

SENIOR NOTES

Belmont Council on Aging

266 Beech Street, Belmont, MA 02478

Monday - Friday 8 a.m. - 4 p.m.; Tuesday 8 a.m. - 7 p.m.

(617) 993-2970

www.BeechStreetCenter.org

June 2021

FRONT DESK

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Administrative Assistant

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Tech Sharing Facilitator

Roy Elliott

Lead Custodian

NEW!! PROGRAM AND EVENT LINE

617-993-2976

HOME DELIVERED MEALS

617-926-4100

Please do not send confidential information in e-mails.

E-mails to and from the Council on Aging and its staff become public records!



NEW DATE!!! MEET AND GREET WITH BELMONT'S NEW FIRE CHIEF
Friday, June 4 at 10 a.m.

Please join us in welcoming new Belmont Fire Chief David DeStefano. Chief DeStefano officially started in his role on March 15th and recently retired from the North Providence Fire Department as a Battalion Chief after 32 years of service. He's been a Rhode Island Fire Academy instructor and curriculum developer for 22 years and has taught for the Rhode Island Emergency Management Agency. This event is a wonderful opportunity to learn more about the Chief and the Belmont Fire Department. Please come with any questions you may have for the Chief as well. This program is in-person. Please call 617-993-2976 to register for this program.

Happy Father's Day! Let's Get Grilling with Roberta Hing
Thursday, June 17th from 11-1 p.m.

Cooking outside is a great way to ease back into social gatherings, and this outdoor class will get you started. Chef Roberta Hing will demonstrate basic grilling techniques along with some of her favorite recipes. The class starts with Grilled Vegetables that you might not expect. We will follow with a tender and juicy Pork Tenderloin with a quick and flavorful marinade. Did you know that you can make Grilled Pizza? Learn to make the perfect crispy crust without heating up your kitchen. At the end of the class, we'll get to eat the fruits of our labor, and you'll be well prepared to impress your guests at your next backyard barbecue. This class is limited to 12 participants. Cost: \$15 please call 617-993-2976 to register. This program is in person! We welcome people to come by and watch the demonstration.



Movie Stars: Paul Newman & Joanne Woodward: First Couple of the Screen
Virtually Presented by: Max Alvarez
Monday, June 21 at 2 p.m.

Please join fellow Beech Street Center members for a fun virtual film lecture hosted by film historian Max Alvarez. We'll be starting our film lectures with famous Hollywood couple Paul Newman and Joanne Woodward. Max Alvarez has been delivering talks on cinema history for over two decades. A former entertainment journalist and Washington, D.C. museum film curator, his previous books include "The Crime Films of Anthony Mann" (University Press of Mississippi) and his significant contribution to "Thornton Wilder/New Perspectives" (Northwestern University Press). Max's latest book, "The Cinéophile's Guide to the Great Age of Cinema," highlights 9 essential 20th-century movie directors and three key film genres for film lovers to discover, rediscover, and explore. Please call 617-993-2976 to register for this event and we'll send the Zoom link. Cost: free, but donations towards this program are appreciated.



Directors Report

If there is one thing that we can count on the older we become, it is change. And that condition is what we're facing as the nation and the Town are transitioning from pandemic restrictions to reopening. So naturally, many of you have been asking: "When will the center re-open?" And you have been wonderfully patient with the answer I've given until now, which has been "When it's safe to do so." Now my answer is more complicated. We can see a point of reopening on the horizon given the new orders by the Governor. Yet....As much as we are excited at the prospect of reopening and providing the range of activities indoors that we did before March 2020, we have to plan carefully and well for that time. As of this writing, the state has not issued guidance on mask-wearing and other matters with senior centers in mind, and this is key on to how to plan. In addition, volunteers who returned their surveys to us indicate that they do not yet feel comfortable with returning to work. The lack of that part of our workforce and a severe shortage of custodial staff in the Town at this time will make the process of reopening slower, especially since we want all procedures to be in place and ensure smooth functioning of the center when our doors do open.



We have investigated day trips available over the summer. However, our travel partners and vendors are not prepared, so that the first trip will be held in August.

We have begun and are ramping up for more small group meetings, events, and fitness classes to meet outdoors in June. Please review all the offerings in these pages. We have available a special outdoor trash receptacle with sanitized wipes on top of it for your convenience. Since summer is upon us, I ask that you bring filled water bottles to any and all programs here. We have our companion bathroom indoors available to anyone who needs to use the restroom while you are enjoying activities outdoors.

