



STONEHAM SENTINEL

A PUBLICATION OF THE STONEHAM SENIOR CENTER

October 2021

136 Elm Street, Stoneham, MA 02180

www.stonehamseniorcenter.org

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



Dear friends,

This picture is of our beautiful driveway with thanks to those who planted it - forward thinking friends who knew we would be enjoying it for many years. Fall is my favorite season, and not *just* for the pumpkin spice flavor in everything from coffee to cheesecake! Of course, it's time for crisp apples and scarecrows, for walks in the brisk mornings and kicking leaves. Whatever you may say about New England, it is diverse and colorful every season. But since we live here, we can forget that people travel from all over to see the brilliant foliage we enjoy in these months. I hope you can make some time to get out and enjoy it!



As we welcome the return of **card games**, we want to thank you for continuing to comply with CDC guidelines for masking indoors. In the future, as soon as we're able, we hope to lift that, but for now, we want to be safe in every season! Let us know if we can be of any help to you!

Kristen Spence, Director
Stoneham Senior Center and Council on Aging\

With appreciation to our generous donors:

- * Marguerite Cullen
- * Ann Caruso
- * Jane Shea
- * Sally DeCaro
- * Digirolamo Family in honor of Maureen Canova
- * Madeline and Richard Panaccione in memory of Alice Kennedy
- * Lorette Tiernan in memory of Bill Haley, Rita O'Melia, Alice Kennedy



Welcome back card games!

Cribbage Mondays and Fridays 10-12

Hand and Foot Canasta Fridays 10-12

Bridge Wednesdays 1-4

Masks are required to attend*



The mission of the Stoneham Council on Aging is to provide outstanding services with kindness, respect and dignity and to offer outreach services for social, nutritional, medical issues and other unmet needs of Stoneham Seniors.

WHAT'S GOING ON AT THE CENTER?



Zentangle is a great way to get creative with friends!



ArtMatters in hybrid form still draws an enthusiastic crowd!
Come on out and enjoy this rich history!



THIS MONTH



"Volunteering with hospice patients has changed my life. Each of my patients has taught me to live my life with my whole heart engaged."

~Gail T., Peabody, MA

Looking for a rewarding volunteer opportunity?

Become a Hospice Volunteer!



"If I can make them feel good, it's like winning a game or hitting a grand slam."

~Veteran-to-Veteran Volunteer Jerry D. of Brookline, MA

You can make a difference in a patient's life by:

- Engaging in a shared interest or hobby
- Helping with letter-writing or life review
- Visiting with your approved dog
- Reading to the patient
- Listening and by providing a supportive, comforting presence

No matter what your skills, talents or motivation, we have a volunteer opportunity for you!

4-week training program via Zoom

Choose the session that best fits your schedule.

Tuesday and Thursday evenings

October 12 – November 4

Time: 6 – 8:30 pm

(Register by Sept. 27)

Monday and Wednesday mornings

October 18 – November 10

Time: 9 – 11:30 am

(Register by Oct. 4)

*Photos taken prior to COVID-19 precautions. All Care Dimensions staff and volunteers follow all COVID-19 safety precautions and use appropriate PPE.



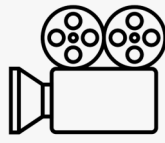
To sign up, visit: [CareDimensions.org/Volunteer](https://www.CareDimensions.org/Volunteer)

Questions? Email VolunteerInfo@CareDimensions.org

ENTERTAINMENT & ENRICHMENT



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



10-7 Murder Mystery – a New York compared with prior study and his wife go on a European vacation to reinvigorate the spart in their marriage

10-14 Mimi – An aspiring actress in a small town agrees to bear a child for a visiting couple seeking a surrogate mother.

10-21 The Best of Enemies – Married banker jack Dundee has lived his life regretting a botched play he made in a high school football game.

10-28 The Fall from Grace – A draughtsman must suddenly plan both mother and father to his children when his wife decides to abandon them.

Best practices for Life Enrichment

Keep active

An active lifestyle is essential to healthy aging. Staying active can help seniors manage chronic medical conditions, maintain healthy bones, muscles, and joints, and prolong independence. Unfortunately, many seniors struggle to remain active after retirement. Life enrichment programs that include physical activity can keep seniors moving.



Foster social connection.

Feeling connected to others can reduce stress and anxiety, lower the risk of depression, and lead to a longer life. It also provides a sense of belonging, which contributes to self-esteem. It can be challenging for seniors to stay socially active, especially after retirement when they don't have as many opportunities to meet people. Life enrichment programs with a social focus, such as those in a group setting, can help seniors make friends.

Preserve cognitive health

Keeping the mind active improves memory and reasoning abilities, and gives an overall sense of achievement. By participating in life enrichment programs, seniors can preserve and sometimes improve their brain health. Reading, puzzles, and board games are all examples of life enrichment activities that stimulate the mind.

