



Watertown Senior News

April 2020



Watertown Council on Aging Senior Center

31 Marshall Street
Watertown, MA 02472
(617) 972-6490
Monday through Friday
8:30 AM—5:00 PM

Watertown Food Pantry

80 Mount Auburn Street
Watertown, MA 02472
Tuesday 10:00 AM—11:30 AM
Thursday 4:00 PM—6:00 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.

Thank You Volunteers!

April is **National Volunteer Recognition**

Month and we extend our warmest thanks to the many seniors and friends who volunteer their time and talents with the Watertown Senior Center and the Watertown Food Pantry. We are grateful for your assistance and support!

As you review April's offerings, please contact the Senior Center at (617) 972-6490 for information on the status of programs and services, as the threat of Coronavirus (COVID-19) may affect our ability to offer them as planned. For updates on COVID-19, contact the Watertown Health Department.

As we all practice social distancing so as to keep ourselves and neighbors healthy, we at the Senior Center want you to know that you are not alone. Feel free to just call us to say hello and chat. If you'd like to be added to our list of friendly check-in calls, please let us know. Let's stay healthy...and connected!

Looking forward to hearing from you!

Anne-Marie Gagnon



APRIL/MAY 2020 PROGRAMS

Please confirm with us every activity and event 24 hours ahead

Regular and Guest Activities for the Current Month

GAMES:

- Bingo • Rummikubs •
- Cribbage • Chess •
- Whist • Canasta •

EXERCISES:

- Tai Chi • Chair Yoga •
- Mat Yoga •
- Chair Volleyball •
- Line Dancing • Aerobics •
- Strength & Balance •

ARTS:

- Art Classes with Dawn •
- History of the Museum of Russian Icons •

HEALTH & WELLNESS:

- Blood Pressure • Foot Care with Dr. Alper •
- Vigorous Mind •
- AARP Driver Safety •
- Continuum of Services •

GROUPS:

- Knitting • ESL •
- Conversational •
- Book Club •
- TED Talks Discussion •

COUNSELING:

- SHINE • MetroWest Legal Services • AARP Tax Prep •

MUSIC:

- Mellowtones Co-Ed Chorus •
- Armenian Morning •

SOCIAL:

- Public Safety Mornings •
- Movies • Matter of Balance •



Pre-Registration is requested for ALL programs



AARP TAX Assistance

Mondays, Tuesdays, and Fridays by appointment

Volunteers from the AARP Tax Assistance program are back to help low-to-middle income seniors (less than \$60,000) complete a simple tax return (no trusts or rental property, businesses or partnerships). Call the Senior Center at (617) 972-6490 for more information.
Cost: FREE, but donations are accepted



TED Talk with Tom Lewis

Tuesday, Wednesday, April 21, at 1:30 pm

TED Talks are presentations about a topic related to technology, science, entertainment, or design. It's like a college lecture being given by an expert. Anyone can view TED Talks for free on the Internet at www.ted.com and on the TED YouTube channel. Some National Public Radio stations offer the "TED Radio Hour" program, and there's a TED Talks podcast. Come for breakfast to watch and then discuss some TED talks that we have selected this month.

Cost: \$3

Pre-register: Yes!



Non-pharmacological Approach to Brain Wellness with Yuval Malinsky, Vigorous Mind

New Date: Friday, May 1st and 17, at 2:00 pm

Yuval Malinsky, CEO of Vigorous Mind Inc. of Newton, instructor of the Vigorous Mind brain wellness lecture series, will continue lecture series on 5/1, 5/8, 5/15 and 5/22 (the session on 5/22 will start at 10 am.) The series teaches seniors about eight non-pharmacological components of a comprehensive approach to maintaining brain wellness and the science behind them. Those include: **brain stimulation, reducing stress, emotional health, socializing, sense of purpose, physical activity, healthy nutrition and adequate sleep.** In each lecture participants are familiarized with the current understanding of how each component affects the brain. Research studies are presented that support a recommended behavior related to each component. Participants are also engaged in brain stimulating activities and get a handout for each lecture with key points discussed and how to implement them in real life. Sign up for one or all presentations when you register.

Cost: FREE

Pre-register: Yes!

