

STONEHAM SENTINEL

SEPTEMBER 2022



A PUBLICATION OF THE STONEHAM SENIOR CENTER



CALLING ALL MEN!

Hot breakfast will be served
on the third Wednesday of the month
(September 21) at 8:30 am!

Call the Center, 781-438-1157, so we can get a head
count, and then be sure to join us for freshly prepared food
and fellowship!



YOU ARE CORDIALLY INVITED TO A
CHRISTMAS BOUTIQUE
AT THE
STONEHAM SENIOR CENTER
136 ELM STREET

THURSDAY, SEPTEMBER 1ST FROM 10:00-2:00
RAIN DATE THURSDAY, SEPTEMBER 8TH FROM 10:00-2:00

HELD ON THE OUTDOOR DECK AND WALKWAY
BEHIND THE CENTER
FIND NEW AND FASCINATING TREASURES TO ADD TO YOUR HOLIDAY
DECORATIONS!



ALL ITEMS WILL BE \$5.00 AND BELOW
and ALL PROCEEDS BENEFIT THE STONEHAM SENIOR CENTER

LOOK FOR

Showtime Friday Sept 16th @ 1pm
come to the center to enjoy a
performance by Anne Lanphear
singing Broadway show tunes and
movie soundtracks. Don't miss it!



Share the love AmazonSmile is a
program that donates 0.5% of your eligible
purchases on Amazon to the Stoneham Senior
center or a charity of your choice. Just go to
www.stonehamseniorcenter.org/support-us/amazon-smile
to select the Senior Center and the donation
will be made at no extra cost to you! Happy
shopping and as always, thanks for supporting the
Stoneham Senior Center

John Clark and his **Great American Music Experience** presents

Rhumba! Samba! Tango! Mambo!

Wednesday, Sept 21st at 10:30 am



XAVIER
CUGAT



CARMEN
MIRANDA



DESI
ARNAZ



GETZ AND
GILBERTO



RITCHIE
VALENS

The history of the influence of Latin American music on American popular music comes mostly from South American and Cuban dance music. starting with **The Peanut Vendor** in 1928 and **The Carioca**, an Oscar winning dance hit for Fred Astaire in 1934. The 1940s saw the popularity of Latin hits by Xavier Cugat (**Brazil**), Stan Kenton (**Tampico**) and Jimmy Dorsey (**Besame Mucho**). While Carmen Miranda and Desi Arnaz sizzled on the big screen. In the fifties chart success came to mambo king Prez Prado with **Cherry Pink & Apple Blossom White** and Mexican rock & roller Ritchie Valens with **La Bamba**. The 1960s was a mixed bag with the folkie **Guantanamera**, Herb Alpert's pop mariachi (**The Lonely Bull**) and Grammy winner **Girl From Ipanema** by Getz & Gilberto. Don't forget your dancing shoes for this high energy, upbeat program!

The Stoneham Council on Aging is an inclusive community, welcoming seniors of all sexual orientation, gender identity, race, cultural background and ability.

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

AT THE CENTER



THE BARGAIN BARN
is still welcoming donations!

♦ The last day for accepting donations is Thurs September 22 by 1:30.

♦ The Barn closes for the season on Thursday September 29 at 2 pm, and on that day, all items are on sale for half price!

If you haven't found a treasure, there's still time. If you are putting off that attic cleanout, get on the ball and let us take some items off your hands!



Proceeds from Bargain Barn sales go right back into the Senior Center to fund programs and activities!

~Attention, Adults with Diabetes!~

You are eligible to receive a pair of diabetic shoes and inserts **FREE** to you if you are diabetic! Many insurances cover this!

November 2 at Stoneham COA Starting at 1:30pm

www.drcomfort.com
www.Anodyneshoes.com

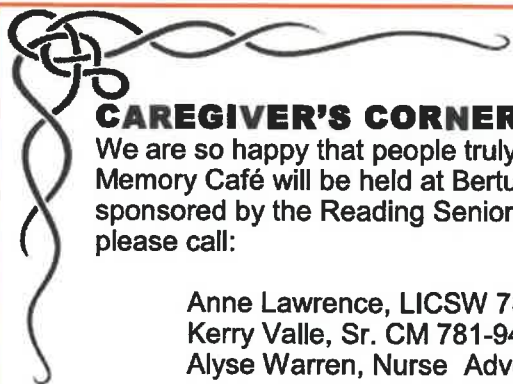
Please bring all your insurance cards, doctor's order by your primary care MD and other required info (pick up order from as soon as possible) Make your 10-minute fitting appointment by calling 781-438-1157.

