



Stoneham Sentinel

December 2023



Sponsored in part by the Senior Center
Friends



Notes from the Director

Can you believe that it is almost 2024? It is a time to reflect and appreciate all that our community has to offer. We appreciate all the older adults who support, visit and give their time and energy to the Stoneham COA. I am always amazed at the wonderful energy that comes through our doors every day. Please enjoy the events happening in December:

- ♦ Wednesday December 20th @ 1pm- Holiday Party with DJ Tommy Bahama and fun!
- ♦ Wednesday, December 6th- Tech program from 10:30-11:30am. Need help with your electronic devices, this is a free resource!
- ♦ Fitness programs though out the week for body and soul.
- ♦ Coming in Janauray Footcare specialist Marie—watch for the dates to make your appointment.

HAPPY HOLIDAY SEASON TO EVERYONE AND A HEALTHY NEW YEAR BEST, KRISTEN SPENCE

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. In this publication, look for the handshake logo showing how your support is used!

Council on Aging Team:

Kristen Spence, *Director*

Amanda Costain, *Outreach/ Assistant Dir.*

Sandy Kirby, Carol Johnston, *Admin Asst*

Gary Cooper, Marshall Stokes ,

Van Drivers

Peter Barnaby, Bob Pettengill, *Custodians*

Kathy Payne, Theresa Duggan, *Reception*

Danielle Berardis, *Website Mgr*

Council on Aging Board of Directors

Kathleen Hudson, *Chair*

Maureen Buckley, Kathy Carey

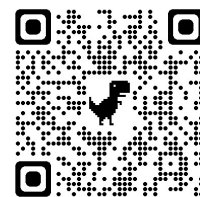
Bill Kelly, Denise Kneeland,

Samantha Lino, Joan Lupis,

Maureen McGinness, Traci

Mello, Connie Rosa,

Walt Wolonsavich



Council on Aging

Hours of Operation:

Monday 8:30-4pm

Tuesday 8:30-4pm

Wednesday 8:30-4pm

Thursday 8:30-4pm

Friday 8:30-4pm



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



Police Pointer! Good to know!

Message from Dectective Ryan, CCI:

It's Holiday Season for the bad guys too! They go into scam-overdrive mode. Black Friday and Cyber Monday are the busiest on-line shopping days and the bad guys are planning to get rich with *your money*. So, here are a few tips to help you shop safer this Holiday season.

- **Never click on links in emails.** If you want to shop at a site, enter that site address in your browser. There are thousands of fake sites that look almost identical to the real thing. Don't fall for evil-twin shopping sites.
- **Don't open attachments with special offers.** It's a classic scam. The offer should be in the email and you should be able to see it right away.
- **Watch for malicious ads and popups.** Do not click on ads that sound too good to be true, and ignore popups that might propose the "best deal ever".
- **Beware of e-skimmers.** This is a new one. Do you know that bad guys sometimes skim your credit card at gas stations or ATMs? Well, there is a new flavor of that, the shopping website you order from might be infected with an "e-skimmer" and they steal your card data when you check out. You can prevent that by using PayPal or Amazon.
- **Use a *credit card* to buy stuff online if possible.** NEVER use a *debit card* to make online purchases but use that debit card to take out cash only.
- **Do not shop over a public Wi-Fi.** You simply do not know if it's secure and who is listening. Only shop using a secure, trusted network. If you have no other way to shop, use a VPN which encrypts your traffic.
- **Be very careful when you see a free offer during the holidays.** There is an explosion of all kinds of survey fraud and gift card scams.
- **Do not re-use any of your passwords.** Instead, use a password manager to create hard-to-break passwords. Re-using any password is literally an invitation to get hacked.
- **Enable multi-factor authorization.** I know it may be a hassle, but it drastically reduces your exposure to an issue and offers better credit card fraud protection.
- **Keep a close eye on your credit card and bank accounts.** During this season, unexpected and strange charges might appear which could very well be the first sign your card or even your whole identity has been stolen. If you think you might have been scammed, stay calm and call your credit card company, nix that card and get a new one.
- **Be especially suspicious of gift card scams.** They can be a perfect holiday gift, but gift card scams are skyrocketing. Only buy gift cards from trusted sources.

Detective RYAN, CCCI
Stoneham Police Department
(ph) 781-438-1212 X3154
(fax) 781-507-2597



News, Info and Events

* As a reminder please call the Stoneham Senior Center to register for programs *

ArtMatters Monday Dec. 11th at 2pm featuring works of Music and Dance



The human brain is an amazing thing. We use visual images to communicate with one another as a species. We look at images with our eyes and see pictures that connect us to our other senses as well; sound, touch, even taste & smell. We hear the music, feel the movement, and can remember events in our lives with all of our senses, just by looking. Join us for some "sensory recall", as we look at images that let us hear the music, dance, and connect to our own lives and the world.

Writing Workshops with The Room to Write

The first three Tuesdays in December, The Room to Write will be hosting Gather & Write sessions for Seniors and Veterans from 10:30 - 11:30 am. (There will be a break for the holidays: no sessions on December 26th or January 2nd.)

These sessions will be led by an instructor from The Room to Write (TRtW). You may come with your own ideas of what to write or be inspired by prompts provided by the instructors. You'll have time to write, as well as an opportunity to share your writing.

If you have questions, please contact Linda Malcolm, Coordinator of Senior and Veteran Programming for The Room to Write, at 781-439-1080 or linda@theroomtowrite.org. For more information about The Room to Write, visit: www.theroomtowrite.org/programs/seniors-veterans Registration required; please sign up by calling 781-438-1157.

Steps to De-Stress for the Holidays **Online Wednesday, December 6, 10 a.m.**

Learn how to successfully relax through a stressful day and holiday season.

At some point, we have all dealt with stress, but having a constant feeling of being "stressed-out" can affect our health and wellness. During the holiday season it's a perfect time to learn some ways to reduce stress. Stephanie Ramy, Occupational Therapist, will share tools and techniques to help you. During this 1.5-hour free online class you will learn about:

- Stress physiology
- Explore how stress affects your body
- Techniques for relaxation
- Easy tips to managing everyday stress

To register email AginginBalance@tuftsmedicine.org or call 781-338-7559

Coffee & Conversation

Ongoing teleconference calls every second and fourth Thursday 1-2 p.m.

Join in these twice monthly calls for conversation, support, resource sharing and tips to reduce stress and anxiety. No need to register, just call in! Meeting on November 9th (no meeting on 23rd due to holiday).

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

ZENTANGLE Mondays from 12:45-1:45pm at the center. The instructor Susan Macfarlane will be on the theater screen teaching. 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! No class on 12/25 and 1/1



From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays and Wednesdays, and cold lunch on Thursdays. Please call ahead by noon on the Friday, Tuesday or Wednesday before if you would like to have a lunch reserved for you! Check out the menu on the next page in the calendar!





Games; Entertainment; Crafts



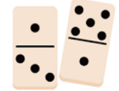
PIZZA and MOVIE! Thursdays at 12:30pm with thanks to Andrea's Pizza of Stoneham for their delicious pizza! A donation of \$2.00 is requested

12/7 Holiday Inn 1942 In this Irving Berlin musical, Jim (Bing Crosby) and Lila are members of a performing trio who plan to quit and run a country hotel. When Lila says she has fallen in love with the dancer in the act, Ted (Fred Astaire), Jim leaves town with a broken heart. (1 hour 40 min)

12/14 The Noel Diary When a best-selling author returns home at Christmas to settle his mother's estate, he finds a diary that holds secrets to the past. (1 hr 40 min)

12/21 Christmas in Connecticut While recovering in a hospital, war hero Jefferson Jones (Dennis Morgan) grows familiar with the "Diary of a Housewife" column written by Elizabeth Lane (Barbara Stanwyck). Jeff's nurse arranges with Elizabeth's publisher, Alexander Yardley (Sydney Greenstreet), for Jeff to spend the holiday at Elizabeth's bucolic Connecticut farm with her husband and child. But the column is a sham, so Yardley hastens to arrange a publicity ploy by setting up single, nondomestic Elizabeth on a country farm. (1 hr 42 min)

12/28 White Christmas Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black! (2 hrs)



Game Time!