APRIL/MAY 2020 PROGRAMS

Please confirm with us every activity and event 24 hours ahead



Armenian Cultural Morning:

Wednesday, April 22, at 10 am to 12 pm

Come to enjoy with us Armenian food, folk dance, and music, and a short presentation on social and cultural specifics.

Cost: \$7 Pre-register: Starting April 1.



"AARP Driver Safety (DS)" with Fabrien Rosen, AARP DS District Coordinator

April 21, and April 23 at 9:30 am

Join the millions of safer drivers on the roads with the award-winning AARP Smart Driver course—the latest from AARP Driver Safety. AARP enhanced course is based on the latest driver safety research and insights. Take the course online or in a local classroom, where you will learn evidence-based safe driving strategies, and refresh your knowledge of the latest rules and hazards of the road.

Cost: \$15 for AARP members and \$20 for non-members Pre-register: April 1



Drop-In Conversation & Coffee with ESL Volunteer Trainers

Wednesdays at 2 pm

Come to practice conversation and improve your speaking and listening proficiency. No prior registration needed. Call the Senior Center at (617) 972-6490 for more info and MEETING LOCATION.

Cost: FREE Pre-register: No, just stop in.



Continuum of Services with Kimberly Arouth, Chief Executive Officer, VISITING NURSE & COMMUNITY CARE

Thursday, April 30, at 10:00 am

The presentation will focus on services available for those family members in need of home care for a loved one. It will touch upon three levels of service including home health, private pay, and hospice services and the questions to ask when researching home care.

Cost: FREE Pre-register: April 1.

SENIOR SHUTTLE



Armenian Museum of America

Thursday, May 14

Bus leaves from the Senior Center at 11:50 am

The Armenian Museum in Watertown presents the largest and most diverse collection of Armenian objects outside of the Republic of Armenia. The museum provides new experiences for returning visitors as well as those who are new to Armenian culture and history.

Cost: \$10 (Includes Ride and Museum Admission) Pre-register: Yes



Trip To Market Basket-Waltham

Thursday, April 23

Cost: \$2 donation paid to driver. Pre-register: Yes

Watertown seniors only. Space is limited to 16 on each run and 2 wheelchairs, so sign up early.

STRICT 3 BAG LIMIT.

Driver provides limited assistance.

RUN 1: 9:00 am: Leaves from 100 Warren, 55 Waverley or McSherry Gardens.

RUN 2: 10:15 am: Leaves from other locations.

Cost: \$2 donation paid to driver. Pre-register: Yes

CALL (617) 972-6490 to travel today!

And if you have ideas for other trips, please call and ask for Marina to share your suggestions

If financial hardship prevents you from participating in any of our programs, please call and schedule a confidential appointment with Jenya, Case Worker.

COMMUNITY MORNINGS

HEALTH & WELLNESS



DIALOGUE WITH THE DIRECTOR

Thursday, April 9th at 9:00 am

Join Anne-Marie Gagnon, Director of the Watertown Senior Center, for an hour of coffee and conversation.



Coffee with Watertown Police Chief Lawn & Captain Dupuis

Tuesday, April 14th & 28th at 9:30 am

Join us for conversation & coffee in the Lounge.



Coffee with the Watertown Fire Dept.

Thursday April 23th at 10:00 am

Join us for conversation & coffee in the Lounge.



NEW TIME!

FOOT CARE CLINIC with DR. ALPER

Thursday, April 16 from 10:30 to 12:30

Toenails, corns, callus care only. The cost for this service is \$25 payable to Dr. Alper.



BLOOD PRESSURE SCREENING

No service in April

Thursday, May 7 at 10 am

Provided by Mr. Wil VanDinter, RN, Watertown Public Health Nurse. Free.

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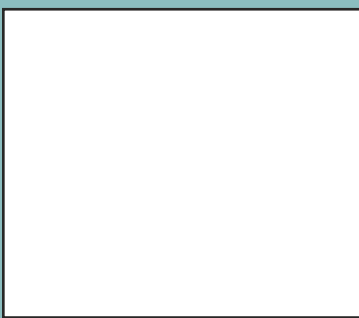


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MOVIE MATINEE, Thursdays at 1:00 PM



04/02 NO MOVIE

04/09 NO MOVIE



04/16 Judy (2019 - Biography, Drama, Romance, PG-13 1h 58min., IMDb 6.9)

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Stars: Renée Zellweger, Jessie Buckley, Finn Wittrock



04/23 The Good Liar (2019 - Crime, Drama, Mystery, R 1h 49min., IMDb 6.5)

Consummate con man Roy Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, worth millions. But this time, what should have been a simple swindle escalates into a cat-and-mouse game with the ultimate stakes. Stars: Helen Mirren, Ian McKellen, Russell Tovey



04/30 Playing with Fire (2019 - Comedy, Family, PG, 1h 36min., IMDb 4.8)

A crew of rugged firefighters meet their match when attempting to rescue three rambunctious kids. Stars: John Cena, Keegan-Michael Key, John Leguizamo.



