Center Director •

GUEST SPEAKERS via Zoom



*Medicare Open Enrollment is October 15–December 7
“What To Know” with Dan Goldberg, SHINE Counselor
Wednesday, October 7 at 10 am*

Dan Goldberg, our SHINE Counselor, who has been working with our Senior Center for more than six years, will present about the changes that can be made to your Medicare insurance plan during this period. He will describe the process for those of you who have requested his assistance, and will go through the scope of the assistance that he would be able and not be able to provide. Join this Zoom meeting to learn more about your options during Medicare Open Enrollment.



Zoom Book Club

Wednesday, October 14 at 9:30 am

We will be discussing THE GIVER OF STARS, by Jojo Moyes. Set in a small Kentucky town in Depression-era America, this historical novel details the lives of five women who become traveling librarians, delivering books to the people of rural Kentucky. These so-called “Packhorse Librarians” must overcome a number of obstacles on their way to bringing literacy to the masses, and they tackle these challenges together. It is a story about women’s friendship, true love, and what happens when we reach beyond our grasp for the great beyond. And of course, it’s a story about books. Please note (see above) that our November meeting will be on the third Wednesday, Nov. 18, because of the Veterans Day Holiday on the second Wednesday, Nov. 11, when the Senior Center will be closed.



*From Abolition Thru Civil Rights in Music
with John Clark, Great American Music Experience*

Wednesday, October 7th and 21st at 2 pm

This travelogue along the road to freedom begins in the days of the Underground Railroad with the secret and subversive songs of the slaves and the abolitionist protest songs of the Hutchinson Family Singers. Two more important players in the story were the Fisk Jubilee Singers (1870s) and Bert Williams (early 1900s), whose performances represented the affirmation of the proud heritage and full humanity of African-Americans. During that same post-Civil War period the first anthemic freedom songs emerged: Oh, Freedom and Lift Every Voice and Sing. The program then reviews important musical events up through the late 1930s, including John Hammond’s From Spirituals to Swing concerts, Duke Ellington’s Black, Brown & Beige concerto, Marian Anderson’s Lincoln Memorial concert and Billie Holiday’s Strange Fruit. Included are other important musical contributions by Louis Armstrong, Ethel Waters, Paul Robeson and Mahalia Jackson.



*Secrets of Armenian Cuisine with Naire Rshtuni,
Friday, October 16 and October 30 at 10 am*

Come to learn the history and cultural specifics of Armenian cuisine with Naire, an enthusiast of healthy eating who will share with you her recipes that she will cook in her kitchen. She will answer your questions while preparing Armenian desserts. See the recipes on page 8.

Programs in the Times of Social Distancing

Donations for the program activities are highly appreciated!



Zoom Travel Club: Yerevan, Armenia, walk with Sona
Tuesday, October 13 at 9:30 am

We invite you to take a virtual walk along the streets of Yerevan, Armenia's capital, with professional tour guide, Sona. This Zoom tour is our first experience of overseas Zoom tours. The Friends of the Watertown Council on Aging will be sponsoring this initiative. Come to hear about the town's history, see the unique architectural style, and have a sense of Yerevan street life with Sona.



Readers Advisory Circle with Emily Levine, Reference Librarian
Wednesday, October 21 at 10 am

Emily from the Watertown Free Public

Library will continue providing help with finding your next favorite read by reviewing popular titles. We will talk about the resources the library has "always available" via their e-book collection, as well as some of the other books that are available in Watertown specifically.



"The Wonderful World of Trees"
With Carole Smith Berney
Thursday, October 22 at 2 pm

Carole Smith Berney, M.A., is a wildlife photographer, naturalist, and writer based in Watertown, M.A. who celebrates the visual and spiritual gifts of the natural world. As a nature and wildlife photographer with a lifelong interest in and appreciation for trees, Carole Smith Berney will share with us, through her colorful images and narration, the diversity and beauty of, and some interesting facts about our arboreal neighbors.



