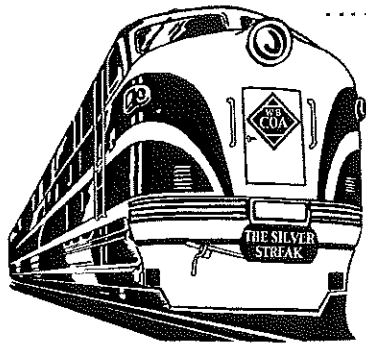




The Silver Streak...

November 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

November

at the

Senior Center



Health Plan Options with Blue Cross/ Blue Shield

Tuesday, November 25

12:30 PM

The Medicare Annual Election Period is from October 15 through December 7th. This 45 minute session is geared toward individuals on Medicare or approaching Medicare. It reviews the differences between Medigap and Medicare Advantage plans and explains when enrollees can switch plans. All are invited to attend regardless of insurance coverage. Please note that no product information will be presented.

Please sign up at the Senior Center so that we can arrange for seating.

Do you have a favorite movie? Or a movie that you'd like to see us show here at the Center?

There is a "movie suggestions" box at the Center until *mid-January*. Please feel free to put your suggestion in the box. Thanks!

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

Central MA Senior Dental Clinic

Are you an older adult in need of dental care? Senior Connection and Quinsigamond Community College Dental Hygiene Program present the "Central Massachusetts Senior Dental Clinic", offering free preventive dental services for older adults in Central Massachusetts.

To be eligible, you must be 55 years of age or older and reside in Central Massachusetts. Services offered include cleanings, x-rays, assessments and fluoride treatments.

Call the Quinsigamond Community College Dental Hygiene Clinic at 508-854-4306 Monday through Friday from 9 AM to 4 PM. If you need transportation, please tell the clinic when you make your appointment.

Daylight Savings Time ends on November 2.
Don't forget to set your clocks back 1 hour.

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



Movie
Monday, November 10
12:30

The Intern

*(starring Robert DeNiro, Anne Hathaway
 and Rene Russo)*

Seventy year old Ben Whittaker is bored with retirement. He applies to fill the newly created position of Senior Intern at a fashion website, where he forms an unlikely friendship with the company's workaholic CEO.

Please sign up at the Senior Center.



Donations needed!

West Brookfield's Annual White Christmas will be held on Sunday, December 7th. We are asking for donations for our **Chinese Auction**. Items should be new but do not have to be expensive. Children's items will be very welcome.

We are also asking for donations for our **Holiday Basket**. Please help us fill the basket with practical items such as kitchen towels, dish detergent, shampoo, fleece throws, etc. Gift cards also welcome.

Please drop off any donations at the Center before Thanksgiving. Thank you! We hope to see you at the Center on White Christmas!

Annual Christmas Party at Salem Cross Inn



Tuesday, December 16, 2025
Doors open at 11:30 AM

Menu: Salad

Pot Roast or Chicken Pot Pie

Ice Cream Sundae

As we've noted in previous newsletters, those who paid Friends membership by May 31 will receive a discount on the meal.

Cost: *with* Friends membership by May 31 - \$25.00
without Friends membership by May 31 - \$35.00

Payment and entrée choice due at sign-up.

Please sign up by December 2.

Fuel Assistance

Sue, our Outreach worker, has been busy processing fuel assistance applications for the last couple of months. If you haven't applied, call the Senior Center at 508-867-1407 and ask for Sue. She can tell you if you qualify and help you fill out the application form.



Wine Bottle Painting Class

Wednesday, Nov. 19
10:00 AM

Join Kelly for this wine bottle craft. No experience necessary. All materials and instruction provided. This is a free class. Class size is limited to 20. Please sign up by November 17.



A Heartfelt Tribute to our Veterans



Forever grateful, our hearts must sing
 For all you've done, the hope you bring
 In quiet moments, we pause to pray
 for those who fought to light the way.

The freedom we cherish, the peace we see,
 A tribute to your bravery
 In every flag that flies up high
 Your legacy humbles, lifts us up to the sky.

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 _____

Stress Management

Everybody experiences stress. It's the body's



natural reaction to tension, pressure and change.

A certain amount of stress helps to make life more challenging and less boring.

However, too much stress can be bad for you—both physically and mentally. Prolonged, unrelieved stress can lead to accidental injury as well as to illness. Learn to recognize and manage stress before it gets the best of you.

