

Natick SENTINEL

A PUBLICATION OF THE NATICK COUNCIL ON AGING



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Dear Friends,

Oh my, what a year! Although 2020 has been an especially challenging year, I am hopeful 2021 will be filled with promise and opportunities for us to connect with you more frequently and in person.

This year has taught us many lessons and given new meaning to being flexible. I am grateful the Community Services staff and our many partners have remained strong and found creative ways to deliver services and programs. Most recently, the Friends of the Natick Senior Center and E.P. Clark Post 107 American Legion, Inc. teamed up with the Council on Aging to host the annual holiday dinner. Their unwavering financial support allowed this tradition to continue. Three hundred seniors enjoyed a "grab and go" meal and gift.

Best wishes for a happy and healthy New Year!

Susan Ramey, Director



WELCOME STATEMENT

Our Center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to provide support services, programs, and advocacy for people of all ages and abilities.



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CALL TODAY FOR MORE INFORMATION!



INFORMATION & LETTERS FROM THE BOARDS



COUNCIL ON AGING OFFICE

117 East Central Street
Natick, Massachusetts 01760

p: 508.647.6540

f: 508.647.6548

www.natickma.gov/626/Council-on-Aging

HOURS

Staff are available in the building during our regular working hours of: Monday – Thursday: 8:30 am–5:00 pm and Friday: 8:30am–2:30 pm

You can reach us at 508-647-6540; call us for information, questions or resources.

STAFF

Susan Ramsey, MPA, Director, Senior Center & Community Services

Debbie Budd, LSW

Teri Checket, MS, LSW

Karen Edwards, Program Manager, Volunteer Services

Richard Ives, Transportation Coordinator

Sharon Kirby, Program Assistant

Frank Lam Administrative Assistant

Lorraine McNally, Asst Dir / Program Developer

Sam Mensah, Driver

Kate Moberg, Department Assistant

Lindsay Quillen, LCSW, Let's Talk Natick

Jack Rourke, Transportation Coordinator

Sheila Young, CIRS-A/D I & R Specialist / Executive Asst.

Friends of the Natick Senior Center

Dear Friends:

Let's all say good bye to 2020 and all of the unfortunate surprises it bestowed on us. We take our first steps into the new year with strength and welcome the vaccines that will be available and will change our lives back to some semblance of order.

Hopefully, you saw some of your friends at the Holiday Dinner Pick-Up at the Center. Once again, the Friends were the major supporter of this event along with COA and E.P. Clarke Post 107. We all came together under the direction of COA staff.

Please be sure to renew your Friends' membership, so we can continue to respond to the needs of our Seniors. We are also seeking qualified ambitious people to join our Board of Directors and help lead us into a bright future.

Keep your eyes on the diverse offerings listed in the Sentinel. Become a master of zoom programming. It is new and exciting. Try it with a friend.

There is so much to help strengthen our minds and bodies. We are all survivors and we will march forward together, working to be happy, healthy and successful in 2021.

Sincerely,

Judith D'Antonio
Joan Bace
Co-Presidents

Council On Aging: Chair's Corner

As we enter the new year, an old problem poses a growing challenge: food insecurity. According to the USDA, food insecurity is "the limited or uncertain availability of nutritionally adequate and safe foods." Even in a nation with bountiful resources like ours, this problem was affecting 1 in 10 households before the pandemic. And new estimates from the national nonprofit Feeding America suggest that about 50 million individuals may have been affected by food insecurity in 2020, with Massachusetts showing the largest increase in food insecurity over the past two years. It's about more than simply getting enough to eat, as this issue also involves receiving the proper balance of foods needed to maintain a healthy and active lifestyle. To help alleviate this situation, Natick's Council on Aging & Human Services is now offering a new service to the public: assistance with applications for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. This service, part of a partnership with the state Department of Transitional Assistance, will help you understand and complete a SNAP application, submit any required verifications, and assist with recertification as needed. For more information, please contact Debbie Budd, Social Worker at 508-647-6540 ext.1906.

COA Officers & Board Members

Chair: Andrew Eschtruth

Vice Chair: Judy Sabol

Secretary: Connie Pitt

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ZOOM EVENTS & CLASSES

ALL CLASSES: Pre-registration required one week in advance.

Zoom Link will be sent before class.

