Summer 2020
Greetings from the Jenks!

The Jenks Center is pleased to offer an abbreviated newsletter to update its many dedicated patrons. Everyday someone calls the Center to ask when we are opening and the answer is we don’t know. As seniors are considered a vulnerable population, it is plausible that we may be one of the last facilities to receive clearance.

When we do open, foremost is the protection of everyone’s safety. We are developing plans to slowly phase-in activities and events and return to a form of new normalcy due to this Coronavirus pandemic. What will that likely entail?

Projected operations of the Center are largely predicated on guidelines provided by the Winchester Dept. of Public Health and the Commonwealth of Massachusetts. As we proceed with caution, we want to emphasize that the Jenks will be different. Expect to see strict protocols and regulations in place that will be closely monitored.

All patrons will be required to enter the building through the front door wearing a face covering. You must sign in and out of the building with your MySeniorCenter card. All programs will require registration, available through our website; if you are without a computer, you may call and register. There will be limited attendance for all activities. To accommodate more people, we will offer some programs concurrently via Zoom so more people can participate while some may take place outside. We may also be required to take temperatures prior to entry into the building.

STAY CURRENT OF JENKS EVENTS & ACTIVITIES:

Right now activities cannot take place inside the Jenks Center. We have scheduled some virtually or outside. We suggest viewing our website on a regular basis to stay current of Jenks happenings. If you do not have a computer, please call the Center. Staff is available to help most days.

The production of this newsletter takes weeks. Activities listed in this newsletter are also subject to change. Visit our website for updates and the most current information: www.jenkscenter.org.

Facilities Improvements to Promote Public Safety: Facilities Manager Nick Asaro and his team have been working diligently to ensure that the Center adheres to strict safety measures. The Center installed an air filtration system that will further sanitize the air. We have ordered an efficient disinfecting machine to clean rooms between use. Hand sanitizing stations also are prominently placed throughout the Center.

Covid-19 Initiatives: Despite the Jenks closure to the public, the boards and staff have continued their work in promoting the well-being and independence for Winchester seniors. Through the Dept. of Public Health, the Jenks sponsored a distribution of over 900 packs of mask. Also, every week the Center provides masks to those in need.

To promote food security for many homebound and financially needy older adults, the Jenks provided weekly grocery shopping--calling seniors to obtain their lists and providing door to door service with bags of groceries through the help of staff and our new van. We want to thank the Winchester Select Board for providing $2800 in funding towards feeding seniors as well the Winchester Cooperative Bank’s generous donation of $1000. Foremost was the United Way’s magnificent $5000 grant to the Winchester Seniors Association and Winchester Council on Aging to further address food insecurity in Town.
Salter HealthCare's in-patient rehabilitation is tailor-made to your lifestyle. Whether you are recovering from surgery, stroke or a heart attack, our award-winning physical and occupational therapy led by our dedicated, expert staff will quickly get you back to the people and things you love.
Some new volunteers emerged during the pandemic to help their neighbors in need. These men and women picked up grocery lists from seniors to help with shopping. Some of Jenks dedicated volunteers continued their assistance to provide rides to the bank and stores.

We are happy to report that some new partnerships with the business community were established during Covid-19. Twyrl Pasta Bisto in Arlington and Home Taste in Arlington Heights generously provided homemade meals for seniors delivered by staff using our van.

Nothing is more comforting than a telephone call of a familiar voice. Over 150 seniors received calls from staff that enabled us to stay in touch and ensure that patron needs were being met.

As you read of these efforts, ask yourself is there any way we can help you? Please let us know.

Virtual/Livestream/Outside Events and Opportunities

VIRTUAL: Library Online, Wednesdays in July, 2:30-3:30 pm: Having trouble with your tech at home? Need to see some friendly faces and chat about how to use technology to connect with your loved ones while staying home? Join us weekly for a virtual tech drop-in! View the event information (including the Zoom link) on the Library’s Calendar: https://winpublib.assabetinteractive.com/calendar/virtual-library-online-tech-drop-in-session-9/

VIRTUAL: Drop-In Coffee Hour, Thursdays, 10:00 am: Starting Thursday, June 25th and continuing in July, join our weekly Zoom Coffee Hour to see your friends, meet new people, enjoy some conversation. Bring your favorite beverage and drop-in. Talk about what’s on your mind or ask some questions. Zoom link available at www.jenkscenter.org. Hope to see you there!

