

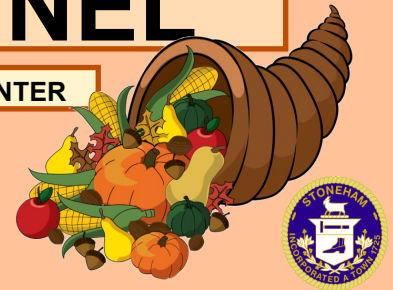
STONEHAM SENTINEL



A PUBLICATION OF THE STONEHAM SENIOR CENTER

November 2021

136 Elm Street, Stoneham, MA 02180
www.stonehamseniorcenter.org
<https://www.facebook.com/StonehamSeniorCenter>
781-438-1157 781-438-1161



Dear friends,

We hear so often about the benefits of being thankful, especially in the recent times of change. The Harvard Healthbeat reports "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships" Certainly with Thanksgiving coming, we can choose many things to appreciate that we might otherwise take for granted. I have a friend who, after having been overseas with weekly rationed cold water only for bathing, is profoundly thankful for daily hot showers!

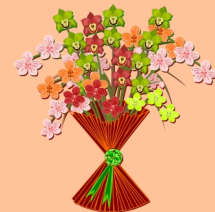
We are grateful to all our veterans, some of whom gave the ultimate sacrifice to ensure that we still embrace living in a free country.

We are grateful to be able to remain open to welcome you here for some new and some returning programs as we begin to resume activities. Thank you for continuing to comply with CDC guidelines for masking indoors. 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:

Jan Turner in memory of Alice Kennedy and Rita O'Melia
Marianne & Frank Jr Zammuto in memory of Mary Zammuto
Marie Jutras donation in Appreciation



TECH CORNER

Beginning in December, we are starting a program called
Easy Connections with Technology for Seniors.

There will be classes on how to use a Kindle Fire
Tablet for fun and how to connect with family and
friends. Instruction will be held on
Wednesdays at 11:00 am

We have laptops that can be loaned out for up to
one month.

Call the center for more information.



WHAT'S GOING ON AT THE CENTER?

DELVENA THEATRE PRESENTS



BON APPETIT, JULIA!

**A sequel to
Delvena Theatre Company's
ever-popular**

***Meet Julia Child! show set in the
late 1980's. Julia being Julia!***

**STONEHAM SENIOR CENTER
136 Elm Street, Stoneham**

**FRIDAY, NOVEMBER 5,
1:00 PM**

This performance is supported in part by a grant from the Stoneham Cultural Council, which is supported by the Massachusetts Cultural Council, a State Agency.

CONTINUING CARE



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar October – December 2021

Based on grief research and our clinical practice, we find that our support groups benefit those individuals who participate in these groups at least three months after the loss of a loved one. Registration in our Newly Bereaved workshop is recommended for those who have experienced loss within the past three months. For the full description of a group, please visit our website calendar at [CareDimensions.org/Calendars](https://www.caredimensions.org/Calendars).

Please be advised that all participants at in-person grief support meetings will be required to wear a mask at all times while inside a Care Dimensions facility, including throughout the grief support group.

(Per MA Department of Public Health Order issued 5/28/21)

VIRTUAL: NEWLY BEREAVED

A one-time workshop for loss within the last three months

For anyone with a death in the last three months whose loved one was not connected to Care Dimensions hospice. RSVP required by Thursday before group.

Virtual via Zoom

Monday, November 1 or December 6, 3–5 p.m.

VIRTUAL: NEWLY BEREAVED

A one-time workshop for loss within the last three months

This workshop is open to friends and family of Care Dimensions patients only. For people whose loved one did NOT die on CD hospice services please see our workshop offered the first Monday of each month from 4–6pm. RSVP by Monday before group.

Virtual via Zoom

Thursday, November 4 or December 2, 3–5 p.m.

MONTHLY CAREGIVER SUPPORT GROUP

RSVP by Friday prior to group to April Evans at AEvans@CareDimensions.org.

Virtual via Zoom

Monday, November 8 or December 13, 10:30–11:30 a.m.

¿HA PERDIDO UN SER AMADO? SPANISH GRIEF GROUP

¿Necesita ayuda para continuar su vida después de una pérdida difícil? Care Dimensions ofrecerá un grupo de apoyo en español para navegar el difícil proceso del luto. Si le interesa email a Erin Bourgault, coordinadora de servicios de apoyo de la clínica de East Boston, bourgaue@ebnhc.org o llamar 857-248-5728. Email Erin Bourgault at bourgaue@ebnhc.org or call 857-248-5728 for more information.

