



Stoneham Sentinel

August 2024



Sponsored in part by the Senior
Center Friends



Happy August to all. Beginning this month the 2025 Stoneham Tax Exemptions begin. You can inquire with the Assessors Office if you are eligible for any of them.

- 17D Exemption amount \$339. Assets can't exceed \$77,529
- 41C Seniors Exemption amount \$1,000. Income guidelines are \$35,882 for a single person and \$53,844 for a married couple.
- Senior Tax Deferral. Income can't exceed \$60,000 married or single.
- If you are a Veteran you are eligible for clause 22, 22A-F

You must meet all eligibility requirements (Age, Domicile, Ownership, Occupancy, Annual Income and Assets) as of July 1st of the tax year.

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 Hours : Monday—Friday
8:30-4pm**



Find us on
Facebook

Council on Aging Team:

Kristen Spence, *Director*

Amanda Costain, *Outreach/ Assistant Dir.*

Sandy Kirby, Carol Johnston, *Admin Asst*

Gary Cooper, Marshall Stokes, and Mike

Preziosi, *Van Drivers*

Peter Barnaby, Bob Pettengill, *Custodians*

Kathy Payne, Terri 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



SCAN ME



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 *
781-438-1157

Summer BBQ with Mystic Valley Elder Services

When: August 2, 2024 from 12pm -2:30pm

Where: Dining Room and Deck

Wait list, however put your name down in case of cancellations.

Celebrating the End of Summer with Tommy Bahama

When: Friday, August 23, 2024 @ 1pm

Where: Dining Room

Reservations only!



Do you want to take a Trip to Paris?

Join us for a virtual tour of Paris at the
Stoneham Senior Center

When: Tuesday, Aug 20, 2024 @ 11:30am

Where: Dining Room

Reservations required



Outreach coffee with Visiting Nurses and Community Care

Join us for a discussion
about Home Care Services

When: 10am on Wednesday, August 28th

Elvis is in the building!

Join us for a fun afternoon with Elvis
(Elvis impersonator)

There will be a drawing of Elvis and
Priscilla Barbie dolls

When: August 9, 2024 from 1-2pm

Where: Ballroom

Reservations only!



Joint cookout with Wakefield Senior Center and Windrose Assisted Living

Join us for a cookout with Wakefield Senior Center
and Windrose Assisted Living Facility

When: August 21, 2024 from 1-3pm

Where: Dining Room

Reservations only!

BINGO is cancelled Wednesday, August 21st

Ice cream social with State Senator Jason Lewis

Join us for an ice cream social with MA State Senator
Jason Lewis

When: 2:30-3:30pm Friday, August 30, 2024

Where: Dining Room

Reservations required so we know how much
ice cream to get!

POWER over Parkinson's Class - Wednesdays 10:30-11:30—June 26th through Sept. 4th

POWER over Parkinson's is a weekly exercise class designed for people with Parkinson's Disease, and other movement disorders. Taught by Dr. Katie Wadland, PT, DPT, Board-Certified Geriatric Clinical Specialist and owner of Healthy Aging Physical Therapy, and other members of her therapy team.

New class members are encouraged to drop-in and try a class for free the first week to see if it's a good fit. More information available here: <https://healthyagingpt.com/pop>

ARTMatters— Monday, 8/12 @ 2pm

SCULPTURE of Western Civilization -Part 2 –
from 1900 until today

Until the modern era, sculpture was mostly municipal.

It was sponsored by Pharaohs, Royalty, heads of state, churches, or local communities, with committees organized to approve project designs, and raise funds. The modern era ushered in a time of more private sponsorship of sculpture, and it has evolved dramatically.

Join us for the second part of a history of Human expression with sculpture, from 1900 until today.



Christmas in September!

Annual Christmas Sale proceeds go to the
Stoneham Senior Center.

