



A PUBLICATION OF THE STONEHAM COUNCIL ON AGING

# STONEHAM SENTINEL

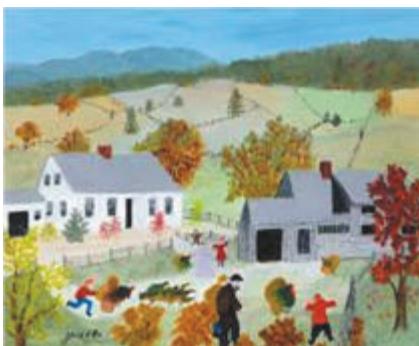


136 Elm Street, Stoneham, MA 02180 - [www.stonehamseniorcenter.org](http://www.stonehamseniorcenter.org)  
(phone) 781-438-1157 781-438-1161 (fax) 781-279-4904

MARCH 2021

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Perhaps you recognize this painting?

### The artist didn't start painting until the age of 76.

She decided to give painting a go when she could no longer hold an embroidery needle due to her arthritis. Her works were spotted by an art collector who bought all her paintings and displayed them at the Museum of Modern Art in New York City. By the time of her death, her paintings hung in museums all over the world. Her name was Anna Mary Robertson Moses, better known as Grandma Moses



Bare trees surround our beautiful Senior Center now, but the promise of Spring is coming! Author Doug Larson writes "Spring is when you feel like whistling, even with a shoe full of slush!"

It's another season for change - and we've certainly had plenty of that! Virtual classes, social distancing, and grab-and-go events have filled in for the gathering times. However,

the sign over the door remains as a reminder that you are still a welcome guest, whether by phone or Zoom or drive-by! We want to be informative and relevant to your needs, and we're happy to provide information or direct you to the appropriate resource.

Notably this month Mystic Valley Elder Services, our local senior resource, is hosting an "Emergency Closet" which gives assistance to low-income older adults and adults living with disabilities with a place to access new towels, new sheets, new blankets and toiletry items for people who need them immediately. You can drop off new items in marked bags outside the Senior Center.

Please call to let us know how we can be of assistance to you, or just call to check in at 781-438-1157 or 781-850-0619.

### **Maureen and staff**

Maureen Canova, Director

Stoneham Council on Aging and Stoneham Senior Center



# COMMUNITY BULLETIN



## Senior Hours/Days for License/ID Renewal

**BOSTON** – The Massachusetts Registry of Motor Vehicles (RMV) is pleased to announce it will continue to offer designated Wednesday appointment hours for customers 75 years of age or older through March 2021. Individuals in this age group are required by state law to renew their Massachusetts driver's license in-person. Beginning in February, the RMV will also be expanding the license renewal appointments available for these customers to include registration and title services and transactions.

Designated senior service hours began on September 2, 2020, to offer customers 75 and older dedicated times and flexibility to conduct their required in-person license renewals while facilitating "social-distancing" protocols to keep customers and staff safe and healthy.

Senior appointment hours for license renewals, and registration and title services appointments effective in February, will continue to be offered on Wednesdays at (hours vary by location): Brockton, Danvers, Fall River, Greenfield, Lawrence, Leominster, Martha's Vineyard, Nantucket, New Bedford, North Adams, Pittsfield, Plymouth, Revere, South Yarmouth, Springfield, Watertown, and Worcester. Call the RMV at 857-368-8005.

General appointments for license and ID renewals or registration and title transactions, as well as other essential in-person needs including drop-off registration and title services, are available to all customers at select locations throughout the business week.

Additional information on RMV service offerings and appointments can be found at [www.Mass.Gov/RMV](http://www.Mass.Gov/RMV), including more than 40 transactions that can be conducted online, by mail, or by phone. The RMV recommends that all customers get ready online before their appointment. Anyone conducting in-person business at an RMV customer service location must wear a face-covering and will continue to be served by appointment only. Appointments for many RMV transactions can also be made at AAA customer locations if the customer is a member of AAA.

## MYSTIC VALLEY ELDER SERVICES

Mystic Valley Elder Services (MVES) is offering free transportation services via one of MVES' transportation providers to adults 60 years and older to COVID-19 vaccine sites near your home. MVES understands that older adults are more susceptible to the pandemic and feels it is important to help all older residents in its 11 communities served get vaccinated. So if you live in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield or Winthrop, give us a call!

