City of Gloucester, Massachusetts
Sefatia Romeo Theken
MAYOR

COASTLINE NEWS

Gloucester Council on Aging
6 Manuel F. Lewis Street

Elise Sinagra, Director
Michael Feeney, Newsletter Distributor

May 2021

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FRIENDS MEET THE SECOND WEDNESDAY
OF THE MONTH AT 8:00 A.M.

OFFICIAL PROCLAMATION

Older Americans' Month 2021

"Communities of Strength"

Whereas, Gloucester includes a growing number of older Americans who have built resilience and strength over their lives through successes and difficulties; and therefore who exemplify

"Communities of Strength" and

Whereas, Gloucester benefits when people of all ages, abilities, and backgrounds are included and encouraged to share their successes and stories of resilience; and

Whereas, Gloucester recognizes our need to nurture ourselves, reinforce our strength, and continue to thrive in times of both joy and difficulty; and

Whereas, Gloucester can foster communities of strength by:

- creating opportunities to share stories and learn from each other;
- engaging older adults through education, recreation, and service; and
- encouraging people of all ages to celebrate connections and resilience.

Therefore, I, Sefatia Romeo Theken, Mayor of the city of Gloucester, Massachusetts; do hereby proclaim May 2021 to be Older Americans Month. I urge every resident to recognize older adults and the people who support them as essential contributors to the strength of our community.

Given under my hand and the seal of the City of Gloucester, this First day of May 2021.

Hon. Sefatia Romeo Theken

Greetings!

IT'S TIME TO CELEBRATE! This month we celebrate YOU because May is Older Americans Month. This year's theme is "Communities of Strength" which couldn't be more appropriate for our awesome Gloucester seniors. The Mayor's proclamation above says it all but we're going to say even more to celebrate YOU in these pages. Nobody deserves it more. Please enjoy the inspiring stories inside and sign up for special events and offerings intended to make your May a little brighter.

Happy Older Americans Month!
Elise Sinagra, Director of Elder Services

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Your support in any amount is sincerely appreciated by the Friends of the Gloucester Council on Aging.

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Older Americans contribute to the strength of our community in so many ways! We're happy to highlight some of great things our community enjoys because of the contributions of Older Americans.

We're kicking off the Older Americans Month festivities with a **SPECIAL MUSICAL PERFORMANCE** on our new **Cape Ann Virtual Senior Center on local cable channel 67**. This fun and celebratory performance is made possible by the expertise of the 4 Older Americans pictured here: the Gloucester Council on Aging's own resident Videographer, **Jennifer Lee Levitz**, shown here displaying her skills as she readies the video equipment to capture the talent of local favorite musicians (pictured R to L) **David Benjamin, Ken Steiner, and John Hicks.**

Catch the premiere of this special musical performance at 1:00 p.m. on Thursday, May 6th on channel 67.

If you'd like to enjoy a fantastic lunch to lead you into this performance, just call the Rose Baker Senior Center at 978-325-5800 to request the special **PARMESAN CRUSTED CHICKEN GRAB & GO LUNCH.** And if dancing to the show gets you too tired to cook dinner, we'll even hook you up with dinner that night!

See page 7 for full details of May's Special Meal offerings then get your dancing shoes ready and clear yourself a dance floor. You're going to want to move to the hot and smooth sounds of the multi-talented **Benjamin, Steiner, Hicks Trio**.

This OAM, we celebrate the strength of older adults with special emphasis on the power of connection and engagement in building strong communities.

Here is a small sample of some of the ways in which our amazing older adults contribute to the community:

The Senior Center's legendary namesake, Rose Baker contributed to the community with perseverance and tenacity to bring seniors comfort, care, company and kindness. Her indomitable spirit lives on in everything we do at the **Rose Baker Senior Center.**

Sustenance with a smile! The **Meals on Wheels** program could not operate without the countless Older Americans who cheerfully volunteer each day.

Maria O'Brien is one of the many Older American volunteers for **Generous Gardeners** - pictured here pitching in to bring us the amazing feast for the eyes that the entire community gets to enjoy as we stroll or simply drive past Gloucester's iconic boulevard.

Pictured above is our very own resident green thumb volunteer, Peter Denigris who keeps our plants healthy, vibrant, and in bloom here at the **Rose Baker Senior Center.**
Thank you Peter!

