

A large, sepia-toned portrait of an elderly woman with short, curly hair, smiling gently. She is wearing a light-colored, textured turtleneck sweater and large, dark, circular earrings. The portrait is the background for the top half of the page.

# HEALTHY AGING

## CLASS AND ACTIVITY SCHEDULE

### SPRING 2022

#### **ETHOS**

555 Amory Street  
Jamaica Plain, MA 02130  
T: 617.522.6700  
F: 617.524.2899  
[www.ethocare.org](http://www.ethocare.org)





# EARLY 2022

## CLASS AND ACTIVITY SCHEDULE

---

### IN-PERSON WORKSHOPS

- A Matter of Balance: Managing Concerns about Falls
- Tai Chi for Older Adults
- Bingocize®
- Tai Ji Quan: Moving for Better Balance
- Conversation on Aging: Ask the Experts

### ONE TO ONE OUTREACH

- Elder Mental Health Outreach Team (EMHOT)
- Healthy IDEAS
- In-Home Computer Training
- Telephone Reassurance
- SHINE Counseling

### VIRTUAL WORKSHOPS

- Chronic Pain Self-Management Program
- Savvy Caregiver: Alzheimer's/Dementia Caregiver Support
- Bingocize®
- Computer Access Program

*See next page for program descriptions.*







## IN-PERSON HEALTHY LIVING WORKSHOPS:

### A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

Many older adults experience a fear of falling. People who develop this fear often limit their activities, resulting in physical weakness, and making the risk of falling even greater. A Matter of Balance, developed by MaineHealth, is a program designed to reduce the fear of falling among older adults through increased activity and an awareness of fall hazards. Sessions include fun videos, a participant workbook and simple exercises to improve balance, flexibility, and overall strength. Older adults using walkers or canes are welcome!

**LOCATION:** BCYF Roche Family Community Center, 1716 Centre Street in West Roxbury  
**DAY AND TIME:** Thursdays, 1:00 – 3:00 p.m.  
**CLASS DATES:** May 5<sup>th</sup> – June 23<sup>rd</sup>, 2022

For more information or to register, contact Michelle Consalvo at 617-477-6699 or [mconsalvo@ethocare.org](mailto:mconsalvo@ethocare.org)

### TAI CHI FOR OLDER ADULTS

This workshop focuses on improving balance and preventing falls through the regular practice of Tai Chi. Participants will learn 8 single forms, derived from the traditional, well known, 24-form Yang Style Tai Chi. The forms are tailored to older adults who wish to improve balance and mobility, and consequently, reduce the risk of falling. Classes are offered at no charge and meet twice a week for 12 weeks. Class size may be limited due to social distancing requirements.

**LOCATION:** Boston Police Station E-5, 1708 Centre Street in West Roxbury  
**DAY AND TIME:** Tuesdays and Fridays, 10:00 – 11:00 a.m.  
**CLASS DATES:** May 3<sup>rd</sup> – July 29<sup>th</sup>, 2022

For more information or to register, contact Michelle Consalvo at 617-477-6699 or [mconsalvo@ethocare.org](mailto:mconsalvo@ethocare.org)



### **BINGOCIZE®**

Bingocize® is a program that combines a bingo-like game with exercise and health education. This new evidence-based program is designed to increase the physical fitness, health knowledge, and social engagement of older adults, by combining exercise, health trivia, and Bingo. Improve your physical fitness, learn more about healthy eating and falls prevention and more...and just have fun! Bingocize® is offered for one hour 2 times per week for 10 weeks.

**LOCATION:** BCYF Ohrenberger Community Center, 175 W Boundary Rd in West Roxbury

**DAY AND TIME:** Tuesdays and Thursdays, 10:00 – 11:00 a.m.

**CLASS DATES:** June 14<sup>th</sup> – August 18<sup>th</sup>, 2022

For more information or to register, contact Michelle Consalvo at 617-477-6699 or [mconsalvo@ethocare.org](mailto:mconsalvo@ethocare.org)

### **TAI JI QUAN: MOVING FOR BETTER BALANCE**

Tai Ji Quan is an evidence-based physical activity program for older adults. This workshop promotes better balance and stronger muscles using elements of Yang style Tai Chi. Functional strength training, balance exercises and focused breathing are an essential part of this program. *Tai Ji Quan: Moving for Better Balance* classes are offered at no charge and meet twice a week for 24 weeks. Limited space available.