Recognize the signs of stress

Headaches	Forgetfulness
Upset Stomach	Indigestion
Feeling “uptight”	Muscle tension, soreness
Anxiety	Grinding or gritting teeth
Irritability	Inability to make decisions
Diarrhea	Sadness, lack of interest
Lack of energy	Inability to sleep
Loss of hope	Sleepiness or oversleeping
Poor concentration	New or increased use of
Panic Attacks	tobacco, alcohol or other
Anger	drugs
Feeling powerless	Skipping meals

Many of these complaints could be caused by medical conditions. Often they are the body's and mind's reaction to poorly managed stress. Please see your doctor.

Ways to manage stress

1. Think positively and surround yourself with others who think the same.
2. Avoid the trap of demanding too much of yourself. Get help if tasks are too big for you.
3. Accept that you can't control every situation and learn to be flexible.
4. At the start of each day, write down your list of things to do. Then set reasonable priorities.
5. Divide big tasks into smaller, more manageable ones.
6. Eat a well-balanced diet, full of whole grains, fruits and vegetables. Limit sugar.
7. Get plenty of sleep.

8. Include moderate exercise into each day to boost your energy level and improve your mood.

9. Make time for relaxation. Try listening to soothing music, meditating, gardening, playing with a pet, reading a good book, or doing whatever helps you relax.

10. Avoid tobacco, alcohol and drugs. They only make matters worse.

11. Use mistakes and setbacks as opportunities to learn.

12. If possible, say “NO” to tasks that you know will be stressful for you.

13. Confide in at least one friend and share your disappointments as well as achievements. Talk things out so that minor frustrations don't build up.

14. Be ready to admit when you are wrong.

15. Eliminate everyday sources of stress such as loud music playing or clutter in your surroundings.

16. Laugh! Look for the humor in life and take time to have fun.

17. Remember, it's ok to cry.

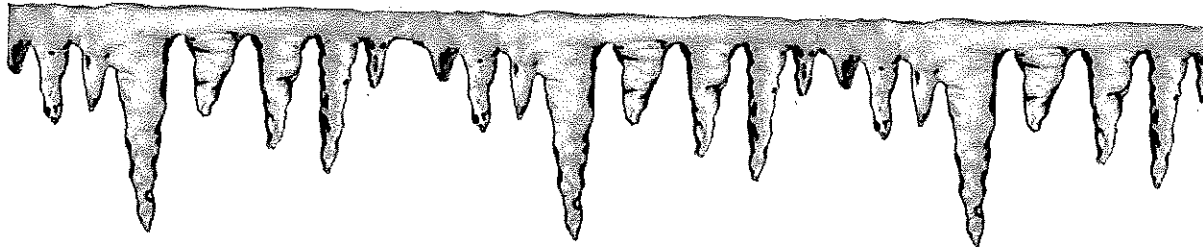
18. Practice deep breathing. Get in a comfortable position. Take in a slow, deep breath through your nose to the count of 5. Hold your breath for another 5 count. Then exhale through your mouth to the count of 5.

19. Prolonged sitting contributes to stress, so add activity to your daily routine by doing simple things like taking the stairs instead of the elevator, standing or walking while on the telephone, etc.

20. Make anti-stress stretches part of your day.

Senior Center note: We hope you find some of these stress-management tips helpful. If your symptoms do not improve or if they worsen, talk with your doctor.

Tai Chi and Chair Yoga are offered at the West Brookfield Senior Center. Both classes are beneficial in helping to manage stress. You do not have to sign up for either of these. We hope you try them out!



Inclement Weather Policy

The West Brookfield Senior Center Weather Policy is determined by what is observed by the Quaboag Regional School System. If the schools are closed, then the Center is closed. If schools are delayed 1 or 2 hours then the Senior Center is delayed the same. This is for everyone's protection and safety.

School closings can be found on the Quaboag Regional School District website (www.quaboagrs.org), on major tv channels such as channel 5 or 7, or by listening to the Radio channel WTAG, or on your computer at wtag.iheart.com

Baked Potato Bar (sponsored by Tri-Valley) and

Pea Soup (sponsored by the Senior Center)

Tuesday, December 9, 2025 at noon

Potato Toppings include chili, broccoli, cheese sauce, salsa, sour cream, chives and bacon so you can customize your potato.

Dessert and milk will be provided.

Homemade pea soup made especially for the occasion.

Suggested voluntary donation of \$5.00 for meal (payable on that day)

Call or sign up at the Senior Center to reserve your meal by

December 2.

White Christmas at the Senior Center

**Stop by the Senior Center between noon and 3 PM
December 7**

Free drawing

Free coffee

Free popcorn

Elf Hunt

Chinese Auction

Lottery Wreath Drawing

Quilt Drawing

Holiday Hamper Drawing

Cookie Decorating



How to Apply for RAFT

What is RAFT?

The Residential Assistance for Families in Transition (RAFT) program helps homeless families or families at risk of becoming homeless by providing up to \$7,000 to keep current housing or move to new housing

What can RAFT pay for?

- 1 overdue rent or mortgage
- 2 overdue utilities
- 3 moving-related expenses (first/last month's rent, security, moving trucks, and/or furniture)

RAFT payments will go to the landlord, utility provider, mortgage servicer, or other vendor.

Who is eligible?

- Massachusetts residents at risk of homelessness or housing instability due to potential eviction, loss of utilities, and other housing emergencies. *Immigration status is not considered for RAFT applications*
- Income at or below 50% of Area Median Income (AMI)*, or 60% of AMI for households who are at risk of domestic violence

*Check AMI for your city/town here:
<https://hedfuel.azurewebsites.net/raa.aspx>

To check if you are eligible for RAFT visit: www.mass.gov/info-details/how-to-apply-for-raft

How to apply for RAFT

Apply for RAFT online here:
<https://applyhousinghelp.mass.gov/>

Before starting your application, make sure you have the following documents ready to upload:

- ID for head of household
- Proof of current housing (example: your current lease or rental agreement)
- Proof of eligible housing crisis and overdue payments (examples: a Notice to Quit from your landlord; eviction notice; mortgage statement showing three months behind; or documents showing you cannot stay in your home due to health, safety, or other reasons)
- Proof of income if you are not getting certain DTA or MassHealth programs (examples: paystubs, benefit letters)
- Landlord/property owner contact information. The landlord/property owner will need to complete an application too.

For more information on how to apply visit: www.mass.gov/info-details/how-to-apply-for-raft

For additional help:

Dial 211 for information about programs in your area or visit Mass211.org

If you are eligible for EA Emergency Family Shelter, talk with your case manager about HomeBASE.
www.mass.gov/info-details/homebase

COMMONWEALTH OF MASSACHUSETTS

Executive Office of Housing & Livable Communities

Division of Housing Stabilization | Emergency Shelter Resources | Last Updated: 10/30/2023 | ENGLISH



TRI-VALLEY, INC. - NOVEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Beef Stew 166 101 1 1 96	4	Buttermilk Chicken Cranberry Stuffing Rstd. California Veg. Lorna Doones Whole Wheat Bread	5	Baked Potato w/ Chili & Cheese Roasted Broccoli Sour Cream Chocolate Mousse Pumpermickel Bread	6	∞ Breaded Mac & Cheese* Stewed Tomatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread	7	Shepherd's Pie Carrots Peas Pears Marble Rye Bread
Calories: 844 Total Sodium = 490mg Carbs = 105		Calories: 780 Total Sodium: 1104mg Carbs = 97		Calories: 850 Total Sodium = 1175mg Carbs = 92		Calories: 782 Total Sodium: 860mg Carbs = 114		Calories: 772 Total Sodium: 555mg Cars = 100	
10	Chicken Tiki Masala Steamed Rice Rstd Broccoli & Carrots Lorna Doones Marble Rye Bread	11	Veterans Day NO MEAL SERVED 	12	Meatloaf with Gravy Garlic Mashed Potatoes Glazed Carrots Mixed Fruit Whole Wheat Bread	13	High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun	14	Honey Mustard Pork* Herbed Potatoes Rstd. Brussels Sprouts Fresh Fruit Italian Bread
Calories: 641 Total Sodium: 709 Carbs = 80				Calories: 771 Total Sodium: 745mg Carbs = 102		Calories: 834 Total Sodium: 1446mg Carbs = 93		Calories: 826 Total Sodium: 1024mg Carbs = 104	
17	Sloppy Joe* Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	18	Holiday Meal Roast Turkey & Gravy* Cranberry Stuffing Butternut Squash Pumpkin Mousse Italian Bread	19	Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Peaches Marble Rye Bread	20	Chicken Cacciatore* Gemmeli Pasta Roasted Broccoli Birthday Cake/Diet=Half Italian Bread	21	Fish w/Crumb Topping Lemon Rice Pilaf Tuscan Style Veg. Tropical Fruit Whole Wheat Bread
Calories: 731 Total Sodium: 1069mg Carbs = 112		Calories: 723 Total Sodium: 1500mg Carbs = 100		Calories: 723 Total Sodium: 692mg Carbs = 89		Calories: 729 Total Sodium: 767mg Carbs = 83		Calories: 681 Total Sodium: 762mg Carbs = 94	
24	Spaghetti & Meatballs Marinara Sauce Green Beans Applesauce Whole Wheat Bread	25	Pork Rib-i-que Mac N Cheese Green Beans Cinnamon Pears Sandwich Roll	26	Beef Str Fry Steamed Rice Roasted Broccoli Vanilla Mousse Pumpermickel Bread	27	Thanksgiving Day NO MEAL SERVED 	28	Chicken Cranberry Salad Pasta Salad Three Bean Salad Fresh Fruit Hot Dog Roll
Calories: 655 Total Sodium: 880mg Carbs = 106		Calories: 699 Total Sodium: 1020mg Carbs = 89		Calories: 847 Total Sodium: 974mg Carbs = 98				Calories: 847 Total Sodium: 969mg Carbs = 106	

