

The Silver Streak...

January 2025

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



January at the Senior Center

Happy New Year!

Tour of Dispatch Tuesday, January 21

Meet at the Center at 10:45 AM

Did you ever wonder what happens behind the scenes at Dispatch? Here's your chance to find out! We'll be touring the Dispatch section of the State Police Academy in New Braintree. Please call the Senior Center to sign up.

This activity requires pre-registration.

Fuel Assistance

It is important that you bring ALL of the following paperwork to your appointment in order for the application to be complete.

- * YELLOW recertification application if applicable
- * Identification with picture
- * Social Security card or birth certificate
- * Proof of all income in your household
- * Copy of oil, gas, electric bill (source of heating)
- * A complete copy of most recent electric bill and phone bill
- * Copy of house tax bill if you own your home

Remember, applications for fuel assistance are accepted from November 1, 2024 to April 30, 2025. There is still plenty of time to sign up. It is NOT first come, first served.

If you need help filling out your application, please call the Senior Center and ask for Sue.

Bingo is cancelled during the months of January, February and March.

We'll see you again in April!

B	I	N	G	O
13	18	37	58	61
6	27	32	54	65
1	19	44	56	67
15	25	38	55	69
14	29	36	59	66

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

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

Poetry Workshop*with Pamela Gemme***Thursday, Jan. 9 and 16****Thursday, Jan. 23 and 30****10:15 AM****There is no cost for this workshop.****Workshop is limited to six people.**

This workshop is beginning poetry. You do not have to know how to write a poem. You will need to bring a notebook and something small you have that you like. (It can be a pet rock, a letter from your grandmother – it doesn't matter what it is). Bring a poem or something else you've written to the first workshop session (Jan. 9) – no more than one page.

Please sign up at the Senior Center.

About the instructor:

Pam is a poet, artist, and a child protection social work consultant for Massachusetts's DCF. Recent or forthcoming publications include *The American Journal of Poetry*, *Haiku Journal* and *The Chicago Quarterly Review*, among others.

**Breakfast For Lunch****Tuesday, January 7 at noon***(sponsored and cooked by the Firemen's Relief Association)*

Join us for pancakes at lunchtime.

There is no charge for this lunch, but sign up is required.

Movie**Monday, January 6 at 12:30 PM****Arthur The King***(starring Mark Wahlberg)*

This is a true story of Michael Light (Mark Wahlberg), and the bond he forges with a scrappy street dog dubbed Arthur. While navigating the brutal course of the Adventure Racing World Championship, Light and his team meet Arthur, who refuses to leave their side. Arthur redefines for Light what victory – and friendship – really mean.

Census Forms

Be on the lookout for your annual town census form. Please fill it out, even if you have lived in town for many years. You can bring your completed form to the Town Clerk's office, mail it in, or put it in the drop-off box at the Senior Center.

Support For All**Thursday, January 23 at 12:30 PM***Hosted by Christy Mylott**Sponsored by Mylott Consulting*

Are you grieving loss? Feeling isolated? Do you have seasonal depression? (People who attended the last session asked to have Christy back again. They told us how much better they felt after participating in the group.)

Please sign up at the Senior Center.

Happy



New

Year!

**Coming in February**

Book signing by local author Ed Orzechowski

Thursday, Feb. 13 at 1:00

**Friends of the Council on Aging 2025
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 12/31/2025)

Name _____

Address _____

Phone _____

DOB _____

Coping with Cold, Snow and Ice

Breakdowns and accidents are more common in the winter when road conditions are challenging.

Stopping distances can be 10 times longer when it's icy. Gentle maneuvers and slow speeds are the key to safe driving in ice and snow. In the season of winter colds, don't drive with a cold if you are feeling unwell and are on any medicine that could make you drowsy. It could affect your reaction time.

Before you set off

- * Allow extra time for winter journeys.
- * Plan routes around major roads, which are more likely to be cleared and sanded.
- * Try to get up at least 10 minutes early to give you time to de-ice the car.
- * Wear comfortable dry shoes for driving so your feet don't slip on the pedals.
- * Check fuel levels- have at least a quarter of a tank in case of unexpected delays.
- * BE SURE to clear all windows using a scraper and de-icer and wait until the windshield is fully demisted.

Driving on Winter Roads

- * If you have to use your brakes, apply them gently.

Driving uphill – leave plenty of room between other cars or wait until it's clear so you don't have to stop part way up. Keep a constant speed and try to avoid having to change gear on the hill.

Driving downhill – slow down before the hill, use a low gear and try to avoid braking. Leave as much room as you can after the car in front.

- * *If you get stuck in snow or ice, straighten the steering and clear the snow from the wheels. Put a sack or old rug in front of the driving wheels to give the tires some grip.*

Make your car visible in poor winter weather

- * Make sure all car lights are working and the lenses are clean.
- * Keep number plates clean to avoid fines.
- * If you have to clear snow, don't forget the lights, both front and back.

What do you need in your car for winter driving?