To make it simple, there are only three eligibility guidelines to get approved for your two roundtrips: be 60 years of age or older; don't have other means to get to a vaccination site; or don't have access to the vaccines at the building complex where you live. When taking your trips, masks will be required. Make sure to call us in plenty of time so you can plan the most convenient travel time for yourself.

Visit the State's website at [www.mass.gov](http://www.mass.gov) for the latest information on the COVID-19 vaccine and what phase you fall under according to your age and health conditions. You can call us at any time to get your trips approved so when the time comes to get vaccinated, you will be all set to call the transportation provider for your ride to and from a site near your home. Call MVES at (781) 324-7705 for more information.



## LOOKING AHEAD!

MVES will be offering a virtual Matter of Balance class Wednesdays, **April 7 - May 26** 10-12:00. To reserve your spot, call 781-388-4867 or e-mail Donna Covelle at [dcovelle@mves.org](mailto:dcovelle@mves.org).



## Hearts in the Right Places Online Auction Set for March



Mystic Valley Elder Services presents **Hearts in the Right Places**, an online auction that will take place on [www.biddingforgood.com](http://www.biddingforgood.com) for one special week only from **Monday, March 15, 2021 through Sunday, March 21, 2021**. Funds raised will benefit the mental health and social engagement needs of older adults and adults living with disabilities. Sponsorships are available for \$2,500 and your company logo and link to your website will be featured on the Hearts in the Right Places home page on [biddingforgood](http://www.biddingforgood.com). If you are interested in learning more about sponsoring this new event or donating a gift card or unique item of value for consideration to be added to the auction, click on the logo above for more information or you can contact [development@mves.org](mailto:development@mves.org) or 781-388-4802.

# VIRTUAL LEARNING

**WELCOME TO ART TUESDAY** Classes with Susan McFarlane 1-2pm Tuesdays, via Zoom!

## Drawing

In a positive atmosphere, discover ways to improve, or begin, drawing the world around you. Work with materials readily available at home. This class will cover foundational drawing skills-proportion, perspective, and value to help you draw a 3D world.

## Zentangle

Take a break with a relaxing, meditative, easy to learn drawing practice. No prior art experience required. You will need paper, a pencil, and a pen (felt tip, Micron, or something that writes nicely). A blender/tortillon, or rolled paper is helpful for shading.

Classes alternate weekly Mar 2 Drawing, Mar 9 Zentangle, Mar 16 Drawing, Mar 23 Zentangle, Mar 30 Drawing  
Register in advance for these meetings:

[https://us02web.zoom.us/meeting/register/tZMpcO-gpz4sGtzfLZ\\_Lw2kJDL3g4tfneTxb](https://us02web.zoom.us/meeting/register/tZMpcO-gpz4sGtzfLZ_Lw2kJDL3g4tfneTxb) After registering, you will receive a confirmation email containing information about joining the meetings. Register once and attend any of the sessions. If you've registered for a previous session, you are still registered.

## JACKIE SORENSEN AEROBICS CLASSES HOSTED BY ROSEMARY GRAHAM

The Senior Center is working with Jacki Sorenson Instructor Rosemary Graham to offer Fitness Classes on **Zoom** Monday through Saturday at 9:00 am. If you would like to join please e-mail Rosemary Graham at: [rosemarygraham700@yahoo.com](mailto:rosemarygraham700@yahoo.com)

## RELAXATION CIRCLE WITH ANGELA SHEA

Join us as we focus and practice various simple techniques that can be used daily to aid in relaxing and help begin the 'Mind-Body-Spirit' connection. Please contact Angela at [angelite9@gmail.com](mailto:angelite9@gmail.com) to get the Zoom link.

## FITNESS CLASSES WITH AIMEE BORDA

1. Zumba® Fitness Monday 11:15 am and Friday 12 noon Fee \$3

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Equipment: towel, water, lots of energy

2. Dance & Tone Wednesday 11:15 pm Fee \$3

We start off with some simple, but fun dance choreographies, followed by some toning exercises combined with dance moves (interval training style). We will use all our muscle groups, using light dumbbells and body weight. Some stretches to improve our flexibility will be included at the end of the class. Exercises can be performed standing or seated. Modifications will be taught if needed, so all are welcome! Equipment: light dumbbells or bottles of water, mat, if going on the floor, towel

3.® Fitness plus Total Body Conditioning Saturday 12-1 pm Fee \$5

This 60 min class, consists of 30 minutes of Zumba® Fitness, and 30 minutes of Total Body Conditioning, where we will be working on all our muscle groups, using whatever pieces of fitness equipment you have, (resistance bands, Pilate rings, dumbbells, bars and body weight). If no equipment available, I'll provide options of improvised equipment). Some flexibility exercises will be included at the end of the class. Modifications will be taught if needed, so all fitness levels are welcome!

