



Stoneham Sentinel

March 2024



Sponsored in part by the Senior
Center Friends



Have you tried Zentangle? Is Tai Chi something you want to explore? Do you love games and socializing? Come to the center and enjoy—it is a fun place to be and never boring! This month we are beginning visits with Marie Anderson NP, a geriatric foot specialist, on March 5 12-3pm. Call the center to book your appointment.

If you are new to the area or the center stop by and take a tour. Share a meal, watch a move or enjoy a chair yoga, Zumba or line dancing class.

As Lillian, a member of the center wrote: “Have you ever noticed as you go through your day how many interactions you might have if you smile? You might be surprised at the smiles you bring to others as well as yourself.”

Best,
Kristen Spence
COA Director

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

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Maureen Buckley, Kathy Carey
Bill Kelly, Denise Kneeland,
Samantha Lino, Joan Lupis,
Maureen McGinness, Traci
Mello, Connie Rosa,
Walt Wolonsavich

Remember Day Light
Savings Time is Sunday
March 10th!

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.



News, Info and Events

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



In honor of last month's Black History Month, book author Sybil J Gilchrist will be lecturing on her book *Camarades of War I*

When: Friday, March 1st 1-3pm
Please call to reserve your spot!
(781) 438-1157



WE WANT YOUR STORY! Are you a senior who has found a new way of engaging in life? Many seniors who have left the workforce have no idea what to do to stay relevant and connected after retirement. If you have experienced a new lease on life by discovering a passion for something you haven't done before, share it with the rest of us! For example, maybe you've started a successful online business, or maybe you've become a master of a newly found skill such as painting or baking, or maybe you've taken up a sport you enjoy at which you excel! Your story might spark the imagination of another member of our community! If you would like to share your insights (with or without photos!), please email me at specialseniorstories@gmail.com, and include your contact information as well as the best way to reach you. Let's celebrate our accomplishments and inspire others!



Do you want to learn how to prevent a fall?
Matter of Balance program is back!

This is an evidence based program to prevent falls in your home or in the community.

This program is sponsored by Mystic Valley Elder Services. Please call to reserve your spot for this 8 week course. When you sign up you need to be present for **ALL** classes.

Wednesdays from March 6th to April 24th from 10-11:30am.

Canes and Cards Oh My! We would be happy to accept any donations you have!



ART Matters Monday March 11th @ 2pm– Animals in Art– Beasts of Game and Fable



Humans are the only animals that communicate with art. But we love animals, and we especially love art about animals. Many creatures indeed are so important to us that we have imbued them with mythical abilities, magical symbolism and villainous qualities that have greatly influenced much of our culture, religion, and literature. We love animals so much we invented new ones.

Join us for a journey around the world and throughout history to appreciate how connected we are with beasts of fame and fable and how we have cultivated these myths and fables to connect us to one another in art.



News, Info and Events

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



Come to a lunch and learn to learn about PACE. PACE is an acronym for Program of All-Inclusive Care for the Elderly. It is Medicare and Medicaid program that helps older adults meet their health care needs in the community instead of going to a nursing home or other care facility. This program is presented by Mackenzie Cunningham from Neighborhood PACE program. March 15th at 11:30am-12:30pm. Please call to sign up, (781) 438-1157.



Old Irish saying: For each petal on the shamrock, this brings a wish your way: Good health, good luck, and happiness for today and every day. Come celebrate with us for St.

Patrick's Day! Music provided by Tommy Bahama and a special Irish Lunch@ 12pm
SIGN UP is REQUIRED (781) 438-1157!

ZENTANGLE

Monday from 12:45-1:45pm at the center. The instructor Susan Macfarlane will be on Zoom teaching on the screen. Thanks to the Senior Center Friends for sponsoring this class 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!



Outreach Coffee Hour with Amanda, Outreach/Assistant Director with Chief James O'Connor and Chief Matt Grafton. Wednesday March 27th @ 9am

New!! Parkinson's Disease Support Group with the Visiting Nurses and Community Care at the **Lynnfield Senior Center**. Next meeting is on Thursday, March 7th at 10:00am. The address to the Lynnfield Senior Center is 525 Salem St, Lynnfield MA 01940. Questions please call 781-960-7027 and to RSVP please call 781-598-1078. Caregivers and Spouses are welcome!

