



Watertown Senior News



February 2022

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

Kathy Cunningham
Food Pantry Coordinator

Jim Cunningham/Bob Horrigan
Senior Shuttle Drivers

Council on Aging Board

Patricia Gold, Chairperson

Carol Airasian

Dorothy-Jean Brown

Helen Dempsey

Esther Keaney

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.



Greetings!

A few years ago during the month of February, I left blank, pink, paper hearts around the Senior Center and asked visitors to share what they “loved” or enjoyed about the Senior Center. Of course, I also received a few paper hearts with what folks didn’t love (“strong coffee” was an important one) and the staff and I immediately set out to remedy those issues, but comments were mostly very positive.

“I love how I have made great friends.”

“I like the bus driver. He’s so nice.”

“I can call you and get a decent answer.”

“The senior parking permits are great.”

“I like the parties.”

“It’s warm and friendly here.”

“Thank you for your help. It means a lot.”

I share these with you to let you know that despite the pandemic’s effects on socialization including mask mandates, program changes, and gathering challenges, we still want to be a place you love (or at least mostly like). And although we are not always together in-person like we used to be, and that we now see each other usually on Zoom or chat via the telephone, we are still here to help you catch a ride on the Senior Shuttle, access resources to help with daily living, serve up an orange senior parking permit, offer help with Zoom, and provide space for in-person games and connection as the variants allow. Please check out the calendar inside. We hope you will continue to find something you enjoy and drop us a note or give us a call with suggestions, comments or any concerns.

With grateful hearts,

Anne-Marie Gagnon and Staff



February Hybrid Programs: we will be meeting in-person and virtually



mSPCA  **angell** *Learn all about the*
 Kindness and Care for Animals® *MSPCA with Shannon Noyer,*
Humane Education Coordinator

Tuesday, February 1, at 2 pm

During this session, we will learn all about the MSPCA and the many ways they are working to help animals in our community. This presentation will include a live tour of the MSPCA Adoption Center and will feature special animal guests! During the second session with Shannon on February 15 at 2 pm, we will learn about the MSPCA team's work in the community, providing access to care and resources. Learn about the history and evolution of community outreach, the goals of the program, and the impact they are making for people and their pets.



In-Person and Zoom
The Many Faces of Meryl
Streep with Debi Block

Wednesday, February 2, at 2 pm

Join Debra Block for a compelling one-hour interactive film experience exploring different aspects of Meryl Streep's career and life! Meryl Streep has been nominated for 17 Academy Awards for best actress and four for the best-supporting actress, and she has won three of them. She graduated from Vassar College, where she studied to be an opera singer and received an MFA from Yale University specializing in costume design. She won academy awards for portraying Sophie, a Holocaust survivor, in "Sophie's Choice," Joanna Kramer, a troubled housewife, "Kramer vs. Kramer" and Margaret Thatcher in "The Iron Lady."



Zoom Science-Based Memory
Preservation Nutrition with
Dr. Emerson Lombardo

Monday, February 7 at 3 pm

This is a second session with Dr. Emerson Lombardo at the Watertown Senior Center. Dr. Emerson Lombardo will share that information and which foods to avoid that science has shown can harm the brain. She will go in detail over

simple steps WE CAN take to protect our brain with the food we eat every day. Join us for this critical conversation as we seek to make ourselves more robust and more resilient.



Book Club

Zoom & In-Person at COA

Wednesday, February 9 at 10 am


We will be discussing *The King's Speech*, by Mark Logue and Peter Copnardi. On Dec. 10, 1936, King Edward VIII abdicated the throne of England to marry the woman he loved. With WWII looming on the horizon, never had the nation needed a leader more. But the new monarch, George VI--father of today's Queen Elizabeth II--was painfully shy and cursed with a terrible stammer. How could he inspire confidence in his countrymen when he could not even speak to them? Help arrived in speech therapist Mark Logue, who not only was a commoner, but Australian to boot. Would he be able to give King George his voice? *The King's Speech* tells an inspiring tale of triumph over adversity and the unlikely friendship between a reluctant king and the charismatic subject who saved the throne.