There are a few essentials you should keep in your car when you're driving in winter. These will help you deal with ice, snow and dark winter nights. Here are things to keep in your car:

- * Ice scraper
- * De-icer
- * First Aid Kit

You should also keep a fully-charged mobile phone and power bank. That way you can let friends or relatives know if your journey is taking longer than usual or call for help in an emergency.

What should be in a winter car survival kit?

No matter how safely you drive, there's still a chance you could get stuck somewhere in poor weather. Pack a winter emergency kit, just in case. That way you'll be prepared for a long wait in the cold. Here's what to include:

- * warm clothes, waterproofs and high-visibility jackets.
- * sturdy footwear
- * hot drinks and snacks
- * Jumper cables
- * Warning triangles

Troubleshooting car problems in winter

A continuous squealing noise when you start up probably means the water pump is frozen – it's the fan belt slipping on the pulley. Stop the engine right away and let it thaw out. This could take days unless you can move it to a heated garage.

If your car overheats a few miles from home, it's likely that the radiator has frozen. Stop right away so you don't cause more serious damage.

WEST BROOKFIELD residents please note:

There is sand available at the Highway Barn. The sand is located past the "Museum" sign and near the concrete barriers.

This is self-serve. Please bring your own bucket and scoop.

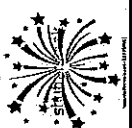
Food Insecurity

People experiencing food insecurity can call into Project Breads' toll-free FoodSource Hotline at **1-800-645-8333**, which provides confidential assistance to connect with food resources, including SNAP benefits, in 180 languages and for the hearing impaired. The hotline currently serves as the resource recommended by the Massachusetts Department of Transitional Assistance and Department of Elementary and Secondary Education for residents seeking help with food access.



For more information, visit:

www.projectbread.org/get-help

~ January 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Closed Happy New Year! 	2 9:00 Yoga (\$3) 9:00 Foot Care 12:30 MAHJongg	3 9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	4
5 6 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Movie	7 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:00 Breakfast For Lunch 12:30 Busy Bees	8 9:00 Vet Agent Office Hours 10:00 Walking 12:30 Pitch	9 9:00 Yoga (\$3) 10:15 Poetry Workshop 12:30 MAHJongg 6:00 Quilt Meeting	10 9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	11	
12 13 9:00 Functional Fitness (\$3) 10:00 Walking Closed After Lunch for Election Set-Up	14 Closed for Elections	15 10:00 Walking 12:30 Pitch	16 9:00 Yoga (\$3) 9:10 Mini-Manicures 10:15 Poetry Workshop 12:30 MAHJongg	17 9:00 Zumba (\$3) 10:00 Walking 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 12:30 Pitch 1:00 Board Games	18 10:00 Open Sew	
19 20 Closed	21 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 11:00 Tour of Dispatch 12:30 Busy Bees 1:00 Book Club	22 10:00 Walking 12:30 Pitch	23 9:00 Yoga (\$3) 10:15 Poetry Workshop 12:30 MAHJongg 12:30 Support for All	24 9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 1:00 Board Games	25	
26 27 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 6:00 Meeting	28 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	29 10:00 Walking 12:30 Pitch	30 9:00 Yoga (\$3) 10:15 Poetry Workshop 12:30 MAHJongg	31 9:00 Zumba (\$3) 10:00 Walking 10:00 Hearing Clinic 11:00 Bridge 12:30 Pitch 1:00 Board Games		

