



A PUBLICATION OF THE STONEHAM SENIOR CENTER

Stoneham Sentinel

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

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

SEPTEMBER 2020



Dear friends,

Since the days of the Almshouse, Stoneham has continued to be a community of good neighbors! It seems like I get calls daily from people wanting to reach out to our seniors. Please let us know if you need assistance.



The heat waves have passed and we can look forward to some changes in the air! It has certainly been a summer like no other and I'm sure fall will also be full of new routines! Education and sporting events may look different, but good old apple pie hasn't changed, and neither have the varieties of fall produce! Try to add some new ones to your nutrition plan.

We are hoping to begin adding back some well-loved programming while adhering to safety guidelines, and we'll update you as soon as we're able. Meanwhile, our staff is here to answer calls and assist in any way we can. Please call for information and referrals at 781-438-1157.

Maureen Canova and staff

Maureen Canova, Director
Stoneham Council on Aging
Stoneham Senior Center



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THANK YOU TO OUR GENEROUS DONORS!

Many of you have supported the Senior Center over the years, and we appreciate you! Donations come in many forms, including money, masks, or other essential goods.

We thank our patrons as well as those who serve in our community in other ways including public service, healthcare, commerce, food suppliers, drivers, and volunteers.

*Lorraine Campbell
*Richard Degel
*Frank Liu
*Celia Driscoll

COMMUNITY BULLETIN

September programs sponsored by MelroseWakefield Healthcare's Aging in Balance Program:

⇒ **☕ COFFEE AND CONVERSATION:** A way for older adults in the community to connect with others safely and easily by Phone Join Stephanie Chissler, Coordinator of the Aging in Balance Department at MelroseWakefield Healthcare, for these weekly calls. Call in once or call in every week for conversation, support, resource sharing and tips to reduce stress and anxiety.

BRING YOUR OWN COFFEE OR TEA AND JOIN IN THE CONVERSATION Thursday afternoons 1 – 2pm
PHONE: 1-646-558-8656 When asked, enter meeting ID# 131-672-167##

⇒ **Slips...Trips...Falls What can you do to prevent falls?** Falls are not a “normal” part of aging. There are steps you can take to reduce your risk for falls. According to the Centers for Disease Control and Prevention “Each year in the US, nearly one-third of older adults experience a fall”. Falls can be devastating, costly and most importantly falls are largely PREVENTABLE. Join Stephanie Chissler, Occupational Therapist, for an Interactive and informative online workshop that will highlight ways you can prevent falls at home and in the community. **Free one-hour online class Tuesday, September 15th at 10am** To register call Stephanie Chissler, OTR/L, Aging in Balance Program Manager 781-338-7559 or email schissler@melrosewakefield.org

⇒ **My Life, My Health Online Workshop Is living with a persistent health condition preventing you from really living ?** “My Life, My Health” is a FREE six-session community workshop designed to give adults with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma) and/or their caregivers the knowledge and skills needed to take a more active role in their healthcare. **Learn strategies developed and tested by researchers** If you may be interested in taking part in this workshop series please register for a 1-hour Introductory Session to learn more **Introductory Session Tuesday, September 29th at 10am** To register call Stephanie Chissler, OTR/L, Aging in Balance Program Manager 781-338-7559 or email schissler@melrosewakefield.org

⇒ **The Savvy Caregiver Program Online Workshop** This evidence-based program is for anyone caring for a loved one or friend with dementia or Alzheimer's disease. This free six-week program, designed for caregivers, meets for 2 hours each week and includes: The unique impact of dementia on both the care recipient and the caregiver, Identifying personal barriers to self-care, Techniques for setting reasonable goals, Ways to manage stress, and other relevant topics. If you may be interested in taking part in this workshop series please register for a 1-hour Introductory Session to learn more. **Introductory Session Thursday, October 1st at 10am** To register call Stephanie Chissler, OTR/L, Aging in Balance Program Manager 781-338-7559 or email schissler@melrosewakefield.org

My Life, My Health is a program offered by Mystic Valley Elder Services as a Virtual Zoom Class covering a variety of topics for increased health and well-being. See the class list below and call for further information or to register for one of the classes!

