

The Silver Streak...

March 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

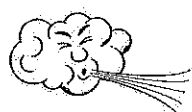
West Brookfield, MA 01585

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

Senior Center 508-867-1407

Meals 508-867-1411 Fax 867-1407

ElderBus 1-800-321-0243



March
at the
Senior Center



Let Your Yoga Dance

with instructor Sharon Palmer

Thursday, March 13 at 10:15

Join Sharon for "Let Your Yoga Dance" – a fun, light-hearted,

energizing experience where "joy and fun meet deep and profound." It combines flowing (standing) Yoga movements, dance, and an exploration of the body's seven "chakras" or energy centers – all with an eclectic variety of music. You can "let your yoga dance" either standing or seated, or both, and no experience in Yoga or dance is needed. Even if you think you have "two left feet" you can participate easily because there is no right or wrong way to dance here, and you will find yourself smiling and feeling great throughout – and after. There is no cost for this session. Please sign up at the Senior Center.

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

Just a reminder: REAL ID

(source: Mass.gov)

Beginning May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card (or another TSA-acceptable form of identification) for domestic air travel and to enter certain federal facilities.

TSA publishes a list of acceptable identification documents on its website at tsa.gov/real-id

*Daylight Savings Time begins on March 9.
Remember to set your clocks ahead one hour.*

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

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



Movie

Monday, March 10 at 12:30

The Fabulous Four

(starring Bette Midler, Susan Sarandon, Sheryl Lee Ralph and Megan Mullally)

This comedy follows three lifelong friends who journey to Key West, FL, to be bridesmaids at their college friends' surprise wedding. Please sign up at the Senior Center.

Blue Cross/Blue Shield Information

Thursday, March 20 at 12:30

A Blue Cross/Blue Shield representative will host an information table where individuals can drop by to ask questions about Medicare Advantage, Medicare Supplement Plans, and general Medicare-related topics. THIS IS NOT A PRESENTATION but an opportunity for beneficiaries to receive guidance at their convenience. No appointment necessary!

SCAMS !

Monday, March 24 at 12:30

(with Kevin Donahue, Office of the District Attorney)

Scams are still occurring and are even growing in number. It's very easy to fall prey to those trying to get your money, whether it be a scam by mail, e-mail or telephone.

Kevin will be here to inform us about scams – and how to avoid being taken advantage of. Kevin is always willing to answer any questions you may have. Please sign up at the Senior Center. Stay aware!

Wish List

Quart zipper storage bags for food distribution

Support For All

**Thursday, March 27
at 12:30 PM**

Hosted by Christy Mylott

Sponsored by Mylott Consulting



Are you a caregiver? Are you grieving loss? Feeling isolated? Do you have seasonal depression? Plan on attending this program. This session will last approximately an hour. Please sign up at the Senior Center.

"Three for Three"

Tuesday, March 18 at noon

Cost: \$3.00



We're serving three pancakes and three slices of bacon for three dollars. Please pay on sign-up.

Coming in April

**Mondays – Matter of Balance Workshop
8 sessions (see newsletter insert).**

April 28 at 6:30 PM

"Yours For Humanity – Abby"

Travel back to 1854 and enter Abby's world- a tumultuous time when social and political differences divided our country.

(This program made possible by the West Brookfield Cultural Council, along with the West Brookfield Historical Commission and the West Brookfield Historical Society)