The Senior Center's Art Program participants contribute these adorable dolls to **Pathways for Children.**

Stay Young at Heart Through Art

A MESSAGE FROM THE ROSE BAKER SENIOR CENTER ART PROGRAM

Recently, a friend sent me the following list of five good reasons for embracing art. Worth sharing...here they are:

Art Generates A Love For Learning & Creativity:
Art is an opportunity to explore exciting new possibilities.
Art Develops The Whole Brain:
Using mediums and tools, art is a wonderful way to interact with the world.
Art Supports Your Emotional Intelligence:
Art encourages the expression of feelings that might not easily be put into words.
Art Teaches Problem Solving:
By using our creativity and our imagination, art helps us to understand that there is more than one answer to a problem.
Art Is Eternal:
Self-expression and creativity have always been essential to our humanity.

May's Art Exploration: Simplifying Color by Focusing on Value

Choose an object in your home or garden and, without regard to accuracy, draw the object in pencil. Next, using water based paint, choose any two colors. With the first color, you will create 3 values: **A dark value** (using no water); **A medium value** (half water/half paint; and **A light value** (enough water so that the color is very light).

These three values will be prepared in three separate small containers. With the second color, you will do as you did with the first color: Three values; three separate containers. Next, mix the two colors and create three more values. (Three additional values; three additional containers.). From your two color choices, you will now have **nine values in nine separate containers**. *With just these nine values*, and *while trying to keep your values separate from one another*, proceed to paint your drawing (eventually with practice, values can easily merge with one another).

As you practice this exercise, you will notice that your painting has more **harmony** *as a result of using less color and more value.* By focusing on *contrasting values,* you will have achieved harmonious contrast which is vital to the success of a painting. You will see that a successful painting is not about the many colors you choose. **It's about the many contrasting values:** (in this example, from only two colors). *It is true that the eye loves harmonious contrast!*

If you would like to participate in the May Art Exploration on Zoom with me and a few other curious artists, please see the information below about our newly offered weekly art instruction.

Good health to all and remember: *Stay Young at Heart: Investigate the Arts!*
Juni

The Rose Baker Senior Center is Excited to Announce

FREE ART INSTRUCTION NOW AVAILABLE ON ZOOM!

THURSDAYS AT 11:00 A.M.

Our Art Program Coordinator, Juni Van Dyke will host a weekly art class using the Zoom online platform. If you'd like to participate, simply email COAactivities@gloucester-ma.gov and we will email you the Zoom link. If you'd like instruction on using Zoom, please indicate that in your email.

DISCOUNT TRASH BAGS

If you are 65 or over, you can buy discounted rubbish bags at the senior center BUT YOU NEED AN APPOINTMENT - call 978-281-9765 x12. At your scheduled time, come to the senior center and call to let us know you are here. You MUST wear a mask and stay in your vehicle. Please place the exact amount for the bags in an envelope with your name on it. The cost is $7.50 for large bags and $5 for small.

May 2021

Celebrate Older Americans!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Golda Meir (1898-1978) was born. A founder of the modern state of Israel Lemon Piccata Chicken	4 Christopher Columbus discovers St. Lago, later renamed Jamaica, on his second voyage 1494. Ribecue	5 Outnumbered 3-1, Mexico defeats Napoleon the III in the battle of the Puebla Cinco de Mayo 1862 **10:00** Zoom Chair Yoga Plus; call or email Senior Center for link Beef Fajitas	6 The Hindenburg burst into flames in NJ in 1937. **11:00** Zoom Art Class call or email Senior Center for link **Mother's Day Special:** Parmesan Crusted Chicken	7 Germany signs unconditional surrender ending WWII in Europe 1945. Cheddar, Tomato & Onion Omelet
10 Nelson Mandela becomes South Africa's first black president 1994 Eggplant Parmesan	11 BF Goodrich manufactures the first tubeless tire 1947 Sweet & Sour Meatballs	12 The flush toilet is patented. 1792 **10:00** Zoom Chair Yoga Plus; call or email Senior Center for link Pot Roast	13 The Beatles movie "Let it Be" premieres 1970 **11:00** Zoom Art Class call or email Senior Center for link Chicken Marsala	14 The first U.S. space station, "Skylab" is launched. 1973 Baked Fish
17 The first Kentucky Derby is held at Churchill Downs. 1875 Roasted Turkey Tetrazzini	18 Napoleon Bonaparte becomes Emperor of France 1804 Meatloaf w/ Gravy	19 Ringling Brothers circus premieres. 1884 **10:00** Zoom Chair Yoga Plus; call or email Senior Center for link Stuffed Chicken (Broccoli)	20 Hubble Space Telescope transmits photograph's from space 1990 **11:00** Zoom Art Class call or email Senior Center for link Salmon Pie	21 The American Red Cross was formed 1881 Ravioli
24 Samuel Morse opens the first telegraph line between Baltimore, MD and Washington, DC. 1844 Apple Glazed Pork Loin	25 The movie blockbuster "Star Wars" is released. 1977. Chicken Pot Pie	26 Expeditionary Force evacuates the European mainland from Dunkirk, France 1940 **10:00** Zoom Chair Yoga Plus; call or email Senior Center for link Celebrate Older Americans Gift Bag Drive Through American Chop Suey	27 The San Francisco Golden Gate bridge opens. Over 200,000 people go across it on opening day 1937 **11:00** Zoom Art Class call or email Senior Center for link Roasted Turkey w/gravy	28 Bing Crosby records "White Christmas" into the record books as the biggest selling record 1942 Philly Cheese Steak
31 The trans-Alaska pipeline is completed 1977 . ***Happy Memorial Day*** ***Center Closed***				

