



A PUBLICATION OF THE STONEHAM COUNCIL ON AGING

STONEHAM SENTINEL



136 Elm Street, Stoneham, MA 02180 - www.stonehamseniorcenter.org
(phone) 781-438-1157 781-438-1161 (fax) 781-279-4904

FEBRUARY 2021

CONTENTS:

Donations	1
Community	2-3
Something New!	3
On-line Learning	4
What's Happening	5
Senior Spotlight	6-7
Enrichment and Resources	8
Caregivers Corner	9
Mel-Wak programs	9
Transportation	10

THANK YOU TO OUR GENEROUS DONORS!

In memory of George Geragosian
from Joseph Cullen, Kathleen &
Ben Cammarata, Pam & Louis
Nicolosi, Margaret Predella, Marilyn
Regan

In honor of Anika Nath who
donated turkey dinners –
Rose Donovan

Rita O'Melia
Barbara Greeley
Rodney & Jo Hopkins
Ellen Donovan
Richard Peters
Barbara Walker
Jane Francis
George Rizzo
Stanley Kitty
Sally DeCaro
Melinda Pontone

Celia Driscoll in
memory of Betsy
Morerira

The Bilbo Family
for supporting the
Winter Wonderland
“grab & go” event!



Welcome February!

I say “welcome” because it brings us one more month closer to Spring! And of course, “keep calm” is always good advice! To that end, doing a little organizing can help create that sense of “calm.”

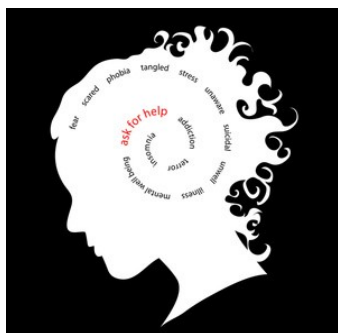
Since we’ve spent more time at home, we tend to accumulate more “stuff” and that makes us feel hemmed in, even here at the Senior Center. This might be a good time to look around and find ways to declutter - sort to keep, donate, toss! With peaceful surroundings, we feel better, sleep better, and reduce anxiety!

February is also heart-health month. Most heart disease is preventable with healthy choices, including having regular checkups, not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, and getting regular physical activity. Why not try one of the many on-line evidence-based health programs or exercise classes offered through the Senior Center this month? Set some goals! Learn how to “Zoom”! You can get more information on any classes by calling the Senior Center. Personally, I’m going to try to lose some of that “quarantine 15”!

As always, please feel free to call us here if we can be of any assistance to you, or just call to check in at 781-438-1157 or 781-850-0619.

Maureen and staff

Maureen Canova, Director
Stoneham Council on Aging and Stoneham Senior Center

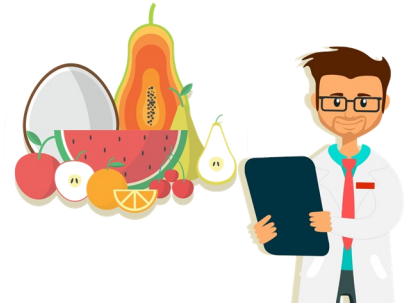


These can be challenging times but you are not alone. The National Association of Mental Illness (NAMI) HelpLine can be reached Monday through Friday, 10 am–6 pm, ET
1-800-950-NAMI (6264) or info@nami.org.

COMMUNITY BULLETIN

DO YOU HAVE ANY NUTRITION QUESTIONS?

Perhaps you are interested in losing weight, need to gain weight, follow a special diet or have specific nutrition questions. The Mystic Valley Elder Services' registered dietitian can assist you. If you are a Stoneham resident and interested in discussing your nutrition questions via telephone, call the Senior Center at 781-438-1157 to sign up. It's free!



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).



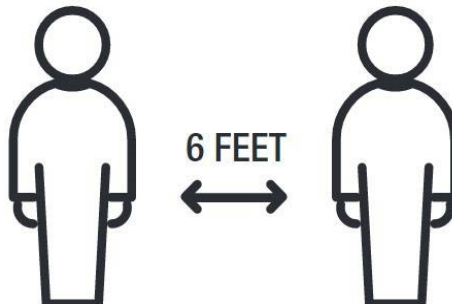
Learn how to connect virtually thru a Zoom platform and take the class from the comfort of your home! You don't want chronic disease, pain or discomfort to limit the activities and life you enjoy! This chronic disease self-management course is for anyone living with an ongoing medical condition, such 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.