BOOK CLUB



Wednesday, April 8, at 9:30 AM

Round House is one of the most revered novelists of our time - a brilliant chronicler of Native-American life. It is an exquisitely told story of a boy on the cusp of manhood who seeks justice and understanding in the wake of a terrible crime that upends and forever transforms his family.

Cost: FREE Pre-register: No



Wednesday, May 13, at 9:30 AM

Mary Shelley began writing Frankenstein when she was only eighteen. At once a Gothic thriller, a passionate romance, and a cautionary tale about the dangers of science, Frankenstein tells the story of committed science student Victor Frankenstein. Obsessed with discovering the cause of generation and life and bestowing animation upon lifeless matter, Frankenstein assembles a human being from stolen body parts but; upon bringing it to life, he recoils in horror at the creature's hideousness. Tormented by isolation and loneliness, the once-innocent creature turns to evil and unleashes a campaign of murderous revenge against his creator, Frankenstein.

Cost: FREE Pre-register: No



**High Prescription Drug Costs?
Prescription Advantage May Help!**

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. It also allows qualified applicants to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on *income only* and there is *no asset limit!*

Who can join?

For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

65 or older with an annual income at or less than \$63,800 for a single person or \$86,200 for a married couple

OR

Under 65 with a disability, with an annual income at or less than \$23,989 for a single person or \$32,411 for a married couple.

For Massachusetts residents not eligible for Medicare, who are 65 or older, or under 65 with a disability, Prescription Advantage may provide primary drug coverage.

Call Prescription Advantage to enroll over the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 3. You can apply online by going to www.prescriptionadvantagemma.org.



DROP-IN EXERCISE CLASSES
at the SENIOR CENTER. Pay as you go!
Each class lasts one hour. In the absence
of an instructor, the COA reserves the
right to substitute an offering or cancel
the class. Thank you.

MONDAY EXERCISE at 11:00 AM

Exercise with **Shannon**

Exercises include muscle strengthening, light-stretching, balance and posture improvement, and low-impact aerobics. **Cost: \$3.00**

TUESDAY EXERCISE at 9:30 AM

Exercise with **JoAnna**

Join the fun! Regular exercise can improve circulation, help to strengthen bones, increase muscle mass, reduce joint stiffness, and improve general health. **Cost: \$3.00**

TUESDAY LINE DANCING at 11:15 AM

Join Manny and friends and get up and get moving with this fun bunch!
Cost: \$4.00

WEDNESDAY MAT YOGA at 11:00 AM

Yoga with **Sue**

Bring your own mat and join Sue for this gentle, restful yoga session that promotes strength and agility. **Cost: \$3.00**

THURSDAY CHAIR YOGA at 9:30 AM

Seated Yoga with **Diane** **Cost: \$3.00**

THURSDAY KEEP FIT with JOANNA at 11:00 AM.

Cost \$3.00

NEW! FRIDAY CHAIR VOLLEYBALL at 10:00 AM

Cost: FREE!

FRIDAY TAI CHI for BALANCE with MARIE at 12:30 PM

The regular practice of Tai Chi can help to improve balance and core strength. Try a class to learn more!

Cost: \$4.00

FRIDAY STRENGTH & BALANCE at 2:15 PM

With Pearl **Cost: \$3.00**

Fridays, 2:15 pm

PLEASE NOTE: If a class is canceled and we have enough notice and your info in MySeniorCenter, you may receive a Robo-Call from the Senior Center. The number that comes up on Caller ID is (617) 397-3800, and might be identified as Scam by your smart phone.

TRANSPORTATION

**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. **STRICT 3 BAG LIMIT! No cases of water.** Please show the driver your *My Senior Center* Key Tag. Applications available on the Senior Shuttle. Driver provides limited assistance.

