

STONEHAM SENTINEL

MARCH 2023



Sponsored in part by the Senior Center Friends



SO MANY DATES! While looking for a March holiday calendar, I was amazed at how many occasions have been acknowledged as celebrations. These range from old traditional ones, like Saint Patrick's Day on March 17 to some new and less well known like National Poultry Day on March 19; maybe that's a day to hug chickens?. Of course there are some new favorites like National Chocolate-covered Raisins Day (one of my personal favorites!) as well as some that make me ask 'Do we need to celebrate this?' like "Something on a Stick" Day.

The entire month of March has been designated by various agencies to draw attention to important causes such as National Nutrition Month, National Women's History Month, National Reading Month, National Disabilities

Awareness Month, National Red Cross Month, and that's just the beginning!

As the cold of January begins to melt away, and the seclusion of February opens up to the hope of an early spring, let the coming days of March be an invitation to be mindful of the importance of engaging with meaningful activities and celebrating something good in every day. Also don't forget to fall back on Sunday March 12, the end of Daylight Savings, when we get to enjoy a later sunset!

BEWARE OF PHONE SCAMS

Don't be fooled! Scammers will call to threaten or plead for your personal information. When in doubt, hang up! Then call the Stoneham Police or the Senior Center to check the source.

- Technical support calls
- Lottery calls
- Threatening calls from the IRS
- Charity calls
- Insurance, health care, debt collection calls
- Bank fraud calls
- Social security calls
- Extended car warranties



GETTING STARTED ON FACEBOOK

Facebook is the largest and most popular social media online networking site. The platform allows users to connect with friends, family, co-workers and others, including groups of people who share similar interests. Users can share pictures, videos, articles and life updates with their friends.

Many of your relatives and friends are probably already using the platform and getting the benefits of online socialization. Learn how to join them in this workshop presented by our digital communications manager, Dennis O'Hara, on **Monday, March 6 at 11:00AM**. He will describe the steps you need to take to sign up for an account, and walk you through some of the features and activities available to registered users. You'll see there is no reason to be nervous or stressed by technology. Facebook is fun!

If you have a laptop, tablet, or smartphone, bring it with you. You'll be able to follow the steps and create your account during the presentation. The Senior Center has a limited number of laptops available for seniors to use on loan. Call (781) 438-1157 if you would like to borrow one.



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

CHECK IT OUT!



MEMORY CAFÉ In case you're new to the idea, a memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory cafés meet at a variety of places including coffeehouses, museums, or community organizations. Each one is different. Some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. But all cafés share one goal: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new. If you or someone you know might benefit from such a time, please contact the Senior Center for more information! Pictured here are some moments from a special Valentine meeting here at the Center.



DO YOU CARE FOR A LOVED ONE WITH ALZHEIMER'S DISEASE OR A RELATED DEMENTIA?



Dementia and Caregiving... your questions answered

March 9, 2023 10:30-11:30. Stoneham Senior Center.

Sponsored by Mystic Valley Elder Services

in Partnership with the Stoneham Council on Aging.

Contact Kathy Learned at MVES 781-388-2350.

Anne Lawrence at Stoneham Senior Center 781-438-1157. No registration necessary.

CONTINUING CARE

CAREGIVER'S CORNER

Being a care partner to a loved one keeps you very busy between managing the needs of your loved one, household duties, staying on top of medical appointments, insurance, taxes...the list is extensive and can feel overwhelming. There are many things that we can help you with here at the Stoneham Senior Center, beginning with listening to you and what you need. Whether it's pointing you in the right direction for finding ways to cut costs, such as switching your electric to the Stoneham Aggregate plan, getting some help in the home, or helping you access more emotional support for you, I can help so give me a call.

Enjoying the moments with your loved one cannot be overstated. The Stoneham and Reading Memory Café meets the second tuesday of every month, alternating between Stoneham and Reading. **The March Memory Café will be held at Bunnattys Tavern 620 Main Street, Reading on March 14 from 12:00 - 2:00 pm, sponsored by Reading COA.**

Memory Café is about fostering connections and ending isolation for people and their care partners living with memory impairment. **RSVP Required by Tuesday March 7, 2023.** Please call Kerry 781-942-6659, Alyse 781-942-6693, or Anne 781-850-0619

Enjoy the moments!
Anne Lawrence, LICSW, alawrence@stoneham-ma.gov, 781-850-0619



ASK A NURSE Below is a response from Dr. David Schurgin regarding an item from the "Ask A Nurse Column. What is the difference between cataracts and glaucoma? Page 3, January 2023 of the *STONEHAM SENTINEL*.

