

# STONEHAM SENTINEL



**AUGUST 2022**

**A PUBLICATION OF THE STONEHAM SENIOR CENTER**



**Walking club** is in full swing every Wednesday at 8:45am. Come by the center to walk and talk and have a healthy snack. There is also a Walking Challenge that will help raise money for the COA and participants are eligible to win prizes including \$50 Visa Gift Cards, \$25 Amazon gift cards and \$10 Dunkin' gift cards. Just register at [www.walkmachallenge.com](http://www.walkmachallenge.com)



Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the **"donut hole."** If you reach that gap, you will see your prescription drug costs increase dramatically! Prescription Advantage can help! It is a state-sponsored program that supplements your Medicare drug plan to fill the gap. Call MassOptions at 1-800-243-4636, Mon-Fri, 9 to 5 PM or see [prescriptionadvantagemag.org](http://prescriptionadvantagemag.org)

**Who's Zooming Who?** By now you've probably heard of the Zoom craze that took over the internet during the pandemic. Want to get in on the action, but not sure how to get started? CoA digital communications manager Dennis O'Hara will offer a workshop on Wednesday, August 10 at 1:00PM where he will demonstrate how to sign up for and get started using Zoom. Bring your laptop, tablet, or cell phone, follow along, and by the end of the hour you will be all signed up to use the app. Call the Center at (781) 438-1157 to sign up.



Town of Stoneham  
Purple Heart Dedication Ceremony  
**STONEHAM TOWN COMMON GAZEBO**  
Thursday, August 11, 2022 - 6:30PM



## STONEHAM VETERANS COFFEE



**COFFEE, CAKE, CONVERSATION!**  
Join us for a special BIRTHDAY edition of our Veterans Coffee  
Stoneham Senior Center  
Wednesday, August 10th 10:00am

Don't forget to come out and see **Howie Conley and the Memory Laners**. They will be in the Ballroom of the Senior Center on Friday August 5<sup>th</sup> @ 2pm. Enjoy their easy style and sing along! Call the Center to sign up!



We love **Greater Boston Stage Company**! They will be coming to the center on Friday 8/12 at 1 pm to serve delicious ice-cream to help us cool off. Please call the center to register so that we will know how much to buy!



Ice Cream Social

*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.*

# SUPPORT

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

### Sunny Side Up

Sunny Side Up is a program that can help participants develop a more positive attitude, which can be beneficial to health and wellbeing. The program runs 1.5 hours per week for 4 consecutive weeks (may also be run as a 1x class). In each session, participants learn techniques to assist in more positive thinking and in managing stress. Music, singing, sharing positive experiences, and teaching deep breathing for relaxation are included in the program to help participants develop a more positive attitude.

Sponsored by the MelroseWakefield Hospital, Aging in Balance Program. The Sunny Side Up program has received an overwhelming response from participants.

### Slips...Trips...Falls

According to the Center for Disease Control "Falls are a major threat to the health and independence of older adults, people aged 65 and older. Each year in the United States, nearly one-third of older adults experience a fall" Falls can be devastating, deadly, costly and most importantly PREVENTABLE. This 1.5 hour program is designed to help older adults learn a few simple steps that can help prevent a fall.

### Sleepless in New England

We've all suffered with the occasional sleepless night but what happens when that one night turns into many sleepless nights. Insufficient sleep is associated with: Diabetes, Cardiovascular Disease, Obesity, 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" This 1.5 hour program provides participants with tips on good sleep hygiene.

### 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## \***

**In-Person Classes** Call or email to find out about in-person classes – 781-338– 7559

**To register for Aging in Balance classes contact Stephanie Ramy at 781-338-7559 or email [AginginBalance@melrosewakefield.org](mailto:AginginBalance@melrosewakefield.org)**



**A MATTER OF BALANCE** Mystic Valley Elder Services presents:

**A FREE WORKSHOP SERIES** Tuesdays 10AM to Noon Sept 13 to Nov 1  
at the Stoneham Senior Center

**A MATTER OF BALANCE** is a free, award-winning program designed to manage falls and for increasing your physical activities; make modifications to your home to reduce fall risks; and practice exercises that will increase your strength and balance. This workshop is designed for anyone -- whether you are concerned about falls, have a history of falling, or are interested in improving balance, flexibility, and strength. Join us!

TO RESERVE YOUR SPOT, CALL 781-438-1157.

