

SENIOR CONNECTION NEWSLETTER – SCREEN-FRIENDLY VERSION

FEBRUARY 2024

WEST BOYLSTON COUNCIL ON AGING

120 Prescott St. West Boylston, MA 01583

508-835-6916 Monday - Friday 8:30am - 3:00pm

STAFF

Director: Lisa Clark Viklund

Administrative Assistant: Judy Conroy

Custodians: Jim Novia and Paul Cawley

Van Drivers: Rick McGrail, Dennis Parker, and Gary Smith

COUNCIL ON AGING BOARD

Chairman: Dave Femia

Secretary: Tom Mullins

Members: Janice Ash, Barbara Deschenes, Barbara Mard,

FEBRUARY FUN FACTS

- Did you know that "February" is one of the most misspelled words in the English language?
- The name of February comes from the Latin word "februum," which means purification
- February was named after a purification ritual which was like an early Roman spring-cleaning festival
- February is the only month where it's possible to go the entire time without having a full moon
- February has been Black History Month for over 40 years.
- The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a Leap-Year Baby,

DIRECTOR'S COLUMN

The West Boylston senior center has durable medical equipment available to loan for all residents. If you have need of any item, please inquire what is currently in our closet. We loan out walkers, wheelchairs, shower chairs, canes, commodes, traveling walkers and bed rails. If you would like to donate items, they need to be operational and clean. A resident has generously donated an Enhanced Vision machine to the center. If you know of anyone that could use this aide, please let us know.

We also have a couple of very dynamic and energetic Public Health Nurses that will be starting some monthly programs:

- File of Life aide
- Blood Pressure Clinics

Look for these to start this month on the first Tuesday of the month. NOTE: We will have to change the date in March due to primary elections.

See further information in this newsletter.

Can anyone tell me who said this quote:

"Birds sing after a storm. Why shouldn't we?"

INCLEMENT WEATHER POLICY

The West Boylston Senior Center will be closed on the days the West Boylston Schools are closed. On those days, there will be no Meals on Wheels, no programs and no Senior Van transportation. There might also be days when schools are in session, snow begins to fall, and the road conditions deteriorate. In that case, for the safety of all, the van might be taken off the road. If there is a school delay, please call the center @ 508-835-6916 to ask if programs are still scheduled.

"SENIOR SAND" program

If there are seniors who are in need of assistance with snow shoveling, we are partnering with the West Boylston Middle School/High School National Honor Society students and their Junior Rotary Group. You can call the center to be put on a list and we will forward it to the principal. This ensures privacy for both seniors and students. Snow removal will be from stairs or walkways (not driveways). Snow removal may NOT be immediately following a storm. The principal will determine when it would be safe for the students to help in this community service. Call the senior center @ 508-835-6916.

AARP TAX AIDE PROGRAM at the West Boylston Senior Center

Fridays, starting February 9, 2024

This program is sponsored by AARP and is free of charge. Its focus is on low- and middle-income taxpayers who want help filing fairly simple Federal and State returns. Please start watching for year-end statements from Social Security, employers, banks, mortgage firms, investment companies, other payment agencies, and charities. Also gather information about any rent, real estate taxes, and water/sewer bills that you actually paid in calendar 2023.

Appointments must be scheduled – Call the center at 508-835-6916

PLEASE JOIN US AS WE LOOK FORWARD TO THESE FEBRUARY EVENTS:

PRESCOTT CAFÉ February - Please call 508-835-6916 to make reservations.

Lunch:

Wednesday – February 14, 2024 @ 12:00 pm \$5.00/pp Reserve by 2/5
Spaghetti & Meatballs, side, dessert

Lunch:

Wednesday – February 28, 2024 @ 12:00 pm \$5.00/pp Reserve by 2/21
Fish Chowder, side, dessert

Luncheon reservations are required. Payment is due at the luncheons.

Cooking Class:

Friday– February 23rd @ 1:00 pm \$10/pp Reserve by 2/16
Appetizers! Get ready for your party!

Class size is limited. Reservations are required. Payment is required at reservation.

