

# The Silver Streak...

## December 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**



*December  
at the  
Senior Center*

Merry Christmas, Peace and Good Health to you all!

### **Annual Christmas Party at Salem Cross Inn Tuesday, December 17**



The Senior Center's Annual Christmas Party will be held at Salem Cross Inn. Doors open at 11:30 AM. Larry Lewis, guitar and vocals, will entertain us following the meal. Choose your entree at sign-up.

Salad

Entree of *Chicken Pot Pie* or *Pot Roast*

Dessert: Ice Cream

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

*Cost of meals and entertainment supplemented by the Friends of the Council.*

**Please note: Sign ups will NOT be accepted after December 3.**

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

### **Veterans News**

A warm welcome to Michelle Durkee, West Brookfield's new Veteran Agent. She can be reached at 978-400-1938 or by e-mailing [VSO@wbrookfield.com](mailto:VSO@wbrookfield.com)

### **WISE – Worcester Institute for Senior Education Thursday, Dec. 12 at 12:30 PM**

Because the West Brookfield Senior Center is a member of WISE, you are allowed access to all courses and events. Classes can be enjoyed online with Zoom recordings made available for many classes; in-person classes are on campus (Assumption University) with some recorded. Come and get more details about this great opportunity! Please sign up.

The Spring Course Catalog will be available soon. Please come to the Senior Center to view what is being offered through this membership.

### **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

### Foot Care Clinic

Please note that the fee for the foot care clinic will be \$22.00 beginning in January.

### Annual White Christmas December 8

The Senior Center will be open from 12:00 to 3:00 PM. We will feature a Free Drawing, a drawing for *Happy Holiday Hampers*, Lottery Ticket Wreath, Quilt Drawing, Chinese Auction, cookie decorating for the kids, elf hunt, the Busy Bees knit and crochet group items for purchase, Quilting Guild items for purchase, free popcorn and free coffee.

North Brookfield Savings Bank will be joining us with a table at the Senior Center, too!



### Songs of Christmas

with Peter Pasierb and  
John Banack

**Tuesday, December 10 at 6:30 PM**

Join us to sing along to the songs you remember from days gone by. Songbooks will be provided. Please sign up at the Senior Center.

### Mini-Manicures at the Senior Center

**Thursday, Dec. 12  
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 fee for this service, payable upon sign-up. No tipping, please!

### Upcoming Programs - Save the Dates

- > Poetry Workshop January 9 and 16 at 10:15  
All poets welcome to participate. Cost: \$3.00 for both sessions
- > Ice Cream Social January 13 at 12:30
- > Behind the Scenes at Dispatch January 21

### Movie

**Monday, December 16 at 12:30**

#### Journey Back to Christmas

(starring Candace Cameron Bure,  
Oliver Hudson and Tom Skerritt)



Hannah Norris is a young nurse who lost her husband during his service in WWII. As the Christmas of 1945 approaches in a small New England town, she hits a snow bank while driving through a storm and seeks shelter in an old barn. She is then transported in time to 2016 and meets a man who helps her discover the bonds of family and that the true meaning of Christmas is timeless.

### Christmas Coal (cont. on Pg 3)

Two naughty boys begged their father to open one present on Christmas Eve. With a knowing look, their father handed them two big boxes filled with coal.

"Just remember, this is only the first present." He wanted them to learn a lesson, but not to be too disappointed.

Upon opening the coal, the two boys jumped up and down in excitement. Confused, the father looked at them, asking, "Why are you so excited

Get a head start on 2025! Join the Friends now and your membership will be good through December of 2025.

Your membership helps support Senior Center programs and activities.

### 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 \_\_\_\_\_

## Christmas Coal (continued)

about coal?"

The youngest boy looked at him in exasperation. "You said this is only the first present, and we really didn't think Santa would bring us that train."

### From the Staff

2024 has been a WONDERFUL and busy year at the Center.



We'd like you to know that we appreciate all of you – your kindness to others, generosity, good will and willingness to help. We hope you've found some enjoyable and beneficial activities here.

Thank you, also, for staying home when you are not feeling well. We miss seeing you here at the Center, but want you to take care of yourself. What a great Senior Community we have in West Brookfield!



### **Robocalls**

(source: AARP Fraud Watch Network)  
To help cut down on robocalls, add all of your numbers to the National

Do Not Call Registry operated by the Federal Trade Commission. It won't stop fraudulent calls, but it will make them easier to spot because most legitimate telemarketers won't call numbers on the registry.