# CONTINUING CARE



## CAREGIVER'S CORNER

The Memory Café is returning! Stoneham Senior Center and Reading Senior Center are once again teaming up to offer The Memory Café to individuals who are living with Dementia and their care partners. The Memory Café provides a free, welcoming experience for socialization, laughter, meeting new and old friends. It will usually be held on the second Tuesday of every month from 10:30 am -12pm. The actual location will vary between Stoneham and Reading.

The first Memory Café will be held at Stoneham Senior Center on Tuesday August 9<sup>th</sup> from 10:30am -12pm. We will feature Karaoke with Ann Lanphere. We hope that you can stay a bit after the program to share ideas for potential future cafés. We hope you can join us. Enjoy the moments.

Any questions or for more information please contact: Anne Lawrence at 781-850-0619 or Kerry Valle at 781-942-6659.

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

## ASK THE NURSE I'm trying to stay cool but why does the heat zap my strength?

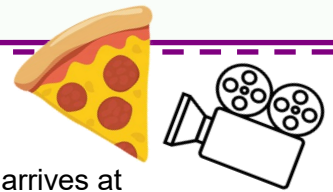
Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating. Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name *hyperthermia*. Each year, most people who suffer from hyperthermia are over 50 years old. Health problems that put you at greater risk include: Heart or blood vessel problems, poorly working sweat glands or changes in your skin caused by normal aging, heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever.

**How Can I Lower My Risk?** To lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house. If you need help getting to a cool place, ask a friend or relative. Some religious groups as well as Area Agencies on Aging provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or go to an emergency room if you don't cool down quickly.
- Listen to the weather report: play it safe by checking the weather report before planning your activities!

# ~ 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



**8/4 The Terminal** - When Viktor Navorski (**Tom Hanks**), an Eastern European tourist, arrives at JFK in New York, war breaks out in his country and he finds himself caught up in international politics

**8/11 A Madea Homecoming** – Madea is back, and she's not putting up with any nonsense as family drama erupts at her great-grandson's college graduation celebration.

**8/18 The Lake House** - Fantasy romance about a relationship that forms between an architect and the doctor who lived in his new lakeside house two years previously.

**8/25 Tower Heist** - A group of hardworking men fall prey to a scam conspired by a wealthy businessman. Furious and desperate for revenge, they come together and plan a heist against him.



**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 a 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 8/9 and 8/23 at 1 pm

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](mailto: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, August 15 from 8:30-noon, \$12.00 no appointment needed.*



What do you call a hippie's wife? *Mississippi.*

What did one DNA say to the other DNA? *"Do these genes make me look fat?"*



*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!*



Would you like to participate in the Book Mobile service offered by the library?

Contact Deborah Cunningham, Circulation Supervisor at 781-438-1324.

# AUGUST 2022

<b>1</b> 9:45 Drumming 10-12 Cribbage 10 Knit&Crafts 11:30 Zumbaw/Aimee 12:15 Toningw/Aimee 1-2 Zentangle 2-4 Helping Hands	<b>2</b> 9-11 Chair caning 12:30-3:30 Mahjong	<b>3</b> 8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 11 Walmart 11:30 Zumba 12:15 Toning with Aimee 1 Bingo 1-4 Bridge	<b>4</b> 9:30 Art with Howie 10 Line Dancing 10 Caregivers support 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie	<b>5</b> 9 Yoga with Leila 10-12 Cribbage 10-12 Hand/Foot Canasta 10:30 Tai Chi 2: Memory Laners
<b>8</b> 9:45 Drumming 10-12 Cribbage 10 Knit&Crafts 11:30 Zumbaw/Aimee 12:15 Toningw/Aimee 1 Artmatters 1-2 Zentangle 2-4 Helping Hands 2-4 Susan Mooney	<b>9</b> 9-11 Chair caning 12:30-3:30 Mahjong 1-2 Trivia	<b>10</b> 8:45 Walking Club 10 Veterans coffee 10 Knit&Crochet with Louise 10 Bocce 11 Walmart 11:30 Zumba 12:15 Toning/Aimee 1 Bingo 1-4 Bridge	<b>11</b> 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	<b>12</b> 9 Yoga with Leila 10-12 Cribbage 10-12 Hand/Foot Canasta 10:30 Tai Chi
<b>15</b> 9:45 Drumming 10-12 Cribbage	<b>16</b> 9-11 Chair caning 12:30-3:30 Mahjong	<b>17</b> 8:45 Walking Club 10 Knit&Crochet with	<b>18</b> 9:30 Art with Howie 10 Line Dancing	<b>19</b> 9 Yoga with Leila 10-12 Cribbage