Lunch Volunteers are needed.

The Prescott Café is going like gang-busters! People are enjoying John's food immensely. Please consider volunteering a couple hours a month.

We are seeing an average of about 50 people reserving for these lunches which is great, however this also means a lot of work for our volunteers.

We are in desperate need for help with clean up, washing, and drying. It would be so appreciated and help to keep the café going.

MEN'S BREAKFAST GROUP

Thursday, February 15, 2024 9:00 am

Guest Speaker: A Member of The Wachusett Area Rotary Club

The mission of the Rotary groups is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through fellowship of business, professional, and community leaders. They see a world where people unite and take action to create lasting change — across the globe, in communities, and in ourselves.

Coffee and light breakfast goodies are always provided.

Please call to sign-up @508-835-6916

DECOUPAGE WORKSHOP w/ Ellen & Elaine

Thursday – February 22, 2024 11:00 am \$10.00

Create a beautiful serving or decorative plate by decoupageing a napkin onto a clear glass plate. Please bring scissors. All other supplies will be provided, including a variety of large luncheon paper napkins. Feel free to bring a napkin of your own choosing.

Class size is limited. Reservations are required. Payment is due at reservation.

BOARD GAMES!!! Tuesdays @ 10:00 am

Remember the fun of spending a day playing board games with you friends...Scrabble, Yahtzee, Monopoly, Backgammon.....

Meet in the games room Tuesday mornings to have some fun.

WOODCARVING STUDIO

Thursday – February 8 and 22 2:30 pm–5:00 pm drop in

There is no fee for the class. No need to register; just drop in.

You will need to pay for the wood with the project you decide upon.

BETTER BREATHERS' GROUP

Wednesday – February 7, 2024 10:00 am

Are you ready for some "Laughter Yoga" and other fun exercises. This group will meet every first Wednesday of the month, facilitated by the Saint Francis Adult Health Pulmonary Group.

No need to sign up– drop in!

CAREGIVERS SUPPORT GROUP

Wednesday – February 14, 2024 10:00 am No need to sign-up; just drop in

This group will meet every second Wednesday of the month.

Caregiver support groups allow you to ask questions about caregiving, share experiences, learn about the job, and exchange emotional support in a safe environment. They can also lead you to become more confident when it comes to caring for your loved one and any challenges that caregiving comes with.

We welcome Joelle J. who will be leading this group.

Call 508-835-6916 with any questions.

Veteran's Coffee Group

Wednesday– February 21, 2024 10:00 am

With West Boylston's Veterans Officer Jacob Webb. Stop by for coffee and fellowship. This group will meet every third Wednesday of the month.

INTERGENERATIONAL PLAYGROUP At the Senior Center

Wednesday– February 14, 2024 10:00 am

The West Boylston Coordinated Family & Community Engagement group in collaboration with the West Boylston Senior Center is offering a monthly intergenerational playgroup for children ages 1-7 with their caregivers and seniors. Seniors and children will enjoy crafts, fun activities, and end our time with stories and songs. Each month will follow a different theme.

This is a drop-in program. Please contact: westboylstoncfce@gmail.com or call the West Boylston Senior Center at 508-835-6916 if you have questions.

MONTHLY OUTREACH OPPORTUNITIES AT THE SENIOR CENTER:

Call to schedule your appointment 508-835-6916.

ASK AN ATTORNEY – with Nicholas Daviau

Tuesday– February 13, 2024 9:00-10:00 am

SHINE COUNSELLING – with Nancy

Tuesday– February 20, 2024, 9:00am-12:00pm

PODIATRY CLINIC–

Thursday– February 15, 2024 8:00 am-12:30 pm

FILE OF LIFE CARDS @9:00 am

BLOOD PRESSURE CLINIC @ 10:00 am

Tuesday- February 6, 2024

A Public Health nurse will be here to help seniors fill out the "File of Life" cards. These cards are vital in emergencies! Medical emergencies can happen anytime. When they do, there is confusion, panic, and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count – they can make the difference between life and death. We urge everyone to have one in their home (even in your wallet).