Virtual via Zoom

Sabados, 23 de octubre, 13 de noviembre y 11 de diciembre, 10:30–11:30 a.m.

Saturdays, October 23, November 13 and December 11, 10:30–11:30 a.m.

GENERAL GRIEF AND LOSS

To register email Maria Perry at MPerry@CareDimensions.org or call 978-774-5100.

Virtual via Zoom

Thursdays, October 28 to December 16, 6–7:30 p.m.

LOSS OF SPOUSE/PARTNER

To register email Maria Perry at MPerry@CareDimensions.org or call 978-774-5100.

Virtual via Zoom

Saturdays, October 30 to December 18, 10–11:30 a.m.

LOSS OF PARENT

To register email Maria Perry at MPerry@CareDimensions.org or call 978-774-5100.

Virtual via Zoom

Wednesdays, November 3 to December 15, 12–1:30 p.m.

YOUNG WIDOWED

For widowed participants under 56 years of age. To register email Maria Perry at MPerry@CareDimensions.org or call 978-774-5100.

Virtual via Zoom

Mondays, November 8 to December 13, 5–6:30 p.m.

COPING WITH THE HOLIDAYS (2 options)

The holiday season can be a stressful time for people who have experienced a significant loss. This workshop will offer helpful ways to cope with the holiday season. To register contact Mary Beth Grimm at MGrimm@CareDimensions.org or 781-373-6645.

Virtual via Zoom

Wednesday, November 17, 3–4:30 p.m.

or

Wednesday, December 8, 6:30–8 p.m.

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

Call us to learn more about our grief support services for children.

RAISING GRIEVING CHILDREN: A FREE PARENT/CAREGIVER WORKSHOP

Helping Your Children Cope with the Holidays, focused on supporting grieving children/teens. To RSVP contact Kristin Kowalski at KKowalski@CareDimensions.org or 781-373-6633.

Virtual via Zoom

November 17, 7–8:30 p.m.

**For more information or to register:
visit - [CareDimensions.org/Calendars](https://www.caredimensions.org/Calendars)
call - 855-774-5100 or
email - grief@CareDimensions.org**

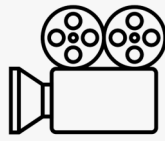
**Advance registration is required for all groups and workshops.
Dates and times are subject to change. Although there is no charge
for most support groups, donations are appreciated.**

10082021

ENTERTAINMENT & ENRICHMENT



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



11-4 The Next Three Days – Life for John and Lara Brennan (Russel Crowe and Elizabeth Banks) is miserable after she is convicted of a murder
11-18 I am Sam– A compelling film about a mentally challenged father, Sam Dawson (Sean Penn) raising his daughter.

NOVEMBER



Reconstructing History & Genealogy: Mom's WWII Letters Thurs, 11/18 at 10 am

In May 2017, Corinne Smith found her mother's stash of more than 80 letters from 16 servicemen she had corresponded with in 1944-1945. Corinne began to trace the soldiers' family trees with one goal in mind: to return the letters in person to their children. This presentation links history and genealogy to present-day research and diligence. It revisits a time that we may not want to forget. And it may prompt others to wonder for themselves what treasures lurk in their own old family boxes, and how they can share the information with others.

Corinne H. Smith is a writer who is originally from Lancaster County, Pennsylvania. She served for several years on the board of The Blair County Genealogical Society in Altoona, Pennsylvania.

This program is supported in part by a grant from the /Stoneham Cultural Council, a local agency which is supported by the Mass Cultural Council.



ArtMatters American Art Part 1 (1776 - 1900)

Monday, November 8, 1:00 pm

The United States was not founded by schooled artists, but by people seeking freedom and adventure. American artists have been like America itself, pioneering, bold, and independent. Early American artists had their roots firmly planted in European traditions but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation. Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering courage independent drive, and rebellious spirit.