"Your article was a reprint from a number of years ago. Times have changed and newer information is available. Optometrists in all states are now trained and licensed to diagnose and treat glaucoma and optometrists routinely diagnose and follow cataracts until such time as surgery is indicated. Medicare and most insurance plans provide for co-management after cataract surgery done by an ophthalmologist so you may continue to be cared for by your personal optometrist.

As for glaucoma treatment, several new eye drops are now available as well as specialized laser techniques and other minimally invasive surgical techniques if necessary to control the glaucoma progression. Optometrists are primary health care professionals for the eye. They diagnose, treat, and manage disease, injuries and disorders of the eye and visual system. Ophthalmologists are eye surgeons who customarily provide specialized medical and surgical eyecare. Most ophthalmologists, today, sub-specialize in specific eye conditions and associated surgery. No matter which professional you choose, regular eye examinations are an important part of your total healthcare."



Dr. David Schurgin is a retired optometrist who has over 50 years of practice in both private practice and a variety of medical settings. We would like to thank him for his thoughtful addition to update important information regarding eye health.

What do YOU think?

*There's always a lot to be thankful for if you take time to look for it. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt!

* I was thinking about how a status symbol of today is those cell phones that everyone has clipped on. I can't afford one so I'm wearing my garage door opener.



~ GAMES ~ ENTERTAINMENT ~ CRAFTS ~

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



3/2 Hillbilly Elegy A Yale Law student reflects on his family's history and his own future after returning to his Appalachian hometown. Starring Glenn Close and Amy Adams.

3/9 The Two Popes Behind Vatican walls, Pope Benedict and the future Pope Francis must face their pasts and find common ground in order to forge a new path for the Catholic Church.

3/16 The Sting Following the murder of a mutual friend, aspiring con man Johnny Hooker (Robert Redford) teams up with old pro Henry Gondorff (Paul Newman) to take revenge on the ruthless crime boss responsible, Doyle Lonnegan (Robert Shaw).



3/23 Spanglish Mexican immigrant and single mother Flor Moreno (Paz Vega) finds housekeeping work with Deborah (Téa Leoni) and John Clasky (Adam Sandler), a well-off couple with two children of their own.

3/30 The Four Seasons Jack (Alan Alda) and Kate (Carol Burnett) traditionally go on vacation with their friends every new season. Old friend Nick (Len Cariou) surprises everyone when he arrives not with his wife, Anne (Sandy Dennis), but with his new girlfriend, the much younger Ginny (Bess Armstrong).



GRAB A CARD OR TWO
Wednesdays 1-3 What a great way to get out and have some fun for just a dollar a card! Join us at the Center. You can be safe and social at the same time, and no special talent is needed to shout **Bingo!**



Coverall winner also receives a surprise gift card!

CARD GAMES

Cribbage Mondays and Fridays 10-12,
Hand and Foot Canasta Fridays 10-12
Bridge Wednesdays 1-4



ASSORTED GAMES! Are you interested in Rummikub, Dominoes, Monopoly or Scrabble? Call the center and let us know so we can start a group!



TIMELESS TRIVIA Tues 3/14, 3/28 1 pm
 Come for coffee, snacks, prizes, and games!

Hey! Volunteers are needed and welcome to help with Timeless Trivia the 2nd and 4th Tuesday at 1 pm! always looking for new questions and if you want to read them to the group or just submit them and join the fun, please do!



MAHJONG

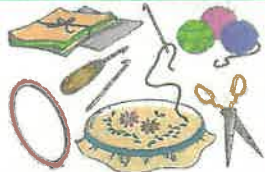
Tuesdays 3/7 and 3/21 12:30-3:30
 Mahjong will challenge you to use your brain and strategize and make decisions! Great for brain health!



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



ARTS&CRAFTS 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 & WELLNESS

\$3 PER CLASS payable to the instructor

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

Weight training with Aimee Mondays and Wednesdays at 12:15 pm

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

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

Relax and Meditate Circle with Angela Shea Thursdays 12:30 pm. In-person . To join the Zoom class version, please email angelite9@gmail.com.

