

Wakefield Council On Aging

Council On Aging / McCarthy Center

30 Converse Street
Wakefield, MA 01880
Mon-Thu 8:00-3:45 Fri 8:00-12:30
781-245-3312



Director Judy Luciano Administration Marianne McPherson Outreach Beth Greenberg Activities Lisa Rogalin
Board Florence Calore ~ Tom Coffin ~ Elizabeth Ellis~ Maureen Hickey ~ Maureen Howlett ~ Susan Jepson ~ Joanne Scouler

HAPPY NEW YEAR!!!!

We would like to wish you all a happy and healthy 2022 and thank you for your support this past year. The past 22 months have been trying and we appreciate you hanging in there working with us as we return to the work we all enjoy while adapting to some new schedules and rules.

In 2022 we look to continue to build and improve programming and provide the best for Wakefield seniors this year and beyond.

Happy New Year and hope to see you soon.



More Classes on the Horizon

In the next month or two some of our old classes and some new will be starting. Be sure to check out the February newsletter with the return of some favorites. Registration will be required for all instructor lead programming. Movies, DVD classes, cards and bingo will not require pre-registration. We continue to keep your safety in mind and follow the latest protocols of the town. Masks are required in all town buildings.

Fuel Assistance

There is still time to apply for fuel assistance. **LEO - Lynn Economic Opportunity Inc.** can help pay part of your home's winter heating bill. Eligibility is based on the number of people living in the household and the gross annual income of all those members. Have more questions or need assistance in applying? Please call Beth Greenberg here at the center at 781-245-3312.

Tax Preparation Information-

We are expecting to have the services of AARP tax preparers again this year. However, at the time of printing this newsletter we did not have confirmation. Please contact the office for the most current information.

Activities

Art Class— Mondays 12:00-3:00
Instructor Steve Greco \$10 /class

Woodcarving - Tuesday 10:00
Instructor Leo Lambert \$5 / class

Exercise DVD's

**Monday's and Thursday's at 10:30
and Friday at 8:30**

Weekly Walks

Monday and Thursday 9:40 Join Lisa for a 30 minute walk in the neighborhood.



Cards and Games

Bingo- Thursday 12:30 Bridge- Tuesday at 12:00 Poker- Tuesday & Wednesday at 12:30

Clever Stitches

Wednesday at 9:30. Need help with your craft project? Need a refresher on how to knit/crochet/sew/embroider? Looking to craft with friends? Bring your knitting, crochet, embroidery or whatever you've got and we'll work on them together!

Mindfulness

Tuesday at 9:30 Learn to focus on the moment, relax and find some calm through meditations and simple activities.



Strength w/ Joie \$2

Drums Exercise w/ Jill \$4

Barre w/ Joie \$2

Zumba w/ Alice \$5

Pilates w/ Alice \$5

Aging Backwards w/ Jill \$4

Zumba w/Jill \$4

Monday 8:45

Monday 9:45a.m.

Wednesday 9:00

Wednesday 10:15

Wednesday 11:00

Thursday 9:15

Friday 10:00

Please note space is limited in all instructor led exercise classes and pre registration is required. Call the office before heading out to check availability. Preference is given to Wakefield residents first and out of town guests as space allows.

Questions/Inquiries 781-245-3312.



Snow News

Snow may be nice to look at but no matter how nice it may look it is a challenge to clear. If you're a resident whose family and friends are unable to assist with clearing your steps and walkway give us a call. This year we are working with students from the High and Middle schools to help out. They will clear a path from your front door to walkway (no driveways). Please call the Senior Center at 781-245-3312 for more information.



VETERAN SERVICES

The Town of Wakefield Veteran Services Department provides financial and medical assistance to veterans through the Town and State Department of Veteran Services. Please contact Wakefield Veteran Services Officer Dave Mangan at 781-246-6377 or email dmangan@wakefield.ma.us for more detailed qualifying information.



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.



COVID-19 Booster

If you are looking to make the appointment for your booster Visit the Vaxfinder tool at vaxfinder.mass.gov or **call the COVID-19 Vaccine Resource Line at 2 - 1- 1** If you are still having trouble booking an appointment call the office at 781-245-3312 for assistance.

INTERFACE is a mental health resource and referral helpline that the community of Wakefield has contracted with to help children, adults and families become connected with mental health and wellness resources. Assistance with many health topics such as Alzheimer's, addiction, depression and parenting is available. If you or a family member is in need of assistance and looking for information please contact Interface using the information provided here.

Call the Referral Service Helpline at 888-244-6843(toll free) Monday—Friday 9:00 am to 5:00 pm or online at <http://interface.williamjames.edu/community/wakefield>