- **BINGO**— Grab a card or two Wednesday 1-3pm *What a great way to get out and have some fun for just a dollar a card!*
- **Card Games**— Cribbage Mondays and Fridays 10am– 12pm; Hand and Food Canasta Fridays 11am– 1:30pm; and Bridge Wednesdays 1-4p
- **Assorted Games!** Are you interested in RummiKub, Dominoes, Monopoly or Scrabble? Come by Mondays and Fridays from 10a-12pm and play!
- **Mahjong**— *Mahjong will challenge you to use your brain and strategize and make decisions! Great for Brain Health! Tuesdays 12:30-3:30pm.*
- **New Addition!** Rummikub group every other Friday in the Dining Room! **Dec 1st, 15th and 29th!**

TIMELESS TRIVIA

Tues 1 pm ; 12/12 & 12/26

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/answers or to host the trivia, please call us!



SENIOR BOWLING FUN! We are not a league but we have a lot of fun! All are welcome! We meet at Bowlarama in Wakefield every Monday at 10:15am. We bowl 2 strings. No sign up-just show up! **NOTE NEW LOCATION IN WAKEFIELD!**



KNIT/CROCHET WITH LOUISE
Wednesdays at 10



ART WITH HOWIE

Thursdays 9-11

For a new art experience, bring your own project and material and learn some new techniques.

Health and Wellness

\$3 PER CLASS payable to the instructor

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

Weight training with Aimee Mondays at 12:30pm

Interval Training with Aimee (Combining cardio with toning exercises)

Wednesdays at 12:30pm

Drums Alive Mondays 9:45-10:30am Walk in! No pre-registration required!

Line Dancing Weds at 2:30pm at the center, fun, healthy and rewarding activity for all

Relax, Meditate and Reiki with Angela Shea Thursdays 12:30 pm. In-person .

Chair yoga with Rosa Thursdays 2 pm



Free Tai Chi Classes

Beginning Tai Chi with Sherry on
Thursdays @ 10am
Friday Intermediate with Jon
on Fridays @ 10am



Haircuts with Donna 12/18

*Third Monday of the month, 9am-1pm,
\$12.00 no appointment needed.*



T.E.C.H. Sessions with the Boys & Girls Club of Stoneham & Wakefield

Date: Wednesday Dec 6th from 10:30-11:30am

To register please call – 781-438-1157

Don't forget to bring passwords!!



Stoneham Memory Café

Date: Thursday, December 7th from 10:30am-11:30am

Come enjoy a winter themed activity with coffee and morning treats!



Do your hands serve you well? Or do they sometimes ache or cause you pain? Are some common tasks difficult for you to do, like opening jars, turning keys, or cutting with a knife? Carol Sepowitz is a retired Occupational Therapist and Certified Hand Therapist who may be able to help. She is volunteering her knowledge and services a few hours per week. She 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.

Carol will be available on Monday afternoons, 2-4p. She will see people individually for 40 minutes each for \$5.00 per session. Sign up with the center to make an appointment.

