



A PUBLICATION OF THE STONEHAM SENIOR CENTER

Stoneham Sentinel

136 Elm Street, Stoneham, MA 02180

www.stonehamseniorcenter.org

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THANK YOU TO OUR GENEROUS DONORS!

Richard A. Peters

Marge Cronin

Rocco Mastrodomenico

Mary E. Vallarelli
*In Memory of Jeannie
Devlin from Val, Ann
and Judy

Marie and Pat Jutras &
Gert B.

* In Memory of Myrna
Restighini;
in Acknowledgement –
Diane DeVito

Winchester Hospital



Dear Friends,

November has always been one of my favorite months since I was a child. The air was crisp, fall vegetables were a burst of color, and apple cider donuts were a warm and tasty treat! We also lost an hour of daylight, which signaled the coming of winter and special holidays ahead.

I also remember that on Veteran's Day, the whole school participated in somber tributes to those who served in the armed forces, having given their lives to ensure the freedoms we enjoy today. I didn't understand the impact then as I do now. May we always remember their sacrifices.



Finally, there was Thanksgiving. Even if we only had a little, it seemed like a feast to us! Much like in the early days of the Pilgrims, we are in a kind of "new world," today, trying to navigate through strange times, while still remembering that we are all neighbors and want to offer help to one another. We are especially grateful for our community during this time.

Before the cold comes on us, I hope you get out to enjoy some beautiful blue sky and changing leaves, and please check the Sentinel for updates on current programs as well as some new ones that may be of interest to you!

Maureen Canova and staff

Maureen Canova, Director

Stoneham Council on Aging and Stoneham Senior Center

COMMUNITY BULLETIN

Stoneham Community Electricity Aggregation (CEA) program renewed for another 3 years

Stoneham Community Electricity Aggregation (CEA) is a Town-run program that leverages the buying power of Stoneham's residents and businesses to provide electricity options. The program started in March 2019 and has now been renewed for another 3 years. With Stoneham CEA, Eversource continues to deliver your electricity, repair outages and manage all electricity billing. The only change is the source and cost of electricity supply, selected through a competitive process by the Town of Stoneham.

You do not need to take any action to remain in the program.

In November, you will see a notice on your Eversource bill that you have changed suppliers from NextEra Energy Services to **Constellation - Stoneham Agg.** Seeing this notice means that you are part of the Stoneham Community Electricity Aggregation (CEA) and reaping the benefits of the program. If your bill states a different supplier, you are not enrolled in the Stoneham Community Electricity Aggregation program. To enroll in the program and receive the group buying benefits, visit our website at stonehamcea.com or call (844) 400-2180.

Learn more about the program at StonehamCEA.com

Erin Wortman, Director of Planning & Community Development

EVERSOURCE
Account Number: [REDACTED]

Total Amount Due by 08/07/17 \$121.48

Electric Account Summary
Amount Due On 07/08/17 \$58.08
Last Payment Received \$0.00
Balance Forward \$58.08
Current Charges/Credits
Electric Supply Services \$27.52
Delivery Services \$35.86
Total Current Charges \$63.40
Total Amount Due \$121.48

Monthly kWh Use
May 241 250

Contact Information
Emergency: 800-582-2000
www.eversource.com
CustomerService@eversource.com
Pay by Phone: 800-582-2000
Customer Service: 800-582-2000

Important Messages About Your Account
DISCONNECT: HITTING AN UNDERGROUND WIRE OR PIPE CAN BE DANGEROUS. THAT'S WHY STATE LAW REQUIRES YOU OR YOUR CONTRACTOR TO CALL 800-SAFE-4E (800-746-3463) OR 911 AT LEAST THREE BUSINESS DAYS PRIOR TO DIGGING. FOR MORE INFORMATION, VISIT DISCONNECT.COM. VISIT THE "SAFETY" SECTION OF EVERSOURCE.COM FOR MORE IMPORTANT SAFETY INFORMATION.