Register online through

<https://register.communitypass.net/>

Natick, or call our front desk at 508-647-6540.

ART MATTERS- MONET & Renoir

Wednesday, January 6, 1:30-2:30 pm

They were fast friends at the very heart of the most radical revolution in art since the Renaissance. Join us for a tour through the life and works of Claude Monet and Auguste Renoir, two of the most beloved of the Impressionist artists. *Made possible by a grant from the Natick Cultural Council.*



ELDER LAW UPDATES WITH TIM LOFF

Monday, January 11, 1:30-2:30 pm

Join Elder Law Attorney Timothy Loff in this overview of updates and changes on many legal issues important to seniors, including updates that may apply to Estate and Healthcare Planning, Estate Administration, Medicaid rules for both nursing home and community care, Medicare, Social Security, Long-Term Care Insurance, Special Needs Planning; and Reverse Mortgages, and more.

WATERCOLOR TECHNIQUES

Thursdays, 10:00 am-12:30 pm for Jan 7, 14, 21, 28; \$75.00

This demonstration and individual step-by-step instruction will introduce you to the spontaneity of the medium as you create glazes, highlights, textures, and the final artwork. Our instructor, Cecilia, will provide a reference photo, in advance, that the class works from and each class you will have a completed artwork. Supply list will be sent in advance. All levels welcome! Min: 8/Max: 14.

THE GOLDEN AGE OF HOLLYWOOD IN FASHION

Tuesday, Jan 12, 1:30 pm

Fashion on the silver screen during the '30s, '40s, '50s was not only glamorous and influential, but also was enjoyed as an "escape" from the problems of each decade. Join us as we travel through these fascinating decades and enjoy a glimpse into the glamour of that golden age. Our presenter is Karen (Ren) Antonowicz, who has a Master's Degree in Textiles, Fashion Merchandising and Design, with a concentration in Historic Costume & Textiles from the University of RI.

HOME FIT- AARP PROGRAM

Wednesday, January 13, 1:30-2:30 pm

Join AARP volunteer Beth Gray-Nix for this wonderfully thoughtful overview of all the aspects on creating a 'senior-friendly' home, from easier to use door knobs to bathroom fixtures, lighting, décor and more!



HISTORY BOOKGROUP WITH BFL & NHS

Thursday, January 14, 11:00 am-noon pm.

Email mking@minlib.net for link.

Join us for this casual discussion with a different book each month either historical fiction or non-fiction led by Maria King, Bacon Free Library and Nikki Lefebvre, Natick Historical Society. The book title for this one is *The Nightingale* by Kristen Hannah (fiction).

MYSTERY & FICTION BOOKGROUP WITH KAREN

Friday, January 22, 1:00-2:00 pm

We'll talk about *Little Fires Everywhere* by Celeste Ng. "To say I love this book is an understatement. It's a deep psychological mystery about the power of motherhood, the intensity of teenage love, and the danger of perfection. It moved me to tears." —Reese Witherspoon

FRAUD WATCH- AARP PROGRAM

Monday, January 25, 1:30-2:30 pm

Join Dennis Hohengasser, speaker from AARP and learn how to protect yourself against scams, fraud, and identity theft. Con artists don't care how hard you have worked. They steal billions from Americans each year. AARP Massachusetts is fighting back with the AARP Fraud Watch Network, an education effort to help people protect themselves from scams and fraud. We discuss how to spot and avoid identity theft and fraud and we'll log into the AARP Fraud Watch website and explore some of the resources so you can protect yourself and your family. We will cover:

- What fraud and scams are out there including recent COVID 19 and Medicare scams
- Behaviors that put you at risk
- Why are these con artists so good at taking your money
- Prevention and Resources



LIFE ABOARD A WHALING SHIP

Tuesday, January 26, 1:30-2:30 pm

Feel the sea spray and hear the sailors' sea chanteys in this dramatic presentation as we follow



the sailing adventures of 19th century whaling wife Mary Chipman Lawrence, based upon her journals! Presented by performer and historian, Anne Barrett.

Interested in volunteer opportunities at the Council on Aging? Call Karen Edwards, our Volunteer Services Manager, for information about what we may currently have available or may be available in the coming months. Email her at kedwards@natickma.org or call the Center at 508-647-6540.