For more information, or to register for a class, please contact Aimee at [aimee@nushapept.com](mailto:aimee@nushapept.com) or 617-304-3903.



# ARTICLE OF THE MONTH

## HOW TO AGE WITH OPTIMISM

Having a "glass half full" approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom.

Humana recently surveyed 2,000 people aged 60 and over and found that 87 percent of seniors who identify themselves as "most optimistic" reported their health as good to excellent. This is compared to 44 percent for those who said they're "least optimistic."

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts.

Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence, and overall happiness.

- 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 52 percent of the least optimistic respondents did, a difference of 39 percentage points.
- 80 percent of the most optimistic respondents reported feeling happy in the past week, compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points.
- Only 31 percent of the most optimistic respondents reported getting a restful night's sleep in the past week, while 62 percent of the least optimistic respondents did, another difference of 31 percentage points.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes, and one's natural temperament can all impede approaching aging with optimism.

Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

- 1. Take ownership** and recognize that your health is your own. To achieve your best health, you need to set personal goals, just for you.
- 2. Engage** with your doctor or other health care professional and build a trusting relationship.
- 3. Find a higher purpose** that makes you excited to get up in the morning. Humana's survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
- 4. Remain socially engaged**, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana

survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.

**5. Stay active** and remember that physical activity is important. Find something that's right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.

**6. Practice gratitude** and make it a habit to look for and appreciate everything you're thankful for in life.

(Courtesy of NewsUSA)



MARCH | 2021

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**An invitation to participate in a program to promote safety and wellbeing for seniors.**



District Attorney Ryan will discuss the far-reaching impacts of the COVID-19 pandemic including the increase in scams that target the elderly and other vulnerable populations.

Discussion will also focus on the lasting impacts of isolation and provide advice on how to mitigate feelings of loneliness.

**Tuesday, March 16<sup>th</sup> at 11:00 a.m.**

**Virtual Meeting**

[https://actonma.zoom.us/webinar/register/WN\\_hdCeL3tLT9KfKhpT0L7DvQ](https://actonma.zoom.us/webinar/register/WN_hdCeL3tLT9KfKhpT0L7DvQ)

Please contact Sheryl Ball [sball@acton-ma.gov](mailto:sball@acton-ma.gov); 978-929-6453  
for questions or help registering for this event.

*Zoom information will be sent to you upon registration.*

From the Massachusetts Executive Office of Elder Affairs & MassHealth

# Medicare Savings Programs

## Want to save money on your Medicare Coverage?

A new state law in Massachusetts is expanding several Medicare Savings Programs (also known as "MassHealth Buy-in" programs).

These programs help older residents and people living with disabilities save money on their Medicare coverage.

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one).

Starting **January 1, 2020** the income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare.

If you qualify for a Medicare Savings Program, you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.

### 3 Easy Steps To See If You Qualify

1

#### Learn about the new income and asset limits:

If your income and assets are at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs

You are	Your income is at or below	And your assets are at or below	*These amounts may change as of January 1, 2021.
Single Individual	\$1,755/month	\$15,720	
Married Couple	\$2,371/month	\$23,600	

2

Call MassHealth's Customer Service Center by phone at **1-800-841-2900**, or TTY at **1-800-497-4648**, and request a simple, 2-page, "MassHealth Buy-In" application, or download one from: <https://tinyurl.com/MassMSP>

3

**Apply:** On or after **January 1, 2020** submit your completed application to MassHealth to see if you qualify.

For more information see frequently asked questions on the back of the flyer, or call MassHealth's Customer Service Center by phone at 1-800-841-2900, or TTY at 1-800-497-4648

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## Frequently Asked Questions

\*These amounts may change as of January 1, 2021.

### If I qualify for a Medicare Savings Program how much money could I save?

How much you might save depends on a number of factors, but if you meet income and asset limits, your savings could be significant. Here's an example: A 79 year-old person with \$17,000 in Social Security income could see a drop in annual out-of-pocket health care costs from approximately \$6,000 per year to about \$600.