Tri-Valley, Inc. - January 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
Dudley 508-949-6640 Franklin 508-520-1422 Milford 508-478-8102 Northbridge 508-234-2002 Southbridge 774-289-9438 Spencer 508-886-5767 Sutton 508-917-8995 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411		Meals are based on a No Added Salt (3,000-4,000 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 * Indicates a meatless meal							
6 Meatloaf with Gravy Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Whole Wheat Bread Calories=746 Total Sodium = 697 mg Carbs = 98		7 Chicken Moray Couscous Roman Blend Vegetables Vanilla Pudding Diet = SF Pudding Marble Rye Bread Calories=728 Total Sodium = 917 mg Carbs = 75		8 HIGH SODIUM Roast Turkey* with Gravy Cranberry Stuffing Roasted Brussels Sprouts Baked Cinnamon Pears Pumpernickel Bread Calories=684 Total Sodium = 1404 mg Carbs = 92		9 Macaroni & Cheese Stewed Tomatoes Green Beans Blondie Diet = Small Piece Whole Wheat Bread Calories=775 Total Sodium = 792 mg Carbs = 78		10 Baked Potato with Chili Cheese Broccoli Sour Cream Fresh Fruit Italian Bread Calories=718 Total Sodium = 907 mg Carbs = 87	
13 Pork Rib-i-que with BBQ Sauce Macaroni & Cheese Green Beans Mandarin Oranges Sandwich Roll Calories=782 Total Sodium = 1130 mg Carbs = 99		14 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Chocolate Mousse Marble Rye Bread Calories=756 Total Sodium = 921 mg Carbs = 85		15 Chicken Cacciatore* Gemelli Pasta Roasted Cauliflower Brownie Diet = Small Piece Italian Bread Calories=757 Total Sodium = 1014 mg Carbs = 82		16 Sloppy Joe* Potato Wedges Mixed Vegetables Apple Crisp Diet = Applesauce Sandwich Roll Calories=886 Total Sodium = 1120 mg Carbs = 109		17 Braised Beef Rice Pilaf Broccoli Fresh Fruit Marble Rye Bread Calories=842 Total Sodium = 513 mg Carbs = 91	
20 Martin Luther King Day No Meals Served 		21 Spaghetti & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread Calories=697 Total Sodium = 1195 mg Carbs = 98		22 Garlic Herbed Chicken Apple Cornbread Stuffing Roasted California Blend Pear Crisp Diet = Pears Marble Rye Bread Calories=755 Total Sodium = 912 mg Carbs = 81		23 Egg Fritata* Red Bliss Potatoes Green Peas Birthday Cake Diet = Small Piece Whole Wheat Bread Calories=768 Total Sodium = 1165 mg Carbs = 87		24 Lentil Stew with Cheddar Cheese Steamed White Rice Peas and Carrots Fruited Ambrosia Pumpernickel Bread Calories=874 Total Sodium = 878 mg Carbs = 114	
27 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Cookies Biscuit Calories=883 Total Sodium = 1022 mg Carbs = 90		28 Bean & Cheese Enchilada* with Cheese Spanish Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream Calories=697 Total Sodium = 1179 mg Carbs = 97		29 Salisbury Steak with Gravy Garlic Mashed Potatoes Honey Glazed Carrots Baked Apples Italian Bread Calories=709 Total Sodium = 736 mg Carbs = 85		30 Fish with Crumb Topping Lemon Seasoned Potatoes Roasted Broccoli Vanilla Mousse Whole Wheat Bread Tartar Sauce Calories=761 Total Sodium = 790 mg Carbs = 82		31 Cranberry Chicken Salad Three Bean Salad Coleslaw Fresh Fruit Hot Dog Bun Calories=821 Total Sodium = 969 mg Carbs = 84	

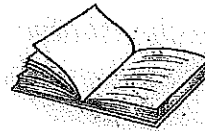
Veterans News

The Veteran's Agent, Michelle Durkee, will be holding office hours at the Senior Center on the first Wednesday of the month from 9:00 AM – 10:00 AM. Office hours in January will be on January 8, due to the New Year Holiday.

Michelle can also be reached by phone at 978-400-1938 or by e-mail.
vso@wbrookfield.com

Book Club

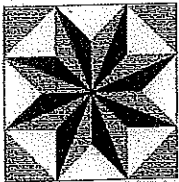
Tuesday, January 21 at 1:00



The book choice for January is
Horse by *Geraldine Brooks*.

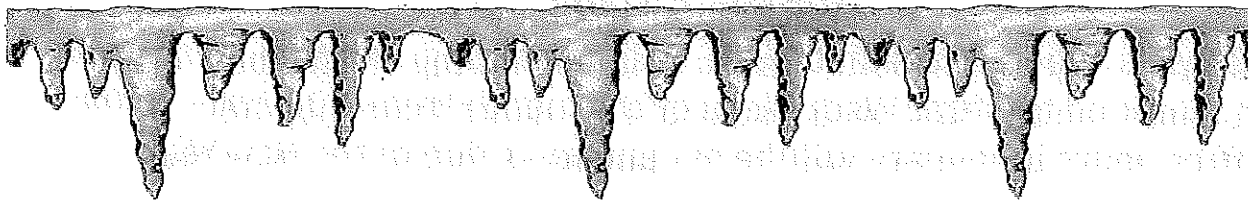
Horse is based on the remarkable true story of the record-breaking Civil War-era thoroughbred Lexington, the people who cared for him, the artists who painted him, and the scientists who study his bones. *Horse* is a novel of art and science, love and obsession, and our unfinished reckoning with racism.

The Book Club welcomes new members!



LOOKING FOR NEW MEMBERS

The Quaboag Plantation Guild is looking for new members! As a guild we meet at the West Brookfield Senior Center at 6 PM on the second Thursday of the month from September to June. We also hold "Open Sews" once every month on a Saturday from 10 AM to 4 PM. All quilters are welcome, regardless of skill level. If you have never quilted before but want to learn how to quilt, then come join us! Our next guild meeting is Thursday, Jan. 9 at 6 PM. Our next Open Sew is on Saturday, Jan. 18th from 10 AM to 4 PM. Come check us out!



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.

School closings can be found on the Quaboag Regional School District website (www.quaboagrs.org), on major tv channels such as channel 5 or 7, or by listening to the Radio channel WTAG or on your computer at wtag.iheart.com

White Christmas Drawing Winners

Congratulations to:

Happy Holiday Hamper	Ed P.
Free Drawing	Linda B.



**Mini-Manicures
at the Senior Center
Thursday, January 16
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!

Meals on Wheels

If you are home-bound, you may be eligible for Meals on Wheels. Please call Tri-Valley at 800-286-6640 or 508-949-6640 and ask for Nutrition to get more information.