Any additional questions call Amy from Pro Medical East: 603-944-1311.

Straight Mass Health/Medicaid does not cover this.



CONTINUING CARE



CAREGIVER'S CORNER

We are so happy that people truly enjoyed the return of our Memory Café with Karaoke. The September Memory Café will be held at Bertucci's in Reading on Tuesday September 13 12:00-2:00 pm sponsored by the Reading Senior Center. For more information or to RSVP (required) by September 7 th please call:

Anne Lawrence, LICSW 781-850-0619,
Kerry Valle, Sr. CM 781-942-6659,
Alyse Warren, Nurse Advocate 781-942-6693.

Memory Cafés are free and welcomes individuals who are living with memory impairment and their care partners. They are about fostering connections and ending isolation. The Stoneham and Reading Memory Café will be held the second Tuesday of every month.

Enjoy the moments!

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

ASK THE NURSE *I think I have acid reflux, what should I do?*

Dear Reader, take a deep breath and relax. You are not alone,. Today there are 15 million Americans who suffer from heartburn and acid reflux. Acid reflux is the backward flow of stomach acid into the esophagus – the tube that connects the throat to the stomach. This backward flow becomes possible when the sphincter muscle at the lower end of your esophagus is weak or relaxes at the wrong time. If the valve or sphincter is open, this allows stomach acid to back up into your esophagus. This reflux can cause heartburn – the burning sensation in your chest along with other symptoms. Identifying acid reflux can be tricky, as many of the symptoms are not obvious and can be easily mistaken for something else, like a heart attack or common cold. If left untreated, acid reflux can cause esophagitis, a painful irritation of the esophagus that can lead to bleeding, ulcers and scarring in the esophagus. Chronic acid reflux has also been linked to Barrett's esophagus which is an abnormal change in the cells that line the esophagus; a precursor to cancer. Common symptoms of acid reflux are: chest pain, this occurs because stomach acid is splashing into the esophagus and people often mistake it for a heart attack.

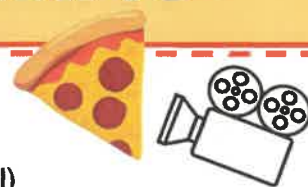
Regurgitation: A sour or bitter tasting acid backing up into your throat or mouth. Pain after meals, choking, hoarseness, sore throat, cough and trouble swallowing. If you do indeed have acid reflux, simple lifestyle changes like losing excess weight, eating smaller meals and avoiding foods that seem to trigger heartburn can help. Try to avoid things like spicy foods, tomatoes and tomato sauce, garlic, citrus fruit and juices, onion, chocolate, fried foods, salt, coffee, alcohol and soda. If the items listed seem to get your acid churning keep a food journal and note the meals that brought on reflux symptoms. If you frequently suffer from acid reflux at night you may find relief is as simple as avoiding big meals before bed and raising the head of your bed. If you are a smoker, you may want to consider quitting. Smoking can weaken the valve in your throat, leading to acid reflux and heartburn. One natural remedy to ease your heartburn and reflux is chewing gum. Chewing gum helps force fluids back into the stomach and flood esophagus with alkaline saliva, neutralizing acids that cause the characteristic burning sensation of heartburn. If this does not help there is a wide variety of over the counter medication to help ease symptoms. Stronger medications should be taken with care. Remember always contact your doctor if you are experiencing chronic or severe symptoms of acid reflux.

And now Dear Reader, get your note book out and start keeping track of the food you eat and drink and pick up a pack of Juicy Fruit gum.

I

~ 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



9/1 The Gift - When married couple Simon (Jason Bateman) and Robyn (Rebecca Hall) unexpectedly encounter Gordo (Joel Edgerton), an acquaintance from Simon's past, little do they know that their perfect lives will be thrown into a terrifying tailspin.

9/8 The Age of Adaline - Adaline Bowman (Blake Lively) has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret.

