



City of Cambridge

R-9.

IN CITY COUNCIL

April 9, 2001

COUNCILLOR TOOMEY
COUNCILLOR BORN
COUNCILLOR BRAUDE
COUNCILLOR DAVIS
COUNCILLOR DECKER
MAYOR GALLUCCIO
VICE MAYOR MAHER
COUNCILLOR REEVES
COUNCILLOR SULLIVAN

RESOLVED: That this City Council go on record extending appreciation to the volunteers of the Cambridge Citywide Senior Center for all their time, energy, special talents and generosity; and be it further

RESOLVED: That the City Clerk be and hereby is requested to forward a suitably engrossed copy of this resolution to the volunteers of the Cambridge Citywide Senior Center on behalf of the entire City Council.

In City Council April 9, 2001.

Adopted by the affirmative vote of nine members.

Attest:- D. Margaret Drury, City Clerk.

A true copy;

ATTEST:-

A handwritten signature in cursive script, reading "D. Margaret Drury".

D. Margaret Drury
City Clerk

Councilman Gormay

29

Resolved: That this City Council go on record expressing appreciation to the volunteers of the Cambridge Citywide Senior Center for all their time, energy, special talents & generosity & be it further

Resolved: SEC to Citywide center

PROGRAM AND STAFF

Executive Director

Eileen Ginnetty

CAMBRIDGE CITY COUNCIL

Anthony Galluccio, Mayor
David Maher, Vice Mayor
Kathleen L. Born
James Braude
Henrietta A. Davis
Marjorie Decker
Kenneth E. Reeves
Michael A Sullivan
Timothy J. Toomey, Jr.

Robert W. Healy
City Manager

Richard C. Rossi
Deputy City Manager

Jill Herold
Assistant City Manager
Human Services

Ellen Semonoff
Deputy Director
Human Services

COUNCIL ON AGING BOARD

Nancy Peters, President
Dr. Zoya S. Slive, Vice President
William Cobham, Secretary
Alice McCarter, Treasurer
Mary Ann Allen
Ethel Ampey
Janet Hand
Kenneth Holmes
Theron L. Jackson
Joseph Pari
Vinnie Wong

Cambridge Council on Aging
806 Massachusetts Avenue
Cambridge, MA 02139

Social Services

Susan Pacheco, Director of Client Services,
Portuguese Translation
Elizabeth Seelman, Case Manager
Kathleen Desilets, Information and
Referral Specialist
Rose Claire Levine, SHINE Counselor
Helen Kass, SHINE Counselor

Administrative Assistants

Michelle Crawford
Patricia A. Johnson

Senior Aides

Virginia Acker **Diana Powers**
Ruby Chung **Myrna Rivera**
Cirion DiSouza **Arvilla Sarazen**
Diana Kaplan **Jackie Sparks**
Hopeton McGregor **Ila Watson**

Elder Haitian Program

Maude LaRoche-Program Coordinator
Dianante Desjardines-Program Assistant

Senior Substance Abuse Counselor

Lynn Evans

Bus Driver

Laura Habermann

Asian Seniors Coordinator

Garrett Tu

Newslines

Eileen Ginnetty
Patricia Johnson

Citywide Senior Center

Emma Watkins, Director

North Cambridge Senior Center

Theresa Romanoff, Coordinator

Activities & Volunteer Coordinator

Arline McGrady

Food Service Manager

Julianne King

Meals Assistants

Sanctora Cooper **Violet Lorcy**
Patricia MacMillan **Betty Roche**

Food Pantry Coordinator

Mecky Napoli

Program Aide

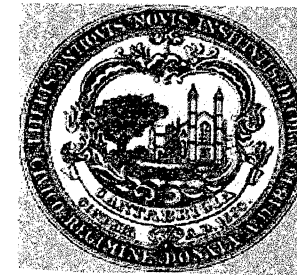
Leora Littleton

Facility Manager

Donn Hockman
Department of Public Works

Week-End Activities Coordinator

Angela Owens



APRIL, 2001

Newslines

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139

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

TTY: (617) 349-6050

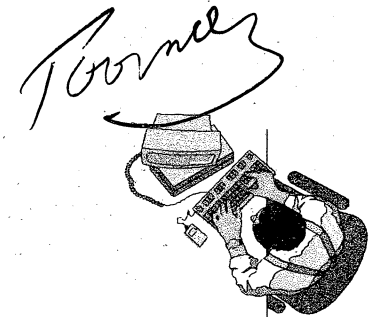
Inside

Health & Wellness	Pgs 2,3
JeanneV. Burton	
Award	Pg 4
Special Events	Pg 5
Calendars	Pgs 6,7, 8
Events	Pg 9

Breast Cancer Awareness
Please join us at the city-wide
Senior Center Ballroom at 806
Mass Avenue, Cambridge, MA.,
Thursday, April 12 at 1 p.m. when
the Cambridge Health Alliance will
sponsor a Breast Health program.

For more information contact
Karen Wolf at (617) 498-2000

*Our appreciation to the Executive
Office of Elder Affairs for funds to
support our Newslines publication.*



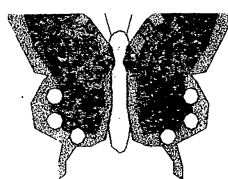
*April is National Volunteer
Appreciation Month*

The Cambridge Citywide Senior Center and the North
Cambridge Senior Center extend a heartfelt "Thank You" to all our
wonderful volunteers. Because of the generous donation of your time,
energy and special talents, we are able to greatly augment the
program offerings that we provide for Senior Citizens living in the
community.