December 2023

Monday	Tuesday	Wednesday
4 <i>Chicken Stir fry/Turkey and Swiss</i> 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training w/Aimee 12:45 Zentangle 2-4p Helping Hands	5 10:30a Room to write 9-11a Chair Caning 11:30a Po 12:30p-3:30p Mahjong 11:30 Footcare Specialist	6 <i>Salmon</i> 8:45a 10a 10a-12p 10:30a 11:30a 12p 12:30p 1-3p 1-4p 2:30p
11 <i>Lasagna / chicken soup/Chicken Salad</i> 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training w/Aimee 12:45 Zentangle 2p Artmatters 2-4p Helping Hands 2-4 Attorney	12 9-11a Chair Caning 10:30 Room to Write Walmart Trip 12:30-3:30 Mahjong 1-2pm Trivia	13 <i>Baked Fish</i> 8a M 8:45a 10a 11:30a 12p 12:30p 1-3p 1-4p 2:30p
18 <i>Lentil Stew/Egg Salad</i> 9:45am Drumming 10 Barber with Donna 10-12p Cribbage; Associated Games 11:30a Zumba Fitness w./Aimee 12p Lunch 12:30p Weight interval training w/Aimee 12:45p Entangle 2-4p Helping Hands	19 9-11a Chair caning 10:30 Room To Write 1Walmart Trip 12:30-3:30p Mahjong 3pm COA Board meeting	20 <i>Raviolis C</i> 8:45a W 10a-12p 11:30a Z 12p Lun 12:30p 1-3p Bi 1-4p Br 2:30p L
25 Closed for Christmas	26 9-11a Chair caning 10:30 Room to Write 12:30p-3:30p Mahjong 1-2pm Trivia	27 8:45a 9a 10a 1:30p 12p 12:30p 1-3p 1-4p 2:30p

Wednesday	Thursday	Friday
		<p>10 Tai Chi w/Jon 10-12p Cribbage 10-12 assorted games 11a-1:30p Hand/Foot Canasta 1pm A Christmas Carol</p>
<p><i>with Honey Mustard sauce/Chicken salad</i> 5a Walking Club Veterans Coffee 12p Knitting/Crocheting with Louise 10-11:30 Teen Tech Help 10a Zumba Fitness w/ Aimee Lunch 10p Cardio w/toning exercises w/Aimee 1pm BINGO 2pm Bridge 3pm Line Dancing</p>	<p>7 <i>Mixed bean and veg soup/Tuna Salad</i> 9a Art with Howie 10a Beginners Tai Chi 10a-12p SNAP Help 10:30 Memory Café 12 Lunch 12:30p Pizza & Movie 12:30 Relax and Meditate Circle 2-3p Chair Yoga with Rosa</p>	<p>8 10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p><i>with Med. Sauce/Roast beef and Prov.</i> Men's Breakfast 5a Walking Club 10-12p Knit/Crochet w/Louise 10a Zumba Fitness w/Aimee Lunch 10:30p Cardio with toning exercises w/Aimee 1pm Bingo 2pm Bridge 3pm Line dancing</p>	<p>14 <i>Holiday Meal Stuffed Chicken Breast</i> 9a Art w/Howie 10a Beginners Tai Chi w/Sherry 10a Caregivers support group 10a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>15 10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p><i>Chicken meatball/Turkey Swiss</i> Walking Club Knit/Crochet w/Louise Zumba Fitness Lunch Cardio with toning exercises w/Aimee Bingo Bridge Line dancing</p>	<p>21 <i>Unstuffed pepper casserole/Tuna salad</i> 10a Beginners Tai Chi w/Sherry 10a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>22 10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 1pm Holiday Party</p>
<p>Walking Club <i>Mac and Cheese/Tuna</i> Coffee with Amanda 10-12p Knit/Crochet w/Louise 10a Zumba Fitness Lunch 10:30p Cardio with toning exercises w/Aimee 1pm Bingo 2pm Bridge 3pm Line dancing</p>	<p>28 <i>Chicken Meatballs w/ pasta/Turkey and Swiss</i> 9a Art w/Howie 10a Caregiver support group 10a T Beginners Tai Chi w/Sherry 10a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>29 10a-12p Cribbage 10a-12 Assorted Games 11a-1:30p Hand/Foot Canasta</p>

Outreach Corner

Hello Neighbors,

The holidays can be stressful, we often reminisce the magical time of year but these celebrations bring a lot of emotions. In a 2015 Healthline survey, over 60 percent of adults across all age groups reported feeling stress over the holidays. Time, expectations, relationships and the loss of a family members or friends can all contribute to the increased stress that, in turn adds mixed emotions during the “happiest time of the year.”