Supplier
Generation Service Charge 200 kWh x .00490 \$0.98
Subtotal Supplier Services \$0.98

Delivery (Rate 32-RESIDENTIAL NON-HEAT - ANNUAL) (Priced)
Customer Charge \$3.73
Distribution Charge 200 kWh x .00093 \$0.19
Transition Charge 200 kWh x .00434 \$0.87
Transmission Charge 200 kWh x .00287 \$0.57
Renewable Energy Charge 200 kWh x .00052 \$0.11
Energy Conservation Charge 200 kWh x .00210 \$0.42
Subtotal Delivery Services \$5.69
Total Cost of Electricity \$63.40

Total Current Charges \$63.40

"WE'VE RECENTLY BEEN NOTIFIED YOU CHANGED SUPPLIERS. EVERSOURCE WILL NOW BILL YOU ON BEHALF OF YOUR NEW SUPPLIER."



MEDICARE'S ANNUAL OPEN ENROLLMENT IS HERE

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.



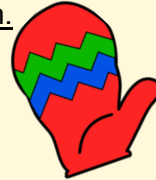
SOMETHING NEW!

CALLING ALL CRAFTERS!



If you can knit or crochet, we're asking you to get your yarn on and start making hats, scarves and mittens to warm some of our neighborhood homeless this winter. The Senior Center can provide the yarn, and one of our volunteers will bring finished goods to the local shelters. This is such a wonderful way to stay busy, use your talents, and give to the community even though you might be housebound. People who may not have a home will be touched to know that someone thought enough of them to create a hand-made gift. Use your favorite pattern or check out allfreecrochet.com or allfreeknitting.com.

On that note, we are happy to receive donations of **FULL SKEINS** of yarn (suggest Red Heart four-ply but will take any full skeins). Thank you!



PEN PAL PROGRAM



Want to make a new friend? Join our Pen Pal Program this fall! If you would like to join, all you need to do is give us a call at the Senior Center, Monday through Friday (8:30-4:00). You will be paired with a student from Austin Prep based on common interests, and then we will take care of the rest!



BOOKMOBILE! Love a good book? So do we!

In collaboration with the Stoneham Public Library, we will be starting a "Bookmobile" beginning November 10! If you are a Stoneham Resident, please help us get started by dropping off a new or slightly used book in our donation box that will be located outside the Senior Center (please no text books!). If you are looking to start reading a new book, please call us at the Senior Center and staff will happily drop off a book to you!

The "Book Mobile" will be available every 2nd and 4th Tuesday of each month from 10 AM to 12 PM. November Schedule will be November 10th and 24th from 10 AM to 12pm.

AUTUMN LEAVES ARE FALLING!

The leaves are falling! Are you in need of assistance? This program is available to Stoneham residents whose friends and family are not able to provide assistance.

We will be partnering with students from Austin Prep to help raking. Please call us at the Senior Center and we may be able to help (781-438-1157). Bags and rakes will be provided!



VIRTUAL LEARNING

WELCOME TO ART TUESDAY Classes with Susan McFarlane 1-2pm Tuesdays, via Zoom!

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 weekly Nov 3 Drawing, Nov 10 Zentangle, Nov 17 Drawing Nov 24 Zentangle

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. If you've registered for a previous session, you are still registered.

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!

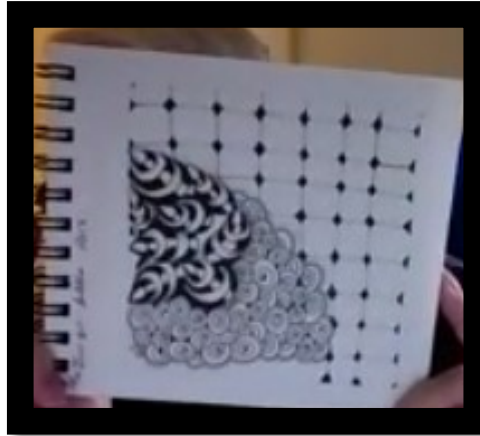
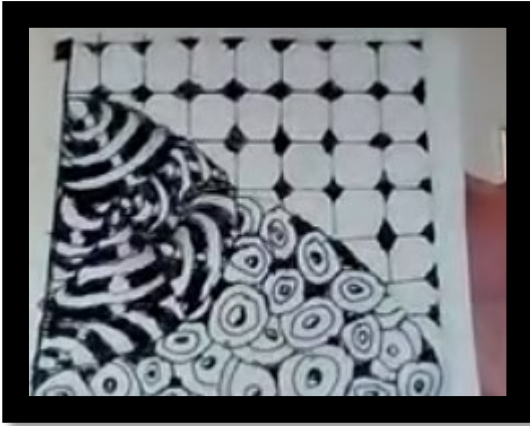
Please contact Aimee at: aimee@nushapept.com or 617-304-3903 to get the Zoom link.



