



# The Silver Streak...

## May 2024

### MISSION STATEMENT

*COA's mission: The mission of the West Brookfield Council on Aging is to enhance the lives of our senior citizens by providing information, referral services and opportunities for socialization and recreation.*

NEWSLETTER

of the

WEST BROOKFIELD COUNCIL ON AGING

West Brookfield Senior Center

73 Central Street

West Brookfield, MA 01585

Open: Monday-Friday 9:00 - 3:00

Senior Center 508-867-1407

Meals 508-867-1411 Fax 867-1407

ElderBus 1-800-321-0243



May  
at the  
Senior Center

### Stories from the Studebaker and other cars we've enjoyed

Monday, May 20

12:30 PM

New England storyteller Todd Goodwin shares his stories of his family's cars and their adventures in them from the 1960's. Good 41 refers to the 1941 Studebaker that his dad owned. That wasn't the only car they enjoyed. Come hear about Oldsmobiles, Buicks, old VW Micro busses and even a Packard!

You can also share your story about the first car you ever owned. Please sign up at the Senior Center.

*(This program is supported by a grant from the West Brookfield Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.)*

*The Senior Center will be closed on May 7 for Elections. Please remember to vote!*

The mailing of the newsletter is funded, in part through a grant from the Massachusetts Executive Office of Elder affairs.

### Bone Health Screening

Thursday, May 23

beginning at 12:30 PM

Are you at risk for osteoporosis? Fallon Health is pleased to bring you portable, non-invasive ultrasound technology to determine if you may be at risk for osteoporosis or osteopenia.



A health educator will apply a water-based gel and gently scan your finger. The scan takes about 30 seconds to complete, and the results will appear on a screen for you to review. Health education materials will be available on osteoporosis and bone health.

\*This screening is for informational purposes and not intended to diagnose or treat osteoporosis or osteopenia. Please contact your doctor to request further bone density testing, diagnosis, or treatment.

**Appointments are required. Please call the Senior Center to make an appointment.**

#### COUNCIL ON AGING

Nancy Seremeth – Chair

Irene White – Vice-Chair

Betty Bliss – Secretary

Nancy Arsenault, Beverly Cassavant,

Barbara Smith, Paula Ye – Board Members

Staff: Kelly Hitt, Director

Betty Frew, Program Coordinator

Sue Raymond, Outreach Coordinator

Marge Christian, Nutrition Site Manager

### Nutrition Screening

Wednesday, May 22  
12:30 PM

(sponsored by Tri-Valley)



Malnutrition is hard to see.

This is a one-on-one screening, consisting of several questions. Based on your answers, a score is generated. You will be given a letter which will direct you to take action if needed. Handouts will also be given out on eating to prevent malnutrition.

Please sign up at the Senior Center.



**Mother's Day  
Strawberry Shortcake Social  
Monday, May 13 at 12:30**

Cost: \$2.00

(payable at sign up)

If you are a mother, know a mother, have a mother or just want to celebrate, join us for a fun afternoon of chat and strawberry shortcake. Please sign up by Wednesday, May 8.

### Plant Swap

coming on June 6 from 11 AM – 1 PM

Get your plants ready. Give a plant, take a plant.

Both indoor and outdoor plants welcome!



### Feeding Songbirds with Native Plants

Coming June 3 at 12:30 PM

Please join us to learn about feeding our native songbirds throughout the year with native plants. We'll learn more about the importance of insects in the biodiversity of the natural world, and how they feed the bird populations. Three billion birds have been lost since the 1970's. We will learn some reasons why, and ways to help those around us.

Please sign up at the Senior Center so that we can arrange for seating.

### Healing, Tea and Edible Landscape Gardens

Thursday, May 23 – 10:30 AM



Studies have shown that exposure to nature, whether indoors or outdoors,

lowers both blood pressure and stress. A garden is a peaceful space that helps reduce anxiety, relieves stress, and promotes a sense of well-being. Come learn about the healing properties of plants and flowers so that you can create your own healing, edible, or tea garden. We will review select products and where to find them, including seeds, adaptive equipment and more. Great for indoor or outdoor gardeners of any skill level, people looking for new garden ideas or folks who just like gardens.

Please sign up at the Senior Center.