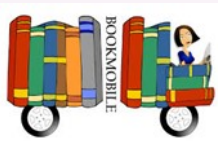
For more information or to sign up for the class please contact Donna Covelle at 781-388-4867 or dcovelle@mves.org.

PROTECT YOURSELF AND OTHERS FROM GETTING SICK!



TRY SOMETHING NEW!

REMEMBER THESE PROGRAMS! CALL THE SENIOR CENTER FOR FURTHER DETAILS!



BOOKMOBILE! Call the Stoneham Library at 781-438-1324 to reserve a book of your choice for delivery to your door on the 2nd or 4th Tuesday of each month! Donate to our outdoor box!



SNOW PATROL! From Troop 513, scouts will provide a clear path to your front door when it snows!



CAN YOU SEW? KNIT? CROCHET?!

If you can sew, knit, or crochet, get a new start in February making hats, scarves and mittens to warm some of our neighborhood homeless this winter. **ALSO, we are accepting homemade masks for distribution!** The Senior Center can provide the yarn and material 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.

If you can't fly, then **run**.
If you can't run, then **walk**.
If you can't walk, then **crawl**,
but by all means, **keep moving**.

- Martin Luther King Jr.

Only in the **darkness**
can you see the **stars**.

- Martin Luther King Jr.

PANDEMIC GOT YOU DOWN?

We are the MassSupport Network and we provide services to ALL Massachusetts residents during the COVID-19 pandemic. Our anonymous, confidential, and free program is for individuals (including youth), families, schools, organizations, businesses and communities. We provide emotional support, coping strategies, resources, and up-to-date, factual information. We also deliver presentations and coping groups around how to support ourselves and each other during the pandemic. How does it work? Leave us a message at 888-215-4920 or email us at MassSupport@riversidecc.org.

We respond Monday through Saturday, 8am to 8pm, typically within a few hours.

Hours: Monday-Saturday, 8am-8pm Call 888-215-4920

Email MassSupport@riversidecc.org

www.masssupport.org

Is your need urgent? For 24/7 support, call the Disaster Distress Helpline at 800-985-5990

The MassSupport Network is funded by the Federal Emergency Management Agency (FEMA) and managed in partnership between the Massachusetts Department of Mental Health and Riverside Trauma Center, a program of Riverside Community Care.



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 February 2 Drawing, February 9 Zentangle, February 16 Drawing, February 23 Zentangle
Register in advance for these meetings:

https://us02web.zoom.us/join/zoom/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 will use 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.

"Folks are usually about as happy as they make their minds up to be."

— **Abraham Lincoln**



"the harder the conflict, the greater the triumph."

— **George Washington**

SEE WHAT'S HAPPENING AT THE CENTER!

Our doors are still closed but our hearts are still open!
The staff are still smiling and hope to see you in the future.



Anne Lawrence, LICSW, is always available to answer any resource questions you may have (see Caregivers Corner page 9)!

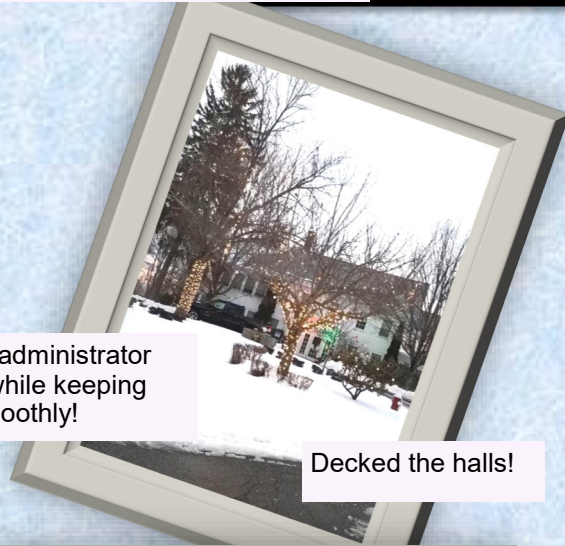
Give us a call to check in or to say hello!



Theresa Duggan is still manning the phones at the front desk to help you get the information you need!