Entrees listed in the calendar above are for Meals on Wheels and Grab & Go Lunch Programs which are provided by SeniorCare in collaboration with the Gloucester Council on Aging's Rose Baker Senior Center.

To order your Grab & Go Lunch, call 978-283-0359 at least 24 hours in advance.

You'll pick-up by driving through the Senior Center parking lot between 11:00 and 11:30 a.m.

OLDER AMERICANS MONTH

COMMUNITIES OF STRENGTH: MAY 2021

CELEBRATE OLDER AMERICANS!

The strength of our community enables us to offer you the following special meals during Older Americans Month in May:

- Through our friends at SeniorCare, we're offering a **Special Parmesan Crusted Chicken Grab & Go Meal on May 6th** to enjoy with the musical performance on the Cape Ann Virtual Senior Center (see page 3 for details) or simply to enjoy as an advance celebration of Mothers' Day. You can **reserve this lunch by calling 978-283-0359 before 11:30 on Wednesday, May 5th.**
- Also through our friends at SeniorCare, we're offering a **Special Turkey, Provolone, Avocado, Spinach, Tomato, and Mayo Sandwich on Wednesday, May 19th that will be prepared by a local favorite Café**. Sign-ups for this delicious treat are limited to the first 30 people. **Call 978-325-5800 then press 3** to reserve your tasty sandwich which comes with a salad and dessert. You'll need to drive through the Senior Center parking lot between 11:30 and 12:00 to pick up.
- In collaboration with our friends at The Open Door, we are offering **Special Dinners every Thursday** during the month of May to celebrate YOU! Just **call the Senior Center at 978-325-5800 and then press 3 to reserve your dinner by 12:00 noon on the Wednesday before** the dates listed below then drive through the parking lot around noontime on Thursday to pick yours up. Here is the schedule for these special **Celebrate Older Americans Dinners**:
  - **Thursday, May 6th Baked Haddock Dinner**
  - **Thursday, May 13 Braised Pot Roast**
  - **Thursday, May 20th Homemade Meatballs & Sauce w/Pasta**
  - **Thursday, May 27th Baked Ham Dinner**

May will also feature a Special Event to celebrate YOU!
DRIVE-THROUGH GIFT BAG DISTRIBUTION
On Wednesday, May 26th between 11:30 and 1:30
Just call the Rose Baker Senior Center at
978-325-5800
Press 2 for Ann on Wednesday, Thursday, or Friday or
Press 3 for Michael, Monday through Friday
They will add your name to our list and schedule your drive-through time.*

***Quantities are limited and you must be a Senior Center member to participate. We can easily take a few pieces of information over the phone to make you a member when you call to sign up.**

Cape Ann Virtual Senior Center

Bringing your Council on Aging to the safety of your home

Join us on cable TV channel 67 for programming designed by your Councils on Aging, including Tai Chi, yoga, stretching, strength & balance, musical programming, and special performances.

Program times vary.
A full schedule is available at www.ADFCA.org/coa or call your local Council on Aging.

Celebrating Older Americans Month
May 6 • Special Lunch & concert
May 27 • Special Lunch & programming

Call Your Council on Aging for Information!

Cape Ann Virtual Senior Center is a collaboration of the Councils on Aging of Essex, Rockport, Gloucester, and Manchester by the Sea SeniorCare Inc. Age & Dementia Friendly Cape Ann 1623 Studios

FOR MORE INFORMATION ABOUT THE CAPE ANN VIRTUAL SENIOR CENTER CALL YOUR GLOUCESTER COUNCIL ON AGING'S ROSE BAKER SENIOR CENTER AT OUR NEW PHONE NUMBER:

978-325-5800

Do you need Non-Emergency Medical Transportation?

The Rose Baker Senior Center is collaborating with CATA to provide non-COVID related non-emergency medical transportation both within and outside of Gloucester. Rides should be scheduled 48 hours (2 business days) in advance.

Call 978-281-9765 ext. 17 for more information.

