STONEHAM COUNCIL ON AGING

STONEHAM SENTINEL

JANUARY 2022

A PUBLICATION OF THE STONEHAM SENIOR CENTER

Dear friends,

I hope this issue finds you happy and healthy as we head into the new year.

Many of you have been coming back to the Center for activities, enrichment, or classes, and we are glad to see you here. This month, you'll see we've added some new programs, and please note important information regarding tax benefits. As usual, if we can be of any help to you, please give us a call.

Together with the staff, we wish you a healthy, safe, and prosperous new year!

Kristen Spence, Director
Stoneham Senior Center and Council on Aging
781-438-1157

A message from the Stoneham Police and Fire Departments

Police Chief James McIntyre and Fire Chief Matthew Grafton wish to provide information about the planned 3G cellular network shutdown, in order to prepare residents for possible impacts. Mobile carriers plan to retire 3G networks, which rely on older technology, beginning in early 2022 in order to allow for more advanced and reliable network services, including 5G. As a result, some older phones and devices will lose call and data functions, including the ability to contact 911.Mobile devices, including those older than an iPhone 6 or Samsung Galaxy S4, may require an upgrade before the elimination of the 3G network. Residents with older phones are urged to contact their mobile carrier or visit their carrier's website to determine if a new device or software upgrade is necessary.

Mobile providers have indicated they plan to retire 3G services on the following timelines:

- AT&T in February 2022
- T-Mobile Sprint on March 31, 2022
- Verizon by the end of 2022

Residents are reminded that these are the dates for completion and mobile carriers may begin retiring parts of the network earlier. Residents with mobile carriers not listed may still be affected. "Our top priority is the safety of our community members, and we want to ensure that residents do not lose the ability to contact emergency services as a result of the shutdown," said Chief McIntyre. Chief Grafton added, "We urge residents to take the necessary steps to prepare, and to contact their service providers with any concerns related to device connectivity. "The shutdown may affect other devices as well, including medical devices, tablets, smartwatches, vehicle SOS services, personal emergency alert devices, security systems and more. Residents concerned about a device's connectivity should contact the monitoring company or service provider to see whether or not the device will be impacted.

For more information about the shutdown, including information about resources to assist eligible consumers with phone upgrades and other internet connectivity costs, see https://www.fcc.gov/consumers/guides/plan-ahead-phase-out-3g-cellular-networks-and-service.

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.

TAX HELP FOR YOU!

Beginning in January, check out the information here to see if you are eligible!

Senior Tax Work-Off Program
Local seniors can participate in the Property Tax Work-Off Program! Stoneham offers property tax relief for senior citizens by participating in the state's Property Tax Work-Off program for seniors. This program allows seniors to do volunteer work for their local government in exchange for a reduction in property taxes.

Eligibility;
Must be 60 years of age or older
Must be a homeowner (or spouse of the homeowner) and occupy the home
Income must not exceed $51,000 for a senior household of one person or $58,000 for two persons
Only one volunteer abatement per household per year

All Interested Applicants:
Schedule an interview with Council on Aging (COA) Director
The rate of service will be the State's current minimum wage
Applicants will have their property tax reduced by a maximum of $750
Required Federal and Medicare taxes will be taken from pay
Applicant must notify director and work site supervisor of schedule changes and absences
Applicant must notify director of any changes which affect eligibility i.e. sale of property
Applicant must turn in completed hours, signed by supervisor, to the COA Director at completion of hours worked.

Placement:
Determined by matching applicant's skills, interests and availability with job requests
If there are more applicants than available openings, a lottery will be held to determine which applicants will be selected.

Time Frame:
Applications can be picked up at any time at the Stoneham Senior Center after December 1, 2021
Program effective January 1, 2022 to November 30, 2022
Documentation of completed hours of service due to Senior Center by November 30, 2022.

Massachusetts "Circuit Breaker" Tax Credit!
If you are interested in the annual state income tax credit (Circuit Breaker) of up of to $1,080 – homeowners should bring documentation of your annual income, property tax valuation, property taxes paid and paid water and sewer services. For renters, bring documentation of your annual income, annual rent paid and the name and address.