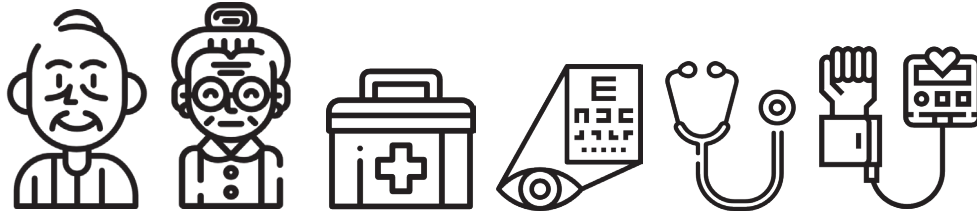
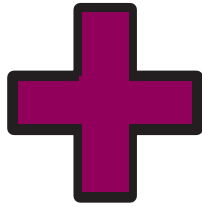
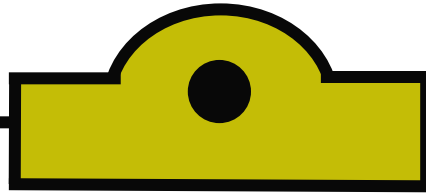
**LOCATION:** BCYF Hyde Park Community Center, 1179 River Street in Hyde Park

**DAY AND TIME:** Mondays and Wednesdays, 10:00 - 11:00 a.m.

**START DATE:** May 9<sup>th</sup>, 2022

For more information or to register, contact Michelle Consalvo at 617-477-6699 or [mconsalvo@ethocare.org](mailto:mconsalvo@ethocare.org)





## **CONVERSATION ON AGING:** **ASK THE EXPERTS**

Join Ethos staff and a panel of experts to focus on a healthy 2022. Topics include Healthy Eating, Physical Activity, and Mental (emotional) Health. You'll hear presentations from our panelists and have an opportunity to ask questions. Additional information and health screenings will also be part of the mornings' events. Lunch will be included. All seniors and caregivers are welcome to attend. All current COVID guidelines will be adhered to.