Register your numbers at 1-888-382-1222 or donotcall.gov

## **More Holiday Scams**

### Shipping and Delivery Scams

It can be satisfying to get a gift you weren't expecting. Scammers count on that psychology-and the upsurge in seasonal package deliveries-to defraud consumers during the holidays.

You might find an official-looking notice in your mailbox, for instance, stating that a package delivery attempt was made. You call the given number and are told to provide personal information-say, a credit card or Social Security number in order to get the package delivered. A crook can then use that info to set up credit

accounts in your name and commit other forms of identity theft.

Another scam involves an e-mail claiming there's a problem with a delivery to you. But when you click on the link, you're directed to a bogus site that asks you to confirm personal information.

These e-mails graphically mimic UPS, FedEx or the U.S. Postal Service, but they can also mimic retailers, a bank, a credit card company. People are shopping more now. Scammers are opportunists, so that's when they pounce.

### Defend yourself:

Before you call the phone number on the *mailbox notice*, check it for web addresses and tracking numbers. If the delivery is legitimate, you should be able to research it on the delivery service's website.

If you receive an e-mail that there's a problem with a delivery from a retailer, go to the website yourself instead of clicking on a link.

Matt O'Connor, a spokesman for United Parcel Service, says a legitimate delivery person who comes to the door will never ask you to pay a fee or supply a credit card as identification in order to receive a package. The only time you'll need to show an ID like a driver's license is for alcohol deliveries, he notes.

Check before you click on links!  
Also, please remember that scams we've reported on are still around.

Beware of scams that ask for payment via gift cards.

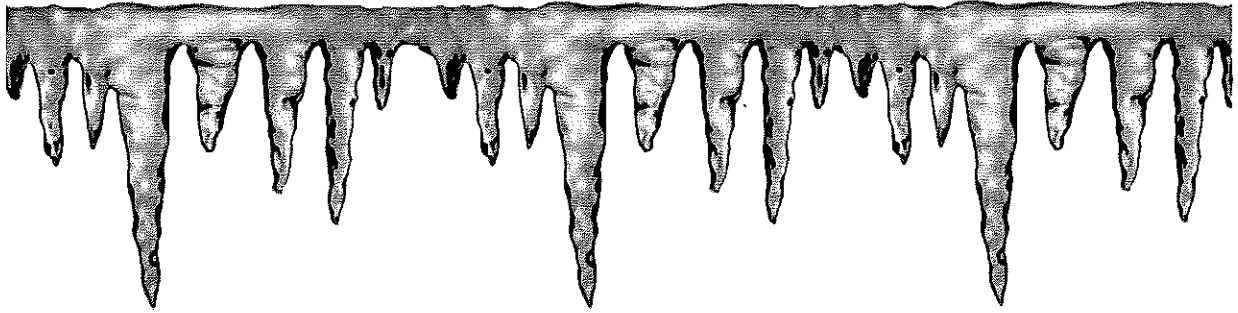
Always check with family members if you are being told that your loved one has been in an accident or is in jail.



And most importantly, we've all been taught that it is rude to hang up on someone. **It is NOT rude to hang up on someone who is pressuring you into making a quick decision or is asking for your personal information.**


*More to come next March:*

*Kevin Donahue from the Office of the Attorney General will be at the Center on Monday, March 24, 2025 to inform us about fraud and scams.*




### **Inclement Weather Policy**

The West Brookfield Senior Center Weather Policy is determined by what is observed by the Quaboag Regional School System. If the schools are closed, then the Center is closed. If schools are delayed 1 or 2 hours then the Senior Center is delayed the same. This is for everyone's protection and safety.

~ December 2024 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Functional Fitness (\$3) <b>9:30 SHINE by appointment only</b> 10:00 Walking 12:30 Canasta	3 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	4 10:00 Walking 12:30 Pitch	5 9:00 Foot Clinic 9:00 Yoga (\$3) 12:30 MAHJongg 12:30 Bingo	6 9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	7
8 White Christmas	9 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta	10 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees  6:30 Songs of Christmas	11 10:00 Walking 12:30 Pitch	12 9:00 Yoga (\$3) 9:10 Mini-Manicure 12:30 MAHJongg 12:30 WISE information 5:00 Quilt Meeting	13 9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	14 10:00 Open Sew
15	16 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Movie	17 Closed to activities Annual Christmas Party  6:30 Ham Radio	18 10:00 Walking 12:30 Pitch	19 9:00 Yoga (\$3) 9:00 Foot Clinic 12:30 MAHJongg 12:30 Bingo	20 Closed	21
22	23 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta	24 9:00 Tai Chi (\$5) 10:00 Dunkin Divas Closed at 12:30 PM	25 Closed Merry Christmas! 	26 Closed For Holiday	27 9:00 Zumba (\$3) 10:00 Walking 10:00 Hearing Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games	28
29	30 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta	31 9:00 Tai Chi (\$5) 10:00 Dunkin Divas Closed at 12:30 PM	<b>Notes: No Book Club in December</b> <b>No Coffee Hour in December</b>			

# Tri-Valley, Inc. - December 2024

Monday		Tuesday		Wednesday		Thursday		Friday						
2	Shepherd's Pie Carrots Peas Cookies Marble Rye Bread	Sodium 255 53 7 147 105	3	Greek Chicken Steamed White Rice Roasted Broccoli Peaches Pumpnickel Bread	Sodium 409 101 15 5 135	4	Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Whole Wheat Bread	Sodium 202 83 108 1 0 138	5	Turkey Supreme* Cornbread Stuffing Brussels Sprouts Baked Cinnamon Pears Italian Bread	Sodium 707 242 15 5 96	6	Lemon Pepper Haddock Rice Pilaf Roasted Broccoli & Carrots Chocolate Mousse Pumpnickel Bread	Sodium 274 70 33 230 135
Calories=838 Total Sodium = 692mg Carbs =102		Calories=713 Total Sodium = 790mg Carbs =73		Calories=794 Total Sodium = 658 mg Carbs =111		Calories=639 Total Sodium = 1190 mg Carbs = 93		Calories=737 Total Sodium = 867 mg Carbs = 82						
9	Vegetable Cheese Bake Seasoned Potatoes Green Beans Mandarin Oranges Italian Bread	Sodium 416 7 0 0 96	10	Teriyaki Beef Steamed Rice Broccoli Vanilla Mousse Fortune Cookie Whole Wheat Bread	Sodium 438 101 16 155 0 138	11	Chicken Milano Wild Rice Spinach Brownie Diet = Half Piece Italian Bread	Sodium 434 280 87 150 75 96	12	Salisbury Steak with Gravy Garlic Mashed Potatoes Peas & Carrots Pear Crisp Diet = Pears Sandwich Roll	Sodium 240 83 108 72 54 10 248	13	Macaroni & Cheese Stewed Tomatoes Capri Blend Vegetables Fresh Fruit Marble Rye Bread	Sodium 250 6 17 0 105
Calories=832 Total Sodium = 644 mg Carbs = 84		Calories=818 Total Sodium = 972 mg Carbs =112		Calories=781 Total Sodium = 1171 mg Carbs = 81		Calories=923 Total Sodium = 930 mg Carbs = 103		Calories=639 Total Sodium = 504 mg Carbs = 88						
16	Chicken Picatta Rice Pilaf Roasted California Veg. Lorna Doones Pumpnickel Bread	Sodium 319 70 32 147 135	17	Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun	Sodium 540 370 152 14 195	18	Broccoli & Cheese Chicken Mashed Potatoes Glazed Carrots Cheesecake Mousse Dinner Roll	Sodium 410 108 70 130 310	19	Marinated Pork Loin Herbed Potatoes Roasted Brussels Sprouts Fruited Ambrosia Whole Wheat Bread	Sodium 400 7 9 55 138	20	Ham Salad Sandwich* Pasta Salad Three Bean Salad Fresh Fruit Pita Bread	Sodium 757 172 370 0
Calories=726 Total Sodium = 828 mg Carbs = 89		Calories=834 Total Sodium = 1446mg Carbs = 93		Calories=761 Total Sodium = 1153 mg Carbs = 90		Calories=823 Total Sodium = 733 mg Carbs = 78		Calories=696 Total Sodium = 1492 mg Carbs =84						
23	Spaghetti & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread	Sodium 211 763 0 0 96	24	Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	Sodium 527 66 292 9 68 0	25	Christmas No Meals Served 	26	Beef with Onions & Peppers Seasoned Potatoes Honey Glazed Carrots Birthday Cake Diet = Half Piece Sandwich Roll	Sodium 423 7 70 221 110 248	27	Meatballs with Onion Gravy Mashed Potato Scandinavian Vegetables Peaches Whole Wheat Bread	Sodium 260 85 108 30 5 138	
Calories=732 Total Sodium = 1196 mg Carbs = 107		Calories=862 Total Sodium = 1086 mg Carbs = 98		Calories=761 Total Sodium = 1153 mg Carbs = 90		Calories=912 Total Sodium = 1093 mg Carbs = 110		Calories=755 Total Sodium = 751mg Carbs = 69						
30	Beef Tagine Rice Green Beans Mandarin Oranges Italian Bread	Sodium 334 101 0 0 96	31	Buttermilk Chicken Herbed Stuffing Mixed Vegetables Fruited Ambrosia Whole Wheat Bread	Sodium 362 306 30 55 138	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 508-917-8995 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411		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 ⌘ Indicates a meatless meal						
Calories=775 Total Sodium = 656 mg Carbs = 102		Calories=747 Total Sodium = 1016 mg Carbs = 91		Calories=747 Total Sodium = 1016 mg Carbs = 91										

