



A PUBLICATION OF THE STONEHAM SENIOR CENTER

STONEHAM SENTINEL

136 Elm Street, Stoneham , MA 02180
www.stonehamseniorcenter.org



MAY 2020

(phone) 781-438-1157 781-438-1161 (fax) 781-279-4904



Dear Friends,

Finding ourselves adjusting to a “new normal,” the Senior Center continues, as best we can, to provide information, assistance, and resources to our seniors. Guidelines are changing as we get more data, so without knowing the duration, we adjust to the needs of the day and stay hopeful that we will return to the open-door, activity-friendly place of a short time ago.

With the amazing technology we have at hand, many town departments have been able to meet online to stay abreast of the needs of the community and come up with creative ways to stay in touch so that no one needs to feel alone. Rest assured that we are a phone call away!

Be mindful that for every benefit that comes our way, there is someone waiting to misuse or misrepresent it, so please be diligent and alert to potential scams, either for a financial issue, such as a stimulus check, or a medical treatment, such as free virus testing. Never give personal information over the phone, such as social security number, insurance number, or bank account details.

“When in doubt, check it out” with a call to the Senior Center or Stoneham Police.

We miss seeing you here at the Center and hope you enjoy the photos in this issue, remembering the staff waiting to serve you soon. Let it be a reminder that we will be together again because storms don’t last forever! If you need any specific aid or have any questions, please call us here at 781-438-1157.

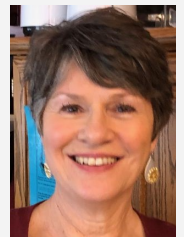
Fondly,

Maureen Canova and staff

Maureen Canova, Director
Stoneham Council on Aging
Stoneham Senior Center



OUTREACH: Many of us have been listening to the daily news and updates about the current situation and the Corona Virus. Though it’s important to know what’s happening, it’s possible to become fearful or anxious if you’re only listening to or reading about this. To help maintain a strong healthy emotional balance during this time it’s best to incorporate daily activities that bring you pleasure. That list is endless, whether it’s doing crafts, reading, listening or playing music, puzzles, exercises or meditation there are many things that one can do alone. It’s also very important to keep communication open with other people. Reminiscing with family, friends, neighbors, even if you don’t live together is now easier than ever by phone, computer or mail. Keeping in contact with a supportive therapist or counselor during this time is very important for support. Communicating with others helps each of us to remember that there have been happier times and that there will be happy times again. Change and loss are a part of living and something that most of us have lived through. Helping one another through these times makes us stronger. If you haven’t yet, please set yourself a goal and reach out to someone. No one is alone in this. Please don’t hesitate to contact me to talk more about this or questions you may have regarding help or resources. You can reach me at 781-799-3098. Anne Lawrence, LICSW



“With the new day comes new strength and new thoughts” -Eleanor Roosevelt

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.

COMMUNITY BULLETIN



THANK YOU TO OUR GENEROUS FRIENDS AND NEIGHBORS:

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 are standing up to help us navigate these uncharted waters.

BE THOUGHTFUL! PLEASE CONTINUE TO OBSERVE CDC GUIDELINES

Can I take my dog out for a walk?



Yes, preferably in areas without many people.



AVOID



KEEP CLEAN



DISINFECT



SYMPTOM AWARE

A MESSAGE FROM YOUR STONEHAM COMMUNITY FOOD PANTRIES

Both the Stoneham Adventist Community Services and the First Church Stoneham Food Pantry are here for the Stoneham community. Each pantry provides help to Stoneham residents going through difficult times. Contact info follows:

Stoneham Adventist Community Services, 11 Gerry St. Stoneham 781-438-1347 (leave a message) – provides shelf stable and fresh produce, dairy and meats. Monday 2-4 pm, Wednesday 12:30 – 1:30 pm. You may visit the pantry one time a week, first time patrons please come down during open hours to sign up.

First Church Stoneham Food Pantry, 1 Church St. Stoneham 781-438-0097 – Food Staples, some fresh foods, non-food Personal Care items and some Pet Food. Clients may visit the pantry one time a month. Please call the above number to set up an appointment for a Tuesday or Thursday.

Both require a picture ID and proof of residence (utility, insurance bill) to sign up.



A look *back*...



The Stoneham Council on Aging Senior Center and barn have an impressive 168-year-old history. They were built as an almshouse in 1852 on forty acres of land by Orin Hersam for a cost of about three thousand dollars! The plans for the almshouse were drawn by Amasa Farrier whose name you might have seen on a plaque on the front of the building (for which he received \$16!). In the Christian tradition, alms are money or services donated to support the poor or indigent.

