



# The Silver Streak...

## September 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



### September at the Senior Center

September is National Senior Center Month! And as the saying goes, "if you've seen one Senior Center, you've seen *one* Senior Center."

Are you aware of all we can provide for you here? There is so much more to the West Brookfield Senior Center than what you see in the monthly newsletter.

Inside our walls we have information and resources intended to benefit you in your daily life. We can help you if you are in need of SNAP benefits, fuel assistance or other services.

Don't hesitate to call the Senior Center. We are here for you!

#### Get Your Nails Done at the Senior Center! *(sponsored by Quaboag Rehab and Skilled Care)*

Wednesday, September 25  
10:00 AM – 1:00 PM



Micki Forget will be here to file, shape, and polish your nails.

**Appointments are required.** Please remove any nail polish you might be wearing before your appointment. There is no charge for this service. **NO Tipping, please!** Call the Senior Center for an appointment.

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

### Out To Lunch at Hardwick Crossing Monday, September 23



Leaving the Center at 11:30 AM

Please sign up by Thursday, September 19. A \$5.00 deposit is required at the time of sign up. You will get your deposit back on the day of the lunch.

### Book Presentation

Monday, September 9 at 12:30 PM

Sue Ann Jaffarian, full-time traveler and van dweller, will be here at the Center to speak about her new novel, I Sleep Around.

Sue is an engaging speaker with many fascinating stories to tell. Due to the lack of storage space in her van, she will not be bringing any books for purchase, but if you purchase her book (available on Amazon) and bring it with you, she will gladly sign it.

#### COUNCIL ON AGING

Nancy Seremeth – Chair  
Irene White – Vice-Chair  
Betty Bliss – Secretary  
Nancy Arsenault,  
Barbara Smith, Paula Ye – Board Members

Staff: Kelly Hitt, Director  
Betty Frew, Program Coordinator  
Sue Raymond, Outreach Coordinator  
Marge Christian, Nutrition Site Manager



**Hands only CPR**  
*(with Luca Calvani of the American Red Cross)*

**Monday, September 16 at 1:00 PM**

More than 350,000 cardiac arrests occur outside a hospital each year. Learn how to deliver lifesaving CPR care without rescue breaths. Be Prepared!  
Note: This class does not offer certification in CPR. Please sign up at the Senior Center.

**Painting Class**

**Monday, October 7  
12:30 PM**



An instructor from "Brush It Off" will lead us in painting a picture of a cardinal. The picture is on display at the Senior Center. Cost to you: \$15.00 (payable upon sign-up) **Pre-registration required. Last day to sign up is September 23.** Call or stop in at the Senior Center to sign up.



**Electing the President**  
*presented by Mike Frew*

**Thursday, September 26 at 12:30**

What does it take to be elected President of the United States? What exactly is the Electoral College and why is 270 a magic number? Can one candidate win the popular vote (*your vote*) and another win the electoral vote? Which one really matters? What is going to be happening between September 16 and January 20, 2025? Get the answers to all of these questions as well as your questions in time for Election Night 2024! Presidential Election memorabilia will be on display and there will be handouts to get you ready for Election Night 2024. Please sign up at the Senior Center.

*Senior Center note: This is NOT a political discussion, but a presentation on the nuts and bolts of how the election process works.*



**Movie**  
**Thursday, September 12  
12:30**

**Julie and Julia**  
*(starring*

*Meryl Streep, Amy Adams and Chris Messina)*  
Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book.

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**October Programs Mark your calendars!**

**\* Painting Class**

**October 7 at 12:30 PM**

**\* Blue Cross Blue Shield**

Tuesday, October 8 at 1:00 PM  
2025 product changes will be presented.

**\* Cooking Tips and Tools for Older Adults**

Monday, October 21 at 12:30 PM  
*(this program made possible by the West Brookfield Cultural Council, a local agency supported by the Mass Cultural Council, a state agency)*

For seasoned cooks as well as beginners!

**\* Registry of Deeds**

Thursday, October 10 at 12:30 PM

This informative presentation will help you plan for your future.

