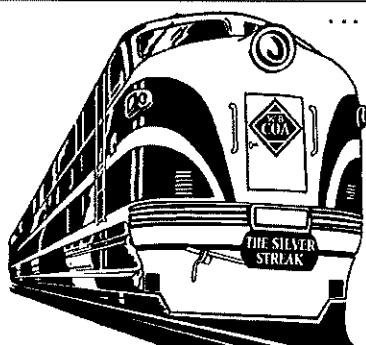




The Silver Streak...

July 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

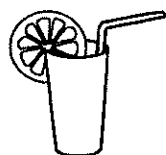
West Brookfield, MA 01585

Open: Monday-Friday 9:00 - 3:00

Senior Center 508-867-1407

Meals 508-867-1411

ElderBus 1-800-321-0243



July
at the
Senior Center

From the Director:

Welcome to July! MIRACLES DO HAPPEN! We are ELATED to announce that an anonymous donation has been made to the West Brookfield Senior Center!! This donation will allow us to remain open Monday through Friday. To say that we are thrilled is an understatement. Our heartfelt appreciation for the generous soul (or souls) who understand the tremendous value that our services provide for our local seniors. We are truly humbled by this thoughtful gift.

Changes are still happening, though. With Betty retiring there will be a "hole" in our building for a little while. Adjusting without her will take some time, finding a replacement will be difficult... how do you replace someone so valuable, dedicated and genuine? I am sure we will find someone able to fill that spot in due time. During that time, I ask for your patience and grace. Thank you.

Hugs to all,
Kelly

The following is a reprint from 2016 – Some things change but others stay the same! Many of us will recognize ourselves.

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

M/M Musings

Daniel Webster defines the word "memory" as (1) power of remembering and (2) all that we remember.

My memory button is running low and slow, and it seems to let me down all too often. To have a meaningful conversation and connection one must call on all facts, no loss of memory, no information omitted and no punch line forgotten.

The memory loss which I find most annoying is the loss of a friend's name, whether first or last. As a perfect example of this, recently I was introduced to a gal named "Betty." For some time I referred to her as "Mary," and no one corrected me. Finally, I learned of my mistake. Now to make light of my offense to Betty, I refer to her as "Betty-Mary" or, better still, "Mary-Betty."

I could go on and on if space allowed. For now, I will simply end with a sign-off borrowed from a famous fellow.

"Thanks for the Memories," by Bob (?????)

Oh darn, what WAS his last name?

MM

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

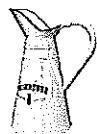
Milkhouse Pitcher

with Bemis Farms Nursery
held at the Senior Center

Wednesday, July 22 at 12:30 PM

Cost: \$10.00 (payable at sign up)

Space is limited, so sign up early!



Picture flowers in the pitcher!

SHINE

Have questions about Medicare?

A SHINE counselor is available either by appointment at the West Brookfield Senior Center or by a telephone conversation. *(The SHINE Counselor will hold office hours at the Senior Center on Wednesday, July 8. Please call the Senior Center if you need an appointment.)* 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. Call this number: (508) 949-6640 ext. 3066.

Elderbus News

The phone number for Elderbus has changed.

It is now

508-248-4299

When you call, you might hear music. Elderbus is experiencing a high volume of calls. Please stay on the line and someone will be with you as soon as they can.

Think twice Before...

(source: AAA Foundation for Traffic Safety)



... Using "night-driving" glasses

Some marketers offer specially tinted glasses (usually yellow) that supposedly block the wavelengths of light responsible for most troublesome glare. Unfortunately, no matter what their tint, these glasses also reduce the amount of light that reaches your eyes, and you need light to see. While these glasses may reduce glare, they also reduce your night vision overall-hardly a safe bargain.

... Wearing sunglasses at night

Eye care professionals warn against wearing sunglasses at night or indoors. They not only restrict your night vision but eventually, as your eyes get used to them, they become inadequate for daytime protection.

... Installing "blue-light specials" on your car

Status-seekers who envy the blue-white HID headlights on upscale cars often fall for the fake HID's offered by some manufacturers as replacements. Even though they may have "xenon" or "blue" in their names, they're often just ordinary halogen headlights that have been given a blue tint. Because of the added coloring they may actually provide less light than regular bulbs. If you must replace your headlights, don't buy cheap, imitation HID's; consider using the lights recommended by your vehicle's manufacturer.

If you wish to donate to the Senior Center, please make your check payable to:

Town of West Brookfield

and write "COA donation account" in the memo section of your check.

Two elderly women were eating breakfast at a restaurant. Ethel noticed something funny about Mabel's ear and said, "Mabel, did you know you have a suppository in your left ear?"

Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this. Now I think I know where my hearing aid is."

