



STONEHAM SENTINEL

A PUBLICATION OF THE STONEHAM SENIOR CENTER

September 2021

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



Dear friends,

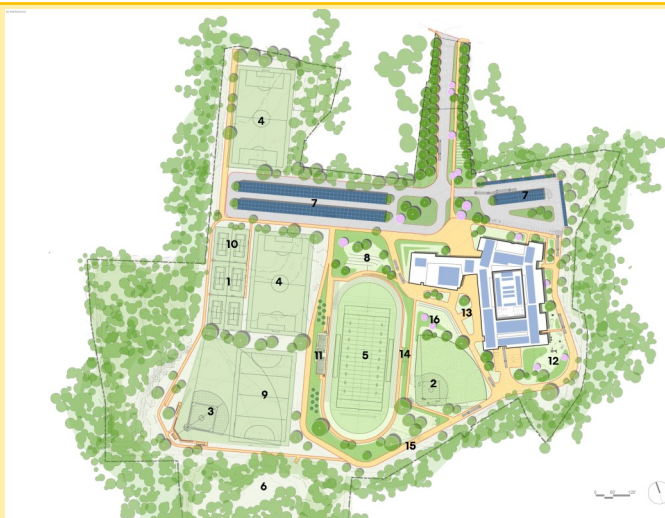
This is an exciting time, as an individual, as a Senior Center, and as a community!

As an individual, I'm coming up to speed as Director here, meeting new instructors, new members, and new staff. We're adding new programs and arranging options so more can participate - there's just so much going on!

As a Senior Center, we're so happy to be bringing people back to some of the sorely missed classes and activities we've enjoyed in the past. As always, we will follow CDC guidelines and hope we can continue to open more doors!

As a community, we are committed to bringing together all the benefits offered by our town and service providers to continue to build Stoneham as an age-friendly place to grow. It might feel different coming out of your house, but check out our listings and maybe consider trying something new here at the center. You may come as a stranger but you'll leave as a friend!

Kristen Spence, Director
Stoneham Senior Center and Council on Aging



STONEHAM SCHOOL BUILDING COMMITTEE:

As fall leaves turn from green to gold and apple cider donuts are abundant, the Stoneham School Building Committee (SSBC) wants to remind all Stoneham residents of several important dates.

On Wednesday, September 20, 2021 at 6:30 pm, the SSBC will host Community Forum #9 at Stoneham High School. Participants will have the opportunity to hear updates on the project including the recent Massachusetts School Building Authority decision with regard to our proposed project and to see areas of Stoneham High School if they haven't already toured the building.

On Monday, October 4, 2021 at 7:00 pm, Town Meeting attendees will be asked to approve funding for the proposed Stoneham High School Building project.

Following Town meeting, Stoneham voters will be asked to approve a debt exclusion ballot vote on Tuesday, November 2, 2021.

The SSBC stands ready to provide information, to answer questions and share why it believes the project merits consideration. Meetings are held every other Monday at Stoneham Central Middle School at 7 PM and can be viewed on Stoneham TV Government channels (Comcast 22, RCN 15 and Verizon 36) live or anytime on <https://Stonehamtv.org/ondemand>. You can also visit <https://www.stoneham-ma.gov/hsbc> for more information about the project.

WHAT'S GOING ON AT THE CENTER?



GREAT TIME DOWN MEMORY LANE!

The Memory Laners brought the music and entertained under the beautiful tent on the grounds of the Senior Center.

Some clapped to the beat, others tapped their toes, and clearly, some just got up and danced!



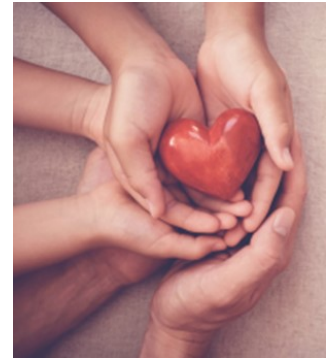
THIS MONTH



Complicated Grief: When Time Doesn't Heal

Wednesdays, Sept. 8 to Oct. 13, 6-7:30 p.m.

