



Stoneham Sentinel

July 2024



Sponsored in part by the Senior
Center Friends



Summer is a time for cookouts, beach trips and sitting outside enjoying the weather. Speaking of cookouts we will be having one on August 2nd provided by Mystic Valley Elder Services. It will be a great time to enjoy the weather and each other's company. Signups will begin on 7/15. If you enjoy the beautiful summer weather come join the walking group on Wednesday mornings at 8:45am, stay for a healthy snack and conversation or come play Bocce every Wednesday morning from 10-12—what a fun group to be around. You may want to just come sit out on the deck and enjoy the beautiful view while reading a book or crocheting/knitting. Life is good at the center!

Check out all the resources on page 9. If you need some legal advice call to make an appointment with an Elder Law Attorney. The attorney is happy to help and here the 3rd Tuesday of the month from 12-2. What a valuable resource.

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 ,

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



SCAN ME

**We are closed on
Thursday, July 4th.**



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

NeighborHealth 

FORMERLY EAST BOSTON NEIGHBORHOOD HEALTH CENTER

Outreach Coffee and Morning Treats with Amanda C, Outreach/Assistant Director

Are you interested to hear about the program PACE and what it has to offer older adults in the community? Come have a cup of coffee and a pastry to learn about PACE on Wednesday, July 3rd at 10am.



What does a Public Health Nurse do when they retire?
Peg Drummey helps to beautify the Stoneham Senior Center.
Come down and see the wonderful artwork outside the center.
Thanks so much Peg we love it!

Let's talk about transportation!

Come join us and learn about transportation opportunities in your area of Stoneham. This program is sponsored by the Coalition of Stoneham, keeping communities safe and Stoneham Bank. This is the fourth in a series on topics pertaining to older adults.

Lunch will be served immediately following.

When: Tuesday, July 16th at 11am

Where: Dining Room

Reservation required! (781) 438-1157

Memory Laners presents Oldies and Doo-Wops

Come Join us for afternoon entertainment of listening to your favorite tunes.

When: Friday, July 19th at 1pm

Where: Ball Room

Call to reserve your spot! 781-438-1157

ARTMatters July 8th @ 2pm



SCULPTURE of Western Civilization -Part 1 – Ancient times until 1900

Sculpture is the art of making real objects from many kinds of substances. It is a physical, sometimes complicated process, requiring many kinds of tools, chemical treatments, solvents, dyes, large equipment, and sometimes furnaces or kilns. It can be as monumental as a mountain, or as small as coin. Since sculpture exists in 3-dimensional space, with many different perspectives, including looking up from below, and down from above, it requires solving multiple compositional problems. Join us for the first part of a history of Human expression with sculpture, from ancient times until the modern era.

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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.

This class combines large-amplitude movements (PWR! Moves) with Functional Strength, Core Stability, Balance and breathwork, for a well-rounded hour of exercise and education each week. Exercises are performed sitting, standing and walking.

Though modifications will always be provided, participants should be able to safely participate in these activities without direct supervision, but are welcome to attend if they do need assistance, if they can bring a care partner along with them. 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>



Blood Pressure Clinic with Heidi, Public Health Nurse

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

When: Wednesday, 7/10
from 10am-11pm

Where: Stoneham Conference Room

New!! Parkinson's Disease Support Group with the Visiting Nurses and Community Care at the **Lynnfield Senior Center**. Next meeting is on Thursday, July 11th 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!

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 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

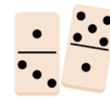


PIZZA and MOVIE! Thursdays at 12:30pm with thanks to Andrea's Pizza of Stoneham for their delicious pizza! A donation of \$2.00 is requested

July 11th: On The Basis Of Sex (2018) Documentary/Drama - Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination. (2hrs)

July 18th: The Beautiful Game (2024) Sports/Drama - Mal is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup. He brings with them a talented striker, Vinny, who could give them a real chance at winning. (2hr 5 min)

July 25th: Wonder (2017) Family/Drama - Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. (1 hr 53 min)



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



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 ; 7/9 and 7/23

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 during BINGO, come 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 See below

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

10:30-3:30 pm. 7/16
\$12.00 no appointment needed.