LIVESTREAM: Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships, Thursday, July 2nd 7:00 pm: Loneliness is epidemic in America. A shocking statement given our country’s abundant resources. Studies show at least 1 in 4 people do not have anyone they can depend on in an emergency. While disturbing, this situation is also making us physically sicker as a country. Dr. Amy Banks will discuss her book, Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships, looking at how a culture of rugged individualism and “standing on your own two feet” undermines the neural pathways needed to build close relationships. WinCam Verizon Channel 36, Comcast Channel 8. Sponsored by a grant from The Cummings Foundation.

VIRTUAL: Nutrition with Jessy McNeil, Wednesday, July 8th, 10:00 am: With the current pandemic crisis, grocery shopping has been challenging. Meal planning often depends on what is available on the grocery shelves. Join Jessy to learn what to keep in a well-stocked pantry, recipe substitutions and healthy meal options on a budget. To obtain the Zoom link, go to www.jenkscenter.org.

OUTSIDE: Circuit class, Mondays, July and August, 8:30 am: Increase your strength, endurance, flexibility and balance in this energetic whole-body circuit workout. Using hand-held weights (bring your own), you will alternate muscle-building exercises with aerobic challenges and balance drills. Instructor: Terry Currier. REGISTRATION REQUIRED. Space limited. Free. Location at one of Winchester fields/parks. Register at www.jenkscenter.org.

OUTSIDE: Aerobics Class, Tuesdays, July and August, 9:15 am: This program focuses on aerobic routines and other exercises for muscle conditioning, strength training, balance, and stretching. Enjoy upbeat music with exercises that are challenging yet safe, and easily modified for all fitness levels. Instructor: Judy Whitney. REGISTRATION REQUIRED. Space limited. Free. Location at one of Winchester fields/parks. Register at www.jenkscenter.org.

OUTSIDE: Tai Chi Class, Thursdays, July and August, 8:30 am: Tai Chi promotes balance, flexibility and cardiovascular strength, while reducing pain, stress, and anxiety through a combination of movement, meditation, and relaxation. Instructor: Hilary Celentano. REGISTRATION REQUIRED. Space limited. Free. Location at one of Winchester fields/parks. Register at www.jenkscenter.org.

OUTSIDE: Strength Training Class, Friday, July 10th and 24th 8:30 am (rain dates July 17th and 31st): Want to reduce pain? Want to prevent falls? Want to remain active? Strength training is one of the only proven ways to do all of these. When performed safely and under the guidance of training medical and fitness professionals, you can achieve these goals! Join us in this low-impact, educational, fun, and energetic class to gain strength, endurance, and youth! Instructor: Peter Lieu DPT, PT, CSCS. REGISTRATION REQUIRED. Space limited. Free. Location at one of Winchester fields/parks. Register at our website www.jenkscenter.org.
VIRTUAL: Musical Baseball Show, Friday, July 10th 5:00 pm and Saturday, July 11th 5:00 pm: Join us for an hour of baseball entertainment! Performing a unique and fun program, local singer-songwriter, and former sportswriter, Howie Newman sings baseball songs, offers up baseball trivia and tells stories about his days on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe, Lynn Item, and several other newspapers and magazines. He also provided color commentary for the Lowell Spinners on WCAP radio. Sponsored by a grant from The Cummings Foundation. To obtain the Zoom link, go to www.jenkscenter.org.

LIVESTREAM: Community Creators: With the Winchester Artist’s Network & Art in August, The Jenks will feature local artists who will discuss their process, present a sampling of their work and give you a glimpse into their inspiration! WinCam Verizon Channel 36, Comcast Channel 8. Sponsored by a grant from The Cummings Foundation.

Jessica Clark, Painter, Wednesday, August 5th 7:00 pm: Jessica’s inspiration comes from her interactions with people, capturing the essence of their spirit using color and line through a variety of medias. She currently enjoys teaching art at the Studio on the Common. Jessica Clark has a BA in Studio Arts from S.U.N.Y. Potsdam and a master’s degree from Adelphi University in Art Education.

Carolyn Latanision, Watercolor Artist, Wednesday, August 12th 7:00 pm: People and architecture have influenced Carolyn’s art, as portrayed in her urban scenes. The strength and style of buildings, the abstract patterns of light and dark, the juxtaposition of people and architecture, the connections they create, all combine to make a statement about the complexities of our lives today. Carolyn works primarily in water media, exploring its unique challenges and possibilities. Her paintings have achieved national and international recognition and sales.