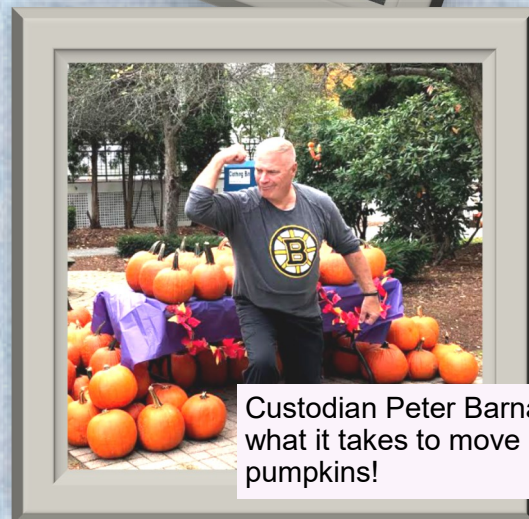
Carol Johnston is the office administrator who may answer the phone while keeping the Senior Center running smoothly!



Decked the halls!

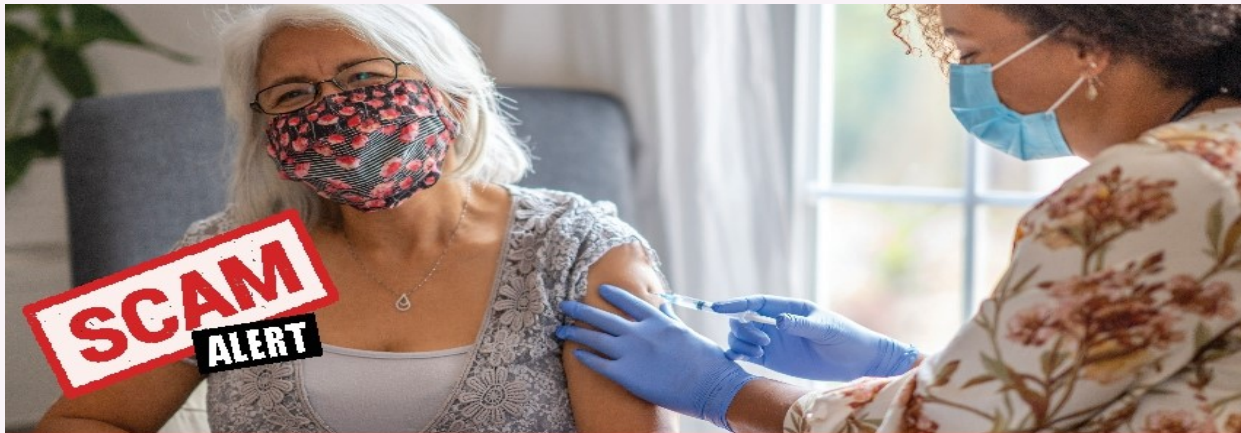


Salem State intern, Toni Magno, knows how to rock the reindeer!



Custodian Peter Barnaby shows us what it takes to move a mountain of pumpkins!

SENIOR SPOTLIGHT



Warning: Beware of COVID-19 Vaccination Scam Offers

As the first Americans line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you.

Don't get scammed! You should know the following:

- Most Medicare beneficiaries will not have to pay to get this vaccine during this public health emergency.
- If someone offers to put you on a vaccination list in exchange for money, you are being scammed. You cannot pay to get on a list.
- If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are being scammed. You cannot pay to get early access to the vaccine.
- No one from Medicare or your municipal or state health department will contact you and offer you the vaccine.
- No one from a vaccine distribution site or a private insurance company will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get such a call you are being scammed.
- If you get a call, text, email, or even someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by calling the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.

Remember: Never give your Medicare number, your bank account information, your credit card numbers, your Social Security number, or any other personal information to anyone you do not know and trust. Don't get scammed.

For additional guidance call the Massachusetts Senior Medicare Patrol (SMP) Program at 800-892-0890 or visit www.MASMP.org.



An invitation to participate in a program to promote safety and wellbeing for seniors.



District Attorney Ryan will discuss the far-reaching impacts of the COVID-19 pandemic including the increase in scams that target the elderly and other vulnerable populations.

Discussion will also focus on the lasting impacts of isolation and provide advice on how to mitigate feelings of loneliness.

**Thursday, March 16th at 11:00 a.m.
Virtual Meeting**

https://actonma.zoom.us/webinar/register/WN_hdCeL3tLT9KfKhpTOL7DvQ

Please contact Sheryl Ball sball@acton-ma.gov for questions or help with registration for this event.

