



A PUBLICATION OF THE STONEHAM COUNCIL ON AGING

Stoneham Sentinel

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JANUARY 2021

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THANK YOU TO OUR GENEROUS DONORS!

- * Richard Peters
- * Frank Liu
- * Marianne Zammuto
in memory of
Frank Zammuto Sr
- * Marie Musto

We thank the numerous donors who wish to remain anonymous as well, in addition to those who have made donations of food and other goods for the benefit of our seniors!



Out with the old and in with the new!

That has never been more true for so many of us, but it isn't as though the problems we faced in 2020 are gone as of January 1. We know that we will have to continue to adapt and make adjustments for health and safety reasons.

So though we may want to say "good riddance" to 2020, we can also appreciate that we take some good things into the new year. Conditions which forced us to slow down a bit also freed us to savor some of the sweeter things in life we often rushed through, such as special relationships, our own sense of spirituality, more personal time, and lots of good memories.

While we acknowledge that many of us have suffered loss, let's go into this new year shoulders back, chin out, masks on, and able to find gratitude in each day. Self-help author Melody Beatty wrote: *"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."*

As we turn the page on this year, we begin 2021 grateful for you, our members, our volunteers, our donors, our sponsors, our resource organizations, and the entire Stoneham community for standing together, then and now, with hope for the future.

Please feel free to call us here if we can be of any assistance to you, or just call to say 'Happy New Year!' at 781-438-1157 or 781-850-0619.

Maureen and staff

Maureen Canova, Director

Stoneham Council on Aging and Stoneham Senior Center

COMMUNITY BULLETIN



WHAT'S YOUR OPINION? The members of the Stoneham School Building Committee are excited to hear from you regarding the proposed new Stoneham High School project. We have already received a number of completed surveys and hope that you will take a moment to respond if you haven't already. We appreciate your interest and your thoughts on the future of Stoneham High School. You can fill out the form online at <https://forms.gle/bYiSELwizXiyMFhS9> or obtain a paper copy in the vestibule of the Senior Center



If you want the option of viewing on-line presentations at your convenience, AARP has numerous subjects of interest you can see on demand. Some topics include "Decluttering, Downsizing, and Organizing Your Stuff", "Beware of Medicare Scams," and "Maximizing Social Security with Spousal Benefits." They also offer interactive workshops, online learning, in-person events, and life skills for people over 50. Topics include job search skills, family caregiving and how to use technology to help improve your life. Check them out at aarp.org!



Take Charge with TRIP Metro North

Take care of personal errands and get to appointments through Mystic Valley Elder Services' free TRIP program. TRIP gives you mileage reimbursements for friends and neighbors who take you where you need to go – at whatever time works. If you live in Stoneham, are 60+ or an adult living with a disability, don't drive, and public transportation isn't an option, call (781) 388-4819 to apply.

MYSTIC VALLEY ELDER SERVICES MVES is going to offer a **My Life, My Health** Zoom class Wednesdays, February 3 to March 10, 2021 10:30 am – 12:00 pm (class size limited).



Learn how to connect virtually thru a Zoom platform and take the class from the comfort of your home! You don't want chronic disease, pain or discomfort to limit the activities and life you enjoy! This chronic disease self-management course is for anyone living with an ongoing medical condition, such as arthritis, asthma, chronic back pain, chronic fatigue syndrome, cancer, COPD, diabetes, fibromyalgia, heart disease, high blood pressure, Parkinson's Disease or stroke. Topics will include managing and controlling pain, beginning (or improving) an exercise program, handling stress and learning to relax, increasing energy, and eating for your health and wellbeing.

For questions, or to sign-up contact Donna Covelle at dcovelle@mves.org or call 781-388-4867.

MYSTIC VALLEY ELDER SERVICES presents: A FREE VIRTUAL ZOOM WORKSHOP SERIES

Thursdays, 10:00 am to 12:30 pm February 18 to March 25 (class size is limited) Learn how to connect virtually thru a Zoom platform and take the class from the comfort of your home! Learn more about how nutrition, physical activity and lifestyle changes can promote better health. This virtual workshop series focuses on heart and bone-healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression in older adults. Healthy Eating uses the USDA's *MyPlate* as a framework.

For more information or to sign up for the class please contact Donna Covelle at 781-388-4867 or dcovelle@mves.org.

TRY SOMETHING NEW!



