

STONEHAM SENTINEL

DECEMBER 2022



Happy Holidays from the staff of the Stoneham Senior Center!

May you enjoy the holidays with families and friends.

Peace and happiness to all in the New Year.

Stoneham Community Electricity Aggregation (CEA) is a program offered by the Town of Stoneham to provide residents and businesses with new electricity supply options and more renewable energy. Stoneham CEA does not replace Eversource as your electric utility: they continue to deliver electricity, repair outages and manage all billing. The program offers alternatives for the Supply portion of your bill. The goals of Stoneham's Community Electricity Aggregation program: Competitive, stable price, more renewable energy, increased choice and easy participation. **Stoneham CEA is the only electricity program offered by the Town – beware of look-alike offers and always look for the Town seal on materials sent to you!** Solar electricity consumers, budget billing, and low-income delivery rate customers can participate in the program and will continue to receive their benefits while participating in the program. To find out which program option you are currently enrolled in, please check our electric bill or contact the current electricity supplier, Constellation New Energy, Inc. at (833) 461-0811. To enroll or change your supplier, visit www.stonehamcea.com or call Constellation at the number above and mention that you are a Stoneham resident. For questions about the Stoneham program, feel free to email Stoneham Director of Planning and Community Development at EWortman@stoneham-ma.gov or call 781-507-2445 or Ann Lawrence 781-850-0619.

AARP Tax Aide Program The Stoneham Senior Center has been proud to sponsor the AARP Foundation Tax Aide Program each year for the benefit of our community. There are enough things to worry about in our lives without the stress of preparing taxes each year. The AARP Foundation's mission aims to promote economic opportunity and social connectedness especially among older adults. Its Tax Aide program is one of many such programs, providing valuable assistance through a volunteer workforce of dedicated and trained tax preparation counselors. The services are free and open to taxpayers on a non-discriminatory basis. AARP membership is not required.

Last year here at the Stoneham Senior Center, we prepared 123 sets (both federal and MA state) of tax returns for the 2021 year, as well as some prior year returns. Over 25% were qualified to receive the MA Circuit Breaker credit, totaling \$32,172 in refunds. The Circuit Breaker credit is a refundable credit which provides certain low-income homeowners and renters in MA with much-needed money back even if they did not owe taxes.

The Stoneham Senior Center Tax Aide program will operate on Tuesdays from February 7th through April 4th, 2023. Scheduled taxpayers will be sent an Intake form to be completed, as well as instructions for documents to bring to their appointment. We will be scheduling appointments for the 2022 tax year beginning in January 2023. Call the Senior Center at 781 438-1157. Happy holidays!



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



COMMUNITY

New Stoneham High School

Community Forum

Hosted by the Stoneham School Building Committee (SSBC)

 **Tue, December 13, 2022**  **6:30pm**

 **Central Middle School Library & Online**

Join us by **CLICKING** on the link: <https://meet.goto.com/613040653>
or **CALLING** **+(571) 317-3122** Access Code: **613-040-653**

Agenda:

- 1/ PROJECT PROGRESS SINCE FALL 2021 VOTE
- 2/ CONSTRUCTION STATUS
- 3/ PROJECT BUDGET STATUS
- 4/ COMPARABLE PUBLIC SCHOOL PROJECTS
- 5/ JANUARY 11, 2023 SPECIAL TOWN MEETING REQUEST
- 6/ NEXT STEPS

Perkins&Will

Join us IN PERSON or ONLINE
at Central Middle School Library,
101 Central Street

Join us by **CLICKING** on the link: <https://meet.goto.com/613040653>
or **CALLING** **+(571) 317-3122** Access Code: **613-040-653**



 **6:30pm**  **Tuesday,**
December 13, 2022

 **In Person**
&Online

email: SSBC@Stoneham-Ma.gov
website: Stoneham-Ma.Gov/hsbc

CONTINUING CARE



CAREGIVER'S CORNER

Happy Holidays to all! If you've never been to our Senior Center we would love for you to drop by or give us a call to say hi and introduce yourself. This is truly a very welcoming place for all seniors. We realize that with the festivities of the holidays many folks may have fluctuating feelings of happiness and sadness. Please know that there is support and help that can make a difference. Give me a call and we can talk. Anne Lawrence, LICSW 781-850-0619



The Stoneham and Reading Memory Café will be held at the Stoneham Senior Center 136 Elm Street, on Tuesday December 13, 2022 from 10:30-12:00. The Memory Café is free and is about fostering connections and ending isolation for people and their care partners who are living with memory impairment. Please join us for singing, fun and laughter with Ann Lanphear. Holiday snacks and refreshments will be provided. For more information call : Anne 781-850-0619, Alyse 781-942-6693, Kerry 781-942-6659