Words are not adequate in expressing our appreciation and the
appreciation of the many people whose lives you touch.
To formally acknowledge your contribution, the two Senior Centers
will be holding Volunteer Appreciation luncheons.
The North Cambridge Senior Center Volunteer Appreciation
Luncheon will be held on April 24, 2001, and the Citywide Senior
Center will hold their Volunteer Appreciation Luncheon on
May 10, 2001.

TIMOTHY J. TOOMEY, JR.

Cambridge City Council
(City Hall)



April and Breast Cancer Awareness
Karen Wolf RN,CS, Ph.D.
Nurse Practitioner
Cambridge Health Alliance Senior
Health Center

Many older women view mammograms as a burden to be avoided. Too often women assume that by avoiding screening they can keep breast cancer away. The problem of breast cancer continues to challenge the health of older adults. The rate of breast cancer increases with age. While the probability of developing breast cancer in white women is less than 1% between the ages of 35-45, it increases to 3% between ages 65 and 75. The rate of breast cancer occurrence and survival differs across Black, Latino, or Asian groups. These differences reflect a variety of factors from personal risk to use and availability of health care. All women need to know their own personal risk factors:

- ◆ Between 5% - 10% of breast cancer is truly genetic; Family history looks at daughters, aunts, or grandmothers with breast cancer
- ◆ Age at first period younger than 12
- ◆ Age at menopause greater than 55 or more than 40 years of menstruation
- ◆ Late childbearing, over age 30
- ◆ Being overweight

- ◆ Use of estrogen and hormone replacement are debated as possible factors.

It is recommended that women over the age of 60 have their breasts examined yearly by their health care provider and also have a mammogram or xray of their breasts. Mammograms do make a difference. They can increase the cure rate or reduce the rate of death from breast cancer by detecting lumps, hopefully before the cancer cells can travel or metastasize through the body.

All women should learn to do self breast exams. (Men may also benefit from doing self-exams as 5% of breast cancer occurs in men.) Learning about what is normal and what is a possible problem can help save your life. By doing self breast exam, women can check for lumps, dimpling, thickening or redness of the skin or arms under the breasts. When a question arises about "what is normal" call your health care provider. It is better to be safe than sorry. The best approach to breast cancer is prevention. To reduce cancer risk, health wise tips include:

- ◆ Lowering the amount of fat in your diet. Instead increase whole grains, soy intake, beans
- ◆ Eat five or more vegetables and fruits daily
- ◆ Limit or stop the use of alcohol
- ◆ Avoid tobacco use or smoke filled environments

EVENTS AT OUR CENTERS

AT THE CITYWIDE CENTER
806 MASSACHUSETTS AVENUE
(617) 349-6060.

AT THE NORTH CAMBRIDGE CENTER
2050 MASSACHUSETTS AVENUE
(617) 349-6320

Tuesday, April 3 Police Academy Graduation 1-3
Birthday Party 1:30-2:30

Thursday, April 5 State House Senior Action Trip
Bus Departs 12:00 Noon

Monday, April 9 Cooking with Julie 1-2

Tuesday, April 10 Blood Pressure Screening 1-2
Art Lecture with Lisa Houck 1-3

Wednesday, April 11 Art Workshop with Lisa Houck 1-3

Thursday, April 12 Health and Wellness Talk-
Mammograms, Why Do Older Women Need Them? 1-2

Friday, April 13 Book Discussion Group 12:30-1:30

Monday, April 16 Holiday/Patriots Day-Meals
And Drop-In only

Tuesday, April 17 Poetry Reading, Reinventing Identity
by Eva Paddock 1-2

Thursday, April 19 SHINE Discussion,
Prescription Advantage 1-2

Monday, April 23 L.I.V.E. 9:30-12:30

Tuesday, April 24 Blood Pressure Screening 2:30-3

Thursday, April 26 Caribbean Island Party
Special Island Food and Entertainment. Tickets are
\$4.00. Tickets go on sale April 2. Seating is limited.



Tuesday, April 3 Video on "IRELAND" 12:00

Wednesday, April 4 Blood Pressure Screening
11:30

Tuesday, April 10 Movie: "CLUE" 12:00
Prescription Advantage Presentation
2:00

Wednesday, April 11 Easter /Passover Tea Party 2:00

Thursday, April 12 Special Exhibit of Miniature Furniture
and Paintings 1:00

Monday, April 16 Patriot's Day - Center Closed

Tuesday, April 24 Special Luncheon for Volunteers 12:00

Thursday, April 26 Day Trip to JFK Museum 10:30

Friday, April 27 Intergenerational Program 10-2

Thanks to everyone who made our 15th Anniversary week so special.

**HAPPY EASTER, HAPPY PASSOVER AND
HAPPY SPRING (at last!) TO EVERYONE.**

Terry Romanoff





City of Cambridge

R-9.

IN CITY COUNCIL

April 9, 2001

COUNCILLOR TOOMEY

RESOLVED: ~ That this City Council go on record extending appreciation to the volunteers of the Cambridge Citywide Senior Center for all their time, energy, special talents and generosity; and be it further

RESOLVED: That the City Clerk be and hereby is requested to forward a suitably engrossed copy of this resolution to the volunteers of the Cambridge Citywide Senior Center on behalf of the entire City Council.

542R

Resolution #9

Appreciation to the volunteers of
the Cambridge Citywide Senior
Center for all their time, energy,
talents and generosity.

Councillor Toomey

In City Council April 9, 2001

ORDER ADOPTED