Shayna Loeffler, Handbag Designer, Wednesday, August 19th 7:00 pm: Educated as an industrial engineer, Shayna has applied her creative mind in many capacities, including product development, graphic design, advertising and marketing. Now retired, she decided to use her talents to design and make handbags from recycled materials. She enjoys foraging for the supplies as much as making the products, which are both functional and beautiful. A graduate of Pratt Institute in New York, you can find Shayna selling her unique and fun handbags at many local Farmers Markets.

VIRTUAL: Oh, My Stars! Under the Suburban Sky, Friday, August 21st 8:00 pm: You may know that coyotes and wild turkeys can be seen in the suburbs. But the stars? Surely the city lights are too bright! Nevertheless, every major astronomical phenomenon from glittering star clusters to ghostly galaxies can be seen, if you know where and how to look. Science teacher Joshua Roth will bring the stars down to earth. Take your laptop outside and view the visible constellations together! Sponsored by a grant from The Cummings Foundation. To obtain the Zoom link, go to www.jenkscenter.org.

ONE-ON-ONE TECH HELP: Since you cannot drop-in at the Jenks Center for help with your tech devices during this pandemic, our Tech Help Team has designed a new way to serve you remotely. Send an email to techhelp@jenkscenter.org, explain what device you have (computer, tablet, phone, Apple, PC, Android), identify the problem, and provide your phone number. A team member will contact you to discuss how they can help. If you cannot send an email, call the Jenks Center (781-721-7136), ask for the Tech Group and leave your name and phone number.

ADDITIONAL events and opportunities are being added each week; visit our website for latest updates.
Volunteer Profiles: The Paulines

Volunteerism is an essential ingredient of making the Jenks Center a success. Since its founding over 40 years ago, volunteers play a critical role in ensuring that programs and activities are stellar. Due to Covid-19, we had to postpone this year’s Volunteer Appreciation Lunch. Commemorating the spirit of volunteerism, we decided to profile two prolific volunteers at the Jenks: Pauline Call and Pauline Foley.

Pauline Call reports that she loves being with the people that go to the Center and being involved in whatever interests them. The Jenks staff are great to work with. Specifically, she volunteers with the Events Committee, weekly shopping trips on the van, the Holiday Recycle Sale, the Garden Club, the Whole Foods Demonstration and the Winchester School of Chinese Culture events. She is willing to assist with any and all the big events throughout the year. Ms. Call notes while volunteering that every man entering the center tells me how he would do it while the ladies all say that you are doing a great job, and can you come to my house.

Pauline Foley enjoys volunteering at The Jenks because of the many programs available to resident and non-resident members. These programs are well chosen, and they vary widely, in content and style, to satisfy the members’ many interests and needs and are managed by talented and appreciative staff personnel. She too volunteers for the Events Committee which plans and schedules lunches and dinners to celebrate the season and holidays as well as special interest events like the EnKa-Jenks Lunch and Fashion Show. As a member of the Film Committee, Pauline finds selecting movies to be shown to attentive audiences and planning a week-long film festival as most satisfying.

Ms. Foley arduously prepares the Christmas Recycle Sale that has become an annual Jenks tradition. Her favorite volunteer experience involves planning and taking part in the Annual Corn Hole Tournament every July which also celebrates National Hot Dog Day. Like Ms. Call, Pauline also helps with the Whole Foods Demonstrations and the Chinese Cultural School’s programs.

Transitions: Several staff and board members have changed at the Jenks. Welcome to Vicki Drougas who joined the Jenks this winter replacing Kathy Carr as Administrative Secretary. Lisa Craig resigned as Business Administrator. and we are pleased to announce that former volunteer Cathleen Schneller has been hired as Administrative Coordinator. Congratulations to Rob Ain and Christine Kowalszuk who will assume board roles of President and Senior Vice President of the WSA. Kudos to Erica Drazen for her leadership as WSA President for many years and best wishes and thanks to Dick Pharro, Past-President and Ruth Young, Secretary for their contributions. At the WSA Annual meeting Felicity Tuttle was appointed to the board and will also serve as WSA Secretary.

The WSA Trust appointed Mary Ellen Rourke-Falvey as their new Chairperson replacing Jen O’Brien who provided stellar leadership for several years at the helm of the Trust. The Council on Aging recently approved its new officers that include: Tom Howley, Chairperson, Ted Lamson, Vice-Chairperson, Ted Martin, Treasurer and Margy McIndoe as Secretary. Former officers Jane Murray and Carol Thomas were recognized for their unlimited contributions. Rebecca Dodge-Watson was approved by the Select Board as a new member of the COA board.

