

STONEHAM SENTINEL

JUNE 2022

A PUBLICATION OF THE STONEHAM SENIOR CENTER



Welcome June!

*It is the month of June,
The month of leaves and roses,
When pleasant sights salute the eyes,
And pleasant scents the noses.*



★ Are you interested in joining the Red Hat Society? If you would like to meet here at the center on Wednesday @ 1pm call and we will connect you with someone who can give you more information

★ Are you interested in playing Chess or Dominoes? Would you like to meet new friends here at the center? Give us a call.

From social resources, health and wellness classes, games and crafts, to entertainment and enrichment, you'll find something interesting at the Senior Center! Check us out!

STONEHAM CHAMBER OF COMMERCE

HEALTH & WELLNESS FAIR 2022



move a little more | eat a little better | stress a little less



Melrose Wakefield
Hospital

Beth Israel Lahey Health
Winchester Hospital

JUNE 4, 10AM - 1PM - STONEHAM TOWN COMMON



CALLING ALL VETERANS!

Beginning June 8 at 10:00 am, please join us for an informal time with coffee and refreshments. Our Veteran's Agent, Melanie Mandel, will be on hand to meet with you.

This will be an ongoing opportunity to get together on the second Wednesday every month. No sign-up needed!

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.

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

SUPPORT

MelroseWakefield Healthcare's Aging in Balance Classes June 2022 Online Presentation in collaboration with Aging Strong

Tufts Medical Center's Falls Prevention and Outreach Program)

SLEEPLESS IN NEW ENGLAND Tuesday, June 14, 10 a.m.

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.

GRANDPARENTS RAISING GRANDCHILDREN Online Zoom - Monday, June 13 & June 27, 7 p.m.

Are you a grandparent raising your grandchild or a kinship caregiver of a child? You are not alone! Join us for supportive and educational online Zoom meetings. Meetings are held online twice a month and offer a wonderful way to network with other grandparents while sharing resources, education and conversation. Custodial, guardian and caregiver grandparents and kinship caregivers welcome. For additional information and the Zoom link contact Stephanie Ramy at AginginBalance@melrosewakefield.org or call 781-338-7559.

SUNNY SIDE UP Tuesday, June 28, 10-11:30 a.m. in person class, Stoneham Senior Center

Learn How to Begin Your Day in a Positive Way! This 1.5 hour class will provide tools for you to wake up on the right side of the bed and develop a more positive attitude, which can be beneficial to your health and well-being. In this class 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. Join Joya Pezzuto, MelroseWakefield Hospital community outreach nurse for this fun and informative program! Please call the Stoneham Senior Center to register: 781-438-1157

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

Join in these weekly calls. Call in once or call in every week for conversation, support, resource sharing and tips to reduce stress and anxiety. No need to register just call in!

PHONE: 1-646-558-8656 and when asked, enter meeting ID 131-672-167##

To register for Aging in Balance classes contact Stephanie Ramy at 781-338-7559 or email AginginBalance@melrosewakefield.org

MEDICARE WILL NEVER CALL YOU!

Medicare may need information from you or may need to reach you; but, they will NEVER call. You will get a letter to notify you of the information that Medicare needs. To make a long story short, if you receive a call from someone claiming to be from Medicare, it is spam.

When did we start celebrating Father's Day?, in the United States, holiday (third Sunday in June) to honor fathers. Credit for originating the holiday is generally given to Sonora Smart Dodd of Spokane, Washington, whose father, a Civil War veteran, raised her and her five siblings after their mother died in childbirth. She is said to have had the idea in 1909 while listening to a sermon on Mother's Day, which at the time was becoming established as a holiday. Local religious leaders supported the idea, and the first Father's Day was celebrated on June 19, 1910, the month of the birthday of Dodd's father.



CONTINUING CARE

CAREGIVERS CORNER

Elder abuse is abuse or neglect of a person 60 years of age and over. Are you or someone you know experiencing elder abuse or neglect? Call the Elder Abuse Hotline at 1-800-922-2275 24 hours 7 days a week or Mystic Valley Elder Services at 781-324-7705 to make a report. If there is immediate danger always call 911.

-Physical abuse is when an elder experiences illness, pain, injury, functional impairment, distress, or death as a result of the intentional use of physical force and includes acts such as hitting, kicking, pushing, slapping, and burning.

-Sexual abuse involves forced or unwanted sexual interaction of any kind with an older adult. This may include unwanted sexual contact or penetration or non-contact acts such as sexual harassment.

-Emotional or Psychological Abuse refers to verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult. Examples include humiliation or disrespect, verbal and non-verbal threats, harassment, and geographic or interpersonal isolation.

-Neglect is the failure to meet an older adult's basic needs. These needs include food, water, shelter, clothing, hygiene, and essential medical care.

-Financial Abuse is the illegal, unauthorized, or improper use of an elder's money, benefits, belongings, property, or assets for the benefit of someone other than the older adult.

