

# STONEHAM SENTINEL

## JANUARY 2023



*Sponsored in part by the Senior Center Friends*

**Best wishes for a happy and healthy New Year to all our Senior Center family!**

**If your circumstances have changed, take a look and see if you might qualify for a tax benefit in 2023.**



### Tax Savings for Seniors

#### Senior Tax Work-Off Program

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



Eligibility is:

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

All Interested Applicants: Schedule an interview with Council on Aging (COA) Director

The rate of service will be the State's current minimum wage

Applicants will have their property tax reduced by a maximum of \$750

Required Federal and Medicare taxes will be taken from pay

Applicant must notify director and work site supervisor of schedule changes and absences

Applicant must notify director of any changes which affect eligibility i.e. sale of property

Applicant must turn in completed hours, signed by supervisor, to the COA Director at completion of hours worked.

Placement: Determined by matching applicant's skills, interests and availability with job requests

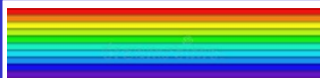
If there are more applicants than available openings, a lottery will be held to determine which applicants will be selected.

Time Frame: Applications can be picked up at any time at the Stoneham Senior Center after December 1, 2022

Program effective January 1, 2023 to November 30, 2023

Documentation of completed hours of service due to Senior Center by November 30, 2023.

For Additional Information contact Kristen Spence, Director, Stoneham Senior Center, 781-438-1157 or 781-438-1161. Email [KSpence@stoneham-ma.gov](mailto:KSpence@stoneham-ma.gov).



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](http://www.stonehamseniorcenter.org) <https://www.facebook.com/StonehamSeniorCenter>  
781-438-1157 - 781-438-1161



# COMMUNITY



Join us Tuesday, January 10th at 10am for our

Winter Wellness Workshop-

hosted by Anna N. from

Summit Eldercare PACE program.

Together we will learn tips on how to stay healthy through the Winter months as well as more information on the Summit PACE as a resource in your community. Healthy snacks included!! We look forward to staying well together this winter .

Call to register!

## DRUMS ALIVE TO BENEFIT THE ALZHEIMER'S ASSOCIATION

Come to the Center on Monday January 23 and Wednesday January at 25 at 10 AM and enjoy a wonderful experience in Drums Alive. Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive combines the benefits of a traditional physical fitness program with the brain-affected benefits of music and rhythm. Drums Alive is a program that fosters a healthy balance physically, mentally, emotionally, and socially! The classes are \$3, and all proceeds from it will benefit the Alzheimer's Association so don't miss it! Why not try something new in 2023!



*CONGRATULATIONS to Carol M, Kathy H, and Terri D for winning the latest Kathy Payne's holiday drawing!*

## 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 7 through April 4, 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. Call the Senior Center at 781 438-1157 beginning Tuesday, January 10, 2023 at 9 am. Happy holidays!

# CONTINUING CARE



## CAREGIVER'S CORNER

Happy New Year!! Wishing you all a year filled with lots of happy moments. We hope that this year you will join us at one of our Cafés. The Memory Café is about fostering connections and ending isolation for people and their care partners living with memory impairment. Stoneham and Reading COA's have joined together to alternate holding the café every month. The January Memory Café is sponsored by Reading and will be held at Fusilli's Cucina, 107 Main Street in Reading, for lunch on Tuesday January 10 from 12-2pm. RSVP is required by January 3. Please call Kerry 781-942-6659, Alyse 781-942-6693 or Anne 781-850-0619.

Anne Lawrence, LICSW, [alawrence@stoneham-ma.gov](mailto:alawrence@stoneham-ma.gov), 781-850-0619

## ASK A NURSE

### WHAT IS THE DIFFERENCE BETWEEN CATARACTS AND GLAUCOMA?

Both cataracts and glaucoma can be a natural part of the aging process. Many people over 60 have both. Otherwise, the two are not associated. A cataract is an eye condition where cloudiness, or opacity in the lens, blocks or changes the entry of light, affecting vision. Glaucoma is a group of eye diseases that gradually steals sight without warning and often without symptoms. Vision loss is caused by damage to the optic nerve. Cataracts and glaucoma are both serious conditions that can cause you to lose vision. However, loss of vision due to cataracts can be reversed with surgery. Loss of vision from glaucoma is, as yet, irreversible. The most important part of both these conditions is that they require regular monitoring from an ophthalmologist. An ophthalmologist can both diagnose and treat glaucoma and cataracts. When glaucoma is diagnosed at early stages, the treatment is either eye drops or laser therapy. Surgery for glaucoma is done after first trying drops and laser therapy. As mentioned earlier, in order to treat a cataract, a person must have cataract surgery. Currently, there are no drops or lasers that can cure a cataract.

Again, while cataracts may cause visual symptoms, glaucoma usually does not cause any symptoms at all until it is at an advanced stage. Seeing an in-person ophthalmologist at regular intervals is the best way to check for any eye diseases and address any sight-threatening issues in a timely fashion.



## Words of Wisdom

1. Always walk through life as though you have something new to learn and you will.
2. Age is like a work of art. It is all in the interpretation.

By Lillian



COMMUNITY DINNER

**STONEHAM COMMUNITY GRAB-AND-GO DINNERS** will be served on the first and third Tuesdays of the month from 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](mailto:stonehamcommunitydinner@gmail.com)

## Mystic Valley Elder Services

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



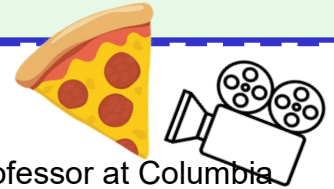
**DO YOU KNIT OR CROCHET?** As the weather is quickly turning cold we can use your help keeping people warm this winter. The Stoneham Senior Center is collecting new hats, scarves, gloves, mittens, sweaters and blankets. The Stoneham Coalition will distribute items to people in much need who are homeless. 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



**1/5 Still Alice** Dr. Alice Howland (Julianne Moore) is a renowned linguistics professor at Columbia University. When words begin to escape her and she starts becoming lost on her daily jogs, Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer's disease.

**1/12 New In Town** Lucy Hill (Renée Zellweger), an ambitious executive, lives the high life in Miami. She loves climbing the corporate ladder as well as all the material goods that her success can buy.

**1/19 Air Force One** After making a speech in Moscow vowing to never negotiate with terrorists, President James Marshall (Harrison Ford) boards Air Force One with his family (Wendy Crewson, Liesel Matthews) and advisers. When a group of terrorists led by Ivan Korshunov (Gary Oldman) hijacks the flight

**1/26 Where The Crawdads Sing** Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world.



**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!** Coverall winner also receives a surprise gift card!



## 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.



*I like the dreams of the future better than  
the history of the past!*



**TIMELESS TRIVIA** Tues 1/10 and 1/24 1 pm  
Come for coffee, snacks, prizes, and games!

Hey! 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!



**MAHJONG**  
**Tuesdays 12:30-3:30**



**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** Weds 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](mailto:angelite9@gmail.com).

**Chair yoga with Rosa** Thursdays 2 pm

## CARE DIMENSIONS

### 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 Mon Jan. 16, 2023 3-5 pm

**VIRTUAL: NEWLY BEREAVED** A one-time workshop for loss within the last three months. This workshop is open to friends and family of Care Dimensions patients only. For people whose loved one died on CD hospice services within the last three months. RSVP by Friday before group. Virtual via Zoom Wednesday, Jan. 11, 2023 3-5 pm

For more information or to register: visit - [CareDimensions.org/FindSupport](https://www.CareDimensions.org/FindSupport) or call - 855-774-5100 .