### If I qualify, what part of my Medicare coverage can I get help with?

It depends on your income and asset level and your current coverage, but if you qualify for a Medicare Savings Program, it will pay your monthly Medicare Part B premium, and in certain cases may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one). You will also get Extra Help paying for your Medicare Part D prescription coverage premium and Part D copays.

### If this is a Medicare Savings Program, why is the application called "MassHealth Buy-In" – aren't Medicare and MassHealth separate programs?

In Massachusetts, Medicare Savings Programs are managed by MassHealth, the Commonwealth's Medicaid program, so that's why the application is called the "MassHealth Buy-In application."

### What types of income and assets are counted in the application process?

Types of income that are used in deciding if you qualify are: Social Security, pensions, federal veterans' benefits, annuities or trusts, dividends and/or interest, income from a job, rental income and income from other sources. Types of assets that are used include: savings and checking accounts, a second car, certificates of deposit, stocks, bonds and mutual funds. (Primary home ownership is generally not counted as an asset in determining eligibility for a Medicare Saving Program.) The MassHealth Buy-In application includes a section for listing both income and assets for you and a spouse if you are married.

### When should I apply?

You should submit a completed MassHealth Buy-In application on or after January 1, 2020. If you apply before that date, your application will not be reviewed using the new higher income and asset limits.

### When does coverage begin?

If you qualify, your coverage begins on the first day of the calendar month after MassHealth determines your eligibility. In some cases, coverage may begin as early as three months before the month you applied.

### If I apply for "MassHealth Standard" will I get the Buy-In?

If you apply and qualify for MassHealth Standard, your coverage could include the benefits of a Medicare Savings Program, also known as MassHealth Buy-In. Contact Customer Service for more information about your individual coverage.

### If I applied recently, should I reapply? What if I was denied in the past?

If you applied for the MassHealth Buy-In before January 1, 2020, your application will not be reviewed using the new higher income and asset limit. If you applied for MassHealth Buy-In and were previously denied, you should review the new income and asset limits on the front of this flyer. If your income and asset limits are at or below those amounts, reapply on or after January 1, 2020.

### How do I apply?

You can request a MassHealth Buy-In application by calling the MassHealth Customer Service Center by phone at 1-800-841-2900, or TTY at 1-800-497-4648, or you can download one from: <https://tinyurl.com/MassMSP>

Mail or fax your completed application to:

**MassHealth Enrollment Center  
Central Processing Unit  
P.O.Box 290794  
Charlestown, MA 02129-0214**  
**Or send by Fax to: 1-857-323-8300**



(Version: May 2020)



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# ENRICHMENT and RESOURCES

## ARTMATTERS: MARCH



**Primary Video – American West** American artists have been like America itself, pioneering, bold, and independent; especially in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, an alien culture and a dramatically different life style. It fascinated everyone, especially the jaded and complacent Europeans who were enthralled and seduced by the Western American experience. But, it was all over in just 90 years. It took only one life span to end this chapter of our history; from the virgin exploration through pristine lands to the massacre of millions of bison; the pioneers, trappers, cowboys, settlers, miners, and the total redistribution of native Americans in the Indian Wars. Please join ArtMatters for a look at a very brief but special time in our nation's history through the eyes of artists who tried to capture the flavor of a lost era and preserve it for us.

**Bonus Video – Spanish Masters** Master painters El Greco, Diego Velazquez and Francisco Goya recorded far more than the flavor of Spanish life and history. The wealthiest and most powerful country in Europe was also the most repressed.

Join us for a look into almost 300 years of Spanish art and culture.



This wonderful program is available to COA members. To view either the primary video or bonus video (both are available for the month and will change monthly), please call the Senior Center at 781-438-1157 for log-in information. If you have trouble logging in, please reach out to us for assistance.