*(This program is supported by a grant from the West Brookfield Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.)*

### Field Trip to Howe's Greenhouse

Thursday, May 9 (Meet at Center at 10:15)

Cost: \$10.00 (Limit: 15 people)

Why? To put together a pot of flowers, enjoy each others company and enjoy the smells of the greenhouse... Think summer!

You will design either a 12-inch oval planter or a 10-inch round planter. Choose a geranium and assorted annuals. Please bring your water bottle.

### Friends of the Council on Aging 2024

#### Membership

Please enroll me in the "Friends" of the West Brookfield Council on Aging, Inc. Enclosed is my \$5 (per person).

Make checks payable to:

*Friends of the Council on Aging, Inc.*

Checks can be mailed to:

Friends of the Council

73 Central Street

West Brookfield, MA 01585

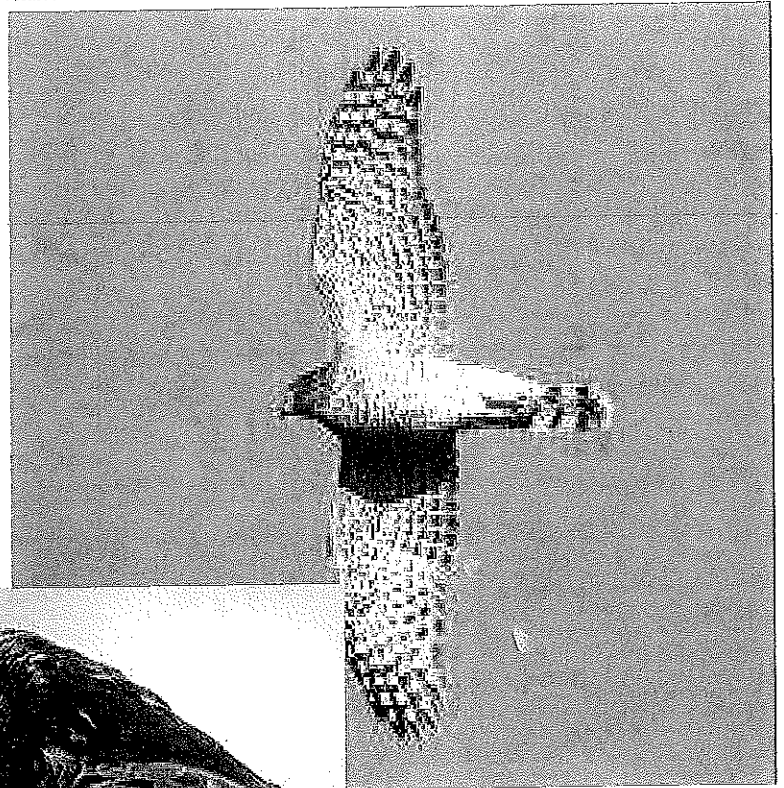
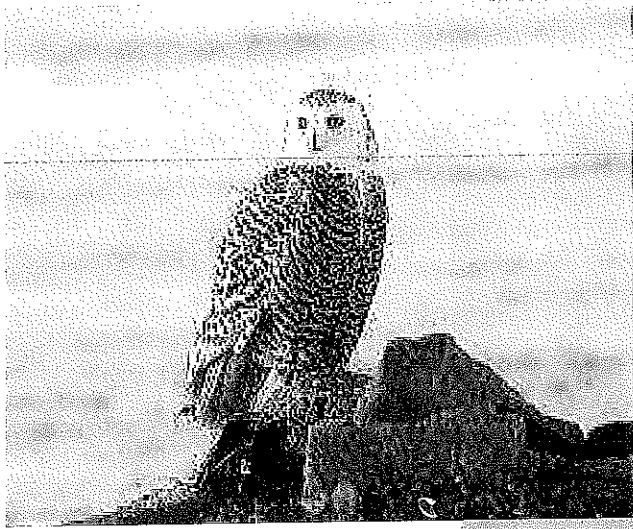
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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