Walk In-Person at the Common Street Cemetery with Bob Childs, Historical Society of Watertown Board Member
Thursday, October 15 at 1:30 pm

Walk with Bob Childs who will be dressed as a Watertown militiaman to give us a tour of the Common Street Cemetery. The Cemetery was established in 1754, when the town center was relocated further west along Mount Auburn Street. In the mid-1700s it also became the site of the town's second meeting house. This non-Zoom event will be about 1 hour long with time for questions/answers. To register call: (617) 972-6490.

REGULAR WEEKLY CLASSES

MONDAYS: October 5, 19, and 26



Art Class with Dawn,
10 am to 12 pm



Chair Yoga with Diane Shufro,
12:30 pm to 1:30 pm

TUESDAYS: October 6, 13, 20, and 27



Zoom Coffee with Chief Lawn,
Chief Quinn, & Captain Dupuis
Tuesday, October 27 at 10 am



Tai-Chi and Meditation,
12:30 pm to 1:30 pm



Line Dancing with Bradley Mather
2:00 pm to 3:00 pm



WEDNESDAYS: October 7, 14, 21, and 28



Exercise with Joanna,
11 am to 12 pm

THURSDAYS: October 1, 8, 15, 22, and 29



Pilates with Marina Zaslavskaja
9:00 am to 10:00 am



Conversation with Tom,
10:30 am to 12 pm

FRIDAYS: October 2, 9, 16, 23, and 30



Zoom Coffee: COA Director with
special guest Patrick George, VSO
Friday, October 9 at 10:00 am



Seated Strength &
Balance with Pearl,
12 pm to 1 pm



Sing with Mellowtones
And Anne Silverman,
1:30 pm to 3:00



The Senior Center remains closed until further notice, and we will continue to offer Zoom classes and webinars through December. Call us with the request to join a certain class or webinar and the host of the Zoom program (a Senior Center staff person) will call your cell phone or your landline to connect you to the Zoom session with no video.

NEW! Zoom Class/Webinar Rules:

1. Zoom session opens 10 minutes before the start of the class to let participants greet each other and socialize.
2. To eliminate class disruption, no admittance after 15 minutes after start time of class starting October 1, 2020.
3. We are expecting to start requesting payments for the classes starting November 1, 2020. Thank you.

WE CAN HELP!

If you know people who are struggling, who feel lonely, but not making this final leap into the Zoom community, please encourage them to call us or to reach out to friends and family for technical support. We know about several success stories that prove that one can always learn new things no matter how old he or she is. We hope that you find these programs beneficial while a safe distance apart, and we look forward to the day when we can all be together, in person, again!

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Do you have a Hobby or Interest to Share?

We hope that you have enjoyed hearing some community voices these past two months. This is a column that we would like to continue on a regular basis, and we have just touched the surface because we know that there are so many of you out there with exceptional and unusual talents, interests and hobbies. However, we can only do it if you, our Senior Center community, speak up, either to be interviewed yourself or to suggest someone else, senior friend or neighbor, who you think has something interesting to share.

If you would like to be featured, you don't need to write the article yourself. You can make up a list of thoughts that you can pass on to our staff to put into written form. Those of you who have smart phones, iPads, or computers can email us photos as well. For those of you who do not do email, we can interview you over the phone or you can snail-mail us your ideas and photos, which we can scan and then return to you. Please include a recent photo of yourself. We will work with whatever way is most comfortable for you, because we would like to include everyone who might be interested. When we have completed writing your article, we will send it back to you for approval before publishing it. The Watertown Council on Aging/Senior Center reserves the right to limit and edit content.

Here are some suggestions for features:

- Craft talents that you have nurtured over the years (Do you do embroidery, quilting, or knitting? Is your special interest pottery, rug-making, miniatures?)
- Specialized music skills (Do you play an instrument? Do you play with a group or at your church or synagogue or any other group?)
- Art (Do you draw, paint, photograph? Have you ever staged an exhibit?)
- Cooking (Do you cook for family, for friends, for church, synagogue or other gatherings? Do you have any special "signature" recipes?)
- Pets (What kinds of pets do you have? Have you always been an animal person? How has your pet helped you to get through this pandemic and being isolated at home?)
- Sports (Do you excel in a particular sport? Did you play that sport through high school and college? Do you continue to play with a local team? Have you coached youth sports here in town?)