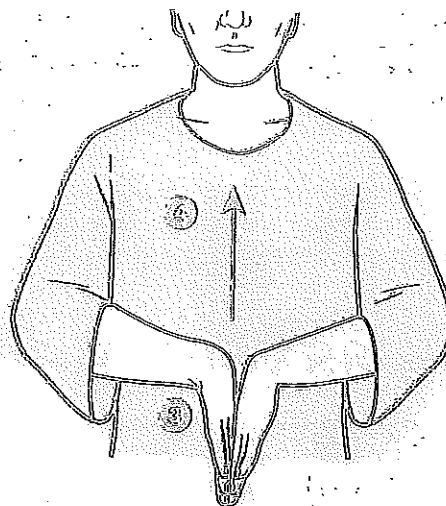
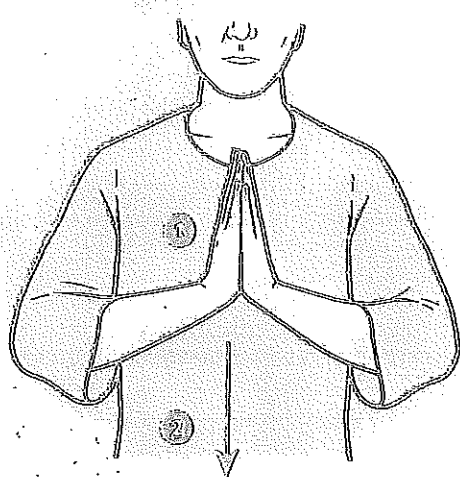
# Your Health

## 5 TIPS FOR OVERCOMING STIFF HANDS

1. Buy ergonomic scissors: They need less hand strength than regular scissors.

2. Use kitchen shears instead of a knife for cutting certain food, such as chicken.

3. Avoid hard-to-open pill containers by putting your daily meds in pillboxes.



### EXERCISE 3

#### PRAYER AND REVERSE PRAYER

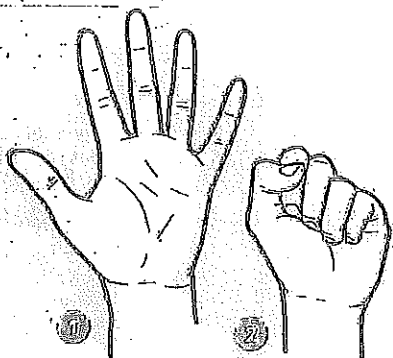
This stretch can help combat carpal tunnel syndrome.

**Step 1:** Bring palms together in prayer position, elbows out, at chest height.

**Step 2:** Lower hands to waist level while pressing palms together. Hold for a beat.

**Step 3:** Turn hands so backs of hands are together, palms out, fingers pointing down toward toes.

**Step 4:** Raise hands back to the starting position.



### EXERCISE 4

#### FINGER SPREAD

Osteoarthritis can make it hard to open and close your hands, but this stretch can help maintain your flexibility.

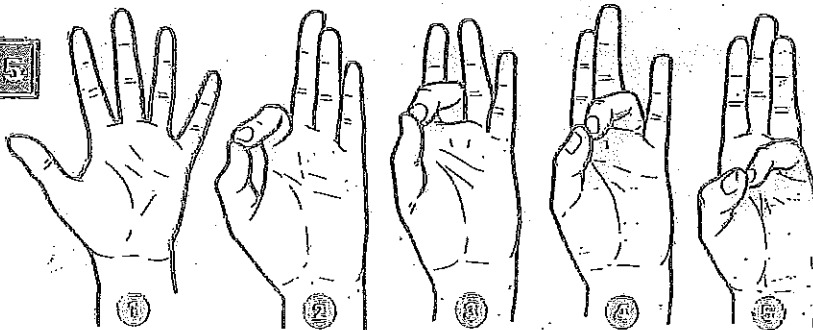
**Step 1:** Hold one hand up in front of you, palm facing you. Spread fingers as far apart as you can.