GAMES & CRAFTS



CARD GAMES

Cribbage Mondays and Fridays 10-12
Hand and Foot Canasta Fridays 10-12
Bridge Wednesdays 1-4

Mahjong

Tuesdays 12:30-3:30



TIMELESS TRIVIA

Every other Tues 11/2, 16, and 30 at 1-2pm

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

November is National Family Caregivers Month! It's a time to honor and recognize family caregivers for all that they do. Shining the light on caregiving issues, making people aware of what family caregivers do is important. Are you new to the caregiver role or have you been doing it for a while? Do you provide care to your wife, husband, partner, mom, dad, child, grandchild, grandparent, dear friend? There are so many different scenarios in which people are family caregivers. Some provide care 24/7, others live out of state and provide important support, and some provide support and care on a frequent basis. Many people who are working full or part time are providing family caregiving as well with personal care, meals, and everything in between. Others play a more specific role whether it be financial/bill paying, homemaking, medical rides, or support to their loved one who lives in an assisted living or nursing home... the list goes on. Please reach out to a caregiver that you know and let them know how much they are appreciated. If you can help a caregiver don't hesitate to ask them how you can help or offer to do something specific. Whether the offer is for one time or a limited time let the person know, make the offer of assistance. If you haven't taken time for yourself please start this month. Begin by realizing that it is necessary for you to take some time for yourself without feeling any guilt. Go on line and check out some of these resources.

Do you need more support and in home help? If you need some tips on self-care, call or email me and I will help you with ways to begin.

Call Mystic Valley Elder Services 781-324-7705 or <https://www.mves.org/services/caregiver-support/>

<https://nationaltoday.com/national-family-caregivers-month/>

<https://www.caregiving.org/>

<https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/american-cancer-society-caregiver-resource-guide.pdf>

<https://www.caregiveraction.org/>

If you're not able to access these links below please call me.

Anne Lawrence, LICSW
781-850-0619

alawrence@stoneham-ma.gov Anne Lawrence, LICSW

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 12:30 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 a slow, mindful practice to balance 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 12:45-1 pm

"Your life journey is about learning to become more of who you are and fulfilling the highest, truest expression of yourself as a human being."

A Helping Hand with Carol Seplowitz

Monday afternoons, from 2 to 4 PM. 40 minutes each. \$5.00 per session. Call or sign up at the front desk.



Haircuts with Sis

Mondays from 8:30-noon. \$12.00
Call the center to schedule an appointment.



FREE BLOOD PRESSURE CLINIC
No BP clinic in November



NOVEMBER 2021

1	10 Cribbage 10 Knit&Crafts 12 Zumba w Aimee 12-1 Sen J. Lewis 1 Zentagle 2-4 Helping Hands	2	9-11 Chair caning 12:30 –3:30 Mah Jongh 1-2 Trivia	3	10 Tai Chi 10 Knit&Crochet with Louise 11 Zumba 1-3 Bingo 1-4 Bridge	4	10 Line Dancing 12:30-2 Movie/Pizza 12:30-1:30 Relaxation Circle 2 Chair yoga	5	9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta 1-3 Bon Appetit, Julia
8	10 Cribbage 10 Knit&Crafts 12 Zumba with Aimee 12:45 Toning with Aimee 2-4 Helping Hands 2-4 Susan Mooney 1 ArtMatters	9	9-11 Chair caning 12:30-3:30 Mah Jongh	10	10 Bocce 10 Knit&Crochet with Louise 1-3 Bingo 1-4 Bridge	11	CENTER CLOSED IN HONOR OF VETERAN'S DAY 	12	9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
15	10 Cribbage 10 Knit&Crafts 12 Zumba with Aimee 12:45 Toning with Aimee 2-4 Helping Hands	16	9-11 Chair caning 12:30-3:30 Mah Jong 1-3 Diabetic Foot Clinic 1-2 Trivia	17	10 Bocce 10 Knit&Crochet with Louise 11 Zumba 1-3 pm Bingo 1-4 Bridge	18	10-12:30 WWII Program 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Movie/Pizza 2 Chair yoga	19	9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta

22 10-12 Cribbage 10 Knit&Crafts 12 Zumba w Aimee 12:45 Toning with Aimee 2-4 Helping Hands	23 9-11 Chair caning 12:30-3:30 Mahjong	24 10 Bocce 10 Knit&Crochet with Louise 11 Zumba 1 Bingo 1-4 Bridge	25-26 CENTER CLOSED FOR THANKSGIVING 
29 10-12 Cribbage 10 Knit&Crafts 12 Zumba with Aimee 12:45 Toning with Aimee 2-4 Helping Hands	30 9-11 Chair caning 12:30-3:30 Mahjong 1-2 Trivia 		

Attention, Adults with foot problems and Diabetes!

Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of Diabetic shoes and inserts FREE to you if you are Diabetic!
Also other insurances cover this as well!

Starting at 1:30pm Tuesday November 16, Stoneham Senior Center
www.dfcomfort.com
www.Anodyneshoes.com

Please bring your Medicare card and any other supplemental insurance cards as well and the completed doctor's order and required paperwork (pick up from Senior Center). Call to make your 10-minute fitting appointment 781-438-1157. Any additional questions call Amy from Pro Medical East: 603-944-1311. Straight Mass Health/Medicaid does not cover this.



