

The Silver Streak...

July 2024

MISSION STATEMENT

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

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.

July at the Senior Center



Summer is here! Remember that the Senior Center has air conditioning and you are welcome to come in and cool down. Coffee's always on and we'd love to see you! Bring a friend!



Close Encounters: The Most Intriguing UFO Cases in History



Thursday, July 11 at 12:30

Explore pivotal UFO Events from Roswell to O'Hare with Christopher Torres, a seasoned podcaster and paranormal expert. Delve into key sightings, eyewitness reports, and official media accounts.

Join us for this straightforward and engaging journey through UFO history's most compelling moments. Great for everyone from the curious to the informed. Please sign up at the Senior Center.

(This program funded by the Friends of the Council)



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

Movie Monday, July 8 at 12:30

Hidden Figures

(starring Taraji Henson, Octavia Spencer, Janelle Monae, Kevin Costner and Kirsten Dunst)

This film tells the true story of a team of female African-American mathematicians who worked at NASA in the 1960s. They served as the brains behind the launch of astronaut John Glenn into orbit, a historic achievement that boosted the U.S. Space Program and inspired the world. It also portrays the challenges and discrimination they faced as women and as African-Americans in a segregated society.

Art with Arlene

Monday, July 22 at 12:30 PM
(registration required)

Arlene will guide you in your painting. Though you will all paint the same picture (the subject is a surprise), each picture will be uniquely yours. Space is limited to 10 participants, so sign up early!

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



Senior Portrait Day
Photos for Free and For Fun!

Monday, July 15

beginning at 10:30 AM

by Christopher Bowen, Creative Director
BLAMM! Media Enterprises

Beginning at 10:30 AM, Christopher will conduct a short meet and greet session with a mini lecture on still portrait photography, using flash versus continuous light, etc. At the conclusion of the mini-lecture, he will begin the portrait sessions.

Anyone wishing to have their portrait taken must make an appointment at the Senior Center. (Thinking ahead - portraits make excellent Christmas gifts!)

If you'd like to bring a friend, children or a pet to be included in your portrait, that's fine.

Christopher will take the pictures. He is not a printing service, but will make the free images available to you if you provide your contact information. Then it is up to you to decide and pay for any prints you may want. *(For those who may be uncomfortable with flashing light, please know that the flashes will not be continuous.)*

A Matter of Balance

(8 week workshop sponsored by Tri-Valley)

Wednesdays from 1:00 – 3:00

July 10 – August 28



Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness and make the risk of falling even greater.

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults.

Who should attend?

- * Those concerned about falls
- * Those who have sustained falls in the past
- * Those who restrict activities because of concerns about falling
- * Those interested in improving flexibility, balance and strength

* Are age 60 or older, community-dwelling and able to problem solve

What do participants learn?

The program enables participants to achieve significant goals. They gain confidence learning to:

- * View falls as controllable
- * Set goals for increasing activity
- * Make changes to reduce fall risk at home
- * Exercise to increase strength and balance

Space is limited. Please sign up at the Senior Center.

Out To Lunch at Teresa's
Thursday, July 25 at 11:30



We had planned a lunch at Teresa's in April. Due to snow, we canceled. It is now July and chances are incredibly slim that it will snow again!

Meet at the Center at 11:30 and we'll carpool or you can meet us there. A deposit of \$5.00 is required at sign-up and will be given back to you on the day of the lunch. Please sign up by Thursday, July 11. Let us know if you'd like to drive.

Did you know that our newsletter can be found online? Go to: Town of West Brookfield. Click on Departments and then on Senior Center to see our activities for the month.

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 (Expires 12/31/2024)

Name _____

Address _____

Phone _____

DOB _____

Alzheimer's Disease

Alzheimer's Disease affects the parts of the brain involved in memory, problem-solving, judgment, language, and behavior. Over time, people with Alzheimer's lose the ability to carry out simple tasks of daily living such as eating, dressing, or bathing.

1. **Prevention** - Currently there is no cure for Alzheimer's, but treatment and medication closely monitored by a physician can slow the progression and help manage symptoms in some people. Maintaining a regular routine, eating healthy, getting physical and mental exercise, and participating in social activities have also been found to help.

Talking to your doctor - While it's common to experience some changes as you age, if you or a loved one are experiencing changes in memory, thinking, or behaviors that seem concerning, speak with your doctor as soon as possible. Treatments may be more effective if Alzheimer's is diagnosed at an early stage.

