



STONEHAM SENTINEL

A PUBLICATION OF THE STONEHAM SENIOR CENTER

July 2021

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

(phone) 781-438-1157 781-438-1161



Well, dear friends, it has been a long time coming, but we can finally say "Welcome back to the Senior Center."

As we begin to reopen some of our services, masks will not be required, but of course, in the interest of safety, those not fully vaccinated are strongly urged to wear one.

Among other programs that will be restarting, you can now sign up for Trivia, Alzheimers Caregiver Support, and Line Dancing!

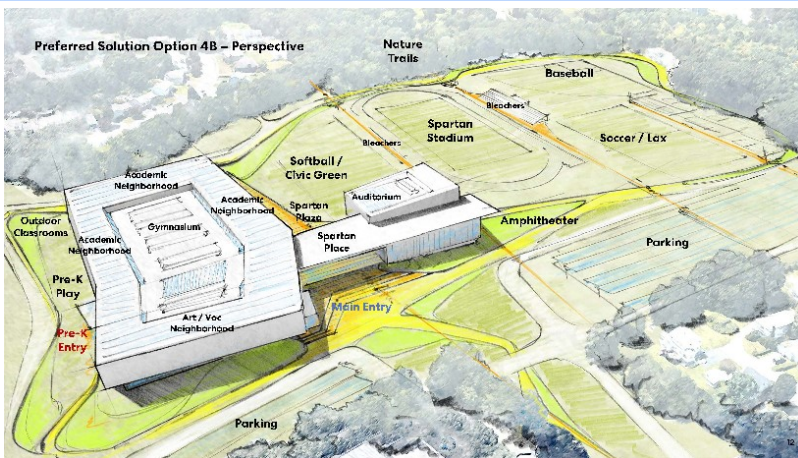
Class sizes are limited so you must pre-register by phone; please note, there will be no drop-ins allowed at this time.

Watch for details of the return of the Barn in August and Tai Chi in September!

Maureen Canova and staff

Maureen Canova, Director

Stoneham Council on Aging and Stoneham Senior Center



Live!!! In Person!!! Meet members of the Stoneham School Building Committee on Thursday, July 29, 2021 at 11:00 a.m. at the Stoneham Senior Center. View display boards and a virtual "fly-over" of various areas of the proposed Stoneham High School and talk with the folks who will be making their recommendation for a new Stoneham High School to voters for your approval at the October Town meeting. Learn about the process, the architect and contractor who will be responsible for bringing the vision to life. Ask questions, provide your ideas and input and help us build the best possible educational facility for future Stoneham students!



Protocol for limited reopening of Senior Center

- Nonvaccinated visitors are urged to wear masks
- Hand sanitizers and wipes will be fully available and placed in public spaces
- Maximum of 15 visitors per program will be allowed at one time

All programs are **signup only**, no drop-ins – required to call the center to register for program.

Calls to instructors will not be permitted for attendance

COMMUNITY BULLETIN

THEY'RE BACK

Farmers' Market coupons worth \$25.00 are available to income eligible individuals who are also over 60 years old and residents of Stoneham.

If interested, please call the Stoneham Senior Center at 781-438-1157 for more information and to sign up.

Coupons will be distributed on a first come first served basis on July 12th & 13th to eligible individuals who meet the following guidelines:

Family size
Monthly income

- | | |
|--------|---------|
| 1..... | \$1,986 |
| 2..... | \$2,686 |

For each additional family member add \$700.



What is a farmers' market?

A farmers' market is a market where you can buy Massachusetts-grown produce and other foods from a group of farmers.

Take your time and walk around the market and look at everything before you decide what to buy. Compare prices, varieties and quality.

If you see a new fruit or vegetable, don't be shy! Farmers like to talk about their produce so ask questions. They might have suggestions for new recipes.

Federal Communications Commission Launches Emergency Broadband Benefit:

On May 12th, the Federal Communications Commission (FCC) kicked off the Emergency Broadband Benefit. The benefit provides eligible consumers discounts on broadband service and devices. The benefit will continue until there is no longer funding or six months after the federal government declares an end to the pandemic. Eligible households will be able to receive:

- **\$50/month discount for high-speed internet services.**
- **A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider.**

The benefit is available to eligible new, prior, and existing customers of participating providers. Eligibility for this program includes any household with an income at or below 135% of the federal poverty guidelines, or if *any member of the household qualifies through various means. This includes but is not limited to participation in SNAP, Medicaid, Supplemental Security Income, the Free and Reduced-Price School Lunch Program, as well as certain qualifying events such as experiencing substantial loss of income or receiving a federal Pell Grant in the current award year.*

Customers can sign up by contacting a participating provider, enrolling online at <https://getemergencybroadband.org/>, or sending forms via mail.