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

ASK A NURSE *I used to love the holidays, now as they are approaching I am feeling overwhelmed with all I need to do. The rushing of the holidays has left me feeling stressed. What am I to do?*

First dear Reader, take a deep breath. Today's marketing and businesses have left us all feeling stressed. "Stop the world, I want to get off" runs through my head as the holidays approach. What used to be a joyous time is now filled with commercialism and consumerism. Let's all take a step back. Stress is a common factor in life. Adults and children experience stress. Seniors also feel stress, even though some may have retired, raised their children and paid off their homes. Certain amounts of stress are a part of life for people of all ages. For Seniors, stress has the potential to be especially overwhelming. This type of tension in older adults has unique contributing factors, such as the loss of a spouse or friends. Living alone can increase the sense of isolation. Sometimes the simple tasks of everyday life can cause stress in those who experience physical or medical limitations. The effects of stress can sometimes exacerbate health conditions from which some seniors suffer, causing additional worry. Physical signs of stress can include body aches and pains or increased episodes of illness. Changes in sleeping pattern, either trouble falling asleep or interrupted nighttime sleep can signal significant stress. Seniors must be encouraged to take care of their own psychological and physical health whenever possible. Simply by eating a balanced diet, partaking in gentle yet regular exercise and by engaging in activities you enjoy will help with stress. Seniors should be encouraged to find and maintain social contact as this will often make a considerable difference in your life. The key to combating stress is to recognize it early and to act appropriately not only during holiday time but everyday events. Now Dear Reader put on some soothing music and have a nice cup of Chamomile tea.



COMMUNITY DINNER

STONEHAM COMMUNITY GRAB-AND-GO DINNERS will be served on the first and third Tuesdays of the month starting @ 5:30-6:15 pm at the First Congregational Church on 1 Church St in Stoneham. Please pick up meals at the kitchen door on Common Street. We recommend to pre-order how many meals needed. You may contact us via email, phone, or message us on Facebook no later than Monday night.

Phone 781-438-0097 or stonehamcommunitydinner@gmail.com

Mystic Valley Elder Services

is resuming lunch at the Senior Center on Wednesdays. Please call ahead by noon the day before if you would like to have a lunch reserved for you!



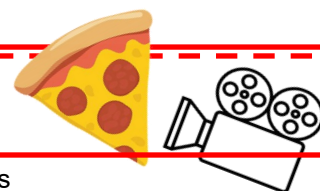
DO YOU KNIT OR CROCHET? As the weather is quickly turning cold we can use your help keeping people warm this winter. The Stoneham Senior Center is collecting new hats, scarves, gloves, mittens, sweaters and blankets. The Stoneham Coalition will distribute items to people in much need who are homeless. No donation is too small. Items can be placed in the box at the Senior Center 8:30-4:00 M-F. **THANK YOU!**





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



12/1 Captain Phillips In April 2009, the U.S. containership Maersk Alabama sails toward its destination on a day that seems like any other. Suddenly, Somali pirates race toward the vessel, climb aboard and take everyone hostage. The captain of the ship, Richard Phillips (Tom Hanks), looks to protect his crew from the hostile invaders, and their leader, Muse (Barkhad Abdi). The pirates are after millions of dollars, and Phillips must use his wits to make sure everyone survives and returns home safely.

12/8 Notting Hill William Thacker (Hugh Grant) is a London bookstore owner whose humdrum existence is thrown into romantic turmoil when famous American actress Anna Scott (Julia Roberts) appears in his shop. A chance encounter over spilled orange juice leads to a kiss that blossoms into a full-blown affair. As the average bloke and glamorous movie star draw closer and closer together, they struggle to reconcile their radically different lifestyles in the name of love.

12/15 Up in the Air An idea from a young, new co-worker (Anna Kendrick) would put an end to the constant travel of corporate downsizer Ryan Bingham (George Clooney), so he takes her on a tour to demonstrate the importance of face-to-face meetings with those they must fire. While mentoring his colleague, he arranges hookups with another frequent-flyer (Vera Farmiga), and his developing feelings for the woman prompt him to see others in a new light.

12/22 Falling for Christmas A young, newly engaged heiress has a skiing accident in the days before Christmas. After she is diagnosed with amnesia, she finds herself in the care of the handsome cabin owner and his daughter

12/29 Chocolat When mysterious Vianne and her child arrive in a tranquil French town in the winter of 1959, no one could have imagined the impact that she and her spirited daughter would have on the community stubbornly rooted in tradition. Within days, she opens an unusual chocolate shop, across the square from the church. Her ability to perceive her customers; desires and satisfy them with just the right confection, coaxes the villagers to abandon themselves to temptation -- just as Lent begins.