Tai Chi (Beginner with Sherry) **Thursdays 10 am**

Chair yoga with Rosa Thursdays 2 pm

Tai Chi (Intermediate with Jon) **Fridays at 10**



MelroseWakefield Hospital's Aging in Balance Online Classes - March 2023

Sleepless in NE Online - Tuesday, March 7, 10-11:30 a.m.

We have all suffered an occasional sleepless night, but what happens when one night becomes many? Sleep, like nutrition and physical activity, is an important part of your health and well-being. Not sleeping well is associated with: Diabetes, Cardiovascular diseases, Obesity, Depression. Join us to learn more about how to get a good night's sleep. This informative class will be facilitated by Joya Pezzuto, Community Outreach Nurse of Aging in Balance at MelroseWakefield Healthcare. Register by emailing AginginBalance@tuftsmedicine.org.

Slips...Trips and Falls What can you do to prevent falls? Online - Wednesday, March 29, 10-11a.m. Falls are not a "normal" part of aging. There are steps you can take to reduce your risk for falls. According to the Centers for Disease Control and Prevention "Each year in the US, nearly one-third of older adults experience a fall". Falls can be devastating, costly and most importantly falls are largely PREVENTABLE. Join Stephanie Ramy, Occupational Therapist and Manager of Aging in Balance at MelroseWakefield Healthcare, for an interactive and informative class that will highlight ways you can prevent falls at home and in the community. Register by emailing AginginBalance@tuftsmedicine.org.

Grandparents Raising Grandchildren Online and in person meetings Are you a grandparent raising your grandchild or a kinship caregiver of a child? You are not alone! Join us for supportive and educational meetings held monthly online and in person. They offer a wonderful way to network with other grandparents while sharing resources, education, and conversation. Custodial, guardian and caregiver grandparents and kinship caregivers welcome. Join us monthly for in-person and online meetings. Call 781-338-7559 or email AginginBalance@tuftsmedicine.org to find out more.

Coffee & Conversation Ongoing weekly teleconference calls every Thursday 1-2 p.m. No need to register, just call in! 1-646-558-8656 and when asked, enter meeting ID 131-672-167##

A Helping Hand with Carol Sepowitz

Do your hands serve you well? Or do they sometimes ache or cause you pain? Are some common tasks, like opening jars, difficult for you? **Carol** is a retired certified hand therapist who 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. Call the center to schedule time on Monday afternoons, from 2-4 PM.\$5 per session.

Free Blood Pressure Clinic
Monday March 6 @10 am



Haircuts with Sis

Third Monday of the month, 3/20 from 8:30-noon, \$12.00 no appointment needed.



From social resources, health and wellness classes, games and crafts, to entertainment and enrichment, you'll find something interesting at the Senior Center! Check us out!

Hot or cold option is available for lunch on Mondays and Wednesdays!
Please call ahead by noon on the Friday or Tues before if you would like to have a lunch reserved for you!

MAR

Did you know?

In the early Roman calendar, March (or *Martius*) was the **first** month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings. March became the third month when January and February, which were added to the end of the Roman calendar around 700 BC, instead became the first and second months around 450 BC.