When did you take up your special interest? As a child or as an adult? Have you studied any of these subjects formally? Do you belong to any specialized organization pertinent to your interest?

For more information, please contact Marina by email at mkirsanova@watertown-ma.gov, or call the Senior Center at 617-972-6490 and leave her a message.



Louise Forrest



Araxie Poladian



Carole Smith Berney



Helen Dempsey

Special thanks to Helen Dempsey for wording for us this "Call for Community Voices" text and to all those people who already contributed to this rubric: Araxie Poladian, Carole Smith Berney, Helen Dempsey, and Louise Forrest.

Two Armenian Recipes of the Month

Lavashak, Ttu lavash, Fruit Roll or Fruit Leather.



Two pounds of fresh Italian plums, 1 pound fresh peaches (pitted). I used my Vitamix blender to blend them into a smooth paste. Pour into a stainless steel pot and bring to boil on a medium low heat mixing constantly with a wooden spoon. Take off the heat when the mixture thickens in about 15 minutes. I didn't add agave, honey or sugar because the mixture was already sweet enough. Ladle in pans layered with parchment paper and treated with odorless oil (canola or sunflower oil). The mixture shouldn't be thicker than 0.5 cm (0.197 inch). Usually the trays are put in the direct sunlight to dry. I dried in the oven at 150F for 8-9 hours (overnight). When it's dry, peel off the parchment paper, roll and cut into small rolls. *Learn more on October 16, 10 am.*

Armenian Flour Halva

1 cup all purpose flour,



¼ cup clarified butter, and
½ cup powdered sugar, sifted.
Pinch of cinnamon, cardamom to taste (optional)

In a preheated non stick skillet brown the flour by constantly mixing with a wooden spoon. When the

flour turns light golden brown, add the clarified butter and continue mixing until smooth. Take off the heat and add the powdered sugar (you may add fine brown sugar instead). Smooth the mixture on a flat plate and make criss cross lines with a sharp knife. Let it cool completely and serve with tea or coffee. You can also make individual pieces in silicone molds. *Learn more on October 30, 10 am.*

Sponsored by the Friends of Watertown Council on Aging. Thank you!



UPCOMING ELECTION DATE

November 3, 2020

Voting options include:

- By Mail-In Ballot
- Early Voting In-Person at Town Hall
- On Election Day In-Person at the Polls

Contact the Town Clerk's office at (617) 972-6486 for info.

EARLY VOTING INFO for GENERAL ELECTION ON NOV. 3 as follows:

Saturday, October 17	12:00 PM	5:00 PM
Sunday, October 18	12:00 PM	5:00 PM
Monday, October 19	8:30AM	5:00PM
Tuesday, October 20	8:30AM	7:00PM
Wednesday, October 21	8:30AM	5:00PM
Thursday, October 22	8:30AM	5:00PM
Friday, October 23	8:30AM	5:00PM
Saturday, October 24	12:00 PM	5:00 PM
Sunday, October 25	12:00 PM	5:00 PM
Monday, October 26	8:30AM	5:00PM
Tuesday, October 27	8:30AM	7:00PM
Wednesday, October 28	8:30AM	5:00PM
Thursday, October 29	8:30AM	5:00PM
Friday, October 30	8:30AM	5:00 PM

EARLY VOTING WILL BE CONDUCTED AT THE ADMINISTRATION BUILDING, 149 MAIN STREET TOWN CLERK'S OFFICE (B-1).