*This will be a virtual support group held via Zoomconference.
Zoom is a free software available online.*



Was the death of your loved one more than two years ago? Are you still struggling to accept the loss? Or to heal from the loss? Or from the relationship itself? Are other issues interfering with your healing? Sometimes the grief process is more complicated than expected. Sometimes the usual markers of the one-year or two-year anniversary just don't help us to heal. If you would like to meet with others struggling still with grief, and develop skills that will help you move on, please call us to discuss whether this group might be right for you. Space is limited so registration is required by Sept. 1. With questions or to register, please call 978-774-5100 or email grief@CareDimensions.org



Louise, Pauline, and Paula volunteered to help with adding to the (1500!) newsletters that are published each month. If you want to receive yours electronically, let us know and we can add your email address to the list!

Thanks, ladies, for all your help!

TOWN DAY 2021!

Join us for the 37th Stoneham Town Day on the Common, Saturday September 18 from 11 am to 4 pm!

This event is FREE and open to the public!

OVER 130 fun-filled, information-packed booths, all organized by your friends, neighbors and local businesses. Food from your favorite local restaurants. Face painting, raffles, giveaways, crafts, games, book sales, health information, music, dancing, historical and town government information, demonstrations, organization registrations and more!

STONEHAM CHAMBER OF COMMERCE

37TH ANNUAL

stoneham
town day

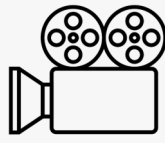
SEPT. 18, 2021 | TOWN COMMON
11:00 AM - 4:00 PM



ENTERTAINMENT & ENRICHMENT



PIZZA AND MOVIE!
Thursdays at 12:30
\$2.00



9/2 The Vault - When an engineer learns of a mysterious, impenetrable fortress hidden under the Bank of Spain, he joins a crew of master thieves who plan to steal the legendary lost treasure while the whole country watches the World Cup.

9/9 Spenser Confidential - [Boston police](#) officer Spenser arrives with his partner, Driscoll, to the home of Captain John Boylan.

9/16 Catch me if you can - Frank Abagnale, Jr. (Leonardo DiCaprio) worked as a doctor, a lawyer, and as a co-pilot for a major airline -- all before his 18th birthday.

9/23 Safehaven - Katie Feldman (Julianne Hough) moves to a small town on the North Carolina coast, determined to make a new life for herself.

9/30 Fools rush in - Three months after a one-night stand with Isabel Fuentes (Salma Hayek) in Las Vegas, New York City real estate developer Alex Whitman (Matthew Perry) learns she is pregnant.

ArtMatters

Monday, September 13 at 1:00pm

Come to the center and watch presentation on the big screen and there will be time for questions afterwards. If you would like to watch via zoom from home just call the center at 781-438-1157 to get log-in directions.

IMPRESSIONISM The Impressionists were painters of light, painters of nature, and painters of human nature. Having little in common, except a common enemy, the Academy, artists like Monet, Renoir and Degas defied convention and changed the way the whole world looked at art. Like a stone dropped into a still pond, the ripples from this revolutionary style of painting spread out, influencing a whole new generation of artists. Join us for a close look at many of the paintings that moved the world into the modern era.



Thirteen Things About Ed Carpolotti

The Delvena Theatre Company will be presenting

Directed by Joseph Zamparelli, at the Stoneham Senior Center, 136 Elm Street, Stoneham, on

Friday, September 10, at 1:00 PM under the tent
please call 781-438-1157 to reserve your seat!

Thirteen Things About Ed Carpolotti is a play about the widow of a wheeler-dealer contractor, who discovers that her husband, Ed, has left her in debt to the banks, her family and the mob. As she struggles to escape her creditors and understand how her husband could have left her in such pain and doubt, a mysterious list of "Thirteen Things" embarrassing to Ed is offered to her if she can come up with \$1 million in two days. Then an intriguing web of events enter into this amusing and touching story with a surprise ending.