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 _____

TRI-VALLEY, INC. - MARCH 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
3	Lasagna with Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread	4	Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	5	Baked Potato w/ Cheese Vegetarian Chili Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	6	Burgundy Pork* Mashed Potatoes Peas & Carrots Apple Crisp Diet=Applesauce Marble Rye Bread	7	Fish w/ Chimichurri Sauce Rice Pilaf Chuckwagon Corn Brownie Diet = Cookie Whole Wheat Bread
Calories= 693 Total Sodium = 1105 mg Carbs =96		Calories=862 Total Sodium = 1086 mg Carbs =98		Calories=749 Total Sodium = 908 mg Carbs =102		Calories=805 Total Sodium = 1198 mg Carbs = 78		Calories=716 Total Sodium = 532 mg Carbs = 94	
10	Buttermilk Chicken Cranberry Stuffing Roasted California Veg Rice Krispy Treat Whole Wheat Bread	11	Beef Stew Rice Corn Niblets Mandarin Oranges Pumpnickel Bread	12	High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Cinnamon Pears Hot Dog Bun	13	Meatloaf w/ Gravy Garlic Mashed Potatoes Peas & Onions Fresh Fruit Marble Rye Bread	14	Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread
Calories=733 Total Sodium = 1063 mg Carbs = 95		Calories=840 Total Sodium = 535 mg Carbs = 103		Calories= 850 Total Sodium = 1458 mg Carbs = 93		Calories= 731 Total Sodium = 656 mg Carbs = 93		Calories=681 Total Sodium = 532 mg Carbs =74	
17	High Sodium Meal Corned Beef* Boiled Potatoes Cabbage & Carrots Pear Crisp Diet = Pears Pumpnickel Bread	18	Roast Turkey* with Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Baked Apples Whole Wheat Bread	19	Shepherd's Pie Carrots Peas Brownie Diet = Cookie Pumpnickel Bread	20	Greek Lemon Chicken Herbed Potatoes Roasted Broccoli Lorna Doone Cookies Italian Bread	21	Vegetarian Chili Steamed Rice Carrots Fresh Fruit Marble Rye Bread
Calories=645 Total Sodium = 1499 mg Carbs = 73		Calories=688 Total Sodium = 1086 mg Carbs = 100		Calories=822 Total Sodium = 776 mg Carbs = 99		Calories= 697 Total Sodium = 718 mg Carbs = 74		Calories=690 Total Sodium = 696 mg Carbs = 127	
24	Pork Rib-i-que BBQ Sauce Mac N Cheese Mixed Vegetables Fresh Fruit Sandwich Roll	25	Beef w/Peppers & Onions Yukon Gold Potatoes Carrots Vanilla Pudding Diet = SF Vanilla Pudding Sandwich Roll	26	Chicken Veg. Stir Fry* Steamed White Rice Green Beans Fruited Ambrosia Italian Bread	27	Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Birthday Cake Diet = Half Piece Marble Rye Bread	28	Fish w/Crumb Topping Lemon Seasoned Rice Tuscany Style Vegetables Pineapple Whole Wheat Bread
Calories= 723 Total Sodium = 1153 mg Carbs = 85		Calories=770 Total Sodium = 1024 mg Carbs = 93		Calories= 700 Total Sodium = 1192 mg Carbs = 93		Calories=813 Total Sodium = 912 mg Carbs = 83		Calories=681 Total Sodium = 622 mg Carbs = 94	
31	Chicken Cacciatore* Gemmeli Pasta Broccoli Peaches Italian Bread	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		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			
Calories= 724 Total Sodium = 1144 mg Carbs = 74									

~ March 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 12:00 Pasta Bar 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) 12:00 Tax Prep 12:30 MAHJongg	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) 9:30 Rep. Berthiaume and Sen. Durant Office Hours 10:00 Walking 12:30 Canasta 12:30 Movie	11 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Book Club	12 10:00 Walking 10:00 Wednesday Quilters 12:30 Pitch 1:00 Genealogy	13 9:00 Yoga (\$3) 10:15 Let Your Yoga Dance 12:30 MAHJongg	14 9:00 Zumba (\$3) 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	15
16	17 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 1:00 Naloxbox Presentation	18 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:00 Three for Three 12:30 Busy Bees	19 10:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	20 9:00 Yoga (\$3) 10:15 COA Meeting 12:30 MAHJongg 12:30 Blue Cross/ Blue Shield Information table	21 No Zumba today 10:00 Walking 10:00 Coffee Hour 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 SCAMS District Attorney	25 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	26 10:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	27 9:00 Yoga (\$3) 12:30 MAHJongg 12:30 Support For All	28 9:00 Zumba (\$3) 10:00 Hearing Clinic 10:00 Walking 11:00 Bridge 12:30 Pitch 1:00 Board Games	29 Boat Club Meeting, Check with club for time.
30	31 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta					

Winter skin woes

Frosty temperatures can do a number on our skin, especially as we get older.

If perpetually cold hands and feet weren't clear tip-offs that we're now in winter's grasp, perhaps a flurry of dry, flaky skin has driven it home.

Rough, itchy patches are nearly universal at this time of year. But you may not have braced yourself for other skin problems that can crop up—or get worse—when temperatures plunge.

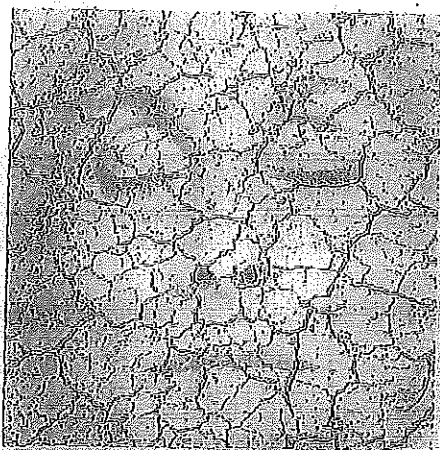
On this undesirable list are eczema, which is marked by dry, red areas and painful cracks; psoriasis, which typically involves patches of thick, red skin coated with silvery scales; rosacea, most often characterized by facial flushing and redness and causing red bumps on the nose and cheeks; and seborrheic dermatitis, which is known as dandruff when it's on the scalp but can take the form of a scaly rash on other skin areas, particularly around the eyebrows and the corners of the nose and chin.

