A PUBLICATION OF THE STONEHAM SENIOR CENTER

STONEHAM SENTINEL

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JUNE 2020

Warm greetings to you, our dear friends!

Seeing the budding trees, hearing the mourning dove call, and smelling the intoxicating lilacs assures me that Spring has indeed returned and summer is well on its way!

I'm happy to report that, despite our closed doors, services are still being widely used, and from health information to various meals, we are able to stay connected with our senior friends. Don't forget, if you are one who has internet access and capabilities, you can also find an inexhaustible trove of lessons, music, and other entertainment most anywhere you look on line.

Though we don't have a target date for reopening the Center, our phones are manned and we are looking forward to seeing you here soon!

Maureen Canova and staff
Maureen Canova, Director
Stoneham Council on Aging
Stoneham Senior Center

Let's get through this together! Throughout Covid restrictions, the Senior Center will continue to be a resource to the elders in our community. If you need any specific aid or have any questions, or if you know someone who might be at risk and could use a wellness check, please call us here at **781-438-1157.**

OUTREACH: Caregiver's Corner:

Beginning this month, we'll start posting some information and resources here for people who are caregivers to their spouse, adult child, grandchildren, sibling, relative or friend. These postings are not considered an entire list of who and where to turn for information and support but are highly involved and knowledgeable in their respective areas (see pages 4-5). You can call or email me privately with questions and I'll reply privately.

Anne Lawrence, LICSW
alawrence@stoneham-ma.gov
Cell: 781-799-3098
Office 781-850-0619

The mission of the Stoneham Council on Aging is to provide outstanding services with kindness, respect and dignity and to offer outreach services for social, nutritional, medical issues and other unmet needs of Stoneham Seniors.

PROVIDED SERVICES

Nearly 23,000 people live in Stoneham, here is some of what we're doing during COVID-19

GROCERY DELIVERY SERVICE

In a partnership with Stoneham Stop & Shop

We are offering a grocery delivery program for seniors and other vulnerable populations. Just call into the Senior Center (781-438-1157)with your requests and a member of staff will walk you through the process. We arrange payment processing, Stop & Shop pulls the requests, and we deliver the items to the door.

SCHOOL BREAKFAST/LUNCH DELIVERY

In collaboration with Stoneham School Department

This delivery program allows any family eligible for free and reduced lunch that requests breakfast/lunch may have their meals dropped off by our staff at their residence rather than picking up at Stoneham High School. Please send requests to the School Superintendent (JMacero@stonehamschools.org).

ESSENTIAL BAGS

Through the generosity of Stoneham Stop & Shop, the Town has free bags of essentials - everything from laundry detergent to milk - for those of the greatest need.

The bag can be dropped off with a referral to the local Food Pantry.

CARDS FOR COMMUNITY

Cards for Community was created to provide local restaurant gift cards to those in need within our community.

More information may be found at: https://www.gofundme.com/f/card-for-community-stoneham-ma

NAVIGATING THROUGH CHANGES

If you or someone you know is struggling with what is happening, please call the Center so we can connect you with a professional.

Assisted equipment is also available to those in need. Call the Senior Center for additional information.

On Memorial Day, we praise the men and women who sacrificed their lives in the name of our country. May their selfless devotion, outstanding courage, and honor inspire us to make their sacrifice meaningful.

You can still complete the 2020 CENSUS today.
10 minutes for 10 years! It's not too late!

Schools **Health Care** **Business** **City Services** **Representation**

Many of you have supported the Senior Center over the years, and we thank you!
We also want to express our appreciation, and know you join us in thanking our public officials, first responders, medical personnel, grocery providers, restauranteurs, cashiers, custodians, teachers, delivery drivers, volunteer helpers, and numerous other community members who continue to serve so well.

Special thanks to Louise Zuck who surprised us by planting Spring flowers in the trough in the front of the Center.

Caregiver's Corner

This month we'll begin with Alzheimer's and Dementia information as June 20, 2020 is called the Longest Day. Below is taken from the Alzheimer's Association site.

The Longest Day is the day with the most light — the summer solstice. On June 20, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

If you're interested to learn more about this you can go the Alzheimer's Association website www.alz.org

- Covid-19 Tips:

  www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care

- Virtual Programs and Support groups

  www.alzmassnh.org/virtual-programs

- Educational Online Tools and Caregiver Blog:

  www.alz.org/help-support/resources/online-tools

- Memory Café Directory –Virtual Memory Café's for the Caregiver and their loved one

  www.memorycafedirectory.com/cafe-connect This lists local and some national virtual cafe's which may be accessed via phone or computer.