### HEALTH INSURANCE COUNSELING

Need help navigating the Medicare maze? Do you have questions about health insurance, prescription drug coverage, or public benefits? The SHINE (Serving the Health Insurance Needs of Everyone ... on Medicare) Program provides free health insurance information and counseling to all Mass residents (and their caregivers) on Medicare. If you currently have Medicare or are about to become Medicare eligible, you may speak with an impartial certified counselor to learn about benefits and options. Call (781) 438-1157 to schedule a conference

### ASK THE NURSE

*I do not have a computer nor do I want one. I feel like I do not belong in the world we are living in with all this technology. You cannot teach an old dog new tricks. Any advice?*



Dear Reader,

Today is fast paced and sometimes I want to shout “stop the world I want to get off.” I guess if you think back ,folks did not want to replace their horses with automobiles, and in this day and age people are being replaced by computers. Trying to speak to a real person on the phone is a challenge and self-checkout at the grocery store is another challenge. So you may have to bite the bullet , and if you are able take a beginner class on the computer either at the library or senior center when things open up again, that would be ideal but that’s another story for another time. If you are fortunate enough to have a grandchild, family member, friend or neighbor that can show you how to navigate on a computer and get your feet wet in this mad, mad world , you may find you might even enjoy it. It will open up a whole new world for you. Your computer is a wealth of information, no need for Webster’s dictionary just google those words for your next Scrabble game.

And so, Dear Reader, pretend you are a young pup or a curious kitten and check out getting a computer. Now before I recommend having that nice cup of tea and relaxing here are a few “tea facts.” Did you know that the first tea bag was invented by accident when a Chinese tea merchant sent his sample to London packed in little silk bags. The modern tea bag is now used all over the world and the type of tea used is one of the smallest leaf. Stay tuned for more tea facts. Now enjoy that cuppa!



# MELROSE-WAKEFIELD HEALTHCARE'S AGING IN BALANCE

## MARCH 2021

**Sleepless in New England Wednesday, March 17 at 10 a.m.** We've all suffered with the occasional sleepless night but what happens when that one night turns into many sleepless nights. Did you know that insufficient sleep is associated with diabetes, cardiovascular diseases, obesity, and depression. According to the Center for Disease Control "*Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion*". Joya Pezzuto, RN will facilitate this 1-hour program providing participants with tips on good sleep hygiene.

**The Savvy Caregiver** Thursday from March 4 – April 15, 6:30 p.m. This evidence-based program is for anyone caring for a loved one or friend with dementia or Alzheimer's disease. This free seven-week program offers caregivers a source of support. Caregivers will meet for 2 hours each week to identify personal barriers to self-care, learn techniques for setting reasonable goals, discover ways to manage stress, learn skills for effective communication, and develop ways to strengthen family resources.

**Let's Zoom! Tuesday appointments available 1 or 2pm** Feeling isolated from friends and family? Maybe you've seen fun and informative classes being offered on Zoom but you don't know how to set it up or use it. If you have a computer and an email address you are in luck! Stephanie Chissler of Aging in Balance at Melrose-Wakefield Healthcare can help you. She offers remote appointments every Tuesday afternoon to help you get set up. Email or call her to schedule your appointment so you can start Zooming!

**Coffee & Conversation Ongoing weekly teleconference every Thursday afternoon 1-2 pm** Join in these weekly calls. Call in once or call in every week for conversation, support, resource sharing and tips to reduce stress and anxiety. No need to register just call in! Phone **1-646-558-8656** and when asked, enter meeting ID **131-672-167##**

To register for Aging in Balance Programs contact Stephanie Chissler at 781-338-7559 or email [schissler@melrosewakefield.org](mailto:schissler@melrosewakefield.org)

### CAREGIVER'S CORNER

Caregiver guilt... if you're a caregiver you likely have experienced this feeling. Every decision you make as a caregiver impacts you and your loved one. That can be a heavy load to carry. When what you want or wish for is at odds with what you need or think you need to do for your loved, feelings of frustration and guilt often arise. What do you do about it? Thinking the situation through and talking it through with someone you trust whether it's a caregiver support advisor, therapist, doctor or spiritual support ... can help you better understand your feelings. Speaking with the person you're caring for may or may not be an option. The important thing is that you address these feelings so they don't continue to grow. Realizing that what you do is enough or more than enough is important to help you feel good about yourself and what you are doing. Taking care of yourself includes incorporating what you want in your life as well, so compromises might have to be made to create a happy balance. Reach out to those who can help you the caregiver.

Mystic Valley Elder Services Caregiver Support Program. [www.mves.org](http://www.mves.org) 781-324-7705  
[www.caregiver.com](http://www.caregiver.com) has articles that can also shed some light. Call your doctor or therapist.  
Take care of you too!



