

Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

August – September 2018

ASA Singers Seeking Piano Accompanist. Our monthly second Tuesday sings (12:30 - 1:45) feature show tunes and old favorites from many genres. For a lot of the selections, we would enjoy having accompaniment on piano. The ASA board has allocated a modest honorarium for a pianist who can participate regularly. Contact Cheri Minton at 781-646-5449 or cheriminton@gmail.com.

► HIGHLIGHTS ◀

Thursday yoga classes with Barbara Freedman will not meet on August 23 and 30. Tuesday and Friday classes will be taught by Debra Rosenblum on August 21, 24, 28, and 31. ASA

Tai Chi with Bill Barron. A second class is being added this fall. Thursdays, 8:30-9:30 a.m. Details under “Exercises” on page 3. COA

August Film Festival Every Thursday at 1:00. A series of less-often-seen staff favorites.

August 2 *Sleuth* (1972) with Laurence Olivier and Michael Caine. The last film directed by Joseph L. Mankiewicz. Think of the perfect crime, then go one step further.

August 9 *Now, Voyager* (1942) with Bette Davis, Paul Henreid, Claude Rains.

*“The untold want by life and land ne'er granted,
Now, voyager, sail thou forth, to seek and find.”*

August 16 *Moonstruck* (1987) with Cher, Danny Aiello, Nicolas Cage, with Vincent Garadenia and Olympia Dukakis in supporting roles. A widowed, 37-year-old, Italian-American woman falls in love with her fiancé's estranged, hot-tempered younger brother.

August 23 *Georgy Girl* (1966) with Lynn Redgrave, James Mason, Alan Bates. The story of a young virginal woman in 1960s swinging London who is faced with a dilemma when pursued by both her father's older employer and the young lover of her promiscuous and pregnant flatmate.

August 30 *The Talented Mr. Ripley* (1999) with Matt Damon, Jude Law, Gwyneth Paltrow, Kate Blanchett. An adaptation of Patricia Highsmith's 1955 psychological thriller novel of the same name. Stunning location shots in Italy. A mesmerizing masterpiece of the unexpected.

National Senior Center Month luncheon, Sept. 13, Noon-2:00. Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging and create important community resources for aging expertise. Good food and entertainment. Watch for more information on Senior Center flyers and in the September newsletter. **Save the date. Sign up in the COA starting in mid-August.**

Ongoing Classes -- Events -- Services

Contents

Arts and Crafts	Lectures
Business, Finance, and Taxes	Meals
Celebrations, Parties, Luncheons	Movies
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Exercise, Movement, and Dance	Reading and Writing
Games	Volunteering
Health, Wellness, Fitness	Outside the Senior Center
Language and Languages	Trips and Outings
	Robbins Library Programs

For more information or to register for programs, call the sponsoring organization.

ACA: Arlington Center for the Arts 781 648-6220. www.acarts.org

ACE: Arlington Community Education. 781-316-3568. www.ArlingtonCommunityEd.org

ASA: Arlington Seniors Association. 781-316-3420. <http://ArlingtonSeniorsAssociation.org/>

ASA Trips: Lorraine Accardi at 781-643-8158.

COA: Arlington Council on Aging. 781-316-3400.

COA LGBT Programs. Marci Shapiro-Ide at 781-316-3419.

COA Van [\$1.50 one way] and Dial a Ride "DART" program at \$5 per taxi ticket. COA, 781-316-3400.

Also see issues of the Arlington Senior Center newsletter and the *Arlington Advocate*.

Arts and Crafts

Watercolor Pencils. Charlotte Kaplan. Mondays. 1:00-3:00, Sept.17-Dec. 3 (no class 10/11/8, 11/12) Arts & Crafts Room. ACE

Mixed Media Collage. Anne Black. Fridays, 1:00-3:00 Nov. 9-Dec. 7 (no class (11/23) Arts & Crafts Rm. (except 12/7). ACE

Business, Finance and Taxes [Call for appointments.]

Financial Planner. Rick Fentin 2nd & 4th Fridays, 9:30 and 11:00. Call COA.

Long-Term Care Insurance Counselor. Sean Condon. Call COA for date and time.

Celebrations, Parties, Luncheons [See Page one for current listings.]

Holiday Party, December 13

Computers and Technology

Computer Help Day, 1st & 3rd Tuesdays 1:00-3:00. Games room. with Frank Tadley. Bring your hand-held devices or laptops or use our desktop machines to learn new skills or solve your problems. Free. Not meeting in August. Sign up in the Drop-In Room. ASA

Discussion Groups

Coffee and Conversation for ASA/COA Volunteers 4th Monday. 10-11:30. Mural Rm.

