



The Silver Streak...

August 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

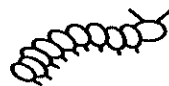
Meals 508-867-1411

ElderBus 1-800-321-0243

August

at the

They are coming



soon!!!



Senior Center

Focus Builders

Source: Silver Sneakers, Online course.

Focus matters! Attention is the doorway to memory. Focus helps us: follow conversations, remember directions, learn new skills, and complete daily tasks.

Simple ways to support attention:

Work on one task at a time. Reduce clutter and distractions. Pause before multitasking. Practice deep breathing. Take short mental breaks (walk or stretch). A short break may help with resetting attention, reduce mental fatigue, improve concentration and support productivity.

Take one quiet break daily! Even if it is just for 5 minutes. Sit quietly, take a slow deep breath or two, put down your cell phone or step away from your computer screen, this will give your mind a chance to reset.

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

DONATIONS NEEDED!

We are now excepting donations for our White Christmas **Chinese Auction**. White Christmas will be held on Sunday, December 6th. 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 are also welcome.

Please drop off any donations at the Center before Thanksgiving. Thank you!

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
Sue Raymond, Outreach Coordinator
Michelle Dahart, Nutrition Site Manager

Consumer Alert

Contractor Scams:

(source:
MA Office of Consumer Affairs
& Business Regulation)

1. Request the contractor's Home Improvement Contractor (HIC) registration number.
 2. Research contractor registration status and disciplinary history at **ContractorHub.mass.gov** to make an informed decision.
 3. Know that by law, any website or advertising must have the contractor's HIC registration number displayed.
 4. Don't hire an unregistered contractor to work on your home.
 5. Don't pay more than 1/3 the estimated cost upfront, unless special order materials are needed.
 6. **NEVER PAY IN CASH.**
 7. Always have a written contract signed by both parties.
 8. Require that the contractor pull the building permit.
 9. Get references and check them.
 10. Ask for proof of insurance.
-

Book Club



August 25, 2026 @ 1:00 p.m.

OF TIME AND TURTLES

Mending the World, Shell by Shattered Shell

Author: Sy Montgomery

New Members Welcome!

Tasses Oil & Propane

Have you ever questioned, "why budget for oil or propane?" Have you wondered how the Oil company comes up with the numbers? Why should you have your heater, AC, or burner serviced annually? Join us on August 11, 2026, at 11:00 a.m. to learn, ask questions and more from the professionals. Sign up is requested please.



Mill Town's Public Health's

Community Health Advocate

Working in: Ludlow, Palmer, Warren, & West Brookfield

Stay tuned for more information. Plans in the works for a flu vaccine clinic and more.

MOVIE

August 10th at 12:30 p.m.

Hello, My name is Doris

Starring Sally Field, Max Greenfield. After a lifetime of being overlooked and ignored, Doris (Sally Field) finds her world turned upside down by a handsome new co-worker (Max Greenfield) and a self-help guru that inspires her to take a chance on love. A witty, and compassionate late-life coming of age story that will make you cheer and want to say, "I'm Possible!"

Sign up is recommended please.

A FEW SUPERSTAR VEGETABLES

CENTER FOR SCIENCE IN THE PUBLIC INTEREST

SWEET POTATOES are loaded with carotenoids and a good source of potassium and fiber. Toss sweet potato wedges with a little olive oil and roast until tender and lightly browned. Sprinkle with sweet or smoked paprika or chili powder.

BUTTERNUT SQUASH offer vitamins A & C and fiber. Steam a sliced squash or purchase an already peeled, chopped butternut squash that's oven ready, stir fry or soup ready. Saute butternut cubes with a sprig of

thyme, some chopped onion in olive oil until lightly browned and tender.

LEAFY GREENS are considered powerhouses of the veggie world. Spinach, kale collards, mustard greens, and Swiss chard are loaded with vitamins A, C, & K, folate, potassium, magnesium, iron, and fiber. Saute in a little olive oil with minced garlic and season with ground black pepper and red wine vinegar.

BROCCOLI is loaded with vitamin C, carotenoids, vitamin K, and folate. Steam until bright green or just tender. Add a dusting of parmesan cheese and a spritz of fresh lemon juice. Or toss with olive oil, then roast with chunks of onion until it starts to brown.

