

The City of Watertown

Dept of Senior Services | Council on Aging



2025 Senior Services Annual Health Fair: Brain Health & Wellness

 **Tuesday November 18th, 2025**

 **11:00 AM - 2:00 PM**

 **Mosesian Center for the Arts
321 Arsenal Street Watertown, MA 02472**



This year's Senior Health and Wellness Fair celebrates Brain Health & Wellness, highlighting the importance of cognitive care, mental fitness, and healthy aging.

Join us for a day filled with interactive presentations and educational discussions focused on dementia, memory loss, and Alzheimer's awareness. Discover valuable community resources, meet local health professionals, and enjoy an engaging day of **information, giveaways, and fun!**

 **Free onsite garage parking available**

 **Free lunch will be provided**

 **Free Admission | All Are Welcome!**

PLEASE CALL TO REGISTER OR FOR A RIDE:

617-972-6490

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Join us for a day filled with interactive presentations and educational discussions focused on dementia, memory loss, and Alzheimer's awareness. Discover valuable community resources, meet local health professionals, older adult advocates and providers, enjoy an engaging day of information, giveaways, raffles and fun!

Program Schedule

11:15 AM – Welcome from the City Manager – George Proakis

11:20 AM – Program Introduction – Lydia McCoy, Director of Senior Services

11:20 AM – Greeting from COA Board – Arlene Smith, COA Board Member

11:30 AM – 12:15 PM – Brain Health and Wellness – presented by Claudia Suárez-Rodríguez, MD, Clinical Core Staff Physician, Massachusetts Alzheimer's Disease Research Center, Neurology Department, Massachusetts General Hospital

12:30 PM – 1:15 PM – Proactive Brain Health – presented by Sarah Turcotte, CDP, Certified Dementia Practitioner and Area Community Liaison for EPOCH Senior Living

1:15 PM – Greeting from the Friends of the COA – Mary Keenan

1:30 PM – Closing & Friends of the Watertown COA Raffle

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Free: Lunch, Giveaways, Raffles!



Presenter Bio

Dr. Claudia Suárez-Rodríguez



Dr. Claudia Suárez-Rodríguez is a Clinical Core Staff Physician with the Massachusetts Alzheimer's Disease Research Center (MADRC) in the Neurology Department at Massachusetts General Hospital. With extensive experience in Alzheimer's disease, dementia, and cognitive aging, Dr. Suárez-Rodríguez plays a key role in the clinical evaluation and research efforts of the MADRC team.

11:30 AM – 12:15 PM

Brain Health and Wellness

In partnership with the Massachusetts Alzheimer's Disease Research Center at Massachusetts General Hospital and Brigham and Women's Hospital, this session explores the differences between normal aging, memory loss, mild cognitive impairment, dementia, and Alzheimer's disease. Attendees will learn signs that may indicate someone needs more support or evaluation. An interactive table will help our community better understand what it can feel like to live with dementia through sensory tools and role-play activities.

Presenter Bio

**Sarah Turcotte,
CDP**



Sarah Turcotte is a Certified Dementia Practitioner and the Area Community Liaison for EPOCH Senior Living, supporting both Bridges® by EPOCH Memory Care Communities and Waterstone Senior Living. With over 20 years of experience in dementia care, senior living, and community education, she is a well-regarded resource for families navigating memory challenges.

12:30 PM – 1:15 PM

Proactive Brain Health

Her presentation, "Proactive Brain Health," focuses on practical, evidence-based strategies to support cognitive vitality, including healthy nutrition, exercise, social engagement, sleep, and stress management. She brings deep compassion and expertise to her work, helping individuals and families build confidence as they navigate memory care needs.



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Dementia Friendly Watertown

The Watertown Department of Senior Services is proud to participate in the statewide Dementia Friendly Massachusetts Initiative — a multi-sector effort led by the Massachusetts Healthy Aging Collaborative, the Executive Office of Elder Affairs, and the Massachusetts Councils on Aging — to ensure that people living with dementia and their care partners are understood, supported, and fully included in community life. All Senior Center staff have completed certification through Dementia Friends Massachusetts, a nationally recognized training that teaches how to identify early signs of cognitive change, communicate with empathy, reduce stigma, and create safer, more accessible spaces for all older adults. This foundation informs our work across the center. Together, these efforts strengthen our role as a Dementia-Friendly community and help older adults remain engaged, active, and thriving.

