

The Silver Streak...

February 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



*February
at the
Senior Center*

From the Director and staff:

We are asking you to remember to scan your card at the computer when you attend an activity at the Senior Center. When programs need to be canceled due to inclement weather, we can't let you know if you haven't scanned your card. At this point, we are still counting participants by hand to keep our statistics in addition to the computer counting participants for us. Our goal is to have the computer do all the counting, since the Executive Office of Aging and Independence requires reports dealing with Senior Center participation. If you don't have your card with you, you can still check in using your name and phone number. If you don't have a card, please ask for one at the front desk. Thank you for your cooperation.

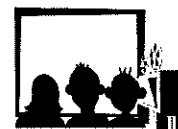
Also, moving forward, there will be new policies put in place. Other policies will be revisited. Stay tuned for more details in upcoming newsletters.

Thank you all for your cooperation!

Movie

Monday, Feb. 24 at 12:30

Chocolat



*starring Juliette Binoche, Judi Dench
and Johnny Depp*

A mother and daughter move to a small French town where they open a chocolate shop. The town, religious and morally strict, is against them, as they represent free-thinking and indulgence. When a group of gypsies arrive by riverboat, the Mayor's prejudices lead to a crisis.

"I am only one; but still I am one.

I cannot do everything, but still I can do something.

I will not refuse to do the something I can do."

~ Helen Keller ~

COUNCIL ON AGING

Nancy Seremeth – Chair
Irene White – Vice-Chair
Betty Bliss – Secretary
Nancy Arsenault, Lisa Marie Berthel,
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.



Valentine Ice Cream Social

Monday, Feb. 10 at 12:30

Cost: \$2.00 (payable at sign-up)

Celebrate Valentine's Day with us!
Make your own ice cream sundae and enjoy the afternoon.

NALOXBOX Presentation

Thursday, Feb. 6 at 12:30 PM

with Erin and Ashley from Mill Towns Public Health
The Senior Center now has a NALOXBOX.

What is a NALOXBOX?

How do you use it?

What is it doing here at the Senior Center?
You may have all these questions and more.
Erin and Ashley TELL ALL.
Please sign up at the Senior Center so that we can arrange for seating.

Special Presentation

Thursday, February 13 at 1:00

Becoming Darlene-

The Story of Belchertown Patient # 4952

Book Signing and Author Talk
with Ed Orzechowski

(author, former teacher at Quabog Regional)

At age seven, Darlene is sent to Belchertown State School, a de-humanizing institution where she meets a sister she didn't know she had. Darlene considers herself an It, unworthy of a name. Little Girl, Boy, and Brains are voices in her head who help her survive. Books will be available for purchase. Please sign up so we can arrange for seating.

Drawings! More Winners!

Congratulations!

Lottery Wreath	Joan S.
Quilt	Margaret O.
50/50	Gloria M.
Free Drawing	Pat R.

Coming in March

Tues. March 4 Fat Tuesday Pasta Bar

Thurs. March 13 "Let Your Yoga Dance"

Thurs. March 20 Blue Cross/Blue Shield
Information Table

Mon. March 24 District Attorney's Office
Information about Scams

"Fat Tuesday" Pasta Bar

Tuesday, March 4 at noon



(Cost: \$3.00 – payable on the day of the meal)

Tri-Valley is offering an Italian buffet for your enjoyment. Featured will be penne pasta with a choice of tomato sauce or alfredo sauce and the following toppings: meatballs, sweet Italian sausage, grilled chicken, roasted onions and peppers, broccoli, and sauteed mushrooms. Garlic bread, milk, and dessert will also be included.

Pre-registration is REQUIRED.

Sign up by February 19!

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 _____

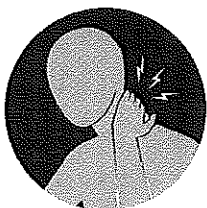
Phone _____

DOB _____

That “Crick” in Your Neck

(source: Prevention Magazine)

When you wake up and can't even swivel to look at the alarm clock, you know something is wrong. Unlike neck pain caused by nerve damage, which feels sharp and achy, a stiff neck is reduced mobility caused by muscle strain, say Toronto osteopath Liza Egbogah, D.C.