Sale items \$5.00 and below

When: Thursday, Sept 5th from 10-2pm

Rain Date: Thursday, 9/12 same time

News, Info and Events

* As a reminder please call the Stoneham Senior Center to register for programs *
781-438-1157

A Happy Healthy Pelvic Floor program ***facilitated by Aging Balance, Community Outreach Nurse, Joya Pezzuto***

In Person at Lawrence Memorial Hospital
170 Governors Ave., Medford
Tuesday, August 13 at 11 a.m.

The pelvic floor is a set of muscles that spreads across the bottom of the pelvic cavity like a hammock. A well-functioning pelvic floor is strong and able to support your organs to prevent issues like urinary and bowel leakage. It is also able to relax when needed, so you can actually go to the bathroom easily and pain-free.

Nurse Joya will provide education about -
Understanding the pelvic floor; incontinence (including over-active-bladder,
urine leakage and retention); Constipation
Tips for a healthy pelvic floor which equals a happy bladder and bowel

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

Trips with Cheryl from All New England

Interested in going on a trip?
Cheryl picks great trips!

Next trip: Beauport Princess Lobster Cruise on Saturday, August 17th 9am-5pm
For more information, stop by the center to pick up reservation booklet or call **(617) 846-5965**



Blood Pressure Clinic with Heidi, Public Health Nurse

Be in charge of your heart health! Come
get your blood
pressure checked!

When: Wednesday, 8/14
from 10am-11pm

Where: Conference Room

Mark you Calendars!

Wed. October 23rd from 6-9pm

Irish American Club and
Mystic Valley Elder Services **FEED THE
NEED HARVEST PARTY**

\$75 per person

You will support Meals on Wheels and food
assistance for older adults and people with
disabilities.

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!



Free Financial Advice Monday

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 at the Center.

From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays, Tuesdays, 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!
Please call the center for the menu!





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

8/1- *RACE* (2016) Young Jesse Owens (Stephan James) becomes a track and field sensation while attending the Ohio State University in the early 1930s. After heated debates, the United States decides not to boycott the Olympics in Nazi Germany. Overcoming racism at home and abroad, Owens seizes the opportunity to show Berlin and the the world that he's the fastest man alive. (2.16 hrs)

8/8- *The Long Game* (2023) In 1955, five young Mexican-American caddies are determined to learn how to play and create their own golf course in the middle of the South Texas desert. (1.52 hrs)

8/15- *Airport* (1970) In this large-ensemble disaster movie, Mel Bakersfeld (Burt Lancaster), the general manager of a Chicago-area airport, must contend with a massive snowstorm and other issues, both work-related and personal, while the troubled D.O. Guerrero (Van Heflin) threatens to blow up an airliner. (2.16 hrs)

8/22- *Made in Italy* (2020) London artist and his estranged son try to mend their relationship as they work together to repair a dilapidated house in Italy. (1.33 hrs)

8/29 *Muriel's Wedding* (1994) A young social outcast in Australia steals money from her parents to finance a vacation where she hopes to find happiness, and perhaps love. (1.45 hrs)



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 1-3:30p
- **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 6 players, combining elements of the card game rummy and mahjong. 1st and 3rd Monday and 2nd and 4th Friday @ 10am



Is anyone interested in playing Whist card game? If you are interested, please call the center some folks are forming a group. (781) 438-1157.

BOCCE!

Every Wednesday 10-12 at the center. Everyone is welcome. If you have a bocce bag or balls please bring them along.

We can store them at the center.
Weather permitting.

TIMELESS TRIVIA

Tues 1 pm ; 8/13 and 8/27

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!



Monthly Birthday Celebrations!
Last Wednesday 8/28 during BINGO.
Enjoy cake and a fun game of BINGO.
Cake provided by Stoneham Municipal
Employees Federal
Credit Union!



KNIT/CROCHET WITH LOUISE
Wednesdays at 10



Health and Wellness

\$4 PER CLASS payable to the instructor

Zumba fitness with Aimee Mondays and Wednesdays at 11:30 am \$4 per class or \$6 for both

Weight training with Aimee Mondays at 12:30pm Weight training experience recommended.