Some warning signs of abuse

-Physical abuse, neglect, or mistreatment, Bruises, Pressure marks, Broken bones, Abrasions, Burns,

-Emotional abuse, Unexplained withdrawal from normal activities, Sudden change in alertness, Unusual depression, Strained or tense relationships, Frequent arguments between the caregiver and older adult

-Financial abuse Sudden changes in financial situations,

-Self-neglect Malnutrition/dehydration, poor hygiene, bedsores, inappropriate clothing, Mismanagement of medications, Home safety issues, hoarding behavior, lack of proper utilities, Eviction or foreclosure, Wandering, unsafe behavior such as unsafe smoking, unsafe driving, Unpaid bills, compulsive spending

-Verbal or emotional abuse Belittling, Threats, Other uses of power and control by individuals

Reports can be made anonymously. Reporter name is NOT made known to elder or to suspected abuser. Reports of abuse of a patient or resident in a Nursing Home or Hospital, contact the Massachusetts Department of Public Health at 1-800-462-5540.

To report abuse of an adult under the age of 60, Contact the Disabled Persons Protection Commission at 1-800-426-9009.

If you want to speak with me further about this or concerns please call me directly at 781-850-0619.

Anne Lawrence, LICSW

~ GAMES ~ENTERTAINMENT~ CRAFTS~

PIZZA and MOVIE! Thursdays at 12:30 pm with thanks to **Andrea's Pizza** of Stoneham for their delicious pizza! A donation of \$2.00 is requested

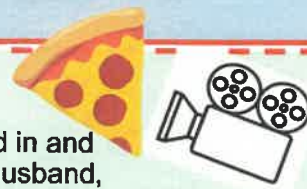
6/2 The Blind Side - Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in, and help him to rise to football stardom.

6/9 - Love Guaranteed - Earnest lawyer Susan accepts a high-profile case against a dating website that guarantees love, and winds up with a much bigger win.

6/16 Into The Wild - Christopher McCandless (Emile Hirsch), son of wealthy parents (Marcia Gay Harden, William Hurt), graduates from Emory University as a top student and athlete. However, instead of embarking on a prestigious and profitable career, he chooses to give his savings to charity, rid himself of his possessions, and set out on a journey to the Alaskan wilderness

6/23 Margin Cell - When an analyst uncovers information that could ruin them all, the key players (Kevin Spacey, Paul Bettany) at an investment firm take extreme measures to control the damage.

6/30 When Harry Met Sally - College graduates Harry Burns (Billy Crystal) and Sally Albright (Meg Ryan) share a contentious car ride from Chicago to New York, during which they argue about whether men and women can ever truly be strictly platonic friends-



Grab a card or two! Wednesdays 1-3 What a great way to get out and have some fun for just a dollar a card! Join us at the Center. You can be safe and social at the same time and no special talent is needed to shout **Bingo!**



CARD GAMES

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

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 new craft from you or learn a new craft together from a tutorial.



Bocce

Wednesdays at 10:00 on the bocce court in front of the Center! Open to all!



MAHJONG

Tuesdays 12:30-3:30



TIMELESS TRIVIA Tues 1-2 every other week.
Come for coffee, snacks, prizes, and games!

KNIT & CROCHET WITH LOUISE
Wednesdays at 10



ART WITH HOWIE Thursdays from 9:30-11
for a new art experience. Bring your own project and material and learn some new techniques.

HEALTH & WELLNESS

\$3 PER CLASS to the instructor*

Zumba with Aimee *Mondays and Wednesdays at 11:30 am*

Weight training with Aimee *Mondays and Wednesdays at 12:15 pm*

Drums alive *Mondays 9:45-10:30*

Line Dancing with Jim Banks *Thursdays 10:00 am* at the center, fun, healthy and rewarding activity and exercise for all levels!

Relaxation Circle with Angela Shea *Thursdays 12:30 pm*

In-person on Thursday at 12:30 pm. To join the Zoom class version, please email angelite9@gmail.com.

Chair yoga with Rosa *Thursdays 2 pm*

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.



A Helping Hand with Carol Sepowitz

Do your hands serve you well? Or do they sometimes ache or cause you pain? Are some common tasks, like opening jars, difficult for you? **Carol** is a retired certified hand therapist who 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, from 2 to 4 PM. \$5.00 per session..



Haircuts with Sis

Third Monday of the month, June 27 from 8:30-noon, \$12.00 no appointment needed.



Parkinson Support Group

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

LAUGHTER IS GOOD MEDICINE!

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising." She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."

