

Wakefield Council On Aging

Council On Aging / McCarthy Center

30 Converse Street
Wakefield, MA 01880
Mon-Thu 8:00-4:00 Fri 8:00-1:00
781-245-3312



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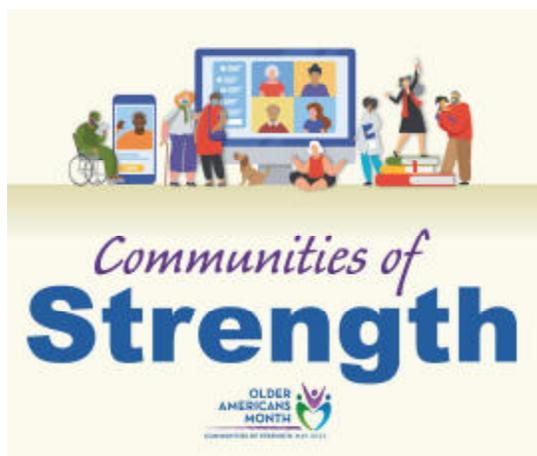
Older Americans Month May 2021

**Drive—Thru Celebration May 19
1:00 - 2:00**

***The years have made you wiser,
stronger and resilient.
Lets celebrate you.***

***Drive by for some special treats.
Registration is required.***

Call 781-245-3312 to register.



Working our Way Back.....Slowly Some activities to resume this month

We understand how difficult this past year has been and are hoping to get back into a routine here at the center. While the weather is good we are going to take advantage and offer some classes outdoors and some smaller groups inside. Barre, Yoga and Zumba exercise classes will start up following all health protocols and with new registration guidelines. Details are currently being worked out. Contact the office for the latest information.

Transportation, outreach, computer and gym use continue to take place through the center. Looking for something to read? Stop by and grab a book from our library. Looking for some puzzles? We have those too.

Lastly, road trips- will be back. By far they were the highlight of the past year for staff. When you couldn't get to us we hit the road travelling around town making visits. Over 200 were made from May to September. It was wonderful to get out, to see people and talk with everyone. You showed us your home improvement projects, gardens and told us about new grandchildren. We loved it and are looking forward to starting up again soon.

Remember if you have any concerns or are in need of assistance just give us a call.
Stay Well!

outreach

Have questions on housing options, nursing home information/ assisted living facilities, home health care, transportation, fuel assistance and

more? Need help with a Food Assistance Application?

Please contact Outreach Coordinator Beth Greenberg with any questions or concerns you may have for yourself, neighbor or friend. Beth can be reached at 781-245-3312.

-TRANSPORTATION OPTIONS-

Wakefield Council on Aging-Curb to Curb Service

Monday - Thursday 9:00 am to 3:15 pm

Friday 9:00 am to 12:00 pm.

Reservations: need to be made at least 48 hrs. in advance.

Medical Appointments- We travel to local health offices and as far as Lahey in Burlington & Peabody, MGH in Danvers, Winchester Hospital and some Woburn area centers. We do not travel to Boston.

Grocery Shopping Trips Market Basket/Shaws/Farmland- Call to schedule.

Please note that because of COVID-19 we allow only one passenger per trip (exception - family member or caregiver). We also ask that passengers wear a face covering and if you are not feeling well please reschedule your appointment.

The RIDE MBTA Transportation Program

The RIDE is the MBTA's door-to-door, paratransit program. The RIDE provides service to a larger service area including Boston hospitals. To apply for The RIDE, call 617-337-2727



Mystic Valley Elder Services' TRIP Metro North Program

If you're 60+ or an adult living with disabilities, don't drive and public transportation isn't an option, you can still get to appointments, visit friends, dine out, and get out using TRIP. This FREE program gives you money to reimburse friends, neighbors, and certain relatives, for taking you anywhere you want to go. Call 781 388 4819 to learn more.



MelroseWakefield Healthcare's Aging in Balance Programs May 2021

Slips...Trips...Falls What can you do to prevent falls? Wednesday, May 12, 10 a.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 onethird of older adults experience a fall". Falls can be devastating, costly and most importantly falls are largely PREVENTABLE.

Join Stephanie Chissler, Occupational Therapist, for an interactive and informative online workshop that will highlight ways you can prevent falls at home and in the community.

Sleepless in New England Wednesday, May 19, 7 p.m. We have all suffered with the occasional sleepless night but what happens when that one-night turns into many sleepless nights. Not getting enough sleep causes an increased risk for chronic conditions such as 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 1.5-hour program providing participants with tips for good sleep hygiene.

