

LOOKING AHEAD

Melrose Council on Aging

Stacey Minchello, Executive Director
781-665-4304

235 W. Foster St. Melrose, MA 02176



Milano Center

Georgie Lewis, Coordinator
781-662-6886

201 W. Foster St. Melrose, MA 02176

Looking Ahead is available online
<http://tinyurl.com/COALookingAhead>.

December 2020

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Activities at Milano



With Step 2 of the Phase 3 reopening process, we are happy to announce that our current outdoor activities will be moved indoors. While the building is not yet open to the public, the Milano Center is offering the following activities by appointment only:

- Yoga - Mon. & Thu mornings; 8:45 - 9:45 am; \$5 per class
- Chair Yoga - Mon/Thu mornings; 10:00 - 11:00 am; \$5 per class
- Book Club 2—2nd Tue of the month; 10:00 - 11:00 am FREE
- Today's News - Tues; 11:00 - 12:00 noon FREE
- Arts & Crafts - Tues. 10:00 - 12:00 noon FREE

We are not yet "Open to the Public"

The doors remain locked (hopefully this will change soon) and you'll need a reservation for entrance to a specific class.

Pre-Registration is required; Space is limited

Call 781-662-6886 for details and to reserve your spot

You are welcome to bring your own water bottles in, however community food is no longer allowed.

Snow Angels

If you are a senior in need of help with snow shoveling, please call the Melrose Council on Aging to register. We will do our very best to match you with a High School Student.



Open enrollment for this service is through Dec. 15th
Please call 781-665-4304. Mon.—Thu. 9:00 am - Noon.
Reference the Snow Angel Program

A note from the Director



It is with great sadness and a heavy heart that I inform you that our dear friend and previous Executive Director of the Melrose Council on Aging, Dawn Folopoulos passed away on November 6th.

She fought a long courageous battle her way, and is at peace now. Her smile and kindness will be remembered forever. Her many relationships and dedication to our seniors will be a gift of inspiration to us always. We will miss her dearly.

In memory of Dawn during the upcoming holidays and forward, remember to practice kindness, promote happiness, and put a positive spin on everything. You know that is what she would have wanted. Even though, we cannot hug now, please know there's one waiting for you at the Milano Center for when we can hug.

Stay well, be strong and safe.

Fondly, Stacey

Dawn Folopoulos



Our mission is to support the right of older adults and adults living with disabilities to live independently and with dignity in a setting of their own choice, by providing information, advice, and access to quality resources and services.

Programs At A Glance

Mystic Valley Elder Services Home Care program offers a wide range of home care services that can support your independence and wellbeing. We have assembled a network of compassionate, professional home care providers who will provide you with the help you need to maintain your independence at home.

- Personal care and hygiene
- Companionship
- Meals on Wheels
- Transportation
- Help managing your diet and nutrition
- Home health services
- Personal Emergency Response System
- Modifications to your home
- Housekeeping
- Laundry
- Grocery shopping
- Adult daycare services
- Help organizing/dispensing your medications



Call 781-324-7705 for more information
MVES.org

Food Assistance



Bread of Life

Bread of Life will deliver food from its food bank to Melrose residents.
Call 781-397-0404 or email info@breadoflifemalden.org

A Servant's Heart Food Pantry

200 Franklin St. Melrose
Pre-bagged groceries may be picked up every Friday from 10:00 - 11:30 a.m.
Email: faithchurch@faithchurchac.org or call 781-662-8226

SNAP (food stamps)

To apply for food stamps call the Department of Transitional Assistance (DTA) at 877-382-2363
To apply on line go to www.mass.gov/how-to/apply-for-snap-benefits-food-stamps

Food Resources for Veterans

Melrose Veterans Services Office partners with the Greater Boston Food Bank to provide food to Veterans and their surviving spouses the third Wednesday of the month. Currently they offer a drive-thru food pantry. If you are unable to pick up, they will deliver to you. Call 781-979-4186 to register.

General Assistance

Melrose Emergency Fund

Help with food, utilities, rent and other expenses. Restricted to qualified Melrose residents.
Call: 781-665-4304. Application and interview required.

Red Cross (Ames Fund)

Help with food, utilities, rent and other expenses. Restricted to qualified Melrose residents.
Call 781-665-1351; Application and interview required.

St. Vincent de Paul

- The St. Vincent de Paul Society is administered within individual Catholic parishes. To reach them, contact your nearest Catholic church.
- Incarnation: 781-662-8844
- Most Blessed Sacrament: 781-245-2080
- St. Mary's: 781-665-0152



Would you or someone you know benefit from seeing a mental health professional?