Even people whose skin has been remarkably unproblematic over the years often find they're facing new winter skin woes merely because they're getting older, says Dr. Rachel Reynolds, interim chair of dermatology at Harvard-affiliated Beth Israel Deaconess Medical Center. For women, the first five or so years after menopause may seem especially brutal, since diminishing estrogen levels translate into less skin moisture.

"As we age, our skin gets drier," Dr. Reynolds says. "So unless someone has already been dealing with a skin condition, they might not experience these weather-related changes until they get older."

Problematic behaviors

Why do all of these problems converge in winter? Simply put, winter wreaks havoc with our skin barrier—the top layer of skin, which contains substances



Winter-fueled dry skin is common, but other conditions can also crop up or worsen.

such as cholesterol and fatty acids that help seal in moisture and protect against irritants.

Frosty temperatures and dry air are winter-weather characteristics that are particularly hard on skin. "Even heating systems create more dryness," Dr. Reynolds notes. "They take more humidity out of the environment, which extracts moisture from the skin."

Certain behaviors can aggravate the situation, including

- ▶ taking long, hot showers or washing hands frequently
- ▶ using harsh soaps, laundry detergents, fabric softener sheets, or heavily fragranced products
- ▶ spending a lot of time outdoors
- ▶ wearing wool, which can irritate sensitive skin.

Surprisingly, using alcohol-based hand sanitizer—which became a staple during the pandemic—isn't as drying as hand washing can be, Dr. Reynolds says. "Ironically, for someone who has to clean their hands frequently, soap and water exposure is more harsh on skin," she says.

Skin protection tips

Applying moisturizer is a go-to measure to ward off dry skin, as well as soothe problems such as eczema, psoriasis, rosacea, and seborrheic dermatitis. But Dr. Reynolds suggests taking a deeper dive on products and approaches you may not have considered:

- ▶ Opt for creams and ointments, since thinner lotions don't provide as much moisture.
- ▶ Coat cracked skin areas with petroleum jelly and cover with cotton gloves, plastic wrap, or another barrier to seal in moisture overnight.
- ▶ Use a humidifier to pump moisture into dry indoor air.
- ▶ Take only lukewarm showers, and shower no more than once a day—every other day if possible.
- ▶ Use moisturizing soaps and liquid body cleansers, which contain more skin-softening emollients than bar soap. "And try to avoid soap on areas you don't need it, like your arms and legs," she says.
- ▶ Pat yourself dry after bathing and apply moisturizer while skin is still damp, which traps the moisture.

However you respond to dry skin, don't ignore it—especially if you're at midlife or beyond, Dr. Reynolds warns. Untreated dry skin can develop into a type of eczema called nummular dermatitis, another version of the dry-skin eczema often seen on older people's legs. This itchy condition can predispose people to cellulitis, a potentially serious skin infection that can spread to the bloodstream.

"Everyone gets dry skin as they age, and the degree to which you get it varies from person to person," she says. "Anyone around 60 or older could be predisposed to this eczema, just based on age-related dry skin."

See your primary care doctor if you develop an itchy, red rash. "If it becomes more severe, your doctor may refer you to a dermatologist," Dr. Reynolds says.

One last caveat: drinking water isn't a cure-all to either avoid or treat dry skin. "Keeping up with normal fluid intake is a good idea, but the benefits of skin hydration from drinking water are sometimes overemphasized," Dr. Reynolds says. "A much more effective approach is hydrating your skin from the outside by practicing diligent skin care and moisturizing regularly." ☺

the
healthy living
Center of Excellence



A Matter of Balance

Sign Up Today for Free Eight Week Workshop!

Sponsored by Tri-Valley Inc.

Mondays 10:15-12:15

April 7th - June 9th

*no classes 4/21 and 5/26

West Brookfield Senior Center

73 Central St. West Brookfield MA, 01585

Register at the Senior Center

Or contact Gina Metras, 508-949-6640 ext. 3339

gmetras@tves.org.

visit our website at www.healthyliving4me.org

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Learn to

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce the risk of falling
- Exercise to increase strength and balance

Who should attend

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling
- Anyone interested in improving balance, flexibility and strength









AgeSpan
Choices for Life's Journey

Safe Driver Checklist

(continued)



-  Do you often get lost on once familiar roads?
-  Do you forget the basics, such as putting on your headlights and wearing a seat belt?
-  Are you unsure of your parking skills? Can you parallel park and park in a straight line?
-  Are you unsure of your reflexes and reaction time? Is it difficult to react quickly in certain situations, e.g. braking to avoid a collision?
-  Have your family, friends, or even police officers told you that you aren't a safe driver?