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

Chair yoga with Rosa Thursdays 2 pm



Free Tai Chi Classes

Beginners Thursdays from 10 to 11am with Lesley
Intermediate with Jon returning on 9/6

Walking Group every Wednesday at 8:45am

***Haircuts are happening!!!!
Tuesdays from 1 –3:30pm
No apt necessary
\$12 Cash***



Geriatric Foot care specialist *with Marie Anderson, RN!* Marie will be here at the senior center on the first Tuesday of every month from 10am-2pm. She will examine you and answer all your questions about foot care! Marie is a registered nurse and has over 30 years of experience! Call the center for **an appointment**, **\$20.00 per visit** (781) 438-1157!

Stoneham's Memory Café

What is a Memory Cafe?

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 Cafe?

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, August 1, 2024**

Time: 10:00am-11:30pm

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.

August 2024

Monday	Tuesday	Wednesday
Lunch is served Monday—Thursday Call to reserve your lunch and to see what's cooking @ 781-438-1157		
5 9:45 Drumming 10a-12p Cribbage 10am Rummikub 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2pm Art Matters 2-4p Helping Hands 2-4 Financial Advice	6 9-11a Chair Caning 12 MVES Lunch 12:30-3:30 Mahjong 1pm Haircuts	7 8:45a 10a-12p 10-12 Bocce 11:30a 12p Lunch 12:30p 1-3pm 1-4 Bridge 2-4 SNAP H 2:30pr
12 9:45 Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2pm ArtMatters 2-4p Helping Hands 2-4 Financial Advice	13 9-11a Chair Caning 12-2 Attorney 12 MVES Lunch 12:30-3:30 Mahjong Walmart 1:00 Trivia 1:00 Haircuts	14 8:45a V 10am B 10-12 Bocce 10a-12 11:30a 12p Lu 12:30p 1-3pm B 1-4 Bric 2-4 SN 2:30pr
19 10a-12p Cribbage 10a-12p Rummikub 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands 2-4 Financial Advice	20 9-11a Chair caning 12 MVES lunch 12:30-3:30p Mahjong 1:00 Haircuts	21 8:30am Me 8:45a Walk 10a-12p Kni 10-12 Bocce 10:30am Po 11:30a Zum 12p Lunch 12:30p Carc 1-3p Cook 1-4p Bridge 2-4 SNAP H 2:30p Line
26 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	27 9-11a Chair caning 12 MVES Lunch 12:30-3:30p Mahjong 1:00 Haircuts 1:00 Trivia	28 8:45a Walkin 10a-12p Kni 10-12 Bocce 11:30a Zum 12p Lunch 12:30p Carc 1-3p Bingo 1-4p Bridge 2-4 SNAP H 2:30p Line

	Thursday	Friday
al Wednesday programming: Pow- n's is on Wednesdays 10:30- 26th to Sept 4th; SNAP benefits om till the fall; and Bocce from 10-	1 10:30am Memory Café 10:00- 11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki w/ 2p Chair Yoga with Rosa	2 10am Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Ca- nasta
Walking Club Knitting/Crocheting with Louise Bocce Zumba Fitness w/ Aimee nch Cardio w/toning exercises w/Aimee BINGO dge AP Help n Line Dancing	8 10:00- 11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	9 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Ca- nasta
Walking Club lood Pressure check Knitting/Crocheting with Louise Zumba Fitness w/ Aimee nch Cardio w/toning exercises w/Aimee BINGO dge AP Help n Line Dancing	15 10-11 Tai Chi 10:30 Caregiver's support group 10:00-11:00 Tai Chi 12p Lunch 12:30p Movie and pizza 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	16 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Ca- nasta
n's Breakfast ing Club t/Crochet w/Louise wer over Parkinson's ba Fitness lio with toning exercises w/Aimee out with Wakefield Senior Center & e Help dancing	22 10:-11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	23 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Ca- nasta 1pm Tommy Bahama
g Club t/Crochet w/Louise e ba Fitness lio with toning exercises w/Aimee e Help dancing	29 10:30 Caregivers support group 10:30-11:30 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	30 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Ca- nasta

Outreach Information

Dear Neighbors,

I hope you are doing well. It is turning out to be a hot summer but the tomato plants are loving it! I have five tomato plants in my garden, hoping to make my own sauce! If you have a recipe that you would like to share, please pass it along.