Key state wide efforts include:

- **Dementia Friendly Massachusetts Initiative (DFI):** A statewide, community-based movement co-convened by the Executive Office of Elder Affairs and Jewish Family & Children's Service to build awareness, services, and support systems for people living with dementia.
- **MGH Dementia Care Collaborative:** Based at Massachusetts General Hospital, this collaborative works to transform memory care through education and programs that support patients, caregivers, and clinicians.
- **Massachusetts Alzheimer's Disease Research Center (MADRC):** Conducts cutting-edge research and provides professional and community education to better understand and combat Alzheimer's disease and related dementias.
- **Community-Based Dementia Initiatives:** Local programs across the state—such as Dementia Friendly USA

Watertown COA Memory Cafés

The Watertown Memory Café is a monthly gathering designed for older adults living with memory loss, mild cognitive impairment, or dementia—and their care partners. Memory Cafés are relaxed, informal programs focused on connection, creativity, joy, and shared experiences. At the Watertown Senior Center, our Memory Café provides:

- A safe and welcoming space to socialize
- Dementia-friendly creative activities such as art, music, games, and fun!
- Light refreshments and time to relax together
- Supportive interactions with trained staff and community partners
- Opportunities for caregivers to connect with one another

Our wide range of programs support brain health, memory wellness, and caregiver needs. Ongoing weekly brain-stimulating games, music and creative arts programs, meditation and movement classes, and brain-healthy cooking workshops, the Senior Center offers meaningful opportunities for older adults to strengthen cognitive function, stay socially connected, and maintain overall well-being. These efforts reflect our commitment to healthy aging and align with the statewide Dementia-Friendly Massachusetts movement, which promotes communities that understand, respect, and support individuals living with dementia and their care partners.

Feature Brain Wellness Programs

- Knitting & Crochet Social Groups – Ongoing
- Mindful Meditation Workshops – Ongoing – Led by Nancy Barcelo
- Creative Cognitive Programming (Art classes, music concerts, singalongs, crafts, mosaics) – Ongoing
- Weekly Brain-Healthy Fitness Classes (Tai Chi, Strength & Balance, Chair Yoga, Line Dancing, Walking Group) – Ongoing
- Coffee & Conversation – Ongoing – Watertown Police & Fire
- Memory Café Breakfast & Activity – October 17, 2025 – Human Health Care Eisai Group
- Care Services - October 21, 2025 – Springwell Elder Services
- Writing Workshop: –September–November 2025 – Julie Barnett
- Brain-Healthy Cooking for One – September 2025 – Neville Place



Vendor List

Community & Educational Partners

- Watertown Public Library – Theresa Maturevich
- Perkins School for the Blind – Erin Fragola, MLIS, Library Outreach Manager
- Marshall Home Fund – Carol Katz, Board President
- Art with Dawn – Community Arts Programming
- Friends of the COA – Community Support & Fundraising Partner
- Sara Keary, PhD, LICSW – Community Mental Health Partner

Health, Wellness & Dementia Support Partners

- Springwell – Larry Poirier, Outreach Manager
- Your Best Support Home Care – Angella Burns, RN, BSN
- Brigham and Women's Hospital / Mass Alzheimer's Disease Research Center – Ana Paola Garza
- CHA PACE – In Home Health Care A -Z Mathew Chuckran, Marketing Specialist
- Bridges by EPOCH – Memory Care Assisted Living – Sarah Turcotte

Public Safety & Municipal Departments

- Watertown Senior Services Department – COA Programs, Social Services, Transportation
- Watertown Police Department – Public Safety & Mental Health Crisis Teams
- Watertown Health Department – Blood Pressure Screening & Health Education
- Watertown Recreation Department - Senior Programs and Info
- Watertown Human Services Department – Programs Team

Transportation & Mobility

- MBTA Mobility Center – Ethan Finlan, Transit Coordinator

Event Sponsors

- Watertown Savings Bank – Kelly Cronin



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