

October

WEST BOYLSTON SENIOR CONNECTION

2016

Published by The Friends of the West Boylston Senior Center, Inc. for the West Boylston Council on Aging, 127 Hartwell St., West Boylston, MA. 01583 Telephone (508) 835-6916. Supported in part by Department of Elder Affairs, Boston, MA.



CLOSINGS FOR OCTOBER

The West Boylston Senior Center will be closed October 10, 2016
in observance of Columbus Day.

There will be no transportation, no programs and no meals delivered.

*A brooding calm in all the air, A dreamy quiet everywhere...
A golden glow to light the day, That fades in purple mists away—
This soothing calm, this presence bright, October's sweet and mellow light.
~Phebe A. Holder, "A Song of October"*

NEW EXERCISE PROGRAM INFORMATIONAL SESSION

Friday, October 14, 2016

9:00 am

This session is open to anyone interested in participating in a senior exercise program led by a Certified Personal Trainer to be held at the center this fall. Come find out the different types of exercise she will be offering.

Do you have SilverSneakers benefits as part of your insurance? Come find out. SilverSneakers members have the opportunity to participate in exercise programs FREE of charge.



YOU HAVE THE POWER TO CONTROL DIABETES

Tuesday, October 25, 2016

10:30 am

This program is presented by
Paula Chauvin, BSN and will cover:

- What is diabetes
- Types of diabetes
- Symptoms of diabetes
- Prevention of diabetes
- Managing diabetes

Everyone who has Diabetes, is a caregiver or the spouse of a diabetic is welcome to attend.

Call 508-835-6916 to register.

CELEBRATE THE HARVEST HALLOWEEN HOLIDAY AT THE SENIOR CENTER!

Friday, October 28, 2016 - 1:00 pm

Prizes for Best Costume, Trivia game and Guess How Many!

We will have Halloween goodies available for any ghosts,
scarecrows or friendly visitors!
Call 508-835-6916 & sign up!



DIRECTOR'S CORNER

There has been a lot of press regarding the Police Station project but not much on the Senior Center, so here is an update:

At the most recent FISP meeting the discussion focused on the police station and the significant amount of new funding that is going to be needed for the project. This problem will be presented at the October Town Meeting. Unfortunately, that whole issue will probably make our job of obtaining funding for the senior center more difficult. The COA board has been working diligently to move our project along. At the Spring Town Meeting funds were approved by the town to have preliminary building plans drawn up. An RFP was sent out to advertise the project with the deadline of submittals as June 30, 2016. Five submittals were received but, as of this date, no interviews or hiring of a firm has occurred. We had originally hoped that plans would be completed and presentation would ensue at the October Town Meeting, however the COA has been informed that FISP will not be ready. We, the Council on Aging and Building Committee, have had design meetings and received feedback from residents throughout the town. We know what is needed and are ready to go, but once again are waiting for FISP.

The Council on Aging Board and I ask that you continue to support and fight for our needs and do not let anyone forget that we are still here and still advocating.

Lisa

CRAFT MORNING WITH VIOLA

Mondays 9:30 AM

Viola is continuing with her craft class! All you have to do is bring whatever item you want to decorate (sneakers, tote bags, T-Shirts) and Viola will help you create! She has some great "Autumn" ideas.



Call the center for more info.
508-835-6916 Cost \$7.00

Top Eight Ways of Knowing If You Are A Vampire:

1. You start wearing spf 1000 suntan lotion
2. You drool when you watch Chicago Hope
3. You have to put a photograph of yourself on the mirror
4. Your bed has a lid on it.
5. Nobody wants to neck with you.
6. Your dog tries to bury you when you take a nap.
7. You start seeing history books with your picture in them.
8. Your orthodontist runs out of the room screaming.



TECH THURSDAYS
Thursday– October 20, 2016
10:00-11:00 am

Every third Thursday we will be holding a Technology & Learning session. David, a local technology consultant, will be available at the center to answer your questions about portable devices for help & basic troubleshooting. This will now be a “First come, first serve” set up.



POLICE STATION INFORMATIONAL MEETINGS

The Facilities Implementation & Strategic Planning Committee will be holding meetings at the following locations to discuss the Police Station project and new funding request.

