



A PUBLICATION OF THE STONEHAM SENIOR CENTER

Stoneham Sentinel



OCTOBER 2020

136 Elm Street, Stoneham, MA 02180

www.stonehamseniorcenter.org

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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.

Richard Peters
In Memory of
Jeannie Devlin
from Val, Ann and
Judy



Hello Everyone!

Fall has arrived with sunny days and cool nights! As the senior center remains closed to the public due to the current public health risks, we wanted to let you know about an initiative the COA and the Town of Stoneham have been working on and hope that you will participate so we can continue to meet the needs of older adults in our wonderful community.

Stoneham's population of older adults is growing and changing. Compared to the Commonwealth, Stoneham has a higher proportion of residents 60 and older. Current projections by UMASS Boston and the MAPC suggest steady increases in the share of older adults in Stoneham's population over the next decade. To prepare for these changes, Stoneham has joined the World Health Organization's global network of age friendly (AF) communities. The goal of this designation is to identify ways that we, as a community, can optimize opportunities for health, participation, and security in order to enhance quality of life as people age. The first step in the process towards becoming age friendly is to document the needs of older adults and our strengths as a community in order to identify what we can do as a community to improve programs, services, and space.

Beginning this week through October 30, Stoneham residents are encouraged to view a video produced by the UMass Boston Center for Social & Demographic Research in Aging, and complete a four question survey. The video and survey can be found on the front page of the Stoneham Senior Center website:

www.stonehamseniorcenter.org. I believe it is important to get input from Stoneham citizens of all ages to know their primary concerns as they age, and what we, as a town, can do to assist those aging in place, whether they remain in the family home or plan to downsize within the town. For more information on the Age-Friendly Initiative, contact the Stoneham Senior Center at (781) 438-1157 or visit www.stonehamseniorcenter.org.

As always, 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 and Stoneham Senior Center

COMMUNITY BULLETIN

BCBS of Mass is inviting you to Join Our Wellness Webinars!

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

All are welcome—you don't have to be a Blue Cross member to participate.

Register for a webinar on a day and time that works best for you.



<p>Wednesday, September 23 10:30 a.m.–11:00 a.m. ET Six Strategies for Supporting a Healthy Immune System Presenters: L Farnham & Tricia Silverman Register Now at bcbsma.info/Sept23</p>	<p>Thursday, November 5 2:00 p.m.–2:30 p.m. ET Nutrition Do's and Don'ts During Uncertain Times Presenters: Wm Rowbottom & T Silverman Register Now at bcbsma.info/Nov5</p>
<p>Monday, October 5 10:30 a.m.–11:00 a.m. ET Calming Anxiety in Times of Uncertainty Presenters: J Feitelberg & Janet Fontana Register Now at bcbsma.info/Oct5</p>	<p>Wednesday, November 18 10:00 a.m.–10:30 a.m. ET Nutrition and Sleep: Fascinating Connections Presenters: Lisa Farnham & Tricia Silverman Register Now at bcbsma.info/Nov18</p>
<p>Tuesday, October 20 11:00 a.m.–11:30 a.m. ET Yoga Chair Stretches & Guided Relaxation Presenters: Luisa Lewis & Janet Fontana Register Now at bcbsma.info/Oct20</p>	<p>December 8 2:00 p.m.–2:30 p.m. ET Taming Your Mind w Mindfulness Techniques Presenters: J. Feitelberg & Janet Fontana Register Now at bcbsma.info/Dec8</p>



IT'S ALMOST HERE...MEDICARE'S ANNUAL OPEN ENROLLMENT

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2021.

During Medicare's Annual Open Enrollment (October 15 – December 7), you will have a chance to review and change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) counselors can help you understand your plan changes, as well as explain other options you may have. **Due to COVID-19, counselors will only be available for remote counseling over the phone. There will be no in-person appointments this year.**

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a phone appointment, call the center at 781-438-1157.