## MELROSE-WAKEFIELD AGING IN BALANCE

### Boosting Your Brain Health Online Wed Jan 25, 10am

We all know our lifestyle choices "what we eat and the things we do" play a critical role in our health. What about the brain? Are you wondering what are some things you can do to keep your brain healthy as you age? A healthy brain is essential for living a long and full life. Join Stephanie Ramy, Occupational Therapist to learn about healthy eating, physical activity and much more. (This program will not be discussing cognitive decline seen in diseases such as Alzheimer's). Call 781-338-7559 or email [AginginBalance@tuftsmedicine.org](mailto:AginginBalance@tuftsmedicine.org) to register.

**Let's Zoom!** Appointments available Tuesdays in January Are you worried about winter and feeling isolated from friends and family? Maybe you've seen fun and informative classes being offered on Zoom, but you don't know how to set it up or use it. If you have a computer and an email address, you are in luck! Stephanie Ramy of Aging in Balance at MelroseWakefield Healthcare can help you. She will be offering remote appointments every Tuesday this winter to help you get set up. Email or call her to schedule your appointment so you can start Zooming! Call 781-338-7559 or email [AginginBalance@tuftsmedicine.org](mailto:AginginBalance@tuftsmedicine.org) to schedule an appointment.

**Coffee & Conversation** Ongoing weekly teleconference calls every Thursday 1-2 p.m. 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, January 23 from 8:30-noon, \$12.00 no appointment needed.







Free Blood Pressure Clinic  
Monday Jan 9 @10 am







The Barn is a gift that keeps on giving. Look for the logo to see how your donations help our Seniors!

*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!*

<p><b>2</b> Center closed today.</p> 	<p><b>3</b> 9-11 Chair caning 12:30-3:30 Mahjong</p>	<p><b>4</b> 8:45 Walking Club 10 Knit &amp; Crochet Lous 11:30 Zumba and Ton 1-3 Bingo 1-4 Bridge 2-Line dancing/Chris</p>
<p><b>9</b> 9:45 Drumming 10-12 Cribbage, Knit &amp; Crafts 10 Blood pressure Clinic 11:30 Zumba and Toning w Aimee 2-3 Artmatters 2-4 Helping Hands</p> <p>12 MVES lunch</p>	<p><b>10</b> 9-11 Chair caning 10 Health workshop 12:30-3:30 Mahjong 1 Trivia</p>	<p><b>11</b> 8:45 Walking Club 10 Knit &amp; Crochet Lous 10 Veteran's Coffee 1-3 Bingo 1-4 Bridge 2-Line dancing/Chris</p>
<p><b>16</b> Center closed today</p> 	<p><b>17</b> 9-11 Chair caning 12:30-3:30 Mahjong</p>	<p><b>18</b> 8 Men's breakfast 8:45 Walking Club 10 Knit &amp; Crochet with 11:30 Zumba and Ton 1-3 Bingo 1-4 Bridge 2 Line dancing/Chris</p> 
<p><b>23</b> 9:45 Drumming 10 -12 Cribbage, Knit &amp; Crafts 10 Drums Alive to benefit Alzheimer's Association! 11:30 Zumba and Toning with Aimee 1 Zentangle 2 Advanced Tai Chi 2-4 Elder Attorney 2-4 Helping Hands</p> <p>12 MVES lunch</p>	<p><b>24</b> 9-11 Chair caning 12:30-3:30 Mahjong 1-Trivia</p> 	<p><b>25</b> 8:45 Walking Club 10 Knit &amp; Crochet with 10 Drums Alive to bene 10:30 Beeyonder Walk 11:30 Zumba and Ton 1-3 Bingo 1-4 Bridge 2-3 Line dancing/Chris</p>
<p><b>30</b> 9:45 Drumming 10-12 Cribbage, Knit &amp; Crafts 11:30 Zumba and Toning with Aimee 1 Zentangle 2-4 Helping Hands</p> <p>12 MVES lunch</p>	<p><b>31</b> 8-4 Tax program 9-11 Chair caning 12:30-3:30 Mahjong</p>	<p>The following activities</p> <ul style="list-style-type: none"> <li>* <b>Trivia</b></li> <li>* <b>Artmatters</b></li> <li>* <b>Bingo</b></li> <li>* <b>Men's Breakfast</b></li> <li>* <b>Beeyonder Wa</b></li> </ul>