Zoom information will be sent to you upon registering.

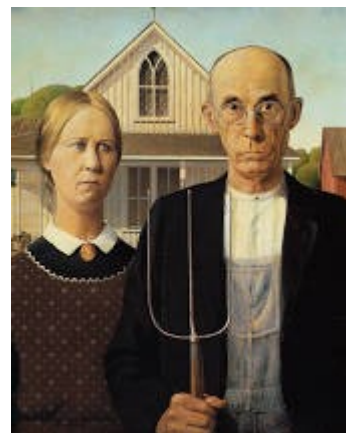
ENRICHMENT and RESOURCES

ART MATTERS:



Primary Video – Cassatt & Degas An American woman and a French Chauvinist, as unlikely a pair as any you can find, were friends and some say lovers, at the very heart of a radical revolution in art. Impressionism changed the art world forever. Cassatt and Degas influenced the times almost as much as they affected each other. Join us for a look at their mirrored careers, their relationship with each other and the times in which they lived.

Bonus Video – Portraits A portrait is much more than a picture of what someone looks like. A portrait can document the history of a whole family, or a single individual's journey. It can be about an era of time, a culture, an event, or the experience of youth or age. It can tell stories, be self revealing or serve as a commentary of social values or political institutions. Join us for a look at the many possibilities of the Portrait in art. Share your own point of view.



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 at 781-438-1157 for log-in information. If you have trouble logging in, please reach out to us for assistance.



HEALTH INSURANCE COUNSELING

Need help navigating the Medicare maze? Do you have questions about health insurance, prescription drug coverage, or public benefits? The SHINE (Serving the Health Insurance Needs of Everyone ... on Medicare) Program provides free health insurance information and counseling to all Mass residents (and their caregivers) on Medicare. If you currently have Medicare or are about to become Medicare eligible, you may speak with an impartial certified counselor to learn about benefits and options. Call (781) 438-1157 to schedule a confidential conference call (Wednesdays only).

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 community. Each pantry provides help to Stoneham residents going through difficult times with curbside pickup by appointment. Please call ahead for safety guidelines. Contact

Stoneham Adventist Community Services,

11 Gerry St. Stoneham 781-438-1347 (leave a message) – provides shelf stable and fresh produce, dairy and meats.

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. Please call the above number to set up an appointment.

Each pantry requires a picture ID and proof of residence (utility, insurance bill) to sign up. Additional information and resources for Stoneham and surrounding towns is available at the Greater Boston Food Bank website:

<https://www.gbfb.org/need-food/>

ARE YOU 60+ AND IN NEED OF LEGAL HELP? THE MASSACHUSETTS SENIOR LEGAL HELPLINE IS FREE TO CALL AT (800) 342-5297

The Helpline is open Mon- Fri 9AM-12PM.

The Helpline is a project of the Volunteer Lawyers Project of Boston. We provide free legal information and referral services to Massachusetts residents who are 60 years old or older.

Most callers will not be eligible for a free attorney. Helpline advocates can help you find out if you **are** eligible and complete an application for services with a Massachusetts civil legal services program. Legal services law types include: Social Security/SSI, Veterans Benefits, Mass Health, Medicare, Consumer, Public Benefits, Unemployment, Foreclosures, Utilities, Guardianship, Wills/Advance Directives, Bankruptcy, Housing, Family law, and Nursing Home.

If you are not eligible for a free attorney and have some ability to pay an attorney, we can refer you to reduced fee attorney referral programs where attorneys will charge you on a sliding scale based on your income.

MELROSE-WAKEFIELD HEALTHCARE'S AGING IN BALANCE FEBRUARY 2021

Knowledge Up...Pressure Down - Wednesday, February 10th 10am

February is American Heart Month! Join this "must attend" program suitable for anyone with high blood pressure or for those seeking to prevent high blood pressure. There will be a focus on what you can do to reduce high blood pressure and teach you how to keep healthy pressure intact. You will learn ways to keep your blood pressure in the healthy zone including what a heart healthy diet is, stress management techniques and when to see your doctor. Joya Pezzuto, RN, will facilitate this informative class.

Home Safety for Fall Prevention Wednesday, February 24th 10am

Do you want to make your home safer? Are you wondering if there are hazards in your home that may cause falls?