**LOCATION:** Boston Lodge of Elk's, 1 Morrell St in West Roxbury

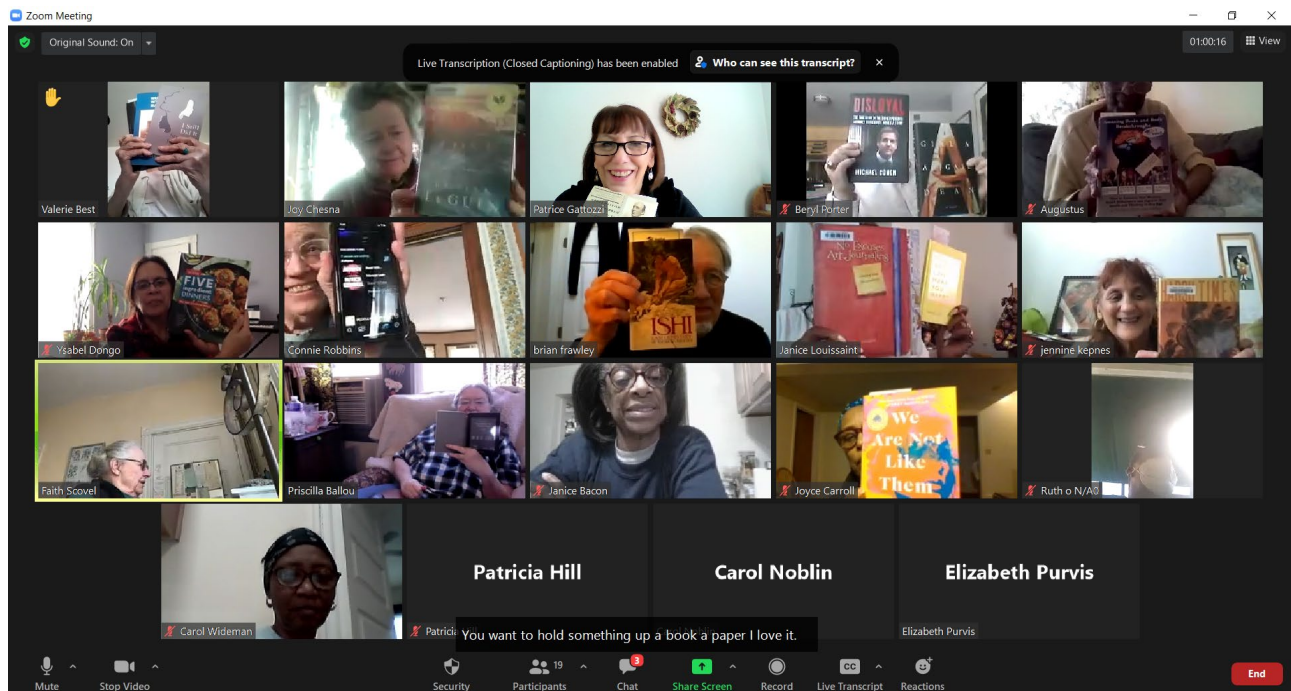
**DATE:** Tuesday, May 24th, 2022

**TIME:** 10:00 a.m. – 1:00 p.m.

There is no cost to attend however, space is limited and you must register to attend. Visit [www.ethocare.org/rsvp](http://www.ethocare.org/rsvp), email [rsvp@ethocare.org](mailto:rsvp@ethocare.org) or call 617.477.6724 to register

All COVID restrictions will be followed for all in-person events. We recommend that attendees be vaccinated and boosted, or voluntarily wear a mask. If you are showing symptoms, we ask that you please stay home.





## VIRTUAL HEALTHY LIVING WORKSHOPS:

### BINGOCIZE®

Bingocize® is a program that combines a bingo-like game with exercise and health education. This new evidence-based program is designed to increase the physical fitness, health knowledge, and social engagement of older adults, by combining exercise, health trivia, and Bingo. Improve your physical fitness, learn more about healthy eating and falls prevention and more...and just have fun! Bingocize® is offered for one hour 2 times per week for 10 weeks.

**Participate by: Zoom meetings**

**Day and Time: Tuesdays and Thursdays, 1:00 – 2:00 p.m.**

**Class Dates: July 5<sup>th</sup> – September 1<sup>st</sup>, 2022**

For more information or to register, contact  
Michelle Consalvo at 617-477-6699 or  
[mconsalvo@ethocare.org](mailto:mconsalvo@ethocare.org)

For additional information about senior services  
in Boston, please contact Boston ElderINFO  
617-292-6211

### CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Chronic pain and discomfort limit activities adults may enjoy. This 6-week workshop teaches adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy, eat healthier, and more. Classes are highly participative, where mutual support and successes build a participants' confidence in their ability to manage their health, and maintain active and fulfilling lives. Includes a mild, strength and flexibility exercise routine, and the book, *Living a Healthy Lifestyle with Chronic Pain*.

**Offered through Zoom Meetings**

**DAY AND TIME: Wednesdays, 1:00 – 3:30 p.m.**

**CLASS DATES: June 8<sup>th</sup> – July 20<sup>th</sup>, 2022**

For more information or to register, contact  
Michelle Consalvo at 617-477-6699 or  
[mconsalvo@ethocare.org](mailto:mconsalvo@ethocare.org)

## COMPUTER ACCESS PROGRAM

*Over the past year, the COVID-19 global pandemic has exposed the many inequities older adults face, especially when it comes to access to healthcare, telemedicine, online health and wellness programming, and socialization opportunities.*

Through a grant from the Tufts Health Plan Foundation and the generosity of additional businesses and individual donors, Ethos is able to offer a limited number of spots in a special program that will provide low income older adults with a Chromebook.