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 \_\_\_\_\_

## Effective Ways to Deal with Insomnia



Although one's inability to fall asleep or stay asleep for a desired length of time can occur at any age, the sleep disorder insomnia, is more common in the older adult age group. It is estimated that 60 million Americans are affected by

the disorder – more women than men.

Insomnia, especially when it lasts for a long time, can increase one's risk of heart disease, cause depression and lead to memory problems. Chronic sleeplessness should be taken seriously.

Many people are unable to fall asleep for many reasons. The three most common ones: physical discomfort caused by external factors such as temperature, noise, lighting, etc., and internal turmoil caused by thoughts and emotions that are devoid of control.

Below are a few tips. They should be used while being cognizant of the fact that insomnia is, quite often, an indication of other existing problems.

**1. Ensure a physical body that will facilitate sleep.** Avoid eating heavy meals and food items that contain caffeine, alcohol and hot spices close to bedtime. Instead, consume a light snack or decaffeinated herbal teas.

Make use of relaxation techniques such as meditation and visualization (mental imagery) to help you relax and sleep.

Make use of tai chi and/or yoga to help keep the body flexible, relaxed and in good order.

Avoid strenuous exercises close to bedtime. Give yourself two to three hours to recover from your exercise session before going to bed. Also, you should keep in mind that relaxing and non-strenuous exercises done just before bed will, quite often, help you sleep.

**2. Establish an environment that facilitates sleep.** Ensure that the temperature of the area where

you sleep is a comfortable one. An acceptable temperature is quite personal and could range from cool to cold.

Get rid of any distracting noise. Playing soft, soothing music or sounds of nature (falling rain, a running brook, birds chirping, etc.) is a good way to drown out distracting noise and facilitate sleep at the same time.

The lighting in the room is important. Ensure that it is low enough to facilitate sleep. If it is too distracting, turn it off completely.

Ensure that the clothes you wear to bed are comfortable and that the bed itself facilitates sleep.

Did you know that an inconsistent sleep schedule can make sleep less restorative?

A sleep schedule is defined as when you go to bed and awaken. An inconsistent sleep schedule can negatively affect sleep because it throws off your internal clock.

This internal clock controls the physiological changes that help you prepare for sleep and wakefulness. When these changes aren't properly regulated, you could have difficulty getting enough quality rest.

Therefore, going to bed and waking up at the same time every day, including weekends, should help you sleep better. Here's how to get on a sleep schedule: plan a bedtime and wake-up time that allows you to get enough hours of shuteye and stick to that every day. Adults should get at least 7 hours of sleep every night.

Therefore, if your wake-up time is 6:00 AM, your bedtime should be 11:00 PM or earlier.

Also, did you know that medications can have negative side effects?

Certain medications may hinder sleep quality by causing insomnia. For example, alpha-blockers have been linked to reduced REM sleep, the final stage in a sleep cycle and the time when people normally dream. Check with your physician on this possibility.

Great News!

**WISE (Worcester Institute for Senior Education) Membership**

**The West Brookfield Senior Center has become a member of WISE!**

The Worcester Institute for Senior Education (WISE) at Assumption University is a member-directed organization to provide lifelong learning opportunities for older adults.

WISE offers many courses that are online (via Zoom), as well as many in-person classes on the Assumption campus and elsewhere in the Worcester area, such as the Worcester Art Museum. A rich array of courses is offered in literature, science, music, art, history and many other topics. More than 80 courses are offered each year.

Course fee: free to members of the Friends of the Council  
\$5.00 for non-members

**You are invited to use the Senior Center membership to take classes. A copy of class offerings for the fall semester is available at the Senior Center or online at**

**WISE@ASSUMPTION.EDU**

Great News!  
**Transportation Grant**  
Tri-Valley, Inc.



Tri-Valley is happy to announce they have been awarded the **Community Transit Grant** by MassDOT through June 2025.

The grant will provide accessible transportation services to residents living within Tri-Valley's 25 town service area; expanding transit options in rural areas that are underserved by current options. *\*Restrictions apply.*

Whether you require transportation to non-emergency medical appointments, social engagements, pet care visits, or health and wellness opportunities, Tri-Valley can provide professional assistance to get you where you need to go with one of their community transportation providers.

Wheelchair transportation is available.