Stoneham demonstrated, even back then, its concern for people who became infirm or unable to live alone as they aged. The almshouse charitably housed many residents who did whatever work they were able to do to keep it running. In its day, the farm produced milk, vegetables and many varieties of apples. The livestock was housed in the barn except for six months in 1917 when the original barn was destroyed by lightning

and fire in July and rebuilt by December! In 1925, under the headship of the Welfare Board, it became an infirmary where long-term patients could recover and renew strength with fresh air on the open deck or airy grounds.

In 1967, state government took over welfare which ended the necessity for having a local almshouse or infirmary. The town meeting voted to close it down as of July 1, 1968. During the time it was vacant, the building was trashed and vandalized almost to the brink of ruin. The newly formed Council on Aging, a group of hardy souls and willing workers, labored diligently for several years to repair it. People of all ages turned out to clean and restore the building, and in 1974, the Senior Citizens Social Center opened its doors.

In 1992, six determined women began writing a grant for badly needed renovations. After three failed attempts, and with support from their local senator, the Town was awarded a much needed state grant for \$750,000 to supplement the one million dollars voted at the 1995 town meeting. Renovations were extensive from adding air conditioning, gas heat, a new roof, new restrooms, an elevator, and fire safety alarms to painting the entire exterior. It then became a resource center, a place of caring and sharing, and a welcoming home away from home for our seniors. Stoneham has shown compassion and extended a hand of friendship to seniors for over a hundred years in the house on Elm Street.

In these uncertain times, we can be proud of the history of support in our community. That makes the future look brighter for our seniors today as well as those to coming in the generations ahead.



"What lies behind us and what lies ahead of us are tiny matters compared to what lies within us."
Ralph Waldo Emerson



Tufts Osher Lifelong Learning Institute
Member Signup/Renewal, 2019-2020

Special May/June Virtual Membership

Thank you for your interest in becoming an OLLI member for the remainder of the 2019-20 academic year!

With 11 virtual study groups planned to start in May, and another 20+ scheduled to begin in June, we're slated to have 300+ hours of programming over the coming months!

Most of our virtual classes are hosted live on Zoom, and we are happy to provide training to members to help ensure that they can fully participate. We invite you to join us as we socialize and learn online!

We are offering a **special introductory rate of just \$15** for membership for the remainder of the year, which will enable you to register for upcoming study groups (individual study groups range in price from \$25-\$200, depending on the length). You will have an opportunity to pay your \$15 membership fee after completing the survey.

TUFTS LIFELONG LEARNING AND OSHER INSTITUTE

Looking for a way to stay active and social during this difficult time? The [Tufts OLLI](#) is offering a steady stream of virtual courses and discussion groups to help our members stay engaged! With [eleven study groups scheduled for May](#), and another 20 lined up for June, the OLLI will be hosting over 300 hours of virtual programming over the next two months.

New members [can join the program for \\$15](#) to participate in May/June programs, and individual study groups range in price from \$25 to \$200, depending on their length. Most courses are held live via Zoom, and the OLLI is happy to provide training to make sure new members can participate!

For more information, check

<https://universitycollege.tufts.edu/lifelong-learning>

or call 617-627-2000

one small
positive
thought
in the morning can
change
your whole
day!

With thanks to Melrose Wakefield Healthcare, the tips offered on the following page may help you cope with unplanned stresses of today's limitations.

We hope they are helpful to you!



Simple Breath Meditation for Seniors

The Breath can be a simple, natural focus for meditation and a great way to release stress. It's important to learn to breathe slowly and not to over breathe or "hyperventilate". Breathing too quickly can make people feel light headed. Whenever we do a breath meditation, we pause at the end of each inhalation for a count of 2.

Find a nice chair where you can sit up straight to do your breath meditation or you can lie flat.

Try a pattern of inhaling through the nose as slowly as possible.

You will find if you can constrict the back of your throat a little, you can slow down the in-breath through the nose.

Hold the Breath for a slow count of 2

Exhale through the mouth as slowly as possible and create a nice sigh.

As you breathe, focus your attention on the sound and feel of the breath in your nose and throat. Try to pay attention to the movement in your chest and belly with each breath cycle. Try to let go of any other thoughts and just focus on the feeling of your breath.

As you exhale imagine you are breathing out all the stress, worry, fear, tension in your body.

Start with small amount of time. If you have any kind of timer, start with 1 or 2 minutes. You can increase from there. If you are feeling light headed, stop immediately and just sit quietly.

Try this practice daily to release stress and worry.

Meditation provided by Eleanor Packman Moresco, MD; Tufts Medical Center Community Care|MelroseWakefield Healthcare; 101 Main St.; Suite 214; Medford, MA (781) 391-3885

TIPS TO GETTING A GOOD NIGHT'S SLEEP

Sleep restores us physically, mentally, and emotionally. Whether you've had sleeping problems before COVID-19 or if they've only come on recently, there are steps that you can take to improve your sleep during stressful times.