**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.

RIDES 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 - 617-337-2727

www.mbta.com/theride

NEWS FROM THE FRIENDS

*Friends of the Watertown COA Meeting
Thursday, April 9 at 2:00 PM
Watertown Senior Center*

Come and meet some new people and learn how you can help the Friends support the Senior Center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Art Class 11:00 Exercise w Shannon LUNCH M-F at: 11:30 55 Waverley Ave. 12:30 Bridge 1:00 Chess 1:00 AARP TAX Help</p>	<p>COA SHOPPING BUS 31 9:30 Exercise w Joanna 10:00 AARP TAX Help 11:15 Line Dancing w Manny 12:30 Cribbage</p>	<p>COA MALL BUS 1 10:00 SHINE (by appt.) 11:00 Mat Yoga Class w Sue 12:30 Whist / Canasta 12:30 Knitting 2:00 ESL</p>	<p>9:30 Chair Yoga w Diane 2 10:30 Coffee & Conversation 12:00 Rummikubs Game 1:00 No Movie</p>	<p>COA SHOPPING BUS 3 10:00 Bingo 10:00 AARP TAX Help 12:30 Mellowtones 12:30 Tai Chi w Marie</p>
<p>9:30 Art Class 11:00 Exercise w Shannon LUNCH M-F at: 11:30 55 Waverley Ave. 12:30 Bridge 1:00 Chess 1:00 AARP TAX Help</p>	<p>COA SHOPPING BUS 7 9:30 Exercise w Joanna 10:00 AARP TAX Help 11:15 Line Dancing w Manny 12:30 Cribbage</p>	<p>COA MALL BUS 8 9:30 BOOK CLUB 10:30 SHINE (by appt.) 11:00 Mat Yoga Class w Sue 12:30 Whist / Canasta 12:30 Knitting / 2:00 ESL 4:00 COA BOARD MEETING</p>	<p>9:30 Chair Yoga w Diane 9 10:00 Dialogue w Director 11:00 Keep Fit with Joanna 12:00 Rummikubs Game 1:00 No Movie 2:00 Friends of the COA Meeting</p>	<p>COA SHOPPING BUS 10 10:00 Bingo 10:00 AARP TAX Help 12:30 Mellowtones 12:30 Tai Chi w Marie WE CLOSE AT 1 PM GOOD FRIDAY</p>
<p>9:30 Art Class 11:00 Exercise w Shannon LUNCH M-F at: 11:30 55 Waverley Ave. 12:30 Bridge/ 1:00 Chess 1:00 AARP TAX Help</p>	<p>COA SHOPPING BUS 14 9:30 Exercise w Joanna 9:30 Coffee with the Chief 10:00 AARP TAX Help 11:15 Line Dancing w Manny 12:30 Cribbage</p>	<p>COA MALL BUS 15 10:00 NO SHINE 11:00 Mat Yoga Class w Sue 12:30 Whist / Canasta 12:30 Knitting / 2:00 ESL</p>	<p>9:30 Chair Yoga w Diane 16 10:30 Coffee & Conversation 10:30 Foot Care with Dr. Alper 11:00 Keep Fit with Joanna 12:00 Rummikubs Game 1:00 Movie: Judy</p>	<p>COA SHOPPING BUS 17 10:00 Bingo 12:30 Mellowtones 12:30 Tai Chi w Marie 2:15 Strength & Balance</p>
<p>PATRIOTS DAY WE ARE CLOSED</p>	<p>COA SHOPPING BUS 21 9:30 Exercise w Joanna 9:30 AARP Driver Safety 9:30 MetroWest Legal 11:15 Line Dancing w Manny 12:30 Cribbage 1:30 Ted Talk with Tom Lewis</p>	<p>COA MALL BUS 22 10:00 SHINE (by appt.) 10:00 Armenian Morning 11:00 Mat Yoga Class w Sue 12:30 Whist / Canasta 12:30 Knitting / 2:00 ESL</p>	<p>9:30 AARP Driver Safety 23 9:30 Chair Yoga w Diane 10:00 Coffee w the Fire Dept. 10:30 Coffee & Conversation 11:00 Keep Fit with Joanna 12:00 Rummikubs Game 1:00 Movie: The Good Liar</p>	<p>COA SHOPPING BUS 24 10:00 Bingo 12:30 Mellowtones 12:30 Tai Chi w Marie 2:15 Strength & Balance</p>
<p>9:30 Art Class 11:00 Exercise w Shannon LUNCH M-F at: 11:30 55 Waverley Ave. 12:30 Bridge 1:00 Chess</p>	<p>COA SHOPPING BUS 28 9:30 Exercise w Joanna 9:30 Coffee with the Chief 11:15 Line Dancing w Manny 12:30 Cribbage</p>	<p>COA MALL BUS 29 10:00 SHINE (by appt.) 11:00 Mat Yoga Class w Sue 12:30 Whist / Canasta 12:30 Knitting / 2:00 ESL</p>	<p>9:30 Chair Yoga w Diane 30 10:00 Continuum of Services with VNCC 10:30 Coffee & Conversation 11:00 Keep Fit with Joanna 12:00 Rummikubs Game 1:00 Movie: Playing with Fire</p>	<p>COA SHOPPING BUS 1 10:00 Bingo 12:30 Mellowtones 12:30 Tai Chi w Marie 2:00 Brain Wellness with Yuval Malinsky</p>