# JANUARY 2023

<p>12 MVES lunch</p> <p>ing with Aimee</p>	<p><b>5</b></p> <p>9 Art with Howie</p> <p>10 Tai Chi</p> <p>12:30-1:30 Relaxation Circle</p> <p>12:30 Pizza/Movie</p> <p>2 Chair yoga</p>	<p><b>6</b></p> <p>10 Tai Chi with Jon</p> <p>10-12 Cribbage</p> <p>10-12 Hand/Foot Canasta</p>
<p>12 MVES lunch</p> 	<p><b>12</b></p> <p>9 Art with Howie</p> <p>10 Tai Chi</p> <p>10 Caregivers Support</p> <p>12:30-1:30 Relaxation Circle</p> <p>12:30 Pizza/Movie</p> <p>2 Chair yoga</p> 	<p><b>13</b></p> <p>10 Tai Chi with Jon</p> <p>10-12 Cribbage</p> <p>10-12 Hand/Foot Canasta</p>
 <p>12 MVES lunch</p> <p>Louise</p> <p>ing with Aimee</p>	<p><b>19</b></p> <p>9 Art with Howie</p> <p>10 Tai Chi</p> <p>11 John Clark Music Experience, <i>Stephen Foster</i></p> <p>12:30-1:30 Relaxation Circle</p> <p>12:30 Pizza/Movie</p> <p>2 Chair yoga</p>	<p><b>20</b></p> <p>10 Tai Chi with Jon</p> <p>10-12 Cribbage</p> <p>10-12 Hand/Foot Canasta</p> 
<p>12 MVES Lunch</p> <p>Louise</p> <p>fit Alzheimer's Association!</p> <p>ing Tour</p> <p>ing with Aimee</p>	<p><b>26</b></p> <p>9 Art with Howie</p> <p>10 Tai Chi</p> <p>10 Caregivers Support</p> <p>12:30-1:30 Relaxation Circle</p> <p>12:30 Pizza/Movie</p> <p>2 Chair yoga</p>	<p><b>27</b></p> <p>10 Tai Chi with Jon</p> <p>10-12 Cribbage</p> <p>10-12 Hand/Foot Canasta</p>

are sponsored by the **Senior Center Friends**, noted with the handshake logo

The following are subsidized by the **Senior Center Friends**

st  
alking Tours



- \* **Health and Wellness classes**
- \* **Transportation**
- \* **Movie**

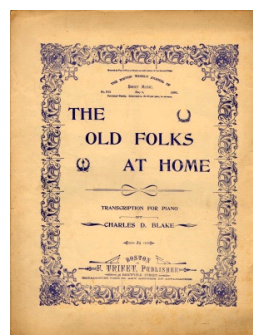
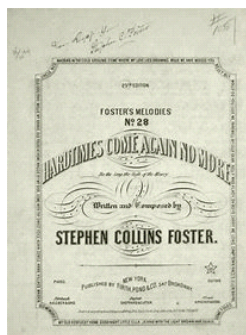


# SPOTLIGHT

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



## *The Music of Stephen Foster* Thursday, Jan 19<sup>th</sup> at 11:00 am



Stephen Foster is one of the best loved and most familiar songwriters in American history. Two of his most famous songs, the nostalgic **My Old Kentucky Home** and **Old Folks At Home (Swanee River)** are actually state songs today. But some of Foster's songs have become controversial in recent years. Minstrel tunes like **Camptown Races** and **Oh! Susannah** seem so energetic and upbeat and **Old Black Joe** and **Massa's in De Cold, Cold Ground** so foreboding. but there's more than meets the ear in both. This program takes a closer look at the lyrics and the stories behind them.