- Please note: EARLY VOTING can be done in person or by mail.
- EARLY VOTING IS OPEN TO ANY REGISTERED VOTER IN WATERTOWN, MA.
- LAST DAY TO REGISTER TO VOTE, IN PERSON, FOR THE NOVEMBER 3, 2020 GENERAL ELECTION IS SATURDAY, OCTOBER 24, 2020 FROM 2:00 PM - 4:00 PM AND 6:00 PM - 8:00 PM. THE TOWN CLERK'S OFFICE WILL BE OPEN AT THAT TIME.
- TO REGISTER ONLINE, CHANGE ADDRESS WITHIN WATERTOWN OR CHANGE NAME PLEASE VISIT THE SECRETARY OF THE COMMONWEALTH'S WEBSITE BY SATURDAY, OCTOBER 24, 2020 at www.registertovotema.com

Watertown Senior Center/Council on Aging
31 Marshall Street, Watertown, MA 02472
617 972 6490

October 2020

Watertown Food Pantry—80 Mount Auburn Street
Tuesdays 10:00 am — 2:00 pm

Call (617) 972-6490 for Zoom Access Info.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 28 10:00 Zoom Art Class w Dawn Scaltreto 12:30 Zoom Chair Yoga w Diane Shufro	September 29 12:30 Zoom Tai Chi & Meditation w Marie Favorito 02:00 Zoom Line Dancing w Lilia and Bradley	September 30 11:00 Zoom Exercises w Joanna Grubel 02:00 Better Balance & Fall Prevention Strategies w Mary DeCourcey, Mount Auburn Hospital	October 1 09:00 Zoom Pilates w Marina Zaslavskaya 10:30 Zoom Conversation w Tom	12:00 Zoom Seated Strength & Balance w Pearl 1:30 Zoom MellowTones Class w Anne Silverman
10:00 Zoom Art Class w Dawn Scaltreto 12:30 Zoom Chair Yoga w Diane Shufro	12:30 Zoom Tai Chi & Meditation w Marie Favorito 02:00 Zoom Line Dancing w Lilia and Bradley	October 7 10:00 Medicare Open Enrollment w Dan Goldberg, SHINE 11:00 Zoom Exercises w Joanna Grubel 02:00 From Abolition Thru Civil Rights in Music (Part I) with John Clark	October 8 09:00 Zoom Pilates w Marina Zaslavskaya 10:30 Zoom Conversation w Tom	10:00 Zoom Coffee w Anne-Marie 12:00 Zoom Seated Strength & Balance w Pearl 1:30 Zoom MellowTones Class w Anne Silverman
 Center is Closed No Program Activities	September 13 09:30 Zoom Travel Club: Yerevan, Armenia w Sona 12:30 Zoom Tai Chi & Meditation w Marie Favorito 02:00 Zoom Line Dancing w Lilia and Bradley	October 14 09:30 Book Club 11:00 Zoom Exercises w Joanna Grubel 04:00 COA Board Meeting	October 15 09:00 Zoom Pilates w Marina Zaslavskaya 10:30 Zoom Conversation w Tom 1:30 Walk at the Common Street Cemetery with Bob Childs	10:00 Zoom Armenian Cuisine w Naire Rштул 12:00 Zoom Seated Strength & Balance w Pearl 1:30 Zoom MellowTones Class w Anne Silverman
10:00 Zoom Art Class w Dawn Scaltreto 12:30 Zoom Chair Yoga w Diane Shufro	12:30 Zoom Tai Chi & Meditation w Marie Favorito 02:00 Zoom Line Dancing w Lilia and Bradley	October 21 10:00 Zoom Readers Advisory w Emily Levine 11:00 Zoom Exercises w Joanna Grubel 02:00 From Abolition Thru Civil Rights in Music (Part II) with John Clark	October 22 09:00 Zoom Pilates w Marina Zaslavskaya 10:30 Zoom Conversation w Tom 02:00 Zoom Presentation with Carol Berney 12:00 Harvest Lunch Pick Up	12:00 Zoom Seated Strength & Balance w Pearl 1:30 Zoom MellowTones Class w Anne Silverman
10:00 Zoom Art Class w Dawn Scaltreto 12:30 Zoom Chair Yoga w Diane Shufro	September 27 10:00 Zoom Coffee w Chief Lawn & Captain Dupuis 12:30 Zoom Tai Chi & Meditation w Marie Favorito 02:00 Zoom Line Dancing w Lilia and Bradley	October 28 11:00 Zoom Exercises w Joanna Grubel	October 29 09:00 Zoom Pilates w Marina Zaslavskaya 10:30 Zoom Conversation w Tom	10:00 Zoom Armenian Cuisine w Naire Rштул 12:00 Zoom Seated Strength & Balance w Pearl 1:30 Zoom MellowTones Class w Anne Silverman

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Harvest Lunch—COVID-19 Edition! Grab-n-Go!