This transportation is for:

Adults aged 60 and older

Younger adults with disabilities

Caregivers

Veterans, spouses, widow(er)s, and their dependents under 18.

More information:

\* This is a curb-to-curb service. If you need help getting from the van to your home, please bring someone with you to provide that help.

\* This service is available Monday through Friday and Saturday morning.

\* You are allowed 2 trips per month. There is no charge for a ride. No tipping.

To arrange a ride, call Tri-Valley at least 2 business days in advance.

**1-800-286-6640 ext. 7250**

## September is National Senior Center Month!

We would like you to be aware of some of the information and many services and available to you at the Senior Center.

### Services:

- Blood Pressure - The blood pressure clinic is held on the third Friday of each month at 10:00 AM.
- Food Distribution - If you are in need of food, call the Senior Center and you will be added to the food distribution list. Please call by Tuesday afternoon. You will be called on Wednesday to pick up your bag.
- Foot Care Clinic - This includes assessment, toenail trimming, sanding of corns/calluses, and gentle massage. There is a charge of \$20.00 for town residents to participate.
- Hearing Clinic - You can get your hearing tested, your hearing aid checked, and wax removal. These are free of charge to you.
- Medical Equipment- Wheelchairs, walkers, canes, etc. (upon availability)  
There is no charge and you can keep the equipment as long as needed.
- Outreach - Help with applying for fuel assistance, the Medicare Savings Program (to help in paying Medicare costs) or SNAP (formerly known as food stamps)
- SHINE - A trained SHINE counselor can help you with your health insurance needs. There is no charge for this service.

### **Information:**

- Disability Indicator Forms - alerts 911 operator that someone in the house is handicapped
- Senior Legal Helplines contact numbers
- Transportation contact numbers
- Grief support contact numbers
- Handicap Placard application forms
- Health Care Proxy and Molst forms
- List of Home Helpers and Caregivers (we'd like to add more people to this list!)
- Contact information for major Agencies and Senior organizations
- Information about Fraud and Identity theft
- Mental Health contact numbers
- Contact information for RAFT (Residential Assistance to Families in Transition (housing assistance)
- Information on Alzheimers
- Information about medical alert systems
- Applications for Mass Equipment Distribution Program  
(telephones for vision and hearing impaired)
- Hospice information
- Voter registration information

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## SPECIAL PROGRAM

### What is an Advance Directive and Why Do I Need One?

Monday, September 30 at 10:15 AM

(presenters: Carol Valcourt-owner of Patient Presence and Varnum Funeral Home)

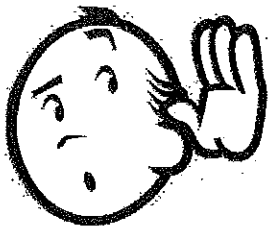


Do you understand Advance Directives, POLST (Physician order for life sustaining treatment), DNR (do not resuscitate), and pacing for ADL? Do you and your loved ones have a living will end-of-life plan? Do you know what your loved one wants at the end of his or her life? Do you know what you want?

We will review what hospice care is, what a doula is, Advance Directives, how to have this conversation with your loved ones, and end of life plans to maintain the highest quality of life.

Please sign up at the Senior Center.

\* \* \* \* \*



### Hearing Better May Improve Your Overall Health

Sharing quiet conversations, listening to music you love, binge-watching your favorite series – these are the simple pleasures of life you don't want to miss because of hearing loss. Good news – with proper treatment, you can hear better. Not only that, there are other surprising health benefits when you improve your hearing.

Here are three:

#### **Vital social engagement**

You may be tempted to stay home if you're having difficulty hearing in social situations. But that can lead to feeling lonely and isolated, which is associated with an increased risk of heart disease, stroke, depression and dementia. On the other hand, hearing aids can make social interaction easier, so you can feel more connected and engage more fully when you gather with family and friends.

#### **Sharper thinking and better memory**

Treating hearing loss may have brain health benefits, according to a Johns Hopkins University study. With consistent use of hearing aids, the loss of thinking and memory slowed down by almost 50 per cent over three years in a group of older adults, the study showed.