ZOOM EVENTS & CLASSES

DOWNSIZING

Wednesday, Jan 27, 11:00 am-noon

Join Realtor Daryl Lippman as she brings her years of expertise on how to navigate the 3 keys to downsizing. This program is geared to Seniors and adult children of Seniors looking to explore their options for a move.

UCLA MEMORY TRAINING CLASS: ZOOM CLASS

Wednesdays, January 27-February 24, 3:00-5:00 pm \$10 fee for all 5 classes.

Session 1 will be an introduction to the course and a review of how to use Zoom in a classroom environment. Sessions 2-5 will focus on the innovative class curriculum, developed by UCLA, which is designed to help improve your memory so you can: remember names and faces; recall appointments, messages and plans; avoid misplacing objects; & overcome "tip of the tongue" slips, by teaching you everyday memory techniques you practice in the comfort of your home. *A pre-registration questionnaire by phone is required*; please call our front desk at 508-647-6540 and ask to speak with Karen or Lorraine. Fee covers cost of materials.



FEBRUARY

ART MATTERS- ART KEEPS US HUMAN



Wednesday, February 3, 1:30-2:30 pm

Art teaches. Art communicates. Art has humor, adventure and passion. Art matters! People are the only living creatures who make art. It is a

uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human. *Made possible by a grant from the Natick Cultural Council.*

POWERFUL TOOLS FOR CAREGIVERS

Tuesdays, February 9 - March 16, 2:00-3:30 pm

This class helps caregivers learn to take better care of themselves while caring for a friend or relative to help: reduce caregiver stress, improve self confidence in caregiving, manage your time, set goals and problem solve; better communicate your feelings; make tough caregiving decisions; and locate helpful resources. Zoom information session on Tuesday, January 19, 2:00pm. Pre-registration required call Debbie or Karen at 508-647-6540. *This program is offered free of charge and is made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.*

ALL CLASSES: Pre-registration required one week in advance. Zoom Link will be sent before class. Register online through <https://register.communitypass.net/Natick>, or call our front desk at 508-647-6540.

PRANAYAMA- THE ART OF YOGIC BREATHING

Wednesday, February 10, 11:00 am-12:00 pm

Experience pranayama, the art and science of yogic breathing. Pranayama's health benefits include reduced anxiety, lower/stabilized blood pressure, increased energy, muscle relaxation, improved concentration, and more. Join Anjana Bhargava, an Ayurvedic Wellness Counselor. *Note: this is best done on an empty stomach, hence the scheduling of this program.*

STARTING YOUR GENEALOGY WITH SEEMA

Thursdays, February 11, 18, 25, 10:30 am-11:30 am

First Class will be Basic Genealogical Forms, where to research, tracking your research, and continuing your education. Focusing Your Research is second. Discover how organization, questions, and knowledge of records can help you become a better genealogist. Third class is- Following the Trail of Shared Matches- DNA test results can be overwhelming. This case study shows how I used the shared matches in my DNA test results to narrow in on my maternal grandfather & fill in many holes in my family tree. *Made possible by a grant from the Natick Cultural Council.*

FINANCIAL BASICS FOR 50+- AARP PROGRAM

Monday, February 22, 1:30-2:30pm

It's never too late to take charge of your financial future! In this hour-long session you will learn how to build upon your smart money habits and make the most of your financial resources. We'll discuss budgeting and setting goals, managing credit and debt, building your savings and protecting your assets from fraud. *Hosted by Michael Fallica, a retired engineer and AARP member, a graduate of Boston University's Financial Planning Program and a member of the Financial Planning Association.*

FACT TRACKER- AARP PROGRAM

Wednesday, February 24, 1:30-2:30pm

Do you believe everything you see online? The obvious answer is no, but there are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. Disinformation online is a key tool for scammers. Luckily AARP has a new online resource to arm you with the skills to decipher what's real and what isn't on the web. Hosted by Ruth Livitsky, AARP speaker.



ONGOING ZOOM PROGRAMS & SERVICES

ALL CLASSES: Pre-registration required one week in advance. Zoom Link will be sent before class. Register online through <https://register.communitypass.net/Natick>, or call our front desk at 508-647-6540.