The City of Melrose proudly sponsors the

INTERFACE REFERRAL SERVICE

For all Melrose residents and students

INTERFACE HELPLINE
617-332-3666, X1411 or
1-888-244-6843, x1411
9:00 - 5:00 P.M., Mon - Fri

Alzheimer’s Caregiver Support Group

This confidential meeting is designed for those caring for a loved one with a diagnosis of dementia.

Learn more about Alzheimer’s and related dementias and meet others facing similar challenges.

Please call 781-910-8958 prior to your first meeting
24/7 Helpline: 1-800-272-3900
www.alz.org/MANH



Highway61 - Chat rooms and real time discussions for those over 50

Melrose COA has partnered with Highway 61 which offers you real time, conversation groups including Aging Alone Support Group, Trivia, French Culture, Entrepreneurs Circle, Opera, Classic Movies and more! .

Seniors from all over the US are on **Highway61** and it is a great way to stay connected. If you’d like to attend one of the virtual discussion groups, here are the instructions:

<https://seniorcommunities.highway61.co/melrose-council-on-aging/>

The code to join is 125645. If you have any questions, please email info@highway61.co



NEW Online Programs using Zoom
Register now

Knowledge Up...Pressure Down; Two classes: **Wednesday, December 9th, 10a** or **Wednesday, December 16th, 7p**

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 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.

Let’s Zoom! Tuesdays in December, 1-3pm Are you worried about winter and 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 used to work in the computer department and she can help you. She will be offering remote appointments every Tuesday afternoon in December to help you get set up. Email or call her to schedule your appointment so you can start Zooming!

Coffee & Conversation—Weekly teleconference; Thursdays from 1:00 - 2:00 pm
Feeling isolated? Call 1-646-558-8656, when asked, enter meeting ID 131-672-167##

For more information or to register, call Stephanie Chissler, OTR/L Aging in Balance Program Manager at 781-338-7559 or email schissler@melrosewakefield.org

Today’s News



Join us for lively and respectful discussions on current events.

Registration in advance required as space is limited

Every Tuesday from 11:00—Noon
Call Milano Center
781-662-6886
to register

FRIENDS OF MILANO CENTER



Please consider a tribute gift to Friends of Milano Center as a special way to honor a loved one, thank a special caregiver or even to celebrate a milestone. Gifts of a certain denomination entitle donor to a lovely engraved leaf on the **Giving Tree** which is on display at the Milano Center.

Your generosity and continued support of the Friends of Milano, the Council on Aging and the Milano Center are greatly appreciated.

Yes, I want to support the Friends of Milano Center.

\$ _____ Your Name _____
Your address _____

Please make checks payable to *Friends of Milano Center*
235 W. Foster Street, Melrose, MA 02176

The Savvy Caregiver Program Starting in 2021

This evidence-based program is for anyone caring for a loved one or friend with dementia or Alzheimer’s disease. This free six-week program offers caregivers a source of support. Caregivers will meet for 2 hours each week to:

- Identifying personal barriers to self-care; Learn techniques for setting reasonable goals; Discover ways to manage stress; Learn skills for effective communication; Develop ways to strengthen family resources

Schedule a **30-minute private call** to learn more about this upcoming program.
Call 781-338-7559 or email schissler@melrosewakefield.org.



Registry of Motor Vehicles



Senior Days in December for customers age 75+ whose licenses expire in December.

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate Wednesdays in November and December to serve these customers.

17 service centers will be dedicated to processing license renewals for older customers whose licenses expire in November and December, 2020. (Brocton; Danvers; Fall River; Greenfield; Lawrence; Leominster; Martha’s Vineyard; Nantucket; New Bedford; North Adams; Pittsfield; Plymouth; Revere; So. Yarmouth; Springfield; Watertown; Worcester