In-Person Valentine's Day Project
 with Ernie

Monday, February 14, at 2 pm

Enjoy Valentine's Day with a fresh traditional arrangement of fresh flowers for the Day of Hearts on the Day of Hearts! The price is \$10.

mSPCA  **angell** *Learn all about the*
 Kindness and Care for Animals® *MSPCA with Shannon Noyer,*
Humane Education Coordinator
Tuesday, February 15, at 2 pm

Join the MSPCA Community Outreach team on Feb 15 at 2pm for a second session to learn about the work they are doing in the community, providing access to care and resources. Learn about the history and evolution of community outreach, the goals of the program and the impact they are making for people and their pets.

Hybrid Programs: we will be meeting in-person and virtually



LGBTQI Round Table on Loving Relationships

Wednesday, February 16, at 2 pm

Join our group to talk about your experience and the experience of your friends and family with LGBTQI-related issues. We will watch a short documentary or a TED Talk and have a follow-up discussion *at the COA*.



Q&A w Steve Owens,

State Representative *at COA*

Monday, February 28, at 3 pm

Representative Owens will discuss what he will be doing in the upcoming legislative session around various issues, and there will be time for a Q&A.



Self-Care through loss and change with Betsy Simmons

In-Person at COA & Zoom

Friday, February 18 at 2 pm

This is a new group for us, feeling and healing through loss. Loss may be of a beloved to death, dementia, or other illness or separation. We will reflect, share, write, read poetry, and mutually support each other in our grieving process. For 35 years, Betsy Simmons worked at MA Department of . Public Health & Education, Hospices, Hospitals, Senior Centers, Recovery Programs, Domestic Violence & Homeless Shelters, Community Centers and State Prisons. Betsy teaches spiritual care, self-care, and care for caregiver. She facilitates support groups for patients, families, providers.



In-Person Valentine's Day Handmade Favorites with Arlene Smith at the COA

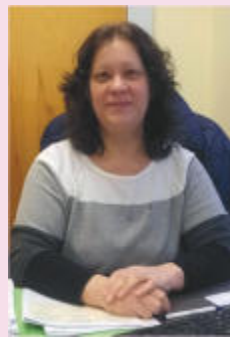
Thursday, February 24 at 10:00 am

You can easily celebrate once more the Valentine's Day with these simple ideas to add to your celebration. So join us as we have some laughs, talk, and enjoy each other's company.



Valentine Sweets for Grab-n-Go Thursday, February 24 at 12:30 pm

This year, we are offering two pieces of our favorite cakes to celebrate Valentine's Day and express our love to the members of our community for \$2 per order. Register with us by February 11, noon.



Jenya Kruglyansky, Case Worker, is available to assist with issues pertaining to housing, in-home services, fuel assistance, MassHealth, food resources, safety, and other programs to help you live well in the community.

Jenya can be reached by calling the Senior Center at (617) 972-6490.

Where can we get senior services for me and my elder relative(s)?

Calling the Watertown Senior Center is a good start and we also recommend contacting Springwell. Springwell is the Aging Services Access Point (ASAP) and Area Agency on Aging (AAA) for Watertown.

Springwell offers affordable services to clients with lower incomes and offers private pay options too. Springwell can be reached by calling (617) 926-4100.

What can I do if I suspect that my next door neighbor can't take care of him/herself anymore?

Sometimes we get calls from community residents concerned with a senior's well-being. Please call the Watertown Senior Center at (617) 972-6490 for information and to share your concerns. Signs can be severe depression, malnutrition, declining self-care, unsafe driving, acting disoriented and confused, exhibiting bruises, commenting about frequent falls, or financial exploitation and scams. You can also report your concerns directly and anonymously by calling the Toll-Free Elder Abuse and Self-Neglect 24/7 Hotline at (800) 922-2275. Thank you for helping us to keep seniors safe.

Movie Afternoons at the Senior Center



55 Steps

2017, IMDB 7.0, PG-13, 1h 55 min
 Thursday, February 3 at 2:30 pm

In this gripping depiction of real events, workaholic attorney Colette Hughes takes on the case of confined psychiatric patient Eleanor Riese, who's questioning the policy of administering antipsychotic drugs to patients without their consent.



