

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



Director

Judy Luciano

Activities

Karen Surette

Administration

Marianne McPherson

Outreach

Beth Greenberg

Board Members

Florence Calore ~ Tom Coffin ~ Elizabeth Ellis ~ Maureen Hickey ~ Maureen Howlett ~ Susan Jepson

Re-Opening Plans

As you are all aware the Governor has lifted restrictions and we can now work on opening back up to all activities. At the writing of this newsletter we don't have the details worked out and will be working closely with the Board of Health and the Emergency Management Department on a safe opening. Thank you all for hanging in there and waiting patiently.

Currently we are working with our independent instructors on getting classes back in the building. Zumba, Pilates, Barre and Yoga should be returning this month. Bingo, Bridge, Woodcarving and Art Classes will also be returning soon.

Please continue your patience as we navigate the re-opening. We are excited to welcome everyone back but bear with us as we plot our course through directives trying to keep the safety of all a priority.

Again thank you for all your support and for working with us through this unprecedented time. Looking forward to see you all soon.

If you have any concerns or are in need of assistance give us a call at 781-245-3312.

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.

Next class June 17 1:00.

Call 781-245-3312 to register.



Thank you to the Health Department

We would like to thank the Health Director Ruth Clay, Public Health nurse Karen Cronin and Administrative Assistant Cindy Luongo. It's been a long 15 months and this group has given their all putting community first in a most efficient and professional manner during the most difficult of times. Thank you for helping us through.

Also, best wishes to both Ruth and Karen on well deserved retirements. Ruth always put the health the seniors first and Karen was always a welcome and friendly face at the center's wellness clinics. You'll be missed. Enjoy!

Just a reminder from AARP-

Phony online shopping websites

Phony retail websites aren't new, but they look more real today than ever before. "Fake sites are using photos from real online retailers and mimicking their look and feel," Hutt says.

The scheme: You click on an ad online or on social media, see stuff you like at a great price, enter your credit card info ... and never receive a product. "Or you receive a lower-quality item shipped directly from an overseas seller," Hutt says.

How to avoid: Never click on an ad to go to a retailer's website. Instead, bookmark the URLs of [trusted shopping websites](#) you visit frequently and use those, suggests Tyler Moore, professor of cybersecurity at the University of Tulsa. "Don't bother with trying to figure out whether the web address is real. Attackers adapt and change them frequently."

If you're considering buying from a new site, first check online reviews as well as the company's track record via the Better Business Bureau's online directory (bbb.org).

Account takeover scam texts

Scammers are sending fake text messages [alleging there's big trouble with your internet account](#), a credit card, bank account or shopping order on Amazon. They want you to click on links and provide personal info.

The scheme The urgent-sounding text message may have a real-looking logo. "People don't expect scammers to use text messages, so they're more likely to click," Moore says.

How to avoid: Remember, don't click on links in emails and texts that you haven't asked for. Call your bank or credit card company to check for a problem. Installing security software on your computer and keeping it updated is also crucial, says cybersecurity expert Brian Payne, of Old Dominion University in Norfolk, Virginia.

[AARP's Fraud Watch Network](#) can help you spot and avoid scams. Sign up for free [Watchdog Alerts](#), review our [scam-tracking map](#), or call our toll-free [fraud helpline](#) at 877-908-3360 if you or a loved one suspect you've been a victim.

Ad space, do not move or resize

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



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>



Mystic Valley Elder Services (MVES) wants to remind our communities that we are open for business and working to be

sure that those individuals in need receive the necessary services.

We continue to accept calls and referrals via our online referral form and/or by calling us at **781-324-7705**.

We have funding available to help older adults and adults living with disabilities with urgent needs for food, grocery shopping assistance and more.

We continue to serve home delivered meals.

We are in regular communication with our consumers. Our care managers are calling them on a regular basis to assess their well-being and need for services.

We are not conducting home visits but are assessing our consumers' needs through telephonic means.

Support Groups for caregivers are being run virtually.

