

The Silver Streak... October 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

October
at the
Senior Center



Blue Cross Blue Shield Medicare Plans

Tuesday, October 8 at 1:00 PM

(this presentation will last 60 – 90 minutes)

Are you a Blue Cross Member or looking to change your Medicare Health Plan? Luisa, Blue Cross representative, will be here covering Blue Cross Blue Shield Medicare Plans and will be presenting 2025 product changes. Attendees will learn about the 2025 benefits and understand the differences between Blue Cross Blue Shield Medicare Advantage Plans and Medicare Supplement Plans.

Plans covered will include:

Medicare Advantage Plans (Medicare HMO Blue and Medicare PPO Blue)

Medicare Supplement Plans (Medex-Core, Sapphire, Bronze)

Please sign up at the Senior Center.

We generally request that you sign up for our activities. Life gets busy and if you can't come in, you are welcome to call and ask to be put on the list. If you need to cancel, that's all right. Please call and let us know. Sign ups help us to arrange for seating. We know whether or not we need to open the partition or set up chairs to accommodate the attendees.

Some of our programs come with a direction of "last day to sign up". There are reasons for this. Presenters may be bringing handouts or booklets. They want to be prepared so that participants can have a pleasant experience and get what they need. Sometimes there is food involved and we want to make sure we have enough to feed everyone. Please pay attention and sign up by the date indicated in the newsletter or on the program flyer.

We'd love to be able to add more people, but we need to adhere to our "last day to sign up" policy.

Thank you for understanding and cooperation.

COUNCIL ON AGING

Nancy Seremeth – Chair

Irene White – Vice-Chair

Betty Bliss – Secretary

Nancy Arsenault, Paula Ye – Board Members

Staff: Kelly Hitt, Director

Betty Frew, Program Coordinator

Sue Raymond, Outreach Coordinator

Marge Christian, Nutrition Site Manager

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



Power Outage Safety
Monday, October 28 at 1:00 PM

A power outage can last for days or longer, disrupting communications, water, transportation, stores, banks and other services. This could impact needs such as lighting, heating and cooling, communication, food and medicine refrigeration, cooking and medical equipment. Plan now to have what you need and to know how to stay safe. Please sign up at the Senior Center.

Registry of Deeds and Registrar of Probate Courts
Thursday, Oct 10 at 12:30 PM

The Senior Center hosted this program in March of this year, and the turnout was wonderful. If you missed the first program or wonder if there is anything new, this is a great opportunity to get that information. Listen as the nuts and bolts on how the Registry of Deeds and the Probate Court work together for the residents of Massachusetts. Join us in a dialogue about land ownership and how probate issues can legally affect what happens to your property.

You will receive introductory information and be given an overview about Deeds, Homesteads, Trusts and Estates. Please sign up at the Senior Center.



Veterans' Breakfast
Nov. 11 8 AM - 10 AM

To all Veterans and a guest,
You are cordially invited to join us for a free breakfast on November 11 from 8 AM – 10 AM.

The menu is as follows:

- Bacon
- Scrambled eggs
- Pancakes
- Coffee, tea, juice

Please call or sign up at the Senior Center!

Cooking Tips and Tools for Older Adults

Monday,
October 21 at 12:30 PM



Cooking can become a daunting task as we age, but it doesn't have to be. In this presentation, we'll explore practical tips and adaptive tools to make cooking easier and more enjoyable for you.

Whether you're a seasoned cook or a beginner, you'll learn how to simplify the cooking process and save time in the kitchen. Senior-friendly product recommendations and where to obtain them will be provided. Please sign up at the Senior Center.

(This program made possible by the West Brookfield Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.)

MOVIE

Hocus Pocus 2



Tuesday, Oct. 29 at 12:30 PM

(starring Bette Midler, Sarah Jessica Parker, Kathy Najimy)

It's been 29 years since someone lit the Black Flame Candle and resurrected the 17th century sisters who were executed for practicing witchcraft, and they are looking for revenge.

Now it's up to three high-school students to figure out how to stop the ravenous witches from wreaking a new kind of havoc on Salem before midnight on All Hallow's Eve.

Please sign up at the Senior Center.