<p>10 Knit&amp;Crafts</p> <p>11:30 Zumba w/Aimee</p> <p>12:15 Toning w/Aimee</p> <p>1 Artmatters</p> <p>1-2 Zentangle</p> <p>2-4 Helping Hands</p>	<p>Louise</p> <p>10 Bocce</p> <p>11:30 Zumba</p> <p>12:15 Toning with Aimee</p> <p>1 Bingo</p> <p>1-4 Bridge</p>	<p>10 Caregivers support</p> <p>12:30-1:30 Relaxation Circle</p> <p>12:30 Pizza/Movie</p>	<p>10-12 Hand/Foot Canasta</p> <p>10:30 Tai Chi</p>
<p><b>22</b></p> <p>9:45 Drumming</p> <p>10 Cribbage</p> <p>10 Knit&amp;Crafts</p> <p>11:30 Zumba with Aimee </p> <p>12:15 Toning with Aimee</p> <p>2-4 Helping Hands</p>	<p><b>23</b></p> <p>9-11 Chair caning</p> <p>12:30-3:30 Mah Jongh</p> <p>1-2 Trivia</p>	<p><b>24</b></p> <p>8:45 Walking Club</p> <p>10 Knit&amp;Crochet with Louise</p> <p>10 Bocce</p> <p>11:30 Zumba</p> <p>12:15 Toning with Aimee</p> <p>1-3 Bingo</p> <p>1-4 Bridge</p>	<p><b>25</b></p> <p>9:30 Art with Howie</p> <p>10 Line Dancing</p> <p>12:30-1:30 Relaxation Circle</p> <p>12:30 Pizza/Movie</p> <p>2 Chair yoga</p>
<p><b>26</b></p> <p>9 Yoga with Leila</p> <p>10-12 Cribbage</p> <p>10-12 Hand/Foot Canasta</p> <p>10:30 Tai Chi</p>			
<p><b>29</b></p> <p>9:45 Drumming</p> <p>10 Cribbage</p> <p>10 Knit&amp;Crafts</p> <p>11:30 Zumba with Aimee </p> <p>12:15 Toning with Aimee</p> <p>2-4 Helping Hands</p>	<p><b>30</b></p> <p>9-11 Chair caning</p> <p>12:30-3:30 Mah Jong</p>	<p><b>31</b></p> <p>8:30 Mens Breakfast</p> <p>8:45 Walking Club</p> <p>10 Knit&amp;Crochet with Louise</p> <p>10 Bocce</p> <p>11:30 Zumba</p> <p>12:15 Toning with Aimee</p> <p>1-3 pm Bingo</p> <p>1-4 Bridge</p>	

# SPOTLIGHT

>>*The Wakefield & Stoneham COA's Colorfully Present!*<<

## *New Hampshire Turkey Train*

*Featuring Scenic Foliage Train, Hart's Turkey Lunch & Sightseeing*

**September 28, 2022 (Wednesday)**

9:30 AM *Depart from the Stoneham Senior Center, 136 Elm St., Stoneham, MA on your luxury Silver Fox Motor Coach* and join us for an exciting day as we travel to scenic New Hampshire. Traveling north, *you'll enjoy the changing colors of sugar maples which signal nature's change of seasons.* On your arrival at the station, *All Aboard!!! You'll board the Scenic Railroad Dining Car for your train ride, traveling along beautiful Lake Winnepesaukee.* You'll also be served a delicious full course Luncheon (included) featuring *Hart's Turkey Farm Roast Turkey with whipped potatoes, butternut squash, a beverage and a delicious dessert. Yum!* After our train returns, you'll board your coach for local sightseeing and foliage viewing. *Arrival back home will be approximately 5:30 PM after a delightful tour to beautiful New Hampshire, 'The Granite State'.*



***Tour Departs: 10:00 AM***

***Tour Returns: 5:30 PM***

***Tour Cost: \$99.00 Per Person***

***Tour Date: September 28, 2022 (Wednesday)***

***Please Contact: The Wakefield COA @ 781.245.3312***

***Stoneham COA @ 781.438.1157***

***Important: Fox Tours recommends all passengers have a valid vaccination card to travel.***  
***This is to ensure passenger safety and well-being.***



***Get On Track For  
The Fabulous  
New Hampshire  
Turkey Train!***



# 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 on Wednesdays at 10:30AM, noon, and 1:30 PM. 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 on September 12.