The Proposal

2009, IMDB 6.7, PG-13, 1h 48 min
 Thursday, February 17 at 2:30 pm

When overbearing book editor Margaret Tate learns that she's in danger of losing her visa status and may be deported back to Canada, she forces her put-upon assistant, Andrew Paxton, to marry her.



The Wedding Planner

2001, IMDB 5.4, PG-13, 1h 43 min
 Thursday, February 24 2:30 pm

San Francisco's premier wedding planner, Mary Fiore, is saved from an accident by the man of her dreams -- only to discover that he happens to be her latest client's fiancé in this old-fashioned romantic comedy.



No Time To Die

2021, IMDB 4.2, PG-13, 2h 43 min
 Thursday, March 3 at 2:00 pm

Bond has left active service and is enjoying a tranquil life in Jamaica. His peace is short-lived when his old friend Felix Leiter from the CIA turns up asking for help. The mission to rescue a kidnapped scientist turns out to be far more treacherous than expected.

The Watertown COA thanks all of our advertisers. Nevertheless, placement of these advertisements does not constitute endorsement of the named products and services.



WATERTOWN
 HEALTH CENTER

59 COOLIDGE HILL ROAD
 WATERTOWN, MA 02472

617.924.1130

www.WatertownHC.com

HEART TO HOME MEALS
 DELICIOUS MEALS
 MADE FOR SENIORS™
 508-658-3000
 HeartToHomeMeals.com



DEVITO
 FUNERAL HOME
Family Owned & Operated Since 1928

Alfred, John, John Jr. & Jonathan DeVito
 Arlington : 1145 Mass. Ave., Arlington, MA 02476 | (781) 643-5610
 Watertown : 761 Mt. Auburn St., Watertown, MA 02472 | (617) 924-3445
devitofuneralhome.com

Thrive
Locally

Zoom REGULAR WEEKLY SESSIONS

MONDAYS: February 7, 14, and 28



*Art Class with Dawn,
10 am to 12 pm*



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



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

TUESDAYS: February 1, 8, 15, and 22



*Zoom Coffee with Chief Lawn,
Chief Quinn, & Captain Dupuis,
Tuesday, February 22 at 10 am
At the Police Station and on Zoom*



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

WEDNESDAYS: February 2, 9, 16, and 23



*Exercise with Nicole Von Rekowsky,
11 am to 12 pm*

THURSDAYS: February 3, 10, 17, and 24



*Exercises and Stretching
with Shannon Lee Jones,
9 am to 10 am*



*Coffee and Conversation,
10:30 am to 12 pm*

FRIDAYS: February 4, 11, 18 and 25



*Seated Strength and
Balance with Pearl Pressman,
12 pm to 1 pm*



*Sing with Mellowtones
And Anne Silverman,
1:00 pm to 2:00 pm*

February In-Person Programs

Please check the calendar to join our in-person activities in February: **call us to pre-register.**



Bridge, Whist, Rummikub, Canasta, Cribbage, Scrabble, and Chess: Please see calendar for day and time.



Chair Volleyball Team will be playing on Thursdays at 1:30 pm at the Phillip School's gym.



Knitting Group is invited to meet at the COA's Lobby on Wednesday, February 23 at 2 pm.



SHINE Volunteer will be working in-person on Wednesdays. Please check the calendar for time and call for an appointment.



Art Class will meet to paint and socialize on Fridays, February 11, and February 25 from 2 to 4 pm.



IT Volunteer will be working in-person on Tuesday, February 8 and February 22, from 1 pm to 4 pm. Please call for an appointment. Come to fix your laptop, phone, or tablet. You can also ask for a Zoom consultation about any other topic related to using Internet and computer technologies. The time of session is up to one hour.



Watertown Mall Walk
We are planning to continue walks at the Watertown Mall for the month of February. Call us to register for the next week and to confirm time and meeting place.



Jazz Dance & Fitness with Miss Susan
Join Susan, certified dance and senior fitness trainer, to have some fun on Fridays at 1:30 pm; wear comfortable clothes and sneakers. Let's grow well, not old together!



SENIOR SHUTTLE NEWS

Let Us do the Driving!

The Senior Shuttle Bus is a convenient and safe way to get to the local grocery stores, Target, the Watertown Mall and other scheduled destinations.

How Does It Work?