Free Financial Advice Monday 3/11 2-4pm
Dana Rodrigues, the owner and financial planner at Affiliated Financial Group in Wakefield, MA, has been in financial services for over 30 years. He prides himself on providing financial guidance to anyone, no matter the financial situation. Take advantage of this offer to get complimentary financial guidance. Sign up for 15 minute appointments.



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

Will continue in April. The Lunch and Learns are scheduled for 3/8 and 3/22 call to register and to learn more information.

From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays and Wednesdays, and 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 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



March 7th- *Hidden Figures* (2016) Drama/Historical; Based on a non-fiction book by Margot Lee Shetterly, the film is about three black women who entered the space program as mathematicians. (2.07 hrs)

March 21st- *A League of Their Own* (1992) Comedy/Sport: When World War II threatens to shut down Major *League* Baseball, candy manufacturing magnate Walter Harvey decides to create a women's *league* to make money. (2.08 hrs.)

March 28th- *42* (2013) Biographical/Sport: American biographical sports film about baseball player Jackie Robinson, the first black athlete to play in Major League Baseball (MLB) during the modern era. (2.32 hrs)

***Please note* No movie or pizza on Thursday, March 14th due to the St. Patrick's Party Entertainment by Tommy Bahama**



Game Time!!



- **BINGO**– Grab a card or two for just a dollar (1\$) per card on Wednesdays 1-3pm!
- **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 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.*
- **Rummikub**– A tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. Friday March 8th and Friday March 22nd

TIMELESS TRIVIA

Tues 1 pm ; 3/12 and 3/26

Come for coffee, snacks, prizes, and games! Volunteers are needed and welcome! 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!



ART WITH HOWIE

Thursdays 9-11

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

KNIT/CROCHET WITH LOUISE
Wednesdays at 10



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! No class on 3/25

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.

Chair yoga with Rosa Thursdays 2 pm



Free Tai Chi Classes

Beginning Tai Chi with Sherry on Thursdays
@ 10am

Fridays @ 10am with Jon; **Sun73**

Haircuts 3rd Tuesday of the month

12:30-3:30 pm. 3/19

\$12.00 no appointment needed.



Geriatric Footcare specialist with Marie Anderson, RN! Marie will be here at the senior center on the first Tuesday of every month starting Tuesday, 3/5 from 12-3pm. She can examine and answer all your questions about footcare! Marie is a registered nurse and has over 30 years of experience! Call the center for an appointment (781) 438-1157!

Stoneham's Memory Café

What is a Memory Café?

It's a social gathering for individuals living with dementia and their care partners. Care partners can include spouses, children, friends, and professional caregivers.

What are the benefits of going to a Memory Café?

The benefits include helping guests form new friendships and reduce social isolation that can occur with people living with dementia and their care partners. It also provides an opportunity to have fun together in a different environment that involves a creative art activity or entertainment!

Where: Stoneham Senior Center

When: **Thursday, March 7, 2023**

Time: 10:30am-12pm

For more information or to register please call Stoneham Senior Center 781-438-1157



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.