For Additional Information:
Contact Kristen Spence, Director, Stoneham Senior Center, 781-438-1157 or 781-438-1161. Email KSpence@stoneham-ma.gov.

CONTINUING CARE

CAREGIVERS CORNER

Here we are January 2022! The older we get the faster time seems to fly. What better time to renew or begin to do something positive and good for yourself. Why not make today the day you begin to do that thing for yourself- whatever it is that brings a smile to your face and makes you feel good! Whether it takes 20 minutes or 2 hours of your day or week. Make your plan and begin. Most people feel the positive effects right away! They're reflected in all you do and will be noticed by your loved ones too. Feeling a bit happier, more energetic, sleeping a bit better are just some of the changes you might notice.

To begin your plan do you first need to ask someone for help? Maybe someone is needed to stay with your loved one while you attend to some self-care. Asking for help is not always an easy thing to do, but it's necessary and important. No one is an island, we need to help each other.

It doesn't matter whether it's a walk, a support group, a movie, an exercise program. As long as it is something that you want to do. This time that you dedicate to your care can help with relieving some stress, and opening up some emotional space in you. Maybe your thing will be to join something new at the Center!

Wishing you a happy, healthy and self-care New Year!

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

ASK A NURSE

I am 70 years old and a widow. I would like to start going out and seeing people and I do not mean other "women. My family feels that they are enough for me for companionship and socializing, am I crazy to want more?

Dear Reader,

First, you are not crazy. "I need somebody to love" sang the Beatles, and they got it right. Love and health are intertwined in surprising ways. Humans are wired for connection and when we cultivate good relationships the rewards are immense.

Advances in medicine are allowing many adults to live longer lives than previous generations. The elderly population is becoming one of the largest growing sectors of the present population. Researchers are showing studies that the impact of social relationships play an important part in one's health and psychosocial well being. Seniors who find meaningful ways to stay active in society either by working, volunteering or interacting socially expressed a greater sense of happiness. A realistic approach to one's present circumstances greatly contribute to a better quality of life.

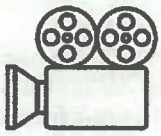
As one ages, support systems tend to decrease and it is important for one to remain socially active. So Dear Reader, your family may be protective of you and do not want to see you hurt, but it sounds like you want to make the leap and be your own person so, cherish each day, possess a positive self attitude and maintain a social support system.

And as the Beatles sing "I want to hold your hand" , you have that cup of tea with someone special.

Peg Drummy, RN
Stoneham Board of Health

ENTERTAINMENT AND ENRICHMENT

PIZZA AND MOVIE!
Thursdays at 12:30
$2.00



1/6 Legally Blonde—After being dumped by her boyfriend, a sorority queen decides to follow him to law school, and while she is there, she realizes there's more to her than just her looks.
1/13 Nutty Professor —Brilliant but dorky scientist finds weight loss solution that coincidentally turns him into a suave man about town.
1/20 Letters to Juliet– Sophie, an American girl who visits Verona with the man she's engaged to marry She visits the house allegedly inhabited by Shakespeare's Juliet. Below the balcony there, lovelorn women for years have posted "letters to Juliet," asking for advice.
1/27 Thunder Force– Two childhood best friends reunite as an unlikely crime-fighting superhero duo when one invents a formula giving her superpowers.

Creativity being discovered by members of the Zentangle and watercolor classes by Susan McFarlane. No experience necessary.
Find a new way to explore *your* creative self!

ArtMatters **American Art Part 3 - (1950 -1990)**
Monday, January 10, 1 pm
In the second half of the 20th century, America breaks free of it's European bonds to defy convention, and then dominate the entire art world. There was an explosion of creativity on this side of the ocean. American Art grows up and demonstrates it's own unique personality; innovative, and sometimes controversial. But whether you swear by it, or at it, it is always fun. Join us for a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. You can't "like" it all, but you may go home with more than you thought. Where in the world do you think it is going next?.