When talking with your doctor about changes in memory, list any symptoms and how often they occur, list all medications you are taking, including those over the counter. It may be helpful to have a family member or friend with you who can help provide any needed information.

For More Information

For more information about diagnosis, treatment, caring for someone with dementia, or any other questions related to memory loss, call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900 or visit alz.org/manh.



Book Club

July 16 at 1:00 PM

The book chosen for this month's Book Club meeting is

The Women

by Kristin Hannah

When it comes to memory, what is a concern?

As you age, it is normal to experience some memory loss. Occasionally forgetting a name or where you put your car keys is part of getting older, but some changes may signal something more serious.

Normal Signs of Aging

- * Sometimes forgetting names but remembering them later
- * Making occasional errors when balancing a checkbook
- * Occasionally needing help to perform everyday tasks
- * Getting confused about the day of the week but figuring it out later
- * Vision changes related to cataracts
- * Sometimes having trouble finding the right word
- * Occasionally misplacing things like a pair of glasses
- * Making a bad decision once in a while
- * Sometimes feeling wary of social obligations
- * Becoming irritated when a routine is disrupted

Signs to Talk to Your Doctor About

- * Memory loss that disrupts daily life
- * Challenges in planning, solving problems, keeping track of bills, or trouble with numbers
- * Difficulty completing familiar tasks such as bathing, shaving, or cooking dinner
- * Trouble understanding visual images and spatial relationships leading to difficulty with driving
- * New language problems such as remembering basic words, asking the same questions, and repeating stories.
- * Misplacing things and losing the ability to retrace steps
- * Decreased or poor judgment, such as giving away large amounts of money or paying less attention to bathing and dressing
- * Withdrawal from social activities
- * Changes in mood or personality, such as sudden mood swings, outbursts of anger or crying

Taco Lunch

Tuesday, July 9 at noon

It's Taco Tuesday at the Senior Center on July 9th!

Cost: \$2.00 (payable at sign-up)

A stylized, bold, black-and-white graphic logo for 'Taco Tuesday'. The word 'Taco' is positioned above 'Tuesday', with the letters overlapping and having a thick, blocky font style.


Wish List

zipper gallon storage bags for food distribution


hard candy

everyday napkins

~ July 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta	9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Scrabble 7:00 DAV Meeting	3 9:00 Walking 12:30 Pitch	4  Closed Independence Day	5 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 1:00 Board Games	6
7	9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 12:30 Movie	9 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:00 Taco Lunch 12:30 Busy Bees 1:00 Scrabble	10 9:00 Walking 12:30 Pitch 1:00 Genealogy 1:00 A Matter of Balance	11 9:00 Foot Care 9:00 Yoga (\$3) 12:30 MAHJonng 12:30 Close Encounters 6:00 Quilt Meeting	12 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 1:00 Board Games	13
14	9:00 Walking 9:00 Functional Fitness (\$3) 10:30 Senior Portraits 12:30 Canasta	16 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Scrabble 1:00 Book Club	17 9:00 Walking 12:30 Pitch 1:00 A Matter of Balance	18 9:00 Yoga (\$3) 10:15 COA Meeting 12:30 MAHJonng 12:30 Bingo	19 9:00 Walking 9:00 Zumba (\$3) 10:00 Hearing Clinic 10:00 Blood Pressure 10:00 Coffee Hour 11:00 Bridge 1:00 Board Games	20 10:00 Open Sew
21	9:00 Walking No Functional Fitness 12:30 Canasta 12:30 Painting Class	23 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Scrabble	24 9:00 Walking 12:30 Pitch 1:00 A Matter of Balance	25 9:00 Yoga (\$3) 11:30 Out to Lunch 12:30 MAHJonng	26 9:00 Walking No Zumba 11:00 Bridge 1:00 Board Games	27
28	Closed	30 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Scrabble 6:30 Ham Radio	31 9:00 Walking 12:30 Pitch 1:00 A Matter of Balance			