PEN PAL PROGRAM

Want to make a new friend? Join our Pen Pal Program this season
If you would like to join, simply 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, the Bookmobile will be available every 2nd and 4th Tuesday of each month from 10 AM to 12 PM. If you are looking to start reading a new book, call us at the Senior Center and staff will happily drop off a book to you. Alternatively, you can reserve your book of choice by calling the library, and we will pick up and drop it off to you. If you are a Stoneham Resident, enjoy the "Bookmobile" January 12 and 26th from 10 AM to 12pm.! We welcome donations of new or slightly used books in our donation box located outside the Senior Center (please no text books!).

HERE COMES SUZIE SNOWFLAKE!

No matter how lovely the first snowfall, it can be a challenge! If you are a Stoneham resident whose friends and family are unable to provide assistance, the SNOW PATROL from troop 513 is available to help. They will bring their own shovels and clear a path to your front door and steps (no driveways). Please call the Senior Center for more information at 781-438-1157



CALLING ALL CRAFTERS!

If you can knit or crochet, 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 house-bound. 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.



“

**What a wonderful
thought it is
that some of the
best days of our
lives haven't
even happened yet.**

ANNE FRANK

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 Jan 5 Drawing, Jan 12 Zentangle, Jan 19 Drawing, Jan 26 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 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 11:15 am and Friday 12 noon 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 11:15 pm Fee \$3

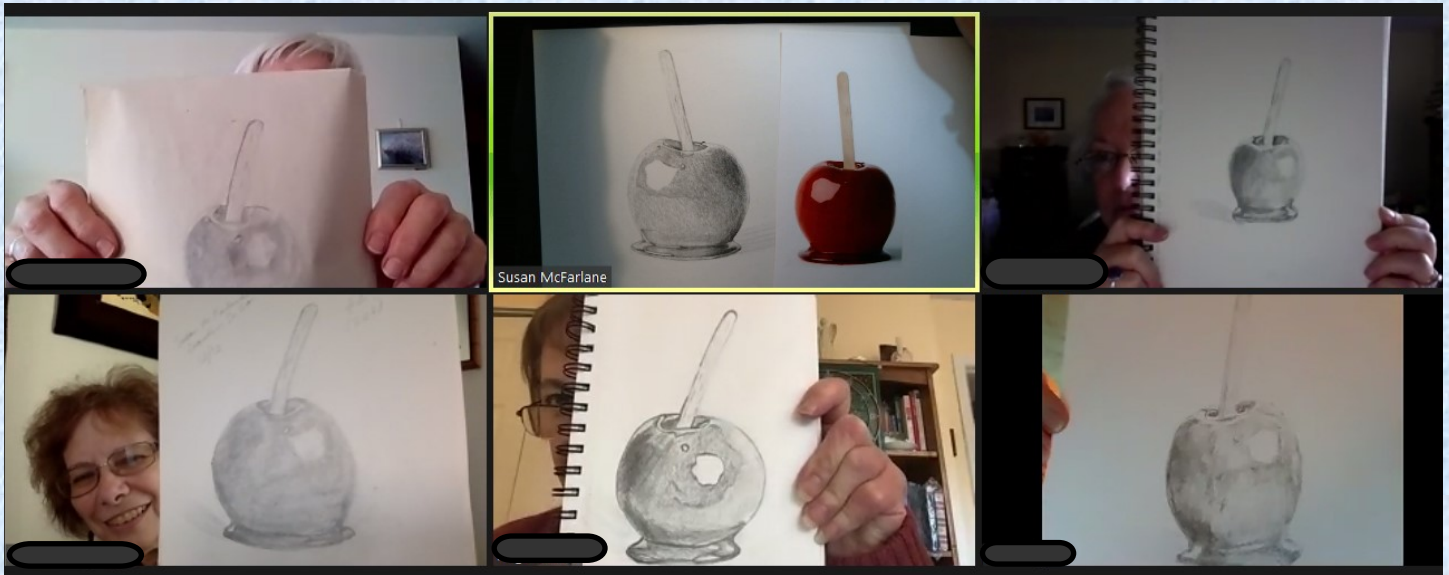
We start off with some simple, but fun dance choreographies, followed by some toning exercises combined with dance moves (interval training style). We willon all our muscle groups, using light dumbbells and body weight. Some stretches to improve our flexibility will be included at the end of the class. 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!











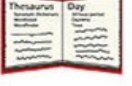










For more information, or to register for a class, please contact Aimee at aimee@nushapept.com or 617-304-3903.

