

The Silver Streak...

May 2026

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



May
at the
Senior Center

Happy Mother's Day!

Happy Memorial Day!

Isn't the warm weather wonderful? Try to get out and enjoy it. It's good for your body and your emotional well-being.



Mother's Day Celebration **Monday, May 11 at 12:15**

Join us for tea, coffee and sweet treats at 12:15, followed by

"Legendary Ladies of Song". Donna Lee performs songs by Patsy Cline, Loretta Lynn and more. Please sign up at the Senior Center by May 4.

Medicare Help with Ed Spater

Wednesday, May 20 at noon

To make an appointment, go to

www.extraordinarybenefits.com

Go to schedule appointment and follow the prompts.

Book Club

There will be no meeting in May. The book club will meet again on Monday, June 1. The book chosen is The Bookshop Ladies by Faith Hogan. New members are always welcome!

Quilt Drawing



We still have tickets available for the quilts lovingly stitched by the Quaboag Plantation Quilting Guild. Winners will be drawn after the reserve is met. Tickets are \$5.00 each.

SHINE

Have questions about Medicare? A SHINE counselor is available either by appointment at the West Brookfield Senior Center or by a telephone conversation.

SHINE counselors are state certified, unbiased volunteers who are current on changes in Medicare, additional insurance plans, and benefits.

Be prepared for your SHINE visit with your Medicare card, MassHealth card, insurance card, and any letters you received from the above sources.

Contact the SHINE counselor through the West Brookfield Senior Center (508) 867-1407, or the SHINE District Office at Tri-Valley, Inc. (508) 949-6640 ext. 3066.

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
Michelle Dahart, Nutrition Site Manager

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

Mini Manicures

Thurs. May 14

Cost: \$5.00



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

Movie

Thursday, May 14 at 12:30 PM

Close Encounters of the Third Kind (1977)

This film stars Richard Dreyfuss as Roy Neary, an Indiana electric lineman whose life is transformed after a close encounter with a UFO, and Teri Garr as Jillian Guiler, a single mom whose young son is abducted during the same event.

Please sign up at the Senior Center.



The Senior Center will be closed on Tuesday, May 5 for local elections.

As you do your Spring Cleaning

There is a drop-off receptacle for unused or expired medication in the West Brookfield Police Department. It is a safe and secure place to dispose of medicine. However, needles are NOT accepted.

Please note: At this time, the West Brookfield Rescue Squad is not accepting needles.

Craft With Kelly

Wednesday, May 6 at 12:30

Cost: \$3.00 (payable at sign-up)

Block glass décor craft

Space is limited, so sign up early!

West Brookfield Annual Town Meeting

The West Brookfield Annual Town Meeting will take place on Tuesday, June 2 at 6:30 PM at the Elementary School. Please plan to attend.

Create A Butterfly Buffet

Bemis Farms Nursery at the Senior Center



Wednesday, June 3 at 12:30 PM

Cost: \$15.00 (payable on sign-up)

Space is limited . **Please sign up by May 26.**

(The cost of this workshop supplemented by The Friends of the Council)

Behavioral Health Information

Massachusetts Behavioral Health Help Line is a Resource that can connect you directly to clinical help, when and where you need it. Even if you are not sure what kind of help or treatment you need, they can help guide you. It's free, confidential and no health insurance is required. Call or text 833-773-2445.

Coming In June

Also, behavioral health services funded by the Executive Office of Aging and Independence are free for adults 60 years and older who live in Massachusetts. To learn more about the Behavioral Health Outreach for Aging Populations program, please contact MassOptions at 800-243-4636.

Substance Abuse and Mental Health Services Administration: 877-726-4727.

- * Wednesday, June 3 Butterfly Buffet with Bemis Farms (at the Senior Center)
- * Thursday, June 11 Pasta Bar
Please sign up by June 3
- * Tuesday, June 16 Seminar with Varnum Funeral Home followed by luncheon provided by Varnum Funeral Home.
- * Thursday, June 18 Special Program
"Life with Bill"
- * Monday, June 22 Ice Cream Social
- * Wednesday, June 24 Resources Fair
- * Monday, June 29 Book and Cook

Exercise and Physical Activity In Older Adults



(source: National Institute on Aging)

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things

you enjoy as you age.

Exercise and physical activity are good for just about everyone. No matter your health and physical abilities, you can gain a lot by staying active.

How to get started

The key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level. A steady rate of progress is the best approach.

Find things you like to do, try different kinds of activities that keep you moving, and look for new ways to build physical activity into your daily routine.

If you have specific health conditions or concerns, discuss your exercise and physical activity with your doctor. You can ask:

What level of exercise would work for me?

Are there any exercises or activities I should avoid?

How do my health conditions affect my ability to exercise?

Is my preventative care up to date?

Exercising Safely

Almost anyone, at any age, can do some type of physical activity. You can still exercise if you have a health condition like heart disease, arthritis, chronic pain, high blood pressure, or diabetes. In fact, physical activity may help. For most older adults, physical activities such as brisk walking, riding a bike, swimming, weight-lifting and gardening are safe, especially if you build up slowly.