- Oct 4 at 3 pm – West Boylston Senior Center
- Oct 6 at 2:30 pm - Hillside Village
- Oct 8 at 10 am – Christ Lutheran Church
- Oct 11 at 6:30 pm – Beaman Library (part of a town meeting Q&A session)
- Oct 13 at 2 pm – Angell Brook
- Oct 15 at 10 am - Town Hall

ONLINE LEARNING COURSE: HOLLYWOOD: HISTORY, INDUSTRY, ART
New Start Date ! Fridays– November 4, 2016* 1:00 pm

We are experimenting in online learning at the center!
In this course you will learn about Hollywood and how it came to be the global powerhouse of today. The course will chronicle Hollywood’s growth and reach since the 1920’s. It will be a learning experience rich with film clips, interviews, archival material, and interactive opportunities.

The course will be entirely self-paced and on-demand.

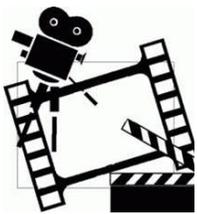
You will look closely at representative studios and filmmakers.

This is a great way to connect with others while learning and having fun.

We have the course syllabus at the center if you want to check it out.

Call the center for more information 508-835-6916.

**Additional meetings to be determined by group.*



FLOWER ARRANGEMENT CLASS
Tuesday, October 25, 2016
1:00 pm

It’s a “Halloween” Theme. Join Sally from Herbert E. Berg Florists for this fun class. Call 508-835-6916 to reserve your seat. **Cost \$12.00.**



POKER PLAYERS NEEDED!

Come join our poker group! We play once a month on a Monday in West Boylston or Boylston. Small stakes and big fun. Call Dave at 508-835-3634

BEREAVEMENT SUPPORT GROUP

Our Lady of Good Counsel Parish will hold a six-session Bereavement Support Group beginning, Monday, October 17th, 1:00 – 2:30 p.m. in the parish hall, 111 Worcester Street.

For more information or to register (required prior to the start of the sessions) call Renate Isbell (508) 835-3286.

Coming in November:

Veteran's Thank You Breakfast – Friday, November 11, 2016 – 9:00 am



SMILE:

- *What did one Jack-o-lantern say to the other?
Cut it out!
- *What is a pumpkin's favorite sport?
Squash
- *How do you repair a broken Jack-o-lantern?
Buy a pumpkin patch!

We now post our monthly newsletter online! You can find it under the Town of West Boylston website-Council on Aging department. And it is in color! If you would prefer to access it online and not receive the paper mailing, please let us know so that we can take you off the mailing list. If you move, could you please let us know as the postal service does not forward the newsletters. This would be greatly appreciated.



Like us on Facebook to see pictures of people & events! "West Boylston senior center"

ASK AN ATTORNEY
Tuesday – October 11, 2016
9:00 – 10:00 am

A free service for seniors with Attorney Nicholas Daviau.
Please call to schedule your appointment 508-835-6916



COAT DRIVE

The West Boylston Senior Center is partnering with the Worcester County Sheriff's Office to be a drop off location for the Sheriff's annual coat drive. The center will start collecting (in October) donations of coats for the winter needs of all ages. When you start going through your closets, think of this drive.

SENIOR CENTER WISH LIST:

If any kind souls would like to help with the following, it would be very appreciated:

Styrofoam Coffee Cups

Hard Candies

Lysol Wipes

Thank you!

NEWS FROM MASS DEPARTMENT OF TRANSPORTATION

The Registry of Motor Vehicles is introducing the "next generation" of Massachusetts drivers' licenses and identification cards. Here are some important facts you should know:

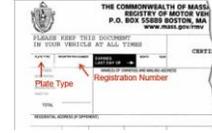
- Beginning July 24, 2016, all drivers' licenses and ID cards will be produced using the new design.
- Both the current and new card designs will be in circulation throughout the transition period (approximately 5 years).
- Current cards will be phased out through the normal renewal process – no need to rush to the RMV.

The new licenses and ID cards contain a new design along with advanced security features:

- Tactile feature-raised lettering similar to a credit card
 - Laser technology (making duplication difficult)
- Distinct and innovative design highlighting the history of Massachusetts



**“RMV NEAR ME PROGRAM”
SKIP A TRIP TO THE RMV
BY RENEWING ONLINE!**



If you are eligible to renew your license and/or registration or need a duplicate license, but do not have a computer or would like assistance, the West Boylston Senior Center is now available to provide this service online.

Driver’s license (renewal or duplicate) and registration online requirements:

- You must be 74 years of age or younger (*for license renewal*)
- Have a credit card or checking account
- Have no unpaid tickets or fines
- Did not use online process last license renewal

For more information and/or to schedule an appointment, call Center at 508 835-6916. Appointments can be made Monday, Tuesday or Friday mornings.

***DO YOU LIKE TO WRITE LETTERS?
How about becoming a “PEN PAL”***

The girl scout troop that the center has partnered with, is growing! We need more people who would like to connect with these young ladies. The Pen Pal program starts in the fall and ends in May with a meet and greet celebration. The small amount of time this takes, gives back so much more for all involved. If you are interested, please call the center at 508-835-6916 to sign up!



SHARE YOUR EXPERIENCE

The Senior Center receives calls weekly seeking referrals for a variety of services, i.e. plumbing, electrical, carpentry, landscaping, etc. We would like to build a list of vendors with whom people have had past experience and would appreciate your input. Please call or email your experiences to help compile a working list (include vendor contact information).

Call the Center at 508 835-6916 or email the Director, Lisa Clark Viklund lcviklund@westboylston-ma.gov



SMOKE ALARMS



In Massachusetts, since the beginning of January, there have been 19 fire deaths. Of these 19, ten have been over the age of 60. We know that seniors are two times as likely to die in fires but this year is proving to be more deadly. What is a common issue with these fatal fires is that people either did not have smoke alarms, or the ones they had were too old or did not have batteries.

There are actions you can take to reduce the chance of having a fire in your home:

- Make sure all your smoke alarms are not older than 10 years. We may be lulled into a false sense of security when we test older alarms because they will beep. Actually, it is the smoke and heat sensor that deteriorates and will not respond to a fire.
- Carbon monoxide alarms should not be more than seven years old.
- Change batteries when you change your clocks.

Don't be afraid to ask for help. Many seniors have difficulty checking alarms, let alone trying to change batteries. Enlist the help of our wonderful local fire department. Take advantage of their expertise so you can be safe in your home. Also, thanks to our fire department, we have brand new smoke detectors here at the senior center if you have need of one.

Let's face it, we can't get away from technology. I've met quite a few older adults who don't have or want a computer, however everyone seems to have a smartphone. Our smartphones and tablets give us instant access to information of all kinds, right at our fingertips. They streamline our lives, keep us connected, keep us informed and keep us organized. Below is a list of "apps" that are especially useful for seniors. Check them out!

AroundMe (Free) AroundMe helps its users quickly find information about their surroundings. The app uses your location to provide a list of services within a certain mile radius. Users can search for banks, gas stations, hospitals, supermarkets or restaurants and AroundMe will provide a list of what's nearby, along with step-by-step directions for how to get there.

Pillboxie (\$1.99) Developed by a registered nurse, Pillboxie helps its users organize their medication schedule and sets alarms to remind them when it's time to take the next dose. Pillboxie uses visual depictions of actual medications to make the app even more use-friendly.

Audible (Free with optional purchases) One of the Apple Store's most popular apps, Audible has a library of over 180,000 book titles. Users can download books (some for free, others that can be purchased) and Audible will read it aloud to them at whatever volume and pace they choose. This app is perfect for someone whose eyesight is limited or someone who prefers to listen to a book while doing another activity, such as exercising.

Magnifying Glass with Light (Free) –This app turns your smartphone into a magnifying glass and flashlight. Simply open the app, hover your phone's camera over whatever text you need magnified, and Magnifying Glass will let you enlarge the text to whatever size you prefer. Users can also turn on the flashlight feature, perfect for reading in a dimly lit room.

Find My Friends (Free) The Find My Friends app is now an automatic feature with every new iPhone and iPad. The app allows you to share your location with family and friends in order to see where the other person is located. A great app for caregivers and their loved ones to have, it could help in an emergency situation, or simply help to locate a misplaced device.

Skype (Free) Skype is a video chat service that connects people all over the world. It's an easy-to-use way for seniors to stay connected to grandchildren who are away at college or family members who don't live nearby. It can be used on a smartphone, tablet or computer.

Volunteers

*Act as if what you do makes a difference. It does.
~William James*

Interested in volunteering? The center can always use you!
Meals on Wheels alternate drivers (smile required) or help
folding the monthly newsletter. Call us 508-835-6916

BRIDGE CLUB

If anyone is interested....there
are public games held at the
senior center on
Wednesday and Saturday
afternoons.

Call Vick Angus for more
information - 508-886-4553

PLEASE BE COURTEOUS...

Some of our classes and events are so popular that many people are signing up to attend them. Unfortunately since our space is limited, these events fill up fast and we have to put people on a waiting list. If you do sign up and then cannot come, **please** call us so that another person can come and enjoy the opportunity.

TO YOUR GOOD HEALTH...

NEWS FROM SHINE OCTOBER & NOVEMBER 2016

The Medicare Open Enrollment begins on October 15th and ends on December 7th

Don't Wait Until It's Too Late! Make a SHINE Appointment Soon!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusually high volume of plan-sponsored meetings. **REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLAN'S NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

CENTRAL MASS SHINE PROGRAM MEDICARE UPDATE MEETINGS PLAN YEAR 2017 ALL MEETINGS WILL BE HELD AT THE LOCAL SENIOR CENTER

Auburn	Monday, October 17 th	10:00 AM
Holden	Friday, October 21 st	10:00 AM
Lancaster	Tuesday, November 1 st	9:00 AM
Leicester	Monday, October 24 th	10:00 AM
Worcester	Tuesday, October 25 th	1:00 PM

SHINE COUNSELING

Friday– October 21, 2016

9:00 –11:00 am

Trained SHINE volunteers offer free counseling on all aspects of health insurance to seniors. Please call the center to schedule your appointment. 508-835-6916

FLU CLINIC

October 4, 2016 1:30-4:00 pm

West Boylston Middle School/High School Cafeteria



It is estimated that 90% of seasonal flu-related deaths and more than 60% of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older. The Town of West Boylston Board of Health is partnering with the VNA to offer this clinic. Please bring your insurance card with you.

PODIATRY CLINIC
Thursday– October 20, 2016
8:00 –11:00 am



Please call to schedule your appointment
508-835-6916

PHARMACY OUTREACH PROGRAM

Part of the MCPHS University, this program is a community service program sponsored in part by the Massachusetts Executive Office of Elder Affairs and the Central Mass Agency on Aging. They are a team of case managers and pharmacists working together to ensure residents can afford their medications, take their meds correctly and understand different insurance coverage options like Medicare. For free assistance, Mass residents can speak to staff or schedule an appointment at our Worcester Campus by calling 866-633-1617



***BLOOD PRESSURE CLINIC/
ASK THE NURSE***
Wednesday– October 5, 2016
11:30– 12:30 pm

A visiting nurse is now coming to the senior center once a month to conduct a blood pressure clinic. If you need to keep track of your health, come on in. No appointment is necessary!

Do You Know about....

St. Vincent Hospital's - Healthy Striders Club

It's convenient-Centrally located in downtown Worcester

It's safe-On-site security

It's good for you-Walking can help you lower your blood pressure, reduce and manage your weight, maintain bones and muscle strength and reduce your risk of heart disease and stroke

It's free!- There is absolutely **no charge** for this program and up to three hours of parking is free

Simply stop by one of the hospital's 3rd Floor Greeter Stations—on either the North or South side—to sign up and to start getting healthy! You'll receive a walking card that gets dated and stamped each time you "make strides" in our beautiful Atrium.

And when used on the same day as your walk, this same card also entitles you to a 10% discount at participating hospital vendors.



TRAVEL CORNER



West Boylston Senior Center presents...

FOXWOODS CHRISTMAS SPECIAL – Thursday, December 8, 2016

Depart this morning 8:00 am from the Stop & Shop, 940 West Boylston St. This exciting outing begins when you arrive at the Foxwoods Resort Casino, a premier casino destination. Here you'll receive a delicious Luncheon Buffet or \$10.00 food credit and \$10.00 in Casino Slot play. Later, sit back and relax in the luxurious Fox Theater for a terrific Matinee Show, featuring a musical tribute to Barbara Streisand & Frank Sinatra. You'll arrive home approx. 5:30 pm.

\$79/pp, driver gratuity not included.

Reservations & payment to Silver Fox by 11/8/2016.



The Happy Travelers

Bus trips for the over 50 traveler

Gladys Merrow (508) 835-4312 or email glady2@verizon.net

Bus trips for the over 50 traveler

Dec 11 (Sun) Stocking Stuffer Tour & Bright Nights Christmas Lights (started a second bus)	\$99.00/pp
2017	
Mar 17 (Fri) Mystery Tour, New England city, lunch, morning/afternoon attractions	\$89.00/pp
Apr 8 (Sat) "Once" musical, Palace Theater, Waterbury, CT, lunch @ Curtis House	\$139.00/pp
May 13 (Sat) Albany, NY Tulip Festival, N.Y State Museum, lunch @ Albany Pump Sta.	\$99.00/pp

Brochures for all trips are available at the West Boylston Senior Center.



OCTOBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<p>3</p> <p>ROAST PORK</p> <p>9:30a CRAFT W/VIOLA</p> <p>10:30a GYPSY DANCING</p> <p>12:45p CHAIR YOGA</p> <p>1:00p KNITTING CRIBBAGE/DOMINOS</p>	<p>4</p> <p>QUABBIN TRIP SHEPHERD'S PIE</p> <p>10:00a EXERCISE LOW IMPACT.</p> <p>1:00p LEARN POOL</p>	<p>5</p> <p>HAM SANDWICH & SOUP</p> <p>10:30a ART W/ ELAINE</p> <p>11:30a BLOOD PRESSURE CLINIC</p> <p>1:00p CARDS</p>	<p>6</p> <p>CHICKEN CACCIATORE</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p BINGO</p>	<p>7</p> <p>BAKED FISH</p> <p>10:00a Wii BOWLING</p>	8
9	<p>10</p> <p>CLOSED FOR HOLIDAY</p>	<p>11</p> <p>POT ROAST STEW</p> <p>9:00 a ASK AN ATTORNEY</p> <p>10:00a EXERCISE LOW IMPACT.</p> <p>1:00p LEARN POOL</p>	<p>12</p> <p>ROAST BEEF SANDWICH/SOUP</p> <p>10:30a ART W/ ELAINE</p> <p>1:00p CARDS</p>	<p>13</p> <p>MEATLOAF & GRAVY</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p BINGO</p>	<p>14</p> <p>MACARONI & CHEESE</p> <p>9:00a NEW EXERCISE PROGRAM</p> <p>10:00a Wii BOWLING</p>	15
16	<p>17</p> <p>MEATBALLS</p> <p>9:30a CRAFT W/VIOLA</p> <p>10:30a GYPSY DANCING</p> <p>12:45p CHAIR YOGA</p> <p>1:00p KNITTING CRIBBAGE/DOMINOS</p>	<p>18</p> <p>BUTTERMILK CHICKEN</p> <p>10:00a EXERCISE LOW IMPACT.</p> <p>1:00p LEARN POOL</p>	<p>19</p> <p>PORK W/APPLES</p> <p>10:30a ART W/ ELAINE</p> <p>1:00p CARDS</p>	<p>20</p> <p>SALMON BOAT</p> <p>8:00a PODIATRY CLINIC</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>10:00a TECH THURSDAY</p> <p>1:00p BINGO</p>	<p>21</p> <p>BEEF & BEAN CHILI</p> <p>9:00 a SHINE</p> <p>10:00a Wii BOWLING</p> <p>1:00 p Wii Tournament Sterling</p>	22
23	<p>24</p> <p>ROAST TURKEY</p> <p>9:30a CRAFT W/VIOLA</p> <p>10:30a GYPSY DANCING</p> <p>12:45p CHAIR YOGA</p> <p>1:00p KNITTING CRIBBAGE/DOMINOS</p>	<p>25</p> <p>PORK RIB-I-QUE</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>10:30A DIABETES CLASS</p> <p>1:00p LEARN POOL</p> <p>1:00p FLOWER CLASS</p>	<p>26</p> <p>PASTRAMI SANDWICH/SOUP</p> <p>10:30a ART W/ ELAINE</p> <p>1:00p CARDS</p>	<p>27</p> <p>STUFFED SHELLS</p> <p>10:00a EXERCISE LOW IMPACT</p> <p>1:00p BINGO</p>	<p>28</p> <p>GARLIC HERBED CHICKEN</p> <p>10:00a Wii BOWLING</p> <p>1:00P HALLOWN PARTY</p>	29
30	<p>31</p> <p>BEEF PATTY W/ROLL</p> <p>9:30a CRAFT W/VIOLA</p> <p>10:30a GYPSY DANCING</p> <p>12:45p CHAIR YOGA</p> <p>1:00p KNITTING CRIBBAGE/DOMINOS</p>					