We are looking for a Country Line Dance Instructor

Someone to teach a vibrant community of older adults who prioritize health, social connection, and rhythm!

For more information, please contact Kelly Hitt at (508) 867-1407 or at email khitt@wbrookfield.com

Cribbage

We have quite a few people interested in playing Cribbage. If you are one of them, please stop by, or call us, so we can start a sign-up sheet. We will then pick an afternoon for all of you to meet and play. Looking forward to hearing from you. Let's make this happen!

Wish List

12-ounce cups for coffee or tea

Dessert size paper plates

Thinking of You cards

August 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta	4 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	5 9:00 Walking 9:00 Chair Yoga (\$3) 9:30 SHINE (appts. needed) 12:15 Pitch	6 9:00 Foot Care Clinic 12:15 MAHJonng 12:30 Bingo	7 9:00 Zumba (\$3) 9:00 Walking 11:00 Bridge 12:15 Pitch	8
9	10 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta 12:30 Movie Hello, my name is Doris	11 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 11:00 Tasses Oil Informational	12 9:00 Walking 9:00 Chair Yoga (\$3) 12:00 Medicare Help with Ed 12:15 Pitch	13 CLOSED	14 CLOSED	15 10:00 Open Sew
16	17 9:00 Functional Fitness (\$3) 9:00 Walking 11:00 – 1:00 Veterans Agent 12:30 Canasta	18 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	19 CLOSED	20 10:15 COA Meeting 12:15 MAHJonng 12:30 Music Bingo w/Dan	21 9:00 Zumba (\$3) 9:00 Walking 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 12:15 Pitch	22
23	24 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta	25 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees 1:00 Book club	26 9:00 Walking 9:00 Chair Yoga (\$3) 12:15 Pitch	27 9:00 Foot Care Clinic 12:15 MAHJonng	28 9:00 Zumba (\$3) 9:00 Walking 10:00 Hearing Clinic 11:00 Bridge 12:15 Pitch	29
30	31 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta	No State Representative this month No Ham Radio No Quilt Meeting No Mini-Manicures				