#### **Better balance, fewer falls**

The inner ear plays a key role in helping you maintain your balance, which plays an essential role in decreasing the likelihood of falling. Wearing hearing aids cuts the risk of falling in half, compared to people with hearing loss who don't use hearing aids, according to researchers at the University of Colorado School of Medicine.

Senior Center note: We hold a Hearing Clinic with Audiologist Dr. Moreno each month. Appointments required.

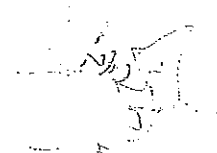
# Five Myths About Aging

## Myth

1

**The older you get, the less sleep you need.**

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



## Myth

2

**Depression is normal in older adults.**

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.

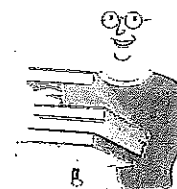


## Myth

3

**Older adults can't learn new things.**

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



## Myth

4

**Memory problems always mean Alzheimer's disease.**

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.

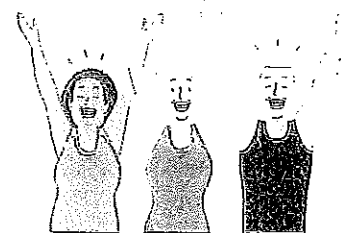


## Myth

5

**Older adults do not need to exercise.**

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.




Visit [www.nia.nih.gov/health/10-myths-about-aging](http://www.nia.nih.gov/health/10-myths-about-aging) for more information about aging and older adults.



National Institute  
on Aging



# Tri-Valley, Inc. - September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Labor Day No Meals Served 	<b>3</b> Spaghetti & Meatballs Marinara Sauce Green Beans Baked Cinnamon Pears Italian Bread Sodium: 211, 763, 0, 5, 96 Calories=685 Total Sodium = 1199mg Carbs =96	<b>4</b> Potato Crunch Fish Herbed Potatoes Peas & Onions Lemon Pudding Diet = SF Pudding Pumpnickel Bread Sodium: 280, 7, 34, 180, 135, 135 Calories=751 Total Sodium = 760 mg Carbs =90	<b>5</b> Baked Ham* with Maple Glaze Mashed Potatoes Herbed Broccoli & Carrots Fresh Fruit Marble Rye Bread Sodium: 790, 30, 108, 40, 0, 105 Calories=726 Total Sodium = 1197 mg Carbs = 93	<b>6</b> Garlic Herbed Chicken Cornbread Stuffing Mixed Vegetables Fruited Ambrosia Whole Wheat Bread Sodium: 257, 242, 30, 55, 138 Calories=721 Total Sodium = 847 mg Carbs = 93
<b>9</b> Chicken Tikka Masala Lemon Seasoned Rice Roasted Brussels Sprouts Fresh Fruit White Bread Sodium: 323, 149, 9, 1, 142 Calories=725 Total Sodium = 749 mg Carbs = 105	<b>10</b> HIGH SODIUM MEAL Hot Dog* Baked Beans Colelaw Baked Apples Hot Dog Bun Mustard Sodium: 540, 370, 162, 14, 195, 50 Calories=841 Total Sodium = 1457 mg Carbs = 94	<b>11</b> Stuffed Pepper Casserole Mashed Potatoes Honey Glazed Carrots Brownie Diet = Half Piece Marble Rye Bread Sodium: 118, 108, 70, 150, 75, 105 Calories=752 Total Sodium = 675 mg Carbs = 88	<b>12</b> Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Biscuit Sodium: 241, 108, 22, 147, 310 Calories=781 Total Sodium = 952 mg Carbs = 90	<b>13</b> Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread Sodium: 438, 101, 16, 0, 0, 138 Calories=802 Total Sodium = 818 mg Carbs = 110
<b>16</b> Chicken Pesto Lemon Seasoned Potatoes Mixed Vegetables Fresh Fruit Pumpnickel Bread Sodium: 459, 179, 30, 1, 135 Calories=706 Total Sodium = 928 mg Carbs = 93	<b>17</b> Burger Chili & Cheese Herbed Potatoes Green Beans Rice Krispy Treat Sandwich Roll Sodium: 150, 297/90, 7, 0, 105, 248 Calories=842 Total Sodium = 1021mg Carbs = 101	<b>18</b> Roast Pork with Gravy Cranberry Stuffing Spinach Chocolate Pudding Diet = SF Pudding Marble Rye Bread Sodium: 266, 170, 300, 87, 135, 125, 105 Calories=720 Total Sodium = 1187 mg Carbs = 81	<b>19</b> Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Pear Crisp Diet = Pears Whole Wheat Bread Sodium: 202, 83, 108, 1, 54, 10, 138 Calories=876 Total Sodium = 711 mg Carbs = 101	<b>20</b> Jambalaya* Rice Pilaf Cauliflower Mandarin Oranges Corn Bread Sodium: 539, 70, 4, 0, 292 Calories=724 Total Sodium = 1031 mg Carbs =109
<b>23</b> Shepherd's Pie Green Peas Herbed Carrots Peaches Whole Wheat Bread Sodium: 255, 7, 53, 5, 138 Calories=767 Total Sodium = 583 mg Carbs = 84	<b>24</b> Chicken Milano Mashed Sweet Potatoes Green Beans Vanilla Mousse Pumpnickel Bread Sodium: 434, 91, 0, 155, 135 Calories=814 Total Sodium = 939 mg Carbs = 103	<b>25</b> HIGH SODIUM MEAL Turkey* with Supreme Sauce Herbed Stuffing Roman Blend Vegetables Fresh Fruit White Bread Sodium: 790, 115, 305, 9, 1, 142 Calories=698 Total Sodium = 1488 mg Carbs = 99	<b>26</b> American Chop Suey Roasted Broccoli Carrots Birthday Cake Diet = Half Piece Marble Rye Bread Sodium: 186, 15, 53, 221, 110, 105 Calories=751 Total Sodium = 705 mg Carbs = 84	<b>27</b> Lemon Pepper Haddock Potato Au Gratin Scandinavian Vegetables Apple Crisp Diet = Applesauce Muffin Sodium: 476, 285, 30, 63, 25, 190 Calories=789 Total Sodium = 1169mg Carbs = 81
<b>30</b> Sloppy Joes* Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll Sodium: 648, 7, 0, 0, 248 Calories=779 Total Sodium = 1028 mg Carbs = 109	<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			