To participate, older adults must:

- Be 62 or older
- Live in Jamaica Plain, West Roxbury, Roslindale, Hyde Park, or Mattapan
- Not currently have a device capable of accessing the internet, telemedicine, or online conferencing tools
- Be able to demonstrate need

If you, or someone you know or work with, would be interested in this program, and meet the eligibility criteria, please contact **Ray Santos, Ethos**, at **617-477-6638** or **rsantos@ethocare.org** or, visit **www.ethocare.org/contact-us**

## SAVVY CAREGIVER: ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT

*Savvy Caregiver* is a training program for caregivers who care for someone with Alzheimer's or related dementias. It assists family members (or friends) in their new role as caregiver, a role for which they may be unprepared. The program builds information and knowledge about the illness, helps to develop skills to manage daily life, and creates an outlet to share challenges and experiences with others. *Savvy Caregiver* helps to foster a different attitude towards caregiving, resulting in less stress and more contentment for all involved. Participant will receive caregiver materials upon receipt of completed registration forms. Maximum of 10 participants.

**PARTICIPATE BY:** Zoom meetings

**DAY AND TIME:** Thursdays 10:00 a.m. – 12:00 p.m.

**CLASS DATES:** May 12<sup>th</sup> – June 16<sup>th</sup>, 2022

For more information or to register, contact **Michelle Consalvo** at **617-477-6699** or **mconsalvo@ethocare.org**.





# ONE TO ONE OUTREACH:

Ethos continues to offer these in-home programs by phone or by computer.

## ELDER MENTAL HEALTH OUTREACH TEAM (EMHOT)

The EMHOT Program at Ethos provides counseling, support and therapy, home visits, information and referral to community resources, and direct connections to additional support services, in a timely, flexible, consumer-focused manner. Social Workers and Master level Social Work interns assist older adults with immediate needs as well as long term support dependent on a client's needs and wishes.

EMHOT Team members meet with older adults to establish trusting relationships and provide services including:

- Assessment of an individual's needs
- In-home visits, counseling, and therapy
- Accessing community-based therapy services
- Connection to resources such as Home Care, Medicare counseling, volunteer and employment opportunities, SNAP benefits, transportation resources, Healthy Aging classes, and much more!
- Coordination and collaboration with family/caregivers and medical providers

For more information or to register, contact **Virginia Pratt at 617-477-6919 or [vpratt@ethocare.org](mailto:vpratt@ethocare.org)**



## HEALTHY IDEAS

*(Identifying Depression, Empowering Activities for Seniors)*

Initially developed by Baylor College of Medicine, Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is an evidence-based program designed as a practical intervention to detect depression and reduce the severity of depressive symptoms in at-risk older adults.

The Healthy IDEAS program helps to improve quality of life by:

- Screening for symptoms of depression and assessing their severity
- Educating older adults and caregivers about depression
- Linking older adults to primary care and mental health providers
- Empowering older adults to manage their depression by encouraging involvement in meaningful activities

Specially trained Ethos staff screen and assess clients on an individual basis. Staff will meet with clients by computer or on the phone, over a 3 to 6-month period to discuss the areas of life that can be improved and develop a plan of action. Ethos partners with health/ mental health care providers, community organizations, and aging services to provide referrals for clients when needed.

For more information or to register for this program, please contact **Bob Connors at 617-477-6623 or [rconnors@ethocare.org](mailto:rconnors@ethocare.org)**



### IN-HOME COMPUTER TRAINING

Seniors with computers in their home or in a common area of their living facility can meet once a week for 6 weeks with a volunteer to learn computer basics, helping them stay connected to the outside world.

For more information, to add a name to the wait list, or to volunteer for this program, **please contact Miriam Michelson at 617-477-6940 or [mmichelson@ethocare.org](mailto:mmichelson@ethocare.org)**

### TELEPHONE REASSURANCE

Seniors will receive a phone call on a weekly basis to help relieve loneliness and check on their wellbeing. Days and times for each call is determined jointly by senior and volunteer. For more information, to register, or to volunteer for this program, **contact Miriam Michelson at 617-477-6940 or [mmichelson@ethocare.org](mailto:mmichelson@ethocare.org)**





## THANK YOU TO OUR SPONSORS

---



**Executive  
Office of  
Elder  
Affairs**



Age Strong  
Commission

**Point32Health**  
Foundation

**ROCKLAND**  
**TRUST**  
Charitable Foundation



**The John W.  
Boynton Fund**





## **ETHOS**

555 Amory Street  
Jamaica Plain, MA 02130  
T: 617.522.6700  
F: 617.524.2899  
[www.ethocare.org](http://www.ethocare.org)