

# The Silver Streak...

## September 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**



### September at the Senior Center

#### Downsizing and Decluttering:

You Can't Take It With You

Monday, September 22 at 12:30

(with Ruth from the AARP Speakers Bureau)

Note: This program will be held at the Senior Center, but it will be a zoom program.

Having too much stuff can keep people from enjoying their lives, relocating, or getting health care services into their home.

- Why is stuff so important for some of us?
- How can we start thinking about that stuff in different ways?

You will learn practical, easy-to-follow tips. Join us and learn how to get started, reach Your goals and have some fun doing it! Please sign up so that we can arrange for seating.

#### Multi-Town BBQ for Seniors

(sponsored by Rep. Berthiaume and Sen. Durant)

Friday, September 26

11 AM - ???

North Brookfield Sportsmen's Club  
20 Boynton Rd., North Brookfield

Please sign up at the Senior Center before September 19.



### Senior Portrait Day Photos for Free and For Fun!

Tuesday, September 16  
beginning at 11:00 AM

by Christopher Bowen, Creative Director  
BLAMM! Media Enterprises

Beginning at 11 AM, Christopher will conduct a short meet and greet session with a mini lecture on still portrait photography, using flash versus continuous light, etc. At the conclusion of the mini-lecture, he will begin the portrait sessions.

Anyone wishing to have their portrait taken must make an appointment at the Senior Center. (Thinking ahead - portraits make excellent Christmas gifts!)

If you'd like to bring a friend, children or a pet to be included in your portrait, that's fine. Christopher will take the pictures. He is not a printing service but will make the free images available to you if you provide your contact information. Then it is up to you to decide and pay for any prints you may want. (For those who may be uncomfortable with flashing light, please know that the flashes will not be continuous.

#### 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

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

## A Fall Prevention and Wellness Workshop

**Tues., September 9 at 12:30 PM**

The Injury Prevention Department at UMass Memorial Medical Center is committed to promoting the health, safety, and independence of older adults by addressing fall risks and fostering overall wellness. Through this engaging workshop participants will leave feeling empowered to lead fulfilling and active lives while reducing the risk of falls.

This workshop lasts approximately one hour. It may run for an hour and a half, depending on questions and discussion. Please sign up at the Senior Center.

## Movie

**Monday, September 29 at 12:30 PM**

### The Breakfast Club

*(starring Emilio Estevez, Molly Ringwald, and Judd Nelson)*

The Breakfast Club follows five high school students from different social cliques who bond during a Saturday detention, ultimately discovering their shared struggles and forming unexpected friendships.



## Book Club

Sept. 15 at noon

Water For Elephants by Sara Gruen.

New members are welcome.

## Fuel Assistance News

Fuel Assistance will not be able to send out any staff for their summer outreach recertification this year. You can call our Outreach Worker, Sue Raymond, to make an appointment for new applications or recertification **beginning Sept. 8.**



## Be Aware of Fraud

*(with Country Bank)*

**Monday, September 15 at 1:00 PM**

With fraud being so prevalent and always evolving, we need updates about how to stay safe.

## Grief Support Groups in the Area

Know that you are not alone. Others are going through what you are and feeling what you feel.

- Grief Support Group  
Sturbridge Senior Center  
Call the Center for details 508-347-7575
- Grief Gathering Support Group  
St. Paul's in Palmer  
Call for details 413-283-8185
- The Bereavement Group  
St. Francis Church, Belchertown  
Call for details 413-323-6272
- Grief Group  
Charlton Baptist Church  
Call for details 508-248-4488

## Wish List

Hard Candy  
Pretty Napkins

Note: Please remember that those who paid Friends membership prior to May 31 will be eligible for a discount on the meal at the Annual Christmas Party.

## 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 \_\_\_\_\_

**September is National Senior Center Month!**

**We would like you to be aware of some of the information and many services available to you at the Senior Center.**

**Services:**

- Blood Pressure - The blood pressure clinic is held on the third Friday of each month at 10:00 AM.
- Food Distribution - If you are in need of food, call the Senior Center and you will be added to the food distribution list. Please call by Tuesday afternoon. You will be called on Wednesday to pick up your bag.
- Foot Care Clinic - This includes assessment, toenail trimming, sanding of corns/calluses, and gentle massage. There is a charge of \$22.00 for town residents to participate.
- Hearing Clinic - You can get your hearing tested, your hearing aid checked, and wax removal. These are free of charge to you.
- Medical Equipment - Wheelchairs, walkers, canes, etc. (upon availability)  
There is no charge and you can keep the equipment as long as needed.
- Outreach - Help with applying for fuel assistance, the Medicare Savings Program (to help in paying Medicare costs) or SNAP (formerly known as food stamps)
- SHINE - A trained SHINE counselor can help you with your health insurance needs. There is no charge for this service.
- Veteran Services - The Veterans' Service Officer holds office hours at the Senior Center.

**Information:**

Disability Indicator Forms - alerts 911 operator that someone in the house is handicapped  
Senior Legal Helplines contact numbers  
Transportation contact numbers  
Grief support contact numbers  
Handicap Placard application forms  
Health Care Proxy and Molst forms  
List of Home Helpers and Caregivers (we'd like to add more people to this list!)  
Contact information for major Agencies and Senior organizations  
Information about Fraud and Identity theft  
Mental Health contact numbers  
Contact information for RAFT (Residential Assistance to Families in Transition (housing assistance))  
Information on Alzheimers  
Information about medical alert systems  
Applications for Mass Equipment Distribution Program  
(telephones for vision and hearing impaired)  
Hospice information  
Monthly newsletter with Senior Center Activities and Tri-Valley Menu

## **Worcester Institute for Senior Education (W.I.S.E.)**

The Senior Center has a membership for W.I.S.E.

W.I.S.E offers many courses that are online (via zoom). A wide array of courses in literature, science, music, the arts, and many other topics will be available at **no cost to you**. Please come down to the Center and check out the catalog for the fall semester.

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### **Mark your calendars in October:**

Let Your Yoga Dance	Oct. 2 and 16
Hospice Program	Oct. 6
Fraud with North Brookfield Savings Bank	Oct. 15
Crock-Pot Pot Luck and Halloween Party	Oct. 28

## ~ September 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  Closed  Labor Day	2  9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	3  9:00 Walking 12:15 Pitch	4  9:00 Foot Care 9:00 Chair Yoga (\$3) 10:15 Let Your Yoga Dance 12:15 MAHJongg 12:30 Bingo	5  9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:15 Pitch 12:30 Board Games	6
7	8  9:00 Functional Fitness (\$3) 9:00 Vet Agent 9:00 Walking 12:30 Canasta 1:00 River Cruise 3:00 Monday Mindfulness (\$5)	9  9:00 Tai Chi (\$5) 10:00 Dunkin Divas 11:15 Rep. Berthiaume Office Hours (Donna Farmer) 12:30 Busy Bees 12:30 Aging Gracefully	10  9:00 Walking 12:15 Pitch 1:00 Genealogy	11  9:00 Chair Yoga (\$3) 12:15 MAHJongg 6:00 Quilt Meeting	12  9:00 Walking 9:00 Zumba (\$3) 11:00 Bridge 12:15 Pitch 12:30 Board Games	13
14	15  9:00 Functional Fitness (\$3) 9:00 Walking 9:30 SHINE (by appointment) 12:30 Canasta 12:00 Book Club 1:00 Fraud with Country Bank 3:00 Monday Mindfulness (\$5)	16  9:00 Tai Chi (\$5) 11:00 Senior Portraits 10:00 Dunkin Divas 12:30 Busy Bees	17  9:00 Walking 12:15 Pitch	18  9:00 Chair Yoga (\$3) 10:15 Let Your Yoga Dance 10:15 COA Meeting 12:15 MAHJongg 12:30 Bingo	19  9:00 Walking 9:00 Zumba (\$3) 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 12:15 Pitch 12:30 Board Games	20  10 AM Open Sew
21	22  9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Decluttering (Hybrid) 3:00 Monday Mindfulness (\$5)	23  9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	24  9:00 Walking 12:15 Pitch	25  9:00 Chair Yoga (\$3) 12:15 MAHJongg	26  9:00 Walking 9:00 Zumba (\$3) 10:00 Hearing Clinic 11:00 Bridge 12:15 Pitch 12:30 Board Games	27
28	29  9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Movie	30  9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 6:30 Ham Radio	No mini-manicures in September			

# SEPTEMBER 2025 - Nutrition Breakdown

Monday		Tuesday		Wednesday		Thursday		Friday	
1	<div>Labor Day</div> <div>No Meal Served</div>	2	<div>Spaghetti &amp; Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread</div>	3	<div>Beef Stir Fry Steamed Rice Rstd Broccoli Vanilla Mousse Pumpnickel Bread</div>	4	<div>Honey Mustard Pork* Red Bliss Potatoes Peas &amp; Carrots Cinnamon Pears Marble Rye Bread</div>	5	<div>Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Bun</div>
Calories=756    Total Sodium = 922 mg Carbs = 84		Calories=732    Total Sodium = 1196mg Carbs = 107		Calories=847    Total Sodium = 974 mg Carbs = 98		Calories=703    Total Sodium = 1141 mg Carbs = 102		Calories=912    Total Sodium = 1023 mg Carbs = 96	
8	<div>Burger</div> <div>Chili &amp; Cheese</div> <div>Herbed Potatoes Green Beans Jello Sandwich Roll</div>	9	<div>Braised Beef</div> <div>Gemelli Pasta Broccoli Pear Crisp Diet = Pears Italian Bread</div>	10	<div>Jambalaya*</div> <div>Rice Pilaf Green Peas Pineapple Marble Rye Bread</div>	11	<div>Vegetable Cheese Bake</div> <div>Seasoned Potatoes Mixed Vegetables Chocolate Pudding Diet = SF Choc. Pudding Whole Wheat Bread</div>	12	<div>Ranch Chicken*</div> <div>Combread Stuffing Spinach Fresh Fruit Pumpnickel Bread</div>
Calories=756    Total Sodium = 922 mg Carbs = 84		Calories=949    Total Sodium = 496 mg Carbs = 89		Calories=707    Total Sodium = 846 mg Carbs = 104		Calories=930    Total Sodium = 851 mg Carbs = 85		Calories=716    Total Sodium = 1143 mg Carbs = 95	
15	<div>Chicken Sofrito Stew*</div> <div>Steamed White Rice Rst. Cali. Blend Lorna Doone Cookies Whole Wheat Bread</div>	16	<div>HIGH SODIUM MEAL</div> <div>Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard</div>	17	<div>Burgundy Pork*</div> <div>Mashed Sweet Potatoes Green Peas Peaches Marble Rye Bread</div>	18	<div>Baked Potato</div> <div>w/ Chili &amp; Cheese Jardiniere Vegetables Fresh Fruit Sour Cream Pumpnickel Bread</div>	19	<div>American Chop Suey</div> <div>Roasted Broccoli Carrots Brownie Diet = Half Piece Italian Bread</div>
Calories=834    Total Sodium = 1099 mg Carbs = 103		Calories=841    Total Sodium = 1457mg Carbs = 94		Calories=790    Total Sodium = 1100 mg Carbs = 90		Calories=746    Total Sodium = 949 mg Carbs = 94		Calories=700    Total Sodium = 625 mg Carbs = 78	
22	<div>Turkey*</div> <div>w/ Supreme Sauce</div> <div>Combread Stuffing Roman Blend Vegetables Fresh Fruit Marble Rye Bread</div>	23	<div>Meatloaf</div> <div>w/ Gravy Garlic Mashed Potatoes Chuckwagon Corn Apple Crisp Diet = Baked Apples Whole Wheat Bread</div>	24	<div>Shepherd's Pie</div> <div>Carrots Peas Chocolate Mousse Italian Bread</div>	25	<div>Greek Chicken</div> <div>Lemon Seasoned Potatoes Country Blend Vegetables Birthday Cake Diet = Half Piece Marble Rye Bread</div>	26	<div>HIGH SODIUM MEAL</div> <div>White Bean Chicken Chili*</div> <div>Brown Rice Rstd Brussels Sprouts Tropical Fruit Pumpnickel Bread</div>
Calories=681    Total Sodium = 1190 mg Carbs = 104		Calories=849    Total Sodium = 720 mg Carbs = 100		Calories=780    Total Sodium = 817 mg Carbs = 93		Calories=756    Total Sodium = 1148 mg Carbs = 91		Calories=683    Total Sodium = 1247 mg Carbs = 99	
29	<div>Teriyaki Beef</div> <div>Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread</div>	30	<div>Egg Frittata*</div> <div>Stewed Tomatoes O'Brien Potatoes Tapioca Diet = SF Tapioca Italian Bread</div>	<div>Menus are Subject to Change</div> <div>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.</div> <div>(*) Indicates entrees with more than 500 mg sodium</div> <div>A high sodium meal = &gt;1200 mg of sodium</div> <div>Nutrition information includes the 110 calories, 13gm Carbs &amp; 125mg of sodium for milk.</div> <div>Carbs are listed for "Diabetic Friendly Meal" purposes</div> <div>∞ Indicates a meatless meal</div>					
Calories=802    Total Sodium = 818 mg Carbs = 110		Calories=718    Total Sodium = 1195mg Carbs = 79		W. Brookfield 508-867-1411					

# HEAP INCOME ELIGIBILITY

2025-2026

Contact us for  
eligibility for additional  
household members

NUMBER IN HOUSEHOLD	ANNUAL INCOME	INCOME PAST 4 WEEKS
1	\$51,777	\$4,314
2	\$67,709	\$5,642
3	\$83,641	\$6,970
4	\$99,573	\$8,297
5	\$115,504	\$9,625
6	\$131,436	\$10,953

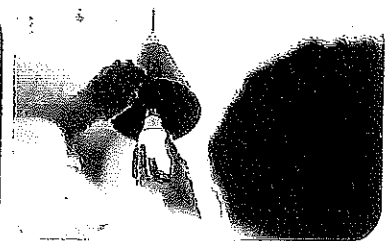


\*for additional breakdowns on income eligibility please contact [heap@wcac.net](mailto:heap@wcac.net)

## NO CHARGE

Weatherization and Heating System  
Repair/Replacement

Save Energy  
Save Money  
Save the Planet



- Inefficient appliances waste energy and money.

### ASK ABOUT ENERGY EFFICIENCY

- ⇒ Full scale weatherization
- ⇒ Heating system upgrades to clean/efficient air source heat pumps
- ⇒ Tenants and homeowners eligible

### NO CHARGE REPLACEMENTS

- ⇒ Refrigerators
- ⇒ Freezers
- ⇒ Washing Machines
- ⇒ Dehumidifiers
- ⇒ Window Air Conditioners
- ⇒ LED Lighting

Energy auditors can  
provide energy efficient  
light bulbs and other tools  
to help you reduce your  
energy bills immediately

- Programs may be subject to eligibility requirements and funding availability.
- Cities and towns served by WCAC:

Auburn, Boylston, West Boylston, Brookfield, East Brookfield, West Brookfield, North Brookfield, Charlton, Douglas, Dudley, Holden, Leicester, Milbury, Oakham, Oxford, Paxton, Rutland, Southbridge, Spencer, Sturbridge, Sutton, Warren, West Warren, Webster, Worcester



WORCESTER COMMUNITY ACTION COUNCIL, INC.

18 Chestnut Street, Suite 500 / Worcester, MA 01608 / [ENERGY@WCAC.net](mailto:ENERGY@WCAC.net)

# HOME HEATING HELP IS HERE

Home Energy Assistance  
Program

2025-2026



## Can be used for primary heat source:

Oil, gas, electric, and more, between November 1<sup>st</sup> and April 30<sup>th</sup>

- Payments for deliveries & usage between November 1 and April 30.
- Submit applications by phone, by mail, or drop-off.
- Online application available.
- Ask us about discounted utility rates and protection from shut-off.

### WHAT IS NEEDED TO COMPLETE THE APPLICATION?

#### REQUIRED DOCUMENTS\*

##### IDENTIFICATION

- Photo ID for applicant
- Citizenship/qualified alien status for all household members

##### DOCUMENTS

- Lease/rental agreement or rent receipt
- Landlord's name, address, and phone
- Mortgage statement/ other housing expenses
- Section 8 only: copy of Tenant Profile

##### INCOME

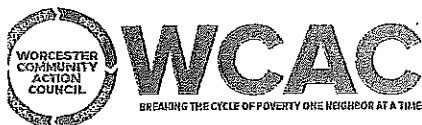
- Proof of income (or lack of income) for all household members 18+
- Employment/wages (four consecutive weeks pay stubs)
- Award letters or printout (Social Security, pension, etc.)
- Self-employment or rental income (tax returns)
- Child Support
- Signed No Income form (if applicable)

\*ADDITIONAL INFORMATION/DOCUMENTS MAY BE REQUIRED.

### HOW DO I APPLY?

- [www.WCAC.net/fuel-assistance](http://www.WCAC.net/fuel-assistance)

*CALL THE SENIOR CENTER  
508-867-1407 ASK FOR  
SUE, OUTREACH, TO MAKE  
AN APPOINTMENT AFTER  
OCTOBER 1ST FOR HELP  
WITH YOUR FUEL APPLICATION.*



VISIT [WWW.WCAC.NET](http://WWW.WCAC.NET) FOR MORE INFO

[HEAP@wcac.net](mailto:HEAP@wcac.net) / 24-Hour Status Line 508.796.2423