➤ Reach the Senior Market

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CONTACT

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SHINE NEWS



New Medigap Options

People with original Medicare have the option to enroll in a supplement plan, known as "Medigap". These plans cover some of the gaps in Medicare coverage, such as deductibles, co-pays, and co-insurance. In Massachusetts, people can enroll at any time, with coverage effective the first of the following month.

Prior to this year, Massachusetts had two Medigap options, a Core plan with basic benefits, and Supplement 1, with benefits including coverage of the Part A & B deductibles, co-pays and co-insurance. Due to a change in federal law, people newly eligible for Medicare can no longer enroll in a Medigap plan that covers the Part B deductible (\$198 this year). A new Medigap plan, Supplement 1A, has been added. Supplement 1A is the same as Supplement 1, except that it doesn't cover the Part B deductible. Those newly eligible are limited to a Medigap Core or Supplement 1A plan. Those eligible prior to 2020 can enroll in any of the three plan options.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 4. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



Watertown Food Pantry
80 Mount Auburn Street

Tuesdays
10:00 AM—11:30 AM
Thursdays
4:00 PM—6:00 PM

COMING IN MAY

Museum of Russian Icons with Amy Consalvi,
Tuesday, May 5, at 10:00 am

Amy and her colleague will talk about history of the museum, present number of different collections, will show the slides of artefacts, and will tell anecdotes about collections and exhibitions.

Cost: \$3

Pre-register: Yes, now.

Flowers with Ernie for the Mother's Day
Thursday, May 7, at 10:00 am

Celebrate *Mother's Day* this year with a fresh flower arrangement in pastel color tones made by your own talented hands! Fresh flowers will add beauty and brightness to your home!

Cost: \$10.00

Pre-register: Yes, now.

The Reunion Project with Lora Brody
Tuesday, May 12, at 10:00 am

The *Reunion Project*, created by Brandeis University Women's Studies Research Center scholar, photographer/writer Lora Brody. We hope you will consider being part of her exciting project that uses portrait photographs and writing to allow women (age 65 and older) to travel back in time to have a conversation with their teenage or twenty-something selves. It's easy, fun and, most of all, gives older women a chance to remind others that we still have a lot to share.

Cost: FREE

Pre-register: Starting May 1

TED Talk with Tom Lewis
Wednesday, May 13 at 1:30 pm

Come for breakfast to watch and then discuss some TED talks that we have selected this month.

Cost: \$3

Pre-register: Yes!

Lunch with Tracy McKay, PFLAG
Wednesday, May 19, at 3:30 pm

This workshop will be a conversation on *LGBTQ* issues. A panel of representatives from Greater Boston PFLAG will give context on what the *LGBTQ* community is facing; panel members will share their personal stories and will answer questions regarding sexual orientation, and gender expression.

Cost: \$3

Pre-register: Starting May 1

Readers Advisory Circle with Emily Levine, Reference Librarian
Wednesday, May 27, at 10:00 am

Join Reference Librarian Emily from the Watertown Free Public Library for Readers' Advisory Circle! Emily will help you find your next favorite read by reviewing popular titles. If you want suggestions for books based on titles you have previously enjoyed, come armed with a couple of your favorites. Otherwise, come talk about books you have liked, and listen about some others that you may enjoy! Cost: FREE

Pre-register:

Starting May 1



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Watertown Council on Aging, Watertown 06-5192

COMMUNITY WELLNESS



Cure for Loneliness...