Create a sleep haven – Use your bedroom for sleep, keep the room a comfortable temperature, make sure your mattress and pillow are comfortable, and block out unwanted light and noise.

Set a sleep/wake schedule – Establishing a routine can facilitate a sense of normalcy even in abnormal times. Set a wakeup time, a wind-down time and a bedtime.

Avoid electronics 1 hour before bed – The blue light produced by electronic devices such as computers, mobile phones, and tablets can interfere with the body's natural sleep promoting process.

Stay active – Exercise is important for sleep. If you can't walk outside there is a wealth of resources online for all types of levels of exercise. Visit <https://go4life.nia.nih.gov/> for tips on exercise.

Natural sunlight – Light plays a crucial role in helping our bodies regulate sleep in a healthy way. If you can, spend some time outside in natural light. Try opening blinds to let light into your home during the day.

Be Careful with Naps – A short power nap early in the afternoon can be useful but avoid long naps or naps later in the day.

Practice Kindness and Foster Connection – Being kind and staying connected with friends and family can reduce stress and its harmful effects on mood and sleep.

Utilize Relaxation Techniques – Find ways to relax and unwind. Deep breathing, meditation, stretching, yoga, listening to calming music or quietly reading are just a few examples that you can build into your daily routine. Replace your screen/electronic time with something relaxing.

Watch What You Eat and Drink – Keeping a healthy diet can promote good sleep. Be cautious with intake of alcohol and caffeine, especially later in the day both can disrupt quantity and quality of sleep.

Contact Your Doctor - If sleepless nights are interfering with how you feel or function seek help from your physician.

Information adapted from sleepfoundation.org and compiled by Joya Pezzuto, RN, Aging in Balance Program of MelroseWakefield Healthcare, 781-338-7559

Stand Up! Be Counted!



Call the Census Bureau Customer Service Center at 1-800-923-8282 or 301-763-INFO (4636.)

The coronavirus underscores why it's so important that everyone gets counted during the 2020 Census.

The more people get counted, the better accuracy the Census data has and the more federal funding available for your communities in times of need.

Find out more on 2020census.gov.

DID YOU KNOW?

Census data is used to extend billions of dollars in funding for hospitals, school lunch programs, Medicaid and resources that are needed every year, especially in uncertain times like now!

Make sure everyone in your home is counted!

Completing your 2020 census is safe. Your personal information is kept confidential and responses are used for statistical purposes only. Let's ensure our community receives the representation and resources we need.

"I just spent 20 minutes filling out the census— You can do it online, with a tablet or iPhone. It's

Safe, Easy, Important.

Keep the #2020CensusChallenge moving and send along!"

The more of us that fill out the Census, the more money our neighborhoods will get from the government for healthcare, schools, and housing over the next 10 years.

Have you completed yours?

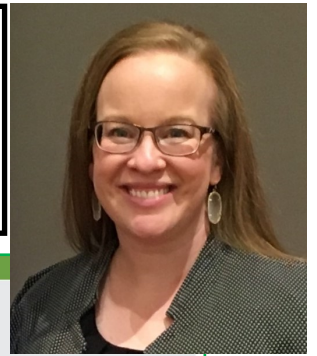


"Keep on moving till we're moving together again!" Rosemary and friends



"We'll keep the vehicles ready till you a

Erin Wortman, Director of Planning and Community Development for the town of Stoneham, and Chairman of the Complete Count Committee. This board is comprised many government and community leaders from advocacy, education, business, healthcare, and elected officials. These trusted voices develop and implement a 2020 **Census** awareness campaign based upon their knowledge of the local community to encourage a response.



Census data is confidential.

- Your personal information is protected by law and is never released to any other local, state, or federal agencies (Title 13 of the U.S. Code.) Your individual Census responses will not affect your tax status or your insurance premiums.
- The Census Bureau will never ask for your Social Security number, bank account number, or money of any kind.

Census data affects your community.

- Census data determines federal funding to Medicare and Medicaid, MassHealth, Children’s Health Insurance Program, and several Health Center programs.
- The data collected by the U.S. Census will determine your political representation for the next 10 years at the local, state, and federal levels.


Responding to the Census is easy.

- You can respond to the U.S. Census online and over the phone in 13 languages, or wait for the paper form to be delivered to you.



...re!” John and Gary



“Try a smile a day!” 

SENIOR DOINGS FROM ALL OVER!



An 89-year-old grandmother who lives alone in **Chicago, Illinois** had been cooped up all day with her TV, computer games, and, of course, her sewing machine. After grabbing all the fabric she could, Teresa Provo sewed a mask for every single one of her 50 family members and friends—and then mailed them all over Chicago, Wisconsin, Florida, Minnesota, and California.

Each mask was personalized for each person using fabric featuring their favorite sports teams, like the Chicago Cubs or Blackhawks, and included handwritten notes of encouragement.