We had a great group of folks that came to the Outreach Coffee Hour with Neighborhood PACE. A lot of great questions were asked and the conversation kept flowing. For those who have missed the opportunity due to other circumstances, please see the list of questions that were asked if you were interested in attending.

What is the acronym PACE? The acronym for Program of All-Inclusive Care for the Elderly. What type of program is it? It is administered by Mass Health and Medicare to provide a wide range of medical, social, recreational and wellness services to eligible participants. The goal of PACE is to allow participants to live safely in their homes instead of in nursing homes. (www.mass.gov)

What is Neighborhood PACE? Neighborhood PACE is a part of the national Program of All-Inclusive Care for the Elderly. It serves adults living in East Boston, Chelsea, Winthrop, Revere, Everett, Malden, Melrose, Medford, Stoneham, and Boston's North End. Their program is another alternative solution for those who want an alternative to nursing home that addresses needs of medical, social, recreation, rehabilitation, home care, and other related services like their own meal delivery program and transportation etc. (neighborhoodpace.org)

Am I eligible for Neighborhood PACE? Neighborhood PACE is available to those in the service area who are 55 plus that qualify for nursing facility level of care as determined by the Commonwealth of Massachusetts. Once enrolled in Neighborhood PACE, all care and services, with the exception of emergency care must be approved by the **PACE** health care team, and provided through Neighborhood PACE. These provisions, known as "lock-in," remain in effect while enrolled. Participants may disenroll from Neighborhood PACE at any time effective the first day of the following month. (neighborhoodpace.org)

What does PACE cost? As an insurer, Neighborhood PACE pays for all medically necessary services covered under Medicare and Medicaid regardless of your original insurance, when approved by your health care team. Some participants have a monthly share of cost premium based on income. **PACE** programs are covered by Medicare and Medicaid (MassHealth) for eligible individuals. PACE services are also available on a private pay basis. Many participants qualify for zero monthly cost share or zero premium based on income. In addition, all PACE covered services are provided with no co-payments or out-of-pocket expenses for program participants. (Neighborhoodpace.org)

Stay cool! As a reminder, the Stoneham Senior Center is a cooling center!

Warm Regards,
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 August 5 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 8/20 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 10:30am; 8/8 and 8/22.

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.

Supplemental Nutrition Assistance Program (SNAP) HELP Boys and Girls Club provides help every Wednesday 2-4pm (Note new day/time change till the fall)

Mystic Valley Elder Services' TRIP Program If you live in Stoneham and no longer drive and public transportation isn't an options, 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 talking you where you need to go.

Access the newsletter earlier?

Do you want to access the newsletter earlier? Please follow the steps below!

Go to Google —————> type in: Mycommunityonline.com then

Go to: City, State or Zip Code Box and enter 02180 then

Click Stoneham Senior Center then under orange box that says View Publication then

Click on the small envelope with subscribe next to it —————>

Enter your email information and hit subscribe and you will be receiving an email notifying you that you can view the newsletter

*Note– If you need help, don't hesitate to reach out to us (781) 438– 1157.

TRANSPORTATION



Transportation for shopping is available to **Market Basket** on Mondays and Fridays with the use of the Senior Center van. The Senior Center van will leave the center at 9am. A fee of \$2.00 per ride is requested. Please try to have exact change. 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.

WALMART: Tuesday August 13th 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:

**Ava Morales
Pat Avenell
A. Benazzo
G. Bachelder**



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:

Barn Information

Donations gratefully accepted
Bargain Barn now open
Thursdays from
10am-2pm

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!



Can you believe the Bargain Barn is half way through the summer season? Hopefully the weather doesn't impact us any further! Many thanks to our generous donors, loyal customers and dedicated volunteers for their continued support in raising funds for the Stoneham Senior Center. This continued support helps fund programming and services for it's community.