LOOK! ARTMATTERS IS AVAILABLE ONLINE! We are delighted to announce a new program; ArtMatters Online.You can now watch ArtMatters presentations from home, whenever and as often you like by logging on. Two new subjects are available every month. Just sign-up at artmatters.website with an email address and personal password.

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 1/11 and 1/25 at 1-2pm
Come for prizes and themed 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.

NEW !

Dr. Paul Lam's TAI CHI for HEALTH
Class is with certified instructor Susan Becker!
(class size is limited to 15)
Wednesdays, January 19 - March 9 10-11 am

Find pain relief, reduced stiffness, and a better quality of life through tai chi. Tai chi is often described as "meditation in motion," harmonizing body and mind by practicing slow continuous movement accompanied by deep breathing. The class will cover the basic movements in Dr. Paul Lam's CDC approved program. There's growing evidence that this mind-body practice has value in treating or preventing many health problems. Our practice is gentle, requiring a small range of motion and can be done standing or seated. Help your body work for you!
TO RESERVE YOUR SPOT, CALL 781-438-1157

FREE HEALTHCARE CLASS OFFERED BY MELROSE WAKEFIELD HEALTHCARE'S AGING IN BALANCE PROGRAM

Steps to De-Stress;
Learn how to successfully relax through a stressful day. Wednesday, January 26, 10am

At some point, we have all dealt with stress, but having a constant feeling of being "stressed-out" can affect our health and wellness. Joya Pezzuto, RN, will share tools and techniques to help you reduce stress. During this 1.5-hour class you will learn about: • stress physiology, how stress affects your body, techniques for relaxation, and easy tips to managing everyday stress. Hope you can join us!

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 12:30 pm. To join the Zoom class version, please email 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

Chair Yoga with Rosa
Thursdays 2 pm

Zumba with Aimee
Wednesdays 11:30 am ***New Time!***
Come see if you agree that every class is a party!

Zumba with Aimee
Mondays at 11:30 am ***New Time!***

Weights and training with Aimee
Mondays at 12:15 1 pm ***New Time!***

A Helping Hand with Carol Seplowitz

Do your hands serve you well? Or do they sometimes ache or cause you pain. **Carol** 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. Call the center to schedule time on Monday afternoons, 2 to 4 pm $5.00 per 40-min session

Parkinson Support Group *January 4*
Meetings are held on the first Tuesday of the month from 1-2pm to discuss new discoveries and caregiver initiatives related to Parkinson Disease

Haircuts with Sis
Third Monday of the month,January 17 from 8:30-12.00, no appointment needed.

Blood Pressure Clinic
Board of Health walk-in blood pressure clinic at the center, Mon Jan 3 from 9-10

Hi Dose and Reg Flu vaccine available from the Board of Health.
Call for appointment at 781-438-0501

JANUARY 2022

HAPPY NEW YEAR				1 9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
3 10 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12 Jason Lewis 12:15 Toning with Aimee 1-2 Zentangle 2-4 Helping Hands	4 9-11Chair caning 12:30-3:30 Mah Johng 1 Parkinson Support	5 10 Knit&Crochet with Louise 11 30 Zumba 1-3 Bingo 1-4 Bridge	6 9 Art with Howie 10 Caregivers 10 Line Dancing ***10:30 Music of the Civil Rights Movement*** 12:30-1:30 Relaxation Circle 12:30 Movie/Pizza 2 Chair yoga	7 9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
10 10 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12:15 Toning with Aimee 1-2 Zentangle 1-2 ArtMatters 2-4 Helping Hands 2-4 Susan Mooney	**11** 9-11Chair caning 12:30-3:30 Mah Jong 1-2 Trivia	**12** 10 Knit&Crochet with Louise 11:30 Zumba 1-3 pm Bingo 1-4 Bridge	**13** 9 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Movie/Pizza 2 Chair yoga	**14** 9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
17 10-12 Cribbage 10 Knit&Crafts 11:30 Zumba w Aimee	**18** 9-11Chair caning 12:30-3:30 Mahjong	**19** 10 Knit&Crochet with Louise 11:30 Zumba 1 Bingo	**20** 9 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle	**21** 9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta

12:15 Toning with Aimee 2-4 Helping Hands		1-4 Bridge	12:30 Movie/Pizza 2 Chair yoga	
24 10-12 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12:15 Toning with Aimee 2-4 Helping Hands	**25** 9-11Chair caning 12:30-3:30 Mahjong 1-2 Trivia	**26** 10 Knit&Crochet with Louise 11:30 Zumba 1 Bingo 1-4 Bridge	**27** 9 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Movie/Pizza 2 Chair yoga	**28** 9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
31 10-12 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12:15 Toning with Aimee 2-4 Helping Hands	Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you: 1. Exercise more, 2. Lose weight; 3. Get organized ; 4. Learn a new skill or hobby 5. Live life to the fullest; 6. Save more money/spend less money; 7. Quit smoking; 8. Spend more time with family and friends; 9. Travel more; 10. Read more . What are some of yours?			

In the new year, why not try

1. Sharing a Favorite Meal - If you're cooking at home, share simple cooking tasks, such as sorting ingredients, rinsing vegetables, or stirring batter. If you're eating out, treat it as a special occasion and get dressed up or even have your hair done. .

2. Reflect on Years Gone By with friends - Pick a few important years from your life, such as the year you got married, or when children were born. Sit down with friends to look at photos of those days and talk about what they were like.

3. Have a Singalong! Listening to music and sharing singalongs are two great activities for seniors with dementia in particular. Each one make a playlist with your favorite songs. The real fun is in singing along together. If your friends have any memory loss, music is especially helpful to engage them.

4. Set New Year's Intentions For many, New Year's resolutions trigger thoughts of weight loss or career goals, two topics that aren't very relevant. Instead, come up with positive intentions for the coming year, such as spending time together, enjoying lifelong passions like music and art, or simply taking time to appreciate the little things, like the sound of birds or changing seasons.

Program Spotlights

John Clark and his Great American Music Experience presents

From Abolition to Civil Rights in Music, Pt 1

Thursday, Feb. 24th at 10:30 am

FISK JUBILEE SINGERS

DUKE ELLINGTON

ETHEL WATERS

BERT WILLIAMS

This travelogue along the road to freedom begins in the days of the Underground Railroad with the subversive spirituals of the enslaved and the abolitionist protest songs of the Hutchinson Family Singers. After the Civil War two other important players in this story are featured: the Fisk Jubilee Singers (1870s) and Bert Williams (early 1900s), whose performances represented an affirmation of the proud heritage and full humanity of African-Americans. Then in the early 20th century, in the midst of Jim Crow legislation, the first freedom anthems emerged: **Oh, Freedom** and **Lift Every Voice and Sing**. The program then highlights the contributions of the Harlem Renaissance, including important musical events (*Shuffle Along, Blackbirds of 1928*), musicians (Eubie Blake, Louis Armstrong, Duke Ellington) and singers (Bessie Smith, Ma Rainey, Ethel Waters). Part One closes with the inspiring **Ballad for Americans,** a patriotic cantata that celebrates our country's religious and ethnic diversity.

There is still space available for our scheduled presentation on Thursday January 6 at 10:30

MELROSE-WAKEFIELD AGING IN BALANCE JANUARY 2022

Slips, Trips and Falls, how can you prevent falls? , Jan 12, 10am
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 Ramy, Occupational Therapist, for an interactive and informative online workshop that will highlight ways you can prevent falls at home and in the community.

Sleepless in New England , Thur, Jan 20, 10am
We've all suffered with the occasional sleepless night but what happens when that one-night turns into many sleepless nights. Not getting enough sleep causes an increased risk for chronic conditions such as diabetes, cardiovascular diseases, obesity and depression . According to the Center for Disease Control "*Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion".* Joya Pezzuto, RN will facilitate this 1-hour program providing participants with tips for good sleep hygiene.

My Life, My Health Information Session Wednesday, January 26, 1pm
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, 2022 is the year to take charge of your health! Join us for "My Life, My Health", an interactive seven-session online class that will teach you or your caregiver valuable tools so you can live your best life. life!

Let's Zoom!
Tuesday appointments available 1 or 2 p.m. 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 Ramy 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!