Transportation can be used for delivery of prescriptions and procurement of other items that are essential to your health and medical needs. Call for details or email **rbsc.medical.rides@gmail.com**

Questions about Medicare? SHINE can help.

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Don't forget to follow us on Facebook!

Simply go to Facebook, then search for "**Gloucester Senior Center**" to find and **"Like"** our page for the latest information on new programs and services and occasional photos and videos to help us stay connected.

See page 10 for an exciting opportunity to exercise your brain and don't miss the important information on the back page about the next visit to the Senior Center from The Open Door's Mobile Market on May 27th.

Communities of Strength are made even stronger when YOU take the time to EXERCISE YOUR MIND AND BODY!

PLEASE JOIN US FOR CHAIR YOGA PLUS WITH DIANNA DALY! IT'S A GREAT WAY TO GET MOVING!

The Gloucester Council on Aging is offering **Chair Yoga Plus** with Dianna **FREE** of charge on **Wednesdays at 10:00 a.m., via Zoom**.

Chair Yoga Plus for Seniors can help you: **improve core strength & balance, increase flexibility, promote mobility, improve mental health and positive feelings, increase oxygen intake, and help reduce stress and the emotional response to stress.**

To join the Zoom class, call the Senior Center at 978-281-9765 ext 12, 13, or 22 and provide your email address. We'll email you the Zoom link and Passcode.

Our weekly Zoom yoga class is a friendly bunch and they'd love to meet you!

Element Care is offering a FREE Arthritis Exercise Class on Zoom!

WEDNESDAYS AT 1:00 P.M.

Join Carol for Element Care's Arthritis Exercise class and enjoy exercises specifically for people with arthritis. Learn gentle activities to help increase joint flexibility, range of motion, overall stamina and to help maintain muscle strength.

You must pre-register which is easy to do.

Just call Element Care's Education and Outreach Coordinator, Carol Pallazolla

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Per the Governor's Order, all riders must wear a face covering and maintain a safe distance from others. Please stay home if you are not feeling well.

Cape Ann Seniors on the GO is funded by:

Massachusetts Community Health & Healthy Aging Fund

Beth Israel Lahey Health Beverly Hospital | Beth Israel Lahey Health Addison Gilbert Hospital

Communities of Strength are demonstrated through caring…

Indispensable Council on Aging Board Members RoseAnne Cody and Selma Bell are shown here happily volunteering at a Rose Baker Senior Center Holiday Party.

The Gloucester Memorial Quilt was coordinated by the Cape Ann Museum and RoseAnne Cody, Clerk of the Gloucester Council on Aging, at the request of Mayor Sefatia Romeo Theken. This quilt memorializes the Gloucester citizens who died as part of the COVID-19 Pandemic, some remain anonymous and others are personally identified by request of the families.

AN ACTIVE BRAIN IS A HEALTHY BRAIN!

Do you worry that your thinking abilities are *getting out of shape*?

Dust off Covid cobwebs and *have fun exercising your brain*, *for up to an hour a week* – on the phone or using Zoom, *one on one or in a group*! If interested in this free opportunity with Dr. Therese O'Neil-Pirozzi, a Northeastern University professor, and her students, contact Elise at the Senior Center at esinagra@gloucester-ma.gov or by calling 978-325-5800 and pressing the number 6. If you'd like to hear a little more about this program before you sign up, check out the May episode of Unleash the Power of Age.

Unleash the Power of Age: 1623 Studios—Channel 12 Schedule

Monday , Wednesday Friday and Sunday each week: 7:30 am
Tuesday, Thursday, and Saturday each week: 3:00 am & 5:00 pm

Jennifer-Lee Levitz is busy producing new episodes focusing on topics of interest to seniors.
The May Episode will feature Dr. Therese O'Neil-Pirozzi of Northeastern University, speaking about the Brain Health Program highlighted above!

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The Rose Baker Senior Center & The Open Door

are thrilled to announce the return of the OPEN DOOR MOBILE MARKET!

The Open Door will have free, nutritious groceries available for pickup outside the Senior Center on Thursday, May 27th, starting at 12:00 noon. This program is open to all Senior Center members age 60+, and offers fresh fruits and vegetables, delicious prepared meals, and pantry staples. Call 978-325-5800 for more information and to reserve your drive through time.

YOU MUST SIGN UP IN ADVANCE TO PARTICIPATE.

Not a Senior Center member? No worries!
We can fix that in a jiffy when you call to sign up.

THANK YOU FOR READING COASTLINE NEWS!

Gloucester Council on Aging
6 Manuel F. Lewis Street
Gloucester, MA 01930

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978 281-9765

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