More [information about the application process](#) is available online or by calling (833) 511-0311.

LEARNING OPPORTUNITIES!

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.

Drawing July 13, 27 and Zentangle July 6, 20. 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.

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. Class will be held weekly on our beautiful deck on Thursdays at 1pm.

Please contact Angela at angelite9@gmail.com to register.

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

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.

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.

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). 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.

HAPPY TO SEE THE RETURN OF....

-**Alzheimer's Caregiver Support Group**, July 8 and 22 at 11am upstairs at the Senior Center with Kathy Learned

- **Line Dancing**, Beginning Thursday July 8 at 10 am

-**Chair Caning**, Beginning Tuesday July 6, 9-11 am

-**Trivia**, 1:30, 13th & 27th

*Max 15 participants at one time. All programs require preregistration by calling the Center: **there are no drop-ins!***



Don't miss the MemoryLaners on Thursday, July 29 at 2:00 pm here at the Center as they entertain with songs from the 50's, 60's, and 70's! Call the Senior Center to sign up!

Are you age 65 or over and have Type 2 Diabetes?

If so, we invite you to join a research study where you can try a new way of learning about how to manage your diabetes and get support from others with diabetes.



See Yourself Health is seeking older adults living with diabetes to test drive our new online diabetes education platform. Participants will be asked to test the platform for 2 hours and then to use the program from home for 2 weeks. Compensation for participation is up to \$150.00 cash. English proficiency and home internet access is required. If you're interested, call us to see if you qualify for enrollment!

Contact See Yourself Health: Cell: 570-505-2228
Email: info@seeyourselfhealth.com

BE VIGILANT ABOUT SUN EXPOSURE!

As restrictions are lifted, many of us are looking forward to getting out to enjoy the beautiful summer days with their warmth, Vitamin D, floral beauty and exciting outdoor activities. However, we also have to assess some of its damage.

The two meters of delicate covering which wraps around our muscle and bones that we refer to as skin, turns out to be a victim of the sun's collateral damage. It is here that the sun, on its mission to deliver its well intended, rays of light, leaves its damaging footprint: the sunburn.

Besides the acute pain, redness and blistering we experience from its immediate effects, it is important to keep in mind the long term consequences of unprotected exposure.....**skin damage and cancer!**

Months or years following the sun's repeated visits, our skin keeps a record of its repeated rendezvous with our golden, hot, round visitor and its trail of footprints can begin to show up as **rough scales or round sores.**

We must be vigilant that **any new finding which remains on our skin for more than three months** should be checked by one of the sun's most avid specialists:
the dermatologist!

With thanks to Dr. Philip Ellerin for these reminders.



We wish to thank our generous friends for donating to the Senior Center

Frances Gallella*
Brian Nicholson*
Donald and Sandra Nicholson*
Peg Daniels*
Sandy Kirby*

* In memory of Rita O'Melia:

Richard Peters
Frances Nuccio
Marcia Wengen in honor of Cathy Granese,
Fabric Artist Extraordinaire

WHAT'S HAPPENING AT THE CENTER?



Jim Barineau returns to entertain on the grounds of the Senior Center to the delight of many!



Members of the Garden Club resume meeting at the Senior Center to create lovely arrangements which are then donated to local nursing homes!

Welcome aboard, Susan Madore, first passenger to use the new senior van!



Members of the Stoneham Middle School, with or without raingear, had a great time at their scavenger hunt!

One last look back....

Eleanor Roosevelt said *'Many people will walk in and out of your life, but only true friends will leave footprints in your heart'*



Almost twelve years ago, Maureen Canova became the director of the Senior Center and ushered in a fun-filled, evidence-based, educational, intergenerational, healthful, enriching, entertaining, and hospitable atmosphere that has continued even through a time of masks and closed doors. A contagious laugh and a hardline work ethic, she engaged in all aspects of service at the Center. These memories are just a sample of the improvements she made in the quality of life of our seniors, as well as making the opportunities known to the community. As she ends her time here and begins a new adventure, though we can't contain all her achievements, here's a look at some of the "footprints" she has left in our hearts!