DOB \_\_\_\_\_

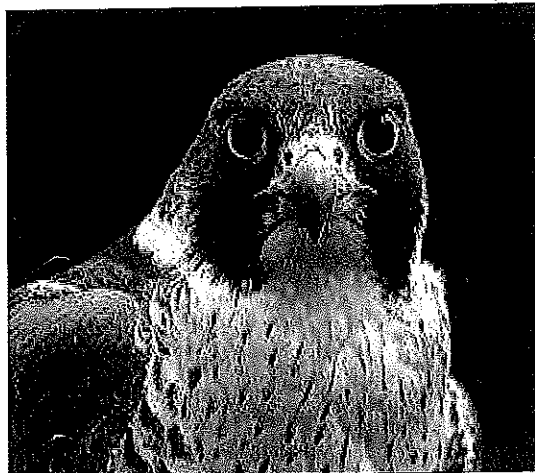


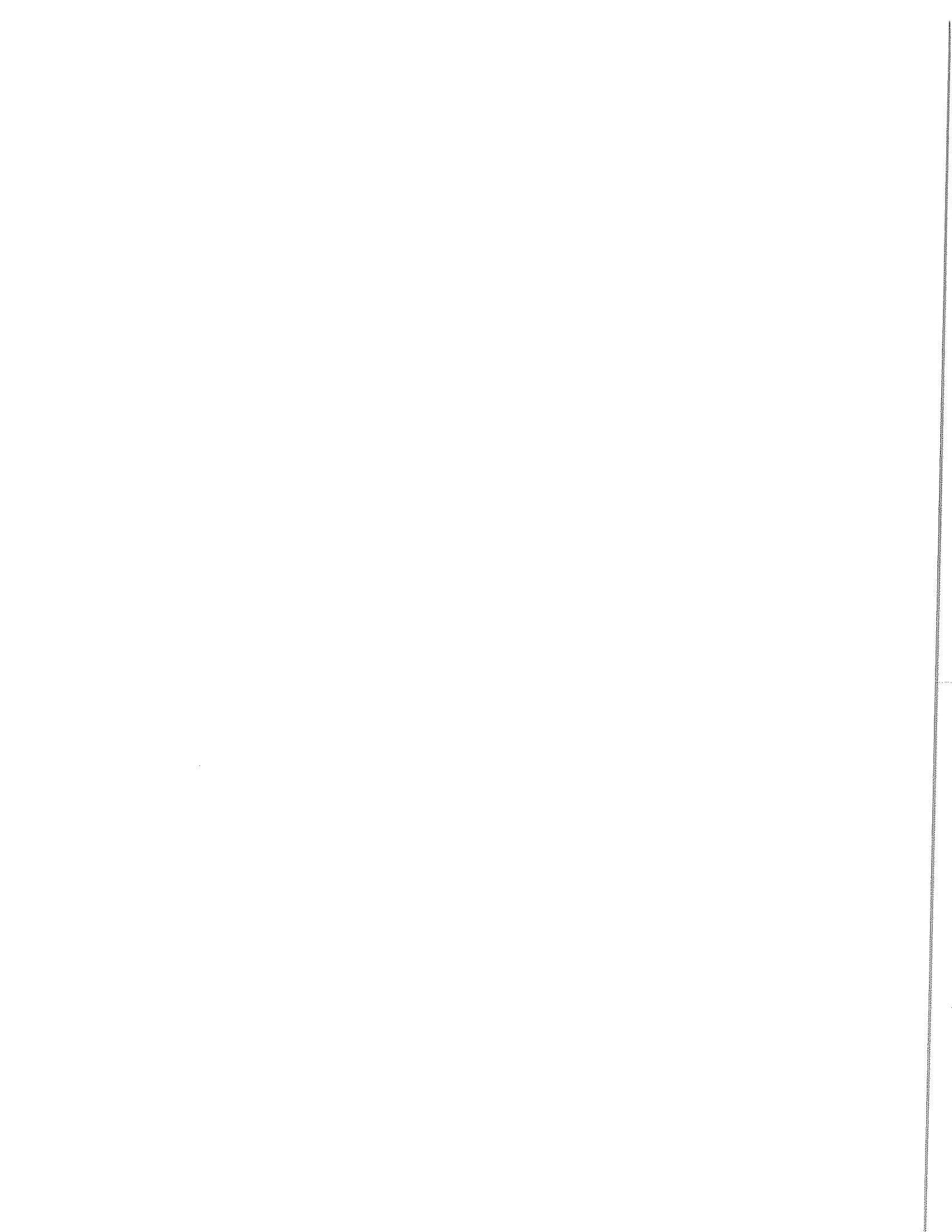
**New  
England  
Birds of  
Prey**

*BY WINGMASTERS*

***Thursday, May 2 at 12:30 PM***

***Please sign up at the Senior Center***





## Great News! iPad Technology with Steve Classes to Start in May

A few months ago, many of you signed up to take classes in technology. You filled out an interest survey and the results are in! Since the response to these classes was so awesome, the classes needed to be divided into different sessions depending upon which devices people were interested in learning about.