GREAT COURSES: THE GREAT TOURS AFRICAN SAFARI

Tuesdays, 11:30 am-12:30 pm, January 19-April 6

Discover the safari adventure for yourself in *The Great Tours: African Safari*, an extraordinary course brought to you in partnership with National Geographic. Taught by the highly experienced safari guide James Currie, these 24 exciting lectures take you onto the plains and into the jungles of Africa. Captivating details and gorgeous imagery bring the safari experience to your living room. From UNESCO World Heritage sites to stunning bird sanctuaries, and from national parks to hidden-gem wilderness areas, *The Great Tours: African Safari* takes you on a journey—a virtual safari—across Africa.

MONDAYS AT A MUSEUM

Join us on Monday, 11am-noon, as we preview video highlights from a range of Museums.

Jan 4- Van Gogh and Cezanne

Jan 11- William Merritt Chase-Master of Pastel

Jan 18- NO Monday at a Museum- MLK Day

Jan 25- Harvard Art Museum and paintings of Norman Rockwell

Feb 1- MA authors homes -Alcott House, Emily Dickinson House, John Greenleaf Whittier House

Feb 8- Monument Man: The Life & Art of Daniel Chester French

Feb 15- NO Mondays at a Museum, President's Day

Feb 22- Canaletto, Tiepolo and Monet

EXERCISE: MUSCLE BUILDING CLASS- *IN PERSON*

Tuesdays & Thursdays, 10:00 am

8 sessions, fee \$24

Session 1: January 19-February 11

Session 2: February 23-March 18

Muscle Building Class is back in the New Year! Class size limited, Natick residents only. Participants are asked to bring their own exercise band and 1,2, or 3 lb. hand weights as the Center will not be able to provide any equipment. In keeping with the current public health practices at the time of printing, masks will be required during class. Class taught by Cathy from the MetroWest YMCA.

WALKING IN GYM- *IN PERSON*

Mondays at 9:00, 10:00 and 11:00 am

Wednesdays at 1:00, 2:00, and 3:00 pm

Fridays at 12 noon and 1:00 pm

45-minute sessions will begin starting week of January 11

Pre-registration required; call our front desk at 508-647-6540.

Appointments for walking session will be limited to 45 minutes in gym; face masks will be required while walking due to public health practices at time of printing; numbers limited to a maximum to 4 per session.

CHAIR YOGA WITH MALA- *IN PERSON!*

Fridays, 10:00 am

January 15-February 19

6 weeks, \$18

Chair Yoga with Mala returns in 2021! Join Mala on Fridays for Chair Yoga. Easy and simple to follow yoga postures in a chair that simply flow in a way that creates a sense of flexibility and release for both body and the mind. Chair yoga is suitable for all levels of experience. Standing postures will be presented but completely optional. A yoga strap is recommended for this class. Participants are asked to bring their own yoga strap as the Center will not be able to provide any equipment. In keeping with the current public health practices at the time of printing, masks will be required during class. Class size limited, Natick residents only.

MINDFULNESS MEDITATION

With Sharon Thursdays at 1:00-1:40 pm

This meditation is audio only and participants are muted during the meditation portion. Everyone is welcome to join for some guided, some quiet and some reflection with Q & A and sharing.

COFFEE AND CURRENT EVENTS

Friday, January 22 & February 26, 10:00-11:30 am

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board.

ASK AN ATTORNEY...BY PHONE

Wednesday, January 20 & February 17

Private phone appointments at 10:00 am, 10:20 am & 10:40 am

Ask your legal questions to an experienced elder law attorney. Schedule subject to change. Call the Center at 508-647-6540 to make a free appointment.

PODIATRY CLINIC WITH DR. CLAYMAN

Tuesday, January 19 & February 16

Appointments are slotted in 15 minute time slots, with the room thoroughly disinfected between appointments. Appointment and wearing of masks during appointment required, call 508-647-6540 and our front desk staff will make an appointment. Appointment fee is \$45, cash or check.

TRIVIA CONTEST

December's Trivia question and answer: What was the 1st toy to be advertised on TV? A: Mr Potato Head. Winner will be picked on 12/18. November's winner: Sharon Reilly!

January Trivia Question: In which film did Humphrey Bogart say 'We'll always have Paris'? Winner will be picked on 1/20.

February Trivia Question: Which singer had a hit with Sixteen Candles? Winner will be picked on 2/17.