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 No need to register just call in! **PHONE: 1-646-558-8656 and when asked, enter meeting ID 131-672-167##**
Stephanie Ramy at 781-338-7559 or email AginginBalance@melrosewakefield.org

ART WITH HOWIE Join us every Thursday from 9-10:30 for a new art experience. Bring your own project and material and learn some new techniques.

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. For further assistance, please call 1-800-633-4227 .

SENATOR JASON LEWIS
Will hold office hours at the Senior Center every other month 1/3/22 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 January 10, between 2-4. Call (781) 438-1157 for a **15-minute appointment.** You will have time for one question and if you wish further advice, you may make a private follow up appointment.

WALKERS, COMMODES, 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
With Kathy Learned from MVES on the second and fourth Thursday at 10 am.

ZENTANGLE *Mondays Jan. 10, 24, 31 from 1-2:pm*
Being the new year with a fun, relaxing, meditative drawing method. No experience needed, materials are supplied, but you are welcome to bring your own favorite pen, pencil, and paper. Susan McFarlane is a certified Zentangle teacher who will guide you in new, and review previous tangles in new compositions. Take your time and create lovely small pieces of art. Expand your hand-eye coordination and feel rejuvenated through the process.

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, January 12. 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:

Frank Liu
Laurel Hellerstein
Dr. Cheryl Sanders
Elaine Hondorf and Bill Kelly
Sally Dicaro
Arts and Crafts group
Memorial from Canasta, Hand/Foot friends for Gianocarri Family

Pick a card, any card!
Our thoughtful and generous friends have donated a plethora of greeting cards for ALL occasions so why not come and purchase a few? And may we kindly ask at this time since we have so many, that you may want to donate them to a church or other charity! Thank you!

Thank You To Our Generous Donors

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.
My donation in the amount of $_____ is enclosed. Please makes checks payable to Stoneham Senior Center.

Name: _____

Address: _____ City _____ State: _____ Zip _____

Phone: _____ Email: _____

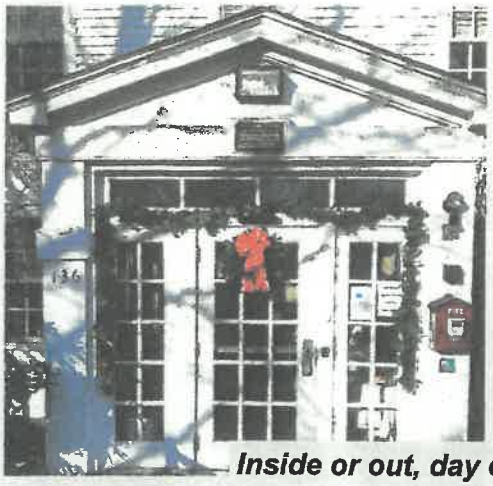
____ **I DO NOT** wish my ($10 or above) donation to be listed in the Sentinel.

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.



Inside or out, day or night, the Senior Center shows its light! Happy 2022!

Senior Center/Council on Aging	Staff:	136 Elm Street	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.
Board of Directors Kathleen Hudson, Chair Maureen Buckley, Kathy Carey, Janet DiGangi, Tom Flynn, Bill Kelly, Denise Kneeland, Samantha Lind, Tracy Mello, Connie Rosa, Walt Wolonsavich, Marge Neylon, Corresponding Secretary	Kristen Spence, Director Sandy Kirby, Carol Johnston, Admin Asst- Gary Cooper, Kevin O'Brien, Van Driver Peter Barnaby, Robert Pettengill Custodian Kathy Payne, Theresa Duggan, Receptionist Anne Lawrence, LICSW, Outreach Dennis O'Hara, Communications Danielle Berardis, Website Mgr	Stoneham, MA 02180 781-438-1157, 781-438-1161 Stonehamseniorcenter.org Open Mon-Fri 8:30-4:00 pm	**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 hand-shake logo.

Dear friends, All our advertisers are a great support and resource for our newsletter. Please consider patronizing them as your needs arise. If you would like to advertise your business with us here, contact Lisa at ltempleton@lpicommunities.com

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