

The Silver Streak...

November 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

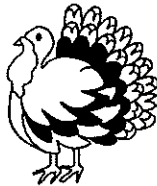
Open: Monday-Friday 9:00 - 3:00

Senior Center 508-867-1407

Meals 508-867-1411 Fax 867-1407

ElderBus 1-800-321-0243

*November
At the
Senior Center*



Guest Speaker

Thursday, November 14 at 12:30 PM

Rose Grant, the author of *I Left My Memory on A Bus Somewhere* will be at the Senior Center. Rose is a former high school science teacher. She earned a BS and MS in Biology from the University of Massachusetts. She also holds a certificate in Health Care Ethics.

Rose spends her retirement as a volunteer for the Trustees and the Alzheimer's Association, as a nature photographer, as a public speaker and as a Mimi to her four grandchildren.

She was a contributing author to *Chicken Soup for the Soul-Living with Alzheimer's and Other Dementias*. She tries to write small pieces every day, in a genre she calls "informative humor." Her book will be available for purchase.

Please sign up at the Senior Center.

(this program sponsored by the Friends of the Council)

Mini-Manicures at the Senior Center

Wednesday, November 6

Wednesday, November 20

9:10 AM - 12:00



Get your nails filed, shaped, and polished. Appointments are required. Please remove any nail polish you might be wearing before your appointment.

Please note: Appointments may not go exactly as scheduled and you may have to wait a few minutes. There is a \$5.00 charge for this service, payable on sign-up. No tipping, please!

COUNCIL ON AGING

Nancy Seremeth – Chair

Irene White – Vice-Chair

Betty Bliss – Secretary

Nancy Arsenault, Brede Woods and

Paula Ye – Board Members

Staff: Kelly Hitt, Director

Betty Frew, Program Coordinator

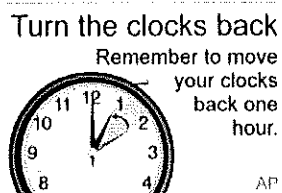
Sue Raymond, Outreach Coordinator

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.

Daylight Savings

Time ends on
November 3. Set
your clocks back
one hour. Don't
forget to check your
smoke alarms!

**Veterans Day Breakfast****Monday, November 11****8:00 AM – 10:00 AM**

Dear Veterans,

You and a guest are cordially invited to join
us for breakfast and conversation. The
breakfast menu is as follows:

Pancakes
Bacon
Scrambled eggs
Juice
Coffee or tea

Please call the Senior Center to reserve your
seat. Space is limited. 508-867-1407

"Been There, Ate That"**Monday, November 18****11:00 AM**

Do you have a favorite restaurant? Do you like
to try new restaurants and do you need ideas
about new places to try? Come to this casual get-
together. We'll be sharing conversation about
restaurants that people have visited. If you have
a menu from somewhere you've been and
enjoyed, please bring it with you!

Friendly reminder: The government will mail out
4 free COVID tests to your home. Please go to
COVIDtests.gov to order yours. If you don't have
a computer, come to the Senior Center and we
will help you order them.

**Annual Christmas Party****Tuesday, December 17**

The Senior Center's Annual Christmas Party will
be held at Salem Cross Inn. Doors open at 11:30.
Following the meal will be entertainment by
Larry Lewis, guitar and vocals.

Salad

Entree: Chicken Pot Pie or Pot Roast

Dessert: Ice Cream

Your cost: \$20.00 (payable at sign up)

Please sign up by Monday, December 3.

*(Cost of meals and entertainment supplemented
by the Friends of the Council)*

Please note: The Senior Center will be closed on
that day.

Also Coming in December

Tasting Event! - Monday, Dec. 9 12:30 – 2:30

Back By Popular Demand!

Music Bingo**November 7 at 12:30 PM**

Everyone had so much fun at our last
music bingo that we decided to have it again.

No admission charge.

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 _____

It's about Gratitude

Gratitude is all about recognizing the good things in your life and the role that others play in those positive events. It can have a powerful role in your health and well-being. The good news is that practicing gratitude isn't difficult; just set aside a few minutes each day to focus on the good things that happened and what you're thankful for.