The Alzheimer's Association can also be reached through their 24/7 Helpline 800-272-3900 or www.alz.org

Mystic Valley Elder Services can also be contacted at 781-324-7705 or www.mves.org

June 2020

Outreach: I have the pleasure of speaking with many people during this time and despite the content or length of the conversation, I come away with the same understanding of how important communication and connection to others is for each and every one of us. Though we are all in this situation of social distancing and quarantine time, every one's situation does not look the same. Social isolation is a term that we have been hearing and it's real. We all must be mindful to the truth that some people have endured much deeper changes and losses than others and we have to be kind and patient. People have lost supports and their "world" has gotten smaller. Last month I suggested that you reach out to someone. Know that if you did this and no matter how brief the call, email, text or note, that person is highly likely very thankful. When reaching out to someone a lot of questions don't have to be asked and a lot of information doesn't have to be provided. Even a brief statement "I've been thinking of you and just wanted to let you know" or "how are you today" is enough. It's a pure act of kindness, in the form of a small gesture and it's letting someone know that they matter, someone is thinking of them. It's a human condition to know that we are cared about. This is really monumental especially at this time as it can bring appreciation, happiness and love to someone's life.

Sharing with others what you've been doing while social distancing can be fun to talk about and also provide a new idea to someone else. Brainstorming together about different activities can be a fun thing to do and who knows what you might come up with- other than lots of laughing!

While we're all anticipating what a "new normal" might look like for the upcoming months, some things we should keep in mind - patience and hope. According to Webster's Dictionary, hope is "the feeling that what is wanted can be had or that events will turn out for the best". Practicing patience and kindness for ourselves and others can help us to maintain hope at this time of change. Let's do our part to combat social isolation.

I would also love to hear some of the things that people are doing to keep busy. Remember if you want to talk, check in or have some questions or you're not sure where to look for help call or email me. Also if you would like a regular check in call from me confidentially, let me know. Take care and keep in touch!

Anne Lawrence, LICSW

Stoneham Front Steps Project

STONEHAM FRONT STEPS PROJECT *(AND SURROUNDING TOWNS)*

A PROJECT TO BRING THE STONEHAM COMMUNITY TOGETHER
TO RECOGNIZE THIS UNPRECEDENTED TIME IN OUR LIVES
AND TO RAISE MONEY FOR COVID-19 RELIEF EFFORTS

From now through May 29th a professional photographer will visit the front of your house and at a safe distance, take pictures of you during this stay-at-home period. Photos might your include your entire family, your pets, your graduates with their cap and gown, or seniors with their prom attire. It's your decision how you want to be photographed – be creative!

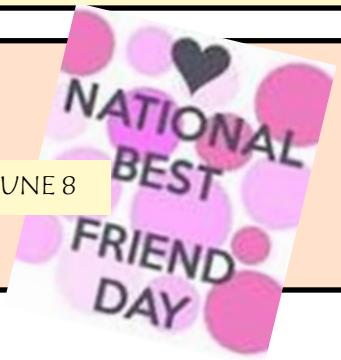
And the best part? All we ask is that you make a donation through the Newton Rotary Foundation, who will pass 100% of your donations collected to the Stoneham non-profit organizations listed **on page 7.**

You will receive 3 digital photographs that you are given permission to use on social media. These pictures will also be posted on the Stoneham Front Steps Project and Stoneham Rotary Facebook pages and shared. Additional prints can be ordered directly through the photographer.

June holidays!

JUNE 7

JUNE 8



JUN

When you donate, you can choose any of the following efforts to support:

- *Boys and Girls Club of Stoneham*
- *Cards for Community: Stoneham*
- *Friends of the Stoneham Senior Center*
- *Stoneham Food Pantry*
- *Clear Path for Veterans New England*

Here's how to participate in this special event:

1) Donate by clicking on stonehamrotaryclub.org and select frontstepsproject
2) Choose *Friends of the Stoneham Senior Center* as your donation recipient.
3) Write a note with the address at which you want to be photographed.
4) A representative from The Presti Group will reach out to you to schedule your photo shoot.

For questions please message us on our Facebook page or email us at frontstepsproject@theprestigroup.com.