Transportation Services: Essential transportation only is available to Winchester seniors 60+ for medical, dental, banking, grocery shopping and pharmacy needs. Regular service will resume gradually; please call the Transportation Coordinator at 781-721-7136 X17 if you have any questions.

Volunteer Drivers: Travel anywhere in Winchester for medical, dental, grocery shopping, and banking. Adjacent towns for medical appointments and food pantry only. Monday through Friday 9:00 am - 4:00 pm. Please call at least two business days in advance to schedule. All Ride requests for Monday and Tuesday must be received prior to 2 pm on Thursday of the previous week.

Medical Transport: Transportation provided by SCM Door to Door to medical appointments in the greater Boston area Monday through Friday. Wheelchair accessible. Please call at least one week in advance to schedule.

Taxi Vouchers: In partnership with Woburn Checker Cab, taxi vouchers are available to Winchester seniors to purchase at a reduced rate of $5 each by mail order only. Maximum monthly allowance is 10 vouchers.

The Jenks Shuttle: At this time the shuttle is being used for senior outreach programs by staff only. Any changes to shuttle service will be gradual and our hope is to resume regular service as soon as possible.
Documenting/Preserving History the Impact of Covid-19: The Jenks has joined other local partners to document the impact of Covid-19 on the community of Winchester. The historical significance of this pandemic on the world and the community requires posterity. For information and to submit material, visit https://winpublib.org/covid19project.

Cummings Foundation Grant Announcement: The Council on Aging was recently awarded a $100,000 grant from the Cummings Foundation to foster cultural competency in programs and activities. With the assistance of the Winchester School of Chinese Culture this will specifically provide ESL instruction and American Citizenship classes for Chinese speaking older adults. The grant award will also offer instruction of intergenerational programming for Winchester non-profits enabling many service providers to work with Winchester students and older adults to develop meaningful opportunities for generational understanding.

Town Happenings:

EnKa is partnering with the Woburn Council of Social Concern to provide a food pantry later in the summer.

Farmers Market at Town Hall/Jenks parking lot: Come and join us: Saturdays June 13 through October 24 9:30-1:30 Winchester Town Hall Parking Lot. Covid-19 Safe Winchester Farmers Market matches government benefits: SNAP, HIP, FMNP or P-EBT funding up to $10 per Market day. Special hours for Seniors and Vulnerable Populations from 9 until 10:00 am. Stop by the Farmers Market tent for more information.

Mental Health Resources: In these unprecedented times of stress and anxiety, patrons may be seeking professional assistance.

Interface Mental Health Referral Helpline: Do you or someone you love need help finding mental health services? Call 888-244-6843 Interface Mental Health Referral Helpline for Winchester Residents. Interface Mental Health Referral Helpline connects Winchester Residents with mental health resources. The free/confidential service will match your need.

Council on Aging Social Worker: While available by appointment for all Winchester older adults, the social worker also assists any resident under age 60 the first and third Mondays of the month from noon until 4:00 pm.

A Special Thank You To: We have many people to thank for their efforts during these difficult times. Foremost we want to acknowledge the following for their specific acts of kindness during the Coronavirus outbreak:

- Dr. Jeff Drazen, this year’s Brennan Lecture recipient whose prescient Coronavirus pandemic informed all.
- EnKa Society for purchasing a laptop computer during the Covid-19 pandemic to assist seniors who lack access to information.
- Twyl Pasta Bistro of Arlington for donating delicious homemade pasta meals for homebound seniors.
- Home Taste of Arlington Heights for providing sumptuous Chinese takeout for homebound seniors and the Jenks Center staff.
- Winchester Department of Public Health and the Chinese American Network of Winchester for donating 1000s of masks for all seniors in Winchester.
- Barry Star and Wall Street Horizon, Inc. for donating 500 masks.
- Steven and Patti Santos, Sanitrol Maintenance, for donating COVID cleaning supplies and hand sanitizer (when there was none to be found!).
- The United Way, Winchester Select Board and Winchester Cooperative Bank for their generous donations to address food insecurity facing older adults in Winchester during the Covid-19 dilemma.
- The Winchester Recreation Department for their generous donation of Town Facilities.
- Jenks instructors for their flexibility in providing virtual activities and classes outdoors.
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Congratulations on SLI’s 25 years of indispensable service to the brain injury community and its leadership in the Old Farm Rockport project.
Congratulations Carrol, Peter, families and residents for 25 great years!
Laura Lorenz and Russ Dingley

Nicholas Robbins, You Rock!
With love from the Mc Roberts

Congratulations and Best Wishes on your Silver Anniversary!
Kacamburas Family

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Meet me at the Jenks!

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