



Stoneham Sentinel



September 2024



Sponsored in part by the Senior Center Friends



Happy September to all. Fall is one of my favorite seasons—changing leaves, crisp-mornings and apple pie! We have a few schedule changes and highlights to mention:

- Men’s breakfast will take place on the third Thursday of the month going forward. So this month is will be on 9/19 @ 8:30am. All are welcome.
- Don’t miss the Delvina Theater company’s performance on 9/6. Pg. 3
- Christmas in September sale on Thursday 9/5 rain date 9/12 Pg. 2
- Matter of Balance class beginning on 9/11 for 8 weeks. Pg. 5
- Haircuts are the 2nd Tuesday of the month @ 1pm. Pg. 5 - *See you soon, Kristen*

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



Closed Monday,
September 2, 2024 in
observance of Labor Day



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

Men's Breakfast will be held on the 3rd Thursday of the month starting in September. Come have a nice warm breakfast at the center at 8:30am on September 19th. Sponsored by the friends.



Veteran Information! The veterans' coffee hour will be held on Tuesday September 10th at 10am in the Dining Room. No reservation required.



Would you like a ride to the polls on election day, on Tuesday November 5th or on Thursdays during the Farmers Market? Call the center and we will try to accommodate you.

The Golden Age of Rock and Roll *Presented by Retro Polatin Band*

When: Friday, Sept 13th, 2024 from 1-2pm
Where: Ballroom

Join us for show of entertainment and history about Rock and Roll!

Reservations required!



Lunch and Learn: Shop Talk on transportation

Join us and learn about transportation opportunities in Stoneham. Program sponsored by Coalition of Stoneham and Stoneham Bank. Lunch will be served after presentation.

When: Tuesday, October 1st at 10:30am

Reservations required!

Outreach Coffee Hour

Presented by Medical Alert Services from Winchester Hospital and Amanda Costain

When: Tuesday, September 17th from 10:30am to 11:30am

Join us for a coffee and a discussion on life line services in case of an emergency for you or a loved one.

Lunch and Learn: Shop Talk on health care directives, trusts and wills... oh my with Amanda Costain and presented by attorney's Susan Mooney and William McGuire from Dalton & Finegold

Join us for a presentation about health care directives, trusts and wills. Do you or should you have them in place as you get older?

When: Friday, Sept 20th from 10:30am to 12pm
Where: Dining Room

Reservations required!



POWER over Parkinson's Class - Wednesdays 10:30-11:30

POWER over Parkinson's is a weekly exercise class designed for people with Parkinson's Disease, and other movement disorders. More information available here: <https://healthyagingpt.com/pop>

An afternoon of Jazz and ballads

Presented by Joe and Will

Join Joe and Will for an afternoon of music from Joe Reid on the piano and Will on the vocals. Joe Reid leads the Brookline Senior Center's Chorus Group held on Fridays.

When: Friday, Sept 27th from 2-3pm

Where: Ballroom

Reservations required!



ARTMatters— Monday, 9/9 @ 2pm NEW YORK, NEW YORK

Start spreading the news! There is a love affair between artists and NYC. The starting place for immigration and embarkation for trips abroad. It is the place for artists to be learning, earning and yearning (paying their dues). The home of possibilities, impossibilities and for dreams that sometimes come true. If you can make it there, you'll make it anywhere!

Please join us in an artistic celebration of NYC, the unofficial center of the universe, a place so nice they named it twice.

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

Mangia, Meatballs and Murder **At the Stoneham Senior Center**

The Delvena Theatre Company will be presenting *Mangia, Meatballs and Murder* on Friday, September 6, at 1:00 PM. **Reservation required!**

Who dunnit? An exciting, live, comedic, interactive murder mystery performance set in Luigi's Ristorante featuring Lynne Moulton, Joseph Zamparelli and Fran Baron in multiple roles. Come put your "super sleuth" on – having much fun along the way. Token prizes will be awarded.

The performance is supported in part by a grant from the Stoneham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For more information, call the Council on Aging at (781) 438-1157.