Rotary Club of Stoneham | THE PRESTI GROUP We go the extra block. | DAWN DIORIO Photography | Newton Rotary Foundation

The organizers of the Stoneham Front Steps Project are not related to or affiliated with any other project that involves photography of residents in front of their dwellings during the COVID-19 Pandemic. The organizers have no responsibility for, control over and disclaim any liability arising out of, the acts or omissions of other individuals, communities or groups. They do not assume responsibility or liability for any consequences resulting directly or indirectly from any action or inaction taken as a result of the information contained on this site or any linked material. The organizers do not accept any legal liability or responsibility for any injury, loss, or damage incurred by the use of, or reliance upon any information contained on this site or in any linked material. On behalf of yourself and the others posing for the photograph, you agree to allow the Stoneham Front Steps Project to use your image for purposes of publicity at no charge. You acknowledge that the sponsors may retain certain rights in the image you are authorizing the photographer to make.

NE 6

SENIORS BEING AMAZING!

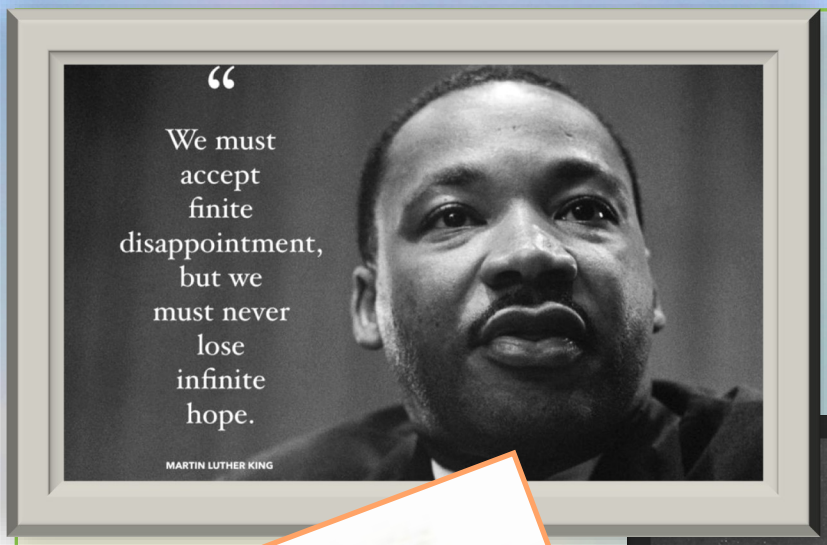
Skipping Rope for a new exercise!
A 73-year-old British man has become a hit on social media for his lockdown-friendly workout videos.

Rajinder Sing, otherwise known as the 'Skipping Sikh', wants to inspire people, especially older citizens, to keep healthy and fit during the coronavirus pandemic.

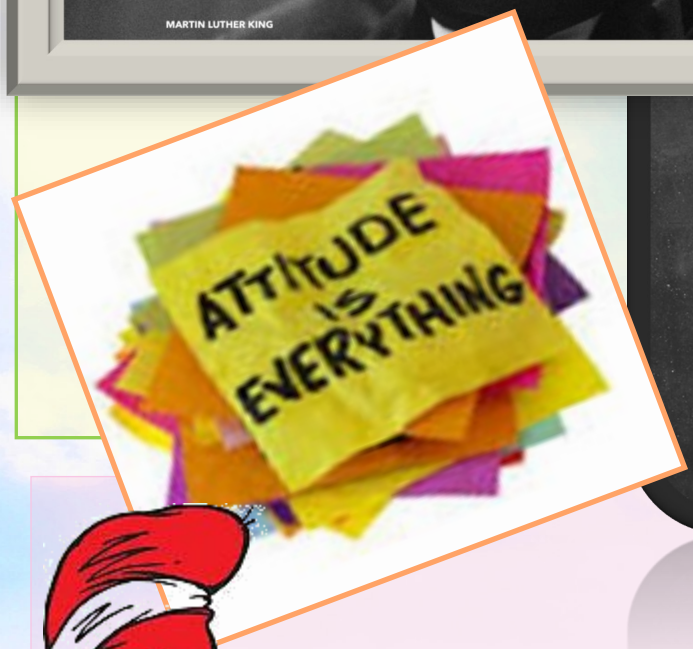
"I'm not an expert but if you do five minutes skipping honestly it's like running three kilometers. Just skipping inside your house or in your garden. You don't even need trainers, just a rope," he told CNN!