When this newsletter reaches you, Town Meeting will be deliberating the budget for Fiscal Year 2022 and starting July 1. We do not anticipate any reductions to our budget, but we do not expect any increases either. We are delighted to report that Belmont has been recertified as an Age-Friendly town until May of 2024. We were recertified at this time because the Age-Friendly Advisory Council to the Town, for which I was a facilitator, produced an Action Plan to help make the Town a more pleasant and inviting place for people to age in. This was an effort that took over a year and resulted from hard work by its members. A hearty thanks goes to all the Council members. They are Heidi Barberio, Programs Coordinator, Recreation Department, Wesley Chin, Director, Health Department Lt. Kristin Daley, Community Resource Office, Police Department, Tim Flood, Special Education, and Disabilities Advocate, Community Member/Chair, Belmont SEPAC, Bev Freeman, Council Secretary and Member of the League of Women's Voters, Wayne Haley, Assistant Chief, Fire Department, Alice Melnikoff, Community Service Coordinator, High School Susan Polit, Social Work Aging Specialist, Judy Singler, Member, Housing Trust, Peter Struzziero, Director, Library, Eileen J. Tell, CEO, ET Consulting (Resident-at-large member) Wes Chin, Director, Health Department.

The Action Plan will be made available on the Town's website.

I hope to see more and more of you as restrictions for meetings are eased soon.

With best wishes,

Nava



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WHAT SERVICES ARE WE PROVIDING?

- Town Hall and other municipal buildings in Belmont will open to the public as of June 1. Due to the covid -19 vulnerable population that the Beech Street Center serves, the center remains closed to the public until further notice. Many services are now available by appointment. The center can be reached for essential services over the phone. Key phone numbers include Transportation: 617-993-2989, Social Services: Janet Amdur 617-993-2983, Volunteer: Marie Poore 617-993-2979.
- Transportation services-Transportation bookings and ride service are working at capacity. As a result, the volunteer driver program remains suspended until further notice. However, several new options for transportation beyond our service area have opened up.
- For up to date local COVID-19 information, please visit the Town of Belmont's website <https://www.belmont-ma.gov/home/urgent-alerts/covid-19-information-for-the-town-of-belmont-find-all-updates-here>
- Our social work team is available to find resources for a variety of services that you might need. Call 617 993 2983 or 617 993 2975. Regularly scheduled well-being checks over the phone are available.
- We continue to provide Springwell lunches five days a week as a grab & go option or delivery to your homes. PLEASE CONTACT 617-993-2994 if you're interested in signing up for the meal program. In addition, our friends from Food Link in Arlington are providing fresh fruit and produce for us every Tuesday. Lunch program participants who have their lunches delivered get an additional bag of fruit, vegetables, or bread on Tuesdays. Those who pick up their lunches can take some fruit, vegetables, and other foods left in boxes outside the center on Tuesdays from 12-1 PM.
- A note about our classes and programs: our Facebook page and the Belmont Media Center will feature videos at different times. Please call Dana Leavitt at 617-993-2977 for a schedule of programs. They will vary as it takes time for videos to be created by the instructors; we appreciate your patience in advance! Please note we ask that you contribute \$4 (more if you can, less if you can't) per class and send in payment to the center. Thank you in advance for your understanding and payments. Please make checks payable to "The Town of Belmont." These contributions can be mailed to the Beech Street Center at 266 Beech Street Belmont, MA 02478.
- Please note that we are providing outdoor activities and programs. Look over these pages for these offerings.

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PROFESSIONAL SERVICES

State Rep. Dave Rogers' Office. No meeting in June. Please contact Representative Roger's office at (617) 722-263.

State Senator Will Brownsberger's Office. No meeting in June. Please contact Senator Brownsberger's office at (617) 722-1280.

Legal Clinic. New! Appointments via Zoom! We're excited to resume our legal clinic with attorney Stephanie Ozahowski from Metrowest Legal Services. Tuesday, June 8 from 1-3PM. Please contact 617-993-2977 if you would like to register.

Notary Public. By Appointment. Please call Dottie Boyle at 617-993-2978.

SHINE Health Insurance Counseling. This service is via telephone. To arrange a call from the SHINE Counselor, please call 617-993-2970 for pre-screening. SHINE is a free service with highly trained, impartial counselors for Medicare beneficiaries and caregivers. Cost: Free.