Stephen Foster's short career ended as it had begun, with two lovely and familiar parlor ballads, **I Dream of Jeannie With the Light Brown Hair** and **Beautiful Dreamer**, wrapping up the program. Since no original recordings of Foster's songs exist, you will be treated to all of this music in a wide variety of musical styles and settings, both from live performances and recordings. Featured artists include Johnny Cash, Emmylou Harris, Marilyn Horne, Jennifer Warnes, Suzy Boggus, Edison Quartette and the premier interpreter of these legendary songs, Thomas Hampson.



### Your tour guide, Jack Caffrey, take us on a walking tour of **Galway - The City of Tribes**



Galway City is the real version Ireland most tourists come to see on their vacation. It's a modern city, and with a comparatively younger population, Galway nonetheless retains a distinctly Irish identity and character - something many Irish towns have lost in recent times.

We'll start our 60 minute stroll around Ireland's Western capital at Lynch's Castle where the term 'lynching' was first coined following an infamous murder in 1493. I'll tell you about how a monkey once rescued a baby from a house fire, and you'll also hear the story behind Galway's famous moniker 'City of the Tribes'.

You'll find out why Christopher Columbus would never have discovered America but for his visit in 1477 to the City of Galway, and the true love story of Richard Joyce and Sarah Curran which led to the creation of the first Claddagh Ring in 1689. We'll cover the city's rich history from ancient times, its long-standing cultural and architectural links with Spain - and I'll teach you a little Gaelic along the way!

Wednesday January 25 at 10:30 am.

*Beeyond 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 3 pm 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 virtually for January. Please call his office at 617-722-1206 or email Jason.lewis@masenate.gov for further information. In person visits at the center will resume on 3/6/23.

## **ATTORNEY FOR SENIORS**

Free legal assistance is available for seniors once per month. Elder attorney will visit the Senior Center on Monday, Jan 23 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 followup 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 January 9 @1: pm*

**WINSLOW HOMER** He got his start by illustrating scenes from the Civil War for Harper's Magazine. He documented post war, rural Americana and later dramatically explored man's relationship to nature. He was one of the greatest watercolor painters and was profoundly influential. Join us for an up-close look at the work of one of America's most beloved painters.

**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](http://artmatters.website) with an email address and personal password.



## **ZENTANGLE** *Monday January 23 and 30 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 \$2.00 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. \$2 per ride.

**WALMART:** Wednesday, January 11, Van leaves the center at 12:30 to pick up passengers and leaves Walmart approximately 2:30 to return to Center. 9 residents max. \$2 per trip.



***Many thanks to the Senior Center Friends for subsidizing cost of transportation, now \$2 per ride!***

## ***With appreciation for your donation***

- \* Susan Bishop
- \* Cecilia Driscoll
- \* Sally DeCaro
- \* Edwina O'Neill
- \* Frank Liu
- \* George Haroutunian

## **In Memory**

*United Food & Commercial Workers Union  
For Gert Bellegarde*



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.  
Call MVES at 781-388-2316 for more info**

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 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:

\_\_\_\_\_

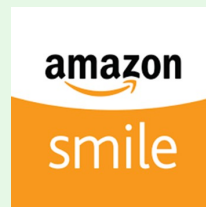
**The Senior Center Friends** is a non-profit organization that raises funds for activities and services to enhance the dignity of seniors, support their independence, and encourage their involvement at the Senior Center.

Over the next months, we will share opportunities for you to help us in this endeavor! Look for the handshake logo showing how your support is used!



**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.
2. 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!

**Senior Center/Council on Aging**

Board of Directors

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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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Pam Moriarty, Van Drivers  
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Dennis O'Hara, Communications  
Danielle Berardis, Website Mgr  
Fran Cioffi, Newsletter Editor

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