

The Silver Streak...

July 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

ElderBus 1-800-321-0243



July at the Senior Center

Pieces of a Dream "Oh Mr. Sandman"

(with Magdalana Grace Siegel)

Wednesday, July 2 1:00 PM

Dreaming is our own individual "video" show, perhaps attempting through our sub-conscious selves to aid us with understanding of what our thoughts may have yet acknowledged.



"Live, learn and pass it on" with Magdalana. Please sign up at the Senior Center.

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



Card-Making with Joann

Tuesday, July 15 12:30 - 3:00 PM

Cost to you: \$5.00 (payable at sign up)

Total cost supplemented by the Friends

Make 2 cards. The cards will be summer-themed, but the sentiment will be of your choice, be it Birthday, Get Well, etc.

Joann will provide all materials, and no experience necessary. Space is limited! Please sign up by Monday, July 7.

The mailing of newsletter is funded, in part through a grant from the Massachusetts Executive Office of Aging and Independence.

New! New! New!

Monday Mindfulness

With Sharon Palmer

Beginning July 7 through September 22

3:00 - 4:00 PM Cost: \$5.00 per class

Meditation is an ancient practice that has been practiced for thousands of years because it works! Generation after generation have experienced for themselves the benefits of meditation, and now through evidence-based research, Western science has been "finding" that meditation does indeed benefit the mind and body in various ways.

With regular meditation practice, we can learn to ride the waves of life with more clarity, steadiness, and acceptance. We might not be able to eliminate stress and difficulties from our life, but we can change our relationship to them and cultivate more peacefulness within ourselves.

Each week, we'll start out with some gentle movement, then explore some practices from the Vipassana (Insight) tradition of meditation with guided and silent practices, and discussion, as participants are willing. Please sign up at the Senior Center.

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



Quiche Luncheon

Tuesday, July 22 at noon

Cost: \$3.00 (payable on sign-up)

(sponsored by the Senior Center)

Join us for quiche and fruit salad-
a light lunch which is perfect for a summer day.
Please sign up by July 17.



Summer Wellness Webinars

Blue Cross Blue Shield wants to help you stay well, with no-cost health education webinars brought to you in partnership with your Council On Aging.

Webinar #1:

Heart Smart: The Power of Healthy Habits

July 16 at 12:00 PM *(offered online)*

Heart disease is the leading cause of death for both men and women in the United States, and it's estimated that 80% of all cardiovascular disease is preventable. Learn how small adjustments to your diet, sleep, exercise, and overall lifestyle can significantly reduce your risk of heart disease. To register:

<https://www.nhlbi.nih.gov/education/heart-month/about>

Webinar #2:

It's a no-Brainer: Simple Steps to Maintaining A Healthy Brain

August 21 at 12:00 PM *(offered online)*

Cognitive decline isn't inevitable as we age. Growing evidence shows that we can reduce our risk by adopting a healthy lifestyle. What's good for the body is also good for the brain. Learn how simple steps like eating specific foods and getting enough sleep can help keep your brain at its best to support cognitive health. Link:

https://well-b.zoom.us/webinar/register/WN_Asl7JZpsTPWddTFxx2WYLg

Movie

Monday, July 21 at 12:30

Where'd You Go Bernadette?

(starring Cate Blanchett and Billy Crudup)

Bernadette Fox is a loving mom who embarks on a journey of self-discovery after years of sacrificing her creative passions for her family.



Don't suffer in the heat!
The Senior Center has air conditioning.

You are welcome to come in, have a beverage and cool off. We are open from 9:00 AM – 3:00 PM.

Overheard: It's so hot out that the chickens are laying fried eggs.

Please note: We have set the date for our Annual Christmas Party at Salem's – Dec. 16, 2025. Remember that those who paid Friends Membership prior to May 31, 2025 will be eligible for a discount on the price of their meal. Sign up starts in November.

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 _____

Rethink Your Drink

(with Fallon Health)

Monday, July 28 at 12:30

Learn ways to make healthier choices with beverages. Please sign up at the Center.



Hydration

We lose water from our body throughout the day through

natural processes such as

sweating and going to the bathroom.

Hydration is the replacement of this water.

Our bodies need water for a wide variety of functions including regulating body temperature, being physically active and brain function – so it's important to ensure we are drinking the right amount of water to stay healthy.

It's crucial that we know how much fluid we need to stay healthy. (Fluid includes not only water, but also other drinks such as tea, coffee, milk, fruit juices and soft drinks.)

Key facts about hydration

- * If we are dehydrated this can make us feel tired, cause headaches and poor concentration.
- * 15.5 cups of fluid per day are recommended for men and 11.5 cups for women. (noting that 20% of fluid intake is from food.) If it is hot or you are exercising, you need to drink more. Alcoholic drinks don't count toward fluid intake as they can make you urinate more than usual. The food we eat, such as fruits, vegetables, soup and yogurt, have a high water content which contributes to fluid intake.
- * All non-alcoholic drinks, including tea and coffee, can hydrate us but it's important to make healthy choices.
- * Older adults who are not in good health may be more at risk of dehydration and so need to drink regularly. They may also want to choose drinks that provide energy and nutrients.

What happens if I become dehydrated?

If we don't drink enough fluid, over time we will become dehydrated. Studies have shown that even low levels of dehydration (1 – 4%) can cause symptoms like headaches and poor concentration.

When we are dehydrated, the kidneys reduce how much water we lose in the urine. This means that the color of the urine becomes darker, and our urine color can give us a good idea of whether we are well hydrated. If we are drinking enough, our urine should be a straw or pale yellow color. If it is darker, we probably need more fluid.

Thirst kicks in when the body is already a little dehydrated, so it's important to drink when we are thirsty. However, in older adults the thirst response may be weaker so we are more at risk for dehydrating. Drink regularly!



Hydrating Foods

Many foods can also help you stay hydrated. For example, watermelon and peaches are high in water content and are also nutrient-dense foods. Strawberries are hydrating and provide fiber, and cantaloupe is rich in vitamin A. Oranges offer a number of health benefits, as does grapefruit.

Fruit is not the only type of food which helps with hydration. You can also include the following:

skim milk, cucumber, lettuce, tomatoes, bell peppers, cauliflower, cabbage, cottage cheese, celery, zucchini, plain yogurt, and of course, broths and soups.

Signs of Dehydration

(source: AARP)

Thirst

Dark urine or less frequent urine

Dizziness, fainting

Fatigue, headache, confusion

Dry mouth

Muscle cramps

Loss of skin elasticity

Signing Up for Activities

We urge you to sign up for activities that you are planning to attend.

Programs have been cancelled because only one or two people have signed up, only to find that several people who didn't sign up arrive to participate. These programs COULD have taken place, and we don't want people to be disappointed. The Senior Center staff also needs to know how many seats to have available, and how to plan refreshments, if any.

Sign up sheets are available on the front counter at the Senior Center. You can also call and ask to be put on the list.

Thank you to those who have been consistent in both signing up for activities and scanning their cards into My Senior Center. We appreciate it.

Remember that the monthly schedule is now available on the Town website.

A Daily Fruit Fix Boosts Health

Fill your fruit bowl with a variety of options for the greatest benefit

The U.S. Department of Agriculture's *Dietary Guidelines for Americans* recommends we eat 2 cups of fruit each day, and there is much evidence of the physical and cognitive health benefits that can accrue if you follow this advice, particularly if you also eat plenty of vegetables. Even so, Centers for Disease Control and Prevention statistics suggest that only about 12 percent of American adults eat enough fruits. Mount Sinai nutrition consultant Fran Grossman, RDN, MS, CDCES, CDN, recommends you rectify this situation if you're among those who bypass the fruit bowl because you think you can get all the nutritional benefits of fruit by popping a vitamin pill. Even if you don't have time to prepare fresh fruit, you can benefit from canned versions, as long as they are canned in their own juice or in water. Frozen fruit also is a handy option and may actually be fresher than what you can find in the produce department. "Fresh fruit often is stored for months before going on sale," Grossman explains. "Conversely, the fruit you find in the freezer aisle is frozen right after it is harvested, and this helps preserve its nutrients." Place a bowl of it in the refrigerator at night, and you'll have a delicious fruit treat at breakfast time without having to prepare the fruit yourself—you also can whizz it into a delicious smoothie using your blender.

Stock up on these fruits to get the most nutritional bang for your buck.

1 Berries Grossman particularly recommends blueberries, blackberries, strawberries, raspberries, and acai and goji berries. All are packed with antioxidants, including vitamins A, C, and E, and the anthocyanins that give berries their red or purple hue. Antioxidants help combat free radicals. These are naturally occurring molecules that may trigger the systemic inflammation that has been linked to cardiovascular disease, cancer, arthritis, and dementia, among others. Research has linked blueberries in particular with better cognition in older adults, and one study found that women

who ate three or more servings of blueberries and strawberries per week had a one-third reduced risk of heart attack. Use berries in smoothies, or team them with oatmeal or plain low-fat yogurt at breakfast. Grossman adds that berries freeze well. "Rinse them thoroughly and allow them to dry before spreading them on a cookie sheet and putting them in the freezer," she advises. "Once frozen, they will keep for up to a year if packed in an airtight container."

2 Cherries As well as anthocyanin, these contain bone-building calcium, potassium (a mineral that helps regulate blood pressure), and numerous vitamins. There also is evidence that cherries may be beneficial for arthritis and gout. In one study, people with arthritis who consumed two 8-ounce bottles of tart cherry juice each day for six weeks reported improvements in their pain, stiffness, and physical function. Blood tests also revealed that their levels of C-reactive protein (a marker of inflammation) decreased. In other research, people with gout who ate at least 10 cherries per day had a 50 percent lower risk of gout flare-up over a 48-hour period.

3 Oranges contain immune system-boosting vitamin C (one orange provides 130 percent of your daily recommended allowance), folate, potassium, and choline (which may benefit your memory). They also are high in zeaxanthin, another antioxidant that may help ward off age-related macular degeneration (see our June issue). The American Heart Association reports that eating more citrus fruits may lower the risk for ischemic stroke (the type caused by a blood clot). But keep in mind that bitter oranges (also known as sour oranges and Seville oranges), which often are sold in stores that specialize in Latin-American and Cuban foods, interact with several drugs. "If you take daily medications, check the information leaflet or ask your pharmacist if you should avoid these oranges," Grossman warns. Also seek advice if you take drugs that

Berries are among the fruits that provide most nutritional bang for your buck.

© Adam Smithfield/Getty Images


increase your potassium levels (such as blood pressure-lowering ACE inhibitors and angiotensin receptor blockers), since oranges are high in potassium.

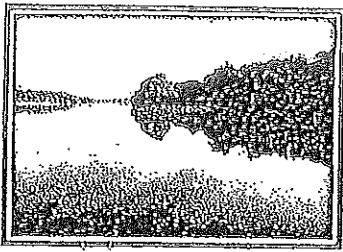
4 Papaya Like oranges, papaya is high in vitamin C, folate, choline, and zeaxanthin. It also is rich in beta-carotene and lycopene, which have been associated with a lower risk for cancer; plus, it is believed to help enhance the effects of HDL ("good cholesterol"). HDL benefits our cardiovascular health by removing LDL ("bad cholesterol") from the body. Papaya also contains an enzyme (papain) that may ease constipation.

5 Kiwis Even higher in vitamin C than oranges, kiwis have been shown to reduce levels of triglycerides (fats that circulate in the blood). They also have mild laxative properties that may help clear up constipation. However, they are high in vitamin K, high amounts of which are contraindicated if you take the blood thinner warfarin (Coumadin®).

6 Red Grapes are rich in resveratrol and quercetin, antioxidants that benefit heart and brain health by relaxing the arteries so that blood flows more easily. They also contain fiber to keep your digestive system operating as it should.

7 Apples Apples are nutritional powerhouses that confer many health benefits. "They are rich in pectin, a type of fiber that has been linked to lower cholesterol and blood pressure, and better cardiovascular and digestive health," Grossman notes. "Keep in mind that you'll need to eat the skin of your apple to get the most fiber and antioxidants."

8 Bananas Packed with heart-healthy potassium, bananas also are full of fiber and are gentle on the digestive system—one reason why mashed banana often is recommended to help replenish the nutrients that may be lost during a bout of diarrhea. 



LAKESHORE TOURS

56 Lakeshore Drive

West Brookfield, MA 01585

Cell: 386-793-4295

travellingmanfb@bellsouth.net

DATE JUNE 16, 2025

TO: BARRE SENIORS NORTH BROOKFIELD SENIORS
BROOKFIELD SENIORS WARE SENIORS
EAST BROOKFIELD SENIORS WARREN SENIORS
OAKHAM SENIORS WEST BROOKFIELD SENIORS

FROM: FRAN ELLIOTT: LAKESHORE TOURS

SUBJ: MAINE LOBSTER CLAMBAKE TRIP
SUNDAY, JULY 20, 2025

TRIP INFORMATION: ITINERARY WILL BE DELIVERED TO THE SENIOR
CENTERS APPROXIMATELY A WEEK BEFORE THE
TRIP DEPARTURE DATE. ALSO, I WILL CALL EACH
OF YOU WITH PICKUP TIMES AND LOCATIONS.

TRIP STOPS: RESTROOM BREAK GOING AND COMING (1/2 HOUR)
KITTELY TRADING POST (1 1/2 HOURS)
FOSTER'S CLAMBAKE (1 1/2 HOUR TO 2 HOURS)
SHORT SANDS, YOUR BEACH (1 HOUR)

MENU: NEW ENGLAND CLAM CHOWDA (SUBSTITUTE CORN CHOWDA)
MAINE CLAMS, CULTURED MUSSELS, SUCCULENT MAINE
LOBSTER, (SUBSTITUTE COOKED CHICKEN), SWEET CORN ON
THE COB, RED BLISS POTATOES & ONIONS, ROLLS & BUTTER, HOT
DRAWN BUTTER, BLUEBERRY CRUMB CAKE

COST: \$ 128.00

PLEASE SIGN UP AND PAY AT YOUR SENIOR CENTER OR MAIL YOUR
CHECK DIRECTLY TO ME BY TUESDAY, JULY 15. YOUR COOPERATION
IS APPRECIATED.

THANK YOU..

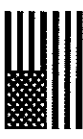
Francis F. Elliott

Francis F. Elliott
Certified Tour Director
International Tour Management Institute
New York City Guide License 1464450-DCA
Washington, D.C. Tour Guide License TGL11686

JULY 2025 - TRI-VALLEY, INC.

Monday		Tuesday		Wednesday		Thursday		Friday	
Menu is Subject to Change		1 Greek Chicken Steamed White Rice Carrots Mandarin Oranges Pumpernickel Bread	Sodium 409 101 53 0 135	2 Meatloaf w/ Gravy Garlic Mashed Potatoes Corn Fresh Fruit Whole Wheat Bread	Sodium 202 83 108 1 0 138	3 HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	Sodium 540 370 152 14 195 50	4 July 4th Holiday No Meals Served	
Calories=696 Total Sodium = 823 mg Carbs =96		Calories=696 Total Sodium = 823 mg Carbs =96		Calories=770 Total Sodium = 658 mg Carbs =106		Calories=834 Total Sodium = 1446 mg Carbs = 93		Calories=834 Total Sodium = 1446 mg Carbs = 93	
7 Salisbury Steak with Gravy Mashed Potatoes Glazed Carrots Fresh Fruit Sandwich Roll	Sodium 240 83 108 70 0 248	8 Egg Frittata* Stewed Tomatoes O'Brien Potatoes Fruited Ambrosia Whole Wheat Bread	Sodium 657 6 101 55 138	9 Chicken Picatta Garlic Mashed Potatoes Roasted Broccoli Lemon Pudding Diet = Tapioca Pudding Pumpernickel Bread	Sodium 319 108 15 180 135 135	10 Meatballs w/ Onion Gravy Bowtie Pasta Peas Pineapple Italian Bread	Sodium 260 85 8 7 0 96	11 Lemon Pepper Haddock Rice Pilaf Mixed Vegetables Lorna Doones Marble Rye Bread Tartar Sauce	Sodium 223 70 30 147 105 85
Calories=827 Total Sodium = 873 mg Carbs = 107		Calories=768 Total Sodium = 1082 mg Carbs = 86		Calories=720 Total Sodium = 882 mg Carbs = 75		Calories=702 Total Sodium = 455 mg Carbs = 85		Calories=739 Total Sodium = 829 mg Carbs =97	
14 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread	Sodium 250 6 30 0 135	15 BBQ Chicken* Au Gratin Potatoes Capri Blend Veg Mandarin Oranges Marble Rye Bread	Sodium 603 285 17 0 105	16 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	Sodium 438 101 16 0 0 138	17 Marinated Pork Loin Herbed Stuffing Rstd Brussels Sprouts Vanilla Mousse Pumpernickel Bread	Sodium 400 305 9 155 135	18 Chicken Cranberry Salad Three Bean Salad Coleslaw Chocolate Pudding Diet Choc. Pudding Hot Dog Bun	Sodium 197 280 173 135 160 195
Calories=656 Total Sodium = 547 mg Carbs = 93		Calories=671 Total Sodium = 1135 mg Carbs = 90		Calories=802 Total Sodium = 818 mg Carbs = 110		Calories=774 Total Sodium = 1128 mg Carbs = 80		Calories=900 Total Sodium = 1104 mg Carbs = 80	
21 Vegetable Cheese Bake Herbed Potatoes Jardiniere Vegetables Mixed Fruit Pumpernickel Bread	Sodium 416 7 18 20 135	22 HIGH SODIUM MEAL Banh Mi Pork w/ Sauce* Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo	Sodium 770 53 152 5 248 70	23 Chicken Veggie Stir-Fry* Rice Pilaf Summer Corn Fresh Fruit Marble Rye Bread	Sodium 815 70 5 0 105	24 Beef Bourguignon Garlic Mashed Potatoes Rstd Broccoli & Carrots Birthday Cake Diet = 1/2 Piece Cake Italian Bread	Sodium 252 108 33 221 110 96	25 Lentil Stew w/ Cheese Steamed Rice Peas & Carrots Rice Krispy Treat Marble Rye Bread	Sodium 252 180 100 12 105 105
Calories=854 Total Sodium = 721 mg Carbs = 90		Calories=784 Total Sodium = 1422 mg Carbs = 89		Calories=732 Total Sodium = 1122 mg Carbs = 111		Calories=908 Total Sodium = 909 mg Carbs = 79		Calories=787 Total Sodium = 898 mg Carbs = 112	
28 Honey Mustard Pork* Herbed Potatoes Rstd Brussels Sprouts Jello Marble Rye Bread	Sodium 817 7 9 6 105	29 Beef Chili Brown Rice Mixed Vegetables Fresh Fruit Pumpernickel Bread	Sodium 300 64 30 0 135	30 Garlic Brown Sugar Chicken Lemon Seasoned Potatoes Green Beans Fruited Ambrosia Whole Wheat Bread	Sodium 356 179 0 55 138	31 Ziti w/ Meat Sauce* Roman Blend Veg. Baked Apples Italian Bread	Sodium 528 9 14 96	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	
Calories=792 Total Sodium = 1068 mg Carbs = 93		Calories=687 Total Sodium = 654mg Carbs = 105		Calories=700 Total Sodium = 853 mg Carbs = 77		Calories=668 Total Sodium = 772mg Carbs = 98		Southbridge 774.289.9438	
Dudley 508-949-6640		Spencer 508-885-5767		Milford 508-478-8102		Upton 978-907-5709		Southbridge 774.289.9438	
Franklin 508-520-1422		Douglas 508-651-6785		Northbridge 508-234-2002		Uxbridge 774-482-6174		W. Brookfield 508-867-1411	

~ July 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Bemis Farms Workshop	2 9:00 Walking 12:15 Pitch 1:00 Pieces of a Dream	3 9:00 Foot Care 9:00 Yoga (\$3) 12:30 MAHJonng 12:30 Bingo	4 Closed All Day 	5
6	7 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 3:00 Monday Mindfulness (\$5)	8 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	9 9:00 Walking 12:15 Pitch 1:00 Genealogy	10 9:00 Yoga (\$3) 9:10 Mini Manicures 12:30 MAHJonng	11 9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:15 Pitch 12:30 Board Games	12
13	14 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 3:00 Monday Mindfulness (\$5)	15 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Card-Making	16 9:00 Walking 12:15 Pitch	17 9:00 Yoga (\$3) 10:15 COA Meeting 12:30 MAHJonng 12:30 Bingo	18 9:00 Walking 9:00 Zumba (\$3) 10:00 Coffee Hour 10:00 Blood Pressure Clinic 11:00 Bridge 12:15 Pitch 12:30 Board Games	19 10 AM Open Sew
20	21 9:00 Vet Agent 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 1:00 Book Club 3:00 Monday Mindfulness (\$5)	22 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:00 Quiche Luncheon 12:30 Busy Bees	23 9:00 Walking 12:15 Pitch	24 9:00 Yoga (\$3) 12:30 MAHJonng 12:30 Movie	25 9:00 Walking 9:00 Zumba (\$3) 10:00 Hearing Clinic 11:00 Bridge 12:15 Pitch 12:30 Board Games	26
27	28 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 12:30 Rethink Your Drink 3:00 Monday Mindfulness (\$5)	29 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	30 9:00 Walking 12:15 Pitch	31 9:00 Yoga (\$3) 12:30 MAHJonng	No Quilt Meeting in July No Ham Radio in July	