<p>6 9:45 Drumming 10 (BP Clinic) 10-12 Cribbage 11-12 Facebook class 11:30 Zumba and Toning w Aimee 12-1 Jason Lewis 1-2 Zentangle 2-4 Helping Hands 2-3 Advanced Tai Chi</p>	<p>12 MVES lunch H: Hamburg C: Chickn salad</p>	<p>7 9-11 Chair caning 12:30-3:30 Mahjong</p>		<p>8 8:45 Walking Cl 10 Arts & Crafts 11:30 Zumba a 1-3 Bingo 1-4 Bridge 2-Line dancing/</p>
<p>13 9:45 Drumming 10-12 Cribbage 11:30 Zumba and Toning with Aimee 1 Zentangle 1 Artmatters 2-4 Helping Hands 2-4 Elder Attorney 2-3 Advanced Tai Chi</p>	<p>12 MVES lunch H: Chop Suey C: Chickn salad</p>	<p>14 9-11 Chair caning 10:30-12 Memory Café (Bunratty's, Reading) 1 Trivia</p>	<p>15 8 Men's breakfa 8:45 Walking Cl 10 Arts & Crafts 11:30 Zumba a 1-3 Bingo 1-4 Bridge 2 Line dancing/</p>	
<p>20 9:45 Drumming 10-12 Cribbage 11:30 Zumba and Toning w Aimee 1-2 Zentangle 2-4 Helping Hands 2-3 Advanced Tai Chi</p>	<p>12 MVES lunch H: Frittata C: Chickn salad</p>	<p>21 9-11 Chair caning 12:30-3:30 Mahjong</p>	<p>MARCH IS NATIONAL NUTRITION MONTH</p>	<p>22 8:45 Walking C 10 Arts & Crafts 1-3 Bingo 1-4 Bridge 2-3 Line dancin</p>
<p>27 9:45 Drumming 10-12 Cribbage, 11:30 Zumba and Toning with Aimee 1 Zentangle 2-3 Advanced Tai Chi 2-4 Helping Hands</p>	<p>12 MVES lunch H: Chickn Stir Fry C: Turkey/Swiss</p>	<p>28 9-11 Chair caning 1-2 Trivia</p>	<p>29 8:45 Walking C 10 Arts & Crafts 11:30 Zumba a 1-3 Bingo 1-4 Bridge 2-3 Line dancin</p>	

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2023

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Please call ahead by noon on the Friday or Tues before if you would like to have a lunch reserved for you!

<p>12 MVES lunch H:RoastTurkey C:Ham/Swiss Lunch with Aimee</p>	<p>2 9 Art with Howie 10 Tai Chi (beginner) 12:30-1:30 Relax and meditate Circle 12:30 Pizza/Movie 2 Chair yoga</p>	<p>3 10 Tai Chi with Jon 10-12 Cribbage 10-12 Hand/Foot Canasta</p>
<p>12 MVES lunch H: Spinach stew C: Turkey/Swiss Lunch with Aimee</p> 	<p>9 9 Art with Howie 10 Tai Chi (beginner) 10 Caregivers Support 12:30-1:30 Relax and meditate Circle 12:30 Pizza/Movie 2 Chair yoga</p>	<p>10 10 Tai Chi with Jon 10-12 Cribbage 10-12 Hand/Foot Canasta DON'T FORGET TO SPRING AHEAD ON SUNDAY!</p> 
<p>12 MVES lunch H: Crunch Fish C: Chef salad Lunch with Aimee</p>	<p>16 9 Art with Howie 10 Tai Chi (beginner) 11:00 John Clark presentation 12:30-1:30 Relax and meditate Circle 12:30 Pizza/Movie 2 Chair yoga</p>	<p>17 10 Tai Chi with Jon 10-12 Cribbage 10-12 Hand/Foot Canasta 1:00 St. Patrick's Day party with Rick Ruggiero</p> 
<p>12 MVES lunch H: Chikn Nug C: Tuna salad</p>	<p>23 9 Art with Howie 10 Tai Chi (beginner) 10 Caregivers Support 12:30-1:30 Relax and meditate Circle 12:30 Pizza/Movie 2 Chair yoga</p>	<p>24 10 Tai Chi with Jon 10-12 Cribbage 10-12 Hand/Foot Canasta</p>
<p>12 MVES lunch H: Lentil stew C: Ham/Swiss Lunch with Aimee</p>	<p>30 9 Art with Howie 10 Tai Chi (beginner) 10 Caregivers Support 12:30-1:30 Relax and meditate Circle 12:30 Pizza/Movie 2 Chair yoga</p>	 <p>Thanks for your support of the Senior Center Friends whose funds help defer the cost of many vital programs!</p>

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SPOTLIGHT



John Clark and his
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Irish Music in America
Thursday, Mar 16th at 11:00 am



SWEET ROSIE O'GRADY



JOHN MCCORMACK



BING CROSBY



CLANCY BROTHERS



WILD IRISH ROSE

With the influx of Irish immigrants to America came a treasure trove of great music, the best of it featured in this program. Early in the century John McCormack was the most famous Irish tenor and early Broadway star Chauncey Olcott's life and songs inspired the film, *My Wild Irish Rose*. Danny Boy and Tura Lura Lura also originated 1910s. Popular part-Irish crooner Bing Crosby recorded two albums of Irish songs in the 1940s and scored big with hits like Galway Bay and McNamara's Band. Actually most of the songs you'll hear today are either traditional Irish ballads (Molly Malone and The Water is Wide) or Irish folk songs that tell dramatic and sometimes even violent tales. So you'll learn the stories behind familiar songs like The Black Velvet Band, The Irish Rover and Whiskey in the Jar.