With thanks to Stoneham Cultural Council

GAMES & CRAFTS

TIMELESS TRIVIA

Every other Tues 9/7 and 9/21 at 1:30pm

Come for coffee, snacks, prizes, and themed trivia games.

KNITTING/CRAFTING

*Mondays 10-12 **beginning***

September 13. Join Jean to make new friends and support the Senior Center. We will gladly teach you knitting, crocheting, fabric painting, or other crafts. We can learn a new craft from you or learn a new craft together from a tutorial.



CAREGIVERS CORNER

September is designated as World Alzheimer's Month. It's a good time to be reminded of the available resources that help support people living with Alzheimer's and Dementia and their caregivers. Each and every one of us need help from other people at various times. Caregivers are strong people but also need some help to provide the important care to others and to be able to take care of themselves. If you're a caregiver please don't hesitate to reach out to someone you know or/and to one of these resources below. Your doctor or hospital should also have support resources. There are other resources that are available to help, these are some places where you can begin.

If you have specific questions please call or email me.

Anne Lawrence, LICSW
alawrence@stoneham-ma.gov
Office: 781-850-0619

Covid-19 Tips: [www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](http://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Virtual Programs and Support groups <https://www.alz.org/help-support/community/support-groups>

Educational Online Tools and Caregiver

Blog: www.alz.org/help-support/resources/online-tools

Memory Café Directory –Virtual Memory Café's for the Caregiver and their loved one www.memorycafedirectory.com/cafe-connect Lists local and some national virtual cafe's which may be accessed via phone or computer.

www.alz.org The Alzheimer's Association can also be reached through their 24/7 Helpline 800-272-3900 or

www.mves.org or 781-324-7705

Mystic Valley Elder Services has many programs that can help support people living in their homes. They also have a Caregiver Support Program where a caregiver can speak with someone to find support, resources and information on ways to help them care for themselves. The Dementia Caregiver Support Group with Kathy Learned is held at the Stoneham Senior Center This month will be 9/9 and 9/23. You can call MVES and see if this group is right for you.

HEALTH & WELLNESS

ALL EXERCISE PROGRAMS \$2 PER CLASS

Line Dancing with Jim Banks

Thursdays 10:00 am

Fun, healthy and rewarding activity and exercise for all levels!

Relaxation Circle with Angela Shea

Thursdays 1:00 pm

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.

In-person classes are now being held indoors at the center on Thursday at 1pm. To join the Zoom class version, please email Angela angelite9@gmail.com.

Yoga with Leila

Fridays 9:00 am

It's perfect for tired or sore muscles, ideal for seniors seeking slow and mindful practice to balance out the bustle.

Zumba with Aimee

Wednesdays 11:00 am

Come see if you agree that every class is a party!

FREE BLOOD PRESSURE CLINIC

9/13 10:30 Stoneham Board of Health



GOOD TO KNOW!

A Helping Hand is back! Do your hands serve you well? Or do they sometimes ache or cause you pain. Are some common tasks difficult for you to do, like opening jars, turning keys, or cutting with a knife?

Carol Seplowitz is a retired Occupational Therapist and Certified Hand Therapist who may be able to help. She is providing her knowledge and services for a few hours a week. She can teach you how to massage your hands, teach you simple exercises to improve flexibility, or explore adaptive equipment and methods to make tasks easier.

Beginning 9/13, Carol will be available on Monday afternoons, from 2 to 4 PM. She will see people individually for 40 minutes each. \$5.00 per session. Call or sign up at the front desk. Here's to Heartier Hands!