A 99-year-old World War II veteran has completed his quest to walk 100 laps of his garden in eastern **England** and raised 13 million pounds (\$16 million) for Britain's National Health Service.

Tom Moore's humble mission to support health care workers during the coronavirus pandemic became a national rallying point. Tens of thousands of Britons pledged donations as Moore pursued a goal of finishing the laps before his 100th birthday on April 30!

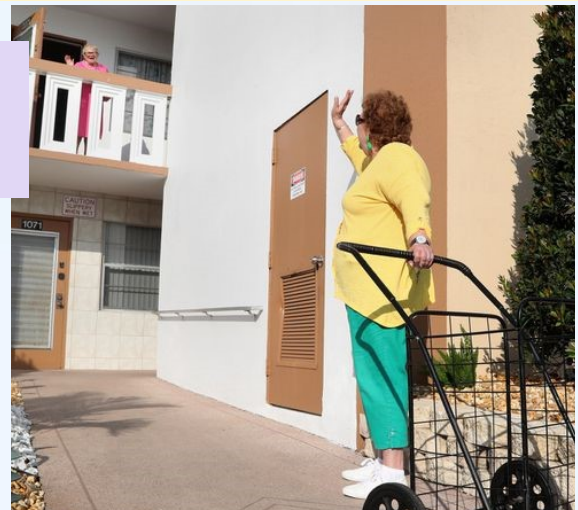


This 91-year-old man has not only become a role model for his entire gym, but also to thousands of people on the Internet.

Lloyd Black resolved to join the Anytime Fitness gym in Semmes, **Alabama** last year after he found himself struggling to accomplish simple household tasks. He hoped that joining a gym might strengthen some of his muscles and help with the random aches and pains in his body. When Black first joined the gym, the manager says he could barely last 10 minutes on the treadmill without becoming winded. Now, however, the senior can effortlessly breeze through half an hour of power-walking before moving on to his workout routine.

The manager reports, "Seeing someone like him inspires others to keep it up and incorporate fitness into their life," adding "Seeing him working out in his overalls brightens our day and we hope to have him many more years to come!"

In **Florida**, a 74-year-old volunteer with Jewish Family Services waves hello to Century Village resident, age 89, after dropping off groceries to her following physical distance protocols!



**Going outdoors
is not cancelled, listening
to music is not cancelled,
quality time with our
families is not cancelled,
reading a book is not
cancelled, sharing with
friends is not cancelled,
singing out loud is not
cancelled, laughing has
not been cancelled,
sharing **HOPE** with others
has not been cancelled.
Let's **EMBRACE** what
we have.**



FITNESS

PLEASE TAKE NOTE: ALL SENIOR CENTER EXERCISE CLASSES ARE CANCELLED UNTIL FURTHER NOTICE BUT:

- * Do whatever you can! When the weather is good, take a walk (but practice safe social distancing!).
- * Put on your favorite music and dance like nobody is watching!
- * Do some vigorous spring cleaning as your fitness level allows!
- * Find an exercise class on TV and move along with them!

If you're sitting down all day—move

If you're watching TV all day—call a neighbor and chat

Start that book you've been wanting to read; if you're tired of reading, try a puzzle or start a project you've been putting off.



Drink an extra glass of water to stay hydrated!

TRANSPORTATION

SENIOR CENTER VAN

While the Center is closed, van services for Stoneham residents will be on demand. Please call the front desk for information if you need transportation.

- Grocery Shopping** - Stop & Shop and Market Basket
- Personal shopping** If you are unable to shop for yourself, a volunteer can shop for you (Stop&Shop) and deliver it to your home.
- Rides to pick up your prescription**



EVERY DAY
MAY NOT BE GOOD
But
THERE'S SOMETHING
GOOD
IN EVERY DAY

Lighten up with laughter!



- I told my wife she was drawing her eyebrows on too high She looked surprised!.
- My son asked me what "procrastinate" meant I told him I'd tell him later.
- My doctor told me to cut down on my sodium But I take his advice with a grain of salt..
- When is a car not a car? When it turns into a driveway!
- When people ask me if I exercise, I tell them I do crunches ever day Cap'n Crunch, Cinnamon Toast Crunch, and Nestle Crunch!

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.

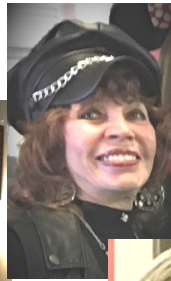
Donation (select one) ____ for Senior Center

____ In memory / honor of _____

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



"Miss you all!" Virginia, Lucia, Mary, Rita, Sandy, and Nancy



"See you soon!" Terry, Mary, and Dineen



"We'll be waiting!" Maureen, Kathy, Fran, and Carol



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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**



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.