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 _____

Fire Prevention Week October 6 - 10



About Smoke Alarms

(source: American Red Cross)

- * Smoke alarms with 10 year batteries are good for up to 10 years.
- * 9-volt smoke alarms should have their batteries replaced at least once a year.
- * Hardwired smoke alarms often have a backup battery in case your power goes out. Be sure to replace the 9-volt battery if the alarm begins to chirp.
- * Most smoke alarms, regardless of power source, are effective for 10 years. Replace all smoke alarms once they reach this age.
- * If your alarm is chirping, it means the battery is low.
 - > 10 year battery – Replace the entire smoke alarm.
 - > 9 -Volt battery – Replace the battery and check the date of the alarm manufacturer. Replace if older than 10 years.
 - > Hardwired – Replace the backup battery and check the date of the alarm manufacturer. Replace if older than 10 years.
- * Consider installing interconnected smoke alarms. When one sounds, they all sound.
- * NEVER disable a smoke alarm by removing batteries or removing from the wall or ceiling, even temporarily. It's easy to forget about the alarm and leaves your family at risk.
- * People who are deaf or hard of hearing are at risk because they may not be able to hear a standard smoke alarm. There are devices available to alert people who are deaf or hard of hearing, including bed shaker alarms and strobe light smoke alarms.

Cooking Fire Safety

(source: US Fire Administration)

Cooking is, by far, the leading cause of home fires and home fire injuries.

In 2021, fire departments in the United States responded to an estimated 170,000 home cooking fires. These fires caused an estimated 135 deaths, 3,000 injuries and over \$494 million in property loss.

The leading factor contributing to ignition in non-confined home cooking fires was unattended equipment.

How can you help yourself stay safe?

1. Stand by your pan. If you leave the kitchen, turn the burner off.
2. Watch what you are cooking. Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.
3. Turn pot handles toward the back of the stove so that no one can bump them or pull them over.
4. Keep a pan lid or baking sheet nearby. Use it to cover the pan if it catches on fire. This will put out the fire.
5. Be careful of billowy clothing which can catch fire.

Looking Ahead to November and beyond

Mark your calendar

Veterans' Breakfast

November 11 – 8 AM – 10 AM

Free to veterans and a guest

Call the Senior Center to reserve your seat.

Guest Speaker author Rose Grant, author of

[I Left My Memory on A Bus Somewhere](#)

November 14 at 12:30

Red Cross Presentation

Blizzards – November 18 at 10:30 AM

West Brookfield's White Christmas Dec. 8

Don't forget to stop at the Senior Center!

We are open from noon to 3:00 PM.



West Brookfield's Town-Wide
Trick or Treat will be held on
October 31 from 5:30 – 7:30 PM.



Heaven's Harvest
in New Braintree
for donating vegetables each week for our food distribution program.

Your community-mindedness is appreciated.
You've made a difference!

~ October 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	2 9:00 Walking 12:30 Pitch	3 9:00 Foot Care Clinic 9:00 Yoga (\$3) 12:30 MAHJongg 12:30 Bingo	4 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	5
6 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta	7 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Brush It Off Painting	8 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Blue Cross Blue Shield 1:00 Book Club	9 9:00 Walking 12:30 Pitch 1:00 Genealogy	10 9:00 Yoga (\$3) 12:30 MAHJongg 12:30 Registry of Deeds 6:00 Quilt Meeting	11 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	12
13	14 Closed for Columbus Day	15 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	16 9:00 Walking 11:30 Donna Farmer, Jared Griggs Office Hours (Rep. Berthiaume and Sen. Durant) 12:30 Pitch	17 9:00 Yoga (\$3) 10:15 COA Meeting 12:30 MAHJongg 12:30 Bingo	18 9:00 Zumba Gold (\$3) 9:00 Walking 10:00 Blood Pressure 10:00 Coffee Hour 11:00 Bridge 12:30 Pitch 1:00 Board Games	19 10 AM Open Sew
20	21 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Cooking Tips	22 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	23 9:00 Walking 12:30 Pitch	24 9:00 Yoga (\$3) 12:30 MAHJongg	25 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	26
27	28 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 1:00 Power Outages	29 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Movie 6:30 Ham Radio	30 9:00 Walking 12:30 Pitch	31 9:00 Yoga (\$3) 9:00 Foot Care Clinic 12:30 MAHJongg	Notes:	

