

December at the Senior Center

Baked Potato Bar (sponsored by Tri-Valley) and Pea Soup (sponsored by the Senior Center) Tuesday, Dec. 9 noon

Suggested donation: \$3.00 for baked potato and \$2.00 for pea soup (payable on that day)

Comfort food – yummy!

Toppings for the baked potato bar include chili, broccoli, cheese sauce, salsa, sour cream, chives and bacon for you to customize your own potato. Dessert and milk included. Join us for a warm lunch!

If you haven't already, please call the Center or drop by to sign up by December 2.

Yankee Swap Mon. Dec. 15 12:30 PM



Join us for an afternoon of fun! Bring a wrapped, \$10.00 gift. Please sign up at the Senior Center.



Movie (from our suggestion box)
Monday, Dec. 22 at 12:30 PM
Nonnas

(starring Vince Vaughn, Lorraine Bracco and Talia Shire)

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Nonnas is a heartfelt "dramedy" about Jody (Joe) Scaravella, who opens an Italian restaurant in New York, honoring his late mother and grandmother by employing grandmothers from around the world as chefs.

Please note: Please remember to sign up for our movies. If you have a last-minute change of plans you can always cancel. We have cancelled some movies in the past few months due to lack of signups, only to have people come in expecting the movie to be shown. We don't want to disappoint people!

Also, if there is a movie you'd like to see us show at the Center, please place your suggestion in our movie suggestion box.

Thank you for all the suggestions you've given us so far!

COA and Staff

Please add

Michelle Dahart, Nutrition Site Manager

A note from the staff to all those who use the Center:

As we end 2025 and look forward to 2026, we'd like you to know how much you are appreciated.

In some ways, the Senior Center is a community itself; a community made up of the people who visit here, attend programs, help with events and with Meals on Wheels. We have noticed your kindness toward each other and it warms our hearts. Friendship is found here.

We are so grateful for your presence in our lives.

If you haven't been to the Center, please come and see what happens here. Our monthly newsletter can be found on the Town of West Brookfield's website, you can pick it up at the Senior Center or you can request that we mail it to you. Check it for what interests you.

In addition to our regular programming, we offer special activities and classes. Some of our programs in 2025:

Tour of Dispatch

Ice Cream Socials

Poetry Workshop

Author Talks

Balance Workshop

Historical Programs

Quaboag River Cruise

Let Your Yoga Dance

Music Bingo Painting Class Bus Trips Card-Making

Mindfulness Classes

Senior Portrait Day

Plant Swap

Fraud & Scams

Downsizing and Decluttering

Hospice Presentation

Mini-manicures

Home-made Lunches

Tasting Events

Elementary School Pen Pals

Bemis Farms Plant Workshops Managing Chronic Disease Workshop

The Senior Center is here for YOU! The coffee is always on and the door is always open if you want to talk.

Overheard: The only time the world beats a path To your door is when you are in the bathroom!

~ Coming in January ~

January 12 - Grip Strength Screening January 21 – Breakfast for Lunch

Please post the following near your phone.

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once your call is answered:

Press 1 if you need police

Press 2 if you need fire

Press 3 if you need an ambulance

If the 9-1-1 dispatcher asks questions,

Press 4 for YES

Press 5 for NO

If you need durable medical equipment such as a walker, cane, rollator, wheelchair, etc., call the Senior Center to find out if we have any available. We also accept donations of durable medical equipment that is clean and in good shape.

Cancelled in December:

Open Sew Book Club Coffee Hour

Office Hours for Rep. Berthiaume We'll be back in the New Year!



A big THANK YOU to all who made donations to the Senior Center. We appreciate everything you've done to keep the Center going by paying it forward!

We'd also like to thank all town departments for their support and help.

The Importance of Winter Hydration

As temperatures drop it can become harder to keep hydration up. It's not uncommon to feel less thirsty in cold weather and many people are unaware that cold-weather dehydration exists. Dehydration occurs when the body doesn't have enough fluid to function properly.

Every time you sweat, urinate or have a bowel movement, water is lost. It may be difficult to notice when you're sweating in colder weather, so pay attention when you're bundled up. Even when you're not sweating, you lose water through the skin, and the drier air from indoor heating can cause you to become dehydrated without even noticing. A lack of water not only results in dehydration but can increase your risk of kidney stones, urinary tract infections, and constipation.

How much water do I need?
The recommended amount of water varies from person to person and depends on factors such as age, sex, activity level, altitude, weather, and overall health. Most people can stay hydrated properly with adequate with daily water intake, but if you're sweating heavily, exercising for more than 60 minutes, or have significant fluid loss from fever, a sports drink or electrolyte replenishment packet may be appropriate.

Tips for Staying Hydrated in Winter:

- 1. Drink warm fluids if you find it difficult to drink cold water when it's cold outside. Sip on warm water, hot herbal teas, or warm broths can count toward hydration.
- 2. Add flavor such as a wedge of lemon, lime or other fruit to your drink.
- 3. Carry a water bottle with you.
- 4. Drink your food. Homemade soups in winter can increase fluid intake as well as including water-rich fruits and vegetables such as green leafy vegetables, citrus fruits, melon, tomatoes and cucumbers.
- 5. Avoid too much caffeine which can contribute to dehydration. For every caffeinated beverage you consume, have an additional glass of water of equal volume.
- 6. Swap your alcohol for a mocktail. Alcohol should not be counted toward fluid intake and interfere with a person's perception of cold, increasing the risk for hypothermia. Instead, try mixing

unsweetened seltzer water with a slice of citrus or mixed berries.

7. Make hydration a routine. Start by incorporating A glass of water on your bedside table to be consumed first thing in the morning.

With these tips in mind and simply remembering to drink more water can help you stay hydrated and healthy throughout the winter months.

Car Safety Tips for Winter Common sense advice!

- 1. Keep your gas tank full in case of evacuation or power outages. A full tank will also keep the fuel line from freezing.
- 2. Do not drive through flooded areas. Six inches of water can cause a vehicle to lose control or possibly stall. A foot of water will float many cars. Also, beware of areas where flood waters have receded. Roads may have weakened and could collapse under the weight of a car.
- 3. Disable your cruise control when driving on slippery, icy or snowy roads. That's because if you lose traction or start to skid, the cruise control will accelerate to maintain your vehicle's speed, causing your wheels to spin even faster. On we roads, if your cruise control is set at too high a speed, it could cause your car to hydroplane when it goes over standing water.
- 4. If a power line falls on your car you are at risk of electrical shock. Stay inside your car until a trained person removes the wire.
- 5. In a case of bad weather, do not go out unless it is necessary.

In case you are stranded, keep an emergency supply kit in your car and these automobile extras:

- > Flares or reflective triangles
- Ice scraper
- Cell phone charger
- Blanket
- Map
- Cat litter or sand (for better tire traction)

Don't forget to think ahead and get ice melt or sand for your steps, too!

It's THAT time of year again!

FLU POLICY FOR WEST BROOKFIELD

(source: reprint from Board of Selectmen, 2010)

In the interest of protecting our employees and the public from pandemic flu, the Board of Selectmen adopted a policy on November 17th, (2009), which reflects the recommendation of the CDC and states that any employee who has an influenza like illness is to remain at home until at least 24 hours after they are free of fever or signs of a fever without the use of fever-reducing medicines and any employee who develops symptoms while at work should leave immediately. The CDC recommendation points out that many people with influenza continue shedding virus 24 hours after their fevers go away, and sometimes longer so that when an employee returns to work he/she should continue to take extra precautions by practicing respiratory etiquette and hand hygiene and avoiding close contact with others. Extra precautions should also be taken by anyone with a known exposure to the flu as persons are likely to be contagious for 2 - 5 days before exhibiting clear.

We are urging the public to follow these same guidelines and ask that those with symptoms avoid attending town meetings and activities at the Senior Center or Town Hall.

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December 2025

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