This festive program concludes with a silly sixties hit written by Shel Silverstein that tells the "real story" of the origins of The Unicorn. Other Irish artists featured here are the Dubliners, the Chieftains and the Clancy Brothers.

So bring out the shamrocks and shillelaghs, pour me a Guinness and don't be forgettin' the wearin' of the green (even though St Patrick's Day is still one day away!).



Celebrate Saint Patrick's Day with a special Lunch at noon on Friday March 17.

**Music and party starts at 1 pm!
Wear something green and sign up early!
Space is limited!**



Relax and Meditate Circle with Angela Shea
Thursdays 12:30. Come and learn ways to relax and enjoy a guided meditation.
Afterwards join us for Tea Time and conversation.



RESOURCES



Call for information about any resource at 781-438-1157

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday 3 pm at the Center. Meetings are open to the public.

SHINE COUNSELING

Confidential counseling available at the Center in person. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call for available dates and times.

SENATOR JASON LEWIS

Virtual visits for the present time. Please call his office at 617-722-1206 or email Jasonlewis@masenate.gov for further information. In person visits at the center will resume on 3/6/23.

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Elder attorney will visit the Senior Center on Monday 3/13 for 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.

WALKERS, COMMODOES, CANES, OH MY!

The Senior Center has a large selection of FREE gently used walkers, commodes, canes and other assistive devices. Call for inquiries.

ARTMATTERS *March 13 @1: pm*

Vincent Van Gogh Van Gogh's life is one of the most dramatic, romantic, and tragic stories in all of art history. His paintings are passionate, beautiful and they succeed in sharing with us, briefly, the experience of his madness. His career was very short but his gifts and his influence very great. Join us for a look at his work and the brief but brilliant flame that was his life. Nothing is stranger than the truth.

ALSO AVAILABLE ONLINE! You can now watch ArtMatters presentations from home, whenever and as often you like by logging on. Two new subjects are available every month. Just sign up at artmatters.website with an email address and personal password.



ZENTANGLE *Monday March 6, 13, 20, and 26 at 1:00 pm*

Thanks to the Stoneham Cultural Council and the Mass Cultural Council for funding these classes. No fee to participants. Zentangle is an American method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. No artistic talent required!





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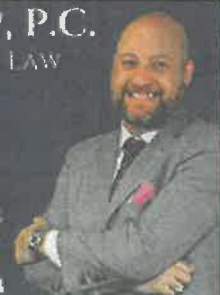
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Stoneham Senior Center Office, Stoneham

06-5174

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

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



YOUR GENEROSITY GOES FAR! As you may know, funds raised by the Senior Center Friends go right back into the Senior Center to cover enrichment programs as well as reduce cost for many helpful activities, including transportation.

Currently we have four generous donors who give \$10 each month and we would like to triple that number. Here's how you can help!

Of course, you can always contribute by check made payable to the "Senior Center Friends of Stoneham" and mailed to the Stoneham Senior Center, 136 Elm St, Stoneham, MA 02180. You may also use our online donation link, <http://www.stonehamseniorcenter.org/support-us/senior-center-friends/> which allows you to click on "Donate" and contribute using credit card or PayPal. This link also allows the option to make a recurring monthly gift. We appreciate you!

Senior Center/Council on Aging

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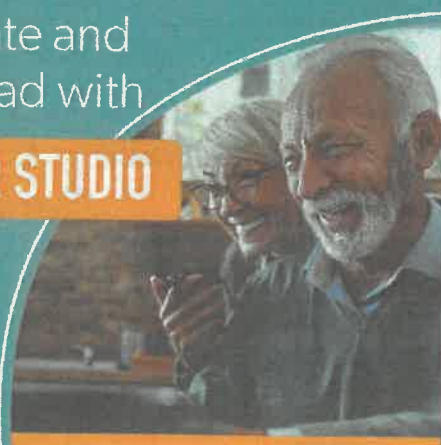
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