March 2024

Monday	Tuesday	Wednesday
4 <i>Sloppy Joe and veg / Egg salad sandwich</i> 9:45 Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands 2pm Trip Talk	5 10:30a Room to write 9-11a Chair Caning 12:30p-3:30p Mahjong Walmart Trip Footcare 12-3	6 <i>Hot Dog & Baked</i> 8:45a Walk 10a-12p Knit 10:30 Blood 10-11:30 Ma 11:30a Zum 12p Lunch 12:30p Carc 1-3pm BIN 1-4 Bridge 2:30pm Lin
11 <i>American Chop Suey/Chicken salad</i> 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2pm Art Matters 2-4p Helping Hands 2-4p Financial Advice 2-4	12 9-11a Chair Caning 10:30 Room to Write Walmart Trip 12:30-2:30 12:30-3:30 Mahjong 1-2 Trivia	13 <i>Chicken Marsala/</i> 8:45a Walk 10a-12p Kn 10-11:30 M 11:30a Zur 12p Lunch 12:30p Car 1-3p Bing 1-4p Bridg 2:30 pm L
18 <i>Chicken Scallopini/ Turkey/Swiss Sand.</i> 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands	19 9-11a Chair caning 10:30 Room To Write 12:30-3:30p Mahjong 12:30p Haircuts 12:30 Walmart 12-2 Attorney 3pm COA Board meeting	20 <i>Roast Turkey w/ g</i> 8am Men's bre 8:45a Walking C 10a-12p Knit/Cro 10-11:30 Matter 11:30a Zumba Fi 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dan
25 <i>Chicken w/ sautéed veg/ Turkey & swiss sand.</i> 9:45 Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands 2pm Nutrition Myths	26 9-11a Chair caning 12:30p-3:30p Mahjong 1-2 Trivia	27 <i>Beef Burgundy /</i> 8:45a Wal 9a Coffee 10a-12p Kn 1:30a Zum 12p Lunch 12:30p Car 1-3p Bingo 1-4p Bridge 2:30 Line c

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Thursday		Friday
		1 10am Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta Book Talk with Sybil
Beans/ Turkey Swiss sand. King Club Knitting/Crocheting with Louise Memory Pressure Bingo Yatter of Balance Yamba Fitness w/ Aimee Radio w/toning exercises w/Aimee GO Line Dancing	7 <i>Chicken Souvlaki/ Roast Beef & Provalone</i> 9a Art w/Howie 10a BeginnersTai Chi w/Sherry 10:30 Memory Café 11a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	8 10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 11a Lunch and Learn
Roast Beef & Provolone sand. King Club Knit/Crochet w/Louise Yatter of Balance Yamba Fitness w/Aimee Radio with toning exercises w/Aimee Go Line dancing	14 <i>SPECIAL: Corn Beef Stew/ Turkey and Swiss Sand.</i> 9a Art w/Howie 10a BeginnersTai Chi w/Sherry 10:30 Caregiver's support group 11a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 1pm St. Pat's Party 2p Chair Yoga with Rosa	15 10am Tai Chi/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 11:30 PACE and Lunch
Gravy/ Tuna salad sand. Breakfast Club Knit/Crochet w/Louise Yatter of Balance Yamba Fitness Radio with toning exercises w/Aimee Line dancing	21 <i>Baked Fish w/ Newburg Sauce / Roast Beef Provalone</i> 9a Art with Howie 10a BeginnersTai Chi w/Sherry 10:30 Caregivers support group 11a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	22 Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 11-1 Lunch and Learn
Calif. Chicken Salad King Club Radio with Amanda Knit/Crochet w/Louise Yamba Fitness Radio with toning exercises w/Aimee Line dancing	28 <i>Stuffed Shells/ Roast Beef & Provalone</i> 9a Art with Howie 10a BeginnersTai Chi w/Sherry 11-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	29 Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta



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Outreach Corner

Dear Neighbors,

Happy spring! I can imagine the smell of the flowers and feel the air warming up. As many of you know, programs and funding that were created during the pandemic are starting to stop if they didn't already. Many people have signed up for a program called the Affordable Connectivity Program, that program is starting to run out of funding. The Affordable Connectivity Program (ACP) established in 2021 by the Bipartisan Infrastructure Law, appropriating \$14.2 billion. The Federal Commission (FCC) developed and implemented this program. This benefit program helped ensure households to afford broadband (telecommunications) needed to work, for school, healthcare and more. This program supported over 22 households.

If you or know someone is an ACP household member, know that the program funds are expected to run out by April 2024. Please note this date is an estimate change and may change if Congress chooses to fund this program. Here is some information to be aware of:

- Households who have applied, been approved, and are receiving the monthly internet discount before February 8, 2024 will continue their ACP benefit until ACP funds run out, as long as the household remains enrolled in the program.
- After the ACP funds run out (projected in April 2024), households participating in the ACP will no longer receive the ACP discounts.