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  
 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.

~ September 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed For Labor Day	3 Closed for Elections	4 9:00 Walking 12:30 Pitch	5 9:00 Foot Care 9:00 Yoga (\$3) 12:30 MAHJongg 12:30 Bingo	6 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:30 Pitch 1:00 Board Games	7
8 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 12:30 Author Sue Jaffarian	9	10 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:00 LapTop Class 11:00 iPad Class 12:30 Busy Bees 6:00 Board of Selectmen, Advisory Board and Planning Board Meeting	11 9:00 Walking 12:30 Pitch 1:00 Genealogy	12 9:00 Yoga (\$3) 12:30 MAHJongg 12:30 Movie 6:00 Quilt Meeting	13 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:30 Pitch 1:00 Board Games	14
15 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 1:00 Hands Only CPR	16	17 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:00 LapTop Class 11:00 iPad Class 12:30 Busy Bees	18 9:00 Walking 12:30 Pitch	19 NO YOGA TODAY 11:30 Donna Farmer, Jared Grigg Office hours (Rep. Berthiaume and Sen. Durant) 12:30 MAHJongg 12:30 Bingo	20 9:00 Walking 9:00 Zumba (\$3) 10:00 Blood Pressure 10:00 Coffee Hour 11:00 Bridge 12:30 Pitch 1:00 Board Games	21 10 AM Open Sew
22 9:00 Walking 9:00 Functional Fitness (\$3) 11:30 Out to Lunch 12:30 Canasta	23	24 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 10:00 LapTop Class 11:00 iPad Class 12:30 Busy Bees 6:30 Ham Radio	25 9:00 Walking 10:00 Nail Technician 12:30 Pitch	26 9:00 Yoga (\$3) 10:15 COA Meeting 12:30 MAHJongg 12:30 Electing the President	27 9:00 Walking 9:00 Zumba (\$3) 10:00 Hearing Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games	28
29 9:00 Walking 9:00 Functional Fitness (\$3) 10:15 Advance Directives 12:30 Canasta	30					