Drop-In Social Work Hour. NO MEETING JUNE

COMPUTER TOPICS

LEARN ZOOM!! Classes and programs made available through Zoom are in the works. We're fortunate enough that our computer tutor Dan Siagel If you are interested in learning more by telephone about Zoom and how you can use it at home, please contact Dana Leavitt at 617-993-2977.



OTHER SERVICES

Transportation—Belmont residents over the age of 60 or adults with disabilities are eligible for trips around Belmont and to medical appointments. Reservation required: 617-993-2980. \$2 suggested each way.

- **Market Basket:** Thursdays, June 3 and 17 8:30 a.m. with 90 minutes to shop.
- **Star Market:** Tuesdays and Fridays at 8:30 a.m. with 1 hour to shop.

ARTS & ADULT EDUCATION

NEW!! OUTDOOR MEETING!! Page Turners Book Club: "To Free a Family: The Journey of Mary Walker" by Sydney Nathans Friday, June 11 at 11 a.m. Please contact Dana Bickelman at 617-993-2977 for more information on how to join.

VIA ZOOM! Intermediate and Advanced French Fridays. Every Friday from 10-11 a.m. Please contact Dana Leavitt at 617-993-2977 or e-mail Dleavitt@belmont-ma.gov for Zoom information.

GAMES & INFORMAL GROUPS

VIA ZOOM Knitting Group: Mondays 10-12 p.m. Please contact Dana Leavitt at 617-993-2977 for more information on how to join.

Are you on Facebook? If so, make sure to give the Beech Street Center a like!

Friends of Belmont COA Scholarship Program If you face hardship paying for a class, a Friends of the COA scholarship may be able to help. Please call on Nava Niv-Vogel 617-993-2975 for a confidential meeting to see if you are eligible for discounted or free classes. Scholarships are also available for our fitness room and other programs.

New Transportation Options for Belmont Seniors

Any seniors looking to book rides outside our coverage area now have two new options. First, they can book a ride directly through Alternative Transportation at 857 364 6570.



Alternative Transportation can handle wheelchairs and anyone who has mobility issues. There is NO cost to use this service.

Also, The Belmont Council on Aging is partnering with Belmont Taxi. Belmont Taxi is curb to curb and doesn't offer any assistance. All rides have to be booked through Marty Cloherty. Seniors cannot call Belmont Taxi directly to book a ride. Both options will help fill the void of locations we don't serve.

Again, there is NO cost to use either service. Please refer anyone looking for a long-distance medical ride to Marty at 617-993-2989.

Parking Permits for Belmont Seniors

Registration for parking permits continues to be available to all seniors over 65. For the price of \$5, seniors will be able to park for free at any of the metered spots and municipal parking lots of the Town for 2 hours each trip. The permit will be in effect through the end of 2021. Continuation of the program in 2022 will be evaluated at that time. To qualify, proof of residency and age are required at the time of your appointment. If you are already a registered user of the center, you do not have to provide any IDs. You will still need to bring the registration card of your vehicle to your appointment. To apply, call Dorothy Boyle at 617-993-2978, and leave a voicemail message after the prompt. Do not forget to provide a call-back number.



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BEECH STREET CENTER CONNECTIONS



Tai Chi is back! We'll be offering outdoor Tai Chi with Calvin Chin starting in June. Mondays at 10 a.m. on-site at the center. Learn essential forms of Tai Chi to help improve balance, posture and reduce stress. Studies have shown that seniors doing Tai Chi can benefit from increased circulation and lowered blood pressure. Calvin Chin teaches Wu-style Tai Chi, the same movements he teaches to seniors at Calvin Chin's Martial Arts Academy in Newton Highlands, MA. If you're interested in joining, please call our programs and events line at 617-993-2976 for more information on how to register.

We are working very hard to coordinate outdoor fitness classes to bring our members back together! Your patience is appreciated to coordinate with our instructors on how to meet everyone's needs best. Right now, we plan to bring back both chair yoga classes with Carol Wilson and John Hunt, Zumba with Veronica Kolb, and a variety of classes with Susan Barbato. But, again, we're all adjusting to a new "normal." We understand that many of our members enjoy virtual fitness classes, and we would like to continue offering that as an option for people. If you have any questions about fitness classes or ideas, please call 617-993-2976, and someone will get back to you.