**EXERCISE YOUR
RIGHT TO VOTE !**
By mail or in person.
Call the Senior Center
if you need assistance.



SEE WHAT'S HAPPENING AT THE CENTER, VIRTUAL AND LIVE!



Seniors are having great fun on Art Tuesday classes with Susan McFarlane and Zentangle. Follow the link to give it a try -no special talent required!



ASK THE NURSE

Are we really all in this together? I don't think we are. What do you say?

Dear Reader, we are all trying to make sense of this new world we find ourselves in. One positive thing that came out of this is we all seem to have a greater appreciation of how precious family and friends are. So many folks are grieving the loss of their old lives and would love nothing better than to pick up where they left off, while others are convinced their lives will never be the same. Staying healthy during this pandemic is important. Talk to your Healthcare provider about whether your vaccinations and other preventive services are up to date. It is important for those at increased risk of severe illness to receive recommended vaccinations against influenza and pneumococcal disease. Call your Healthcare provider if you have any concerns about your underlying medical conditions or if you get sick and think that you may have Covid-19. If you need emergency help, call 911 right away. There are things you can do to reduce your risk of getting sick: Keep space between yourself and others, Wash your hands often, Avoid touching your eyes, nose and mouth with unwashed hands, Cover coughs and sneezes with a tissue or the inside of your elbow, then wash your hands. Take precautions as you go about your daily life and attend events. Nutrition and isolation are two of our top concerns for our Seniors. If I have one message, it is for us all to be checking in on each other. Someone you might not have called last week or two weeks ago, call them now. Now Dear Reader, we really are tougher than we think, we have reached a point when we can wear that crown of age and we should be doing so proudly, embrace each day, moving forward and make it count. And yes have that nice cup of tea while watching "The Crown" on Netflix.



CONSIDERING DONATING AN UNWANTED VEHICLE?

DONATE YOUR UNWANTED VEHICLE AND SUPPORT **MYSTIC VALLEY ELDER SERVICES' (MVES)** MEALS ON WHEELS PROGRAM.

DONATING A VEHICLE IS EASY - CALL 844-411-5768 or WWW.CAREASY.ORG
Charitable Adult Rides & Services (CARS)

EASY as 1 – 2 – 3



On website www.careasy.org choose
MVES to donate to a nonprofit



CARS will arrange to pick up
your car, at no cost to you



CARS handles the rest – from
selling your vehicle to generating tax
receipts and sending funds from your
vehicle to **MVES**

Please be sure to tell **CARS** that you are supporting
Mystic Valley Elder Services (Tax ID # 04-2562646)

Your vehicle donation will support home delivered meals for older adults and adults
with disabilities in 11 communities (Chelsea, Everett, Malden, Medford, Melrose,
North Reading, Reading, Revere, Stoneham, Wakefield & Winthrop).



YOU CAN BE A ROCK STAR!

SENIOR SPOTLIGHT

Spotlight this month is on the food resources in Stoneham, not only for individuals and families, but also for our pet friends.



Protection of Animals in Wakefield Society, Inc.

VISIT US:

411 Lowell Street
Wakefield, MA 01880
Office Phone: 781.968.5166

Pet Food Pantry

Tuesdays

1:00 - 5:00 pm

(other times by appointment)



Availability varies and is not necessarily what is pictured.