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PROGRAMS AND SERVICES

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TRANSPORTATION UPDATE

To meet the needs of our community, we are providing transportation for Natick seniors by cab. While the number of rides we will be able to provide is limited, rides to medical appointments only outside of the Metrowest area can be arranged. If you are interested, please call the Center at 508-647-6540 at least 3 business days in advance of your appointment.

LET'S TALK NATICK



As millions of young adults head off to college amidst a pandemic, it's important to know everyone 18 and older should have a Health Care Proxy designated in case of medical emergency. A HCP is the person you choose to make medical decisions on your behalf if ever a time comes where you are not able to speak for yourself. Who do you trust to make those decisions? Do they know what you want them to know? Visit www.LetsTalkNatick.org for more information and a HCP form today! Any questions, reach out to LQuillen@natickma.org for guidance.

GRAB AND GO LUNCH

Due to ongoing and increasing demand, we have now added MONDAYS to our new Grab & Go Lunch schedule at the CSC! This program is run through BayPath Elder Services Nutrition Program and offers residents either a hot or cold lunch on Tuesdays, Thursdays and Fridays. Reservations are required 2 business days in advance; call the Center at 508-647-6540 for details and to reserve your lunch today! A suggested voluntary donation of \$3.00 is requested, but not required to receive your Grab & Go Meal. Volunteers will hand you a pre-ordered lunch as you drive up in your car! *This program is made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc. Call for the menu options.*

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06-5271

HUMAN SERVICES

THANK YOU VOLUNTEERS!!

Our sincere thanks go out to the two groups who provided home delivered Thanksgiving dinners to many of our Natick seniors – the volunteers from the Natick Open Door, including Joan and John Bace who coordinated the effort; as well as Mark Curtis, his family and volunteers. We greatly appreciate the generosity and hard work involved in making this holiday brighter for so many. Together these two groups delivered approximately 345 dinners to 230 residences. Again, our heartfelt thanks and appreciation.

CARE AND PREPARE

Care and Prepare is a voluntary call system designed to ensure for the health and safety of Natick residents during a weather-related or other town emergency. The purpose of the call is to provide you with up to date information, make sure you are safe, and have adequate resources during an emergency. This program is free. All you have to do is complete the Care and Prepare application which is available on the Town of Natick website. Please call Teri Checkat at 508-647-6542 if you have any questions or want an application mailed to your home.

EAT RIGHT EVEN ON A BUDGET- SNAP

SNAP (formerly known as food stamps) benefits allow you to purchase healthy food while stretching your budget. Eligibility is based on income, family size, and certain household expenses. SNAP recipients are automatically enrolled in the Healthy Incentives Program (HIP). This program gives you back \$1 for each dollar you spend on eligible fruits and vegetables purchased from a HIP vendor. (Up to a monthly maximum, as long as there is a balance in your SNAP account). You can find authorized HIP vendors at the Natick Winter Farmers Market located at 13 Common Street. Please call Debbie Budd at (508) 647-6540 with questions regarding eligibility or to schedule an appointment to complete an application.



VETERANS' SERVICES

Paul Carew, Director, Veterans' Services Natick, 508-647-6545

We recently added a flag disposal box inside our Center's front door. If you have a flag that needs to be disposed, come to the CSC, ring our doorbell, and we will dispose of it for you.

HEATING ASSISTANCE: 2020-2021 WINTER SEASON

The Low Income Home Energy Assistance Program (LIHEAP) can provide financial assistance toward your winter season heating bill as well as a discounted rate on your electricity, as long as you meet the income guidelines and provide the necessary documentation. If approved for LIHEAP you may also qualify for weatherization, appliance management, and/or heating system repairs or replacement. Those over income for the LIHEAP program may be eligible for The Salvation Army's Good Neighbor Energy Fund. Eligibility for both programs is based on household size and gross annual income of all household members, ages 18 or older. Please call Debbie Budd, 508-647-6540, for more information, to discuss eligibility or to complete an application.

PARKING PERMITS FOR 2021: Pre-registration required

To pre-register, please call the Center at 508-647-6540 and speak to our front desk staff. Permits can be picked up at the Center on Tuesdays & Thursdays from 12:00-3:00 pm or Wednesdays from 9:00 am-3:00 pm. Natick residents must be aged 65 years or older. Permits cost \$3, cash (small bills, please), check or credit card. Residents will be met at the front door; please bring your MA license or other photo ID and payment. Residents will have to wait outside until the procedure is completed.