CAREGIVER'S CORNER

Diabetes can occur at any age. It is the body's inability to make insulin or to use it properly, depending on which Type (1 or 2 respectively) that you have. Knowing and understanding your or your loved ones specific diabetic condition and what you need to do to manage it properly is key to continuing to live healthily. Speaking with your or your loved ones doctor about how best to manage your diabetic condition and following your specific care plan will provide you the information and support that you require. Many doctors will also suggest that you meet with a nutritionist or dietitian who can give you even more concrete information on food and nutrition plans. We know that along with diet, other very important factors involved in properly managing diabetes are exercise and following your personal medication and blood sugar testing routine. Your medication and testing routine is unique to what your body requires. Diabetes can affect a person's mobility, eyesight and kidneys among other important body systems. Having appropriate contact with your medical team and the support of family and friends in controlling your diabetes makes it much easier to manage. Your medical team is aware of your specific condition and knows how to best treat it. Ask questions from your medical team if you need more information, a refresher or update on what might be new information and share it with those who help you.

Some other available support resources:

ADA- American Diabetes Association www.diabetes.org

Defeat Diabetes Foundation has information and list of support groups (click on resources and community for list of support groups) <https://defeatdiabetes.org/>

Mystic Valley Elder Services for Healthy Aging Workshops <https://www.mves.org/healthy-aging-workshops/> or 781-324-7705 for more information. MVES will be offering My Life, My Health : Diabetes Self Management Program , virtually at the beginning of October. Call Donna Covelle Healthy Aging Program Coordinator at 781-388-4867 for more information or to sign up.

Remember, You are not alone!

Anne Lawrence, LICSW
Outreach Coordinator
Stoneham COA/Senior Center Office-781-805-0619 © 781-799-3098



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!



VIRTUAL LEARNING

WELCOME TO ART TUESDAY You are invited to ART Tuesday Classes with Susan McFarlane

Drawing

In a positive atmosphere, discover ways to improve, or begin, drawing the world around you. Work with materials readily available at home. This class will cover foundational drawing skills-proportion, perspective, and value to help you draw a 3D world.

Zentangle®

Take a break with a relaxing, meditative, easy to learn drawing practice. No prior art experience required. You will need paper, a pencil, and a pen (felt tip, Micron, or something that writes nicely). A blender/tortillon, or rolled paper is helpful for shading.

Classes alternate between Zentangle and Drawing October 6, 13, 20, and 27. 1:00 PM

Register in advance for these meetings:

https://us02web.zoom.us/meeting/register/tZMpcO-gpz4sGtzfLZ_Lw2kJDL3g4tfneTxb

After registering, you will receive a confirmation email containing information about joining the meetings. Register once and attend any of the sessions.

JACKIE SORENSON AEROBICS CLASSES HOSTED BY ROSEMARY GRAHAM

The Senior Center is working with Jacki Sorensen Instructor Rosemary Graham to offer Fitness Classes on **Zoom** Monday through Saturday at 9:00 am. If you would like to join beginning September 1st, please e-mail Rosemary Graham at: rosemarygraham700@yahoo.com

RELAXATION CIRCLE WITH ANGELA SHEA

Join us as we focus and practice various simple techniques that can be used daily to aid in relaxing and help begin the 'Mind-Body-Spirit' connection. **Please contact Angela at angelite9@gmail.com to get the Zoom link.**

FITNESS CLASSES WITH AIMEE BORDA

1. Zumba® Fitness Monday & Friday 12-12:45 pm Fee \$3

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® classes are often called exercise in disguise. Equipment: towel, water, lots of energy

2. Dance & Tone Wednesday 12-12:45 pm Fee \$3

We start off with some simple, but fun dance choreographies, followed by some toning exercises combined with dance moves (interval training style). We willon all our muscle groups, using light dumbbells and body weight. Some stretches to improve our flexibility will be included at the end of the class. Exercises can be performed standing or seated. Modifications will be taught if needed, so all are welcome! Equipment: light dumbbells or bottles of water, mat, if going on the floor, towel

3.® Fitness plus Total Body Conditioning Saturday 12-1 pm Fee \$5

This 60 min class, consists of 30 minutes of Zumba® Fitness, and 30 minutes of Total Body Conditioning, where we will be working on all our muscle groups, using whatever pieces of fitness equipment you have, (resistance bands, Pilate rings, dumbbells, bars and body weight). If no equipment available, I'll provide options of improvised equipment). Some flexibility exercises will be included at the end of the class. Modifications will be taught if needed, so all fitness levels are welcome!

Please contact Aimee at:aimee@nushapept.com **or 617-304-3903 to get the Zoom link.**

SEE WHAT'S HAPPENING AT THE CENTER!

No one said FUN was cancelled so your friends at the Senior Center hosted the first ever Drive-through Luau complete with grass skirts and a tiki bar!

Guests drove through the grounds and stopped by various stations to receive a traditional LEI, a cool and smooth ICE-CREAM TREAT, and finally a Stoneham Senior Center FACE MASK!

Thanks to all who participated and thanks for bringing the smiles just when we need them most!



HAVE YOU CONSIDERED LIFELINE?

If you or a member in your household participate in a federal assistance program (e.g. Medicaid, SNAP, SSI, FPHA, etc.) you may qualify for Lifeline. Lifeline is the FCC's program that helps lower either your monthly phone bill or internet costs. If you qualify for Lifeline, you will receive a discount of \$9.25 per month for either your phone or internet bill, but not both.

Federal assistance programs that qualify for lifeline are:

- Federal Public Housing Assistance, or FPHA
- Medicaid
- Supplemental Nutrition Assistance Program, or SNAP
- Supplemental Security Income, or SSI
- Veterans Pension and Survivors Benefit

However, you may also qualify for Lifeline if you or a member in your household participate in the following Tribal assistance programs:

- Bureau of Indian Affairs General Assistance
- Food Distribution Program on Indian Reservations
- Head Start (if income eligibility criteria is met)

In order to get Lifeline, you must first show proof that you qualify for one of the programs above. You may need to show proof of qualification, such as presenting either a card of award letter from Medicaid or SNAP. Once you have determined your qualification for Lifeline, you will need to choose an internet or phone company near your home address, and then request an application. On the application, you will need to provide your full legal name, date of birth, last four digits of your Social Security number (or Tribal ID number), and current address on your application. If you do not receive assistance from one of the programs above, you may still be able to qualify for Lifeline based on your income. Similar to the application above, you will need to establish that you qualify by proving your gross annual income. You can do so by showing Current income state from an employer, Divorce decree, child support award, or other official document that contains income information, Federal or Tribal notice letter of participation in General Assistance, Paycheck Stub, State, federal or Tribal tax return from previous year, Social Security statement of benefits, Unemployment or Workers' Compensation state of benefits.

If you qualify, you can apply in the same way as stated above. For more information, please visit <https://www.allconnect.com/blog/low-income-internet-guide>.



ELDER LAW ATTORNEY SUSAN MOONEY

returns for in-person consultation within prescribed guidelines.

October 19 from 2-4pm

15 minute limited session and up to 2 family members allowed

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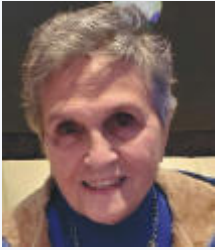
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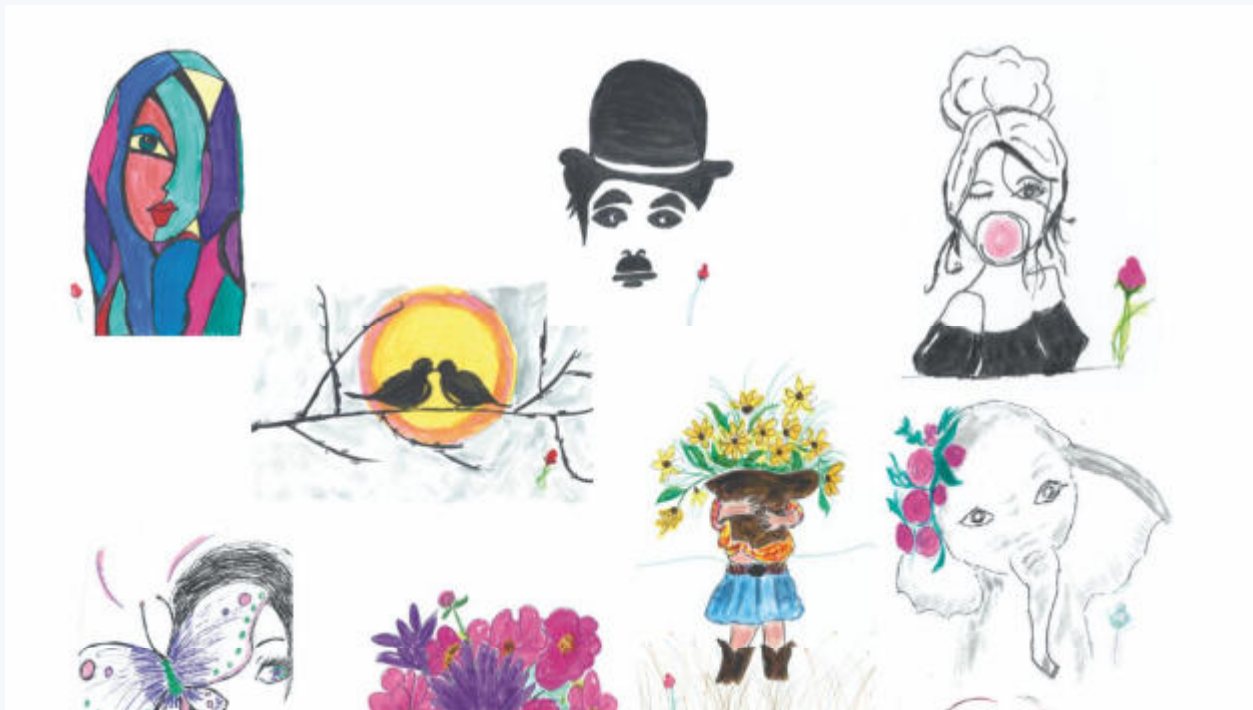
SENIOR SPOTLIGHT



One of our Senior Center friends, Rosalie, will be 86 in January. She currently enjoys watching movies, corresponding with friends, and sharing games and puzzles on Facebook.

Mother of 11, grandmother of 23, and great-grandmother of 13 (and counting!), there was never much time for her to cultivate a hobby. Her artistic expression was pretty much confined to Sunday School drawings and crocheted afghans. However, with the recent requirement of staying at home, she challenged herself to learn something new. Seeing an image that inspired her, she thought "I'm going to try to draw that" and she did! She kept drawing, trying different subjects including more types of art such as abstract, silhouette, portrait, still life, and anything else that drew her attention. With the help of her grandson, she took one Zoom class on how to draw flowers, but the rest is her own practice and determination. Anything can inspire her; a photo, her garden, a pet, or even birds that come to the yard. A woman of faith, she is upbeat and positive, and doesn't plan to stop drawing any time soon. Don't be surprised if you see her images on greeting cards in the future. We're showing some of her work here – notice the signature "rose" that she uses to complete her drawings. When asked how she got the idea to start drawing, she replied, "You never know what you can do until you try, and drawing makes me happy. I have a great life!" We can see that her joy is evident!

We hope you're encouraged by Rosalie's story! If you, or a senior you know, has acquired a new skill through this time, let us know and we may feature them in a coming issue!



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DRIVE-UP

DRIVE-UP

DRIVE-UP

DRIVE-UP



Don't stay inside! Enjoy the beautiful foliage at the center while you swing by in your car for fall treats and pumpkins!
On Tuesday, October 20, 2-4pm right here at the Senior Center, 136 Elm Street!

Space is limited so please call the center at 781-438-1157 to reserve your goodies!

MY MOTHER USED TO SAY, 'THE OLDER YOU GET,
THE BETTER YOU GET ... UNLESS YOU'RE A BANANA.'

BETTY WHITE

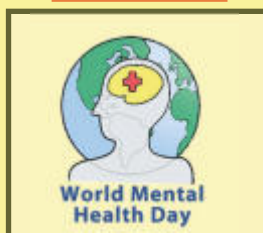
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OCTOBER HOLIDAYS!

October 1



October 10



October 31



MELROSE-WAKEFIELD HOSPITAL PROGRAMS

To register for any class call Stephanie Chissler, OTR/L, Aging in Balance Program Manager, 781-338-7559 or email schissler@melrosewakefield.org

The Savvy Caregiver Introductory Session

Thursday, October 1st or October 8th at 10am

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 covers:

- 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
- Skills for effective communication
- Offers a source of support
- Helps caregivers to strengthen family resources

If you may be interested in taking part in this workshop series please register for a 1-hour online Introductory Session to learn more.

Eating Well for Healthy Aging Wednesday, October 21st, 10am

As you age you may experience health issues, have less energy or even notice more emotional ups and downs. Nutritional needs change as you age and healthy eating can help you feel your best. Join us for an online class offering science-based nutrition and diet information for healthy eating as you age.

MelroseWakefield Healthcare's Registered Dietitians will share information about proper nutrition, reading food labels, hydration and protein intake. There will be suggestions for healthy meals and time for questions.

Health & Wellness Bingo Tuesday, October 27th, 10:30am

Join us for an online version of BINGO to learn more about blood pressure and how it impacts your health. Learn strategies for what you can do to manage your blood pressure including diet and stress management. Please **register by October 20th** to receive your BINGO card and instructions.

Coffee & Conversation Ongoing weekly teleconference calls every Thursday

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.

Thursday afternoons 1– 2pm PHONE: 1-646-558-8656 and when asked, enter meeting ID 131-672-167##





STONEHAM PUBLIC LIBRARY PROGRAM

Mystery Book Group Zoom Meeting – Thursday October 1 at 7 PM

Join Librarian Maureen Saltzman to talk about this month's title "Call After Midnight" by Tess Gerritsen. You can access this title on hoopla. We'll get together on Zoom to discuss the book at 7 pm. This book group meets on the first Thursday of every month. The next month's title is chosen at the end of the meeting.

For information on Adult Book Groups, please contact Maureen Saltzman at saltzman@noblenet.org or 781-507-2483!

GROCERY SHOPPING Transportation for shopping is available to **Market Basket** and **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!

- * My therapist says I have a preoccupation for revenge. We'll see about that.
- * A termite walks into the bar and asks, 'Is the bar tender here?'
- * I just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap.
- * I'm reading a book about anti-gravity. It's impossible to put down.
- * I didn't think orthopedic shoes would help, but I stand corrected.

Thank You To Our Generous Donors

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

My donation in the amount of \$_____ is enclosed. Please make 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.

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Caregiver Support Group

If you are caring for a loved one with Dementia or Alzheimer's
please join us at our Caregiver Support Group. Connect and
share stories with people who understand the challenges you
face, in a safe, supportive and engaging environment.

Participants can choose topics for education and discussion.

Light refreshments will be served.

Contact us to sign up: 791-620-8990

reception@residencemelrosestation.com



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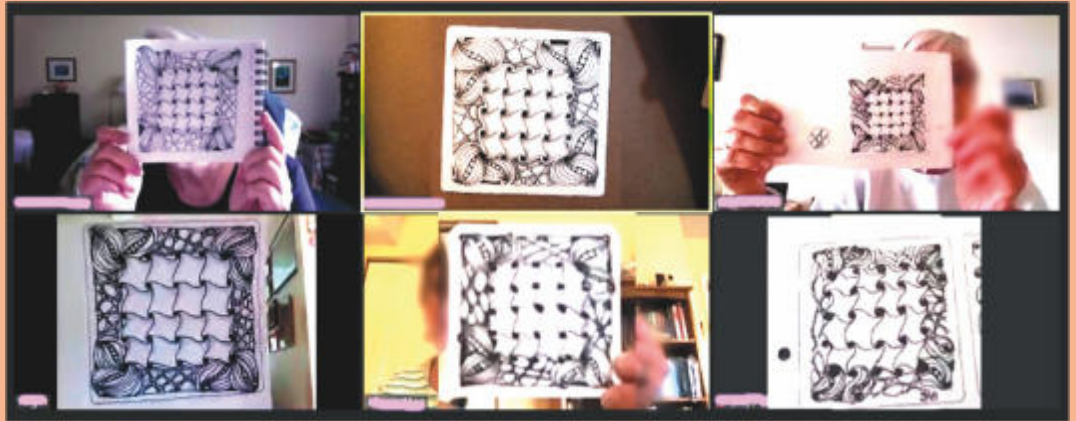
Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpi-seniors.com

Stoneham Senior Center Office, Stoneham

06-5174

Just a few of the works created by attendees of the Zentangle/Drawing Zoom Class held by Susan McFarland.

No special skill is required to draw these amazing designs. Check out page 4 to see how you can sign up for the next class!



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Lunch daily at noon



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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.



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