A reservation is required
Call the RMV at 857-368-8005
or visit ww.Mass.Gov/RMV



**Zoom LGBTQ
Meet & Greet**
**Tuesday
Dec. 15th, 1 PM**

Let’s discuss future events

Melrose Council on Aging LGBTQ Zoom Meetings

<https://us02web.zoom.us/j/87247253743?pwd=S3F2QVV1NEdlQVAvM2xWVnlkQWnZnZz09>

Meeting ID: 872 4725 3743
Passcode: 777711

If calling in, dial 929 205 6099

“Teachable Moments” is a Title 3B Grant awarded by MVES



City of Melrose Department List

<u>Animal Control</u>	City Hall 562 Main St.	781)-979-4102
<u>Assessor</u>	City Hall 562 Main St.	781-979-4104
<u>Auditing Department</u>	City Hall 562 Main St.	781-979-4110
<u>City Clerk</u>	City Hall 562 Main St.	781-979-4115
<u>Council on Aging</u>	235 West Foster St. Melrose, Ma 02176	781-665-4304
<u>Covid-19 Important Information</u>	City Hall 562 Main St.	www.cityofmelrose.org
<u>Elections</u>	City Hall 562 Main St.	781-979-4125
<u>Emergency Management</u>	City Hall 562 Main St.	781-979-4411
<u>Fire</u>	576 Main St. Melrose, Ma	781-665-0501
<u>Health</u>	City Hall 562 Main St.	781-979-4133
<u>Human Resources</u>	City Hall 562 Main St.	781-479-4145
<u>Information Technology</u>	City Hall 562 Main St.	781-979-4141
<u>Inspection Services</u>	City Hall 562 Main St.	781-979-4135
<u>Mayor</u>	City Hall 562 Main St.	781-979-4440
<u>Memorial Hall</u>	Memorial Hall 590 Main St Melrose, MA 02176	781-979-4185
<u>Milano Center</u>	201 West Foster St. Melrose, Ma 02176	781-662-6886
<u>Mount Hood Memorial Park & Golf Course</u>	100 Slayton Road Melrose, MA 02176	781-665-6656
<u>Parks Department</u>	100 Slayton Road Melrose, MA 02176	781-662-0210
<u>Public Works</u>	Administration 72 Tremont Street, Melrose,	781-665-0142
<u>Recreation</u>	City Hall 562 Main Street	781-979-4179
<u>Retirement Board</u>	City Hall 562 Main Street	781-979-4151
<u>Substance Abuse Prevention Coalition</u>	City Hall 562 Main Street	781-979-4128
<u>Treasurer / Collector's Office</u>	City Hall 562 Main Street	781-979-4144
<u>Veterans' Services</u>	Melrose City Hall 562 Main St.	781-979-4186

**All Transportation
Subject to change**



Minibus schedule

Monday - Thursday
9:00 am - 2:00 pm.

Suggested donation

\$1 each way within Melrose
\$2 each way outside of Melrose

**Council on Aging is pleased to provide
“Curb to Curb” transportation for
Melrose seniors age 60+**

Here is how it works...

- All riders must complete a **registration form**.
- Reservations are made on a first come first served basis.
 - ⇒ **Medical rides** may be reserved up to 3 months in advance
 - ⇒ **Non-Medical** rides may be booked 1 week in advance.
- Rides are scheduled within a 10 minute window.
 - ⇒ Passengers must be ready and waiting 5 minutes before their scheduled pickup time until 5 minutes past their scheduled pick up time. Please don't call the office until your ride is at least 5 minutes past your scheduled time.
 - ⇒ **LATENESS.** In order to maintain a schedule, drivers are instructed to only wait 5 minutes for passengers who may be delayed. Passengers who miss their ride because they are late (even if it is due to a delay at the doctor's office) may call the dispatcher to see if the minibus is available to return, but should be prepared to make other arrangements, such as calling a taxi (at their own expense). Malden Taxi 781-322-5050.
 - ⇒ Passengers who need to **cancel a ride** are asked to do so as soon as possible so that the service may accommodate others.

**Call the Council on Aging office
for more information 781-665-4304**

**The RIDE
MBTA Transportation
Program**

**The RIDE is the MBTA's
door-to-door, shared-ride
paratransit service.**

The RIDE is operated by the MBTA in compliance with the Americans with Disabilities Act (ADA).

To apply for The RIDE, you need to have an in-person interview at

The RIDE Eligibility Center:

1000 Massachusetts Avenue
2nd Floor
Boston, MA 02118
Call 617-337-2727
to set up an appointment

All applicants (and 1 guest) can take The RIDE for free to their interview. Ask about arranging transportation when you call.

**Council on Aging
“Curb to Curb”
transportation for
Melrose seniors
age 60+**

For medical transport we go to Melrose, Malden, Medford, Reading, Saugus, Stoneham, Wakefield and select medical facilities in Winchester.

Medical rides may be booked up to 3 months in advance.

Call 781-665-4304





MEDICARE'S ANNUAL OPEN ENROLLMENT

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2021.