Here are some things you can do to make sure you are exercising safely:

1. Wear appropriate fitness clothes, shoes, and safety equipment for your activity.
2. Begin your exercise program slowly with low-intensity exercises.
3. Warm up before exercising and cool down afterward.
4. Drink water before, during, and after your workout session.
5. Breathe out as you exert and breathe in as you relax.
6. Bend forward from the hips and not the waist, keeping your back straight.
7. Listen to your body and STOP if anything is causing you pain.



Exercise should not hurt or make you feel really tired. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain. Talk with your health care provider if you have concerns about exercising safely.

Simple Ways Older Adults Can Stay Active

Here are a few ideas to help get you moving:

1. Check out exercise classes at your local senior center. *Senior Center note: Functional Fitness (Monday mornings at 9:00 AM – \$3.00 per session) is a popular class with a certified instructor. You do whatever suits your level.*
2. Go for a hike in a park or mall large enough for you to walk around.
3. Garden and do yard work such as raking, digging and planting.
4. Make exercise a social activity, such as having an exercise buddy or joining team sports. *Senior Center note: Our walking group gets together at the Senior Center at 9:00 AM every Monday, Wednesday and Friday. You are welcome to join them.*

You can also try exercises on the National Institute on Aging YouTube channel at www.youtube.com/@nihaging

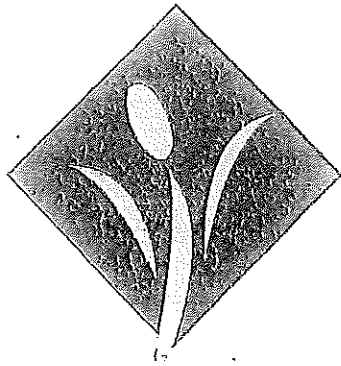
From the Federal Trade Commission

Please Report Scams

If you spot a scam, please report it to the Federal Trade Commission.

Call the FTC at 1-777-FTC-HELP
(1-877-382-4357) or TTY 1-866-653-4261
Or go online: [ftc.gov/complaint](https://www.ftc.gov/complaint)

Your complaint can help protect other people. By filing a complaint, you can help the FTC's investigators identify the imposters and stop them before they can get someone's hard-earned money. It really makes a difference.



Care Central VNA & Hospice, Inc.

Healthcare in Your Neighborhood

Grief & Bereavement Tips for Healing

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 will allow you to adjust to life after loss.

Remember grief lasts as long as it takes to adjust to the changes in your life after your loss. It can be months or even years. Grief has no timetable, thoughts, emotions or behaviors and other responses may come and go.

Some tips to help with the grieving process:

- A. Remember special days that marked events in your lives together.
- B. Take time to look at photos that remind you of good memories together, especially the fun times and share this with others.
- C. Take care of unfinished business with the person who died by writing them a letter and possibly include:
 - What I wish I said to you
 - What I wish I had done
 - What I wish you would have done
 - What I wish I can ask you
 - What I wish I had not said to you
 - What I wish you had not done
 - What I wish I had not done
 - What I would like to tell you
 - Say goodbye
- D. Express your feelings, keep a journal, play or listen to music, create art or a scrapbook of old photos.
- E. Share your grief with someone you feel can support you.
- F. Share special memories and what you miss most about your relationship.

Memorials, Healing Rituals and Ways to Remember:

"Remembering is an important part of the healing process. When memories can be protected in some permanent or special way, perhaps it is the safer to let go and get on with life"

Andrea Gambill editor of *Bereavement* magazine

The value of a ritual is that it helps to remember the person in a special way. Below are some ideas that you may find helpful and healing:

- Buy a special candle and light it a special time in the persons memory... a birthday, holiday or special anniversary.
- Plant a tree or bush in honor of your loved one's life.
- Offer a scholarship in their name.
- Plan a special evening or get together with family or friends to reminisce and share stories.
- Play special music you enjoyed together.

Additional Bereavement Resources:

Some great books to consider for Children:

- *The Invisible String* by Patricia Karst
- *A Tale of Two Acorns* by John Neilon
- *When a Pet Dies* by Fred Rogers
- *Talking About Death: A Dialog Between Parent and Child Explaining Death to Children* by Earl Grollman

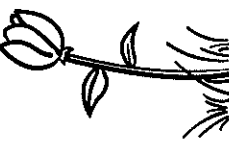

Some great books for Adults:

- *Courage to Grieve: The Classic Guide to Create Living, Recovery and Growth Through Grief* by Judy Tatelbaum
- *Good Grief* by Granger Westberg
- *How to go on Living When Someone You Love Dies* by Therese Rando
- *Swallowed by a Snake: The Gift of the Masculine Side of Healing* by Thomas R. Golden

Care Central VNA & Hospice, Inc. offers a variety of Bereavement Resources, you can request this information by contacting:

Care Central VNA & Hospice, Inc. Bereavement Program:
(978) 632-1230 or (508) 943-0612 x434

TRI-VALLEY, INC. - MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENUS SUBJECT TO CHANGE				
Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your dietary needs. mg = milligrams *Indicates higher sodium entrees >500mg Totals include 125mg of sodium for milk Carbs are listed for "Diabetic Friendly Meal" purposes. ~Indicates a meatless meal 508-867-1411				
4 Shepherd's Pie Carrots Peas Vanilla Yogurt Marble Rye Bread Sodium: 255 Carbs: 7 53 50 105 Calories: 792 Carbs: 102 Total Sodium: 595mg	5 Cinco de Mayo Chicken Fajitas* Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream Sodium: 527 66 292 0 68 9 Calories: 862 Carbs: 98 Total Sodium: 1086mg	6 Braised Beef Gemelli Pasta Broccoli Baked Apples Pumpernickel Bread Sodium: 197 8 16 14 135 Calories: 840 Carbs: 93 Total Sodium: 495mg	7  Mother's Day Meal Chicken Royale* w/ Gravy Mashed Sweet Potatoes Green Beans Double Chocolate Cake Diet = Cheesecake Mousse Italian Bread Sodium: 550/81 91 0 210 130 96 Calories: 939 Carbs: 98 Total Sodium: 1153mg	1 Potato Crunch Fish Rice Pilaf Mixed Vegetables Fruited Ambrosia Sandwich Roll Tartar Sauce Sodium: 280 70 30 55 248 85 Calories: 905 Carbs: 116 Total Sodium: 893mg
11 Honey Mustard Pork* Mashed Potatoes Mixed Vegetables Fresh Fruit Italian Bread Sodium: 817 108 30 0 96 Calories: 781 Carbs: 107 Total Sodium: 1176mg	12 Burger w/ Chili & Cheese Herb Potatoes Green Beans Lorna Doone Cookies Sandwich Roll Sodium: 150 297/90 7 0 147 248 Calories: 889 Carbs: 104 Total Sodium: 1063mg	13 Jambalaya* Rice Pilaf Peas & Carrots Pineapple Pumpernickel Bread Sodium: 539 70 30 0 135 Calories: 685 Carbs: 101 Total Sodium: 899mg	14 Garlic Herbed Chicken Cranberry Stuffing California Blend Vegetables Tapioca Pudding Diet = SF Tapioca Whole Wheat Bread Sodium: 356 300 36 210 135 138 Calories: 766 Carbs: 87 Total Sodium: 1162mg	15 Beef Stir-Fry Steamed Rice Roasted Broccoli Baked Cinnamon Pears Marble Rye Bread Sodium: 443 101 15 5 105 Calories: 815 Carbs: 84 Total Sodium: 811mg
18 Ranch Chicken* Vegetable Couscous Spinach Fresh Fruit Pumpernickel Bread Sodium: 554 77 87 1 135 Calories: 707 Carbs: 94 Total Sodium: 979mg	19 Cranberry Chicken Salad Pasta Salad Tomato & Onion Salad Vanilla Mousse Hot Dog Bun Sodium: 197 172 71 155 195 Calories: 802 Carbs: 88 Total Sodium: 913mg	20 Burgundy Pork* Mashed Potatoes Brussels Sprouts Pear Crisp Diet = Applesauce Italian Bread Sodium: 768 108 15 54 25 96 Calories: 790 Carbs: 70 Total Sodium: 1166mg	21 Holiday Meal High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Sodium: 540 370 152 14 195 50 Calories: 834 Carbs: 93 Total Sodium: 1446mg	22 American Chop Suey Roasted Cauliflower Carrots Chocolate Brownie Diet = Half Piece Whole Wheat Bread Sodium: 186 15 53 150 75 138 Calories: 720 Carbs: 82 Total Sodium: 667mg
25 MEMORIAL DAY  Sodium: 707 Carbs: 94 Total Sodium: 979mg	26 High Sodium Meal Turkey Supreme* Supreme Sauce Cornbread Stuffing Country Blend Vegetables Pineapple Pumpernickel Bread Sodium: 790 115 242 22 0 135 Calories: 707 Carbs: 102 Total Sodium: 1429mg	27 Meatloaf w/ Gravy Garlic Mashed Potatoes Honey Glazed Carrots Peaches Marble Rye Bread Sodium: 202 83 107 70 5 105 Calories: 746 Carbs: 81 Total Sodium: 697mg	28 Greek Chicken Steamed White Rice Brussels Sprouts Birthday Cake Diet = Small Piece Italian Bread Sodium: 497 101 15 221 110 96 Calories: 781 Carbs: 88 Total Sodium: 1054mg	29 Baked Potato w/ Chili & Cheese Broccoli Fresh Fruit Whole Wheat Bread Sour Cream Sodium: 7 474/180 16 1 138 9 Calories: 772 Carbs: 100 Total Sodium: 950mg