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 (weather permitting) on the bocce court in front of the Center!
Open to all seniors!

MAHJONG

Tuesdays 12:30-3:30



TIMELESS TRIVIA Tues 12/6 and 12/20 at 1 pm
Come for coffee, snacks, prizes, and games!

KNIT & CROCHET WITH LOUISE
Wednesdays at 10



ART WITH HOWIE Thursdays from 9-11
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 Walk in! No pre-registration required!

Line Dancing Wednesdays at 2 pm 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



CareDimensions
HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

CARE DIMENSIONS BEREAVEMENT SUPPORT

VIRTUAL: NEWLY BEREAVED

A one-time workshop for loss within the last three months. For anyone with a death in the last three months whose loved one was not connected to Care Dimensions hospice. RSVP required by Thursday before group. Virtual via Zoom Monday December 5, 3 – 5 pm

VIRTUAL: MONTHLY CAREGIVER SUPPORT

GROUP RSVP to Grief@CareDimensions.org by Friday prior to group. Virtual via Zoom, Monday December 12, 10:30 – 11:30 am

Please visit the Grief page of the Care Dimensions website for resources related to the special challenges of grief during COVID-19.

MELROSE-WAKEFIELD AGING IN BALANCE

Grief, Stress and the Holidays Online Class – Tuesday, December 20, 10am The holidays can be a joyous time and they can also be a difficult time. Join Joya Pezzuto, Community Outreach Nurse, as she leads a discussion about caring for ourselves during the holidays, including ideas and exercises for coping and relaxing. Call 781-338-7559 or email AginginBalance@tuftsmedicine.org to register.

Grandparents Raising Grandchildren Online and in person meetings Are you a grandparent raising your grandchild or a kinship caregiver of a child? You are not alone! Join us for supportive and educational meetings held monthly online and in person. They offer a wonderful way to network with other grandparents while sharing resources, education, and conversation. Custodial, guardian and caregiver grandparents and kinship caregivers welcome. Join us monthly for in-person and online meetings. Call 781-338-7559 or email AginginBalance@tuftsmedicine.org to find out more.

Coffee & Conversation Ongoing weekly teleconference calls every Thursday 1-2 p.m.

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

Haircuts with Sis

Third Monday of the month, Dec 19 from 8:30 -noon, \$12.00 no appointment needed.



Volunteers are needed and welcome to help with Timeless Trivia the 2nd and 4th Tuesday at 1 pm! always looking for new questions and if you want to read them to the group or just submit them and join the fun, please do!



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 2-4 PM. \$5. per session.

Free Blood Pressure Clinic 12/5 @10 am



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!






DECEMBER

<p>5 9:45 Drumming 10-12 Cribbage 10 Blood pressure Clinic 10 Knit&Crafts 11:30 Zumba Toning w Aimee 1-2 Zentangle 2-3 Advanced Tai Chi 2-4 Helping Hands</p>	<p>6 9-11 Chair caning 11 Joe Turner photo 12:30-3:30 Mahjong</p>	<p>7 8:45 Walking Club 10 Knit & Crochet Louse 10 Bocce 11:30 Zumba and Toning 12 MVES lunch 1 Bingo 1-4 Bridge 2-line Dancing/Chris</p>
<p>12 9:45 Drumming 10-12 Cribbage 10 Knit&Crafts 11:30 Zumba toning w Aimee 1 Artmatters 1-2 Zentangle 2-4 Helping Hands 2-4 Elder Attorney</p>	<p>13 9-11 Chair caning 10:30 Memory Cafe 12:30-3:30 Mahjong 1 Trivia</p>	<p>14 8:45 Walking Club 10 Knit & Crochet with L 10 Bocce 10 Veteran's Coffee 11:30 Zumba and Toning 12 MVES lunch 12 Walmart 1 Bingo 1-4 Bridge</p>
<p>19 9:45 Drumming 10 Cribbage 10 Knit&Crafts 11:30 Zumba and Toning with Aimee 2-4 Helping Hands</p>	<p>20 9-11 Chair caning 12:30-3:30 Mah Johng 1-2 Lisbon holiday tour</p>	<p>21 8:30 Men's breakfast 8:45 Walking Club 10 Knit & Crochet with L 10 Bocce 11:30 Zumba and Toning 12 MVES Lunch 1-3 Bingo 1-4 Bridge 2-3 Line Dancing/Chris</p>
<p>26 CLOSED FOR HOLIDAY!</p>	<p>27 9-11 Chair caning 12:30-3:30 Mah Johng 1 Trivia</p>	<p>28 8:45 Walking Club 10 Knit & Crochet Louse 10 Bocce 11:30 Zumba and Toning 12 MVES lunch 1 Bingo 1-4 Bridge 2-3 Line Dancing/Chris</p>