ArtMatters POST IMPRESSIONISM

Monday, October 4 1:00 pm

Like a stone dropped into a calm pond, the ripples from the revolutionary Impressionist style of painting spread out, influencing a whole new generation of artists. Artists like Van Gogh, Gauguin, Rousseau and Cezanne, among others, took a small step away from Impressionism and influenced whole new movements of art. Join us for a look at how other artists interpreted this new, personally expressive way of painting, and in turn influenced the course of art in the 20th century. Call the Senior Center 781-438-1157.



GAMES & CRAFTS

TIMELESS TRIVIA

Every other Tues 10/5 and 10/19 at 1:30pm

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

Knit and Crochet with Louise

Wednesdays at 10



KNITTING/CRAFTING

Mondays 10-12 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

Advanced Care Directives: What are they, do you and your loved one have them?

Advanced Care Directives may be something that you don't want to talk about but they are very good legal documents to have in place. There's no doubt that these are very emotional conversations to have with those you love, but they are important conversations to have. These forms allow you to make the decisions regarding your health care wishes and the person(s) that you want to follow through with your wishes if needed. Talking with your doctor/medical team about having a Health Care Proxy, Living Will and a MOLST form can be a good place to start.

A Health Care Proxy form enables you to appoint the person (s) that you trust and want to carry out your medical care wishes in the future if you are not able. Know that you are also helping your loved ones by having this document in place. At a difficult time they don't have to make a decision they might not be sure of – they'll already know what your wishes are.

In Massachusetts, the Living Will is not a replacement for a Health Care Proxy, as in other states. But they can offer your health care proxy more specific guidance on what you would or would not want.

<https://www.massmed.org/Patient-Care/Health-Topics/Health-Care-Proxies-and-End-of-Life-Care/Health-Care-Proxies-and-End-of-Life-Care/>

<https://www.molst-ma.org/forms/massachusetts-health-care-proxy-form>

A health care proxy has the authority to make medical decisions and a power of attorney has the authority to make financial decisions.

You can also speak with an attorney regarding having a Massachusetts durable Power of Attorney. This legal form allows you to appoint someone to handle your financial affairs and other relevant areas of life on your behalf if you are unable to do so. This can be useful in the event of a traumatic or life threatening event occurring or becoming incapacitated.

Many people have said that they feel a sense of relief after having some or all of these documents in place. If you would like to speak with me further about any of these documents or how to have this conversation with the ones you love please call or email me and we can schedule a time to meet or speak on the phone.

Anne Lawrence, LICSW
alawrence@stoneham-ma.gov 781-850-0619 (office)

HEALTH & WELLNESS

\$2 PER CLASS to the instructor*

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

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!

Zumba with Aimee

Mondays at noon

Weights and training with Aimee

*Mondays at 12:45-see description below**

FREE BLOOD PRESSURE CLINIC

Monday 10/4 10:00 Stoneham BOH



GOOD TO KNOW!

We are adding a new **chair yoga** class in the ballroom beginning Thursday October 14 at 2 pm with Rosa Brown, Yoga Therapist. This gentle class is especially helpful for those with limited movement. \$2 per class




Haircuts with Sis are back beginning Monday October 18, 8:30-12. Call the center to schedule an appointment.

***Light Weights Muscle Conditioning Class**

Mondays @ 12:45 Using light weights (1-3 lb dumbbells), we will be working on all muscle groups to help condition and increase our bone density. Some exercises will be performed standing, while others will be sitting down. All levels are welcomed, as modifications will be offered. 45 minutes per class (Zumba at noon and training 12:45) \$2 per class or \$3 for both

OCTOBER 2021

27	28	29	30	1
10 Knit&Crafts	9-11 Chair caning	11 Zumba 1 pm Bingo	10 Line Dancing 12:30 Movie/Pizza 1 Relaxation Circle	9 Yoga w Leila
4	5	6	7	8
10 Knit&Crafts 10 BP Clinic 12 Zumba with Aimee 12:45 Toning with Aimee 1 ArtMatters	9-11 Chair caning 1:30 Trivia	10 Bocce 10 Knit&Crochet with Louise 11 Zumba 1 pm Bingo	10 Line Dancing 12:30 Movie/Pizza 1 Relaxation Circle	9 Yoga w Leila
11	12	13	14	15
Columbus Day Center Closed 	9-11 Chair caning	10 Bocce 10 Knit&Crochet with Louise 11 Zumba 1 pm Bingo	10 Line Dancing 11 Caregivers support 12:30 Movie/Pizza 1 Relaxation Circle 2 Chair yoga with Rosa	9 Yoga w Leila

18 8:30 Haircuts w Sis 10 Knit&Crafts 12 Zumba w Aimee 12:45 Toning with Aimee 2 Elder Attorney	19 9-11 Chair caning 1:30 Trivia	20 10 Bocce 10 Knit&Crochet with Louise 11 Zumba 1 Bingo	21 10 Line Dancing 12:30 Movie/Pizza 1 Relaxation Circle 2 Chair Yoga with Rosa	22 9 Yoga w Leila
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ASK THE NURSE

Peg Drummy, RN Stoneham Board of Health

Now that this year is behind us, I feel like Rip Van Winkle waking up to a different world. How can I get back to some kind of normal?