October brings back lovely memories of our past Harvest parties in the gym! What fun we had! Unfortunately, due to COVID-19, we won't be having our parties this year, but we'd like to have an opportunity to still be festive and see you—from a distance.

We are offering a special boxed lunch from Russo's for \$5.00. The lunch includes a specialty sandwich, grapes, pasta salad, potato chips, cookie and bottled water. The Council on Aging and the Friends of the Watertown Council on Aging will be sharing the cost, to offer this lunch to you for \$5. Order by October 14 by calling the Senior Center at (617) 972-6490. Choice of specialty sandwich to be made at that time.

Then, come by the Senior Center to say hello to the Staff and pick up your boxed lunch outside in a drive-by fashion. Pick up date is Thursday, October 22 from 12:00 pm to 1:30 pm at the Senior Center. We're sorry we can't eat together, but we'll be so happy to see you at this special Grab-n-Go event! Thank you to the Friends of the Watertown Council on Aging for their support!

Happy Fall and hope to see you!

Anne-Marie, Marina, Rae, Margie & Jenna



Be sure to check your permit's expiration date and renew your permit by phone by calling the Senior Center at (617) 972-6490.



Medicare Open Enrollment



SHINE is Available to Help - by phone! Call soon to schedule your phone appointment for any time from October 15 through December 7.

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 October. It is important to understand and save this information because it explains the changes in your plan for 2021.

Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE (Serving Health Insurance Needs of Everyone... on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE phone appointment, call us to schedule a phone appointment with the SHINE counselor.

If you are interested, attend the Zoom webinar conducted by our Shine Counselor Dan Goldberg on Tuesday, October 6, 10 am.



Visit the Library

WFPL is open for browsing. We offer special hours for ages 65+ and those with underlying health conditions every weekday, 9 - 10 AM.

Schedule Curbside Pickup

You can now place holds and schedule a pickup time online at watertownlib.org/pickup. If you are unable to place your order online, give us a call at 617-972-6431.

Online Classes for Adults

We've recorded some of our most popular library classes so you can learn from home, anytime! Here are some popular topics:

- Digital Magazines
- Online Privacy Basics
- Smarter Online Shopping
- Cutting the Cord
- Cloud Storage 101
- iPhone and iPad Basics

Head to watertownlib.org/onlineclasses to watch.



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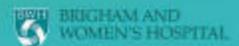
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Are You Ready for Online Banking?

If you are still walking into your local bank to conduct your financial business then this article is for you.

Online banking is more advanced and secure than ever, experts say. And if banking research is accurate, a growing number of boomers and seniors are preferring to manage their money from the couch.

Banking online has added perks: no need for physical challenges to keep you from paying a bill and freedom to conduct transactions anytime and from anywhere where you have internet connection.

- **You can start by learning more about online banking by watching the series of videos developed by the National Council on Aging: <https://www.readysetbank.org/>**
- **Another option is to join the series of Zoom webinars offered by our Senior Center during the next few months. Watch for them in upcoming newsletters.**

Why to consider online banking:

Time and Place Flexibility

You get flexibility and convenience. Online banking allows you to view your account balances, pay your bills, locate ATMs, transfer funds and even deposit checks all while on the go, 24/7. If you can't get to a branch during service hours, online banking gives you alternative ways to handle your banking needs.

Accessible from the smart phone

Ideally, a computer, laptop or tablet with updated security software. If depositing checks from home interests you, a scanner could come in handy. In some cases, you can use your smartphone for depositing checks, too. We will discuss the latter in detail further down.

Full Access to Account Management Tools

If your financial institution also provides personal financial management tools, you'll be able to manage all your banking, credit and financial accounts in one place at your favorite bank or credit union.