9/15 Ma Rainey's Black Bottom - Tensions rise when trailblazing blues singer Ma Rainey and her band gather at a recording studio in Chicago in 1927.

9/22 28 Days - A hard-drinking New York journalist takes her reputation as the life and soul of the party too far when she knocks over her sister's wedding cake and crashes the bridal limousine. When a court orders her into rehab for a month, she initially refuses, but eventually she begins to take her substance abuse seriously.

9/29 Hunt For Red October - Based on the popular Tom Clancy novel, this suspenseful movie tracks Soviet submarine captain Marko Ramius (Sean Connery) as he abandons his orders and heads for the east coast of the United States.



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 seniors!

MAHJONG
Tuesdays 12:30-3:30



TIMELESS TRIVIA Tues 9/13 and 9/27 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.

Chair yoga with Rosa *Thursdays 2 pm*



A Helping Hand with Carol Seplowitz

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, September 19 from 8:30-noon, \$12.00 no appointment needed.



Melrose-Wakefield Hospital's Aging in Balance program offers numerous classes for seniors.. There are some on-line as well as in-person options so check them out at www.melrosewakefield.org and click the "In the Community" tab for more information!

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!



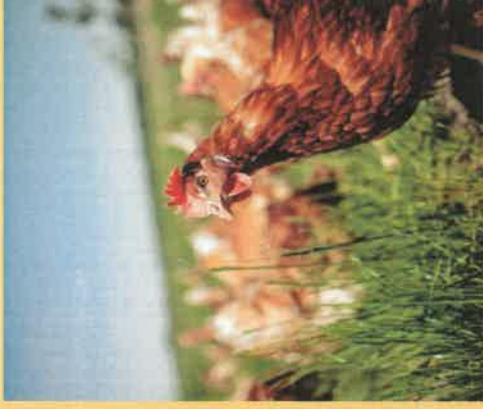
Would you like to participate in the Book Mobile service offered by the library?

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

SEPTEMBER 2022

September is national chicken

month! So before we decide which came first, let's just be glad these ladies produce plenty of eggs! Look around chicken's everywhere! Whether it's broiled, baked, fried or floating in our soup, we can't seem to get enough. In fact, Smithsonian magazine recently called chicken "the ubiquitous food of our era, crossing multiple cultural boundaries with ease."



<p>September is national chicken month! So before we decide which came first, let's just be glad these ladies produce plenty of eggs! Look around chicken's everywhere! Whether it's broiled, baked, fried or floating in our soup, we can't seem to get enough. In fact, Smithsonian magazine recently called chicken "the ubiquitous food of our era, crossing multiple cultural boundaries with ease."</p>		<p>1 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie</p>	<p>2 10-12 Cribbage 10-12 Hand/Foot Canasta 10:30 Tai Chi</p>	
<p>5 Closed for holiday!</p> 	<p>6 9-11 Chair caning 12:30-3:30 Mahjong</p>	<p>7 8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning/Aimee 1 Bingo 1-4 Bridge</p>	<p>8 9:00 Art with Howie 10 Caregivers Support 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga</p>	<p>9 10-12 Cribbage 10-12 Hand/Foot Canasta 10:30 Tai Chi</p>
<p>12 9:45 Drumming 10-12 Cribbage 10 Knit&Crafts</p>	<p>13 9-11 Chair caning 10 Matter of Balance 10:30 Memory Café</p>	<p>14 8:45 Walking Club 10 Knit&Crochet with Louise</p>	<p>15 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle</p>	<p>16 10-12 Cribbage 10-12 Hand/Foot Canasta 10:30 Tai Chi</p>