<div> <div>SEPTEMBER 2021</div> </div>					
<div> <div>30</div> <div>10 Knit&Crafts</div> </div>	<div> <div>31</div> <div>9-11 Chair caning</div> </div>	<div> <div>1</div> <div>10 Bocce 11 Zumba 1 pm Bingo</div> </div>	<div> <div>2</div> <div>10 Line Dancing 1 Relaxation Circle 12:30 Movie/Pizza</div> </div>	<div> <div>3</div> <div>9 Yoga w Leila</div> </div>	
<div> <div>6</div> <div>10 Knit&Crafts</div> </div>	<div> <div>7</div> <div>9-11 Chair caning 1:30 Trivia</div> </div>	<div> <div>8</div> <div>10 Bocce 11 Zumba 1 pm Bingo</div> </div>	<div> <div>9</div> <div>10 Line Dancing 11 Caregiver 1 Relaxation Circle 12:30 Movie/Pizza</div> </div>	<div> <div>10</div> <div>9 Yoga w Leila 1 Delvina Theater under the tent</div> </div>	
<div> <div>13</div> <div>10 Knit&Crafts 1 Artmatters 1 Zentangle</div> </div>	<div> <div>14</div> <div>9-11 Chair caning</div> </div>	<div> <div>15</div> <div>10 Bocce 11 Zumba 1 pm Bingo</div> </div>	<div> <div>16</div> <div>10 Line Dancing 1 Relaxation Circle 12:30 Movie/Pizza</div> </div>	<div> <div>17</div> <div>9 Yoga w Leila</div> </div>	

20 10 Knit&Crafts 1 Zentangle	21 9-11 Chair caning 1:30 Trivia	22 10 Bocce 11 Zumba 1 Bingo	23 10 Line Dancing 11 Caregiver 1 Relaxation Circle 12:30 Movie/Pizza	24 9 Yoga w Leila
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- ◆ Did you hear about the restaurant on the moon? I heard the food was good but it had no atmosphere.
- ◆ I don't trust stairs because they're always up to something.
- ◆ My friend drove his expensive car into a tree and found out how his Mercedes bends.
- ◆ I was wondering why the ball was getting bigger. Then it hit me.
- ◆ What do you use to cut a Roman Emperor's hair? Ceasers
- ◆ She had a photographic memory, but never developed it.



Program Spotlight

MelroseWakefield Healthcare's Aging in Balance Programs September 2021

Slips...Trips...Falls, What can you do to prevent falls?

Wednesday, September 15, 1 p.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.

My Life, My Health An online health series that will help you live your best life

Wednesday, September 22, 10 a.m. Do you struggle managing a chronic condition? Maybe you have arthritis, diabetes, COPD, CHF, obesity or a heart condition. Maybe you have anxiety, depression, chronic pain or fatigue and you have to cope with the effects every day.

Are you ready to learn more about ways to cope with your condition and live your best life? Join us for My Life, My Health - a free 7-week evidence based health series that will teach you the latest tools for managing your chronic condition. This series is for you if you or a loved one has a newly diagnosed condition or a chronic condition that you have been living with for years. There is always something new to learn.

Find out more at our introductory session on Wednesday, September 22nd at 10 a.m. If you can't make it that day, we can set up another time to talk - AgingInBalance@melrosewakefield.org or 781-338-7559

Let's Zoom!

Tuesday appointments available 1 or 2 p.m.

Have you wanted to take a class online or meet with friends over Zoom? 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 offers remote appointments Tuesday afternoons to help you get set up. Email or call her to schedule your appointment so you can start Zooming!

Coffee & Conversation

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

Join other community members for 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!

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 email AgingInBalance@melrosewakefield.org



Good health and good sense
are two of life's greatest
blessings.