YOU CAN ALSO FIND OUR CLASSES ONLINE AND BROADCAST THROUGH THE BELMONT MEDIA CENTER

We are regularly posting classes, events, and activities on our Facebook page, as well as through the Belmont Media Center on channels 9 or 29, and 2130.

Breakfast with Presentation Rehabilitation & Skilled Care Center Wednesday, June 2 at 9:30 a.m.

Meet and learn more about Presentation Rehabilitation and Skilled Care Center located in Brighton. Breakfast will consist of fresh fruit, yogurt parfait, assorted breakfast bread (pastries, muffins, bagels, etc.), and orange juice. Presentation rehab has both Short-term Skilled Rehab and Long-term Care availability, renovated private rooms with expanded Rehab Therapy Gym with model apartment, a Russian Welcome Program, along with an evening Customer Service Liaison supporting new admissions and families. They are pleased to be a collaborative care setting for the Steward ACO Preferred Network. This in-person event is limited to 30 people. You must call and register at 617-993-2976. You will get a call back to confirm that you are registered.



Talk with the Doc: Presentation on Dementia A Virtual Health Education Talk Presented by Kady Goldlist, MD The Quimby Center for Geriatric Care at Mount Auburn Hospital Tuesday, June 8 from 11-12 p.m.



Dr. Kady Goldlist will review dementia (including Alzheimer's Disease) with early signs and diagnosis information. Are there ways to help us prevent dementia? What should you do if you are concerned about memory loss in yourself or a loved one? Who makes the dementia diagnosis? How do we slow down the progression of dementia? There will be time for discussion and questions. Please contact Dana Bickelman at 671-993-2977 for Zoom information. Cost: Free.