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

Let's Zoom! Tuesday appointments available 1 or 2pm 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 Melrose-Wakefield Healthcare can help you. She offers remote appointments every Tuesday afternoon to help you get set up. Email or call her to schedule your appointment so you can start Zooming!

The Savvy Caregiver New group starting early 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 goals, discover ways to manage stress, learn skills for effective communication, 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. To register for **Aging in Balance Programs** contact Stephanie Chissler at 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##**

CAREGIVER'S CORNER

Happy Valentine's Day to one and all! The symbol we all recognize for Valentine's Day is the heart of course. Love and kindness is shared with others in many different ways. Being a caregiver for a person you care about and love is a wonderful way of saying I love you. Taking care of yourself as a caregiver is a wonderful way of saying I love myself. You need to celebrate yourself and what you do. Schedule time ideally every day- even for minutes to do some stretching, positive thinking and laughing. These are the minimal yet big impact things that you can do for yourself every day. If you haven't started yet, make a goal of starting this February. Need a date? If you don't do it right away, plan for February 14th! Do something good and important for yourself and your loved one on February 14th this year, take care of yourself too!

Reach out to your doctors with questions and information on caregiver support, specific concerns and information and you can reach out to the American Heart Association online for caregiver support, resources and information about heart diseases.

<https://www.heart.org/en/health-topics/caregiver-support/resources-for-caregivers>

<https://healthtalk.org/heart-failure/support-groups>

Have specific questions? You can reach me at:

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





STONEHAM PUBLIC LIBRARY PROGRAM

Mystery Book Group Zoom Meeting – Thursday February 4 at 7 PM

Join Librarian Maureen Saltzman to talk about this month's title *"THE HOUSEKEEPER"* by Natalie Barelli. A twisted psychological thriller! She's a liar. She's a stalker. She's in your house. 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@noblinet.org or 781-507-2483!

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

DUBYD
[] [] [] [] [] [] [] []

©2014 Tribune Content Agency, LLC
All Rights Reserved.

FREAT
[] [] [] [] [] [] [] []

PIPTUL
[] [] [] [] [] [] [] []

XEDESC
[] [] [] [] [] [] [] []

Print answer here:

[] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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.

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:

February 2021

National Days

SUN	MON	TUE	WED	THU	FRI	SAT
	1  Serpent Day	2  Groundhog Day	3  Wedding Ring Day	4  Thank a Mail Carrier Day	5  Chocolate Fondue Day	6  Frozen Yogurt Day
7  Ballet Day	8  Boy Scout Day	9  Pizza Day	10  Umbrella Day	11  White Shirt Day	12  Abe Lincoln's Birthday	13  Kiss Day
14  Valentine's Day	15  Hippo Day	16  Almond Day	17  Cabbage Day	18  Drink Wine Day	19  Tug of War Day	20  Cherry Pie Day
21  Grain Free Day	22  Margarita Day	23  Banana Bread Day	24  World Bartender Day	25  Quiet Day	26  Pistachio Day	27  Strawberry Day
28  Science Day	 American Heart Month			 Library Lovers' Month		

Even with social distractions, it's helpful to keep track of important dates. As we go to print, we do not have firm dates for several of our usual services including AARP tax assistance. We are hopeful we will be able to continue these valuable programs and will update you as soon as we are able!

*"Each day is a gift -
Don't send it back unopened"*

Senior Center/Council on Aging

Board of Directors

Kathleen Hudson, Chair
Maureen Buckley
Kathy Carey
Jane DiGangi
Tom Flynn
Bill Kelly
Denise Kneeland
Traci Mello
Connie Rosa
Walt Wolonsavich
Marge Neylon, Corresponding Secretary

Staff:

Maureen Canova, Director
Sandy Kirby, Admin Asst
Carol Johnston, Admin Asst
Gary Cooper, Van Driver
John Mandracchia, Van Driver
Peter Barnaby, Custodian
Bobby Pettengill, Custodian
Kathy Payne, Receptionist
Theresa Duggan, Receptionist
Anne Lawrence, LICSW, Outreach
Dennis O'Hara, Communications
Danielle Berardis, Website Mgr
Fran Cioffi, Newsletter Editor

136 Elm Street

Stoneham, MA 02180

781-438-1157, 781-438-1161

Stonehamseniorcenter.org

Open Mon-Fri 8:40-4:00 pm



Like us on facebook
www.facebook.com/StonehamSeniorCenter

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.