Bananas Foster Event with Community family **Tuesday Sept. 17th @ 1pm** **Call to reserve your spot** **Come learn about Community Family adult day**

Memory Café

Facilitated by Stoneham Senior Center and Mystic Valley Elder Services

When: Thursday, Sept 5th 10am

Bring you and your loved one to connect with others who also have memory impairments.



Blood Pressure Clinic with Heidi, Public Health Nurse

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

When: Wednesday, 9/11 from 10am-11pm

Where: Conference Room

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!



Words of Wisdom by Lillian

W Be Wise

O Keep an open mind

R Remember to be kind

D Be definite on what you say and mean

S Say Sorry when you're wrong

O Overlook someone's faults

F Find goodness in everyone you meet

W Wish good luck to someone taking a trip

I Imagine all that you can be

S Say something nice to someone you meet

D Devotion is an amazing attribute

O Overlook someone's faults

M Memories are what sustain us

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



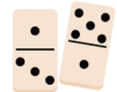
PIZZA and MOVIE! Thursdays at 12:30pm with thanks to Andrea's Pizza of Stoneham for their delicious pizza! A donation of \$2.00 is requested

9/5 Wicked Little Letters 1 hr. 40 min. When residents begin to receive wicked letters full of hilarious profanities, foul-mouthed Rose is charged with the crime. However, as the town's women investigate, they suspect that something is amiss, and that Rose may not be the culprit after all.

9/12 Back to the Future 1985 In this 1980s sci-fi classic, small-town California teen Marty McFly (Michael J. Fox) is thrown back into the '50s when an experiment by his eccentric scientist friend Doc Brown (Christopher Lloyd) goes awry. 1 hr. 57 min.

9/19 World's Fastest Indian 2005 New Zealander Burt Munro spent years perfecting his classic Indian motorcycle. The year is 1967, and Burt takes his machine to Utah's salt flats, where he attempts the impossible, using his dream bike to set a new world's record for speed. Based on a true story, the record Munro set more than three decades ago still has not been broken to this day.

9/26 Bank of Dave 2023 A successful British van salesman decides to open a bank that uses local money to fund local enterprises. However, he soon fights an uphill battle as he tries to convince the elite London-based financial authorities to grant him a new bank license.



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 ; 9/10 and 9/24

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 9/25 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

Intermediate with Jon returning on 9/6 10-11

Walking Group every Wednesday at 8:45am

Haircuts are happening!!!!

Second Tuesday beginning 9/10 at 1pm-2:30

No apt necessary

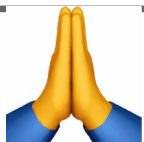


Geriatric Foot care specialist with Marie Anderson, RN! Marie will be here at the senior center on the first Tuesday of every month from 10am-2pm. She will examine you and answer all your questions about foot care! Marie is a registered nurse and has over 30 years of experience! Call the center for **an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



Stoneham Senior Center in conjunction with Mystic Valley Elder Services will offer open office hours with Clinical Caseworker Amy Foreman at the COA on the 2nd Monday of each month from 10-11 am. Are you looking to navigate challenging feelings? Have you been experiencing more stress? Would you like to connect with a Behavioral Health Specialist to talk about the issues that weigh heavy on you? Please come visit Amy during her office hours to explore your options and connect! No need to make an appointment. We look forward to seeing you there!

A Matter of Balance is a free, award-winning program designed to manage falls and increase activity levels. You'll learn how to see falls as something you can control; set goals for increasing your physical activities; make modifications to your home to reduce fall risks; and practice exercises that will increase your strength and balance. Beginning on 9/11 for eight weeks from 10-11:30 Call to reserve your spot. Space is limited to 12 @ 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.