Halloween smiles!

MENS BREAKFAST
November 4
Don't forget our corn
st and hearty breakfast
10:00 am for senior men!

HALLMARK HEALTH FAIR
Hallmark Health will host
a Health Fair at the
Stoneham Senior Center



**Dedication held for new
Stoneham Senior Center Art Wall**

Letters to the Editor...
Thank you for shoveling our walks!
Dear Editor:
In our fall newsletter, we asked if there were seniors who, in the event of now this winter, would need their walks shoveled. We received eighteen responses for help.



Learning the hula!

Open House this Saturday, September 29th • 11a.m. - 3 p.m.

Stoneham Senior Center, vibrant and inviting



Podcasting important info!

Letters to the Editor...



Stoneham Senior Center is a vibrant place

Dear Editor
This past year, the Stoneham Senior Center has undergone a tremendous

other residents have generously supported the center and the community in many ways. Some

whom he was very close, and felt he wanted to reconnect with him. We were

**Stoneham
certified as
"Age Friendly
Community"**

STONEHAM, MA—
The Town of Stoneham is excited to announce its acceptance in the AARP

from cradle to retirement. The network focuses on eight domains which include Outdoor Spaces and



The original "Pink Lady"



Proud recipient of the Martin Luther King award!



Stoneham Senior Center Fall events continue

Senior Center Director Canova loves the challenge

By NANCY DONAHUE
Staff Writer

Managing a senior center in the year 2011 is a lot more involved than just overseeing bingo games and hosting luncheons. Since taking over as Director of the Stoneham Senior Center in September of 2009, Maureen Canova has enjoyed the myriad of adventures, interests and complexities of today's senior citizens that makes her job so interesting.

"I love this job. It's the greatest place."

16 hours a week to the Director position, but in November of 2010, Canova was bumped up to 30 hours to center which brings many services to area. In addition to fun activities such as music and including the popular Zumba, cards, games, and many social activities including pizza and the upcoming Fashion Show on June 17, the center has resources for free or low cost legal and financial assistance, health and wellness screening and health insurance assistance, among other

SEEM students enjoy artful experience at the Senior Center

Fire and fall prevention safety presentations at Senior Center

Main Street Quick Stop
Each Thursday from 9:00
to 11:00 AM, the Senior
Center will be available
for a drop-in.

Stoneham COA, UMass Boston up for age friendly initiative

Population Social & Demographic
growing Research in Aging, and
program, we felt that it was
important to get the

Council on
Maureen



Fa-la-la-la-la!



Raising money for gift cards!



Thank you for everything!

ENRICHMENT AND RESOURCES



ART MATTERS: JULY

Primary Video – Women Artists 1 Until the 20th Century

Women artists, capable of the art of creation as well as the creation of art, have historically proved threatening to the dominant male establishment. There are many examples of how she has flourished and failed, been celebrated or crushed, but in almost every instance, needing to be better than their male competitors to be taken seriously. Join us for a look and a discussion about the women who have defied convention to make art from the Renaissance through the 19th century.

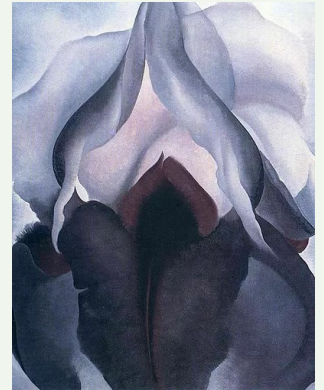
Bonus Video – Women Artists 2 of the 20th Century





















Women artists, capable of the art of creation as well as the creation of art, have historically proved threatening to the dominant male establishment. In more modern times, our ability to create art was less openly inhibited, but

new, modern obstacles arose. Join us for a new look and a discussion about the women and their struggle to make art in the 20th Century.

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.

If you have trouble logging in, please reach out to us for assistance.