What causes the “crick”?

In addition to injuries and arthritis, these lifestyle factors can be culprits:

1. Stress

“We tend to store a lot of tension in the neck and shoulders,” says Egbogah. “This muscle tension can cause the neck to stiffen up.”

2. Phone Use

“It is amazing how often we see stiff necks caused by chronic forward head-leaning for texting,” says New York City chiropractor Karen Erickson, D.C. Cradling your phone between your ear and your shoulder can cause stiffness and pain.

3. Sleep Posture

Snoozing without proper neck support can cause muscles to tighten up and neck joints to feel stiff. This is especially true for those who sleep on their stomach, as the position requires you to twist your neck.

How to stop the stiffness

Applying heat and gently massaging the spot can help ease the pain, says Erickson. To prevent stiffness in the first place:

1. Set up an ergonomic workspace:

Keep your computer monitor at eye level, use a separate keyboard if you're on a laptop, and have your desk chair level with your typing surface to avoid hunching your shoulders.

2. Go Hands-Free

Bluetooth earbuds or a speakerphone can help you avoid bending your neck over your phone.

3. Sleep Smart

Choose a pillow that is the correct thickness to

keep your spine aligned (look for one that is contoured or even adjustable), or try to sleep on your side with your neck supported so your shoulders are positioned at a 90-degree angle to it.

When a stiff neck is more serious

Consult a doctor if your stiffness is due to an injury or lasts more than a few days. If you're also experiencing numbness or tingling in your arms or hands, fever, headache, or difficulty breathing, seek help right away as this could indicate a more serious condition such as a herniated disk or even meningitis.

Getting Your Taxes Done

AARP will not be preparing taxes at our Senior Center this year. There are other locations that are hosting AARP tax prep volunteers. Some towns offer this service to town residents before opening it up to people from out of town.

Appointment schedules are usually set by mid-February.

Please call the West Brookfield Senior Center and we can direct you to available locations

Mini-Manicures at the Senior Center

**Thurs., February 13
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!

A special THANK YOU to the **Dunkin Divas** who have stuffed and folded our monthly newsletters to get them ready for mailing.

You go, girls! We appreciate you!

Veterans Outreach Services



Did you know that Tri-Valley provides education, support and connection to community resources and benefits for those who have served in the U.S. Armed Forces? They also support those in the Reserves/National Guard.

Veteran's spouses, widow(er)s and dependents under 18 qualify.

Supplemental support includes connections to Veteran Service Officers, Education, Training, Employment, Housing, Food Security, Public Benefits, Health and Wellness, Family Activities and Recreation. Contact Tri-Valley at 508-949-6640 or 1-800-286-6640.