September 2024

Monday	Tuesday	Wednesday
Lunch is served Monday—Thursday Call to reserve your lunch and to see what's cooking @ 781-438-1157		NOTE* Additional over Parkinson's SNAP benefits h Bocce from 10-12
2 Center is closed for Labor Day	3 9-11a Chair Caning 12 MVES Lunch 12:30-3:30 Mahjong	4 8:45a W 10a-12p 10-12 B 11:30a 12p Lu 12:30p 1-3pm 1-4 Bri 2:30pr
9 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	10 10am Veteran's Coffee 9-11a Chair Caning 12-2 Attorney 12 MVES Lunch 12:30-3:30 Mahjong Walmart 1:00 Trivia 1:00 Haircuts	11 8:45a W 10am B 10-12 B 10a-12 11:30a 12p Lu 12:30p 1-3pm B 1-4 Bri 2:30pr
16 9:45 Drumming 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	17 10:30 Outreach Coffee 9-11a Chair caning 12 MVES lunch 12:30-3:30p Mahjong	18 8:45a Walk 10a-12p Kni 10-12 Bocce 11:30a Zum 12p Lunch 12:30p Carc 1-4p Bridge 2:30p Line
23/30 9:45 Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weights interval 12:45 Zentangle 2-4p Helping Hands	24 9-11a Chair caning 12 MVES Lunch 12:30-3:30p Mahjong 1:00 Trivia	25 8:45a Walking 10a-12p Kni 10-12 Bocce 11:30a Zum 12p Lunch 12:30p Carc 1-3p Bingo 1-4p Bridge 2:30p Line

	Thursday	Friday
<p>Wednesday programming: Power is on Wednesdays 10:30-11:30 Help is Wed. 2-4pm till the fall; and 2pm.</p>		
<p>Walking Club Bocce 10a Matter of Balance Zumba Fitness w/ Aimee Lunch Cardio w/toning exercises w/Aimee BINGO Edge Line Dancing</p>	<p>5</p> <p>10:00- 11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa</p>	<p>6</p> <p>10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 10a Intermediate Tai Chi 1pm Delvina Theater Co.</p>
<p>Walking Club Blood Pressure check Bocce 10a Matter of Balance Knitting/Crocheting with Louise Zumba Fitness w/ Aimee Lunch Cardio w/toning exercises w/Aimee BINGO Edge Line Dancing</p>	<p>12</p> <p>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</p>	<p>13</p> <p>10a-12p Cribbage 10a-12 Assorted Games 10a Rummikub 11-1:30p Hand/Foot Canasta 10a Intermediate Tai Chi</p>
<p>Walking Club Knitting/Crochet w/Louise Bocce 10a Matter of Balance Zumba Fitness Cardio with toning exercises w/Aimee Edge Line dancing</p>	<p>19</p> <p>8:30am Men's Breakfast 10:-11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa</p>	<p>20</p> <p>10a-12p Cribbage 10a Rummikub 10a Intermediate Tai Chi 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>Walking Club Knitting/Crochet w/Louise Bocce 10a Matter of Balance Zumba Fitness Cardio with toning exercises w/Aimee Edge Line dancing</p>	<p>26</p> <p>10:30 Caregivers support group 10-11 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa</p>	<p>27</p> <p>10a-12p Cribbage 10a Intermediate Tai Chi 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>

Outreach Information

Dear Stoneham Neighbors,

Happy fall! As Scott Fitzgerald said 'Life starts all over again when it gets crisp in the fall.' This quote speaks to the idea that the season of fall represents a time for change and renewal. This outreach letter is not to be confused by the season and the National Falls Prevention Awareness Week that is observed September 23-27th, 2024. Here are some interesting statistics about falls:

According to the National Council on Aging (2023), falls are the leading cause of injury for older adults. The U.S. Centers for Disease Control and Prevention (CDC) (2023) and other studies state more than one out of four American's age 65+ fall each year and the cost of treating injuries caused by falls is projected to increase to over 101 billion by 2030.

According to Atherly A, et al. (2018) each year about \$754 million is spent on medical cost related to fatal falls. According to the Hospital for Special Surgery (HSS) (2023), The majority (60%) of falls happen in the home, 30% in a public setting, and 10% in a health care center.

There are many ways you or a loved one can decrease the risk for falls. An example is to participate in programs that the Stoneham Senior Center offers. We have two really exciting programs that can help you prevent falls such as an ongoing program called Matter of Balance sponsored by Mystic Valley and Elder services and outreach coffee hour presented by Winchester Hospital life line program.

Here are some other facts from the National Council on Aging to decrease the risk of falls.

- Do exercises regularly, an example is to come to the center to participate in the weekly walking group, Aimee's fitness classes, Tai Chi Classes or Yoga classes.
- Talk to your doctor about a possible Physical or Occupational Therapy referral that your insurance should cover to improve your balance and strength, medication use, vision and hearing to reduce your risk of falls. Be honest in your concerns about falls, no one knows you best about your medical history than your
- doctor.

Keep your home safe from tripping hazards like throw rugs, cords or clutter on the floor. Move furniture to create a safe path for movement. Have bright and proper lighting in your house. Secure your home with adaptive equipment that support your strength and balance such as the proper grab bars, shower benches, adjustable shower head.

This is a lot of information and statistics but don't let that deter you! We are here to support your quality of life so you can live a healthy life (with the right tools) and focus on what matters the most in your life.

Best,

Amanda C.

Older Adult Falls Reorted by State. Centers for Disease Control and Prevention. Found on the internet at <https://www.cdc.gov/falls/data/falls-by-state.html>

Florence C, Burgen G, Atherly A, et. al. Medical Costs of Fatal and Nonfatal Falls in Older Adults. J Am Geriatric Soc. 2018. Found on the internet at <https://agsjournals.onlinelibrary.wiley.com/doi/10.1111/jgs.15304>

Hospital for Special Surgery (HSS). Addressing Falls Prevention Among Older Adults, Part I. Found on the internet at https://www.hss.edu/conditions_addressing-falls-prevention-older-adults-understanding.asp

Community Pictures



Garden bounty to donate to the food pantry! Thanks to all the volunteers. Photo on the left.



Elvis was in the building with Debbie! Debbie also was the winner of the raffle prize! Photo to the left.

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 9/9 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 9/17 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; 9/12 and 9/26

WALKERS, COMMODES, CANES, OH MY!

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

Assessors information

17D SENIOR- \$339 -Age- 70+, owned and occupied for 5+ years -Assets cannot exceed- \$77,529	-Asset verification documents needed with application
41C SENIOR- \$1000 -Age- 65+, owned and occupied for 5+ years -Income cannot exceed: Single- \$35,88 Married- \$53,844 -Assets cannot exceed: Single- \$71,764 Married- \$98,714	-2023 Tax Return, income and asset verification docs needed along with application
41A SENIOR TAX DEFERRAL -Income cannot exceed \$60,000 married or single -Written permission from all entities with financial interest	-Defers any <u>or</u> all taxes until property is sold or owner(s) pass - Interest accrues at a rate of 4%
22, 22A-F VETERANS- RANGE FROM \$400-FULLY EXEMPT - Veterans with 10% OR more service connected disability - Purple Heart, Gold Star Parents and Surviving Spouse of: -Veterans who have passed from service connected disability -Active duty personnel -Soldiers MIA or presumed dead	-Documents needed are (1) DD214 and (2) award letter from VA Additional qualifications may apply

*AD-

DITIONAL QUALIFICATIONS MAY APPLY- CONTACT THE ASSESSORS OFFICE AT (781) 279-2640 FOR MORE INFORMATION

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 9/10 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:

Ann Stone
Joanne Kelly
Nancy & Paul Tansino
Ronald & Joanne Cedrone
Rod Ames in memory of Bette Jane Borges



Thank You To Our Generous Donors

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

My donation in the amount of \$ _____ is enclosed. Please makes 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

The Bargain Barn will stop taking your wonderful donations on Thurs Sept 19 at 1 pm.

The last day will be Thurs Sept 26 from 10 am to 2 pm. Everything, including jewelry, will be half price.

Two cashiers and two baggers will be on hand.

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 less than 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.

Not all who
wander are lost
Some are
looking for
sales.

BARN