Monday	Tuesday	Wednesday	Thursday	Friday
3 ∞ Vegetable Cheese Bake Seasoned Potatoes Green Beans Fresh Fruit Whole Wheat Bread Sodium 416 7 0 0 138	4 Ranch Chicken* Veggie Couscous Spinach Rice Krispy Treat Pumpernickel Bread Sodium 554 77 87 105 135	5 High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun Sodium 540 370 173 14 50 195	6 Braised Beef Mashed Potatoes Green Beans Blueberry Streusel Cake Diet = Cookies Italian Bread Sodium 197 108 0 271 147 96	7 Jambalaya* Rice Pilaf Mixed Vegetables Mandarin Oranges Marble Rye Bread Sodium 539 70 30 0 105
Calories=815 Total Sodium = 686mg Carbs =95	Calories=692 Total Sodium = 1083mg Carbs =84	Calories=848 Total Sodium = 1467mg Carbs =93	Calories=987 Total Sodium = 797 mg Carbs = 82	Calories=674 Total Sodium = 870 mg Carbs = 101
10 American Chop Suey Broccoli & Carrots Corn Dinner Roll Lorna Doone Cookies Sodium 186 33 1 113 147	11 Burger w/Onion &Peppers Pasta Salad Sweet Potato Fries Fresh Fruit Sandwich Roll Sodium 420 3 172 172 0 248	12 Chicken Picatta Lemon Seasoned Rice Jardiniere Blend Veg Fruited Ambrosia Pumpernickel Bread Sodium 155 149 18 55 135	13 Baked Potato w/ Chili & Cheese Sour Cream Broccoli Chocolate Mousse Whole Wheat Bread Sodium 132 272 9 15 230 138	14 Burgundy Pork* Garlic Mashed Potatoes Glazed Carrots Peaches Italian Vienna Bread Sodium 768 108 70 5 96
Calories=737 Total Sodium = 605 mg Carbs = 96	Calories=848 Total Sodium = 1140 mg Carbs =117	Calories= 719 Total Sodium = 801 mg Carbs = 92	Calories=848 Total Sodium = 1178 mg Carbs = 91	Calories=698 Total Sodium = 1172 mg Carbs = 67
17 Shepherd's Pie Peas & Carrots Baked Apples Biscuit Sodium 255 30 14 310	18 Greek Chicken Pasta Broccoli Brownie Diet=Cookies Pumpernickel Bread Sodium 497 8 15 150 147 135	19 Meatloaf with Gravy Garlic Mashed Potatoes Summer Blend Veg. Tropical Fruit Whole Wheat Bread Sodium 285 107 24 10 138	20 Turkey* with Supreme Sauce Cranberry Stuffing Green Beans Fresh Fruit Dinner Roll Sodium 790 115 300 0 0 113	21 White Bean Chicken Chili* Brown Rice Corn Fruited Ambrosia Marble Rye Bread Sodium 895 16 1 55 105
Calories=737 Total Sodium = 734 mg Carbs = 90	Calories=729 Total Sodium = 930mg Carbs = 91	Calories=729 Total Sodium = 689 mg Carbs =90	Calories=700 Total Sodium = 1444 mg Carbs =103	Calories=654 Total Sodium = 1196 mg Carbs = 89
24 ∞ Frittata* Stewed Tomatoes O'Brien Potatoes Yogurt Pumpernickel Bread Sodium 657 6 101 75 135	25 Teriyaki Beef Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread Sodium 438 101 32 0 0 138	26 Ham/Cheese Chicken Bake* Red Bliss Potatoes Scandinavian Vegetables Fresh Fruit Dinner Roll Sodium 711 17 30 0 113	27 Salisbury Steak w/Gravy Garlic Mashed Potatoes Herbed Carrots Birthday Cake Diet = Half Piece Sandwich Roll Sodium 323 108 70 221 110 248	28 Lemon Pepper Fish Rice Pilaf Mixed Vegetables Mixed Fruit Marble Rye Bread Tartar Sauce Sodium 267 70 30 20 105 85
Calories= 690 Total Sodium = 1099 mg Carbs = 89	Calories=863 Total Sodium = 834 mg Carbs = 112	Calories=698 Total Sodium = 998 mg Carbs =85	Calories=939 Total Sodium = 1094 mg Carbs = 106	Calories=682 Total Sodium = 702 mg Carbs =97
31 ∞ Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread Sodium 482 6 0 5 96	Dudley 508-949-6640 Franklin 508-520-1422 Miltord 508-478-8102 Northbridge 508-333-9635 Upton 978-907-5709 Uxbridge 774-482-6174 Spencer 508-885-5767 Southbridge 774-289-9438 W. Brookfield 508-867-1411	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. (*) 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 ∞ Indicates a meatless meal	Calories= 777 Total Sodium = 713 mg Carbs = 79	

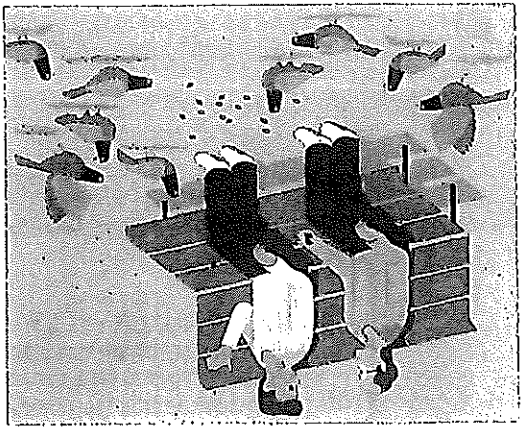
SHOULD I MAKE NEW FRIENDS AS I GET OLDER?

ANYONE WHO'S EVER MADE ROOM FOR A BIG

milestone of adult life—a job, a marriage, a move—has likely shoved a friendship to the side. After all, there is no contract locking us to the other person, as in marriage, and there are no blood bonds, as in family. Friendships are flexible. “We choose our friends, and our friends choose us,” says William K. Rawlins, Stocker Professor of Communication Studies at Ohio University. “That’s a really distinctive attribute of friendships.”

