

# The Silver Streak...

## April 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.*



### April at the Senior Center

**Please note:** There has been a revision made to our policy at the Senior Center.

Each year, the Friends of the Council supplement the cost of the meals at the Christmas party. Membership dues help to make this happen. In the past, it was overlooked and everyone who signed up was assumed to be a member and charged the reduced rate.

Beginning this year, your \$5.00 annual membership will make you eligible for a reduced rate for certain activities. This includes W.I.S.E. courses and the Christmas meal.

Example: You are a current member of the Friends (Jan. 1 through December 31, 2025). Therefore, you are eligible for the Christmas meal at the reduced price and for W.I.S.E. courses. If you are not a current member, you are responsible for the full cost of the meal.

To become a member or update your Friends' membership please fill out the form in this newsletter, enclose \$5.00, and mail it (or bring it in) to the Senior Center by May 30, 2025. After this date, you will be responsible for the full cost of your meal. Moving forward dues will be due by March 31 of that year. Any exceptions to this policy will be discussed with the Director on an as-needed basis.

We greatly appreciate your understanding.

Kelly, Betty, COA Board and Friends Group

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

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**

### Special Program

#### "Yours For Humanity – Abby"

*(Abby is portrayed by Lynne McKenney Lydick)*

**Monday, April 28 at 6:30 PM**

Abby Kelly (1811-1887), radical abolitionist, women's and human rights activist, dedicated her life to social justice. Travel back to 1854 and enter Abby's world – a tumultuous time when social and political differences divided our country.

Throughout her life, Abby struggled to balance her work as an anti-slavery lecturer with her role as a wife and mother. Abby, her husband Stephen and their daughter Alla, lived on a farm in Worcester, MA, now called Liberty Farm. It was a stop on the Underground Railroad and is a National Historic Landmark.

The public is welcome to attend. Please reserve your seat by calling the Senior Center at 508-867-1407.

*(This program made possible by the West Brookfield Cultural Council, a local agency, supported by Massachusetts Cultural Council, a state agency, as well as the West Brookfield Historical Commission and the West Brookfield Historical Society.)*

### 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

**Special Presentation****Thursday, April 24 at 1:00 PM****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.

(This presentation was originally scheduled for February, and was postponed due to inclement weather.)

**Movie****Thursday, April 10 at 12:30****The Art of Racing in the Rain**

This is a heartwarming tale narrated by a witty and philosophical dog named Enzo (voiced by Kevin Costner). Through his unique insight into the human condition, Enzo helps his owners – racecar driver Denny Swift, his wife Eve and daughter Zoe – navigate life with a refreshing perspective on friendship, family and unconditional love.

**Card-Making with Joann****Tuesday, April 15****12:30 – 3:00****Cost to you: \$5.00 (payable at sign up)****Total cost supplemented by the Friends**

Make 2 cards. The cards will be spring-themed, but the sentiment will be of your choice, be it Birthday, Get Well, Easter, etc. Joann will provide all materials, and no experience necessary. Space is limited! Please sign up by Monday, April 7.

**Mini-Manicures****Thursday, April 10****Cost: \$5.00 payable at time of manicure**

Appointments are necessary. Please sign up at the Senior Center. No tipping, please.

**Coming in May**

Music Bingo – May 1 at 12:30 PM

Let Your Yoga Dance – May 8 at 10:15 AM

Poetry Workshop – May 13, 20, 27 at 10:15 AM

Mother's Day Tea – May 13 at 1:00 PM

Encore Casino Trip – May 20

Donut Dollies – a documentary – May 29 at 1:00 PM

**Mobile Vet Demonstration****Tuesday, April 8 at 12:00**

A mobile vet is a veterinarian who will come to your house to see your pet rather than you

taking your pet to the vet's office or clinic.

Join us to see how a mobile vet works and see a real dog get his physical exam and vaccines.

Please sign up at the Senior Center.

**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 \_\_\_\_\_



## Wake up to the Wonders of Walking

"For most older adults, walking is a very accessible form of exercise for achieving health benefits," says David C. Thomas, MD, MHPE, professor of medicine and rehabilitation medicine at Mount Sinai. "However, if you suffer from any health issues, take the precaution of checking with your doctor before beginning a walking program."

Although the speed at which you walk isn't as important as walking regularly (each day if possible), aim for a steady pace that is brisk enough to increase your heart rate. Dr. Thomas points to the "talk test" as a good way to gauge your walking speed. "If you are able to keep up a conversation with a walking partner without much effort, then you probably aren't walking fast enough for it to count as brisk," he says.

Invest in good, supportive walking or running shoes with arch support, and wear loose, comfortable clothing when you walk. "Opt for several light layers in chilly weather as opposed to one or two heavy layers," Dr. Thomas advises. "If it's particularly cold, wear a hat."

Be sure to drink liquids when doing any activity that makes you sweat, even if you don't feel thirsty – keep in mind that you may not be as aware of thirst as you age, and by the time you notice it, you are probably low on fluids. "However, if you have been advised to limit your fluids because you have heart failure or kidney disease, check with your doctor before increasing the amount of fluid you drink while exercising," Dr. Thomas cautions.

Walk during the day, and wear reflective clothing if the weather is murky or foggy. Avoid uneven ground if you have any balance issues and stay alert for broken pavement that could be a tripping hazard. Watch out for tree roots that could trip you up. Also be aware of other pedestrians, cyclists and dogs that might frequent walking trails. If you have to walk at the side of the road, face oncoming traffic.

Dr. Thomas says that you shouldn't be surprised to suffer some mild muscle soreness after walking, particularly if you've led a fairly sedentary lifestyle. "Start gradually and progress slowly," he says. "Once you become accustomed to the exercise, any aches and pains should ease. If you continue to experience them, check with your doctor."

The Senior Center's walking group meets on Mondays, Wednesdays and Fridays. As a walking group member says, "Walking outdoors in a group can be therapeutic. It's a way to reduce stress, get some fresh air while talking with others, which can boost your mood."

With a group, you're more likely to show up because others are depending on you. You are less likely to skip a walk. It's a more casual, low pressure, low impact way to socialize and meet new friends.

Our regular route is about three miles, but if you have mobility issues you can go as much or as little as you want."

A steady walking program (below) can help you build up to 10,000 steps per day, which health experts recommend for better heart and bone health. Use these guidelines as goals so that you don't push yourself too far too quickly.

week	warm-up (minutes)	walk briskly (minutes)	Cool-down (minutes)	Total daily walking time
1 aim for 3 – 4 sessions	5	5	5	15
2 aim for 4 – 5 sessions	5	7	5	17
3 aim to walk each day	5	10	5	20
4	5	12	5	22
5	5	15	5	25
6	5	20	5	30

**FRIENDS! Everyone needs a friend and a good solid friendship.**

Speaking of friendship... how would you like to join our Friends of the C.O.A.? We are looking to start fresh. Are you interested in becoming the Chairperson, Vice Chair, Secretary or Treasurer? We have openings for these positions. What is the Friends of the C.O.A., you ask? Here is a short explanation.

The Friends group is a group of volunteers. It is, by design, a 501(c)(3) organization that meets as frequently as a volunteer's time will allow, to create ways to help fund the Council on Aging/Senior Center. The Friends are TASKED with raising funds for the projects, events and outings offered by the Senior Center.

We will be having an **INFORMATIONAL meeting** on April 22, 2025 from 1:00 PM until approximately 2:00 PM. Refreshments will be available.

## IRS Tax Scams

Tax related scams are on the rise. Refund scams can take a major financial and emotional toll on those they impact, and they can happen to anyone. Scammers are now using artificial intelligence (AI) and other powerful tools to appear legitimate.

### How does the IRS usually contact you?

According to the agency's official website, the IRS typically reaches out through regular postal mail first. If you're wondering, "How do I know if an IRS notice is real?", you can verify the letter or notice on the IRS site. To a lesser extent, the IRS may also contact you by e-mail or text, but only with your permission. They may contact you by phone to verify information, discuss your case or schedule a meeting.

### What will the IRS not do?

It also helps to know what actions the IRS will specifically not take in relation to your taxes. The agency will not:

- \* contact you or take payment on social media
- \* accept gift cards, wire transfers, or prepaid debit cards as payment
- \* request credit, debit, or gift card numbers over the phone
- \* threaten to call local police or immigration officials
- \* take your citizenship status, driver's license, or business license

### **Examples of tax scams:**

#### Unpaid Taxes Scam

In this type of government imposter scam, criminals pose as real IRS agents. They call, e-mail or text taxpayers demanding immediate payment for money allegedly owed. Some use spoofed caller IDs to make it look like the call is coming directly from the IRS. Scammers also use AI technology like voice cloning to make their communications look and sound convincing.

*What this scam may look like:* Archie gets a phone call from an agent claiming he has an unpaid tax bill. His caller ID displays the letters IRS, so he thinks it's the real deal. The agent is rude and threatening, explaining that Archie must settle his tax debt right away or face arrest. Archie is instructed how to make payment to the IRS via wire transfer.

#### Stimulus Payment Scam

The BBB recently reported a growing tax scam where IRS impersonators text taxpayers promising a \$1,400 stimulus check. Eligible taxpayers who did not claim this credit on their 2021 tax returns will indeed receive this money. But that payment is sent automatically without advance notification.

*What this scam may look like:* A text message pops up on Eleanor's phone notifying her that she's eligible for an Economic Stimulus payment. It says her money can be deposited in a matter of days. Eleanor is prompted to click on a link in the text that leads to a realistic looking IRS website designed to get visitors to provide personal data.

### **How can you protect yourself from tax scams?**

Verify everything. If you receive a phone call claiming to be from the IRS, hang up and call the official IRS number (1-800-829-1040) to see if it's legitimate.

Check the source before clicking links.

**Report suspected scams:** If you suspect a tax scam, report it.

IRS phishing e-mail reporting – Forward scam emails to [phishing@irs.gov](mailto:phishing@irs.gov)

Federal Trade Commission – Report fraud on the FTC website

STAY VIGILANT AND SPREAD THE WORD

## Volunteering - Hands that Change Lives

Volunteer Week is April 20 - 26



Note from Betty: When I started working at the Senior Center about 18 years ago, I was told that volunteers are the backbone of the Senior Center. As the "new kid" on the block, I didn't understand this statement and, in my own mind, questioned it immediately. "What do you mean?" I thought to myself. Isn't the staff getting paid to do all the work? I didn't realize exactly how much work there is to be done.

WELL, I sat back and watched for a bit and it didn't take long for me to realize just exactly how much the volunteers contributed- from packing up and delivering the Meals on Wheels, to decorating the Center and outside flower barrels, to setting up and taking down tables, to sending out birthday cards, to answering phones, making copies and confirming appointments at the front desk. You'll see volunteers at every event held at the Senior Center. Their time and efforts are invaluable.

To our Volunteers: You will never know how much we appreciate you. We look forward to seeing you and miss you when you're not here. You are an integral part of daily life at the Senior Center and you make a huge difference. **Thank you for sharing yourselves with all of us.**

*Kelly and Betty*

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Volunteering is a form of kindness that has been linked with living longer and functioning better as we age. (*Harvard Women's Health Watch April 2025*)

If you think you are too small to make a difference, try sleeping with a mosquito.

~ Dalai Lama ~

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### **Encore Casino Bus Trip**

*Your host: Christy Mylott*

**Tuesday, May 20**

Cost: \$40.00 (payable on sign up)

You will receive \$20.00 Free Slot Play

8:30 AM Departure from West Brookfield Senior Center

10:30 AM Arrive at Encore Casino in Boston

4:30 PM Departure

6:30 PM Return to West Brookfield Senior Center

Call the West Brookfield Senior Center for more information,  
or sign up at the Senior Center.

**Please sign up by May 5<sup>th</sup>.**

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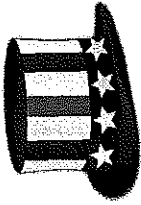
Reminder: April 30 is the deadline for filing fuel assistance applications. Please call Sue at the Senior Center if you need a form or help in completing a form.

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Our Annual Plant Swap will be held on Tuesday, June 3 from 11 AM – 1 PM.

~ April 2025 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	2 9:00 Veteran Agent 9:00 Walking 10:00 Wednesday Quilters 12:00 Rep. Berthiaume and Sen. Durant office hours 12:30 Pitch	3 9:00 Foot Care 9:00 Yoga (\$3) 12:30 MAHJongg 12:30 Bingo	4 9:00 Zumba (\$3) 9:00 Walking 11:00 Bridge 1:00 Board Games	5
6 9:00 Functional Fitness (\$3) 9:00 Walking 10:15 Matter of Balance 12:30 Canasta	7 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:00 Mobile Vet Demonstration 12:30 Busy Bees	8 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Card Making with Joann	9 9:00 Walking 10:00 Wednesday Quilters 12:30 Pitch 1:00 Genealogy	10 No Yoga Today 9:10 Get Your Nails Done 12:30 MAHJongg 12:30 Movie 6:00 Quilt Meeting	11 9:00 Zumba (\$3) 9:00 Walking 11:00 Bridge 1:00 Board Games	12
13 9:00 Functional Fitness (\$3) 9:00 Walking 10:15 Matter of Balance 12:30 Canasta	14 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Card Making with Joann	15 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Card Making with Joann	16 9:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	17 No Yoga Today 10:15 COA Meeting 12:30 MAHJongg 12:30 Bingo 12:30 Support For All	18 9:00 Zumba (\$3) 9:00 Walking 10:00 Coffee Hour 11:00 Bridge 1:00 Board Games	19 10:00 AM Open Sew
20 21 <b>Closed</b>	22 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Friends informational meeting	23 9:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	24 9:00 Foot Care No Yoga Today 12:30 MAHJongg 1:00 Author Talk	25 9:00 Zumba (\$3) 9:00 Walking 10:00 Hearing Clinic 11:00 Bridge 1:00 Board Games	26	
27 28 9:00 Functional Fitness (\$3) 9:00 Walking 10:15 Matter of Balance 12:30 Canasta 6:30 Yours for Humanity – Abby	29 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Book Club 6:30 Ham Radio	30 9:00 Walking 10:00 Wednesday Quilters 12:30 Pitch	Yoga is cancelled on April 10, 17 and 24			

# TRI-VALLEY, INC. - April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Dudley 508-949-6640 Franklin 508-520-1422 Milford 508-478-8102 Northridge 508-234-2002 Southbridge 774-289-9438 Spencer 508-885-5767 Sutton 508-651-6785 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411	<b>2</b> <b>Spaghetti &amp; Meatballs</b> Marinara Sauce Green Beans Italian Bread Fresh Fruit Calories = 732 Total Sodium = 1196mg Carbs = 107	<b>2</b> <b>Jambalaya*</b> Rice Pilaf Green Peas Pineapple Marble Rye Bread Calories = 707 Total Sodium = 846 mg Carbs = 104	<b>3</b> <b>Honey Mustard Pork*</b> Red Bliss Potatoes Roasted Brussels Sprouts Baked Cinnamon Pears Marble Rye Bread Calories = 747 Total Sodium = 1078mg Carbs = 98	<b>4</b> <b>Vegetable Cheese Bake</b> Seasoned Potatoes Jardiniere Vegetables Chocolate Mousse Italian Bread Calories = 876 Total Sodium = 892 mg Carbs = 83
<b>7</b> <b>Burgundy Pork*</b> Rice Pilaf Peas & Onions Pineapple Pumpnickel Bread Calories = 705 Total Sodium = 1131 mg Carbs = 87	<b>8</b> <b>High Sodium Meal</b> <b>Hot Dog*</b> Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Calories = 841 Total Sodium = 1457mg Carbs = 94	<b>9</b> <b>Braised Beef</b> Gemelli Pasta Roasted Broccoli Lemon Pudding Diet=NSA Vanilla Pudding Italian Bread Calories = 902 Total Sodium = 622 mg Carbs = 85	<b>10</b> <b>Ranch Chicken*</b> Herbed Potatoes Spinach Fresh Fruit Pumpnickel Bread Calories = 720 Total Sodium = 909 mg Carbs = 94	<b>11</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Mixed Vegetables Lorna Doones Whole Wheat Bread Calories = 686 Total Sodium = 696 mg Carbs = 85
<b>14</b> <b>Butter Chicken*</b> Seasoned Rice Winter Blend Vegetables Rice Krispie Treat Italian Bread Calories = 688 Total Sodium = 1155mg Carbs = 85	<b>15</b> <b>Salisbury Steak</b> Garlic Mashed Potatoes Tuscany Vegetables Fresh Fruit Sandwich Roll Calories = 780 Total Sodium = 839 mg Carbs = 98	<b>16</b> <b>American Chop Suey</b> Roasted California Veg. Baked Apples Lorna Doone Cookies Whole Wheat Bread Calories = 736 Total Sodium = 643 mg Carbs = 100	<b>17</b> <b>Maple Glazed Ham*</b> Sr Crm/Chive Mashed Pot Carrots Chocolate Cake Diet = Half Piece Cake Marble Rye Bread Calories = 829 Total Sodium = 656 mg Carbs = 102	<b>18</b> <b>Lemon Pepper Haddock</b> Rice Pilaf Carrots Fruited Ambrosia Pumpnickel Bread Calories = 662 Total Sodium = 680 mg Carbs = 89
<b>21</b> <b>Patriot's Day</b> 	<b>22</b> <b>Greek Chicken</b> Seasoned Potatoes Summer Blend Veg. Mandarin Oranges Pumpnickel Bread Calories = 689 Total Sodium = 793 mg Carbs = 95	<b>23</b> <b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Pear Crisp Diet = Applesauce Whole Wheat Bread Calories = 872 Total Sodium = 710 mg Carbs = 96	<b>24</b> <b>Shepherd's Pie</b> Roasted Carrots Green Beans Birthday Cake Diet = Half Piece Cake Marble Rye Bread Calories = 812 Total Sodium = 759 mg Carbs = 87	<b>25</b> <b>High Sodium Meal</b> <b>Turkey Supreme*</b> Herbed Stuffing Roasted Brussels Sprouts Fresh Fruit Italian Bread Calories = 704 Total Sodium = 1440mg Carbs = 87
<b>28</b> <b>Egg Frittata*</b> O'Brien Potatoes Mixed Vegetables Peaches Marble Rye Bread Calories = 666 Total Sodium = 1023mg Carbs = 71	<b>29</b> <b>Teriyaki Beef</b> Steamed Rice Broccoli Chocolate Mousse Fortune Cookie Whole Wheat Bread Calories = 857 Total Sodium = 1047mg Carbs = 112	<b>30</b> <b>Chicken Picatta</b> Lemon Seasoned Rice Roman Blend Vegetables Vanilla Pudding Diet = Vanilla Pudding Pumpnickel Bread Calories = 702 Total Sodium = 916 mg Carbs = 85	Meals are based on a No Added Salt (3,000-4,000 milligrams) 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 Menus are Subject to Change	