 July 2021 National Day Calendar 						
SUN	MON	TUE	WED	THU	FRI	SAT
National Picnic Month				1  US Postage Stamp Day	2  World UFO Day	3  Eat Your Beans Day
4th JULY INDEPENDENCE DAY 	5  Bikini Day	6  Fried Chicken Day	7  Macaroni Day	8  Ice Cream Sundae Day	9  Sugar Cookie Day	10  Kitten Day
11  Blueberry Muffin Day	12  Paper Bag Day	13  French Fry Day	14  Tape Measure Day	15  I Love Horses Day	16  World Snake day	17  Tattoo Day
18  Sour Candy Day	19  Stick Out Your Tongue Day	20  Moon Day	21  Legal Drinking Age Day	22  Hammock Day	23  Vanilla Ice Cream Day	24  Tequila Day
25  Merry Go Round Day	26  Bagelfest Day	27  Bagpipe Appreciation Day	28  Milk Chocolate Day	29  Lipstick Day	30  Cheesecake Day	31  Avocado Day

MelroseWakefield Healthcare's Aging in Balance Programs

July 2021

My Life, My Health Info Session Wednesday, July 7, 10 a.m.

Is living with a persistent health condition preventing you from really living? If you have been challenged by a chronic health condition or if you have noticed a decline in your health over this past year, join us for "My Life, My Health". This interactive seven-session online class will teach you or your caregiver valuable tools so you can live your best life! You will learn ways to improve your quality of life, how to effectively communicate with family, friends and healthcare professionals, beneficial ways to handle frustration, fatigue, pain and isolation, how to evaluate a new healthcare treatment, and appropriate use of medication and nutrition

A **seven-session online workshop** is beginning this summer. If you are interested in taking part in this workshop series, register for this 45-minute introductory session to learn more. You deserve to live your best life!

Getting the most out of your MD visit Wednesday, July 14, 10 a.m.

We all know doctor's visits are brief. Joya Pezzutto, RN will share tips for how to get the most out of your appointment including:

- How to get organized before your appointment
- Tips for communication and for creating a good doctor-patient relationship
- What to include on your medication list
- Why asking questions and sharing your concerns is important during your visit
- What else you need before leaving the doctor's office

There will be time for sharing and questions. Hope you can join us!

Slips...Trips...Falls What can you do to prevent falls? Wednesday, July 21, 10 a.m.

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.

Coffee & Conversation Ongoing weekly teleconference calls every Thursday 1-2 p.m.

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##

A Matter of Balance Online class starting in August!

Join us in August for this evidence based 8-session online program to learn practical strategies for reducing the fear of falling. We will also explore ways to incorporate exercise and activity into your daily life for increased strength and balance. Call 781-338-7559 or email schissler@melrosewakefield.org to find out more about this upcoming series.

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



STONEHAM PUBLIC LIBRARY PROGRAM

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

THE PERFECT WIFE by Blake Pierce: Part 1 of the Jessie Hunt series: As her world starts to unravel, Jessie begins to question everything around her-including her own sanity. Has she truly uncovered a disturbing conspiracy buried within a sunny, wealthy Southern California beach town?

Does the mass murderer she's studying really somehow know the origin of her private nightmares? Or has her tortured past finally come back to claim her? A fast-paced psychological suspense thriller with unforgettable characters and heart-pounding suspense, **THE PERFECT WIFE** is book #1 in a riveting new series that will leave you turning pages late into the night. Please check stonehamlibrary.org for the virtual link. If you have any questions about library book groups please call 781-438-1324 or email saltzman@noblenet.org. We are here to help you. 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 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, including limited capacity, will be taken to ensure the wellbeing of everyone utilizing the van. A fee of \$3.00 per ride is requested. Please call the center at 781-438-1157 for more details on the transportation services.

EXPANDED 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. \$3 per ride.



RESUMING TRIPS TO WALMART. Wednesday, July 14 at 1 pm. 9 residents max. \$3 per trip.

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:

For recurring donations, please send a monthly check, or use Paypal to make your donation to:

Senior Center Friends

136 Elm Street

Stoneham, MA 02180

<https://stonehamseniorcenter.org>

Select: support us

Select: Senior Center Friends

Scroll down to the "donate" button.

An arrow can only be released by first pulling it back. When life pulls you back, it simply means you're launching into something amazing.

"how lucky I am to have something that makes saying goodbye so hard."

-A.A. Milne

Senior Center/Council on Aging

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781-438-1157, 781-438-1161
Stonehamseniorcenter.org
Open Mon-Fri 8:40-4:00 pm



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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.