My Life, My Health Chronic Disease Self-Management

Wednesdays, September 16 to October 21
10:30-12:00

My Life, My Health Diabetes Self-Management

Thursdays, October 1 to November 5
10:00-12:00

Healthy Eating

Tuesdays, October 13 to November 17
10:00-12:00



Donna Covelle
Healthy Aging Program Coordinator
Mystic Valley Elder Services, Inc.
300 Commercial Street, #19
Malden, MA 02148
Direct Phone: (781) 388-4867
Phone: (781) 324-7705, ext. 155



Caregiver's Corner:

Mental Health- These two words mean so many different things to people. The bottom line is that the health of our mental state is important to each one of us. How we view our day, our life and how we function daily is affected by our mental status. There is boundless information available on what we should do to take care of our mental health including being aware of how stress can affect us. Being self-aware and reaching out to someone for help and support is a positive thing to do. As we know, there are illnesses that can affect one's mental health to varying degrees, including substance abuse. Anxiety, Depression, PTSD, Psychosis are some more recognizable conditions that people frequently hear. Mental Illness and Behavioral Health are also terms that are used in connection with Mental Health. Some people may require medication to help them function daily and others may require medication to improve their mood daily. Many people use some form of talk therapy as well to support them. There is nothing wrong with appropriate medication and therapy to improve how we feel and there should be no shame or embarrassment. Our brain is another organ in our body that, just as any other part of our body, may need some assistance to function as we need it.

Some people have severe struggles with their mental health for varying reasons. If this is you, you're not alone. If you're a family member or a caregiver to someone who is living or struggling with their mental health, you are not alone. Please be good to yourself and others—it helps you. Many resources are available to offer assistance and support. Don't give up! Keep on reaching out because YOU are worth it.

During this crisis time, awareness of people dealing with trauma, anxiety and depression. Taking care of you, your family, maybe friends and neighbors can be both rewarding and stressful. Taking time every day to care for you helps you stay strong to keep living every day. Getting enough sleep, eating right, even mild exercise (walk or stretching, to your ability), laughing, and fully recognizing how the small moments or parts of a day are really good and do help with happiness.

Listed here are just some of the available resources in our area :Call your Doctor, Nurse Practitioner, or Therapist for more information and support as well. If there is an emergency do not hesitate to call 911.

Eliot Community Health Services has 24/7 emergency 800-988-1111 or 781-596-9222

National Suicide Prevention Lifeline 1-800-273-8255 (TALK)

Veterans Crisis Line 1- 800-273-8255 or text 838255

AA 617-426-9444 www.aaboston.org to find meetings or talk with someone

Alanon 508-366-0556 ma-al-anon-alateen.org to find meetings or talk with someone



Anne Lawrence, LICSW, Outreach Social Worker
StonehamCOA/Senior Center
©781-799-3098 Office-781-850-0619



Hello Friends! I'm Dennis O'Hara. As Social Media Manager for the Stoneham Senior Center, it's my pleasure to offer a video option for you to connect on **Zoom**. **Zoom** is a communications platform that allows video and audio options for several people at the same time. I have produced this video to walk you through the steps to create your own account so you can start connecting! Just click on the link! <https://www.youtube.com/watch?v=EhUkb7lch-M>

Want to participate in Zoom meetings but don't have a device?

No problem!

The Senior Center has a laptop lending program for anyone who would like to use a laptop to engage in Zoom classes! Call the Center for details!



ASK THE NURSE

I want to get back to normal. Do you think this will ever happen?

Dear Reader, I do not like to use the cliché that this is the “new normal,” but unfortunately, it is. The push for folks to keep away from one another is contrary to what humans usually do in times of crisis. We just want to reach out and give hugs and say everything will be ok. With Covid19, we have a disease that targets seniors, and the best way to protect them is to social distance or isolate especially from them and everyone else. Social isolation and loneliness is one of our greatest public health challenges that we face, and here we are in a situation where that is the only thing that might save us. The best way to slow the spread of Covid19 is through social distancing which means avoiding close contact with others. This can take many forms depending on lifestyle and your family or living situation. **If you have to go out, wear a mask.** Social distancing can include the following habits and steps: **Avoid handshaking, hugging and other intimate types of greeting, avoid non-essential travel (your health care provider may have specific guidance for your situation), avoid crowds as much as possible, and avoid unnecessary errands— consider ways to have essential items like food and household supplies brought to you through delivery services or through family or social networks.** While social distancing and self-quarantine are needed to limit and control the spread of Covid19, social connectedness is important. Virtual resources can and should be used during this time. Talk to your friends and family on the phone or video to stay connected. And so, Dear Reader, everyone has a role to play in reducing community spread. The same recommendations for folks at risk should be observed by everyone to help protect the more vulnerable in our Community. Businesses, schools, local and federal government should all work together to lessen community spread of Covid19 and help protect our seniors and those with pre-existing medical conditions.



In these trying times take a deep breath, try and relax with a nice glass of iced tea and two lemons on these hot days, turn off the news and watch some Cozi TV.



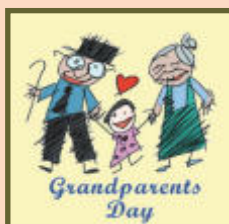
Peg Drummey, Stoneham Board of Health Nurse, answers your questions on health. To submit a question, check at the front desk or email stonehamseniorcenter@gmail.com

SEPTEMBER
CELEBRATIONS!