WILLIAM JAMES COLLEGE

INTERFACE Referral Service

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</p> <p>8:45 Strength w/ Joie 9:40 Walking Group 9:45 Drums w/ Jill 10:30 Exercise DVD 12:00 Art w/ Steve Greco</p>	<p style="text-align: right;">4</p> <p>9:30 Mindfulness w/ Lisa 10:00 Woodcarving w/ Leo 12:00 Bridge</p>	<p>9:00 Barre w/Joie 9:30 Clever Stitches 10:15 Zumba w/ AL 11:00 Pilates w/Alicia 12:30 Movie</p>
<p style="text-align: right;">10</p> <p>8:45 Strength w/ Joie 9:40 Walking Group 9:45 Drums w/ Jill 10:30 Exercise DVD 12:00 Art w/ Steve Greco</p>	<p style="text-align: right;">11</p> <p>9:30 Mindfulness w/ Lisa 10:00 Woodcarving w/ Leo 12:00 Bridge</p>	<p>9:00 Barre w/Joie 9:30 Clever Stitches 10:15 Zumba w/ AL 11:00 Pilates w/Alicia 12:30 Movie</p>
<div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 20px;"> <p style="text-align: right;">17</p> <p>Center Closed</p> </div> </div>	<p style="text-align: right;">18</p> <p>9:30 Mindfulness w/ Lisa 10:00 Woodcarving w/ Leo 12:00 Bridge</p>	<p>9:00 Barre w/Joie 9:15 Clever Stitches 10:15 Zumba w/ AL 11:00 Pilates w/Alicia 12:30 Movie</p>
<p style="text-align: right;">24</p> <p>8:45 Strength w/ Joie 9:40 Walking Group 9:45 Drums w/ Jill 10:30 Exercise DVD 12:00 Art w/ Steve Greco</p>	<p style="text-align: right;">25</p> <p>9:30 Mindfulness w/ Lisa 10:00 Woodcarving w/ Leo 12:00 Bridge</p>	<p>9:00 Barre w/Joie 9:15 Clever Stitches 10:15 Zumba w/ AL 11:00 Pilates w/Alicia 12:30 Movie</p>
<p style="text-align: right;">31</p> <p>8:45 Strength w/ Joie 9:40 Walking Group 9:45 Drums w/ Jill 10:30 Exercise DVD 12:00 Art w/ Steve Greco</p>		



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WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>es lice ce</p>	<p>6</p> <p>9:40 Walking Group 9:15 Aging Backwards w/ Jill 10:30 Exercise DVD 12:30 Bingo</p>	<p>7</p> <p>8:30 Exercise DVD 10:00 Zumba w/ Jill</p>
<p>12</p> <p>es lice ce</p>	<p>13</p> <p>9:40 Walking Group 9:15 Aging Backwards w/ Jill 10:30 Exercise DVD 12:30 Bingo</p>	<p>14</p> <p>8:30 Exercise DVD 10:00 Zumba w/ Jill</p>
<p>19</p> <p>es lice ce</p>	<p>20</p> <p>9:40 Walking Group 9:15 Aging Backwards w/ Jill 10:30 Exercise DVD 12:30 Bingo</p>	<p>21</p> <p>8:30 Exercise DVD 10:00 Zumba w/ Jill</p>
<p>26</p> <p>es lice ce</p>	<p>27</p> <p>9:40 Walking Group 9:15 Aging Backwards w/ Jill 10:30 Exercise DVD</p>	<p>28</p> <p>8:30 Exercise DVD 10:00 Zumba w/ Jill</p>
<p>Please note the schedules may change based on attendance, instructors, additional classes added and the needs of the COA. Call the office at 781-245-3312 for the latest updates and additions. Registration is required for all instructor led classes and special programs.</p>		

SUPPORT OUR ADVERTISERS!



outreach

**Monday-Thursday 1:15— 4pm and
by appointment.**

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 Beth Greenberg at 781-245-3312.

Transportation-Curb to Curb Service

**Monday - Thursday 9:00 am to 3:15 pm
Friday 9:00 am to 12:00 pm.**

Please call with any request. We may not travel to where you need to go however we may have ideas on how you can get there.

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

Cost: \$2 roundtrip available daily in and out of Wakefield: to bank, shop, post office, hair-dresser, barber and local area shopping malls.

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. Call for more sites.

Grocery Shopping Trips— Call to Schedule.

THE RESIDENCE CLUB BOUTIQUE SENIOR LIVING



APARTMENT AMENITIES

- Private two-bedroom, two-bathroom luxury apartments with gourmet eat-in kitchens featuring quartz countertops and full-size stainless steel appliances
- Washer and dryer in each unit
- Private WIFI and cable connection in each unit
- Private controlled temperature storage room adjacent to each apartment
- State of the art surveillance system inside and out
- Exterior doors secured at all times with keyless fob entry

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- Weekly linen service • Weekly housekeeping
- Full-time Concierge • Continuous monitoring of health
- Emergency response system (Lively mobile device by Great Call)
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COMMUNITY AMENITIES

- Luxury elevator • Calendar of events each month
- Community Club living room with fireplace, card tables, and large screen TV
- Club Room with complimentary snacks and beverages
- WIFI in Club Room • Coffee bar • Outdoor patio
- Corn hole boards • Daily continental breakfast
- Weekly restaurant-style catered dining
- Weekly exercise classes (yoga and stretching and strengthening classes)
- Weekly social events such as happy hour, ice cream socials, shopping trips, live entertainment
- Monthly trips to places such as Museum of Fine Arts, Museum of Natural History, The Encore Casino, and more

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MelroseWakefield Healthcare's Aging in Balance Classes January 2022

Slips...Trips...Falls What can you do to prevent falls? Wednesday, January 12, 10am

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, 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 Thursday, January 20, 10am

We've 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-hour program providing participants with tips for good sleep hygiene.

My Life, My Health Information Session Wednesday, January 26, 1pm

Is living with a persistent health condition preventing you from really living?

If you have been challenged by a chronic health condition or if you have noticed a decline in your health, 2022 is the year to take charge of your health! Join us for “My Life, My Health”, an interactive seven-session online class that will teach you or your caregiver valuable tools so you can live your best life.

What you'll learn:

- Ways to improve your quality of life
 - How to effectively communicate with family, friends and healthcare professionals
 - Beneficial ways to handle frustration, fatigue, pain and isolation
 - How to evaluate a new healthcare treatment
- Appropriate use of medication and nutrition

A **seven-session online workshop** is beginning this winter. If you are interested in taking part in this workshop series, register for this 30-minute introductory session to learn more. You deserve to live your best life!

Individual meetings also available at a time convenient for you. Please call Stephanie at 781-338-7559 or email AginginBalance@melrosewakefield.org

Let's Zoom!

Tuesday appointments available 1 or 2 p.m.

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 Ramy 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!