ELLEBOGEN ASSISTIVE TECHNOLOGY CENTER

VIBRANT Access technology program will be providing one on one remote training by appointment. Please contact: Jerry Feliz, Access Technology Director, Mass Association for the Blind & Visually Impaired (MABVI). Reach him by phone at 857-443-6636 or email at jfeliz@mabcommunity.org

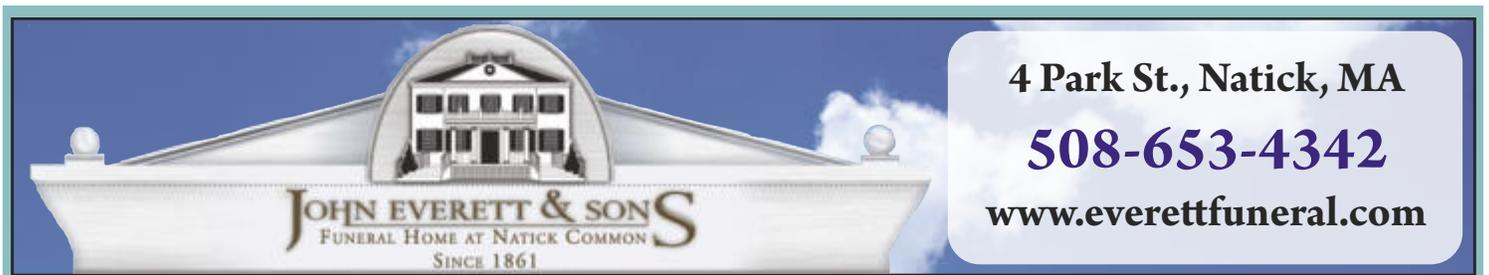
MISCELLANEOUS PROGRAM NOTES

Boston Symphony Orchestra

Join us in January for BSO performances streamed live or are pre-recorded. Schedule for January at time of printing was not available; call the Center at 508-647-6540 to find out when the performance will be shown via Zoom.

Please note: We are considering having a very small in-person group for the Great Courses class in the CSC for those who do not have access to Zoom on Wednesday at 1:00 pm starting January 27. If you are interested, please contact the Center.

Interested in getting our bi-weekly e-newsletter? Call to signup up at 508-6647-6540.



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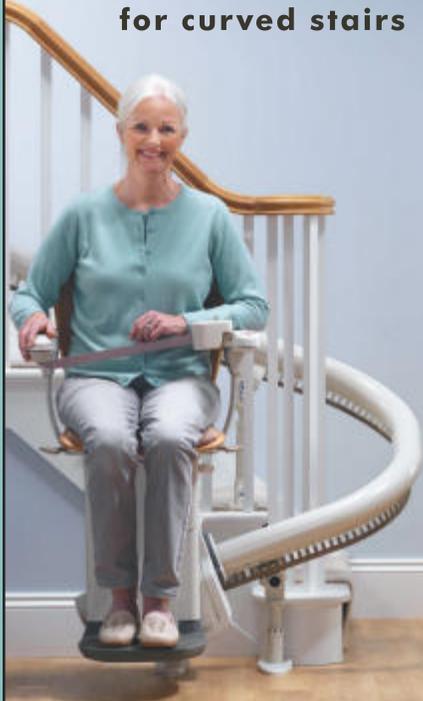
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- Lifelong Learning Lecture
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- Evening Movie in the Deluxe Theatre

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NATICK COUNCIL ON AGING

117 East Central St.
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w: <https://www.natickma.gov/626/Council-on-Aging-Human-Services>

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COMMUNITY-SENIOR CENTER HOURS

At the time of publication, the Center was closed to the public, but you can still reach us at:

508-647-6540

Monday through Thursday: 8:30 am–5:00 pm

Friday: 8:30 am–12:30 pm

Friends of the Natick Senior Center Membership Form

2021 MEMBERSHIP INFORMATION for the *Friends of Natick Senior Center, Inc.*

Your membership to the Friends of Natick Senior Center, Inc. helps support programs and events run by the Natick COA and assists with one-time purchases and scholarships.

Mail the completed form and your tax deductible donation to:

Friends of Natick Senior Center, Inc., 117 E Central Street, Natick, MA 01760

Make checks payable to: Friends of Natick Senior Center, Inc.

Please share your email address below for periodic communications.

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