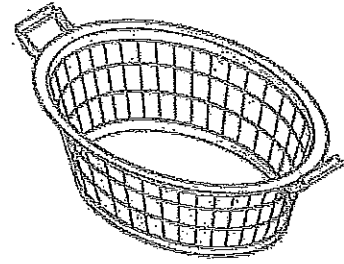
Tri-Valley, Inc. - October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Dudley 508-949-6640 Franklin 508-520-1422 Milford 508-478-8102 Northridge 508-234-2002 Southbridge 774-289-9438 Spencer 508-885-5767 Sutton 508-234-0703 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411 Sodium: 416 Total Sodium = 680 mg Carbs = 84	2 Vegetable Cheese Bake Seasoned Potatoes Capri Blend Vegetables Mixed Fruit Italian Bread Sodium: 409 Total Sodium = 910 mg Carbs = 92	3 Greek Chicken Steamed White Rice California Blend Rice Krispies Treat Pumpnickel Bread Sodium: 240 Total Sodium = 931 mg Carbs = 103	4 Macaroni & Cheese Stewed Tomatoes Green Beans Blondie Diet = Half Piece Whole Wheat Bread Sodium: 250 Total Sodium = 792 mg Carbs = 94	
7 Chicken with BBQ Sauce Potatoes Au Gratin Country Blend Vegetables Fresh Fruit Marble Rye Bread Sodium: 212 Total Sodium = 1141 mg Carbs = 99	8 Meatballs with Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Pumpnickel Bread Sodium: 260 Total Sodium = 643 mg Carbs = 99	9 Marinated Pork Loin Herbed Potatoes Beets Lemon Pudding Diet = SF Pudding Whole Wheat Bread Sodium: 400 Total Sodium = 990 mg Carbs = 92	10 Chicken Picatta Wild Rice Roasted Broccoli Lorna Doone Cookies White Bread Sodium: 319 Total Sodium = 1027 mg Carbs = 87	
14 Columbus Day No Meals Served Sodium: 321 Total Sodium = 1063 mg Carbs = 92	15 Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple Sodium: 527 Total Sodium = 1086 mg Carbs = 98	16 Roast Pork with Gravy Cranberry Stuffing Roast California Vegetables Baked Cinnamon Pears White Bread Sodium: 266 Total Sodium = 1040 mg Carbs = 88	17 Haddock with Chimichurri Sauce Rice Pilaf Chuckwagon Corn Cookie Whole Wheat Bread Sodium: 43 Total Sodium = 529 mg Carbs = 94	
21 Beef Stew Rice Corn Niblets Mandarin Oranges Italian Bread Sodium: 166 Total Sodium = 493 mg Carbs = 101	22 <u>HIGH SODIUM MEAL</u> Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun Sodium: 540 Total Sodium = 1446 mg Carbs = 93	23 Baked Potato with Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread Sodium: 7 Total Sodium = 1176 mg Carbs = 92	24 Buttermilk Chicken Lemon Potatoes Mixed Vegetables Birthday Cake Diet = Small Piece Whole Wheat Bread Sodium: 362 Total Sodium = 1055 mg Carbs = 102	
28 Macaroni & Cheese Stewed Tomatoes Green Beans Mixed Fruit Muffin Sodium: 250 Total Sodium = 591 mg Carbs = 92	29 Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Pudding Marble Rye Bread Sodium: 424 Total Sodium = 994 mg Carbs = 87	30 Lentil Stew with Cheddar Cheese Steamed White Rice Carrots Fruited Ambrosia Pumpnickel Bread Sodium: 252 Total Sodium = 845 mg Carbs = 109	31 <u>HALLOWEEN</u> Meatloaf with Gravy Garlic Mashed Potatoes Peas & Mushrooms Pumpkin Mousse Whole Wheat Bread Sodium: 202 Total Sodium = 879 mg Carbs = 95	
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Meals are based on a No Added Salt (9,000-4,000 milligram diet) for healthy older adults. Contact our Nutritionist for 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, 13 gm Carbs & 125 mg of sodium for milk. Carbs listed for "Diabetic Friendly Meal" purposes. ⁸⁰ Indicates a meatless meal

Looking Ahead

Donations Needed to fill our basket



The Senior Center will be featuring a drawing for a “Happy Holiday Hamper” on White Christmas this year.

We are asking for donations of new, practical items such as:

Kitchen Towels

Seasonal paper plates

Cleaning supplies

Paper towels

Kitchen trash bags

Tins of cookies

Gift cards

Disinfecting Wipes

Magic Erasers

Lip Balms

Pot Holders

Seasonal paper napkins

Liquid hand soap

Toilet paper

Kitchen storage or freezer bags

Hot chocolate mixes

Laundry or dish detergent

Sponges/scouring pads

Food Storage Containers

Foil, Plastic or Wax Paper

If you wish to donate; please drop off your items at the Senior Center before Thanksgiving.

We are also looking for new, but not expensive items for our Chinese Auction. Please drop your donations off during the month of November.

Again, and as always, thank you all so much! We couldn't do it without you!

Fuel Assistance News

Fuel Assistance starts November 1, 2024 until April 30, 2025.

Recertification:

When you receive your YELLOW recertification application, it is important that you bring ALL the following paperwork to your appointment with the outreach worker in order for the application to be complete:

- * YELLOW Recertification application
- * Identification
- * Proof of all income in your household
- * Copy of oil, gas, electric bill (source of heating)
- * Copy of water, sewer bill

Sue, our Outreach worker, can be reached at 508-867-1407.

You must have an appointment. Please do NOT drop off paperwork. You will be responsible for mailing your own application.

Eligibility Requirements Heating Assistance

Number of People in Household	Income
1	\$ 49,196.
2	64,333.
3	79,470.
4	94,608.
5	109,745.
6	124,882.
7	127,720.