"Take what you need"
Since 66-year-old Julia has been working from her home in Wisconsin during the pandemic, and decided it would be inspiring to do something to help others.
"Since I have to work from home now, I could structure my day anyway I want. There's been such a demand for masks, I decided to get out my sewing machine and sew,"
She hangs them on a rack positioned in her front yard, so she can give them away to people who are looking for something to protect themselves against the virus.

Chili cook-off goes virtual Even though there's a quarantine, 75 chili makers took part in their annual cook-off, each at their own home, complete with the National Anthem to kick it off! No official judging was held, but the chili was donated to first responders and food pantries! Now that's my idea of a win-win competition!



Some things to consider...



"Today you are You, that is truer than true. There is no one alive who is Youer than You." - Dr. Seuss

Mystic Valley Elder Services Provides Non-Contact Services to Consumers as COVID-19 Pandemic Continues

Mystic Valley Elder Services (MVES) wants to remind our communities that we are open for business and are working to be sure that those individuals in need receive the necessary services.

We continue to accept calls and referrals via our online referral form and/or by calling us at **781-324-7705**.
We have funding available to help older adults and adults living with disabilities with urgent needs for food, grocery shopping assistance and more.
We continue to serve home delivered meals.
We are in regular communication with our consumers. Our care managers are calling them on a regular basis to assess their well-being and need for services.
We are not conducting home visits but are assessing our consumers' needs through telephonic means.
MVES is in constant contact with the MA Executive Office of Elder Affairs and the Department of Public Health, and we are following their guidance as well as the Center for Disease Control and Prevention (CDC) recommended best practices.
We are in close communication with our extensive network of in-home service provider agencies and our community partners to deliver services in a safe and effective manner.
Be assured, MVES will always let consumers know if services will be interrupted, reduced or cannot be delivered.

MVES is working to ensure the wellbeing of all those who depend on us by continuing to provide essential services to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop.

MVES is proud to be a highly respected resource in your community and we want you to know that keeping our community – consumers, families, staff, volunteers and community members – safe is our highest priority.

TRANSPORTATION: *SENIOR CENTER VAN*

While the Center is closed, we will shop for you or drop off essential bags for those in urgent need of supplies. There are no rides available until further notice. Call the Center for further details at 781-438-1157.

Lighten up with laughter!

- I saw a guy spill all his scrabble letters all over the road. I asked him, "what's the word on the street?".
- Did you hear about the new restaurant called Karma? ….There's no menu: You get what you deserve.
- Did you hear about the claustrophobic astronaut?... He just needed a little space.
- What kind of exercises do lazy people do? … Diddly squats!
- What did the left eye say to the right eye? ...Between you and me, something smells!
- What did the pirate say when he turned 80? … Aye, Matey!

Thank You To Our Generous Donors

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.
My donation in the amount of $_____ is enclosed. Please makes checks payable to Stoneham Senior Center.

Name: _____

Address: _____ City _____ State: _____ Zip _____

Phone: _____ Email:_____

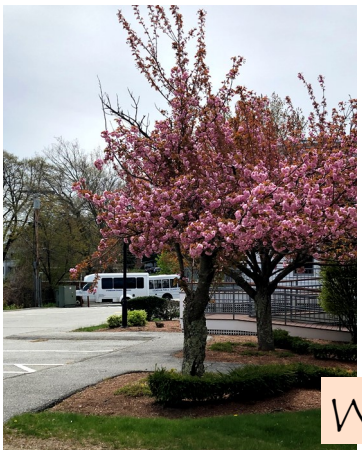
____ I **DO NOT** wish my ($10 or above) donation to be listed in the Sentinel.

Donation (select one) ___ for Senior Center

___ In memory / honor of _____

For acknowledgment of your gift, if desired, please add recipient name/address below:

_____



WAITING FOR YOUR RETURN!

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136 Elm Street
Stoneham, MA 02180
781-438-1157, 781-438-1161
Stonehamseniorcenter.org
Open Mon-Fri 8:40-4:00 pm
Lunch daily at noon

Like us on facebook
www.facebook.com/
StonehamSeniorCenter

MELD, Inc. is a local community foundation focused on educational and cultural programs in Stoneham. Programs supported by MELD are indicated by the organization's logo.

THE SENIOR CENTER FRIENDS OF STONEHAM is a nonprofit corporation formed in 2010 to fund education, social services and activities at the Senior Center. Programs supported by the Friends are indicated with the handshake logo.