Menus are Subject to Change

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.

Dudley 508-949-6640	Milford 508-478-8102	Southbridge 774-289-9438
Franklin 508-520-1422	Northbridge 508-234-2002	Uxbridge 774-482-6174
Spencer 508-885-5767	Upton 978-907-5709	W. Brookfield 508-867-1411

(*) Indicates entrees with more than 500 mg sodium

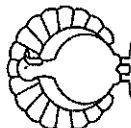
A high sodium meal = >1200 mg of sodium

Nutrition information includes the 110 calories, 13gm Carbs & 125mg of sodium for milk.

∞ Indicates a meatless meal

Carbs are listed for "Diabetic Friendly Meal" purposes

~ November 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 Vet Agent 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta	4 NO Tai Chi Today 9:30 SHINE (appointments) 10:00 Dunkin Divas 12:30 Busy Bees	5 10:00 Walking 10:00 Wednesday Quilters 10:00 Insurance Appointments With Ed Spater 11:15 Rep. Berthiaume Office Hours with Donna Farmer 12:15 Pitch	6 9:00 Foot Care 9:00 Chair Yoga (\$3) 12:15 MAHJonng 12:30 Bingo	7 9:00 Zumba Gold (\$3) 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	8
9	10 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 12:30 Movie	11 Veterans Day Veterans' Breakfast 8:00 AM – 10:00 AM	12 10:00 Walking 10:00 Wednesday Quilters 10:00 Insurance Appointments With Ed Spater 12:15 Pitch 1:00 Genealogy	13 9:00 Chair Yoga (\$3) 9:00 SHINE (appointments) 9:10 Mini-Manicures 12:15 MAHJonng 6:00 Quilt Meeting	14 9:00 Zumba Gold (\$3) 10:00 Walking 11:00 Bridge 12:15 Pitch 12:30 Board Games	15
16	17 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta 1:00 Book Club	18 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	19 10:00 Walking 10:00 Wednesday Quilters 10:00 Wine Bottle Painting 10:00 Insurance Appointments With Ed Spater 12:15 Pitch	20 9:00 Chair Yoga (\$3) 9:00 SHINE (appointments) 10:15 COA Meeting 12:15 MAHJonng 12:30 Bingo	21 9:00 Zumba Gold (\$3) 10:00 Walking 10:00 Hearing Clinic 10:00 Coffee Hour 10:00 Blood Pressure Clinic 11:00 Bridge 12:15 Pitch 12:30 Board Games	22 10 AM Open Sew
23/ 30	24 9:00 Functional Fitness (\$3) 10:00 Walking 12:30 Canasta	25 9:00 Tai Chi (\$5) 9:30 SHINE (appointments) 10:00 Dunkin Divas 12:30 Busy Bees 12:30 Blue Cross/ Blue Shield 6:30 Ham Radio	26 10:00 Walking 10:00 Wednesday Quilters Closed at Noon	27  Closed Happy Thanksgiving	28 Closed for Thanksgiving Holiday	29