Current Events Discussion Group 2nd & 4th Tuesdays, 1:00-2:30. Free. Not meeting in August Games Room. ASA

Exercise, Movement, and Dance

AquaFit Thursdays, 1:30-2:15. Woburn YMCA pool. Register with COA.

Chinese Dance Mondays, 3:00-4:00. Main Hall. Call COA for details.

Essentrics: Gentle Stretching. Severina Gates. Fridays, Sept. 28-December 7 (no class 11/23). 11:45-12:45. Main Hall. ACE

Exercise Classes

Mondays. Shannon Lee Jones. 9:00-10:00. Main Hall. \$4. Drop in. ASA

Wednesdays. Joanna Grubel. 9:00-10:00. Main Hall. \$4. Drop in. ASA

Fridays. Ami Stix. 9:00-10:00. Main Hall. \$4. Drop in. ASA

Muscle Strengthening Wednesdays, 10:15-11:00. 8-week sessions, \$28. Main Hall. COA.

Tai Chi Reduces stress and anxiety, increases flexibility and balance—meditation in motion. Bill Barron. Mondays, 1:00-2:00. Main Hall. \$25. 8-week sessions. COA

NEW 2nd Class: Thursdays, 8:30-9:30. Main Hall. \$25. 8-week sessions. COA

Yoga: very popular traditional yoga--a more rigorous practice. Barbara Freedman. Tuesday and Friday classes will be taught by Debra Rosenblum on August 21, 24, 28, 31.

Tuesdays, 10:00-11:15. Main Hall, \$5 per class. Drop in. ASA

Fridays, 10:15-11:30. Main Hall, \$5 per class. Drop in. ASA

Yoga: Strength & Balance Barbara Freedman. **Thursday yoga classes with Barbara Freedman will not meet on August 23 and 30.** For gentle and safe stretching and muscle strengthening. No floor work required. Instructor specializes in modifications for those with chronic conditions/limitations. Thursdays, 9:45-11:00. Main Hall. \$5. Drop in. ASA

Yoga: Chair Yoga A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Thursdays, 2:00-3:00. Mural Room, \$3 drop in. COA

Games

Bingo Wednesdays, 11:30-2:30. Main Hall. 3 games, \$1.50. Drop in. No Bingo July 11. ASA

Bridge: Contract Bridge Wednesdays, 12:00-3:30. Games Room, \$1. Drop in. ASA

Bridge: Progressive Bridge Mondays, 12:30-3:00. Main Hall (west end) \$1. Drop in. ASA

Cribbage Mondays, 12:00-2:30. Games Room. Free. ASA

Mah Jongg with Judy Harris. Thursdays, 1:00-3:00. Games Room. Free. ASA

Health, Wellness, Fitness (see Personal Support)

Language and Languages (none currently offered)

Meals and Food

Chateau Café on Maple Street at the Senior Center Suggested donation \$2.

48-hour advance notice. Minuteman Meals Office. 781-316-3423.

Congregate Meals at Drake Village in Arlington Heights. 781-221-7081. COA

Movies

August Film Festival Every Thursday at 1:00. A series of less-often-seen staff favorites.

August 2 Malcolm's favorite: *Sleuth* (1972) with Laurence Olivier and Michael Caine.

August 9 *Now Voyager* (1942) with Bette Davis, Paul Henreid, Claude Rains.

August 16 *Moonstruck* (1987) with Cher, Danny Aiello, Nicolas Cage.

August 23 *Georgy Girl* (1966) with Lynn Redgrave, James Mason, Alan Bates.

August 30 *The Talented Mr. Ripley* (1999) with Matt Damon, Jude Law, Gwyneth Paltrow, Kate Blanchett.

September schedule, 2nd & 4th Thursdays, except as noted. All ASA movies are at 1:00 p.m. Free. ASA Showings depend upon availability of films and are subject to substitutions.



Music and Song

Chinese Seniors Congregate for Song Tuesdays, 2:00-4:00. Main Hall. Free. COA
Sing-Along All Summer Long with Cheri Minton. Second Tuesdays, 12:30-2:00. August 14, September 11. Main Hall. Free. ASA

Personal Support, Health & Wellness

Blood Pressure Tuesdays, 12:30-1:30. Main floor Reception Area Nurse’s Office. Free. COA
Caregivers Support Group 2nd Thursdays, 10:15-11:30. Call COA
Elder Abuse Task Force urges seniors to stay informed with resources about elder abuse and neglect, such as Greater Boston Legal Services’ Elder Justice news blog, www.elderjusticegbls.wordpress.com. Call COA for date and time meetings.
Financial Planner Rick Fentin 2nd & 4th Fridays, 9:30 and 11:00. Call for appt. COA
Grandparents Raising Grandchildren Support Group 2nd Wednesdays, 12:00-1:30. Whittemore-Robbins House. COA
Low Vision Support Group No meetings in July or August. September starts again on 4th Tuesdays, 1:15-2:30. Ground Floor Conf. Room. COA

Medicare Open Enrollment program, mid November. COA

Mindfulness and Stress Management. Leah Gilbert. Fridays. Sept-28-Nov. 16, 10:00-11:30

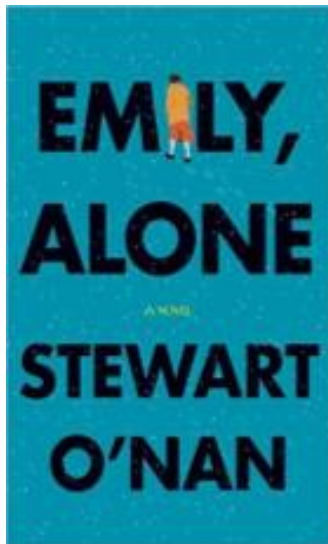
Mural Room. \$30. Register at COA from desk.

Podiatry Clinic at the COA on the first Monday of each month, except holidays. \$30. Appointment required. Call 781-316-3400.

SHINE Counselor Serving the Health Insurance Needs of Everyone. By appointment. Free. Call COA

Reading and Writing

Book Club 3rd Friday, 1:00-2:30, Drop-In Room. Free. ASA



ASA Book Club August 17, 1:00-2:30 Drop-In Room

***Emily Alone* by Stewart O'Nan**

A sequel to the bestselling, much-beloved *Wish You Were Here*, Stewart O'Nan's intimate new novel follows Emily Maxwell, a widow whose grown children have long moved away. She dreams of visits by her grandchildren while mourning the turnover of her quiet Pittsburgh neighborhood, but when her sole companion and sister-in-law Arlene faints at their favorite breakfast buffet, Emily's days change. As she grapples with her new independence, she discovers a hidden strength and realizes that life always offers new possibilities. Like most older women, Emily is a familiar yet invisible figure, one rarely portrayed so honestly. Her mingled feelings-of pride and regret, joy and sorrow, are gracefully rendered in wholly unexpected ways. Once again making the ordinary and overlooked not merely visible but vital to understanding our own lives, *Emily, Alone* confirms O'Nan as an American master.

September 21 selection: *The Caged Virgin* by Ayaan Hirsi Ali.

Intergenerational Book Club. See "COA Outside the Center" below.

Memoir Writing. Lissa Franz. Tuesdays, Sept. 25-Nov. 13, 10:00-noon. Mural Room. ACE

Shakespeare and Friends. Noel McCoy. No Classes in July or August.

Sept. 20, 27; Oct. 4; Nov. 1, 8, 15. 1:30-3:00. \$40 for all six classes; \$10. Drop in.

Drop-In Room. ASA

Book Swap (or just take one). The shelves in the Drop-In Room have books arranged by fiction and nonfiction. These are freely available. If you have one to swap or donate, bring it along.

Volunteering

Volunteering at the Senior Center. Call Kristine Shah, volunteer coordinator, at the Council on Aging or Kathy Gilligan at the ASA. [See contact information in Directory below.]

OUTSIDE THE SENIOR CENTER

ASA Trips and Outings (showing ASA member discount)

Checks for ASA trips are made out to the Arlington Seniors Association and mailed to Lorraine Accardi at 14 Grandview Road, Arlington, MA 02476. Tel. 781-643-8158 for more information. Make sure you indicate which trip(s) you are registering for.

Wednesday, August 8: Maine's Famous "Bull and Claw" Lobster Bake. **Second bus with Belmont Senior Center.** Call Lorraine Accardi (781-643-8158) **ASAP** if interested. Cost: \$85 (ASA members), \$87 (non-members).

Canceled: Tuesday, August 14. – Bobby Rydell Live in Concert at Venus De Milo,

Future Trips: sign up now!