	1 9: Art with Howie 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	2 9:30 Tai Chi I 10-12 Cribbage 10-12 Hand/Foot Canasta 10:30 Tai Chi 2
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g with Aimee	29 9: Art with Howie 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 	30 10-12 Cribbage 10-12 Hand/Foot Canasta



SPOTLIGHT

Aerial Photographs of Stoneham Senior Center Tuesday, December 6, 2022 11 AM to Noon

Absolutely nothing compares to the stunning view of a high-resolution aerial photograph. This presentation is an invitation to see the world from an entirely different perspective. We have all seen pictures of our favorite places in Stoneham. But have you seen that same view from above? The presentation will show us views of Stoneham from the treetop level. We normally view our world looking straight ahead.

What if we could see it from above, from 50, 100 or 400 feet?



Joe is a professional photographer with a portrait studio in Stoneham. He specializes in portraits and aerial photography. He is an insured FAA 107 certified drone pilot. He teaches FAA drone certification courses to first responders at Roger Williams University, RI and at Lasell University, Newton.

Watercolor at the Center!
Are you up for an art class?!



Hello! My name is Inês and I have been a licensed guide in my beautiful country since 2008.

I have specialized in Lisbon and its surroundings in the past few years and I can say I found my true calling: guiding travelers and sharing my passion for our culture, history and gastronomy. I find travelling and meeting new people makes more

tolerance, opening a way for a more peaceful world. I am loving to share my knowledge and love for my country virtually, and I look forward to meeting you next!

Come with Ines Valencia and walk together through the downtown of Lisbon to see the city's beautiful Christmas lights, while we learn about local Portuguese Christmas traditions. Do you know what they eat for Christmas? Or what kind of cake they make to mark the occasion? Come with her to find out! December 20th @ 1pm.

Beeyonder is a customer centric virtual tour company whose mission is to create opportunities to explore the world. Discover hidden gems, learn new things, and meet inspiring people. Travelling with us is equal and accessible. Every tour is unique and virtual, always with people at heart.



RESOURCES



Call 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. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call for available dates and times.

SENATOR JASON LEWIS

Will hold office hours at the Senior Center every other month, next in January

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Elder attorney will visit the Senior Center on Monday, December 12 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 assistive devices. Call for inquiries.

ARTMATTERS

Monday December 12 @1: pm **ART KEEPS US HUMAN**

Art teaches. Art communicates. Art has humor, adventure and passion. Art matters! People are the only living creatures who make art. It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human.

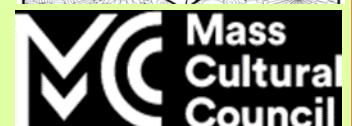
Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Be sure to bring your sense of humor and your sense of Human.

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 artmatters.website with an email address and personal password.



ZENTANGLE *Monday 12/5, 12/12, at 1:00 pm*

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



Masks now optional while using the van:

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, December 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. .



With appreciation for your donation

MaryAnn Maffeo

In Memory of
Gert Bellegarde
Eileen Griffie
Jean Wrynne



Mystic Valley Elder Services hosts this annual benefit for older adults and people with disabilities.

**Saturday January 28, 2023
at Anthony's Restaurant in Malden.**

Tickets are \$50 each. It's a great time and a great way to support Mystic Valley Elder Services.



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:

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com, but when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charity of your choice. To choose the Stoneham Senior Center:

1. Sign in to smile.amazon.com on your desktop or mobile phone browser. **2.** From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. **3.** Select a new charitable organization to support. Type "Senior Center Friends of Stoneham" in the search bar to choose the group to receive your support. Thank you for supporting the Senior Center Friends!

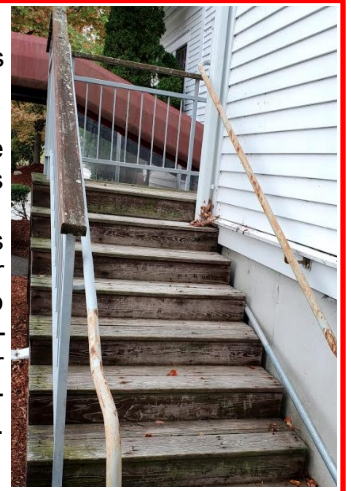


LUMBER-NUMBER!

The Senior Center Friends' Board says
THANK YOU

to our generous donors

who gave over \$900 to purchase lumber for railing and stair repairs in the spring. The anonymous donor will match the amount as soon as the final lumber-number is known. We are also grateful to the students at the Wakefield Vocational School for donating their time as they apprentice for a life-long career in the building trades. Bravo!



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

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Danielle Berardis, Website Mgr
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Stonehamseniorcenter.org
Open Mon-Fri 8:30-4:00 pm



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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