6



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NAMI Family-to-Family

National Alliance on Mental Illness

A FREE psychoeducational class for family and friends of individuals living with a mental health condition



The evidence-based course meets weekly for 8 online sessions and is taught by NAMI trained family member volunteers.

The Family-to-Family curriculum utilizes presentations, videos, discussion and interactive exercises. Learn about:

- Bipolar Disorder, Major Depression, Schizophrenia, Borderline Personality Disorder, Panic/Anxiety Disorder and Obsessive Compulsive Disorder (OCD)
- Evidence based treatments and therapies, local mental health resources
- Communication techniques, problem solving, managing crisis and relapse, coping skills, and self care
- Mutual support, compassion, and reinforcement from the group setting

**NAMI Central Middlesex sponsored but all Massachusetts participants welcome
Registration is required.**

SEPTEMBER: Tuesdays starting September 8th, 6:30-9:00 pm. Contact Maureen at 781-864-2336, maureen1maureen@aol.com or Elizabeth at fongef@gmail.com.

OCTOBER: Tuesdays starting October 6th, 7:00– 9:30 pm. Contact Phyllis at 978-973-3995, phyllis.terrey100@gmail.com or Sara at 329-223-3146, shdodd@verizon.net.

Additional info and more online sessions available at: namimass.org/nami-family-to-family/

COMING SOON:

It is our sincere hope to return to programming at the Center with protocols in place to ensure everyone's safety.

We will send a flyer updating you as we add options, but feel free to call us in the meantime.

While many events have been cancelled, here are some that **WILL NOT BE CANCELLED**

*Conversations are not cancelled
Relationships are not cancelled
Outdoors is not cancelled
Sunshine is not cancelled
Love is not cancelled
Music is not cancelled
Reading is not cancelled
Self-care is not cancelled
Hope is not cancelled*

*May we lean into
the good stuff that remains!*



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To maintain their spirits and morale, Francine Rubinstein, a psychologist with Rales Family Services, recommends that seniors:

- *Stand out in the sun for 10 minutes each day. "It improves your mood and helps your immune system," she said.
- *Maintain a schedule, including showering, brushing hair and getting dressed, "even if you're not going out. Don't spend the day napping."
- *Call a friend on the phone.
- *Learn online games, such as bridge.



GROCERY SHOPPING Transportation for shopping is available to **Stop & Shop** with the use of the senior center van. Safety measures and very specific protocol, including limited capacity, will be taken to ensure the wellbeing of everyone utilizing the van. Please call the center at 781-438-1157 for more details on the transportation services.

MEDICAL RIDES If you need a ride to a **medical appointment**, please call the Senior Center for further details at 781-438-1157.

QUICK STOPS RETURNS! Beginning in September on Thursdays at 9:00 AM stopping at convenient locations on Main St.



Lighten up with laughter!

- *I can't believe I got fired from the calendar factory. All I did was take a day off.
- *Most people are shocked when they find out how bad I am as an electrician.
- *Never trust atoms; they make up everything.
- *My wife just found out I replaced our bed with a trampoline. She hit the ceiling!
- *I was addicted to the hokey pokey, but then I turned myself around.



Thank You To Our Generous Donors

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My donation in the amount of \$_____ is enclosed. Please make checks payable to Stoneham Senior Center.

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TIPS FOR FALL PREVENTION: 3 million older adults will require hospitalization because of a fall each year. Unfortunately, 2 out of 3 people will fall a second time within 6 months. Falls can cause both physical and psychological damage. The fear of falling leads to decreased mobility, limited function and altered social interaction—all which are major factors to another fall. Here are some tips to decrease your risk of a fall: **Get your vision checked-** Improper eyewear and decline in vision due to cataracts or glaucoma can lead to falls. **Discuss medications with your doctor-** Multiple medications can have possible side effects or drug interactions that can cause increased fall risk. **Discuss osteoporosis risk factors-** Increase Calcium and Vitamin D into your diet or via supplements. Weight bearing exercises can help to promote bone growth. **Eliminate household hazards-** Scatter rugs, poor lighting, lack of proper hand rails on stairs, and lack grab bars/raised toilet/shower chair can increase your fall risk. The most common place to fall in the home is the bathroom. Leave a small night light on in both the bedroom and bathroom to assist with safety when getting up in the middle of the night. **Focus on balance and strength training-** Try standing leg exercises at the kitchen counter, Yoga, Tai Chi, or even seated exercises. Even, try practicing to stand up from the chair without using your hands. Go for a walk (while socially distanced) with friends or family! **Tracy Rochester, PT, MSPT, CCCE** - Senior Physical Therapist, Hallmark Health

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