- Tuesday, October 9, **Vermont Foliage Spectacular** ASA Members: \$80; Nonmembers \$82.
- Friday, December 7, **Boston Ballet's The Nutcracker** ASA Members: \$94; Nonmembers \$102.
- Tuesday, December 18, **A Salem Cross Christmas** ASA Members: \$80; Nonmembers \$82.

OvernightTrips [No ASA discount]

Sunday/Monday, August 5/6, Lake George and Saratoga Springs

Join us for a fun-filled two-day amazing adventure: Accommodations at the award winning Comfort Suites in Lake George with a heated in-door pool complex complete with Jacuzzi. A Lake George 2-hour Dinner Cruise with Entertainment aboard the *Lac Du Sacrement*, a guided tour of the National Museum of Racing and Hall of Fame, and, lastly, on to the Saratoga Race Course with Reserved Grandstand Seating and special lunch package with plenty of time to see the horses in action. A rest stop will be made on the way home with dinner on your own. Departure time from St. Camillus Parking Lot TBD

Price: \$335pp Double, \$435 Single Occupancy (Includes transportation, lodging, 3 meals, dinner cruise, Museum Hall of Fame, and Saratoga Race Course, tour director and driver gratuity). **A deposit of \$50 pp confirms your reservation. Final Payment was due June 29, 2018.**

Friday/Saturday, September 14/15, New York City The perfect trip for those truly wanting to experience NY City. Trip Includes transportation, lodging at the Luxurious Roosevelt Hotel (Madison Ave. & 45th St.) Full Buffet Breakfasts each morning, Visit to the Sept. 11 Museum and Memorial, Ferry Ride Statue of Liberty & Ellis Island. Departure time from St. Camillus Parking Lot TBD.

\$435pp Double Occupancy, \$585 Single.. A deposit of \$50 pp . Final Payment is due August 3.

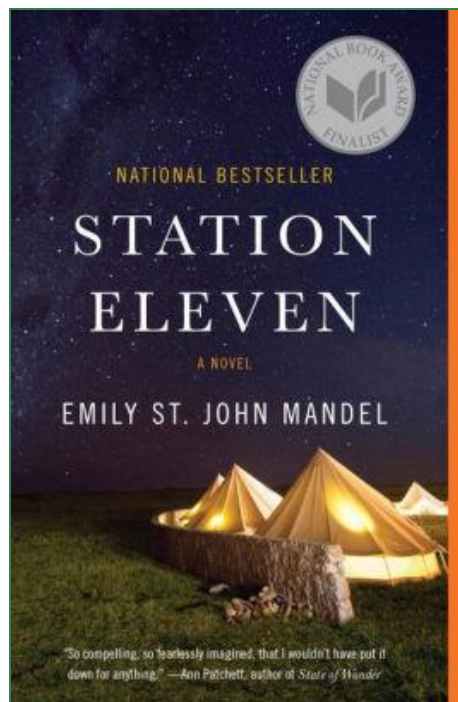
Council on Aging Events Outside the Senior Center

AquaFit Thursdays, 1:30-2:15. Woburn YMCA pool. Register with COA.

“Living Out Loud,” COA TV talk show for seniors on Arlington Community Media, Inc. (ACMI): Susan Carp, Executive Director of the COA, hosts this show about issues of interest to seniors. Weekly programming for ACMI television is posted in the *Arlington Advocate*, and shows air approximately four times a week on ACMI public channels, Channel 8 on Comcast, Channel 3 on RCN, and Channel 31 on Verizon. Find links on the COA website at <http://www.arlingtonma.gov/departments/health-human-services/council-on-aging>.

Memory Café; a COA/Brightview Arlington collaboration. Monthly program for individuals with memory loss and their caregivers to get together in a safe, supportive, engaging environment. Meets at Brightview. Information and to sign up, call Christine Angell, COA Administrative Assisstant at 781-316-3400.

Intergenerational Book Club. Arlington High School Media Center.



Thursday, September 27, 2:45

First book of the season is *Station Eleven*, a 2014 science fiction novel by Emily St. John Mandel. It is Mandel's fourth novel. The novel takes place in the Great Lakes region after a fictional swine flu pandemic, known as the "Georgia Flu", has devastated the world, killing most of the population. It won the Arthur C. Clarke Award in 2015.

For more information, contact Marci at COA, 781-316-3419.



August Events of interest to seniors at Robbins Library and Fox Branch Library

Contact: Anna Litten, Assistant Director of Libraries, 781-316-3202, alitten@minlib.net

Steven Universe - Sing-Along & Crystal Craft

Thursday, August 23, 7:00 - 8:30 p.m., Robbins Library Community Room.