<p>11:30 Zumbaw/Aimee® 12 Jason Lewis 12:15 Toningw/Aimee 1 Artmatters 1-2 Zentangle 2-4 Helping Hands</p>	<p>11:30 Bookmobile 12:30-3:30 Mahjong 1-2 Trivia</p>	<p>10 Bocce 10 Veterans coffee 11:30 Zumba 12 Walmart 12:15 Toning with Aimee 1 Bingo 1-4 Bridge</p>	<p>Cirde 12:30 Pizza/Movie 2 Chair yoga</p>	<p>Canasta 10:30 Tai Chi 1 Ann Lanphear 1 Watercolor</p>
<p>19 9:45 Drumming 10 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12:15 Toning with Aimee 1 Zentangle 2-4 Helping Hands</p>	<p>20 9-11 Chair caning 10 Matter of Balance 12:30-3:30 Mah Jong</p>	<p>21 8:30 Mens Breakfast 8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 11 John Clark Music 11:30 Zumba 12:15 Toning with Aimee 1-3 Bingo 1-4 Bridge</p>	<p>22 9:30 Art with Howie 10 Caregivers Support 10 Line Dancing 12:30-1:30 Relaxation Cirde 12:30 Pizza/Movie 2 Chair yoga</p>	<p>23 10-12 Cribbage 10-12 Hand/Foot Canasta 1 Watercolor</p>
<p>26 9:45 Drumming 10 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12:15 Toning with Aimee 1 Zentangle 2-4 Susan Mooney 2-4 Helping Hands</p>	<p>27 9-11 Chair caning 12:30-3:30 Mah Jong 1 Trivia</p>	<p>28 8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1-3 pm Bingo 1-4 Bridge</p>	<p>29 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Cirde 12:30 Pizza/Movie 2 Chair yoga</p>	<p>30 10-12 Cribbage 10-12 Hand/Foot Canasta 1 Watercolor</p>

SPOTLIGHT

Have you noticed some interesting new plantings at the Senior Center? Here's the scoop!

This is Gina Wierzbowski and she is working on her Gold Award project for Girl Scouts. Her goal is to raise awareness on the importance of native plants to our community as well as planting some around Stoneham. She has planted a few self-sustaining native plants in a small area in the front of the Center with signs educating people on what they are and their significance to our environment. If you want more information, you can scan the QR codes on the signs or just go to her website at

<https://sites.google.com/view/flowerpowernativegoldaward/home>

Thanks Gina!

We're happy to be part of your project and wish you the best !



A TASTE OF WATERCOLOR

Sept 16, 23, 30, Oct. 7, 14, 21
1-3 pm

During the six weeks of this session we will try out a number of different approaches to painting with watercolor. Among these will be traditional glazes and washes, fun experimental ways of making texture, negative painting, loose effects, and how to make corrections. We'll use live still life and still life from photos, imagination and reference images, and other combinations to play with the water and get a taste for painting with this fun and fluid medium.

All materials supplied. No previous experience required.
Class size limited to 12.
Cost \$30 for all six sessions at the time of signup, payable to the Senior Center.



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, 12:00, 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 12- 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, September 26 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 (9/8 and 9/22) 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 assistive devices. Call for inquiries.

ARTMATTERS Monday Sept 12 @1: pm

ANCIENT GREECE AND ROME: Nothing less than the flowering of civilization. Join us to examine, through their art, the contributions of Ancient Greeks: philosophy, religion, mathematics, science, poetry & literature, even democracy. The Romans spread that culture to dominate the whole of Europe and beyond. They established urban life and the basis for our own culture.



ALSO AVAILABLE ONLINE! You can now watch Art-Matters 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.

ZENTANGLE Mondays Sept 12, 19, and 26 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! **The Zentangle class will be displaying their work on the art wall in September.**



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, September 14. 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 per trip. Additional Walmart trip on Tuesday 9/13. Van leaves the center at 1:30, leaving Walmart to return at 3. \$3 per trip.



With appreciation for your donation



Ann Caruso
George Haroutunian

*In memory of Joan Havican
John & Joan Risteghini
Lacolla Family*



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:

WELCOME PAM!

We are happy to introduce our new van driver, Pam Moriarty. She will be joining Gary and Kevin to transport seniors to medical appointments, shopping in Stoneham and the surrounding communities and to the Center for programs.



Pam will be available to provide rides on Tuesday, Wednesday and Thursday. Call the center to schedule your ride!



Senior Center/Council on Aging

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Marge Neylon, Corresponding Secretary
Maureen Buckley, Kathy Carey
Jane DiGangi, Bill Kelly
Denise Kneeland, Samantha Lino
Joan Lupis, Traci Mello
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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
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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.

Place Your Ad Here and Support our Community!

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ltempleton@4LPi.com
or (800) 477-4574 x6377