Tri-Valley, Inc. - July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Pepper Casserole Mashed Potatoes Glazed Carrots Lorra Doone Cookies Marble Rye Bread Sodium: 118, 108, 70, 147, 105 Calories=744 Total Sodium=672 Carbs = 94	2 Braised Beef Gemelli Pasta Broccoli Pear Crisp Diet = Pears Italian Bread Sodium: 197, 8, 16, 54, 10, 96 Calories=949 Total Sodium=496 Carbs = 89	3 High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun Sodium: 540, 370, 173, 14, 50, 195 Calories=848 Total Sodium=1467 Carbs = 94	4 Independence Day No Meals Served 	5 Ranch Chicken* Wild Rice Spinach Peaches Pumpernickel Bread Sodium: 554, 280, 87, 5, 135 Calories=682 Total Sodium=1186 Carbs = 72
8 Chicken Pesto Mashed Potatoes Scandinavian Vegetables Fresh Fruit Pumpernickel Bread Sodium: 301, 108, 30, 0, 135 Calories=708 Total Sodium=701 Carbs = 92	9 High Sodium Meal Burger Chili & Cheese Seasoned Potatoes Green Beans Mixed Fruit Sandwich Roll Sodium: 420, 237/180, 7, 0, 20, 248 Calories=907 Total Sodium=1237 Carbs = 104	10 Marinated Roast Pork Apple Cornbread Stuffing Roasted Brussels Sprouts Cheesecake Mousse Marble Rye Bread Sodium: 400, 338, 9, 130, 105 Calories=737 Total Sodium=1106 Carbs = 76	11 American Chop Suey Roasted Broccoli Carrots Brownie Diet = Rice Krispy Treat Italian Bread Sodium: 186, 15, 53, 150, 105, 96 Calories=700 Total Sodium=625 Carbs = 82	12 Jambalaya* Rice Pilaf Green Peas Fruited Ambrosia Whole Wheat Bread Sodium: 539, 70, 7, 50, 138 Calories=786 Total Sodium=929 Carbs = 112
15 Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Pudding Marble Rye Bread Sodium: 255, 53, 7, 135, 160, 105 Calories=852 Total Sodium=680 Carbs = 96	16 Chicken Veg. Stir Fry* Steamed White Rice Green Beans Fruited Ambrosia Italian Bread Sodium: 815, 101, 0, 55, 96 Calories=700 Total Sodium=1192 Carbs = 93	17 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Pumpernickel Bread Sodium: 285, 107, 1, 0, 135 Calories=757 Total Sodium=663 Carbs = 102	18 Ham Salad Tomato Cucumber Salad Potato Salad Fresh Fruit Pita Bread Sodium: 757, 71, 84, 0, 68 Calories=745 Total Sodium=1189 Carbs = 67	19 Lemon Pepper Haddock Rice Pilaf Roasted Broccoli & Carrots Brownie Diet = Lorra Doones Whole Wheat Bread Sodium: 274, 70, 33, 150, 147, 138 Calories=756 Total Sodium=790 Carbs = 92
22 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread Sodium: 438, 101, 16, 0, 0, 138 Calories=802 Total Sodium=818 Carbs = 110	23 Vegetable Cheese Bake Seasoned Potatoes Green Beans Fresh Fruit Italian Bread Sodium: 416, 7, 0, 0, 96 Calories=832 Total Sodium=644 Carbs = 84	24 Cranberry Chicken Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Roll Sodium: 197, 172, 370, 55, 195 Calories=931 Total Sodium=1113 Carbs = 96	25 Salisbury Steak with Gravy Mashed Potatoes Herbed Carrots Birthday Cake Diet = Small Piece Sandwich Roll Sodium: 323, 108, 53, 221, 110, 248 Calories=902 Total Sodium=1078 Carbs = 98	26 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Vanilla Mousse Marble Rye Bread Tartar Sauce Sodium: 280, 285, 30, 155, 105, 85 Calories=819 Total Sodium=1065 Carbs = 91
29 Chicken Picatta Rice Pilaf Roasted Brussels Sprouts Lemon Pudding Diet = SF Pudding Pumpernickel Bread Sodium: 426, 70, 9, 180, 135, 135 Calories=758 Total Sodium=945 Carbs = 86	30 Roast Pork with Gravy Red Bliss Potatoes Glazed Carrots Chocolate Mousse Whole Wheat Bread Sodium: 436, 17, 70, 230, 138 Calories=626 Total Sodium=1015 Carbs = 79	31 Meatballs with Onion Gravy Bowtie Pasta Scandinavian Vegetables Pineapple Whole Wheat Bread Sodium: 345, 8, 30, 0, 138 Calories=676 Total Sodium=522 Carbs = 85	Menu Subject to Change 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 and 125mg of sodium for milk ⌘ Indicates meatless meal	

Heart-Healthy Eating – SOLUBLE FIBER

What is FIBER? - Fiber, or “roughage,” is a part of plant-based foods (vegetables, fruits, nuts, seeds, whole grains, legumes) that cannot be completely broken-down during digestion. There are two types of fiber in foods: **soluble and insoluble**. Both play important roles in our health. We should aim to eat more of both types of fiber.