Robbins Library Book Discussion Group

Monday, August 6, 7:00 p.m., Robbins Library Community Room.

The group discusses *The Glass Castle* by Jeanette Walls. New members are welcome. Book is available at the Circulation Desk.

Guys Book Group Thursday, August 9, 7:30 p.m., Fox Branch Library

The book is *The Poetry Home Repair Manual: Practical Advice for Beginning Poet* by Ted Kooser. New members are welcome. Contact moderator Brad McKenna for details (bradley.mckenna@gmail.com).

Drop-In Tech Help

Wednesday, August 14, 2:00 - 3:00 p.m., Robbins Library Conference Room.

Stop by to ask a librarian your technology-related questions! This program is meant to provide basic technology help – we are unable to assist with in-depth technology issues or specialized software instruction. If we can't help with a specific issue you are having, we will do our best to point you to resources that can!

Please bring any devices that you have questions about, or check out one of our laptops.

Reel Queer: An Intergenerational Queer Movie Series

Tuesday, August 14, 6:30 p.m., Robbins Library Community Room.

The Robbins Library & Arlington Council on Aging are proud to present a screening of the campy classic, *But I'm A Cheerleader*. "A naive teenager is sent to a conversion therapy camp when her straitlaced parents and friends suspect her of being a lesbian." This film is rated R & has a runtime of 1 hour 25 minutes.

Cookbook Club & Potluck Monday,

August 27, 6:30 - 8:00 p.m., Robbins Library Community Room.

The cookbook club meets every other month for a potluck, where we all bring dishes we've made from one cookbook. Our June selection is *Appetites* by Anthony Bourdain. Copies are available at the circulation desk. Choose a recipe to make and register by emailing your recipe choice to Linda Dyndiuk at ldyndiuk@minlib.net by August 22.

DAILY CALENDAR IN THE SENIOR CENTER

August-September 2018

MONDAYS

- 9:00-10:00 Exercise with Shannon Lee Jones. Main Hall. \$4.00, drop in. ASA
10:00-11:30 Learning to Knit. Valerie Wey. Oct. 15-Dec. 10 (no class 11/12). Arts & Crafts Room. ACE
12:00- 2:30 Cribbage. Games Room (Arts & Crafts Room in July). ASA
12:30- 3:00 Progressive Bridge. Main Hall (west end), \$1:00, drop in. ASA
1:00- 2:00 Tai Chi. \$25. 8-week Sessions. Main Hall. COA
1:00- 3:00 Watercolor Pencils. Charlotte Kaplan. Mondays. Sept.17-Dec. 3 (no class 10/11/8, 11/12) Arts & Crafts Room. ACE
3:00- 4:00 Chinese Dance. Main Hall. COA

SPECIFIC MONDAYS

- 1st Monday, 8:30-11:00 Podiatry. By appointment. \$30. Call COA
4th Monday, 10:00-11:30 Coffee & Conversation for ASA & COA volunteers. Mural Room.

TUESDAYS

- 10:00-11:15 Yoga. Main Hall. \$5, drop in. ASA
10:00-11:30 First Aid for Grandparents. Juanita Kingsley. Oct. 16 & 23. Mural Room. ACE
10:00-noon Memoir Writing. Lissa Franz. Tuesdays, Sept. 25-Nov. 13, Mural Room. ACE
10:00-noon Drawing Textures. Anastasia Semash. Oct. 16-Dec.4. Arts & Crafts Room. ACE
12:30- 1:30 Blood Pressure. Main Floor, Reception Room area, Nurse's office. COA
2:00- 4:00 Chinese seniors congregate for song. Main Hall. COA

SPECIFIC TUESDAYS

- 1st & 3rd Tuesdays, 1:00-3:00. Computer Help with Frank Tadley. Computer Room. NOT MEETING IN AUGUST. ASA
2nd & 4th Tuesdays, 1:00-2:30 Current Events Discussion Group. Games Room. NOT MEETING IN AUGUST. ASA
2nd Tuesday, 12:30-2:00 Sing Along with Cheri Minton. Main Hall. ASA
4th Tuesday, 1:15-2:30 Low Vision Support Group. Ground Floor Conference Room. COA

WEDNESDAYS

- 9:00-10:00 Exercise with Joanna Grubel. \$4.00, drop-in. Main Hall. ASA
10:00-noon Creating Landscapes...with feeling. Sue Funk. Oct. 3-Nov. 28 (no class 11/21) Art & Crafts. ACE
10:15-11:00 Muscle Strengthening. 8 week sessions. \$28. Main Hall. COA
12:00- 3:30 Contract Bridge. \$1.00, drop in. Games Room. ASA
12:30- 2:30 Bingo. \$1.50, 3 games, drop in. Main Hall. ASA