Heat Wave Hazards

(excerpts from *Harvard Women's Health Watch*)

Certain medications make you more vulnerable when temperatures climb.

Summer heat waves are happening more often than ever. Beyond comfort, paying attention to rising mercury levels is vital to our health for a reason. Certain medications can leave us more vulnerable to heat-related effects of the sun's rays, and higher temperatures may render medicines less effective.

Women more susceptible

Tens of millions of Americans take drugs that can change the way they tolerate intense heat and sunshine. Over all, about three-quarters of Americans ages 50 – 64 take prescription drugs, a proportion that climbs to nine in ten people at 65 and older. The situation is similar with over-the-counter drugs, which adults 65 and up use more than any other age group.

Research indicates that people become increasingly vulnerable to heat as they age, since their ability to sweat efficiently and circulate blood to the skin decreases over the decades. Older women are more physiologically vulnerable to high heat and humidity compared with men the same age, according to a study published online by the *American Journal of Physiology-Regulatory, integrative and comparative Physiology*.

Medications to Watch

When it's scorching outside, these common drugs are among those that may raise your risks:

Diuretics - also known as "water pills", diuretics make us urinate more, removing excess fluids from the body. These drugs, which are prescribed to manage conditions such as high blood pressure, heart failure, kidney disorders, or glaucoma, can make it more likely you will become dehydrated quickly in extreme heat. They can also lead to imbalances in levels of electrolytes-minerals essential to various bodily functions-which make it harder for the body to regulate its temperature. Other blood pressure drugs, which include ACE inhibitors, beta blockers, and calcium-channel blockers, raise the odds of fainting and falling if they drive blood pressure too low. If someone is already dehydrated, that can also lower their blood pressure, causing them to faint or fall. It's more of

a domino effect from being out in the sun.

Doxycycline – This antibiotic is just one example of the many drugs that cause photosensitivity, meaning you're more likely to get sunburned. The safest way to avoid that is to make sure you wear sunscreen any time you're going to be outside-even on a cloudy day.

Some antidepressants – SSRIs and SNRIs can make you sweat more and impair your body's ability to regulate temperature, hindering your ability to stay cool. It's important to be hydrated and wear sun-protective clothing, such as a hat, as well as stay in the shade. These approaches can make a real difference in keeping your temperature down.

Thyroid hormone – One of the most frequently prescribed medications in the United States, thyroid hormone-usually in the form of levothyroxine, treats hypothyroidism, (underactive thyroid gland) a condition far more common among women than men. Thyroid drugs can impair the body's temperature regulation, making people sweat too much and increasing the chance of dehydration. Adding to the risk, older people are less likely to realize thirst and sense the degree of the heat.

Some over-the-counter antihistamines - used for allergies and also as a sleep aid, diphenhydramine (Benadryl) and doxylamine (Unisom) may be helpful during the pollen explosion common to hot weather. They can hinder sweating and impair core temperature control. Additionally, they raise your risk of sunburn.

Heat-Related Drug Damage

Most medication labels direct us to keep the substance in a cool, dry place. That's because elevated temperatures can damage drugs in ways known and unknown. Insulin, for example, which requires refrigeration, becomes unusable in the heat; inhalers, which are pressurized, can explode; and EpiPens, used to counter extreme allergic reactions, can malfunction.

Plan ahead to avoid exposing your medications to unstable temperatures while you're traveling. On road trips, place medicines in a cooler, not your glove box, which can get too hot even with air conditioning. You can also check with your doctor or pharmacist to find out how long medication can be safely kept at room temperature.

Wish List

12-ounce cups for coffee or tea

Dessert size paper plates

Thinking of You cards

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Walking 10:00 Wednesday Quilters 12:15 Pitch	2 12:15 MAHJonng 12:30 Bingo	3 Closed for Independence Day	4
5	6 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta	7 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	8 9:00 Walking 9:30 SHINE (by appt.) 10:00 Wednesday Quilters 12:15 Pitch	9 9:00 Foot Care Clinic 9:10 Mini- Manicures 12:15 MAHJonng	10 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 12:15 Pitch	11 Ham Radio 8:30 AM
12	13 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta	14 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 11:15-12:15 Rep. Berthiaume Office Hours with Donna Farmer 12:30 Busy Bees	15 9:00 Walking 10:00 Wednesday Quilters 12:00 Walk-In Medicare Help 12:15 Pitch	16 10:15 COA Meeting 12:15 MAHJonng 12:30 Bingo	17 9:00 Zumba Gold (\$3) 9:00 Walking 10:00 Coffee Hour 10:00 Blood Pressure 11:00 Bridge 12:15 Pitch	18 10:00 Open Sew
19	20 9:00 Functional Fitness (\$3) 9:00 Vet Agent 9:00 Walking 12:30 Canasta	21 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	22 9:00 Walking 10:00 Wednesday Quilters 12:15 Pitch 12:30 Milkhouse Pitcher with Bernis Farms	23 12:15 MAHJonng	24 9:00 Zumba Gold (\$3) 9:00 Walking 11:00 Bridge 12:15 Pitch	25
26	27 9:00 Functional Fitness (\$3) 9:00 Walking 12:30 Canasta	28 9:00 Tai Chi (\$5) 10:00 Dunkin Divas 12:30 Busy Bees	29 9:00 Walking 10:00 Wednesday Quilters 12:15 Pitch	30 12:15 MAHJonng	31 9:00 Zumba Gold (\$3) 9:00 Walking 10:00 Hearing Clinic 11:00 Bridge 12:15 Pitch	

