



COUNCIL ON AGING

Stoneham Senior Center



WHO WE ARE



Kristen Spence
Director

**Full Time
Staff**



Amanda Costain
Asst Director/
Outreach

6 Part Time

10 +Contracted Teachers/Instructors/Etc.

50+ Volunteers

THE ALMSHOUSE



The Stoneham Senior Center is one of the town's most historically significant buildings, built in 1852 in the beautiful Greek Revival style. After its renovation in 1995, it continues to serve as a vital resource for Stoneham's senior population and has been listed on the National Register of Historic Places since 1984.

ESSENTIAL RESOURCES WE OFFER

- **Transportation**

- Medical Rides Average 35 per month to Reading, Stoneham, Wakefield, Winchester, Woburn
- Food Shopping (Weekly)
 - Monday and Friday Market Basket & Walmart (Monthly)
- Share the bus with schools for small bus trips
- Circuit
 - Has provided 900 rides monthly and the majority request to come to the Senior Center, Stop and Shop and Stoneham Housing



ESSENTIAL RESOURCES WE OFFER

- **Transportation**
- **Congregate Meals**
 - Program that provides nutritionally balanced meals to older adults in a group setting
 - Provided by Mystic Valley Elder Services - Serve an average of 40 meals per week
 - Hub for Meals on Wheels drivers to pick up meals

ESSENTIAL RESOURCES WE OFFER

- **Transportation**
- **Congregate Meals**
- **SHINE**
 - Serving the Health Insurance Needs Of Everyone
 - Help older adults in Stoneham sign up for Medicare/Medicaid/Part C and D
 - Stoneham Senior Center served 287 Stoneham older adults FY25
 - 2 volunteer SHINE Councilors on site, use office space at the center



ESSENTIAL RESOURCES WE OFFER

- **Transportation**
- **Congregate Meals**
- **SHINE**
- **Outreach**



ESSENTIAL RESOURCES WE OFFER

- **Transportation**
- **Congregate Meals**
- **SHINE**
- **Outreach**
- **Elder-Law Attorney Pro Bono**
 - 15 Minutes consultation

ESSENTIAL RESOURCES WE OFFER

- **Transportation**
- **Congregate Meals**
- **SHINE**
- **Outreach**
- **Elder-Law Attorney Pro Bono**
- **AARP Tax Prep**
 - AARP Tax Prep Prepared Tax Year 2024 tax returns (both Federal and MA state) for 173 clients (counting joint filing couples once).
 - Of the 173 present-year number, about 25% or 43 clients were eligible for a record total of \$85,310 in MA Circuit Breaker tax credits, or, an average of \$1,984 per eligible client.



ESSENTIAL RESOURCES WE OFFER

- **Transportation**
- **Congregate Meals**
- **SHINE**
- **Outreach**
- **Elder-Law Attorney Pro Bono**
- **AARP Tax Prep**
- **Monthly Health Screenings**
 - Blood Pressure Clinic from the Stoneham Public Health Nurse
 - Podiatry Clinic from geriatric foot specialist
 - Hand therapy sessions



ESSENTIAL RESOURCES WE OFFER

- **Transportation**
- **Congregate Meals**
- **SHINE**
- **Outreach**
- **Elder-Law Attorney Pro Bono**
- **AARP Tax Prep**
- **Monthly Health Screenings**

WHY IT MATTERS

The Aging Population of Stoneham

Total population: 22,992

Population 60+: 6,620

% 65+ who are Veterans: 16.7%

% of community is 60+: 29%

Council on Aging Direct Impact

- Over 250 rides provided each month
- Over 350 people served each month
- Over 3,800 people served each year

The Council on Aging Budget is less than 1% of the entire Town Budget



WHY IT MATTERS

The Challenges Older Adults Face

- Health and Chronic Challenges
- Loneliness and Social Isolation
- Financial Security
- Housing and Living Arrangements
- Navigating Technology

COA COMPARISONS

	Stoneham	Wakefield	Melrose
Budget	\$181K	\$299K	\$265K
# Older Adults	6,620	7,090	7,112
Location	Historic Almshouse	Former School House	Historic Beebe Estate
FT Staff	2	3	2



CONCLUSION

There is a budget crisis, but there is also a growing population of older adults who need and deserve support.

The Stoneham Council on Aging has been providing that support for many years.

We need to grow, rather than shrink, to meet this moment.



ANY QUESTIONS?

Kristen Spence

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www.StonehamSeniorCenter.org