Publilius Syrus

September 20 - 24 is Falls Prevention Awareness Week



Tips to Prevent Falls

3 million older adults will require hospitalization because of a fall each year. Unfortunately, 2 out of 3 people will fall a second time within 6 months. Falls can cause both physical and psychological damage. The fear of falling leads to decreased mobility, limited function and altered social interaction—all which are major factors to another fall. Here are some tips to decrease your risk of a fall:

Get your vision checked- *Improper eyewear and decline in vision due to cataracts or glaucoma can lead to falls.*

Discuss Medications with your Doctor- *Multiple medications can have possible side effects or drug interactions that can cause increased fall risk.*

Discuss Osteoporosis Risk Factors- *Increase Calcium and Vitamin D into your diet or via supplements. Weight bearing exercises can help to promote bone growth.*

Eliminate Household Hazards- *Scatter rugs, poor lighting, lack of proper handrails on stairs, and lack grab bars/raised toilet/shower chair can increase your fall risk. The most common place to fall in the home is the bathroom. Leave a small night light on in both the bedroom and bathroom to assist with safety when getting up in the middle of the night.*

Focus on Balance and Strength Training- *Try standing leg exercises at the kitchen counter, Yoga, Tai Chi, or even seated exercises. Even, try practicing to stand up from the chair without using your hands. Go for a walk (while socially distanced) with friends or family!*

Tips provided by Tracy Rochester, PT, MSPT, CCCE - Senior Physical Therapist, MelroseWakefield Healthcare.

RESOURCES

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday 3PM at the Center. Meetings are open to the public.

SHINE COUNSELING

Confidential counseling available at the Center on Wednesdays by phone at 10:30AM or 12:00PM. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call (781) 438-1157 to schedule an appointment.

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on Monday October 18, November 8, and December 13, between 2-4. Call (781) 438-1157 for a 15-minute appointment.

WALKERS, COMMODOES, CANES, OH MY!

Are you or a loved one in need of a little extra mobility assistance? We've got what you need! Stop by the Stoneham Senior Center to check out our large inventory of FREE gently used walkers, commodes, canes and other assistive devices. Call 781-438-1157 for further inquiries.

TRY SOMETHING NEW!



Join Susan McFarlane on **Mondays**, September 13, 20, and 27 at 1 pm for a class in Zentangle!

Zentangle is an **American method for drawing**, which not only promotes concentration and creativity but at the same time increases personal well-being! . 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 will be held outdoors under the tent on the front lawn.

Also, Susan continues her **online classes on Tuesdays** at 1pm via Zoom. Register online at <https://tinyurl.com/yxv8hm73>

TRANSPORTATION

NOTE: MASKS ARE REQUIRED AT ALL TIMES WHILE USING THE VAN, IN KEEPING WITH STATE GUIDELINES! PLEASE HELP US KEEP ALL PATRONS SAFE

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.

WALMART: Wednesday, September 8.
Van leaves the center at 1 to pick up passengers and leaves Walmart approximately 2:30 to return to Stoneham. 9 residents max. \$3.00 per trip.



DONATIONS:

- * In honor of Margarite Cullen
- * Anonymous



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.

BARGAIN BARN OPENING DAY

Many thanks to our dedicated volunteers, generous donors and loyal customers for making our abbreviated season a special one.



Last day for donations: Thurs Sept 23 at 1:30 pm
Closing day: Thurs Sept 30 10-2 pm 50%off everything.
Expected opening for donations: mid-April 2022*
Expected opening day: early-May 2022*
* date to be announced



A bountiful harvest from the Senior Garden!
Each year, the produce from the Senior Garden is harvested for the community. Come by to see this season's offerings!

Senior Center/Council on Aging

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Maureen Buckley
Kathy Carey
Jane DiGangi
Tom Flynn
Bill Kelly
Denise Kneeland
Samantha Lino
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Walt Wolonsavich
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Danielle Berardis, Website Mgr
Fran Cioffi, Newsletter Editor

136 Elm Street

Stoneham, MA 02180

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Stonehamseniorcenter.org

Open Mon-Fri 8:30-4:00 pm



Like us on Facebook

[www.facebook.com/](http://www.facebook.com/StonehamSeniorCenter)

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.