During the ACP wind-down period, ACP households will receive notices from their internet company about the impact of the end of the benefit on how the household's bill and service. The notices will tell households: that the ACP is ending, the impact on their bill, the date of the last bill they will receive that includes the ACP benefit, and that they may change their service or opt-out of continuing service after the end of the ACP. If you have any questions as an ACP household, please call your internet provider.

Have a Happy St. Patrick's Day!

Amanda C

From Detective Ryan,

I am urging the citizens of Stoneham to beware of unsolicited financial or investment advice you receive from people you meet online. That "wrong number" text or "like" you receive from an attractive stranger may actually be from an international criminal organization using a fake name and photo. Financial romance and grooming gangs stole more than \$3.5 billion in 2023 by convincing people they were starting a friendship or romantic relationship with an actual person. Conversations turn to money and soon the "friend" wants you to trade crypto assets or foreign currency. Building the relationship or "grooming" can take several weeks before the crypto-confidence fraud occurs. The gangs committing these frauds call it "sha zhu pan" otherwise known as pig butchering. We have a few of these cases here in Stoneham over the last year. Here are the Warning Signs:

1. Your new online "friend" wants to move the conversation to a private messaging app, like WhatsApp.
2. They message frequently but can never meet in person.
3. They claim to be wealthy due to crypto or foreign currency trading successes. They sometimes claim this success is based on inside information from an uncle or other insider.
4. They encourage you to open an account and recommend a trading website that only accepts cryptocurrency.
5. They tell you to invest in crypto and send the funds to their wallet or a particular trading platform.
6. You follow their directions and make a lot of money quickly or easily.
7. At first, you may be encouraged to withdraw some of your profits and invest more. Eventually, you are "locked out" of your account and forced to pay more money (commonly in fake fees or "taxes") or have your ID verified to get any of your money back. Finally, the scammer vanishes along with your money.

Steps You Can Take:

1. Remember the warning: If it sounds too good to be true, it probably is.
2. Keep conversations on the dating/social media platform.
3. Never mix money with long-distance relationships.
4. Screen capture the potential scammer's picture and use reverse image searches to see if the photos have been used in other scams or by other people.
5. Do everything you can to verify their identity. Conduct online searches to verify your new friend's identity and check his or her registration status at cftc.gov/check.
6. Check the trading website you're sent to see how long it has been registered at lookup.icann.org.
7. Report the fraud to cftc.gov/complaint or the FBI at ic3.gov, as well as to the relevant social media or dating platform and digital exchange.

Detective David Ryan, CCCI
Stoneham Police Department
(ph) 781-438-1212 X3154

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 March 4th @12-1pm. 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 Tuesday 3/19 from 12-2 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; 3/14 and 3/28

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.

SNAP HELP Boys and Girls Club provides help every Thursday from 11-12pm

Trip Information

Mystic Valley Elder Services' TRIP Program

If you live in Stoneham and no longer drive and public transportation isn't an option, you can still dine out, get to medical appointments, and shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This free program gives you mileage money to reimburse friends, neighbors, and certain family members for taking you where you need to go.

Trip Talk with Cheryl from All New England!

This is an informational session to see what kind of trips All New England has to offer. This is a collaborative effort with Wakefield Senior Center. Come and learn see what trips we are offering! Sign ups are required!

When: Monday, March 4th @ 2pm
Where: Stoneham Senior Center



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. 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: March 12th and March 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:

Donations:

Jane Francis
Frances Murphy
Maryalyce Pastorello

Memorials:

Stanley Kiddy in memory of Doris Pratt and Rose Chiccola
Maryalyce Pasatorello in memory of Elizabeth Whelan



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My donation in the amount of \$_____ is enclosed. Please make checks payable to Stoneham Senior Center.

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Phone: _____ Email: _____

____ I **DO NOT** wish my (\$10 or above) donation to be listed in the Sentinel.

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Men's breakfast 3rd
Wednesday of the month



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