



City of Cambridge

33.

IN CITY COUNCIL

March 17, 1997

COUNCILLOR DAVIS
 VICE MAYOR BORN
 COUNCILLOR DUEHAY
 COUNCILLOR GALLUCCIO
 COUNCILLOR REEVES
 MAYOR RUSSELL
 COUNCILLOR SULLIVAN
 COUNCILLOR TOOMEY
 COUNCILLOR TRIANTAFILLOU

WHEREAS: On December 11, 1996, the Senior Center Advisory Committee elected **Arvila Sarazen** as its President; and

WHEREAS: Arvila is a multi-talented women who has been a singer as a child and in her adult life; she sings both as a soloist and as a member of the Senior Center Chorus; and

WHEREAS: Arvila is never too busy to help someone; she has volunteered at Youville Hospital; she knits and crochets for children with AIDS; and she devotes many hours to helping others; and

WHEREAS: Arvila has defined her Presidential goals as implementation of activities and policies that express the ideal of fairness for all; now therefore be it

RESOLVED: That this City Council go on record extending a belated congratulations to **Arvila Sarazen**, who is already working as an effective advocate for senior citizens, on her election as President of the Senior Center Advisory Committee.

In City Council March 17, 1997

Adopted by the affirmative vote of nine members.

Attest:- D. Margaret Drury, City Clerk.

A true copy;

ATTEST:-

D. Margaret Drury
 City Clerk

D. Margaret Drury

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March 17, 1997

COUNCILLOR DAVIS

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on her election as
Advisory Committee

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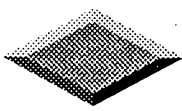
Cambridge YMCA and Senior Center Launch Walking Program "Stay in Shape for Spring"

Happy New Year! Do you remember your New Year's resolution? Like most people, one of the goals you might have is to take better care of your health and that includes exercise. Why not walk with the YMCA!

Starting January 15, 1997, the Cambridge YMCA will offer seniors an opportunity to do just that. The "Stay in Shape" walking program will be held Mondays and Wednesdays from 10:00 - 11:00 a.m. in the large gym. The class is open to all seniors free of charge. The program will incorporate music, power walking, striding, marching and many other forms of walking to make the hour fun. The instructor, Donna Lubrano, is a certified personal trainer, aquatic exercise instructor and an avid walker and jogger.

For those interested, she will be training a walking team to join in the April 6, 1997 Cambridge City Run. This is an added motivation to stay in shape throughout these winter months.

Come meet the Y Staff in a "Get Acquainted Event", January 9, 1997. The event will start off at the Senior Center, and move to the Y. The YMCA will have a small reception, with refreshments and gift bags for all those who take a tour. Come meet your neighbors! Find out what goes on right next door! Please join us and let us know what kind of activities you would like to see offered for seniors.



Benfits Information Available

A SHINE Counselor (Serving Health Insurance Needs of Elderly) will be available at the Cambridge Senior Center, 806 Massachusetts Ave. every Tuesday from 1:00 to 4:00 p.m. and at the North Cambridge Senior Center, 2050 Massachusetts Ave. every Thursday from 8:30 a.m. to 4:30 p.m. to answer your health insurance questions. Please call for an appointment with Rose Levine at:

806 Massachusetts Ave.
(617) 349-6220

2050 Massachusetts Ave.
(617) 349-6320

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Jeanne Burton, Vice President
Leroy Cragwell, Secretary
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Newslines design and layout:
Eileen Ginnetty
Victoria Colon

Photos: Eileen Ginnetty
James Shannon

PROGRAMS AND STAFF

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Eileen Ginnetty

Social Services

Susan Pacheco, Director of Client Services
Portuguese Translation

Rose Claire Levine, SHINE Counselor
Helen Kass, SHINE Counselor

Office Manager

Victoria Colon

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Virginia Acker Dottie Giacobbe
Myrna Rivera Jackie Sparks
Ila Watson Tina West

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North Cambridge Senior Center
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Activities & Volunteer Coordinator
Arline McGrady

Food Services Manager
Michael Nixon

Meals/Food Coordinators

Rita Cericola Julianne King
Cynthia Nixon

Program Aide

Leora Littleton

Senior Center Facilities Manager

Donald Down, Dept. of Public Works

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Deputy City Manager
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Assistant City Manager,
Human Services

Cambridge Council on Aging
806 Massachusetts Ave.
Cambridge, MA 02139

Henrietta A. Davis

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Greetings from the Council on Aging

On behalf of the Cambridge Council on Aging, I wish all of our readers a wonderful holiday season, and a happy and healthy 1997.