### Session 1 iPads

Tuesday, May 14, 21, 28 and Tuesday, June 4, 11, 18 and 25

All classes begin at 10:00 AM and last approximately one hour.

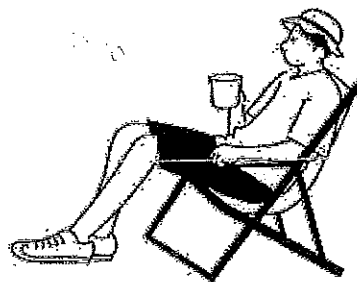
*\*\* The Senior Center will call those on the list who signed up to learn ipads.*

Additionally, if you are having a specific problem or have a question about your **cellphone**, call the senior center to sign up for a 15 minute problem-solving appointment with Steve. He will be available at the end of each class in ipad technology to meet one-on-one with people who have signed up.

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## **West Brookfield Concerts on the Common 2024** Concerts are held on Wednesdays from 7 – 9 PM

June 12	NE Yacht Club
June 19	Green Heron
July 10	Dan Gabel Dectet
July 17	David Keith & The Coalition
July 24	The Crop Dusters
July 31	The Deloreans
August 7	The Midnight Riders
August 14	Trigger South



*Thursday, June 26 Bonfire Concert with music from 6:00 – 9:30 PM  
featuring Wheelsmith*

## Mom

Someone who loved you  
no matter what.  
Some who listened  
to what you said.  
Someone who took care of you  
when you were sick.  
Someone who cooked for you  
to make you strong.  
Someone who taught you  
to be yourself.  
Someone who always stood by you  
even when you were wrong.  
Someone who still loves you  
and always will.  
Happy Mother's Day!

Author: *Isobell Jardine* ✱ (⊕)

## **Non-Flushable Wipes**

Legislation takes a straightforward and reasonable approach to addressing the preventable pollution problem stemming from the improper disposal of non-flushable wipes in the Commonwealth's wastewater systems.

### **Do Not Flush flushable wipes!**


Due to the lack of clear disposal packaging instructions, consumers often flush these wipes down the toilet. These types of wipes are NOT designed to be flushed. They can clog and damage pipes, including septic systems, pumps and treatment equipment, resulting in increased operation and maintenance costs for wastewater utilities.

Additionally, the flushing of these wipes can cause potential environmental harm, such as sewer overflow events. Flushed wet wipes do not break down naturally; instead they break into continuously smaller pieces called microplastics that can leach chemicals into soil and human drinking water, and can be eaten by wildlife.




Wish List  
Everyday napkins  
small colorful paper plates

~ May 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Walking 12:30 Pitch	2 9:00 Foot Care Clinic 9:00 Yoga 12:30 MAHJongg 12:30 Birds of Prey	3 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 1:00 Board Games	4
5	6 9:00 Functional Fitness (\$3) 9:00 Walking Closed after lunch for Election Set-Up	7 Closed for Elections	8 9:00 Walking 12:30 Pitch 1:00 Genealogy	9 9:00 Yoga 10:15 Howe's Greenhouse 12:30 MAHJongg 6:30 Quilt Meeting	10 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 1:00 Board Games	11
12	13 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Strawberry Shortcake Social	14 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:00 iPad Class 10:00 Blood Pressure 12:30 Busy Bees 1:00 Scrabble	15 9:00 Walking 12:30 Pitch	16 9:00 Yoga 10:15 COA Meeting 12:30 MAHJongg 12:30 Bingo	17 9:00 Zumba Gold (\$3) 9:00 Walking 10:00 Coffee Hour 11:00 Bridge 1:00 Board Games	18
19 Gun Course	20 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Stories from the Studebaker	21 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:00 iPad Class 12:30 Busy Bees 12:30 Movie 1:00 Scrabble 1:00 Book Club	22 9:00 Walking 12:30 Pitch 12:30 Nutrition Screening	23 9:00 Yoga 10:30 Specialty Gardens 12:30 MAHJongg 12:30 Bone Health	24 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 1:00 Board Games	25
26	27 Closed for Memorial Day 	28 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:00 iPad Class 12:30 Busy Bees 1:00 Scrabble 6:30 Ham Radio	29 9:00 Walking 12:30 Pitch	30 9:00 Yoga 12:30 MAHJongg 12:30 Bingo	31 9:00 Zumba Gold (\$3) 9:00 Walking 10:00 Hearing Clinic 11:00 Bridge 1:00 Board Games	