So... what does gratitude look like? How do you know if you are experiencing a sense of gratitude? Expressing your appreciation and thanks for what you have can happen in a number of different ways. It might mean:

- * Spending a few moments thinking about the things in your life that you are grateful for
- * Stopping to observe and acknowledge the beauty or wonder of something you encounter in your daily life
- * Being thankful for your health
- * Thanking someone for the positive influence they have in your life
- * Doing something kind for another person to show that you are grateful
- * Paying attention to the small things in your life that bring you joy and peace

Gratitude is often a spontaneous emotion that you feel in the moment. Some people are naturally prone to experiencing it more often than others, but experts suggest that it is also something you can cultivate and learn to practice more.

Impact of Gratitude

Research on gratitude didn't take off until the 1950s, as psychologists and sociologists began to examine the impact gratitude could have on individuals and groups.

The practice of gratitude can have a significant impact on physical and psychological health.

Some of the benefits researchers have uncovered include:

- Better sleep and better immunity
- Higher self-esteem
- Decreased stress
- Lower blood pressure
- Less anxiety and depression



Happy Veterans Day to all branches of the military force.

We sincerely honor your dedication and sacrifices.

May the flag wave boldly with its vibrant and glorious hues honoring veterans. A salute to the military force for their unwavering willpower and bravery.



Health Insurance Scams

(source: National Council on Aging)

Every citizen who is 65 years or older qualifies for Medicare benefits.

Because scammers don't have to do extensive research on seniors' insurance providers, they can carry out fraudulent schemes pretty easily via the phone or even at the door. These solicitors typically claim to be a Medicare representative, for example, and do the following:

1. Tell a Senior that he or she needs a new Medicare card, and to be issued one, would need to provide a Social Security number.
2. Tell a Senior that he or she needs new supplemental policies.

Also, here's a reminder about an older scam, but one that is still around:

This scam uses pre-recorded robocalls to get the victim to say "yes". Questions such as "Are you there?" Or "Can you hear me?" tend to prompt that "yes" response. Scammers who have someone's "yes" reply may be able to use that voice signature to put charges on credit cards and the like.

If you do get scammed:

- > Don't be embarrassed.
- > Tell someone you trust.
- > Report the scam to your bank immediately to limit losses.
- > Contact the police.

Pain?



One thing pain tells you to do is to stay in place, rest and not move. Who wants to walk with a knee twinge or try to lift weights with a bum back? But being sedentary encourages muscles to weaken and muscle mass to decrease, accelerating the risk of age-related muscle loss and frailty. As you grow weaker, there are fewer activities that you can participate in that bring you joy, like walking in a park with friends. And that can take you down the road of depression, according to doctors.




Doctors tend to recommend exercise to the vast majority of patients with chronic pain. Why? Exercise improves your functionality, which improves your pain, and your quality of life gets better.

You may not be playing full-court basketball or pickleball, but other options include tai chi, yoga and stretching. If you're not sure what you can do safely, a visit with an exercise specialist or physical therapist can come in handy.

Tri-Valley, Inc. - November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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 & 125mg of sodium for milk. Carbs are listed for "Diabetic Friendly Meal" purposes				
4 Pork Rib-i-que* Macaroni and Cheese Mixed Vegetables Pineapple Sandwich Roll Sodium: 590, 167, 30, 0, 248 Calories=705 Total Sodium = 851mg Carbs = 100	5 Sloppy Joe* Seasoned Potatoes Green Beans Fresh Fruit Sandwich Roll Sodium: 698, 7, 0, 0, 248 Calories=779 Total Sodium = 1028 mg Carbs = 109	6 Chicken Cacciatore* Gemelli Pasta Roasted Broccoli Cookies Italian Bread Sodium: 621, 8, 15, 147, 96 Calories=748 Total Sodium = 1011mg Carbs = 88	7 Salisbury Steak with Gravy Mashed Potatoes Corn Carrot Cake Diet = Half Piece Marble Rye Bread Sodium: 240, 83, 108, 1, 262, 131, 105 Calories=942 Total Sodium = 924 mg Carbs = 91	1 Cranberry Chicken Salad Three Bean Salad Pasta Salad Fresh Fruit Hot Dog Roll Sodium: 197, 172, 370, 0, 195 Calories=812 Total Sodium = 968mg Carbs = 96
11 Veterans Day No Meals Served 	12 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Fresh Fruit Marble Rye Bread Sodium: 323, 108, 30, 0, 105 Calories=702 Total Sodium = 692mg Carbs = 85	13 Roast Pork with Gravy Cranberry Stuffing Country Blend Veg. Apple Crisp Diet = Baked Apples Pumpkinickel Bread Sodium: 266, 170, 300, 32, 63, 14, 135 Calories=797 Total Sodium = 1091 mg Carbs = 88	14 Potato Crunch Fish Herbed Potatoes Peas & Onions Mixed Fruit Whole Wheat Bread Tartar Sauce Sodium: 280, 7, 34, 20, 138, 85 Calories=942 Total Sodium = 924 mg Carbs = 91	15 Garlic Herbed Chicken Herbed Stuffing Roast Brussels Sprouts Lemon Pudding Diet = SF Pudding Marble Rye Bread Sodium: 257, 305, 9, 180, 135, 105 Calories=707 Total Sodium = 981mg Carbs = 78
18 Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit Sodium: 316, 108, 1, 5, 310 Calories=831 Total Sodium = 860 mg Carbs = 78	19 Hot Dog* Baked Beans Colelaw Baked Apples Mustard Hot Dog Bun Sodium: 540, 370, 173, 14, 50, 195 Calories=702 Total Sodium = 692mg Carbs = 85	20 Stuffed Pepper Casserole Garlic Mashed Potatoes Carrots Loma Doone Cookies Marble Rye Bread Sodium: 118, 108, 53, 147, 105 Calories=797 Total Sodium = 1091 mg Carbs = 88	21 Chicken Tikka Masala Lemon Seasoned Rice Broccoli Birthday Cake Diet = Half Piece Pumpkinickel Bread Sodium: 323, 149, 16, 221, 110, 135 Calories=734 Total Sodium = 688 mg Carbs = 97	22 Braised Beef Gemelli Pasta Green Beans Fresh Orange Italian Bread Sodium: 405, 8, 0, 0, 96 Calories=848 Total Sodium = 426mg Carbs = 92
25 Chicken Pesto Rice Pilaf Glazed Carrots Fresh Fruit Pumpkinickel Bread Sodium: 459, 70, 70, 0, 135 Calories=753 Total Sodium = 888 mg Carbs = 107	26 High Sodium Meal Roast Turkey* with Gravy Cornbread Stuffing Butternut Squash Cheesecake Mousse Italian Bread Sodium: 681, 150, 242, 75, 130, 96 Calories=848 Total Sodium = 1467mg Carbs = 93	27 Spaghetti & Meatballs Marinara Sauce Green Beans Cinnamon Pears Italian Bread Sodium: 211, 763, 0, 5, 96 Calories=709 Total Sodium = 656mg Carbs = 87	28 Thanksgiving No Meals Served 	29 Jambalaya* Steamed Rice Green Peas Pineapple Whole Wheat Bread Sodium: 539, 101, 7, 0, 138 Calories=746 Total Sodium = 910 mg Carbs = 108

~ November 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Yoga is canceled in November				1 9:00 Zumba Gold (\$3) 10:00 Walking 10:00 Hearing Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games	2
3 Daylight Savings Time Ends	4 9:00 Functional Fitness (\$3) 10:00 Walking Closed after lunch for Election Set-UP	5 Closed for Elections	6 9:10 Mini Manicures 10:00 Walking 12:30 Pitch	7 9:00 Foot Care Clinic 12:30 MAHJonng 12:30 Music Bingo	8 9:00 Zumba Gold (\$3) 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	9
10	11 Closed for Activities Veterans' Day Breakfast	12 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Book Club	13 9:30 SHINE by appointment only 10:00 Walking 12:30 Pitch 1:00 Genealogy	14 12:30 MAHJonng 12:30 Author Talk 6:00 Quilt Meeting	15 9:00 Zumba Gold (\$3) 10:00 Walking 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 12:30 Pitch 1:00 Board Games	16 10:00 Open Sew
17	18 9:00 Functional Fitness (\$3) 10:00 Walking 11:00 Been There, Ate That 12:30 Canasta 1:00 Red Cross – Blizzards	19 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	20 9:10 Mini Manicures 10:00 Walking 12:30 Pitch	21 9:30 SHINE by appointment only 10:15 COA Meeting 12:30 MAHJonng 12:30 Bingo 12:30 Community Support Mylott Consulting	22 9:00 Zumba Gold (\$3) 10:00 Walking 10:00 Hearing Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games	23
24	25 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Movie The Santa Clause	26 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Scrabble 6:30 Ham Radio	27 9:00 Walking 12:30 Pitch	28  Closed Happy Thanksgiving	29 Closed Thanksgiving Holiday	30



Support For All

hosted by Christianne Mylott

Sponsored by Mylott Consulting, LLC

Thursday, November 21

12:30 PM

Are you grieving loss? Feeling isolated?

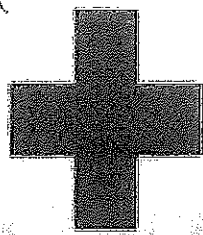
Do you have seasonal depression?

Don't let the holidays get you down!

Please sign up at the Senior Center.

Be Red Cross Ready

Presentation by the



**American
Red Cross**

Monday, November 18

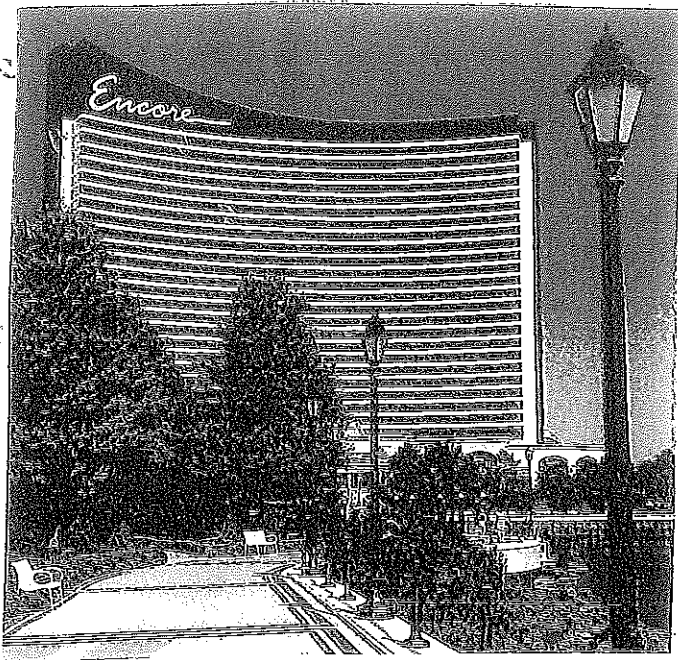
1:00 PM

prepare for blizzards so you can protect
yourself

Encore Casino Bus Trip

Monday, December 2nd

Cost: \$40.00 per person



- * Cost includes \$20 free slot play
- * Lunch on your own/many restaurant options
- * Payment due at West Brookfield Senior Center by November 20.
- * Cash or Check – make check payable to: *Wilson Bus Lines*
- * Prizes, games, and snacks on the bus !
- * PCA available for hire if you need help

Drop in or call the West Brookfield Senior Center to sign up.
508-867-1407

8:30 AM	Depart from West Brookfield Senior Center (73 Central St. West Brookfield)
10:30 AM	Arrive at Encore Casino
4:30 PM	Departure
6:30 PM	Return to West Brookfield Senior Center

Host: Christianne Mylott