**Step 2:** Close your hand to make a fist and hold for a few seconds. Repeat with the opposite hand.

### EXERCISE 5

#### FINGER TOUCH

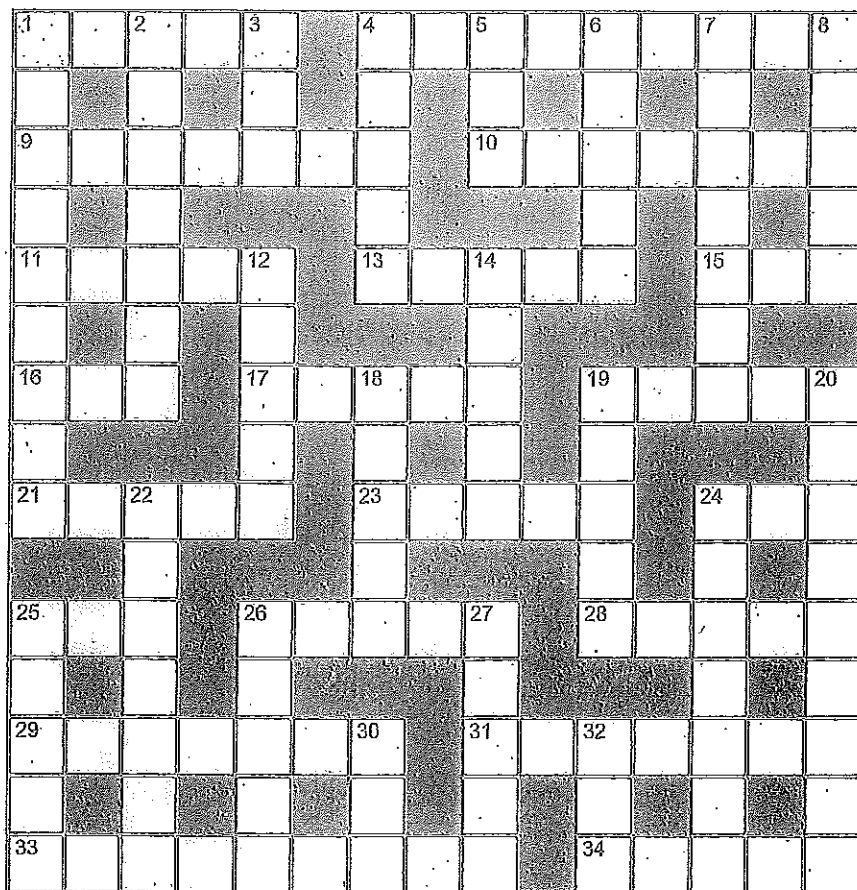
If you're seeing joint deformity in your fingers, especially your pinkie, this is an important exercise to try, Jacobs says.



**Step 1:** Hold your hand in front of your face, palm facing you, fingers straight.

**Step 2-5:** One at a time, touch each finger to your thumb (index, middle, ring, pinkie) to form a series of OK signs.

# CROSSWORD PUZZLE 7



## ACROSS

1. A Dog to water
4. Not genuine
9. Party favorite
10. Hype
11. Any "Seinfeld," now
13. Canon competitor
15. "Dig in!"
16. Check for accuracy
17. Static \_\_\_\_
19. Close
21. Cooktop
23. Downy duck
24. Boozehound
25. 1999 Pulitzer Prize-winning play
26. Burning

28. Forbidden
29. A defamatory word or phrase
31. Heart attack inquiry
33. One million periods per second
34. High up

## DOWN

1. Luxury SUV
2. Northern spiny-finned fish
3. A.T.M. need
4. Mountaineer's tool
5. Babysitter's handful

6. Append
7. Shipping hazard
8. Pharaoh's land
12. Well suited position
14. Inflexible
18. Archetype
19. Divination deck
20. Quid pro quo
22. Zilch
24. Frigid temp
25. Overcome utterly
26. Literally, "for this"
27. Correspond
30. \_\_\_\_-tac-toe
32. In the capacity of