Select the day(s) you would like to go and call the Senior Center at (617) 972-6490 at least 2 days in advance to reserve your seat on the Shuttle Bus. Make sure to ask about available trip times, as each trip often has a few times (runs) to choose from. The Shuttle Bus will pick you up at your home and deliver you back home once the trip is over.

How many people can ride the Shuttle Bus?

At this time and to keep people safely distanced, each run is limited to 10 riders. Masks must be worn at all times. Shuttle Bus service is for Watertown residents only.

How Many Bags Can I Bring On?

Riders are limited to 3 shopping bags that you must be able to carry easily yourself. Due to COVID-19 precautions, the driver will not be able to assist.

How much does it cost?

The total cost is \$2.00 payable to the driver. Tipping is not necessary.

Date	Day	Location
2/02/22	Wednesday	• Stop & Shop
2/03/22	Thursday	• Market Basket
2/04/22	Friday	• King's Chapel
2/08/22	Tuesday	• Target/ Roche Bros
2/09/22	Wednesday	• Stop & Shop
2/10/22	Thursday	• Market Basket
2/15/22	Tuesday	• Target/ Roche Bros
2/16/22	Wednesday	• Stop & Shop
2/17/22	Thursday	• Market Basket
2/22/22	Tuesday	• Target/ Roche Bros
2/23/22	Wednesday	• Stop & Shop
2/25/22	Friday	• Concord Museum

February 2022 Additional Site Trips

Attend historic tour to the **King's Chapel on Tremont Street, Boston, on Friday, February 4.**

The tour will start at 11:30 am and last between 45 minutes to an hour. The ticket price is \$7 per person. **Our bus will start picking you up at 10:00 am.** After that, we will take a short 3-minute walk to Morsel's Coffee Shop to have coffee or tea and will get back by 3 pm the latest.



We will be visiting the **Concord Museum** in Concord on Friday,

February 25. The ticket price is \$12 per person for a guided tour. **Our bus will start picking you up at 10:00 am.** The Concord Museum collection was begun in the 1850s by Cummings Davis (1816-1896). The collection originally consisted of colonial artifacts with carefully recorded local histories. Today, the collection numbers over 35,000 objects spanning the indigenous history in the region starting around 10,000 years ago to the history of the town of Concord starting in the 17th century and includes archaeological artifacts, furniture, ceramics, silver and pewter, household goods, photographs, documents, prints, paintings, historic clothing, and textiles. The ticket price is \$12 per person. Please register with us over the phone by Friday, February 11.



Join a Guided Tour at **the Armenian Museum of America** in the second week of March. **The price of the ticket**

is \$5. It all began in a church parish house in Belmont, Massachusetts in 1971, when a group of Armenian community leaders began collecting Armenian books and artifacts. The collection grew steadily and, in 1985, the Armenian Museum of America opened its doors to the public for the first time. Visit with us to know more about history of the Armenian community in Watertown.



Senior Center Snow Policy: When the Watertown Schools Close for Snow, all in-person Senior Center programs are cancelled. Zoom programs will still run at discretion of instructors. All Shuttle Bus runs are cancelled. When Schools Delay, Zoom programs will still run and Morning Shuttle runs will cancel depending on weather severity. Call with any questions.

Valentine Words

E E O C D B T R A E H T E E W S H G R
 O R J U N E R G B H G S M H R S T N A
 E I R S P M A I C E T F Q E I O N I E
 T S K U E I E R F A R N R R O S N L B
 A E I O N N H D P I N K E R I P E R Y
 L D S R D E D A E S O H E E D U C A D
 O R S O E S D N S W C R E E T R S D D
 C O E M A O D E Y A I B V E O R L H E
 O S S A R S N N N M G O E M R S U G T
 H E N E M R H D D D T T A L I E V O L
 C S S S E I Y A I I V N T E O T C B F
 O H G D N S T P O S C Z V A M V U F R
 C U N M T E U N N E M B R A C E E Y E
 H E L E R C D N O I T C E F F A D D D
 T I E C E C A N D L E L I G H T P W V
 A W E S D R I B E V O L T E U Q U O B
 S S S R E W O L F K E J E W O R R A X
 V E U D M C A R D S X F E B R U A R Y
 R C B U R E H C Y E N O H E S R M K Z