During Medicare's Annual Open Enrollment (October 15 – December 7), you will have a chance to review and change your plan for next year. If you never had a drug plan, this is your opportunity to join one. **SHINE** (Serving the Health Insurance Needs of Everyone....on Medicare) counselors can help you understand your plan changes, as well as explain other options you may have.

Due to COVID-19, counselors will only be available for remote counseling over the phone. There will be no in-person appointments this year.

Trained **SHINE** counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a phone appointment with the **SHINE** counselor here, please contact the Regional **SHINE** office at Mystic Valley Elder Services in Malden at 781-388-4845, leave a message and a counselor will return your call as soon as possible.

On-Line Gentle Yoga for Milano Center Community with Liz Elia

Mat class:

<https://youtu.be/5z1pgKdK1pl>

Chair class:

<https://youtu.be/ZSvkWW7AKRI>



Holiday Cheer Drive Thru Event Milano Center Weds., Dec. 23rd; 11 am

SLOWLY—Drive Thru the Milano Center parking lot from 11 am - 12 pm

Remain in your car with a mask on.

Show us your My Senior Center keycard and receive a gift.

**We look forward to seeing you!
Jingle Jangle! Happy Holidays!**



Due to adherence of the mandated regulations of COVID-19, this event is strictly a moving event. We ask that you remain in your car and keep moving. No parking or congregating will be allowed.

Arts & Crafts

**Join in on the fun
at Milano Center!**

**Every Tuesday from 10 am to 12 pm
Reservations are required as we have a
12 person limit (including group leader).**

Call 781-662-6886 to reserve your spot.

**Feel free to bring in your
own beverage.**

**Community food and drink
are no longer allowed.**





MASSACHUSETTS

Join BC/BS Wellness Webinars!

All are welcome—you don't have to be a Blue Cross member to participate.

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

Tuesday, December 8th

2:00 - 2:30 p.m.

Taming Your Mind with Mindfulness Techniques

Presenters: Jenna Feitelberg & Janet Fontana

[Register Now at bcbsma.info/Dec8](https://www.bcbsma.info/Dec8)

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

Veterans' Services

Serving Melrose, Saugus and Wakefield

781-979-4186

The Veterans 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.



Senator Jason Lewis

Senator Lewis currently hosts biweekly office hours. You will find more information by logging on to his Facebook page.

www.facebook.com/events/642973306345744/



Book Club 2

Dec. 8th, 10 - 11 am
Call Milano Center at
781-662-6886 to register

December Book

"The Particular Sadness of Lemon Cake"
by Aimee Bender
Available at City of Melrose Library



Zoom Opportunities

- See Page 2—Melrose Wakefield Healthcare
- See Page 5 - LGBTQ Program
- See Page 12 - Zoom Holiday Chatter
- YMCA Melrose has virtual classes; <https://www.ymcametronorth.org/studioy/>
- For Melrose Community Events; Log on to <https://www.melrosecommunity.org/events>



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Melrose Council on Aging, Melrose, MA 06-5134



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www.VisitingAngels.com/medfordma
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fitchhome.org

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rbarstow@lpiseniors.com or (800) 950-9952 x6457



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



Meets the 4th Thursday of Every Month
6:00 - 7:00pm

158 Essex Street, Melrose

www.residencemelrosestation.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Melrose Council on Aging, Melrose, MA 06-5134

**"Zoom" Holiday Chatter
Tue., Dec. 22nd, 1:00 pm**

**Join us and share your holiday traditions.
We would love to hear about them!**

ZOOM

**Meeting ID: 747 5073 9019
Passcode: fkNY87**

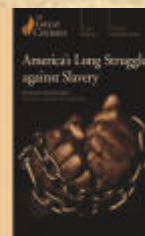


Great Courses

*"Teachable Moments" is a Title 3B Grant
awarded by MVES*

Coming Soon

**America's Long Struggle
Against Slavery**



**Telephone Bingo Monday
from 2:00-3:00 p.m.**



How does phone in Bingo work?

Once you are registered and have received a heavy duty slide bingo card, you are ready to play!

How do I register?

Call the Melrose Council on Aging at 781-665- 4304. We will assign you a bingo card and then we will inform you of the door drop delivery of your bingo card.

How do I play?

Call in on Monday's between 1:50 pm and 2:00 pm. Once connected, you will be prompted to enter the password. You should hear a "ping" noise and may hear others on the line. Hang tight and wait for the leader's instructions. Next, we will do roll call.

**MELROSE COUNCIL ON AGING
235 WEST FOSTER STREET
MELROSE, MA 02176**