BEECH STREET CENTER CONNECTIONS

LAST NAME 姓 _____ FIRST 名字 _____ Phone _____ Date _____
 SPRINGWELL NUTRITION: JUNE 2021 Lunch Menu - Belmont Senior Center | 617-993-2970 | 266 Beech Street, Belmont, MA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Please call your lunch reservations by 11 a.m. two business days before. If you would like to cancel your meal reservation, please call by 11 a.m. two business days before. • \$2.00 Suggested donation per meal. • *Indicates high sodium. • YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>					
<p>1. Chicken Cacciatore Italian Roasted Potatoes Spinach Low Sodium Wheat Bread Tropical Fruit</p>	<p>2. Broccoli Mushroom Frittata Steamed Tomatoes Red Bliss Potatoes Snack and Muffin Loaf Fresh Fruit Watermelon Cubes</p>	<p>3. Pot Roast w/Jardiniere Gravy Mashed Potatoes, Fresh Broccoli Cracked Wheat Multigrain Oat Top Bread Chocolate Chip Cookie</p>	<p>4. Lentil Stew Tossed Garden Salad Ranch Dressing Green Beans Whole Wheat Bread Fruit Mix</p>		
<p>7. Stuffed Shells w/Tomato Sauce Chicken Meatball Italian Blend Vegetable Low Sodium Wheat Bread Taploca Pudding w/Topping</p>	<p>8. Spinach Cheese Omelet Sweet Potato Wedges Fresh Eggplant Ratatouille Snack and Loaf Muffin Applesauce</p>	<p>9. Baked Fish Filouder w/Butter Crumbled Topping Lemon Wedge, Orzo Pilaf Mixed Vegetables Low Sodium Wheat Bread Mandarin Oranges</p>	<p>10. Chicken Broccoli Penne Alfredo Tuscan Blend Vegetables Tossed Garden Salad Lite Italian Dressing Whole Wheat Roll Ambrosia</p>	<p>11. Hot Dog Kayem *** Baked Beans Cole Slaw Hot Dog Roll Ketchup, Mustard, Relish Fresh Fruit Plum</p>	
<p>14. Creole Fish w/Creole Sauce Sweet Potato Wedges Collard Greens & Onion Low Sodium Wheat Bread Fresh Fruit Pear</p>	<p>15. Chicken Vegetable Stir-Fry White Rice Low Sodium Wheat Bread Mandarin Oranges Holiday frozen meal for 6/18 will be sent today.</p>	<p>16. Meatloaf(Beef)/w/Low Sodium Brown Gravy Mashed Potatoes Country Blend Vegetables Low Sodium Wheat Bread Ambrosia</p>	<p>17. Father's Day Special Italian Pot Roast Italian Red Roast Potatoes Jardiniere Vegetable Blend Whole Wheat Roll Boston Cream Cup w/Topping</p>	<p>18. NO MEAL SERVICE TODAY</p>	
<p>21. Roast Turkey w/Gravy Cranberry Sauce Mashed Potatoes Carrots Snack and Loaf Muffin Apple Cranberry Crisp</p>	<p>22. Chicken Paprika Whipped Sweet Potato Fresh Zucchini Low Sodium Wheat Bread Fruit Mix</p>	<p>23. Salmon Loin Lemon Dill Sauce Green & Wax Beans Orzo Pilaf Low Sodium Wheat Bread Chocolate Chip Cookie</p>	<p>24. Sweet and Sour Meatballs Fried Rice Oriental Mix Vegetables Low Sodium Wheat Bread Chocolate Pudding w/Topping</p>	<p>25. Crumb Topped Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll Fresh Fruit Orange</p>	
<p>28. Breaded Alaskan Pollock Tartar Sauce Whipped Butternut Squash Green Beans & Red Peppers Snack and Loaf Muffin Ambrosia</p>	<p>29. BBQ Pulled Pork Potato Salad Fiesta Blend Low Sodium Hamburger Roll Mandarin Oranges Holiday frozen meal for 7/5 will be sent today.</p>	<p>30. Greek Chicken Rice Pilaf Brown Orzo Fresh Zucchini & Summer Squash Whole Wheat Roll Tropical Fruit</p>	<p>FOOD ALLERGIES Review menus carefully to identify those meals that contain items you are allergic to and notify the site staff. Don't hesitate to call the Springwell Dietitian at (617) 926-4100 if you need help identifying the ingredients of a meal. Please be sure to only order those menu items which do not present a problem for you. Springwell does not keep track of individual allergies and has no way of knowing what you are allergic to.</p>		
<p>Hot Meal Re-Heating Instructions Conventional oven • Consumers should freeze meals if not consume right away. Follow the frozen meal re-heating instructions • Peel back the plastic lid to vent or silt film in each section. • Re-heat on a cookie sheet and set oven at 350 degrees F. for 10 minutes. Microwave oven • Re-heat meal in microwave 2 to 3 minutes maximum on high.</p>		<p>Chilled Meal Re-Heating Instructions Conventional oven • Eat or refrigerate immediately. • Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven • Reheat in microwave on high for 2 to 3 minutes • Peel back corner to vent • Do not reheat in toaster oven.</p>		<p>Frozen Meal Re-Heating Instructions Conventional oven • Peel back the plastic lid to vent or silt film in section • Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum. Microwave oven • Heat frozen meal in microwave 3-5 minutes maximum on high</p>	



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BEECH STREET CENTER CONNECTIONS



Honoring Juneteenth with the Belmont Public Library
Movie Screening: Tuesday, June 22 at 6:30 p.m. followed by a discussion on Tuesday, June 29 at 6 p.m.

Juneteenth is a holiday to commemorate the emancipation of enslaved people in the United States. The Beech Street Center is partnering with the Belmont Public Library to honor this important holiday with a special movie followed by a discussion. You may watch the movie on your own or watch it with others. For more information about the movie or on how to register, please call 617-993-2977. Moving screen and discussion will both be held on-line.

How to Talk to Your Doctor and Be Your Own Advocate.” Presented by: Lynn Croft
Thursday, June 24 at 1:15 p.m.

In the current healthcare environment, patients must learn to become their own advocates. Lynn Croft is a Professional Healthcare Advocate. Her program not only educates with the keys to better communication but includes helpful handouts that can be used as guides. Her goal is to educate the public for better outcomes from their physician visits! Lynn Croft is a Professional Healthcare Advocate who educates about Healthcare Advocacy and offers presentations on how to be your own advocate and healthy aging. You can learn more at www.Advocating4YourHealth.com Please call 617-993-2976 to register for this on-line event.



“I love you from my head to my tomatoes”
Pride Month Celebration with Nutritionist Allegra Egizi
Monday, June 28 at 11 a.m.