SOLUBLE Fiber – Soluble fiber is especially helpful in lowering LDL (“bad”) cholesterol. Soluble fiber is soft and sticky and absorbs water, forming a “gel-like” substance in the digestive tract. Soluble fiber binds to cholesterol and helps to carry it out of the body, therefore lowering blood cholesterol levels when eaten as part of a healthy diet.

Eat more SOLUBLE Fiber – Aim to eat 10 to 25 grams of **soluble fiber** each day from foods such as fruits, vegetables, whole grains - especially high fiber cereals and oatmeal, and legumes. Make sure to drink plenty of fluids as you work toward this goal.

*Total fiber intake recommended (both soluble and insoluble) is 21 g to 25 g per day (females) and 25 g to 38 g per day (males).

Ways to Add Soluble Fiber to Your Day -

- Sprinkle oat bran on cereal.
- Eat a handful of nuts or add them to a salad.
- Add beans to soup.
- Mix chia seed or flaxseed into a smoothie.
- Enjoy more whole fruits & vegetables daily.
- Choose whole grain breads and cereals.

Meals on Wheels -- A hot, nutritious meal is the basis of the Meals on Wheels Program. Each of our meals meet at least 1/3 of the Daily Recommended Dietary Allowance for the population we serve. Along with a variety of other nutrients, our meals provide a good source of Dietary Fiber. For example, one medium orange has 1.8 grams of fiber, while ½ cup of broccoli has 1.4 grams.

Foods for Lowering Cholesterol:

- **Oats, oatmeal, or oat-based cereal** – Rich in a type of soluble fiber called beta-gluten.
- **Beans** – Beans, lentils, and peas are a potent source of soluble fiber.
- **Nuts** – Aim for 2 ounces of unsalted nuts each day to help lower LDL cholesterol.
- **Fatty Fish** – A lean protein, rich in heart healthy Omega 3’s; Aim to eat 2 or more servings per week (4 oz each) of omega-3-fatty acid-rich fish.
- **Plant Sterols and Stanols** – Naturally occurring compounds that help limit the amount of cholesterol the body can absorb. Aim for a total of 2g to 3g per day.

Info. extracted from: Heart-Healthy Eating: Fiber Tips. *Academy of Nutrition and Dietetics*. www.eatright.org and Foods to Choose to Lower Your Cholesterol. <https://dhhs.ne.gov>.


Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.

Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sutton 508-234-0703, Upton 978-907-5709, Uxbridge 774-482-6174, West Brookfield 508-867-1411

Independence Day

Our Independence; we did what we had to.
It came with lots of sorrow.
Freedom was our goal. It took lots of courage.
Wars went on for years to get our freedom.
Families torn apart to fight. Sadness was everywhere.
Colonies at war from 1775 to 1783.
Disasters through cities and towns.
Then the peace treaty was signed.
We became an independent nation.
Colonies went through changes.
The sounds of gun powder and guns were gone.
Families reunited. The cries long forgotten.
Towns and cities rebuilt.
We worked together and became a country.
Then came the parties. Songs were written to celebrate our freedom, to let us live free.
The glory lives on.
We walk with honor. Show our pride.
For now we have independence. It's our joyous moment in life.
May our flag always hang with love, honor and remembering our freedom.
God bless America. Happy Independence Day!

Author:

Isabell Jardine ✱ 

meet & greet

Special Coffee Hour in July!

Meet Ashley Jediny, a social worker from Mill Towns Public Health Collaborative. Mill Towns Public Health serves the towns of Ludlow, Palmer, Warren and West Brookfield.

What is the Shared Service Collaborative?

The State Action for Public Health Excellence Act was created in 2020 to address staffing and resource challenges at the local level within Local Massachusetts Health Departments.

By bringing together resources and experiences, they work to improve towns and expand on opportunities that are offered to residents.