Word List:

- | | |
|---------------|------------|
| ADORE | AFFECTION |
| BELIVED | BEMINE |
| CANDY | CARDS |
| CHOCOLATE | CUPID |
| DESIRE | DEVOTION |
| FEBRUARY | FLOWERS |
| HEART | HONEY |
| LOVE | LOVEBIRDS |
| RED | ROMANCE |
| SWEETHEART | SWEETS |
| ARROW | AMOROUS |
| CANDLELIGHT | BOUQUET |
| CHERUB | CHERISH |
| DEAR | DARLING |
| ENDEARMENT | EMBRACE |
| FRIENDS | FOURTEENTH |
| KISSES | HUGS |
| POEM | PINK |
| SECRETADMIRER | ROSES |
| TENDERNESS | TEDDYBEAR |

AARP Foundation Tax-Aide

The program provides in-person tax assistance *from Feb 8 through April 15* free of charge with a special focus on taxpayers who are over 50 or have low to moderate-income and have no rental income. You don't have to be an AARP member. All of AARP's tax preparations are done by trained volunteers who must complete training and pass IRS certification annually to assist in tax preparation. This year, tax assistance will be available at the Watertown Senior Center by appointment only, and available options can change on short notice based on COVID-19 conditions. *Call us to schedule and appointment.*

Volunteer Income Tax Assistance

Under another federal grant program, IRS-certified VITA volunteers provide tax preparation services to people who generally have an income of \$56,000 or less, as well as those with disabilities or limited English language skills. Call 800-906-9887 to find a nearby VITA site.



Become a volunteer SHINE counselor

Like to help people? Do you like technical information? Have some spare time? If so you may be the perfect SHINE volunteer. It's also a plus if you speak multiple languages. SHINE volunteers offer free, confidential counseling on Medicare options to beneficiaries and their families. If you become a certified counselor, we are sure that you will find SHINE a rewarding as well as a challenging volunteer experience. To volunteer, you must participate in a 10-day training and pass a state certification test. There are also monthly meetings where you can connect with your fellow SHINE counselors. If you are interested in training this year, please contact us at metrowestshine@needhamma.gov or 781-453-8076 by the end of February.



Legal Assistance By Phone: Metrowest Legal Services is now providing assistance to seniors over the phone instead of their

usual in-person visits. Please call the Senior Center at (617) 972-6490 to schedule your phone appointment.



PREMIER REMOVAL SERVICE 617-893-9824

Steven Conroy - Owner
www.lugaway.com | info@lugaway.com

Home Cleanouts
Garage Cleanouts
Office Cleanouts
Storage Unit Cleanouts
Estate Cleanouts
Furniture • Appliances
Televisions • Yard Waste
Construction Debris
Demolition

Giragosian
FUNERAL HOME

Serving Watertown Families For Over 40 Years

617-926-0606

576 Mt. Auburn St. • Watertown, MA

www.GiragosianFuneralHome.com

AVAILABLE FOR
A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Lisa Templeton**
to place an ad today!
ltempleton@lpicommunities.com
or (800) 477-4574 x6377

THE APARTMENTS AT
COOLIDGE
SCHOOL

BEAUTIFULLY
RENOVATED
& RESTORED

Residence Highlights

55+ • Parking • Pet Friendly
Fitness Center • Library With Fireplace
Seconds From Vibrant Coolidge Square!

319 Arlington St. | Watertown | 617-924-0370 | www.TheCoolidgeSchool.com




It's been a challenging and isolating year for seniors. Make new friends at Brigham House Assisted Living and have access to care around the clock. Affordable studio homes are available for lease under the federal **Low Income Housing Tax Credit program!** (Applicants must meet selection criteria and income-qualify.)

To learn more about our services, please contact:

Kristine Taylor, Executive Director
617-923-7779 | KTaylor@hallkeen.com


BRIGHAM HOUSE
A HALLKEEN ASSISTED LIVING COMMUNITY

341 Mt. Auburn Street
Watertown, MA 02472
www.BrighamHouseAL.com


STAND OUT

with a PREMIUM DIGITAL AD
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-477-4574

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



We work with all types of people selling all kinds of houses. At Center Square, people come first, real estate comes second. When you're ready to help a loved one move to the next phase, we're here to help.