The First Church Food Pantry will continue to serve clients on Tuesdays, by appointment. If the number of households using the pantry increases significantly, and additional shopping days will be added.

To minimize the risk of infection and exposure for both volunteers and pantry clients, we have made two key changes to the shopping experience; the use of Grocery Selection forms and Curb Side pickup.

To expedite your shopping trip, please complete a grocery selection form prior to your appointment. If you don't have a form, simply write a list of needed items as if going to the grocery store. Be sure to bring the completed form or list to your appointment. If possible, submit your completed grocery selection form to the pantry at least two days prior to your appointment. Doing so will allow us to pre-fill bags with shelf-stable items. You may drop the selection form in the First Church mail slot, located to the left of the center set of doors on Church St. Have an email account? We can email the form to you for you to complete and email back to us.

The pantry email address is

fccstonehampantry@gmail.com.

The form may also be faxed to 781-438-0230.

Curbside Pickup

Until further notice, we will shop for you and deliver the groceries to your car. Please park in the spaces on Church St. nearest to the food pantry door. If you arrived on foot, knock on the pantry door and then take a seat on the church steps.

ENRICHMENT

Susan B. Anthony – Women's Rights Activist

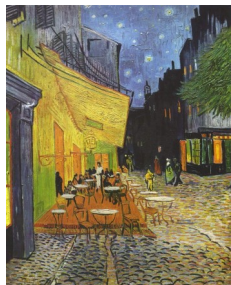
Stoneham TV in association with Stoneham Historical Society will help celebrate 100 years of Women's Rights to vote. On November 12, historical actress Sheryl Faye will perform as Susan B. Anthony at 7 pm On Stoneham TV; Comcast Channel 9, Verizon Channel 34, RCN Channel 3

Susan B. Anthony was a women's rights activist, and she devoted her life to racial, gender, and educational equality. She is one of the most famous women in American history, she played a prominent role in the women's suffrage movement; the 19th Amendment, which gave women the right to vote and she also was in support of women's labor organizations and for a woman's right to own property.

In 2020 we celebrate not only 100 years since the ratification of the 19th Amendment, we're also celebrating Susan B. Anthony's 200th birthday!



ARTMATTERS:



Primary Video - NOVEMBER Vincent Van Gogh

Van Gogh's life is one of the most dramatic, romantic, and tragic stories in all of art history. His paintings are passionate, beautiful and they succeed in sharing with us, briefly, the experience of his madness. His career was very short but his gifts and his influence very great. Join us for a look at his work and the brief but brilliant flame that was his life. Nothing is stranger than the truth.

Bonus Video - NOVEMBER Norman Rockwell

One of the most beloved American Artists was a painter who illustrated over 322 covers for the Saturday Evening Post for 47 years. Join us to enjoy and discuss his wonderful images and remember why he is recognized as an icon with such phrases as, "As American as apple pie, baseball, and Norman Rockwell."



This wonderful program is available to COA members: go to <http://artmatters.website>, log in with mcanova@stoneham-ma.gov, password 136elmst, go to "virtual experience" tab and scroll down and select either primary video or bonus video (both are available for the month and will change monthly going forward).

CAREGIVER'S CORNER

This month, I wanted to remind you that there are many individuals and organizations that are here to help you through the upcoming holidays. It is likely this season will look much different than it did last year due to Covid-19. Many people have experienced life changes and losses. The passing of a loved one, reduced socialization, feelings of isolation or the onset of a condition or disease can and does affect us. Having someone to speak with to share our thoughts, feelings and to share a laugh really does help.

Please remember that YOU are not alone. There are many people who care about how you feel and can be a support to you. If you don't know where to start, start here—call me or email me at alawrence@stoneham-ma.gov or call me on my direct line at the Senior Center 781-850-9619.