FEBRUARY 2025 - Nutrition Breakdown

Monday	Tuesday	Wednesday	Thursday	Friday	
3 Burger Chili & Cheese Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll Sodium 150 297/90 7 8 248	4 Chicken Pesto Delmonico Potatoes Peas & Carrots Cookie Pumpnickel Bread Sodium 459 213 30 147 135	5 Turkey Supreme* Mashed Potatoes Roman Blend Vegetables Pear Crisp Diet = Peas Marble Rye Bread Sodium 707 108 9 54 10 105	6 American Chop Suey Roasted Broccoli Corn Vanilla Pudding Diet = SF Vanilla Pudding Whole Wheat Bread Sodium 186 15 5 170 125 138	7 Jambalaya* Rice Pilaf Green Peas Fruited Ambrosia Italian Bread Sodium 539 70 7 50 96	
Calories=823 Carbs=102 Total Sodium = 916 mg	Calories=781 Carbs=90 Total Sodium = 1108 mg	Calories=723 Carbs=81 Total Sodium = 1109 mg	Calories=836 Carbs=88 Total Sodium = 640 mg	Calories=766 Carbs=108 Total Sodium = 887 mg	
10 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Pumpnickel Bread Sodium 202 83 108 30 0 135	11 HIGH SODIUM Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Sodium 540 370 152 14 195 50	12 Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Choc. Pudding Marble Rye Bread Sodium 255 53 7 135 160 125	13 Lemon Pepper Haddock O'Brien Potatoes Summer Corn Mandarin Oranges Apple Cinnamon Muffin Sodium 223 101 5 0 190	14 VALENTINE'S DAY Chicken Picatta Wild Rice Rst. Brussels Sprouts Cheesecake Mousse Whole Wheat Bread Sodium 319 280 9 130 138	
Calories=735 Carbs=96 Total Sodium = 683 mg	Calories=834 Carbs=93 Total Sodium = 1446 mg	Calories=852 Carbs=96 Total Sodium = 680 mg	Calories=720 Carbs=94 Total Sodium = 644mg	Calories=685 Carbs=84 Total Sodium = 1000 mg	
17 Presidents' Day No Meals Served	18 BBQ Chicken BBQ Sauce Potatoes Au Gratin Scandinavian Vegetables Fresh Fruit Marble Rye Bread Sodium 212 391 285 30 1 105	19 Macaroni & Cheese Stewed Tomatoes Green Beans Brownie Diet = Small Piece White Bread Sodium 250 6 0 150 75 142	20 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread Sodium 438 101 16 0 0 138	21 Marinated Pork Loin Herbed Potatoes Honey Glazed Carrots Peach Crisp Diet = Peaches Marble Rye Bread Sodium 400 7 70 35 5 105	
	Calories=696 Carbs=98 Total Sodium = 1150 mg	Calories=680 Carbs=110 Total Sodium = 673 mg	Calories=802 Carbs=98 Total Sodium = 818 mg	Calories=748 Carbs=67 Total Sodium = 741 mg	
24 Greek Chicken Steamed White Rice Rstd. California Blend Lorna Doone Cookies Whole Wheat Bread Sodium 409 101 32 147 138	25 Meatballs w/ Onion Gravy Bowtie Pasta Country Blend Vegetables Pineapple Italian Bread Sodium 260 85 8 22 0 96	26 HIGH SODIUM Banh Mi Pork Riblet w/ Sauce Carrots Coleslaw Bake Cinnamon Pears Sandwich Roll Mayo Sodium 450 320 53 152 5 248 70	27 Vegetable Cheese Bake Red Bliss Potatoes Green Beans Birthday Cake Diet = Small Piece Pumpnickel Bread Sodium 416 17 0 221 110 135	28 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Beets Fresh Fruit Sandwich Roll Sodium 240 85 108 140 0 248	
Calories=792 Carbs=93 Total Sodium = 952 mg	Calories=760 Carbs=91 Total Sodium = 595 mg	Calories=784 Carbs=88 Total Sodium = 1422 mg	Calories=845 Carbs=74 Total Sodium = 914 mg	Calories=788 Carbs=100 Total Sodium = 946 mg	

Menus are 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

~ February 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta	4 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	5 9:00 Veteran Agent 10:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	6 9:00 Foot Care 9:00 Yoga (\$3) 12:30 MAJHionng 12:30 NALOXBOX Presentation	7 9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	8
9	10 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Valentine Ice Cream Social	11 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	12 10:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	13 9:00 Yoga (\$3) 9:10 Mini- Manicures 12:30 MAJHionng 1:00 Author Talk 6:00 Quilt Meeting	14 Closed for Cleaning	15
16	17 Closed President's Day	18 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Book Club	19 10:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	20 9:00 Yoga (\$3) 10:15 COA Meeting 12:30 MAJHionng	21 9:00 Zumba (\$3) 10:00 Walking 10:00 Coffee Hour with Town Administrator 10:00 Blood Pressure 11:00 Bridge 12:30 Pitch 1:00 Board Games	22 10:00 Open Sew
23	24 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Movie	25 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	26 10:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	27 9:00 Foot Care 9:00 Yoga (\$3) 12:30 MAJHionng	28 9:00 Zumba (\$3) 10:00 Hearing Clinic 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	

Notes: