

The Silver Streak...

August 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



August at the Senior Center

The Senior Center has air conditioning.
Don't melt! Come in and cool off!
You are welcome to bring a friend... or two
or three!



Card-Making with Joann

Tuesday, August 19 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 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. Samples of cards can be seen at the Center. Space is limited! Please sign up by Monday, August 11.

Coming in September

Quaboag River Cruise - Sept. 8

Fraud with Country Bank - Sept. 15

Senior Portrait Day - Sept. 16

Decluttering with AARP - Sept. 22 (virtual)

If you think you may need Meals on Wheels, please call Tri-Valley at 800-286-6640 and ask for Nutrition.

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

Movie



Monday, August 18 at 12:30

Arthur's Whiskey

(starring Diane Keaton and Patricia Hodge)

This film follows Joan, who discovers that her late husband's secret whiskey can reverse aging, allowing her and her friends to relive their youth. However, as the whiskey runs out, they must confront the fleeting nature of youth and its impact on lasting happiness.

A charming, feel-good comedy.

Please note:

- Book Club will not be held in August.
- Ham Radio will not be held in August.
- There will not be a meeting of the Quilting Guild in August.
- Mini-Manicures will be cancelled in August and September.

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



**Out To Lunch Buffet
at the Publick House
Thursday, Aug. 28 at noon
Meet at the Center at 11:30**

A scrumptious buffet lunch awaits you.

Cost: \$38.00 which includes tax and gratuity is payable on sign up.

Please sign up by August 19.

Beat the Heat!

Ice Cream Social

Thursday, August 14



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

Make your own sundae! Enjoy the afternoon eating ice cream and visiting with friends. Please sign up by August 12.

Tasting Event for Seniors

Monday, August 11

12:30 – 2:00 PM

This is an opportunity for you try a type of wine or beer you've never had before!

Several local businesses will be at the Senior Center offering 1 ounce samples of their wine and beer.

Each attendee will be given **7 tickets** to use at the vendor tables. Alcohol will NOT be available for purchase on the premises. Appetizers will be available along with coffee, soda and water. Space is limited! Pre-registration is required. Must be age 60 or older. No walk-ins allowed.

One of our Seniors had this experience.

If someone calls you saying they are calling from Medicare and asks you to verify your name – and then asks for the number under your name - **DO NOT GIVE THEM THIS INFORMATION!** Just hang up.



Back for a limited time
Let Your Yoga Dance
with instructor Sharon Palmer

**August 7 and 21
September 4 and 18
October 2, 16 and 30
10:15 AM**

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.

These sessions are \$3.00 each. Please sign up at the Senior Center.

Please note: We have set the date for our Christmas Party – Dec. 16. Remember that only those who paid Friends membership prior to May 31 will be eligible for a discount on the price of their meal.

**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)

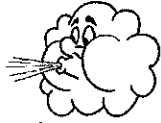
Name _____

Address _____

Phone _____

DOB _____

Hurricanes – Be Prepared



It's hurricane season again!

The National Oceanic and Atmospheric Administration (NOAA) has predicted a 60% chance of an "above normal" Atlantic hurricane season.

If you're 50 or older, add to your prep list. In addition to getting the basics – including batteries, first aid kit, flashlights, food that won't spoil, a tank full of gas and water for drinking (1 gallon of water a day per person for at least 3 days) – older adults should think of their health needs. Have enough prescription medicine to last several days, or even two weeks, in case the power is out and pharmacies aren't open, says Don Walker, the public information officer for Florida's Brevard County Emergency Management.

Evacuating

If you are evacuating, do it early versus later. You don't want to be driving in the rain or through high water or on a road experiencing flooding. Make sure you have contact information for people you might need to notify if you leave home. You don't want to leave them guessing.

The emergency shelter for people living in West Brookfield is Quaboag Regional Jr./Sr. High School. You can bring your pet, but your pet will be put in a different location in order to protect people who may have allergies.

If you have to evacuate, here is a list of items you may need to take with you:

- A minimum of three-day supply of medications along with a cooler and ice packs if your medication requires refrigeration. Also, if needed, medical supplies such as syringes, contact lens solution, glasses and/or hearing aids and extra batteries.
 - An identification band with your full name, a list of allergies and a family member's contact number.
 - Documents in a waterproof bag. They should include a personal care plan, medication list including the dosage, exact name, pharmacy information and the prescribing doctor for each medication, a list of food or medical allergies, copies of your photo ID and medical insurance card
 - Cash to be used if ATM and credit card machines are not working.
- The CDC recommends people include additional supplies based on individual needs, such as soap, disinfecting wipes, hand sanitizer and over-the-counter medicine as well as food, medicine and extra water for your pet.

After the Hurricane Passes

- Continue listening to the latest updates.
- If you evacuated, return home *only* when officials say it's safe to do so.
- Once home, drive only if necessary and avoid flooded roads. If you must go out, watch for fallen objects, downed wires and weakened walls and sidewalks that might collapse.
- Walk carefully around the outside of your home to check for loose power lines, gas leaks and structural damage.
- Stay out of any building if you smell gas, if floodwaters remain around the building, if the building was damaged by fire, or if the authorities have not declared it safe.
- Carbon monoxide poisoning is one of the leading causes of death after storms in areas dealing with power outages. Never use a portable generator inside your home or garage.
- Use battery-powered flashlights. **DO NOT** use candles. Turn your flashlight on **BEFORE** entering a vacated building. The battery could produce a spark that could ignite leaking gas, if present.
- Take pictures of the damage for insurance purposes, when safe to do so.

More information about Scams

Arm yourself with knowledge. Remember, awareness is your best defense!

(source: RSVP Fraud Squad)

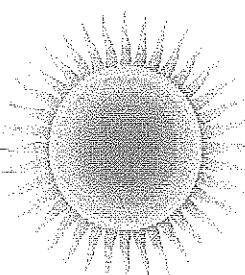
Reverse Mortgage Scams

How to Spot It:

- Someone offers a “special deal” on a reverse mortgage that seems too good to be true.
- A company pressures you to sign paperwork quickly without reading it.
- Fees and conditions are unclear or hidden. A scammer claims you can access your home equity through a reverse mortgage but tricks you with fake fees and documents.

What to Do: Only work with lenders approved by the US Department of Housing and Urban Development (HUD). Visit their website or speak with a local HUD-approved Housing counselor before making any decisions.

AUGUST 2025 - TRI-VALLEY, INC.

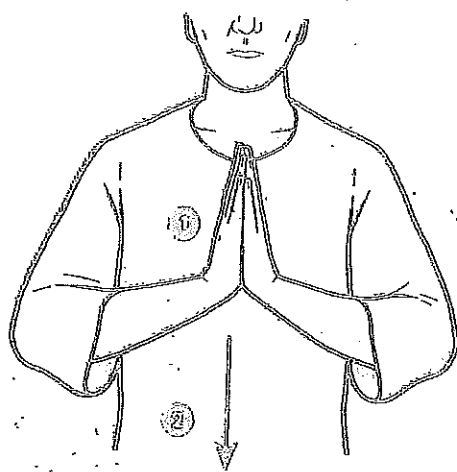
Monday	Tuesday	Wednesday	Thursday	Friday
Menus are Subject To Change	Meats are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. Contact our Nutritionist for questions on sodium, calories, carbohydrates or other dietary needs. (*) Indicates entrees with more than 500 mg 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	Douglas 508-651-6785 Dudley 508-949-6640 Franklin 508-520-1422 Milford 508-478-8102 Northbridge 508-234-2002 Spencer 508-885-5767 Southbridge 774-289-9438 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1417		1 Beef Enchilada* Steamed Rice Winter Blend Veg. Cookies Pita Bread Sodium 658 101 18 147 68
4 Lasagna & Meatballs Marinara Sauce Roasted Broccoli Rice Krispy Treat Italian Bread Sodium 459 381 15 105 96	5 Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple Sodium 527 66 292 9 68 1	6 Beef with Onions & Peppers Seasoned Potatoes Capri Blend Vegetables Vanilla Mousse Sandwich Roll Sodium 421 2 7 17 155 248	7 Roast Pork w/ Gravy Herbed Stuffing Roasted Brussels Sprouts Apple Crisp Diet = Baked Apples Marble Rye Bread Sodium 266 212 306 9 63 14 105	8 Ham Salad* Tomato & Onion Salad Pasta Salad Fresh Fruit Pita Bread Sodium 757 71 172 0 68
Calories=718 Total Sodium = 1382 mg Carbs = 82	Calories=867 Total Sodium = 1087mg Carbs = 102	Calories= 811 Total Sodium = 974 mg Carbs =103	Calories=777 Total Sodium = 1085 mg Carbs = 80	Calories=616 Total Sodium = 1192 mg Carbs = 69
11 Beef Stew Rice Corn Niblets Mandarin Oranges Italian Bread Sodium 166 101 1 0 96	12 Buttermilk Chicken Cranberry Stuffing Roasted California Veg Peaches Marble Rye Bread Sodium 362 300 32 5 105	13 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpkinickel Bread Sodium 7 474/180 16 9 220 135	14 Fish w/Crumb Topping Rice Pilaf Tuscan Blend Vegetables Fruited Ambrosia Whole Wheat Bread Tartar Sauce Sodium 224 70 31 55 138 85	15 Shepherd's Pie Carrots Peas Butterscotch Pudding Diet= SF Tapioca Pudding Italian Bread Sodium 255 53 7 246 135 96
Calories=859 Total Sodium = 489 mg Carbs = 105	Calories=698 Total Sodium = 930 mg Carbs = 77	Calories=793 Total Sodium = 1176 mg Carbs = 92	Calories=755 Total Sodium = 728 mg Carbs = 91	Calories=783 Total Sodium = 834 mg Carbs = 89
18 Chicken Tikki Masala Lemon Seasoned Rice Roman Blend Vegetables Tropical Fruit Marble Rye Bread Sodium 323 149 9 10 105	19 Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Rice Krispy Treat Whole Wheat Bread Sodium 202 83 108 53 105 138	20 HIGH SODIUM MEAL Roast Turkey* w/ Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Italian Bread Sodium 790 150 91 9 54 10 96	21 HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun Sodium 540 370 152 14 50 195	22 Teriyaki Beef Steamed Rice Broccoli w/Red Peppers Blondie Diet=Half Piece Pumpkinickel Bread Sodium 438 101 16 272 136 135
Calories=608 Total Sodium = 722 mg Carbs =88	Calories=750 Total Sodium = 814 mg Carbs = 93	Calories= 855 Total Sodium = 1356mg Carbs = 102	Calories=834 Total Sodium = 1446 mg Carbs = 93	Calories=944 Total Sodium = 1087 mg Carbs = 106
25 Pork Rib-i-que w/ BBQ Sauce Mac N Cheese Green Beans Pineapple Sandwich Roll Sodium 280 195 167 0 248	26 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Mousse Pumpkinickel Bread Sodium 323 108 30 155 135	27 Sloppy Joe* Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll Sodium 648 17 30 0 248	28 Chicken Cranberry Salad Three Bean Salad Coleslaw Birthday Cake/Small Piece Diet = Small Piece Hot Dog Bun Sodium 197 280 173 221 110 195	29 Breaded Mac & Cheese Stewed Tomatoes Roasted California Veg. Fresh Fruit Italian Bread Sodium 482 6 32 0 96
Calories= 710 Total Sodium = 1016 mg Carbs = 90	Calories=761 Total Sodium = 876 mg Carbs = 87	Calories=696 Total Sodium = 1068 mg Carbs = 103	Calories=932 Total Sodium = 1190 mg Carbs = 83	Calories=861 Total Sodium = 761 mg Carbs = 100

~ August 2025 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 Zumba (\$3) 9:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	2
3	4 9:00 Vet Agent 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 3:00 Monday Mindfulness (\$5)	5 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	6 9:00 Walking 12:15 Pitch	7 9:00 Foot Care 9:00 Chair Yoga (\$3) 10:15 Let Your Yoga Dance (\$3) 12:15 MAHJonng 12:30 Bingo	8 9:00 Zumba (\$3) 9:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	9
10	11 9:00 Walking 9:00 Functional Fitness (\$3) 11:15 Rep. Berthiaume Office Hours 12:30 Canasta 12:30 Tasting Event 3:00 Monday Mindfulness (\$5)	12 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	13 9:00 Walking 12:15 Pitch 1:00 Genealogy	14 9:00 Chair Yoga (\$3) 12:15 MAHJonng 12:30 Ice Cream Social	15 9:00 Zumba (\$3) 9:00 Walking 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 11:00 Senior Connection Information. 12:15 Pitch 12:30 Board Games	16 10:00 Open Sew
17 10:00 Open Sew	18 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 12:30 Movie 3:00 Monday Mindfulness (\$5)	19 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Card-Making	20 9:00 Walking 12:15 Pitch	21 9:00 Chair Yoga (\$3) 10:15 Let Your Yoga Dance (\$3) 10:15 COA Meeting 12:15 MAHJonng 12:30 Bingo	22 9:00 Zumba (\$3) 9:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	23
24	25 9:00 Walking 9:00 Functional Fitness (\$3) 12:30 Canasta 3:00 Monday Mindfulness (\$5)	26 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	27 9:00 Walking 12:15 Pitch	28 9:00 Foot Care 9:00 Chair Yoga (\$3) 12:00 Publick House Luncheon 12:15 MAHJonng	29 9:00 Zumba (\$3) 9:00 Walking 10:00 Hearing Clinic 11:00 Bridge 12:15 Pitch 12:30 Board Games	30
31	No Book Club in August, No Quilt Meeting in August, No Ham Radio in August, No Mini-Manicures in August					

Your Health

5 TIPS FOR OVERCOMING STIFF HANDS

1. Buy ergonomic scissors: They need less hand strength than regular scissors.
2. Use kitchen shears instead of a knife for cutting certain food, such as chicken.
3. Avoid hard-to-open pill containers by putting your daily meds in pillboxes.