Geriatric Foot care specialist with Marie Anderson, RN! Marie will be here at the senior center on the first Tuesday of every month 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 (781) 438-1157!

Hi, I'm Angela.

In my professional career, I taught mathematics, first student teaching at a high school, then at a junior high in Randolph and later at Bristol Community College in Fall River. However, in the mid 1980's, I found my passion learning Tai Chi, and thus began my healing journey. Eventually, I started teaching it to Seniors at a few senior centers, mostly for the Easton COA from ~1999 until moving from Attleboro to Stoneham in the Fall of 2016.

In the late 1990's, I started learning the Usui Reiki healing practice, earning my third degree and started offering Reiki Healing sessions to seniors again at Senior Centers, from 2002-2016.

Upon moving up to Stoneham, I continued my Reiki studies, acquiring my Reiki Master's and the Karuna Reiki Master's degrees in what's known as the Holy Fire Reiki School. I have and am still studying various healing modalities, such as the Melchizedek Method of Healing and am now attempting to learn the Tao Soul Healing Techniques.

I feel you're never too old to learn and, therefore, be of service, showing others how to help themselves. Essentially, when you improve or 'heal' yourself, you are being of service to the world! It becomes contagious, spreading positive thoughts and energy to others, counteracting as much of the negative energy around that we can, until these cords of light keep growing, just like ripples in the sea...




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.

JULY 2024

Monday	Tuesday	Wednesday
1 9:45 Drumming 10a-12p Cribbage 10am Rummikub 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands	2 9-11 Chair Caning 10:30am Foot care 9-11a Chair Caning 12:30p-3:30p Mahjong	3 9:30am Out 10a-12p Knit 11:30a Zumba 12p Lunch 12:30p Cardio 1-3pm BINGO 1-4 Bridge 2:30pm Lin
8 9:45 Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2pm Art Matters 2-4p Helping Hands	9 9-11a Chair Caning Walmart Trip 12:30-3:30 Mahjong 1pm Trivia	10 8:45a Walk 10a-12p Knit 10am Vete 10am Bloo 11:30a Zumba 12p Lunch 12:30p Car 1-3pm BINGO 1-4 Bridge 2:30pm Lin
15 9:45 Drumming 10a-12p Cribbage 10am Rummikub 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands	16 9-11a Chair Caning 12-2 Attorney 12:30-3:30 Mahjong 10:30-2 Donna the Hairdressor 11am Senior Seminar on Transportation Lunch following	17 8:30am Me 8:45a Walk 10a-12p Knit 11:30a Zumba 12p Lunch 12:30p Car 1-3pm BINGO 1-4 Bridge 2:30pm Lin
22 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	23 9-11a Chair caning 12:30-3:30p Mahjong 1-2 Trivia	24 8:45a Walking 10a-12p Knit/Cro 10:30am Power 11:30a Zumba 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dan
29 10a-12p Cribbage 10a Rummikub 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands	30 9-11a Chair caning 12:30-3:30p Mahjong	31 8:45a Walking 10a-12p Knit/Cro 10:30am Power 11:30a Zumba 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dan