But modern life can become so busy that people forget to keep choosing each other. That’s when friendships fade, and there’s reason to believe it’s happening more than ever. Loneliness is on the rise, and feeling lonely has been found to increase a person’s risk of dying early by 26%—and to be even worse for the body than obesity and air pollution. Loneliness wreaks havoc in many ways, particularly because it removes the safety net of social support. “When we perceive our world as threatening, that can be associated with an increase in heart rate and blood pressure,” says Julianne Holt-Lunstad, professor of psychology and neuroscience at Brigham Young University and author of the recent study linking loneliness to mortality. Over time, she says, these effects can lead to hypertension, which increases risk for cardiovascular disease.

THE ANTI-DOTE IS SIMPLE: friendship. It helps protect the brain and body from stress, anxiety and depression. “Being around trusted others, in essence, signals safety and security,” says Holt-Lunstad. A study last year found that friendships are especially beneficial later in life. Having supportive friends in old age was a stronger predictor of well-being than family ties—suggesting that the friends you pick may be at least as important as the family you’re born into. Easy as the fix may sound, it can be difficult to keep and make friends as an adult. But research suggests that



you only need between four and five close pals. If you’ve ever had a good one, you know what you’re looking for. “The expectations of friends, once you have a mature understanding of friendship, don’t really change across the life course,” Rawlins says. “People want their close friends to be someone they can talk to, someone they can depend upon and someone they enjoy.”

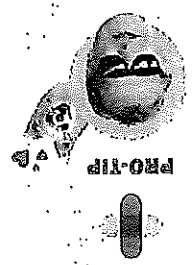
If you’re trying to replenish a dried-up friendship pool, start by looking inward. Think back to how you met some of your very favorite friends. Volunteering on a political campaign or in a favorite spin class? Playing in a band? “Friendships are always about something,” says Rawlins. Common passions help people bond at a personal level, and they bridge people of different ages and life experiences.

Whatever you’re into, someone else is too. Let your passion guide you toward people. Volunteer, for example, take a new course or join a committee at your local religious center. If you like yoga, start going to classes regularly. Fellow dog lovers tend to congregate at dog runs. Using apps and social media—like Facebook to find a local book club—is also a good way to find simpatico folks.

Once you meet a potential future friend, then comes the scary part: inviting them to do something. “You do have to put yourself out there,” says Janice McCabe, associate professor of sociology at Dartmouth College and a friendship researcher. “There’s a chance that the person will say no. But there’s also the chance they’ll say yes, and something really great could happen.” The process takes time, and you may experience false starts. Not everyone will want to put in the effort necessary to be a good friend. Which is reason enough to nurture the friendships you already have—even those that span many miles. Start by scheduling a weekly phone call. “It seems kind of funny to do that, because we often think about scheduling as tasks or work,” says McCabe. “But it’s easy, especially as an adult, to lose track of making time for a friend reaches out to you, don’t forget to tell them how much it means to you. It’s never too late to start being a better pal. The work you put into new and old—will be friendships—both well worth it for your health and happiness.” —MANDY OAKLANDER

I live alone. It’s a lonesome type of life. A lot of my friends have passed away. But I have Princess, Pomeranian. She’s there to greet me and sit on my lap while I watch TV. She gives me all the affection I need. She makes my life worthwhile.

MYER SEDMAN, 92, former sales manager, Poughkeepsie, N.Y. Longevity pro tips reported by Olivia B. Waxman



Helpful Internet Sites for Scam & Scheme Information

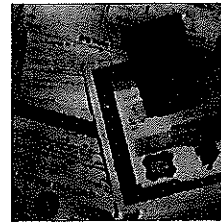
www.consumerfraudreporting.org/lottery/scamnames.php
www.ripoffreport.com
www.fakechecks.org
www.OnGuardOnline.gov

Mail may be reported to the Attorney General's Office and the Postal Inspector
Telephone may be reported to Atty. General's Office and Federal Trade Commission
Email may be reported to the Atty. General's Office and the FBI
If you are a victim of a check scam, file a Police Report with your local police

Scams received by:

Office of the Attorney General
Public Inquiry & Assistance Center Hotline
Elder Hotline
FBI
Federal Trade Commission
National Consumer League's Fraud Center
U.S. Postal Inspector
877-876-2455
www.fraud.org
www.ftc.gov or 202-326-2222
www.ic3.gov
888-243-5337
www.mass.gov/ago
617-727-8400

Report Fraud/Scams to the Following Authorities:



Report Fraud to the Following Authorities