More than 40 percent of seniors regularly experience loneliness, according to a University of California, San Francisco (UCSF) study.

According to research, *loneliness increases the likelihood of mortality*, lonely individuals have an increased chance of developing *clinical dementia*. Lacking social connections is as damaging to health—people who feel lonely report more *severe symptoms of the common cold*. Given the consequences of loneliness, many in the healthcare industry have recommended that it be diagnosed and treated with the same rigor applied to any other disease or chronic condition.

On the contrary, the *sense of belongingness* and continuous involvement in community activities have a *positive impact* on the mental and physical health and longevity of older adults. Having *hobbies* and *learning* something new, being involved in group activities -- *dancing, singing, doing arts, crocheting, and knitting* -- has a positive impact on senior wellness. Weekly classes can become a *routine, and habits* can provide a *sense of comfort* and *connectedness*. Yoga, martial art, exercising, and dancing are supposed to combine *increased muscular power* and *improved heart function*. Those activities have a proven positive effect on memory; they also make us happier by encouraging the release of *endorphins*, which are the 'happy' chemicals in the brain.

The Senior Center can be the cure! Call us and sign up for several upcoming activities and exercises. We always need volunteers who would be willing to help with the phone calls, small administrative tasks at the office, and greeting people. Please don't wait to feel lonely -- call us instead: 617 972 6490.

Watertown Senior Center Staff

COMMUNITY WELLNESS

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:

- Wash your hands often** with soap and warm water, or use an alcohol-based hand sanitizer.
- Avoid touching** your eyes, nose and mouth.
- Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Stay home if you are sick** and avoid close contact with others.
- Think ahead** about how to take care of yourself and your loved ones. Visit mass.gov/KnowPlanPrepare for preparedness tips.

For more, visit: www.mass.gov/2019coronavirus



The Watertown Health Department, Watertown Council On Aging, and the Watertown Veteran's Services are looking to help the senior citizen veterans of the town receive various services which they may be in need of.

Do you need:



- Home repairs?
- Transportation services?
- Help managing your finances?
- Or access to medical care?

If you do and you are military veteran, we would like to hear from you! We have a quick survey which will help us find out how we can help you.

Please stop by or call the Watertown Health Department for more information regarding our survey at:

149 Main St., Watertown, MA 02472

Phone number: 617 - 972 - 6446

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

Estate Planning & Asset Protection Law Center of
DENNIS SULLIVAN & ASSOCIATES



Even though research shows 86% of plans are outdated, our clients have peace of mind knowing we continually monitor their plans throughout life. We have been helping families protect their homes, spouse, family and life savings for generations because of our "Lifetime and Legacy Protection Plan". Our unique "19 Point Trust Estate and Asset Protection Review" helps you identify and fix problems before it's too late. Our Law Center has over 42 years of experience both as Estate and Asset Protection Attorneys, as well as Certified Public Accountants. You can discover more about this unique "19 Point Review" and our "Lifetime Protection Plan" by attending one of our free workshops listed below.

We have an A+ rating with the Better Business Bureau, and are proud members of Elder Counsel, The National Academy of Elder Law Attorneys, Massachusetts Society of CPAs and The Wealth Counsel. We possess the knowledge, tools, contacts, and expertise to guide you to peace of mind for your lifetime and beyond.

New Secure Act Accelerations Taxes on IRAs, Retirement, and Estate Plans.

Did you know Massachusetts taxes your estate over one million but married couples can increase it to 2 million? Act now!

ATTENTION: if Your Living Trust or Estate Plan is 3+ Years old it may be outdated!

Contact us about a personalized complimentary discovery review session (normally \$750)

To schedule your family's Trust, Estate and Asset Protection Review

Call 800-964-4295 (24/7) or visit Dsullivan.com to register online.

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com



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 – 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.
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

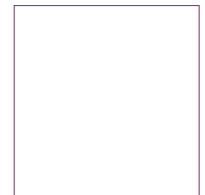
WATERTOWN SENIOR CENTER

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



April 2020 News!

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