Let's Zoom! Tuesday appointments available 1 or 2 p.m. Want to learn how to use Zoom? If you have a computer and an email address you are in luck! Stephanie Chissler of Aging in Balance at MelroseWakefield 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 calls every Thursday 1-2 p.m. 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

Insurance and Medicare Assistance

Are you going to be eligible for Medicare soon? Are you overwhelmed and confused about the choices and decisions you need to make? Good news....help is here! Talk with a SHINE counselor. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related insurance programs

Call 781-245-3312 to schedule your phone call from a SHINE counselor.





Campaign for Veteran Discounts

Honoring Veterans

Thank you to all the local businesses that offer discounts to Veterans. We know times are tough and appreciate you being part of this campaign to honor those who served.

If you are a local business and would like to participate or are interested in learning more about the program please contact Dave Mangan Wakefield's Veteran Service officer at 781-246-6377

WHY IS THE POPPY A SYMBOL OF MEMORIAL DAY?

In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1.

John McCrae, a Canadian soldier and physician, witnessed the war first hand and was inspired to write the now-famous poem "In Flanders Fields" in 1915. He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium. In November 1918, days before the official end of the war, an American professor named Moina Michael wrote her own poem, "We Shall Keep the Faith," which



was inspired by McCrae's "In Flanders Fields." In her poem she mentioned wearing the "poppy red" to honor the dead, and with that, the tradition of adorning one's clothing with a single red poppy in remembrance of those killed in the Great War was born. Moina herself came to be known—and honored—as "The Poppy Lady."

Article courtesy of Old Farmers Almanac

Veterans Services Wakefield 781-246-6377

The Veteran Services Department's mission is to assist, refer and advocate for veterans and their families. We provide direct financial aid through Massachusetts General Law Chapter 115 in addition to assisting with applications for applicable and available federal and state benefits. For more information call Wakefield's Veteran Service Officer Dave Mangan at 781-246-6377.



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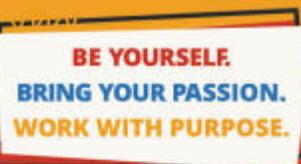
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Best Wishes Karen!

On behalf of all your co-workers, volunteers, and community we are grateful for all you've done and for your part in making the Wakefield center welcoming to all . We wish you the best in retirement. Enjoy!



Mindful Crafting is Back

Join us for a relaxing craft activity. Relax in this fun class with Marianne Snow. The class follows all health and safety protocols with limited participation. The class is free however registration is required.

Upcoming class dates May 20 1:00 and June 17 1:00.

Call 781-245-3312 to register.

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Community Assistance

Wakefield Food Pantry 781-245-2510

Wakefield Health Department 781-246-6375

Veterans Crisis Line 800-273-8255

CodeRED e-Alert emergency communication enrollment 781-246-6435

Interface Referral Program Mental Health Services 1-888-244-6843

Would You Like to Receive the Newsletter via email?

Fill out the Senior Center 2021 Participant Form.

You can access it online at <https://www.wakefield.ma.us/senior-center-form>

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Caregiver Support Group

If you are caring for a loved one with Dementia or Alzheimer's please join us at our Caregiver Support Group. Connect and share stories with people who understand the challenges you face, in a safe, supportive and engaging environment. Participants can choose topics for education and discussion. *Light refreshments will be served.*
Contact us to sign up: 791-620-8990
reception@residencemelrosestation.com



THE RESIDENCE
at Melrose Station

Meets the 4th Thursday of Every Month
6:00 - 7:00pm
158 Essex Street, Melrose
www.residencemelrosestation.com



Michael J. Carpinella R.Ph.
409 Lowell St., Wakefield, MA
(781) 246-3527
Mon-Fri 8am-6pm
Sat 8am-2pm



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Senior Center
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Wakefield MA 01880



THANK YOU

We would like to thank the AARP tax aides who eagerly returned this year to provide onsite tax assistance to Wakefield residents. We appreciate your time, commitment and willingness to come out and help others during these times.

Thank you to volunteers Amy Sablone, Madeline Brown, Linda Choy, Jim Claroni, Jo Jennings and Gene Moulton

Thank you to the following individuals for their generous donations to the center. Your kindness is greatly appreciated.

- Hee Won Livingstone Joseph Boy Daniel Dwyer Marie Dwyer
- Harrine & Arthur McPhail Stephen & Marjorie Wells
- Jean Becker Sylvia & Anthony Bonomo Mary Priestly Betty Williams
- Flo Guerriero Irene Palumbo Charlotte Lane