JUNE 2022

			1	2	3
			10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1-3 pm Bingo 1-4 Bridge	9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	9 Yoga with Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
6	9:45 Drumming 10-12 Cribbage 10 Knit&Crafts 11:30 Zumba w Aimee 12:15 Toning with Aimee 1-2 Zentangle 2-4 Helping Hands	7	8	9	10
		9-11 Chair caning 12:30-3:30 Mahjong 1 Parkinson 1-2 Trivia	10 Knit&Crochet with Louise 10 Bocce 10 Vets coffee hour 11:30 Zumba 12:15 Toning with Aimee 1 Bingo 1-4 Bridge	9:30 Art with Howie 10 Line Dancing 10 Caregivers 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	9 Yoga with Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
13	9:45 Drumming 10-12 Cribbage 10 Knit&Crafts 11:30 Zumba w Aimee 12:15 Toning with Aimee 1 Artmatters 1-2 Zentangle 2-4 Helping Hands	14	15	16	17
		9-11 Chair caning 12:30-3:30 Mahjong	10 Knit&Crochet with Louise 10 Bocce 10:30 Music WWII 11:30 Zumba 12:15 Toning with Aimee 1 Bingo 1-4 Bridge	9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	9 Yoga with Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
20		21	22	23	24

HOLIDAY CENTER CLOSED	9-11 Chair caning 12:30-3:30 Mah Jong 1-2 Trivia	10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1-3 Bingo 1-4 Bridge	9:30 Art with Howie 10 Line Dancing 10 Caregivers 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	9 Yoga with Leila 10-12 Cribbage 10-12 Hand and Foot Canasta 1 Music with Ann Lanpherer
27 9:45 Drumming 10 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12:15 Toning with Aimee 1-2 Zentangle 2-4 Helping Hands 2-4: Susan Mooney	28 9-11 Chair caning 10: -Sunny side up Mel- wak Aging in balance 12:30-3:30 Mah Jong	29 10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1-3 pm Bingo 1-4 Bridge	30 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	

JUNE 2022

Holidays & Observances



Wednesday June 1st

Global Running Day



Friday June 3rd

Love Conquers All Day



Sunday June 5th

Donut Day



Wednesday June 8th

World Oceans Day



Monday June 13th

Sewing Machine Day



Saturday June 18th

Sushi Day



Sunday June 19th

Father's Day



Tuesday June 21st

Go Skateboarding Day



Saturday June 25th

Please Take My Children
to Work Day



Thursday June 30th

Meteor Watch Day

SPOTLIGHT



ANNE LANPHERE PERFORMS!

June 24 at 1:00 pm

Anne has been singing since she was three years old. She has been featured in numerous musicals and has had the largest and longest running Karaoke company in New England for 33 years.

Anne is also a soloist with the Memory Laners! Please call the Center at 781-438-1157 to reserve your spot to enjoy this talented vocalist!

The Music of World War II, Wednesday, June 15th at 10:30 am



The Political and Romantic Songs of World War II highlights some of the most popular music of the war years (1939-1945). You'll see and hear songs tied to specific events and situations presented by this war, like **My Sister and I** and **The Last Time I Saw Paris** and songs of great heroism like **Comin' in on a Wing and a Prayer**, **Praise the Lord and Pass the Ammunition**. There are also songs that expressed the feelings of soldiers and their spouses and families whose relationships were disrupted by this global conflict: **Lili Marlene**, **As Time Goes By**, **Don't Sit Under the Apple Tree** and sentimental love songs like **I'll Be Seeing You** and **I'll Be Home for Christmas** as well as songs of longing for the war to end: **(There'll Be Bluebirds Over) The White Cliffs of Dover** and **When the Lights Go On Again All Over the World**. And yes, even humorous songs like **G.I. Jive** and **Der Fuehrer's Face**. Featured artists include the Andrews Sisters, Glenn Miller, Johnny Mercer, Frank Sinatra, Bing Crosby, Judy Garland, Vera Lynn, Kate Smith, Vaughn Monroe and Spike Jones. All are welcome, no sign-up required.

RESOURCES

Call the Center for information about any resource at 781-438-1157

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 in person or by phone on Wednesdays at 10:30AM or 12:00PM. Get help with such topics as Medicare, Medicaid, and prescription drug coverage.

SENATOR JASON LEWIS

Will hold office hours at the Senior Center every other month from noon to 1, next available date July.11

ATTORNEY FOR SENIORS *6/27*

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on Monday, ~~May 6~~, between 2-4. Call 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.

CAREGIVERS SUPPORT

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

WALKERS, COMMODOES, CANES, OH MY!

The Senior Center has a large selection of FREE gently used walkers, commodes, canes and other

ARTMATTERS *Monday, June 13 1:00 pm*

Norman Rockwell: One of the most beloved American Artists was a painter who illustrated over 322 covers for the Saturday Evening Post for 47 years. Join us to enjoy and discuss his wonderful images and to remember why he is recognized as an icon with such phrases as: "As American as apple pie, baseball and Norman Rockwell."

ALSO AVAILABLE 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 art-matters.website with an email address and personal password.



ZENTANGLE *Mondays June 6, 13, and 27 from 1-2:pm.*

In-person at the center. Thanks to the Stoneham Cultural Council and the Mass Cultural Council for funding these classes. No fee to participants.

Zentangle is an American method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. No artistic talent required!



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, June 8. Van leaves the center at 12:30 to pick up passengers and leaves Walmart approximately 2:30 to return to Stoneham. 9 residents max. \$3.00 per trip.



With appreciation for your donation

***Jean Juergens
Herlinda Salz
Ann Caruso
Donna Weis in memory of Bennie Ray Cooper***



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.

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

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<https://stonehamseniorcenter.org> >Select: support us, Select: Senior Center Friends, Scroll down to the "donate" button.

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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.

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