

The Silver Streak... October 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

October
at the



Senior Center



Back for a limited time
Let Your Yoga Dance
with instructor Sharon Palmer
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 free to you. Please sign up at the Senior Center.



Stay Safe from Fraud!

(holiday fraud included)

(presented by

North Brookfield Savings Bank)

Wednesday, October 15 at 12:30

The holidays are coming. Be aware! Get the necessary knowledge to protect yourself.

Movie

Monday, October 20 at 12:30

The Perfect Storm

(starring George Clooney and Mark Wahlberg)

Atlantic swells form 100 ft. walls. Wind shrieks at a maxed-out Force 12. In October 1991 three raging weather fronts - one of them Hurricane Grace – combine to form the greatest storm in recorded history. A special effects adventure that intercuts the plight of seafarers struggling to reach safe harbor with the heroics of air/sea rescue crews. 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

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



Crock Pot Pot Luck and Halloween Party
Tuesday, October 28 at 11:30

Make something in your crock pot that you can share. Costumes optional, but there will be a prize for best costume. Music by DJ Tabby. Please sign up at the Senior Center.

Insurance Questions?

Licensed Independent Sales Agent Ed Spater will be at the Senior Center on Wednesdays, October 15, 22 and 29 at 10:00 AM. Please call the Center to make an appointment.



Special guest Rich Lapierre, Fire Chief, will be joining us at this month's Coffee Hour. Come by and say hello!

Music Bingo
Thursday, Oct. 9
12:30 PM (free)



Please sign up at the Senior Center.



Mini Manicures
Thurs. October 9
Cost: \$5.00

Appointment necessary. Please sign up at the Senior Center. Payment due at time of service. No tipping, please.



Veterans' Breakfast
Nov. 11
8 AM - 10 AM

To all Veterans and a guest, You are cordially invited to join us for a Free Breakfast on November 11 from 8 – 10 AM.

The menu is as follows:

- Bacon
- Scrambled eggs
- Pancakes
- Coffee, tea, juice

Please call the Senior Center at 508-867-1407 or come in to sign up by November 6.



October is Tackling Hunger Month

We will be accepting donations of non-perishable foods and paper goods for our food distribution program. Please leave donations at the front desk. Needed: pasta and pasta sauce, paper towels, tuna fish and soups, cake mixes or anything else you'd like to donate! Thank you to all!

Hospice

With Compassus Hospice Care

Monday, October 6 at 12:30 PM

There are many myths concerning hospice. Please join us and get the facts!

Did you know?

- Only 48% of eligible patients use their Hospice Benefit
- Hospice is funded by Medicare primarily
- Hospice patients live an average of 27 days longer than those who do not use hospice
- Hospice is NOT about giving up. It is about quality of life for the end of life however long that may be.

Please sign up at the Senior Center.



Book Club

Monday, October 20 at 1:00 PM

This month's selection is

Remarkably Bright Creatures

By Shelby Van Pelt

New members are always welcome!

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 _____

October is National Fire Prevention Month

Here are some common sense tips to review.

Home Fire Safety Tips

(source: American Red Cross)

Home fires are the most common type of emergency in the US. Prepare now to protect yourself, your loved ones and your home. You can prevent home fires by following basic safety tips.

Cooking Safety



Cooking fires are the leading cause of home fires and home fire injuries.

- Stay in the kitchen and closely monitor your meal. Keep an eye on what you fry!
- Keep anything that can catch fire – oven mitts, utensils, food packaging, towels or curtains – away from your stove.
- If you have a small cooking fire:
 1. On a stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
 2. For an oven fire, turn off the heat and keep the oven door closed.

If in doubt, just get out! If flames spread to objects beyond the stove or oven, evacuate immediately. When you leave, close the door behind you. Call 911 from outside the home.

Candle Safety

- Avoid using candles because of fire risk. Use battery-powered lights and flashlights instead.
- If you must use a candle, use extreme caution and never leave it unattended.

Smoking Safety

Smoking is a leading cause of home fire deaths.

- If you smoke, do it outside. Make sure to extinguish smoking materials in a deep and sturdy ashtray.
- Never smoke or allow anyone to smoke where medical oxygen is used.
- Never smoke in bed.
- Use e-cigarettes with caution

Signs That Your Fire Extinguishers Need Servicing



Fire extinguishers are critical safety devices that can save lives and property. Like any other safety equipment, they require regular maintenance to ensure they function correctly.

Physical Damage or Signs of Wear

One of the first signs that your fire extinguisher may need servicing is visible physical damage. Check for dents, cracks, or rust on the body of the extinguisher. Additionally, if you notice frayed hoses or damaged nozzles, it's time to get it serviced.

Expired Inspection Tag

Every fire extinguisher should have an inspection tag attached that indicates when it was last serviced. If this tag is missing or shows an expired date, it's time for servicing.

Pressure Gauge Reading

Most portable fire extinguishers come with a pressure gauge indicator on their tops. The needle should be in the green zone to signify adequate pressure for use. If it's in the red zone – either too low or too high - this indicates a malfunctioning unit that needs attention to either refill or depressurize.

Discharge During Use

If you've ever had to use your fire extinguisher and found that it discharged improperly – whether it sputtered out or failed altogether – it's essential to get it serviced right away. This can indicate internal issues such as clogs or corrosion which could prevent effective operation in future emergencies.

A Change in Location

Have your extinguisher serviced if you moved your fire extinguisher from one location to another within your building, especially if you've changed environments where temperature fluctuations may affect its functioning.

Regular maintenance and timely servicing of fire extinguishers are vital steps toward ensuring safety in any environment.

From the staff:

We are thinking it might be fun to have a talent show but wanted your opinion before going ahead to schedule it. This would be for the year 2026.

Are you a good joke teller or storyteller?

Can you sing? Can you dance? Do you play an instrument?

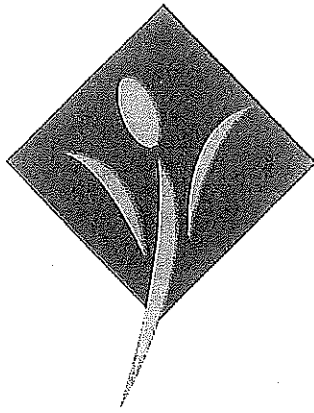
Do you do imitations? Can you draw caricatures? Can you do magic tricks? Juggle?

What talents do you have?

Please let us know if you'd like to participate!

Thank you,

Senior Center Staff



Care Central VNA & Hospice, Inc.

Healthcare in Your Neighborhood

About Grief

Grief may be experienced in response to physical losses, such as death, or in response to symbolic or social losses such as divorce or loss of a job. The grief experience can be affected by one's history and support system. Taking care of yourself and accessing the support of friends and family can help you cope with loss.

There is no right way to grieve. It is an individual process and a natural part of life. Life won't be the same after a loss, but experiencing your grief allows you to adjust to life after loss.

What is grief?

Grief is the normal and natural response to the loss of someone or something important to you and a natural part of life. Grief lasts as long as it takes to adjust to the changes in your life after your loss. It can last for months or even years. Grief has no timetable, thoughts, emotions or behaviors and other responses may come and go.

What does grief feel like?

Following a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth, or trouble sleeping and eating.

Feelings of deep sadness and sorrow are common in grief. These and other feelings and thoughts are common. Often, people find themselves engaging in behaviors that are different or unusual, or thinking in ways that are unfamiliar and disturbing. Finding their beliefs challenged in grief, many people experience a kind of "spiritual crisis" following loss.

You may become angry - at a situation, a person, or just angry in general. Guilt is a common response which may be easier to accept and overcome by looking at the experience in terms of "regret." When we think "I regret I was not in the room when he died" or "I regret I was not able to speak more openly about dying" it is less critical than "I feel guilty about my behavior."

People in grief may have strange or disturbing dreams, be absent-minded, withdraw socially, or lack the desire to participate in activities that used to be enjoyable. While these feelings and behaviors are normal during grief, they will pass.

In general, grief makes room for a lot of thoughts, behaviors, feelings and beliefs that might be considered abnormal or unusual at other times. Following significant loss; however, most of these components of grief are, in fact, quite normal.

How long does grief last?

Grief lasts as long as it lasts. Although this statement may not seem helpful to you, it is true. It is different for each person. It is important to realize that, while grief and its intensity will subside, most find that it is replaced with a "sweet sadness" that comes at times of remembrance. This is simply the acknowledgement that significant loss has occurred and that the loss, and the person who is gone, matters and affects our lives.

There are many factors that affect how long a person grieves, including age, maturity, personality, physical and mental health, coping style, culture, spiritual and religious background, family background, other stressors and life experiences. The time spent grieving may also depend on how prepared a person was before the loss was experienced.

How will I know when I'm done grieving?

After a significant loss, you may be consumed and overwhelmed by the grief reactions you are experiencing. In time, as the reality of the loss sinks in, and all the changes as a result of the loss have been experienced, you will learn to adjust to living with your loss. Eventually, even after significant loss, you will realize you are grieving less as you discover renewed energy in living. You become less consumed by the impact of the loss and begin to draw comfort rather than pain from the memories. In a sense, you are never "finished grieving." With a significant loss, there will always be moments when you remember the loss, and perhaps experience some of the feelings of grief, as in the times of "sweet sadness" mentioned above. Fortunately, the time period between these surges lengthen considerably as you learn how to cope with your loss.


What do I need during grief?

Time alone and time with others who listen when you need to talk. Rest and relaxation and allow yourself to follow what feels best for you. You may find comfort in sharing with others who have experienced a similar loss. Take small steps and work on small goals for each day with something to look forward to. Accept and express your feelings as they help you through the grief process.

Additional Bereavement Resources:

1. Care Central VNA & Hospice Bereavement Program: (978) 632-1230 or (508) 943-0612
2. Website: www.aarp.org
www.whatsyourgrief.com
www.journeyofhearts.org
www.griefnet.org

OCTOBER 2025 - TRI-VALLEY, INC.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus are Subject to Change.</p> <p>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.</p> <p>∞ Indicates a meatless meal</p>				
<p>6</p> <p>∞</p> <p>Macaroni & Cheese Stewed Tomatoes Peas Lorna Doone Cookies Whole Wheat Bread</p> <p>Calories=739 Total Sodium = 672 mg Carbs = 92</p>	<p>7</p> <p>Meatballs w/ Onion Gravy Mashed Potatoes Green Beans Peaches Pumpernickel Bread</p> <p>Calories=740 Total Sodium = 718 mg Carbs = 66</p>	<p>1</p> <p>Chicken Picatta Bowtie Pasta Roasted Brussels Sprouts Chocolate Mousse Pumpernickel Bread</p> <p>Calories=725 Total Sodium = 825 mg Carbs = 90</p>	<p>2</p> <p>Salsbury Steak w/ Beef Gravy Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll</p> <p>Calories=792 Total Sodium = 857 mg Carbs = 100</p>	<p>3</p> <p>Lemon Pepper Haddock Wild Rice Green Beans Fruited Ambrosia Marble Rye Bread Tartar Sauce</p> <p>Calories=764 Total Sodium = 917 mg Carbs = 90</p>
<p>13</p>  <p>Calories=739 Total Sodium = 672 mg Carbs = 92</p>	<p>14</p> <p>Chicken Stir Fry* Steamed White Rice Roasted Broccoli Fresh Fruit Pumpernickel Bread</p> <p>Calories=718 Total Sodium = 1193 mg Carbs = 108</p>	<p>8</p> <p>Marinated Pork Loin Herbed Stuffing Cabbage & Carrots Chocolate Pudding Diet = SF Pudding Whole Wheat Bread</p> <p>Calories=753 Total Sodium = 1145 mg Carbs = 70</p>	<p>9</p> <p>Chicken w/ BBQ Sauce Potatoes Au Gratin Country Blend Vegetables Apple Crisp Diet = Applesauce Italian Bread</p> <p>Calories=738 Total Sodium = 1194 mg Carbs = 83</p>	<p>10</p> <p>HIGH SODIUM MEAL Ham Salad* Pasta Salad Tomato & Onion Salad Fresh Fruit Pita Bread</p> <p>Calories=651 Total Sodium = 1193 mg Carbs = 78</p>
<p>20</p> <p>Beef Enchiladas* w/ Cheese Spanish Rice Chuckwagon Corn Mandarin Oranges Pita Bread Sour Cream</p> <p>Calories=953 Total Sodium = 1089 mg Carbs = 94</p>	<p>21</p> <p>Ziti w/ Meat Sauce* Mozzarella Cheese Green Beans Baked Apples Italian Bread</p> <p>Calories=761 Total Sodium = 913 mg Carbs = 100</p>	<p>15</p> <p>Vegetable Cheese Bake Seasoned Potatoes Jardiniere Vegetables Mixed Fruit Italian Bread</p> <p>Calories=832 Total Sodium = 682 mg Carbs = 85</p>	<p>16</p> <p>HIGH SODIUM MEAL Banh Mi Pork Riblet w/ BBQ Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo</p> <p>Calories=784 Total Sodium = 1422 mg Carbs = 89</p>	<p>17</p> <p>Lentil Stew w/ Cheddar Cheese Rice Pilaf Rst Cali. Blend Lemon Pudding Diet = SF Vanilla Pudding Marble Rye Bread</p> <p>Calories=826 Total Sodium = 945 mg Carbs = 98</p>
<p>27</p> <p>Lasagna w/ Meatballs Marinara Sauce Green Beans Fresh Fruit Whole Wheat Bread</p> <p>Calories=953 Total Sodium = 1105 mg Carbs = 96</p>	<p>28</p> <p>Roast Pork w/ Gravy Cranberry Stuffing Rst. California Vegetables Rice Krispy Treat Marble Rye Bread</p> <p>Calories=720 Total Sodium = 1103 mg Carbs = 87</p>	<p>22</p> <p>Garlic Brown Sugar Chicken Lemon Seasoned Potatoes Mixed Vegetables Lorna Doone Cookies Whole Wheat Bread</p> <p>Calories=684 Total Sodium = 974 mg Carbs = 84</p>	<p>23</p> <p>Vegetarian Chili w/ Cheddar Cheese Roasted Potatoes Tuscany Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread</p> <p>Calories=838 Total Sodium = 979 mg Carbs = 106</p>	<p>24</p> <p>Beef Bourignon Garlic Mashed Potatoes Rst. Broccoli & Carrots Fresh Fruit Pumpernickel Bread</p> <p>Calories=801 Total Sodium = 654 mg Carbs = 81</p>
<p>27</p> <p>Lasagna w/ Meatballs Marinara Sauce Green Beans Fresh Fruit Whole Wheat Bread</p> <p>Calories=953 Total Sodium = 1105 mg Carbs = 96</p>	<p>29</p> <p>Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple</p> <p>Calories=862 Total Sodium = 1086 mg Carbs = 98</p>	<p>22</p> <p>Garlic Brown Sugar Chicken Lemon Seasoned Potatoes Mixed Vegetables Lorna Doone Cookies Whole Wheat Bread</p> <p>Calories=684 Total Sodium = 974 mg Carbs = 84</p>	<p>30</p> <p>Beef w/ Onions & Peppers Herb Potatoes Honey Glazed Carrots Pumpkin Spice Mousse Sandwich Roll</p> <p>Calories=810 Total Sodium = 1051 mg Carbs = 108</p>	<p>31</p> <p>HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Cinnamon Baked Pears Hot Dog Bun, Mustard Mustard</p> <p>Calories=843 Total Sodium = 1447 mg Carbs = 92</p>
<p>Dudley 508-949-6640 Franklin 508-520-1422</p>				
<p>Spencer 508-885-5767 Milford 508-478-8102</p>				
<p>Northbridge 508-234-2002 Upton 978-907-5709</p>				
<p>Uxbridge 774-482-6174 Southbridge 774-289-9438</p>				
<p>W. Brookfield 508-867-1411.</p>				

~ October 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Note: Oct. 7 Addition 11:15 Rep. Berthiaume Office Hours (Donna Farmer) Chief of Staff</p>		<p>1 9:00 Walking 9:00 Vet Agent 12:15 Pitch</p>	<p>2 9:00 Foot Care 9:00 Chair Yoga (\$3) 10:15 Let Your Yoga Dance 12:15 MAHJongg 12:30 Bingo</p>	<p>3 9:00 Walking 9:00 Zumba Gold (\$3) 11:00 Bridge 12:15 Pitch 12:30 Board Games</p>	<p>4</p>
5	<p>9:00 Vet Agent 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Hospice</p>	<p>7 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 River Cruise</p>	<p>8 9:00 Walking 12:15 Pitch 1:00 Genealogy</p>	<p>9 9:00 Chair Yoga (\$3) 9:10 Mini-Manicures 12:15 MAHJongg 12:30 Music Bingo 6:00 Quilt Meeting</p>	<p>10 9:00 Walking 9:00 Zumba Gold (\$3) 11:00 Bridge 12:15 Pitch 12:30 Board Games</p>	<p>11</p>
12	<p>13 Closed Columbus Day</p>	<p>14 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees</p>	<p>15 9:00 Walking 10:00 Insurance Appts. With Ed Spater 12:15 Pitch 12:30 Fraud with N.B. Savings Bank</p>	<p>16 9:00 Chair Yoga (\$3) 10:15 COA Meeting 10:15 Let Your Yoga Dance 12:15 MAHJongg 12:30 Bingo</p>	<p>17 9:00 Walking 9:00 Zumba Gold (\$3) 10:00 Coffee Hour with the Fire Chief 10:00 Blood Pressure Clinic 11:00 Bridge 12:15 Pitch 12:30 Board Games</p>	<p>18 10:00 Open Sew</p>
19	<p>20 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 1:00 Book Club</p>	<p>21 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Card Making</p>	<p>22 9:00 Walking 10:00 Insurance Appts. With Ed Spater 12:15 Pitch</p>	<p>23 9:00 Foot Care 9:00 Chair Yoga (\$3) 12:15 MAHJongg</p>	<p>24 9:00 Walking 9:00 Zumba Gold (\$3) 11:00 Bridge 12:15 Pitch 12:30 Board Games</p>	<p>25 1:00 Historical Society</p>
26	<p>27 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Movie</p>	<p>28 11:30 Crock Pot Pot Luck and Halloween Party 6:30 Ham Radio</p>	<p>29 9:00 Walking 10:00 Insurance Appts. With Ed Spater 12:15 Pitch</p>	<p>30 9:00 Chair Yoga (\$3) 10:15 Let Your Yoga Dance 12:15 MAHJongg 12:30 Bingo</p>	<p>31 9:00 Walking 9:00 Zumba Gold (\$3) 10:00 Hearing Clinic 11:00 Bridge 12:15 Pitch 12:30 Board Games</p>	