Stress is a complex mix of emotional, physical and behavioral response to your environment. Stress is a normal body response, however when it becomes chronic and a part of your daily life, it becomes a bad thing for your body and others around you. Chronic stress leads to health problems like fatigue, headaches, digestive issues, sleep disturbances, and physical pain. According to Glencoe Regional Health’s Occupational Therapist, Michelle Becker (2023), chronic stress can also lead to memory and concentration problems, and can lead to depression and anxiety.

Here are some tips to manage your stress during the holiday season.

1. Take responsibility (yes, I said responsibility) by building emotional intelligence. According to researcher, professor and author Brene Brown (2019) emotional intelligence (EI) is a skill that you can practice to manage your emotions during the holidays. Daniel Goleman in 1995 coined the term emotional intelligence as the ability to identify and manage emotions. To practice EI, be more self-aware of your emotions by allowing yourself to be vulnerable and allow yourself to feel your emotions- good or bad. Use a relaxation and calming strategy such as deep breathing- smell the roses and blow out them candles! In addition to relaxation techniques, self-regulation tips/activities such as taking a walk, journaling, coloring, listening to calm music are ways to slow your heart rate down in Peg Drummy’s words watch something cozy on Hallmark with a cookie or two with your cup of tea with a comfortable blanket.
2. Get your sleep in during the holiday season– the holidays can disrupt your sleep routine. When you don’t get enough sleep, your body produces extra stress hormones. Keeping a regular sleep- wake cycle maintains your circadian rhythm. A strategy to fall and sleep better is to practice meditation techniques such a body scan.
3. Get your steps in! According to Glencoe Regional Health’s Occupational Therapist, Michelle Becker (2023) exercise is the best stress reliever. Exercise produces endorphins, which are anti stress chemicals and also help with a night sleep. As you know, exercise can instantly improve your mood!
4. No multitasking during the holidays. It’s true that multitasking can be a life saver and a sense of feeling productive. However, slowing down and taking one task at a time gives us the space we need to respond to stress rather than simply reacting to it. According to Glencoe Regional Health’s Occupational Therapist, Michelle Becker (2023), make lists and prioritize what you need to get done to limit mental clutter.
5. Watch how much food and alcohol you consume. Drinking and eating more than you normally do will rev up your nervous system. Overeating can lead to moodiness and irritability. Alcohol can seem like an easy escape to ease feelings of despair or stress but they relive temporary relief and lower your inhibitions, which can lead to reckless behavior. Practice some self- regulation techniques from the above in the first tip.

Stress can be managed especially during the holiday season, our body responds to what we do most often in our daily routines. Getting enough sleep and practicing emotional intelligence with self-regulating techniques can have a meaningful impact on your wellbeing and overall health during this season.

Stay warm and happy holidays,

Amanda C

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. Available for appointments Tuesdays and Wednesdays.

SENATOR JASON LEWIS

In person at the center every other month. Next date is at 12/4@12pm. Please call the Center for further information.

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Elder attorney will visit the Senior Center on Monday 12/11 from 2-4 and you can schedule 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; 12/14 and 12/28 .

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.

Halloween Party 2023 & Raffle Winner



Congratulations to Betty Jane Borges
for winning the Halloween Gift Basket!!
Pictured on right.

TRANSPORTATION



Masks now optional while using the van:

Transportation for shopping is available to **Market Basket** 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.

MEDICAL RIDES If you need a ride to a local **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: Dec. 12th and 19th 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:

Kathleen Palfy
Katherine Clark
Jean Juergens
Paul & Susan Bishop
Pat Devlin
Eddie

Memorial

Pat Jutras & friends
In memory of Kay Letourneau
Matilde Gentile



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:

