

September

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 SEPTEMBER

The West Boylston Senior Center will be closed September 5, 2016
in observance of Labor Day.

There will be no transportation, no programs and no meals delivered.
*If all the cars in the United States were placed end to end, it would probably be
Labor Day Weekend. ~Doug Larson*

TECH THURSDAYS

Thursday– September 15, 2016

10:00-10:30 Lesson on Windows Basic-open to all



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.
Bring your portable devices for help & basic troubleshooting.



ORIOLE HEALTH COOKOUT

Friday– September 23, 2016

12:00-1:30 pm

In honor of National Senior Center Month
Oriole Health Care is once again sponsoring
a cookout for the West Boylston seniors!
We are so grateful for their community support.
Please RSVP to the center at 508-835-6916 by 9/14/15.
We will need to know how many people to feed!



FLOWER ARRANGEMENT CLASS

Thursday– September 22, 2016

1:00 pm

Sally from Herbert E. Berg Florists is back with new ideas and new flowers! She is
offering this class with a “Fall” theme.
Call 508-835-6916 to reserve your seat. Cost \$12.00.

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

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.



"If you change the way you look at things, the things you look at change." - Wayne Dyer

NEW! TAI CHI CLASS with Sifu Gary **FREE TRIAL
Friday– September 30, 2016 2:00 pm**



Join us for Tai Chi — a study in grace and balance, meditation in motion, a method of increasing flexibility and ease of motion, and a great stress reliever besides. Some study Tai Chi as a form of meditation; others study it to increase flexibility and joint mobility, or to achieve elegance and grace; others find it effective in pain relief. Whatever your reason for coming, we know you will enjoy taking a quiet hour with an expert teacher as you learn to move your body the way it was meant to move.

Gary also teaches at the Holden Senior Center where people have raved about him. If we have interest, we will start a class here at the Senior Center.

**ONLINE LEARNING COURSE: HOLLYWOOD: HISTORY, INDUSTRY, ART
Fridays– September 9-23, 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. You will look closely at representative studios and filmmakers and what the future holds for Hollywood.

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.



LIFE LONG LEARNING CLASS

**“GREEK TRADITIONS & SUPERSTITIONS”
Tuesday– September 27, 2016 1:00 pm**

Have you ever wondered about Pandora's Box or The Evil Eye? Come learn about the history and culture from one who knows all about the traditions. Serena will also bring Greek food to experience.

This will be a fun learning class without tests or homework!

Please sign up at 508-835-6916



SMILE:

We're not getting older, just more realistic:

- * My goal for 2016 was to lose just 10 pounds. Only 15 to go!
- * I read a recent insurance industry study that found that women who carry a little extra weight live longer than men who mention it.
- * I love being over 60. I learn something new every day...and forget 5 others.

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.



National Traffic Safety Administration Data

10 Safest States for Older Drivers

1. New Mexico
2. North Dakota
3. Louisiana
4. Alaska
5. Montana
6. Mississippi
7. South Carolina
8. Wyoming
9. Florida
10. Connecticut

10 Worst States for Older Drivers

1. Rhode Island
2. Maine
3. Minnesota
4. New York
5. Idaho
6. Pennsylvania
7. Hawaii
8. New Jersey
9. Washington
10. Delaware

The graying of baby boomers -- what some call the "silver tsunami" -- continues to drive concerns about how they fare as drivers as they age. It's an important issue. Those age 65 and older are expected to make up a quarter of all drivers by 2025, according to the AAA Foundation for Traffic Safety,

The study looked at each state's driving rules for seniors and found there was a correlation between rules and fatalities. For the most part, states with stricter rules (more frequent renewal requirements, vision tests, in-person testing) had fewer senior fatalities and states with less stringent rules or none at all tended to have more senior fatalities. Six of the most dangerous states for mature drivers do not have driving rules for seniors: Minnesota, New York, Pennsylvania, New Jersey, Washington and Delaware. Just two of the 10 safest states lack regulations aimed at senior drivers: Mississippi and Wyoming. Population density also was a contributing factor, with more populous states experiencing more fatalities.

ASK AN ATTORNEY
Tuesday – September 13, 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:

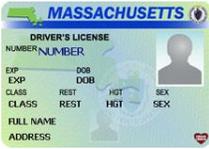
If any kind souls would like to help with the following, it would be very appreciated:

Styrofoam Coffee Cups

Hard Candies

Lysol Wipes

Thank you!



**“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 lviklund@westboylston-ma.gov



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

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.

"Today is a most unusual day, because we have never lived it before; we will never live it again; it is the only day we have." - William Arthur Ward

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

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

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...

COUNTDOWN TO MEDICARE PRESENTATION

Thursday– September 29, 2016, 2:00 pm

This Planning for Medicare presentation is geared towards individuals approaching Medicare eligibility. Topics covered include health insurance information outside of employer sponsored coverage such as explanation of Medicare, Medicare enrollment timeline, Medigap and Medicare Advantage Plans and programs available to early retirees, such as COBRA. **Call 508-835-6916 to register.**

Remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for social Security Benefits. Also coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector Subsidy when you turn 65. If you have any questions you can contact the SHINE regional office at 800-243-4636 option #3 or make an appointment to see the SHINE Officer at the West Boylston Senior Center.