JULY 2026 - TRI-VALLEY, INC.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus are Subject to Change Meals are based on a No Added Salt (3,000-4,000mg, 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 info. includes 110 calories, 13gm Carbs & 125mg sodium for milk Carbs are listed for "Diabetic Friendly Meal" purposes ∞ Indicates a meatless meal				
6 Roast Pork w/Gravy Cranberry Stuffing Jardiniere Vegetables Mandarin Oranges Whole Wheat Bread Calories: 711 Carbs: 91 Total Sodium: 1105mg	7 Shepherd's Pie Carrots Peas Fruited Ambrosia Italian Bread Calories: 856 Carbs: 97 Total Sodium: 591mg	1 Beef Stew Mashed Potatoes Corn Niblets Cold Apple Crisp Diet=Applesauce Biscuit Calories: 975 Carbs: 92 Total Sodium: 765mg	2 High Sodium Meal Hot Dog Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Calories: 848 Carbs: 94 Total Sodium: 1467mg	3 Holiday Observance <i>No meals served</i> 
13 Chicken Tikki Masala Couscous Roman Blend Vegetables Chocolate Pudding Diet= SF Choc Pudding Pumpernickel Bread Calories: 666 Carbs: 79 Total Sodium: 812mg	14 Meatloaf with Gravy Garlic Mashed Potatoes Summer Blend Vegetables Mixed Fruit Dinner Roll Calories: 721 Carbs: 92 Total Sodium: 674mg	15 Roast Turkey & Gravy* Mashed Sweet Potatoes Brussels Sprouts Applesauce Marble Rye Bread Calories: 628 Carbs: 96 Total Sodium: 1103mg	16 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread Calories: 836 Carbs: 121 Total Sodium: 874mg	17 Teriyaki Beef Steamed Rice Broccoli Pineapple Whole Wheat Bread Fortune Cookie Calories: 701 Carbs: 78 Total Sodium: 902mg
20 Pork Rib-i-que w/BBQ Sauce Mac N Cheese Green Beans Cold Baked Apples Sandwich Roll Calories: 700 Carbs: 91 Total Sodium: 1083mg	21 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet = Vanilla Pudding Marble Rye Bread Calories: 791 Carbs: 80 Total Sodium: 862mg	22 Sloppy Joe* Herbed Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll Calories: 831 Carbs: 123 Total Sodium: 1059mg	23 Chicken Cacciatore Gemmelli Pasta Broccoli Birthday Cake Diet = Half Piece Italian Bread Calories: 729 Carbs: 83 Total Sodium: 767mg	24 Fish w/Crumb Topping Rice Pilaf Country Blend Veg. Fruited Ambrosia Whole Wheat Bread Tartar Sauce Calories: 802 Carbs: 110 Total Sodium: 818mg
27 Garlic Herbed Chicken Herbed Stuffing Spinach Jello Dinner Roll Calories: 502 Carbs: 60 Total Sodium: 893mg	28 Spaghetti & Meatballs Marinara Sauce* Green Beans Blueberry Crisp Diet = Applesauce Italian Bread Calories: 745 Carbs: 88 Total Sodium: 876mg	29 Beef Stir Fry Steamed Rice Peas & Onions Lorna Doones Pumpernickel Bread Calories: 874 Carbs: 112 Total Sodium: 957mg	30 Honey Mustard Pork* Seasoned Potatoes Carrots Peaches Marble Rye Bread Calories: 792 Carbs: 94 Total Sodium: 1112mg	31 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fresh Fruit Hot Dog Roll Calories: 832 Carbs: 104 Total Sodium: 1058mg
Dudley 508-949-6640 Franklin 508-520-1422	Milford 508-478-8102 Northbridge 508-333-9635	Upton 978-907-5709 Southbridge 774-289-9438	Spencer 508-885-5767 Uxbridge 774-482-6174	W. Brookfield 508-867-1411