Some banks even offer something called text banking, which provides you access to accounts via text (SMS) messages on a mobile phone. It's a fast and easy way to look up account balances or view recent account history.

Online banking Web sites are protected using end-to-end strong encryption technology, which ensures that even if you are using an unsecured wireless access point, the information and data being transferred between your laptop and the bank is completely encrypted and therefore not viewable by a malicious person in between.

Security of access

It is important to understand that there are potential risks associated with using unknown and nonsecure wireless (Wi-Fi) access points. Using and maintaining firewall and antivirus software on your computer is important to keeping safe.

Zoom Contest in September-October

During the months of September and October 2020, every time you enter a Zoom session with your name, we will record your attendance in the My Senior Center system. At the end of the contest, we will put everyone's name who participated, in a hat, and draw 3 lucky winners of a gift card. Call us at (617) 972-6490 if you have any questions or need assistance with Zoom. Good luck!

Does My Living Trust or Estate Plan Need to be Fixed?

Estate Planning & Asset Protection Law Center of
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Even though research shows 86% of plans are outdated, our clients have peace of mind knowing their plans are monitored throughout their lifetime and beyond. We have been helping people protect their home, spouse, family and life savings for generations as members of our "Lifetime and Legacy Protection Program". Beginning with your personalized "19 Point Trust Estate and Asset Protection Review", we will help you identify and fix problems in your plan before it's too late. Statistical averages say that disability is 6 times more likely than death in any given year. Our team has more than 26 years of experience helping people as Elder Law and Asset Protection Attorneys. You will discover where problems may exist in your planning as well as opportunities for improvement by attending one of our free discovery workshops. You will have the peace of mind knowing you have confidently implemented a plan to protect your home, spouse, family and life savings for generations.

Our team has earned an A+ rating with the Better Business Bureau. We are committed to helping you and your family as a member of the Elder Counsel, The National Academy of Elder Law Attorneys, and Wealth Council.

New Secure Act Accelerates Taxes on IRAs, Retirement, and Estate Plans. Do you realize there are exceptions? Did you know Massachusetts taxes your estate over \$1 million but married couples can increase to \$2 million? In our experience, no one wants to pay more in taxes!

ATTENTION: if Your Living Trust or Estate Plan is 3+ Years old it may be outdated! Contact us about a personal 19 Point discovery review session (normally \$975) and schedule your family's Trust, Estate and Asset Protection Review

Get the answers you must have to ENJOY PEACE OF MIND AND BIG SAVINGS
FREE DISCOVERY WORKSHOPS – RESERVATIONS REQUIRED (given virtually during covid-19 pandemic)

To Register: Call Now 781-237-2815, or visit DSullivan.com
or email Education@DSullivan.com to schedule a time to review your concerns and objectives.

Receive a personal consultation (\$475 value) & Receive your personal "19 Point Estate & Asset Protection" review (\$500 value) for attending one of our discovery workshops!



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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Watertown Council on Aging, Watertown 06-5192

SOCIAL SERVICES RESOURCES

Watertown Senior Center

Jenya Kruglyansky, Case Worker
(617) 972-6490

Help for residents 60+ and their families with fuel, housing, food, counseling and other emergency resources. She speaks English and Russian.

Wayside

Jenna Willis, Watertown Social Services Resource Specialist
(617) 744-9585

Help for residents under 60 and families with fuel, housing, food, counseling and other emergency resources.

SENIOR PARKING PERMITS

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

Thank you to the Massachusetts Executive Office of Elder Affairs, Watertown Community Foundation, Marshall Home Fund and the Friends of the COA for their support of the Watertown Council on Aging/Senior Center.

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 – 2:00 PM
Bring proof of Watertown Residency

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

WATERTOWN VETERANS SERVICES

Assistance to veterans and families with Federal and State benefits and services.
Veterans Services Officer (VSO)
Mr. Patrick George
(617) 972-6416

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

Meet the 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

October 2020

Find us on Facebook at www.facebook.com/WatertownMACouncilOnAging