EXERCISE 3

PRAYER AND REVERSE PRAYER

This stretch can help combat carpal tunnel syndrome.

Step 1:

Bring palms together in prayer position, elbows out, at chest height.

Step 2:

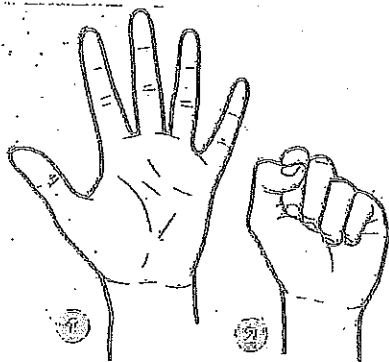
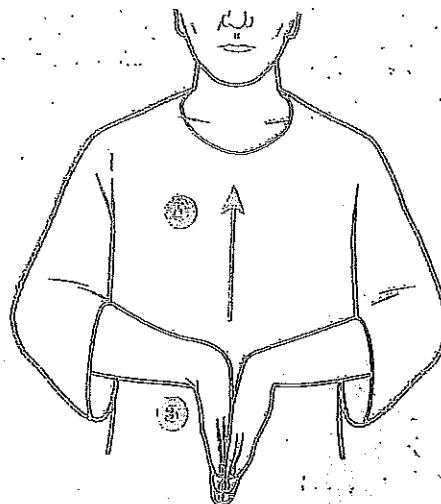
Lower hands to waist level while pressing palms together. Hold for a beat.

Step 3:

Turn hands so backs of hands are together, palms out, fingers pointing down toward toes.

Step 4:

Raise hands back to the starting position.



EXERCISE 4

FINGER SPREAD

Osteoarthritis can make it hard to open and close your hands, but this stretch can help maintain your flexibility.

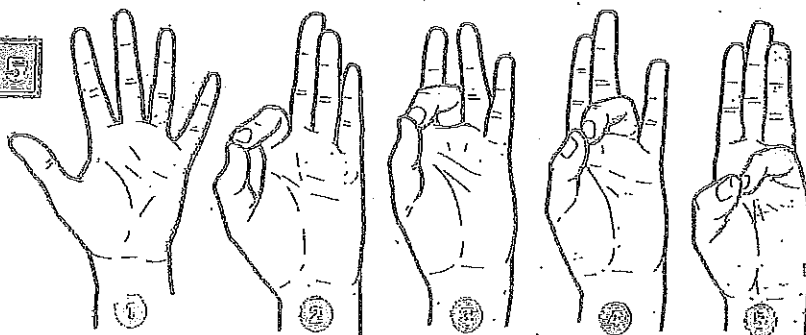
Step 1: Hold one hand up in front of you, palm facing you. Spread fingers as far apart as you can.

Step 2: Close your hand to make a fist and hold for a few seconds. Repeat with the opposite hand.

EXERCISE 5

FINGER TOUCH

If you're seeing joint deformity in your fingers, especially your pinkie, this is an important exercise to try, Jacobs says.



Step 1:

Hold your hand in front of your face, palm facing you, fingers straight.

Step 2-5:

One at a time, touch each finger to your thumb (index, middle, ring, pinkie) to form a series of OK signs.

AUGUST Adventures 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 PARAGON CAROUSEL	4 MAHAWE PERFORMING ARTS CENTER*	5 BATTLESHIP COVE*	6 NEW BEDFORD WHALING MUSEUM	7 ICA BOSTON*	8 THE GREENWAY CAROUSEL	9 LYNN MUSEUM & ARTS CENTER*
10 THE ICON MUSEUM AND STUDY CENTER	11 WORLD OCEAN SCHOOL*	12 CHILDREN'S MUSEUM AT HOLYOKE	13 SALISBURY BEACH CAROUSEL	14 HISTORIC DEERFIELD	15 JACOB'S PILLOW COMMUNITY DAY	16 DECORDOVA SCULPTURE PARK, THE TRUSTEES
17 THE SPORTS MUSEUM	18 SANDWICH GLASS MUSEUM	19 THE FAIRBANKS HOUSE	20 BUTTONWOOD PARK ZOO	21 HARVARD MUSEUMS OF SCIENCE & CULTURE	22 MASS AUDUBON BLUE HILLS TRAILSIDE MUSEUM	23 HANCOCK SHAKER VILLAGE
24 NEW ENGLAND QUILT MUSEUM	25 SHARK CENTER CHATHAM*	26 HERITAGE MUSEUMS & GARDENS	27 CHILDREN'S MUSEUM EASTON	28 THE ZOO IN FOREST PARK*	29 AMERICAN ANCESTORS*	30 PALM MOUTH MUSEUMS ON THE GREEN
31 MASS AUDUBON DRUMLIN FARM						



* Advanced registration required.
Please visit HIGHLANDSTREET.ORG
for all information.