478 Massachusetts Avenue, Arlington Center, MA

www.centersquarerealty.com

617-770-7200



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

Watertown Council on Aging, Watertown

06-5192

The *Friends of the Watertown Council on Aging* is a registered 501(c)3 tax-exempt organization, Tax ID #222481280. Donations help to support the Watertown Council on Aging/Senior Center.

Aspirational Goals for 2022:

- Purchase an electronic keyboard for the Watertown Senior Center
- Fund the daily delivery of a Boston newspaper to the Senior Center

Highlights of Friends' Support in 2021:

- Autumn trips to Webster, MA and the Cape Cod Canal through Fox Tours
- The December Holiday Grab-n-Go Lunch catered by Maria's

Meet the Friends in 2022

Friends Board of Directors:

President: Mary T. Keenan ❄️
Treasurer/Membership: Marsha D. Lenhoff
Secretary/Clerk: **Open Vacancy***

Directors:

Carol O. Airasian	Judi Holmberg
Bertha A. Anderson	Julianne Lindsay
Janice Braccini	Sirvart Mellian
Dorothy-Jean Brown	Joy Vlachos
	Alice C. Wadden

* *If you would be interested in serving on the Friends Board as Secretary/Clerk, or for answers to any questions or information about how to make a donation, please call Mary Keenan at 617-926-5295 or email MTMCKEENAN@AOL.COM. Thank you!*



WATERTOWN FREE PUBLIC LIBRARY

Coming Soon: Digitization Day at WFPL
 Sunday, 2/13 | 2 PM | Watertown Savings Bank Room | Help to tell the story of your community! The Watertown Collective Memory Project is seeking photos of Watertown people, events, and places, from 1950 to the present day, to scan into the Library's digital collection. Prefer to submit online? Head to watertownlib.org/memory

Drop-In Tech Help

Wednesdays | 2/9 & 2/23, 11 AM-12 PM | 2/2 & 2/16, 7-9 PM | Need help with your computer, modem, mobile device, or e-reader? Bring your device and your questions to WFPL! We'll do our best to answer them, and if we can't, we'll look for answers together.

Homebound Delivery

If you cannot come to the Library due to a medical necessity, we can deliver books to you. To sign up, call 617-972-6431 or visit watertownlib.org/delivery



Senior Safe Program

The Watertown Fire Department was awarded a grant again this year for the Senior Safe Program and will be installing Smoke/CO Detectors along with lock boxes for Watertown Seniors. While there, they can provide a brief home safety evaluation.

Renew your Parking Permit either by calling the Senior Center on 617 972 6490, Monday to Friday, from 9 am to 4:30 pm, or by coming to the Senior Center with your driver's license and car registration. No appointment is required.





support our ADVERTISERS

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




ADT Authorized Provider | **SafeStreets** | 1-855-225-4251



WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**



- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

Contact us at careers@4lpi.com
www.4lpi.com/careers

Are you facing the challenges that come with aging?



Let us help!



(617) 926-4100 www.springwell.com
307 Waverley Oaks Road, Suite 205, Waltham, MA 02452



Springwell is a local non-profit providing in-home help, home-delivered meals, and many other services for aging adults and caregivers, regardless of income level.

We can help **you**:

- Assess your needs and goals when it comes to aging and/or caregiving.
- Access the right services for you.
- Set-up and manage home services such as laundry, homemaking, and personal care.
- Connect to community lunch options or home-delivered meals, if needed.
- Get the support you need if you are a caregiver.
- Make a long-term care plan.
- Monitor care wherever you are – at home, in a rehab, or in an assisted living facility.

Whether you need us today, tomorrow, or next year, Springwell is a community resource that is here for you and your family.

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

Sophia Suarez-Friedman
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

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 1:00 PM at the Senior Center

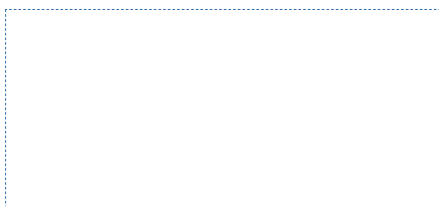
WATERTOWN SENIOR CENTER

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



February 2022

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