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



LEARNING ISN'T CANCELED - and neither is fun! Take it from these friends who have tried something new. Why not explore taking a class - no artistic talent required!

January 2021

				1	2
				 Bloody Mary Day	 Run It up the flagpole and see if Anyone Salutes It Day
3	 Festival of Sleep	4	Did you know? It's Trivia Day	5	 National Bird Day
				6	7
				 Bean Day	 Blood Donor Month
10	 Houseplant Appreciation Day	11	 Step in a Puddle and Splash Your Friends Day	12	13
				 International Pharmacist Day	 They say it's International Sceptics Day But I really doubt it.
17	 Hot Tea Month	18	 Thesaurus Day	19	20
				 Popcorn Day	 World Snow Day
24	 Beer Can Appreciation Day	25	 Oatmeal Month	26	27
				 Spouse Day	 Punch the Clock Day
31	 Kazoo Day	28	 Squirrel Appreciation Day	29	30
				 Soup Month	 Handwriting Day
				 Bubble Wrap Appreciation Day	 Bubble Wrap Appreciation Day

SENIOR SPOTLIGHT

Enjoy some scenes from the past few weeks at the Senior Center!

Anika Nath and family came to our Thanksgiving grab-and-go and donated 30 thanksgiving meals for seniors!

Thanks to our holiday elves (Bill Kelly, Marilyn Willette, and Elaine Hondorf) for decorating the outside!



Happy New Year from all of us at the Senior Center!
It's been a while since we've seen your faces but we're still smiling
and keeping the lights on in hopes of being together soon!



Maureen Canova, Director



Sandy Kirby, Administration



Kathy Payne, Reception



ENRICHMENT



ARTMATTERS:

PRIMARY VIDEO – Henri Matisse Enter the world of Matisse. A world of color, enjoyment and peace. A place that celebrates flowers, sunshine, beautiful women, complex patterns, rich textures, fine foods, tempting aromas, books, dance, music and art. Matisse's world has a "calming influence on the mind, like a good armchair." Indulge yourself and join us for a vacation from stress, into the sanctuary of Matisse's World.

BONUS VIDEO - Ancient Civilizations Please join us to examine art from the four great ancient civilizations; Mesopotamia (present day Iraq), Egypt, Greece and the Roman Empire. Each culture in turn contributed to the foundation of our own civilization. From these great cultures we get writing, government, law & order, institutionalized religion, advanced culture, and the

spread of information and ideas. Each civilization developed new and greater achievements, adding to the quality of life for all mankind.

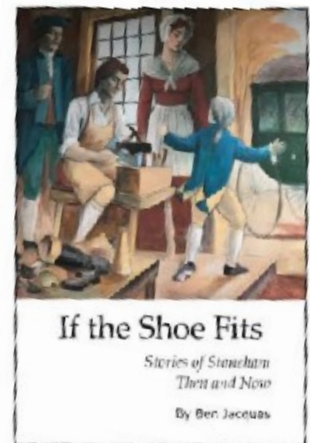


This wonderful program is available to COA members. To view either the primary video or bonus video (both are available for the month and will change monthly), please call the Senior Center for log-in information.

"IF THE SHOE FITS"

Join us for an hour of story telling on Tuesday, January 12 @ 1:00 pm as local author Ben Jacques presents tales from his new book about Stoneham, past and present. The stories are about farmers and shoemakers, preachers and pranksters. You'll hear how an early homesteader killed four attacking wolves, and how a woman and her children were scared out of their wits by pumpkins falling down the stairs.

The free program will be live on Zoom (you can join us on your laptop or computer), and there will be time for questions with the author. Further, the first 25 persons who sign up will get a free copy of IF THE SHOE FITS: STORIES OF STONEHAM, THEN & NOW. Copies are also available for purchase at \$15.



To sign up, call the Senior Center at 781-438-1157. Zoom link is <https://us02web.zoom.us/j/86561969091?pwd=L3pBVEU1V2EwOG5uNFZmRm96WDdoQT09>

NEW YEAR'S FOLKLORE

Some customs and beliefs are simply passed down through the ages. Here are some age-old sayings and proverbs.