Have specific questions? You can reach me at:

Anne Lawrence, LICSW 781-850-0619  
[alawrence@stoneham-ma.org](mailto:alawrence@stoneham-ma.org)





## STONEHAM PUBLIC LIBRARY PROGRAM Mystery Book Group Zoom Meeting – Thursday March 4 at 7 PM

Join Librarian Maureen Saltzman to talk about this month's title "THE ART OF VIOLENCE" by S. J. Rozan. In the latest mystery from S. J. Rozan, Bill Smith and Lydia Chin must track down a serial killer stalking women in New York's contemporary art scene.

Please check [stonehamlibrary.org](http://stonehamlibrary.org) for the virtual link. If you have any questions about library book groups please call 781-438-1324 or email [saltzman@noblenet.org](mailto:saltzman@noblenet.org). We are here to help you. This book group meets on Zoom on the first Thursday of every month at 7 pm. The next month's title is chosen at the end of the meeting. Check the web site for the meeting link @stonehamlibrary.org!

**For information on Adult Book Groups, please contact Maureen Saltzman at [saltzman@noblenet.org](mailto:saltzman@noblenet.org) or 781-507-2483!**

## JUMBLE

Unscramble these four Jumbles,  
one letter to each square,  
to form three ordinary words.

ITNGA

KAOEW

NUCPHA

OTLBET

### THAT SCRAMBLED WORD GAME

by Mike Levine



Now arrange the circled letters to  
form the surprise answer, as sug-  
gested by the above cartoon.

## GROCERY SHOPPING

Transportation for shopping is available to **Market Basket** and **Stop & Shop** with the use of the senior center van. Safety measures and very specific protocol, including limited capacity, will be taken to ensure the wellbeing of everyone utilizing the van. Please call the center at 781-438-1157 for more details on the transportation services.



**MEDICAL RIDES** If you need a ride to a **medical appointment**, please call the Senior Center for further details at 781-438-1157.

**QUICK STOPS FOR YOU** Thursdays at 9:00 AM stopping at convenient locations on Main St.

## 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: \_\_\_\_\_

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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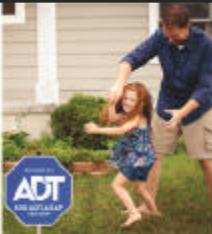
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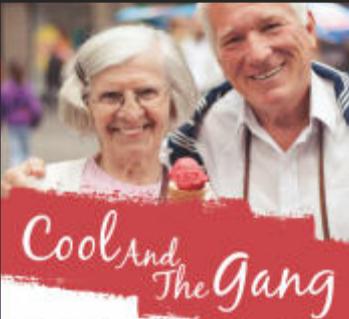
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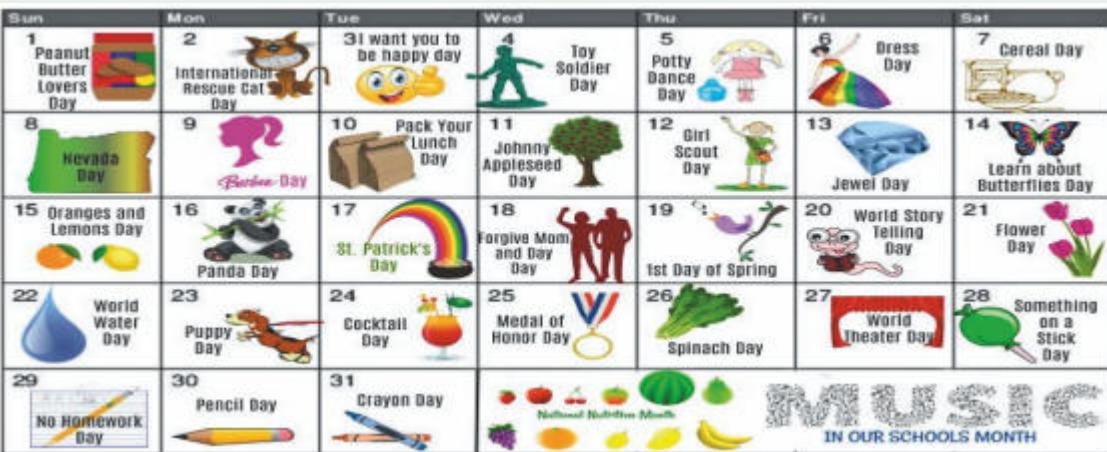
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