Sincerely,

Eileen Ginnetty

* A Note to Our Readers

We experienced production delays in our November and December Newslines. We regret any inconveniences this may have caused.
Thank you.

Profile: Arvilla Sarazen

by Lynn Swift

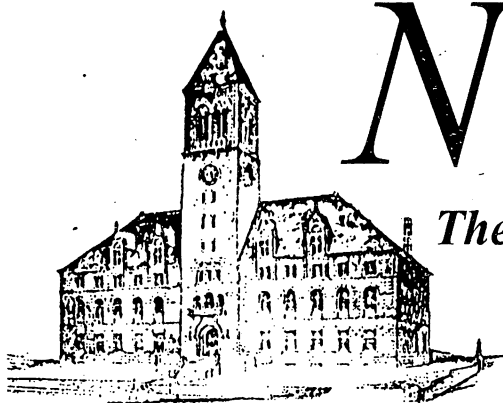
At its meeting on December 11, 1996, the Senior Center Advisory Committee elected Arvilla Sarazen as its President. Arvilla defined her goals for the Center as the implementation of activities and policies that express the ideal of fairness to all. She hopes to encourage members to expand their friendships to include new people so that no one who comes to the Center feels alone. She hopes to work with center staff to develop a book of policies that will define member services and expectations.



A multi-talented woman, Arvilla has been a singer as a child and as an adult. Whether in Cambridge, on Cape Cod, or in Florida, music has infused her life. At the Cambridge Senior Center too, Arvilla sings both as soloist and as a member of the Senior Center Chorus. In addition to singing, Arvilla makes ceramics in our Senior Center class and participates in the Friday afternoon ballroom dancing.

Never too busy to help someone, Arvilla crochets hats and afghans for children with AIDS, and currently she is knitting dresses for their Barbie dolls. Arvilla calls herself "a volunteer wanderer; wherever they want me, that's where I go." Her volunteer wanderings in Cambridge have taken her to Youville Hospital where she assisted the staff. Even when employed at the Cambridge Court House doing clerical work, her roles were multiple. If she heard a prisoner singing at the court house, she would tell him, "If you ever feel like getting in trouble again, just sing."

With that kind of wisdom available, no wonder members of the Senior Center have gone to her with questions; for us she has become a volunteer ombudsman and service worker. In fact, as you read this newsletter, you may be holding pages that Arvilla folded so that you might also know about our center.



Newslines

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139

Office: (617) 349-6220 Senior Center: (617) 349-6060

January 1997

MAKE YOUR 1997 NEW YEAR'S RESOLUTION "TO WORK FOR GOOD HEALTH"

by Karen Wolf, Ph.D., R.N., C.S., N.P.

Best Wishes for A Happy and Healthy New Year from the staff of Cambridge Senior Health Center. We are planning a variety of programs that will bring our providers and services to you to make your health resolutions come true! We look forward to helping you achieve better health in 1997! As providers of primary care to older adults, we believe that health can only be achieved through an active partnership between provider and patients. Everyday we all make decisions that effect our health and well being. Learning to make choices is a long process that is influenced by an ever changing world of information. Come learn what's new with upcoming Senior Health Center programs:

- ✓ **Vision Screening by Dr. Barrett, Cambridge Hospital.** Dr. Barrett returns for a screening of older adults. (Sign up in advance at the Senior Center.)

January is Glaucoma Awareness month.

Thursday, January 16, 1:00 - 3:00 p.m.

- ✓ **Lunch time Chat with Dr. Conant** offers participants a chance to talk with a leading health expert and primary care provider about current health issues.

Tuesday, January 21, 12:00 - 1:00 p.m.

- ✓ **Ask the Nurse Practitioner.** "Do you have a health related question that you've been waiting to ask? Bring it along for an informational discussion with Karen Wolf, N.P.!"

Thursday, January 23, 1:00 - 2:00 p.m.

- ✓ **Making the Most of your Memory.** What is memory loss? What causes it? What can you do to stop loss or maximize your memory?

Speaker Karen Wolf, Ph.D., R.N., C.S., N.P.

Thursday, January 30, 1:00 - 2:00 p.m.



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Entire memb.
Consent Order #33

R-383

Councillor Davis re: Congratulations to
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as an effective advocate for senior
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In City Council March 17, 1997

ORDER ADOPTED

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