- *On New Year's Eve, kiss the person you hope to keep kissing!*
- *If New Year's Eve night wind blow south, It betokeneth warmth and growth.*
- *For abundance in the new year, fill your pockets and cupboards today.*
- *If the old year goes out like a lion, the new year will come in like a lamb.*
- *Begin the new year square with every man. [i.e., pay your debts!] –Robert B. Thomas *Farmer's Almanac**

MELROSE-WAKEFIELD HEALTHCARE'S AGING IN BALANCE JANUARY 2021

Sunny Side Up - Wednesdays 10-11:30 am January 6, 13, 20, 27 Learn How to Begin Your Day (and 2021) 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.

Slips, Trips, Falls—how can you prevent them? - Tuesday January 19 10:00 am 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.

Let's Zoom! Tuesdays in January, 1-3pm Are you worried about winter and feeling isolated from friends and family? Maybe you've seen fun and informative classes being offered on Zoom but you don't know how to set it up or use it. If you have a computer and an email address you are in luck! Stephanie Chissler of Aging in Balance at MelroseWakefield Healthcare can help you. She will be offering remote appointments every Tuesday afternoon this winter to help you get set up. Email or call her to schedule your appointment so you can start Zooming!

The Savvy Caregiver Program Starting in 2021 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 identify personal barriers to self-care, learn techniques for setting reasonable goal, discover ways to manage stress, learn skills for effective communication, and develop ways to strengthen family resources. Schedule a **30-minute private call** to learn more about this upcoming program. Call 781-338-7559 or email schissler@melrosewakefield.org.

Coffee & Conversation Ongoing weekly teleconference every Thursday afternoon 1-2 pm

Join in these weekly calls. Call in once or call in every week for conversation, support, resource sharing and tips to reduce stress and anxiety. No need to register just call in! Phone **1-646-558-8656** and when asked, enter meeting ID **131-672-167##**

Register for Aging in Balance Programs by contacting Stephanie Chissler (781-338-7559) or schissler@melrosewakefield.org.

CAREGIVER'S CORNER

It's the start of a new year. Everyone the world over has experienced changes since March. Many people have had more challenging life changes and more loss of people they know and love. We extend our heartfelt condolences to those who have lost loved ones. Others are still struggling with the changes and their caregiving responsibilities. We want you to know that we and many others are still here for you to speak with. Though there are pretty much no in person meetings for grief counseling available there are many ways to connect either virtually (by computer) or telephone calls that are available. Please contact a provider if you know of one or call me to inquire about one.

The beginning of this New Year is also a good time to commit to doing something for yourself. Whether it is some brief exercise daily, quiet meditation, laughing with someone, reading a good book or something else you have been meaning to squeeze into your already very busy day- do it! It can make you feel better physically and emotionally, which helps you with some of the daily challenges you encounter.

There are numerous activities listed on our website and in this Sentinel that can connect you to doing something fun, interesting and healthy for you. Keep HOPE alive and make some of these changes positive that work to improve your life.

Anne Lawrence, LICSW
781-850-0619
alawrence@stoneham-ma.org





STONEHAM PUBLIC LIBRARY PROGRAM

Mystery Book Group Zoom Meeting – Thursday January 7 at 7 PM

Join Librarian Maureen Saltzman to talk about this month's title "LOSING YOU" by Nicci French. In this thrilling standalone novel from the internationally bestselling authors of the Frieda Klein series, a woman's frantic search for her missing daughter unveils a nefarious web of secrets and lies... "Losing You" once again proves the Nicci French couple is at the height of their storytelling powers in a clever, mind-bending thriller that has readers guessing at every twist and turn. 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. Check the web site for the meeting link @stonehamlibrary.org!

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 FOR YOU Thursdays at 9:00 AM
stopping at convenient locations on Main St.



LAUGHTER IS THE BEST MEDICINE!

- * I don't have a girlfriend, but I know a girl that would get really mad if she heard me say that.
- * The worst time to have a heart attack is during a game of charades
- * I want to die peacefully in my sleep, like my grandfather, not screaming and yelling like the passengers in his car
- * Most people are shocked when they find out how bad I am as an electrician
- * Don't spell part backward. It's a trap

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:



Over the past years,
many of us have enjoyed
the performances of
"The Singing Trooper"

Daniel M. Clark.

Though not in person, we
can still watch him on
Stoneham TV, as follows:

Saturdays at 9:00 AM
Sundays at 12:00 PM
Tuesdays at 2:00 PM
Thursdays at 6:00 PM

No one ever
injured their
eyesight by
looking on the
bright side.

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MELD, Inc. is a local community
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