## **ATTORNEY FOR SENIORS**

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on Monday, August 8 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 8/11 and 8/25, Thursday at 10 am.

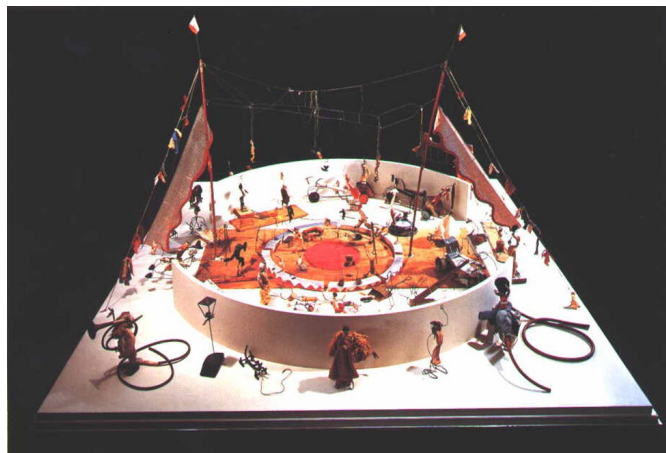
## **WALKERS, COMMODES, CANES, OH MY!**

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

## **ARTMATTERS** *Monday August 8 @ 1: pm*

Born in Pennsylvania, he was the third generation of successful sculptors. From when he was a small boy, he was always making "stuff"; toys, utensils, and objects out of bits of string, wire, buttons, cloth, wood and tin. He always had a sense of whimsy about his objects and invented the "Mobile"; a way to compose colorful shapes, and fine lines moving in a constantly changing arrangement. He is also known for creating and performing his own circus. Join us for a whimsical look into his world.

**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 August 1, 8 and 15th 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! 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. Limit 2 bags.

**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 9:00-11 AM stopping at convenient locations on Main St. \$3 per ride.

**WALMART:** Wednesday, August 10. 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



Eddie & Pauline DiMuzio  
Virginia McNamara  
Christine Peterson  
Stoneham Arts & Crafts Group  
Hand & Foot Canasta Group

***In memory of Madeline Lupo***  
Maureen Buckley  
Lisa Minghella  
George Alger

***In memory of Joan Havican***  
Bancroft Elementary School  
William Burke  
Patricia Brazee  
Luke Cunningham  
Glen Sachar

## 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:

\_\_\_\_\_

**THE BARGAIN BARN** is open every Thursday from 10-2 pm.

So many shoppers have been coming through and buying treasures that we are running out of inventory, so...

**DONATIONS** are **WELCOME** and **NEEDED!** Some items we accept include antiques, aprons, books, collectibles, costume jewelry, yarn, craft supplies, DVDs, fabric, flatware, small furniture, handbags, kitchen towels and gadgets, linens, lamps, music CDs, pots, pans and plates, tools utensils, unopened puzzles, watches, wheeled luggage

This is a great time to check your attic and garage to benefit the Senior Center! Proceeds go right back toward paying for programs of enrichment and education.

You can drop off your wares at the Senior Center from 9am-3pm Mon, Tues, and Weds, as well as at the barn on Thurs from 10-1:30pm.

Thank you for supporting the Senior Center Friends of Stoneham!



**Senior Center/Council on Aging**  
**Board of Directors**

Kathleen Hudson, Chair  
Marge Neylon, Corresponding Secretary  
Maureen Buckley, Kathy Carey  
Jane DiGangi, Bill Kelly  
Denise Kneeland, Samantha Lino  
Joan Lupis, Traci Mello  
Connie Rosa, Walt Wolonsavich

**Staff:**

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Sandy Kirby, Carol Johnston, Admin Asst  
Gary Cooper, Kevin O'Brien, Van Driver  
Peter Barnaby, Robert Pettengill, Custodian  
Kathy Payne, Theresa Duggan, Reception  
Anne Lawrence, LICSW, Outreach  
Dennis O'Hara, Communications  
Danielle Berardis, Website Mgr  
Fran Cioffi, Newsletter Editor

136 Elm Street  
Stoneham, MA 02180  
781-438-1157, 781-438-1161  
[Stonehamseniorcenter.org](http://Stonehamseniorcenter.org)  
Open Mon-Fri 8:30-4:00 pm



Like us on Facebook  
[www.facebook.com/StonehamSeniorCenter](http://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.