MVES is in constant contact with the MA Executive Office of Elder Affairs and the Department of Public Health, and we are following their guidance as well as the Center for Disease Control and Prevention (CDC) recommended best practices.

We are in close communication with our extensive network of in-home service provider agencies and our community partners to deliver services in a safe and effective manner.

Be assured, MVES will always let consumers know if services will be interrupted, reduced or cannot be delivered.



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.

Did you know that you can get help paying your Medicare A/B premiums, deductibles and

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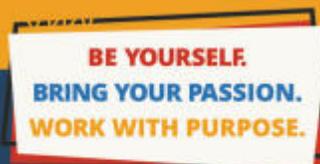
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MelroseWakefield Healthcare's Aging in Balance Programs June 2021

My Life, My Health Online Introductory Session

Choose a date to attend a 45-minute introductory session: **Wednesday, June 9 at 10am or Tuesday, June 29 at 7pm**

Is living with a persistent health condition preventing you from really living? "My Life, My Health" is a FREE six-session community workshop designed to give adults with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma) and/or their caregivers the knowledge and skills needed to take a more active role in their healthcare.

Learn strategies developed and tested by researchers including:

- Techniques that can improve your quality of life
- Tools for communicating effectively with family, friends and health professionals
- How to handle frustration, fatigue, pain and isolation
- Ways to evaluate new treatment
- Learning appropriate use of medication and nutrition

Six-session online workshop beginning this summer! If you are interested in taking part in this workshop series, please register for a 45-minute Introductory Session to learn more.

Knowledge Up...Pressure Down Wednesday, June 16 at 7pm

This class will focus on what you can do to reduce high blood pressure and teach you how to keep healthy pressure intact. You will learn ways to keep your blood pressure in the healthy zone including what is a heart healthy diet, stress management and when to see your doctor. This 1.5-hour class is a "must attend" program for anyone with high blood pressure or for those seeking to prevent high blood pressure. Joya Pezzuto, RN, will facilitate this informative class.

Sunny Side Up Wednesday, June 23 at 10am

Learn How to Enjoy Your Day in a Positive Way!

Summer will soon be here and it's time to bring more positivity into your life! Joya Pezzuto, RN will facilitate this 1.5-hour evidence informed program, providing you with tips and techniques to assist you in more positive thinking and in managing stress. Sharing positive experiences, music, singing and meditation are included in this program to help you develop a more positive attitude. Join us for this uplifting class!

All programs are being held online or by phone. To register for Aging in Balance Programs contact Stephanie Chissler at 781-338-7559 or email schissler@melrosewakefield.org

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**State Senator
Jason Lewis**

**Phone inquiries
please call 617-722-1206.**

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

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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



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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 781-246-6377.

at

Coffee & Conversation Sponsored by MelroseWakefield Healthcare

Coffee & Conversation Ongoing weekly teleconference calls every Thursday 1-2 p.m. 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##

Federal Communications Commission Launches Emergency Broadband Benefit:

On May 12th, the Federal Communications Commission (FCC) kicked off the Emergency Broadband Benefit. The benefit provides eligible consumers discounts on broadband service and devices. The benefit will continue until there is no longer funding or six months after the federal government declares an end to the pandemic.

Eligible households will be able to receive:

- \$50/month discount for high-speed internet services.
- \$75/month discount for high-speed internet services for households on Tribal lands.

A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider.

In Massachusetts, **26 broadband providers** are offering the benefit. The benefit is available to eligible new, prior, and existing customers of participating providers.

The **eligibility for the benefit** is broad. It includes any household with an income at or below 135% of the federal poverty guidelines, or if *any member* of the household qualifies through various means. This includes but is not limited to participation in SNAP, Medicaid, Supplemental Security Income, the Free and Reduced-Price School Lunch Program, as well as certain qualifying events such as experiencing substantial loss of income or receiving a federal Pell Grant in the current award year.

Customers can sign up by contacting a participating provider, enrolling online at <https://getemergencybroadband.org/>, or sending forms via mail. More **information about the application process** is available online or by calling (833) 511-0311.