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– September 7, 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!

SHINE COUNSELING

Friday– September 16, 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

TRAVEL CORNER



West Boylston Senior Center presents...

THE QUABBIN FOLIAGE TOUR – Tuesday, October 4, 2016

Start this trip by travelling to the Quabbin Reservoir where we'll be joined by a tour guide who will take us throughout the Quabbin and learn the fascinating history of this treasure and why after 9/11 areas are closed off. Then we'll lunch at the outstanding Salem Cross Inn, followed by a trip to Brookfield Orchards and ending at Smith's Country Cheese Shop. Depart at 9:00 am and return by 5:00 pm after a delightful fall day. \$72/pp, driver gratuity not included. Reservations & payment by 9/12/2016.



The Happy Travelers

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

Bus trips for the over 50 traveler

Oct 15 (Sat) Edith Wharton & Norman Rockwell with lunch (has seats available) \$109.00 /pp

Dec 11 (Sun) Stocking Stuffer Tour & Bright Nights Christmas Lights (started a second bus) \$99.00/pp

(All of our other trips for 2016 are full with a waiting list.)

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

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." - Melody Beattie

SUMMER HAPPENINGS



Congratulations to Dennis Parker who won one of the state raffle prizes from the State Mile Walk Challenge!



A day trip to Gloucester Harbor for a Lobster Cruise. Perfect weather and yummy lobster!



Ice Cream Social sponsored by Holy Trinity

**Also gave away the Summer Gift Baskets
Lucky Winners were Betty Sukis, Ruth Lovell, and John Perch!**



Since more and more older adults are texting and tweeting, there seems to be a growing need for an STC (senior texting code). Please pass this on to your children and grandchildren, so they can understand your texts.

ATD: At the doctor
BFF: Best friend fainted
BTW: Bring the wheelchair
CBM: Covered by Medicare
DWI: Driving while incontinent
FYI: Found your insulin
GGPBL: Gotta go; pacemaker battery low!
GHA: Got heartburn again
HGBM: Had good bowel movement
IMHO: Is my hearing-aid on?
LMDO: Laughing my dentures out
LOL: Living on Lipitor
OMSG: Oh my! Sorry, gas
ROFL...CGU: Rolling on floor laughing...can't get up
TTYL: Talk to you louder
WAITT: Who am I talking to?
WTFA: Wet the furniture again
WTP: Where's the prunes?
GGLKI: Gotta go; laxative kicking in



SEPTEMBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 BBQ CHICKEN 10:00a EXERCISE LOW IMPACT 1:00p BINGO	2 PASTRAMI SAND/SOUP 10:00a Wii BOWLING	3
4	5 CLOSED FOR LABOR DAY	6 GREEK CHICKEN 10:00a EXERCISE LOW IMPACT. 1:00p LEARN POOL	7 MEATLOAF & GRAVY 10:30a ART W/ ELAINE 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	8 TURKEY POT PIE 10:00a EXERCISE LOW IMPACT 1:00p BINGO	9 BREADED FISH 10:00a Wii BOWLING	10
11	12 BEEF STEW 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	13 VEGETABLE CHEESE BAKE 9:00 a ASK AN ATTORNEY 10:00a EXERCISE LOW IMPACT. 1:00p LEARN POOL	14 TURKEY CAPE COD SAND 10:30a ART W/ ELAINE 1:00p CARDS	15 SALISBURY STEAK 10:00a EXERCISE LOW IMPACT 10:00a TECH THURSDAY 1:00p BINGO	16 SPAGHETTI & MEATBALLS 9:00a SHINE 10:00a Wii BOWLING 1:00p Wii BOWLING TOURNAMENT RUTLAND	17
18	19 CHICKEN SAUSAGE JAMBALAYA 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	20 MEATBALLS W/ GRAVY 10:00a EXERCISE LOW IMPACT. 1:00p LEARN POOL	21 PORK CHOW MEIN 10:30a ART W/ ELAINE 1:00p CARDS	22 MACARONI & CHEESE 10:00a EXERCISE LOW IMPACT 10:00a TECH THURSDAY 1:00p BINGO 1:00p FLOWER ARRANGEMT	23 NO LUNCH 10:00a Wii BOWLING 12:00p ORIOL HEALTH CARE COOKOUT	24
25	26 HOT DOG ON BUN 9:30a CRAFT W/VIOLA 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING CRIBBAGE/ DOMINOS	27 SALMON BOAT/ DILL SAUCE 10:00a EXERCISE LOW IMPACT 1:00p LEARN POOL	28 CHICKEN PRIMAVERA 10:30a ART W/ ELAINE 1:00p CARDS	29 BEEF MEDITERRANEAN 10:00a EXERCISE LOW IMPACT 1:00p BINGO 2:00p COUNT- DOWN TO MEDICARE PRESENTATION	30 LASAGNA 10:00a Wii BOWLING	