Program Spotlight

Sunny Side Up

Wednesdays 10-11:30am – November 3, 10, 17, 24

Learn How to Begin Your Day in a Positive Way!

This free four-session program will teach you how to wake up on the right side of the bed and how to develop a more positive attitude, which can be beneficial to your health and well-being.

In each session, you will learn techniques to assist in more positive thinking and in managing stress. Music, singing, sharing positive experiences, and learning deep breathing for relaxation are included in the program to help you develop a more positive attitude.

Holiday Cheers and Holiday Fears

Tuesday, November 9, 10am

The holidays can be a joyous time and they can also be a difficult time. Join Joya Pezzuto, RN, as she leads a discussion about caring for ourselves during the holidays, including ideas and exercises for coping and relaxing.

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 Ramy of Aging in Balance at Melrose-Wakefield 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 ID131-672-167##

Aging in Balance Programs are being offered by Zoom or phone. To register contact Stephanie Ramy at 781-338-7559 or email AgingInBalance@melrosewakefield.org

We're here to make your life easier. For many individuals and families, the first call to Mystic Valley Elder Services is an introduction to a puzzling network of programs and long-term care services. We'll help you bypass the confusion to find the right services for you.

Programs include

Information & Referral
Options Counseling
At-Home Care
Nutrition
Caregiver Support
Transportation
Protective Services
Health Benefits Counseling (SHINE)
Healthy Aging Programs
Integrated Care Programs

When you call Mystic Valley Elder Services, our receptionist will connect you with a caring expert who is ready to listen and answer your questions. Our referral specialists have the most current information on services in the region and can make suggestions and referrals at no cost. If they do not have the answer right away, they will find it!

Referral services are available in:

English

Spanish

Haitian Creole

We can provide translation for other languages too—just ask!

Together, we'll form a plan.

If you choose, we can send someone to your home to get a better sense of your current situation and goals. We also offer options counseling to help you make a smooth transition to or from a hospital, nursing/rehabilitation facility, assisted living residence, or your home. Whether it's by phone or in-person, our staff are here to build a plan that works for you!

To make a referral for yourself, a loved one, or a patient, please call us at 781-324-7705 to start a conversation.

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 other month beginning November 1 from noon to 1.

ATTORNEY FOR SENIORS

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

WALKERS, COMMODOES, CANES, OH MY!

The Senior Center has a large selection of FREE gently used walkers, commodes, canes and other assistive devices. Call 781-438-1157 for inquiries.

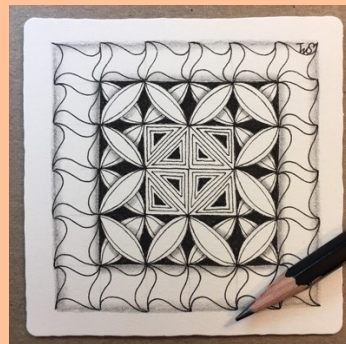
CAREGIVERS SUPPORT

Due to the November holidays, there will no in-person meeting but folks are welcome to join on Zoom using the Meeting ID 730 3992 5576 and passcode by51ZQ

ZENTANGLE Mondays, November 1, 8, 15, and 22
\$5/week payable to the instructor.

Take a little time for yourself to tap into your creative side. No experience is needed.

Join in for a relaxing, meditative, comfortable art experience. Zentangle can help with hand-eye coordination, concentration, and is just plain fun. Guided "one stroke at a time." No previous drawing experience needed. Susan is a Certified Zentangle Teacher. Materials are provided, or you may bring your own. Attend as many or as few classes as you wish.



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, November 10. 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.



- ◆ When my wife told me to stop impersonating a flamingo, I had to put my foot down.
- ◆ I went to buy some camouflage pants but couldn't find any.
- ◆ I failed math so many times at school, I can't even count.
- ◆ I used to have a handle on life, but then it broke.

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.

SHORT, SWEET, AND SUCCESSFUL!

Thank you to our generous donors, dedicated volunteers, and loyal customers for a brief and weather-challenged eight-week season. See you in May!



Senior Center/Council on Aging

Board of Directors

Kathleen Hudson, Chair
Maureen Buckley
Kathy Carey
Jane DiGangi
Tom Flynn
Bill Kelly
Denise Kneeland
Samantha Lino
Traci Mello
Connie Rosa
Walt Wolonsavich
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Sandy Kirby, Admin Asst
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Peter Barnaby, Custodian
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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 8:30-4:00 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.