If you find yourself answering yes to many of these questions, you may want to consider driving less, or not driving at all. Drivers who voluntarily surrender their licenses are eligible for a free Massachusetts I.D. For more information, contact the Registry of Motor Vehicles at 857-368-8000 or 800-858-3926










For More Information...

visit <http://www.massrmv.com/rmv/medical>
for details on the physical qualifications of operating
a motor vehicle safely.

Safe Driver Checklist

Massachusetts Registry of Motor Vehicles
PO Box 55889, Boston MA 02205-5889
857-368-8000
www.massrmv.com



-  Do you have difficulty seeing clearly in the dusk and dark?
-  Do headlights from other vehicles obstruct your sight?
-  Are you easily intimidated by passing vehicles including trucks and motorcycles?
-  Do you have difficulty reading road signs?
-  Do you have difficulty following construction detours or seeing the police officer on detail near construction zones?
-  Do you have difficulty seeing train crossing signals or hearing train whistles?
-  Do you have difficulty keeping up with the posted speed limit?
-  Do you get drowsy behind the wheel or have difficulty concentrating?
-  Do you have difficulty hearing other vehicles?

(-over-)

This is a portion of the RMV's Safe Driving for Elders program,
a free one-hour presentation for drivers 50 and older.

Safe Driving

For Older

Adults



Maybe you already know that driving at night or in rainy weather is a problem for you. Some older drivers also have problems with certain routes or driving on busy highways, for example.

While many people value the independence of driving, changes that happen with age may alter a person's ability to drive safely.

What can change driving ability with age?

Common health conditions and medication with side effects may influence your driving skills.

Stiff joints and muscles might affect your ability to drive. If pain, stiffness, or arthritis seem to get in the way of your driving, talk to your doctor. Think about getting hand controls for both the gas and brake pedals.

Your **eyesight** can change as you get older. It might be harder to see people, things and movement outside your direct line of sight. It may also take longer to read traffic signs. Glare from oncoming headlights can be a problem. If you are 60 or older, get a dilated eye exam from your eye doctor every one to two years.

As you grow older, your **hearing** can change, making it harder to notice horns, sirens, or even noises coming from your own car. Have your hearing checked at least every three years after age 50 or more frequently if you have had chronic exposure to loud noises or have other risk factors for hearing loss.

Some **medicines** can make you feel drowsy or less alert than usual, which can make driving unsafe. Check with your doctor or pharmacist.

As you get older, your **reflexes** might get slower, and you might not react as quickly as you did in the past.

Tips for driving safely

Maybe you already know that driving at night or in rainy weather is a problem for you. Some older drivers have problems with certain routes or driving on busy highways. Consider these tips to help you make safe choices about driving:

1. Talk with your doctor. If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.
2. Be physically active. This will help you keep and even improve your strength and flexibility, which may help your driving abilities.
3. Consider your car. If possible, drive a car with automatic transmission, power steering, power brakes, and large mirrors. Newer cars come equipped with backup cameras, which can make parking and backing up easier, as well as other sensors that can alert a driver to a nearby object.
4. Avoid driving at certain times of day. Cut back on or stop driving at night if you have trouble seeing in the dark.
5. Check in with yourself. Don't drive if you feel light-headed or drowsy. Be sure to check any warnings on medication.
6. Don't crowd. Leave ample space between your car and the car in front of you and start braking early when you need to stop.
7. When in doubt, don't go out.
8. Plan your timing. Avoid heavy traffic areas or rush-hour driving when you can.
9. Check in with yourself. Don't drive if you feel light-headed or drowsy. Be sure to check your medications for any warnings. Try to avoid driving when you are stressed or tired.

All in all, take a common sense approach when it comes to driving!

How to check and improve your driving skills

Are you concerned that your driving skills are declining or could be improved?

You can have your driving skills checked by a driving rehabilitation specialist. You can ask the Department of Motor Vehicles or your doctor to recommend someone who can test your driving skills. Note: There may be fees associated with this type of assessment.



Overheard: Tech companies are working on software for self-driving vehicles. I can't wait until my car suddenly stops in the middle of a highway and reboots to install updates!

Grief Support Group

The Sturbridge Senior Center is hosting a grief Support Group
on the first Thursday of each month at 1:00 PM.

This group will be ongoing.

You are welcome to join social worker Kathy Bogigian,
in a safe, welcoming place where people understand
the difficult emotions of loss and grief.

Please call the Sturbridge Senior Center at
508-347-7575.