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



MELROSE-WAKEFIELD HEALTHCARE'S AGING IN BALANCE NOVEMBER 2020

Sunny Side Up Wednesdays 10-11am - November 4th, 11th, 18th, 25th

Learn How to Begin Your Day in a Positive Way! This free four-session program will teach you how to wake up on the right side of the bed and how to develop a more positive attitude, which can be beneficial to your health and well being. In each session, you will learn techniques to assist in more positive thinking and in managing stress. Music, singing, sharing positive experiences, and learning deep breathing for relaxation are included in the program to help you develop a more positive attitude.

The Savvy Caregiver Program Introductory Session – Tuesday, November 17th, 1-2pm

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 offers caregivers a source of support. Caregivers will meet for 2 hours each week to: Identifying personal barriers to self-care, Learn techniques for setting reasonable goals, Discover ways to manage stress, Learn skills for effective communication, Develop ways to strengthen family resources. Register for this 1-hour online Introductory Session to learn more.

Home Safety for Fall Prevention - Tuesday, November 24th from 10-11am

Are you wondering about what hazards in your home may cause falls? Do you want to make your home safer? There is a lot YOU can do to make your home safe and to help prevent falls! Join Stephanie Chissler, Occupational Therapist, for a home safety check-up. During this interactive online program we will go room by room and learn safety tips that you can implement to help prevent falls at home.

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##

To register for Aging in Balance Programs contact Stephanie Chissler at 781-338-7559 or schissler@melrosewakefield.org.

Stoneham, MA Field of Honor 2020

The Memorial/Veterans Day Committee of Stoneham is proud to present the First Annual Field of Honor.

November 6th - 14th

101 Central Street, Stoneham, Ma 02180

Central Middle School Field (Corner of Central and Williams Street)

Presented by the Town of Stoneham Memorial/Veterans Day Committee

*Opening Ceremony Sunday November 8th at 2PM

*Veterans Day Ceremony Wednesday November 11th at 11am

*Closing Ceremony Sunday, November 14th at 12PM Taps

*Taps will be played daily at 5pm

On November 6-14, 2020, members of the community can honor their heroes with an American Flag. Hundreds of flags will be on display for Public Viewing 24 hours a day during the event. Flags can be purchased in memory or honor of service members, past and present, regardless of where they live. In addition, first responders including police, fire and rescue, as well as EMT, Paramedics and Covid-19 heroes, can be recognized. Proceeds from the Field of Honor will benefit the Stoneham Veterans Assistance Fund.

For more info or to volunteer, contact stonehamveterans@gmail.com. To sponsor or dedicate your flag at Visit <https://www.healingfield.org/event/stonehamma20>. To learn more about Colonial Flag Foundation and its fundraising programs, visit: healingfield.org





STONEHAM PUBLIC LIBRARY PROGRAM

Mystery Book Group Zoom Meeting – Thursday November 5 at 7 PM

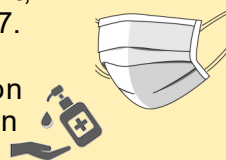
Join Librarian Maureen Saltzman to talk about this month's title "Stranger Diaries" by Elle Griffiths. You can access this title on hoopla. This book group meets on Zoom on the first Thursday of every month at 7 pm. The next month's title is chosen at the end of the meeting. The GoToMeeting link <https://global.gotomeeting.com/join/622584981>

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!

- *What's the difference between a good joke and a bad joke timing.
- *So what if I don't know what "Armageddon" means? It's not the end of the world.
- *Did you hear about the crook who stole a calendar? He got twelve months.
- *The world tongue-twister champion just got arrested. I hear he's going to get a really tough sentence.
- * Velcro—what a rip-off!

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.

Donation (select one) ____ for Senior Center

____ In memory / honor of _____

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



Some of the most beautiful foliage in New England is in our own back yard. The trees that line the driveway of the Senior Center make a canopy of color which welcomes any visitor. Weather permitting, take a walk and enjoy the variety of nature ~ it's healthful, it's fun, and it's free! We hope to see you soon back at the Center!

Senior Center/Council on Aging

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Stonehamseniorcenter.org
Open Mon-Fri 8:40-4:00 pm
Lunch daily at noon



Like us on facebook
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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.