SPECIFIC WEDNESDAYS

- 2nd Wednesday, 12:00-1:30. Grandparents Raising Grandchildren. Whittemore-Robbins House. COA

THURSDAYS

- 8:30- 9:30 Tai Chi. Bill Barron. \$25. 8 week session. Main Hall. COA
9:45-11:00 Yoga: Strength and Balance, Barbara Freedman. Main Hall. \$5 per class drop in. ASA
11:00-12:30 Reading Novels... Jennie Rathbun. Mural Rm. ACE
1:00- 3:00 Mah Jongg, Judy Harris. Thursdays, 1:00-3:00. Games Room. Free. ASA
1:30- 2:15 AquaFit. Woburn YMCA. COA
2:00- 3:00 Chair Yoga. Mural Room, \$3 drop in. COA

SPECIFIC THURSDAYS

- 1st & 3rd Thursdays, (subject to change), 1:00. Movies. (See pages one and four for August film festival of staff favorites). Main Hall. Free. ASA
2nd Thursday, 10:15-11:30. Caregiver Support Group. Location varies. COA
3rd Thursday, 6:00-7:00 p.m. COA Board of Directors. Not Meeting in July or August. Ground Floor Conference Room.

FRIDAYS

- 9:00-10:00 Exercise with Ami Stix. Main Hall. \$4.00, drop in. ASA
10:15-11:30 Yoga, Main Hall. \$5 per class, drop in. ASA
10:00-11:30 Mindfulness and Stress Management. Leah Gilbert. Sept. 28-Nov. 16. Mural Room. \$30. COA
10:00- 1:00 Photographing Outdoors. Erik Gehrig. Oct. 26 & Nov. 2. Mural Room. ACE
10:00-noon Plein Air (painting) Anastasia Semash. Oct. 5- Nov 30. (no class 11/23) Arts & Crafts Rm. ACE
11:45-12:45 Essentrics: Gentle Stretching. Severina Gates. Sept. 10-Dec. 7 (no class 11/23). Main Hall. ACE
1:00- 3:00 Mixed Media Collage. Anne Black. Nov. 9-Dec. 7 (no class 11/23) Arts & Crafts Rm. ACE

SPECIFIC FRIDAYS

- 1st Friday, 1:00- 3:00. ASA Board Meeting. Arts & Crafts Room. (except Oct. 12 & Dec. 14). ASA
2nd & 4th Fri., 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.
3rd Friday, 1:00- 2:30. Book Club; see titles under Reading & Writing. Drop-In Room. Free. ASA
4th Friday, 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.

Organizations in the Senior Center

Arlington Seniors Association

ArlingtonSeniors@rcn.com www.arlingtonseniorsassociation.org

Malcolm Hamilton, President: 781-316-3420 -or- home 781-641-2942.

Email: mch12938@comcast.net

Reception Desk/ Drop-In Room: 781-316-3420.

Location: 27 Maple Street, Arlington, MA 02476. Mon.-Fri.: 8:30 a.m.-4:00 p.m.

Council on Aging

<http://www.arlingtonma.gov/departments/health-human-services/council-on-aging>

Susan Carp, Executive Director

Christine Angell, Administrative Assistant

Urvi Agarwalla, Nurse

Lourie August, Social Worker

[vacant] Information & Referral Services

Kristine Shah, Volunteers & Transportation Coordinator

Marci Shapiro-Ide, Social Worker

Location: 27 Maple Street,
Arlington, 02476.

Telephone: 781-316-3400.

Hours:

Mon.-Weds. 8:00 a.m.-4:00 p.m.

Thursdays 8:00 a.m.-7:00 p.m.

Fridays 8:00 a.m.- noon.

Council on Aging Board of Directors meets 3rd Thursdays. 6:00-7:00 p.m. Not meeting in August. Ground Floor Conference Room.

-Also offering programs in the Senior Center-

ACA: Arlington Center for the Arts (781) 648-6220 <https://www.acarts.org>. Soon to be located on the 3rd and 4th floors of the Central School/Senior Center building.

ACE: Arlington Community Education. 781-316-3568. www.ArlingtonCommunityEd.org.

LGBTQ Elder Connections: Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders. Call Marci Shapiro-Ide, LICSW, at 781-316-3400.