	Thursday	Friday
<p>reach Coffee Hour w/ PACE itting/Crocheting with Louise ba Fitness w/ Aimee</p> <p>lio w/toning exercises w/Aimee GO</p> <p>e Dancing</p>	<p>4 Closed for the 4th</p> 	<p>5</p> <p>10am Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>ing Club itting/Crocheting with Louise ran's coffee d Pressure check mba Fitness w/ Aimee</p> <p>rdio w/toning exercises w/Aimee IGO</p> <p>ne Dancing</p>	<p>11</p> <p>10:30am Memory Café 10a-12p SNAP Help 10:30 Caregivers support group 12p Lunch 12:30p Pizza/ Movie 2p Chair Yoga with Rosa</p>	<p>12</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>n's Breakfast ing Club itting/Crocheting with Louise mba Fitness w/ Aimee</p> <p>rdio w/toning exercises w/Aimee IGO</p> <p>ne Dancing</p>	<p>18</p> <p>10:30 Caregiver's support group 11a-12p SNAP Help 12p Lunch 12:30p Movie and pizza 2p Chair Yoga with Rosa</p>	<p>19</p> <p>10am Tai Chi/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 1pm Memory Laners</p>
<p>Club rochet w/Louise over Parkinson's Fitness</p> <p>with toning exercises w/Aimee</p> <p>cing</p>	<p>25</p> <p>10:30 Caregivers support group 11a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 2p Chair Yoga with Rosa</p>	<p>26</p> <p>Tai Chi w/Jon 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>Club ochet w/Louise over Parkinson's Fitness</p> <p>with toning exercises w/Aimee</p> <p>cing</p>	<p>Hot and cold meals served every Monday Wednesday and Thursday. Just call the center 2 days ahead to reserve you meal and a \$2.00 donation is requested. Menus will be available at the cen- ter or call to see what's cooking!</p>	

Outreach Information

ASK Peg

I have noticed tan colored spots on my arms and legs. My doctor says that they are from the sun and I have sun-damaged skin. I love sitting out in the sunshine and going to the beach. What can I do?

Although most people love the warmth and light of the sun, too much sun exposure can significantly damage your skin. The sun's heat dries out areas of unprotected skin and depletes the skin's supply of natural oils. In addition the sun's ultraviolet (UV) radiation can cause burning and long term changes in the skin's structure. Even if you have never heard the words "UV radiation" before, you have definitely felt its effects. Anyone who has ever been under the sun has. Radiation has been the cause of every sunburn you have had. It might even be the reason behind your wrinkles. UV rays are a form of radiation, they can harm skin. They are associated with problems such as early skin aging and skin cancer.

Over a lifetime, repeated episodes of sunburn and unprotected sun exposure can increase a person's risk of malignant melanoma and other forms of skin cancer. If you have fair skin and light eyes, you are at greater risk of sun related skin damage. This is because your skin contains less of a dark pigment called melanin, which helps to protect the skin from the effects of UV radiation.

You cannot reverse the damage the sun has done through the years but you can make an effort to prevent any future harm.

Always perform skin checks. See a dermatologist for a skin check regularly especially if you see something suspicious during a self assessment.

Do not lay out in the sun for an extended period and never use tanning beds.

If you have to be out in the sun, cover up, wear a wide brimmed hat, seek the shade especially important from 10:00am to 4:00pm when the sun is strongest.

Always apply sunscreen. Use every day before going outdoors applying it to all skin that will not be covered by clothing.

And so dear reader enjoy the good weather and sunshine, sit under a nice shade tree and sip on an ice tea and don't forget your sunscreen.



Welcome Kevin!!



My name is Kevin Welch, and I'm the new Director of Veterans Services for the Town of Stoneham. I'm a Marine Corps veteran of the Iraq War, and for the last couple years I've been the Veterans Agent for the Town of Middleton. Prior to that, I worked with the Department of Veteran Affairs in Boston helping homeless veterans at the New England Center and Home for Veterans find and maintain stable housing. I'm very excited to have the opportunity to serve the veterans of Stoneham, and if you or someone you know is a veteran in need of assistance or guidance, please don't hesitate to reach out.

My office is located right in the Stoneham Senior Center, and I can always be reached via call or text (781) 363-9970.

The next Veteran's Coffee Hour will be held on Wednesday, July 10th at 10am at the Stoneham Senior Center.

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 7/20 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; 7/11 and 7/25.

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 Thursday from 11-12pm

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.

TRANSPORTATION



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.

WALMART: Tuesday July 9th 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:

Rod Ames in honor of Bette Jane Borges
Beth Alexander in honor of Bette Jane Borges
Virginia Sutherland in honor of Bette Jane Borges
Jane Frances in honor of Howie Porter
Frank Liu in honor of Howie and Anna Porter

Donation – Maria Benazzo



We will all miss Howie Porter's Art Group at the center each Thursday morning. Thank you Howie for being a program leader. You will never be forgotten.

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.

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