# Tri-Valley, Inc. - May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday</b> <b>Menu Subject to Change</b> Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. Contact our Nutritionist for any questions on sodium, calories, carbohydrates, or other dietary needs. (*) Indicates entrees with more than 500 mg sodium A high sodium meal = >1200 mg of sodium Nutrition information includes the 110 calories, 13gm Carbs & 125mg of sodium for milk. Carbs are listed for "Diabetic Friendly Meal" purposes ⌘ Indicates a meatless meal	<b>Tuesday</b> 1 <b>Marinated Pork Loin</b> Cranberry Herb Stuffing Roasted California Blend Baked Apples Marble Rye Bread Calories=724 Total Sodium = 1031 mg Carbs = 83	<b>Wednesday</b> 2 <b>American Chop Suey</b> Broccoli & Red Peppers Honey Glazed Carrots Butterscotch Pudding Diet = SF Pudding French Bread Calories=679 Total Sodium = 762 mg Carbs = 89	<b>Thursday</b> 3 <b>Chicken Fajitas*</b> Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Calories=867 Total Sodium = 1087 mg Carbs = 102	<b>Friday</b> 3 <b>Chicken Fajitas*</b> Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Calories=867 Total Sodium = 1087 mg Carbs = 102
6 <b>Shepherd's Pie</b> Carrots Peas Peaches Marble Rye Bread Calories=730 Total Sodium = 601 Carbs = 78	7 <b>Greek Chicken</b> Steamed White Rice Roasted Broccoli Vanilla Pudding Diet = SF Pudding Pumpernickel Bread Calories=813 Total Sodium = 954 mg Carbs = 86	8 <b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread Calories=752 Total Sodium = 637 mg Carbs = 100	9 <b>Chicken Royale*</b> Mashed Sweet Pot. & Carrot Roasted Cauliflower Double Chocolate Cake Diet = Cheeseecake Mousse Italian Bread Calories=914 Total Sodium = 1128 mg Carbs = 76	10 <b>HIGH SODIUM MEAL</b> Lasagna with Meatballs Marinara Sauce Green Beans Baked Cinnamon Pears Pumpernickel Bread Calories=685 Total Sodium = 1472 mg Carbs = 89
13 <b>Vegetable Cheese Bake</b> Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Calories=822 Total Sodium = 664 mg Carbs = 84	14 <b>Chicken Milano*</b> Vegetable Couscous Spinach Lorna Doone Cookies Pumpernickel Bread Calories=846 Total Sodium = 1179 mg Carbs = 95	15 <b>Teriyaki Beef</b> Steamed Rice Broccoli Mandarin Oranges Fortune Cookie Whole Wheat Bread Calories=822 Total Sodium = 817 mg Carbs = 114	16 <b>Salisbury Steak with Gravy</b> Mashed Potatoes Peas & Mushrooms Brownie Diet = Half Piece Sandwich Roll Calories=893 Total Sodium = 997 mg Carbs = 101	17 <b>Lemon Pepper Fish</b> Potatoes Au Gratin Country Blend Vegetables Fresh Fruit Apple Cinnamon Muffin Calories=710 Total Sodium = 845mg Carbs = 96
20 <b>Lentil Stew with Cheese</b> Steamed White Rice Green Beans Pineapple Pumpernickel Bread Calories=732 Total Sodium = 792 mg Carbs = 106	21 <b>Meatballs with Onion Gravy</b> Bowtie Pasta Roasted Brussels Sprouts Peas French Bread Calories=718 Total Sodium = 491 mg Carbs = 80	22 <b>Fish with Crumb Topping</b> Delmonico Potatoes Honey Glazed Carrots Fresh Fruit Whole Wheat Bread Tartar Sauce Calories=753 Total Sodium = 725 mg Carbs = 103	23 <b>HIGH SODIUM MEAL</b> Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece White Bread Calories=732 Total Sodium = 1219 mg Carbs = 92	24 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Peas Chocolate Mousse Marble Rye Bread Calories=722 Total Sodium = 723 mg Carbs = 89
27 <b>Memorial Day No Meal Served</b> 	28 <b>Roast Pork with Gravy</b> Cranberry Stuffing Roman Blend Vegetables Apple Crisp Diet = Baked Apples Marble Rye Bread Calories=723 Total Sodium = 1097 mg Carbs = 85	29 <b>Turkey* with Supreme Sauce</b> Yukon Gold Potatoes Roasted Calif. Vegetables Fresh Fruit French Bread Calories=666 Total Sodium = 1188 mg Carbs = 91	30 <b>Beef with Onions &amp; Peppers</b> Red Bliss Potatoes Honey Glazed Carrots Rice Krispie Treat Sandwich Roll Calories=720 Total Sodium = 988 mg Carbs = 100	31 <b>Chicken Cranberry Salad</b> Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Roll Calories=912 Total Sodium = 1023 mg Carbs = 96