Yes, Dear Reader, we are all waking up to a “new normal”. As we slowly begin this process of re-emerging into the post-pandemic world, we may encounter feelings of less anxiety, anger or stress than younger age groups. **We are a resilient bunch!** Seniors are actually expressing more positive emotions, feelings of calmness, interest and gratitude. This may surprise you but these findings have been attributed partly to Senior’s perceptions of time and coping mechanisms developed over a lifetime. Many Seniors have redefined their experiences in terms of time left to live and they focus on what is most meaningful now. They let go of what they can’t do anything about. Instead of looking back, Seniors are motivated to enjoy the time they have left. Old adults who have been self-isolating for months have been looking forward to getting together with family and friends. During this past year, many Seniors have become tech-savvy, learning new skills to stay in touch family, participating in Zoom where they can participate in groups from their Library Book Club to Art classes and even a doctor’s visit. The one positive thing Covid did was force all of us to become tech-savvy. Who says you can’t teach an old dog new tricks! While many Seniors may be coping well, it is important not to overlook those socially isolated, Seniors with physical and mental health challenges or difficulties getting access to technology that can help them connect to others. Reach out to your friends and neighbors who may need that extra encouragement and help navigating our new world.

And with all that said, Dear Reader, while you are having that cup of tea, text a family member or friend and make plans to go out and enjoy this beautiful day.



Program Spotlight

MelroseWakefield Healthcare's Aging in Balance Programs October 2021

Boosting Your Brain Health Wednesday, October 13, 10 a.m.

We all know our lifestyle choices "what we eat and the things we do" play a critical role in our health. What about the brain? Are you wondering what are some things you can do to keep your brain healthy as you age? A healthy brain is essential for living a long and full life. Join Joya Pezzuto, Community Outreach Nurse and learn about healthy eating, physical activity and much more. (This program will not be discussing cognitive decline seen in diseases such as Alzheimer's).

Perimenopause and Menopause, Women's Health Series, Wednesdays in October, 7 p.m.

Are you wondering what's going on with your body? Maybe you are experiencing physical, mental and emotional changes. Find out more about what you can do to stay healthy and alleviate symptoms. Have your questions answered by our MelroseWakefield Healthcare physicians and clinicians.

This free 4-session series is designed to address your needs and concerns about perimenopause and menopause: October 6 - Nutrition Needs

Healthy Eating Tips
Maintaining a Healthy Weight

October 13 - Protecting Your Mental Health

Understanding Anxiety and Depression
Stress Management Tools

October 20 - Cardiac Health

How to Have a Healthy Heart
Importance of Exercise

October 27- Symptom Management

Panel of health experts available to answer your questions about incontinence, breast health, gastrointestinal issues, pelvic floor health, medications and more.

Don't miss this incredible opportunity!

Sign-up today for one session or for all sessions.

(Please note that this series is still evolving, and some changes of topics may occur.)

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

Mystic Valley *Elder Services*

Mystic Valley Elder Services presents:

DIABETES SELF-MANAGEMENT

A VIRTUAL ZOOM CLASS

**Tuesdays, October 12 to November 16
9:30AM to 12:00PM**

(Practice Session on Tuesday 10/5 at 9:30 AM)

Learn how to connect virtually thru a Zoom platform and take the class from the comfort of your home. You'll learn skills for improved management of your diabetes — including how to effectively handle stress and difficult emotions, eat for your health and promote physical activity, increase your energy level, set and meet personal goals, and make informed choices about your treatment.

TAKE THIS STEP FOR INCREASED HEALTH & WELLBEING!

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



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. Due to Open Enrollment, no appts are available until after 12/7.

SENATOR JASON LEWIS

Will resume office hours at the Senior Center every month beginning November 1 from noon to 1 pm

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.

Join Susan McFarlane on **Mondays**, October 4, 18, 25, at 1 pm for a class in **Zentangle!**

Zentangle® In Person
(outside weather permitting,
otherwise indoors with
masks) \$5/week payable to
the instructor.



Each week Susan McFarlane, Certified Zentangle Teacher, will lead the class in the Zentangle Method of meditative drawing. Relaxing, positive, and comfortable mark making. Guided "one stroke at a time." No previous drawing experience needed. Please bring paper, pencil, a Micron pen (or other pen that writes nicely). Supplies provided as needed.

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** on Mondays and Fridays 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, October 13. 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.



- * *Never discuss infinity with a mathematician, they can go on about it forever.*
- * *What's the difference between a poorly dressed man on a bicycle and a nicely dressed man on a tricycle? A tire.*
- * *I sold my vacuum yesterday. It was just collecting dust.*



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.



The Senior Garden is still producing and giving back to the community!



Senior Center/Council on Aging

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