Join fellow Beech Street Center members for a fun way to celebrate pride month! Boston-based Registered Dietitian Nutritionist Allegra Egizi will stop by for a fun way to help us enjoy all the colors of the rainbow with fruits and vegetables. In addition, we'll learn some fun and exciting ways to incorporate all our favorite at home. Allegra Egizi, MS RDN LDN, is passionate about helping her clients establish genuinely healthy food, movement, and body relationships. Her specialties include eating disorders, disordered eating, meal planning, and sports nutrition, and the management of certain chronic diseases and GI conditions. She takes a holistic, non-diet approach to her work while providing guidance based on the latest scientific evidence. Outside of her work, Allegra loves to explore Boston, find new running routes, drink coffee, and spend time with her family on the North Shore. Please make sure you register by call 617-993-2976. Cost: Free, but donations towards the program are appreciated. This event will be held in-person.



Stay, Daughter A Memoir Of Muslim Girlhood By Yasmin Azad
Tuesday, June 29 at 11 a.m.

The Beech Street Center is excited to welcome local author Yasmin Azad. Yasmin will present her book “ Stay, Daughter A Memoir of Muslim Girlhood. Yasmin Azad was born and raised in Ceylon (now called Sri Lanka). Since moving to the United States in her twenties, she has lived in the Boston area, where she worked for many years as a mental health counselor. Her memoir, Stay, Daughter, is about her growing up in a traditional Muslim community that struggled with the impact of Westernization. Her work has been published in Solstice Magazine and The Massachusetts Review. Please call 617-993-2976 to register. This event will be held in person.





Past, present, and future volunteers are the essential backbone of our center. Since closing in March of 2020 at the beginning of the pandemic, we have been through many changes; one thing that hasn't changed is our need for volunteers. We're so lucky to have all of you! Helping us from the beginning when there are so many unanswered questions, assisting answer the phones, new volunteers coming on board to help our programs operate so smoothly, and the volunteers who are ready to come back when we can safely open our doors. To you all, from the bottom of our hearts, we say thank you!

BEECH STREET CENTER CONNECTIONS

Hot Topics is Back! Tuesdays at 10 a.m. outdoor meeting!



Would you like to weigh in on the issues of the day? If so, Hot Topics might be right up your alley! Lively discussions, differing perspectives, and a wealth of information from members make for an interesting experience! Please join us!

Decluttering Self Help Support Group Weekly, Thursdays, 1:00-2:15 PM

Zoom meetings June through September

For those who struggle with finding the motivation to declutter, and would benefit from attending a weekly supportive group. Set personal goals, seek encouragement, provide support to others, gain from others experiences and tips. Some meetings will be sorting sessions, bring items to sort through. Our peer group has met together for many years and welcomes new members ready to live a life less cluttered!

Call for an Intake to sign up or for more information: Janet, 617 993-2983

Medicare Questions?

SHINE can Help!

The SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program offers free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE phone appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636, then press 4.



Reminder: Welcome to Medicare Virtual Event – June 23, 2021

If you're new to Medicare, this free event is for you! (go to shiphelp.org to register)

Looking Back: Catch up with what you missed at the Beech Street Center

Looking Back highlights past events and presentations we've recorded jointly with the Belmont Media Center and made available for viewing on the Internet.

On February 5, 2021, Massachusetts Historical Society Research Director Kanisorn Wongsrichanalai presented "A History of African Americans in the U.S. Civil War," highlighted with pertinent items from the Massachusetts Historical Society's collection.

Please take the time to *Look Back* to a brief but detailed and insightful chronicle of the suffering and bravery of the African-American people during our Civil War — a people whose fate has always been so central to our nation's quest to fulfill the founding principles of opportunity and justice for all.



You can view this video and many other Beech Street Center Special Events and Series at <https://belmontmedia.org/watch/beeceh-street-center-special-events-series>.



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- Provide resource information and help you to **access services**.
- Set-up and **manage in-home care**.
- **Connect you** to community lunch options or home-delivered meals, if needed.
- Provide support and resources to **caregivers**.
- Assist with **long-term planning**.
- Facilitate **family decision-making**.
- **Monitor care** – at home, in a rehab, or in an assisted living facility.

Whether you need us today, tomorrow, or next year,
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here for you and your family.



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- Meet other club members and enjoy socializing
- Learn about new science related to brain wellness
- Stimulate your brain with science-based group brain exercises
- Enjoy enriching activities related to music, nature and art
- Have fun reminiscing and taking virtual tours around the world

The first club will start on Friday, April 16, 2021 and will be run via Zoom by Yuval Malinsky, CEO of Vigorous Mind, Inc. To register go to: www.vigorousmind.com or call 617-244-2644

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