## May is Older Americans Month!

### Age Is Truly Just A Number

*written by Toby Moore (an excerpt)*

We all possess many talents and gifts that vary from one person to another. While some gifts blossom early and visibly, others lie dormant, often awakening unexpectedly later in life. It's the sad truth that many of us pass through life without fully uncovering the breadth of our abilities.

What keeps us from discovering these hidden talents? Sometimes, we need a life-changing event to discover what we are capable of, and if that doesn't happen, hidden talents won't emerge. Sometimes, fear and self-doubt obscure the path to finding our hidden abilities.

In rare and extraordinary circumstances, some individuals reach a level of self-actualization that seems almost superhuman. Leonardo da Vinci is an example of this rarity. A polymath whose mastery spanned art, science and invention, his unquenchable curiosity and range of talents led to monumental creations like the Mona Lisa and The Last Supper while significantly contributing to anatomy, astronomy and engineering.



While Da Vinci's story is awe-inspiring and fascinating, we recognize that such a universal genius is an anomaly in human history. We assume he also had hidden talents that he never discovered, but comparing ourselves to him might not be the most realistic benchmark. His brilliance spans an incredibly rare spectrum.

While Leonardo da Vinci's story may feel distant and extraordinary, the journey of Grandma Moses indeed shows that any of us, at any point in our lives, can uncover hidden talents, just as she did.

Grandma Moses began her painting career at the age of 78. While many her age are ready to be done with life, she was getting herself started.



When embroidery became too challenging due to her arthritis, Grandma Moses discovered that holding a paintbrush was far gentler on her hands. This shift from demanding embroidery needlework to the softer painting strokes opened a new chapter in her life.

Her artwork, characterized by its simplicity and vivid colors, eventually gained immense popularity, influencing the world of American folk art. She created a successful career in art at 78 years of age. How amazing is that!

She was known for her cheerful and optimistic disposition. We suspect her willingness to embrace painting later in life stemmed from her open and thankful attitude. Staying receptive, upbeat, and grateful can be crucial in discovering hidden talents, regardless of age.

She once said, "People should take time to be happy!"

We've heard people in their 30's say, "If it hasn't happened by now, then it's never going to happen!"

We didn't know Grandma Moses, but these stories impart a crucial lesson: to realize a talent later in life, one must be open to the possibility. How many latent talents go unrecognized, and how many dreams remain unfulfilled simply because we shut ourselves off from the prospect of their pursuit?

"It's too late for me! I'm far too old!" is what most say, but it's simply not true. As long as we're still alive, we have a chance.

We often dismiss our aspirations as "too late" or merely "pipe dreams," especially if they have yet to be explored in our younger years. Yet, these two remarkable stories remind us that age is just a number, and inexperience is not a barrier, but a fresh start.

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"Aging is not lost youth but a new stage of opportunity and strength."

~ Betty Friedan ~



Movie

**The Second Best Exotic**  
**Marigold Hotel**

**Tuesday, May 21 at 12:30 PM**

*(starring Judi Dench, Maggie Smith, Bill Nighy, Dev Patel and Richard Gere)*

Sonny Kapoor pursues his expansionist dream of opening a second hotel. This film explores love, friendship and new beginnings against the backdrop of India's colorful culture.