

Staying Connected while Keeping Safely Distant

Many people are experiencing social isolation in efforts to keep safe, healthy, and prevent the spread of COVID-19. However, this can greatly impact our overall health, nutrition status, and social well-being. It is a time that calls for unique ways to stay connected while maintaining safety and physical distance. Here are some suggestions from the Administration for Community Living.

Ways to Stay Connected:

- Develop a plan to connect with family, friends or loved ones on how to safely stay in touch during social distancing. This is especially important for people living alone.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Caring for pets or plants provides a sense of purpose and improved health.
- Physical activity such as walking or light stretching helps calm tension; eat healthy, well-balanced meals, and avoid alcohol and drug abuse. It is also important to get adequate sleep.
- Listen to music, including music events and activities online, such as free livestreamed concerts. National Public Radio is maintaining a list of Live Virtual Concerts.
- Keep your mind active like with puzzles (e.g., jigsaw, crossword, sudoku), reading, and art and craft projects, they help keep the mind occupied and can improve cognitive functioning.
- Reduce or minimize stress. Use calming techniques such as deep breathing, stretching, meditation, prayer, taking a warm bath or shower, or sitting with a pet.
- Include laughter in your life. Watch a comedic TV shows and movies, or chat with a friend or family that makes you smile.
- Create short personal videos that can be shared between family and loved ones.
- Explore virtual tours, museums, trips around the world.
- Watch virtual cooking classes, try new recipes, see pg 4 for one to try!

Source: <https://acl.gov/COVID-19>

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IN THIS ISSUE:

- P1 Staying Connected while Keeping Safely Distant
- P2 Community Meal Locations
- P3 Roasted Winter Vegetables Recipe



CAMBRIDGE Locations (currently closed until further notice)

Cambridge Senior Center 806 Mass. Ave. / 617-349-6042 Kitchen Manager: Julie King A Senior Dine Card is needed, call SCES	Breakfast: Mon-Sat 8:30am Lunch: Mon-Thu 11:30am Fri 11-11:30am Sat 9:30-11:30am Must be 60 years or older
Manning Apartments 237 Franklin St. / 617-576-8715 Center Coordinator: Donna	Lunch: Mon-Fri 11:30am Non-residents must be 60 or older
North Cambridge Senior Center 2050 Mass Ave. / 617-349-6324 Center Coordinator: Joan	Lunch: Mon, Wed, Fri, 11:30am Must be 60 years or older
Miller's River (Nutrition) 15 Lambert St. / 617-628-2601 Center Coordinator: Donna	Supper: Thu 4:30pm Non-residents must be 60 or older
Norfolk Street 116 Norfolk St. / 617-547-3543, ext. 123 Center Coordinator: Edith	Lunch: Mon-Fri 11:30am Supper: Thu 5:00pm Non-residents must be 60 or older
Kate's Cafe @ S&S (LBGT) (Nutrition) 1334 Cambridge St. / 617-628-2601	Supper: 4th Wed of month 6:00pm Must be 60 years or older
Cambridge Hospital Cafeteria (Nutrition) 1493 Cambridge St. / 617-628-2601 A Senior Dine Card is needed, call SCES.	Supper: Mon-Fri 4:45-6:00pm Must be 60 years or older
Mass. Alliance of Portuguese Speakers 1046 Cambridge St. / 617-864-7600	Portuguese Lunch: Mon-Thurs Noon Must be 60 years or older

SOMERVILLE Locations (currently closed until further notice)

Cross Street Senior Center 165 Broadway / 617-625-6600, ext, 2335	Lunch: Mon, Tue & Thu 11:30am Must be 60 years or older
Somerville Center 167 Holland St. / 617-625-6600 ext. 2325	Lunch: Mon - Fri 11:30am Must be 60 years or older
Ralph & Jenny Center 9 New Washington St. / 617-666-5223	Lunch: Tue, Wed & Thu 11:30am Must be 60 years or older
Properzi Manor 13-25 Warren Ave. / 617-666-5882 Center Coordinator: Allan	Lunch: Mon-Fri 11:30am Non-residents must be 60 or older

Transportation to meal sites is available.

Reservations are required by noon the previous business day. Call SCES at 617-628-2601.
 Must be 60 years or older, unless in supportive housing.

Monthly Brown Bag

Currently Closed

Arts at the Armory
191 Highland Ave.
Somerville

Call first to see if
cancelled at
617-628-2614
ext 6789

Purchase Ensure® Nutrition Drink Supplements from SCES

Flavors: Vanilla, Chocolate, or Strawberry

Regular Ensure® - \$29.00/24 drinks

Diabetic Ensure® (Glucerna) - \$40.00/24 drinks

Ensure Plus® - \$31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

Roasted Winter Vegetables

Great winter side dish that can be made in large batch and saved for left overs. Full of fiber, vitamin A and C to help support a healthy immune system.

Ingredients:

- 1 pound of carrots, peeled
- 1 pound of parsnips, peeled
- 1 large sweet potato, peeled
- 1 packaged diced butternut squash;
or 1 small one peeled, diced (remove seeds)
- 3 Tablespoons Olive oil
- 1-1/2 teaspoon of salt (optional)
- 1/2 teaspoon of pepper
- 2 Tablespoons of chopped flat parsley



Preheat oven to 425F. Cut all vegetables into approximately 2 inch diced pieces, they will shrink so not too small. Place vegetables on a cooking sheet in a single layer. Drizzle with olive oil, season with salt and pepper, toss well to coat. Bake 25-35 minutes until tender, turn once halfway during cooking process. Top with chopped parsley and enjoy!

NOTE: Ingredients and amounts can be modified for the quantity and vegetables preferred.

Source: <https://www.foodnetwork.com/recipes/ina-garten/roasted-winter-vegetables-recipe-1914932>