Following the File of Life aide, the nurse will remain for a blood pressure clinic. For those needing a monthly record, please take advantage of this program.

AMERICAN LEGION AUXILIARY, HAROLD N. KIETH AUXILIARY UNIT 204 of West Boylston


We have a wonderful Auxiliary group that would like to offer assistance to any veterans and their families. They are available to help with providing a meal, groceries, presents for the holidays, or even just to stop in to visit and talk. In addition, if there is anyone in the community that has family currently deployed overseas, the auxiliary would like to send care packages.

Please call/text Pauahi Godbout at 774-261-0425 or email at maje62@msn.com

SMARTPHONE FEATURES TO MAKE YOUR LIFE EASIER

Whether you have an iPhone or Android, there are tools available to make your life a little more convenient. The following are just some features:

SHARE YOUR LOCATION WITH FAMILY

- On iPhones, you can reveal your location to family and receive notifications of their whereabouts through the **Find My** or **Messages** apps. In **Settings** , tap **Family Sharing**, and scroll down to **Location Sharing**. Tap the switch next to each family member you want to share your location with.
- On Androids, you can share your location through **Google Maps** with someone in your Contacts. Tap your profile picture on the upper right, **Location Sharing** | **Share Location**, and tap the people you will let see your whereabouts. You can share your location for 1 hour or until you turn this off.


TELL LOVED ONES YOU HAVE ARRIVED SAFELY

- When you head home late at night or go on a remote hike, the **Safety Check** feature on Google Pixels and the **Check In** feature on iPhones can alert

designated contacts if you don't make it to your destination in a timely matter. If you don't check in, your contacts will be notified.

- **On Pixels, start by opening the Safety app and tap Safety Check. On iPhones, open the Messages app, choose the person you want notified, and tap the + sign at the bottom left of the screen. Tap More | Check In** and choose a location and the estimated travel time whether you are driving, walking or using public transit. You'll be prompted if running late. An Emergency SOS call will be made if you don't respond.

CLARIFY YOUR VOICE

- Improve a cellular or FaceTime call on an iPhone when the person you're speaking with is having trouble hearing you. Turn on the **Voice Isolation** feature, which prioritizes the sound of your voice and blocks other noise. While on the call, swipe down to summon **Control Center**, tap **Mic Mode | Voice Isolation**.
- Google offers a similar **Clear Calling** feature on Pixel 7 and later models. In **Settings** , tap **Sound & vibration | Clear Calling | Use Clear Calling**.

TRANSCRIBE SOUNDS

- People who are hard of hearing may not realize that appliances are beeping, doorbells are ringing and someone is talking from another room. The **Live Transcribe** feature baked into Google Pixels and other select Android devices — also available as a free app from the Google Play Store — can label such sounds around the house so the person is aware. When the feature is enabled, you can type responses to transcriptions you see on screen, get alerts when your name is spoken, and search within transcriptions.
- The iPhone's similar feature, still in beta testing, is called **Live Captions** and can be enabled under **Accessibility Settings**.

PUT TOGETHER A GROCERY LIST

- Free grocery list apps are available for your phone, some tied to meal planning or other features. You also can ask Google Assistant on Android to create a list and add items to it. On iPhones, when you create a shopping list in the **Reminders** app, items are automatically sorted into categories.

AND AWAY WE GO TRAVEL WITH GLADYS

- Contact: Gladys Mellow at: 508-835-4312, cell phone 508-612-5312 or via e-mail: andawaywegotravel.gem@gmail.com Flyers can also be picked up at the Sterling, West Boylston or Shrewsbury Senior Centers.
- **February 10, 2024 – Pre-Valentines Art & Wine Tour**, Addison Gallery in Andover, MA, Fulchino Vineyards in Hollis, N.H.
- **Sat. Mar. 17th – The Cher Show at the Boch Center, Boston**, this is a Tony Award winning musical of her story packed with so much Cher it takes three women to play her. Consisting of 35 smash hits, 6 decades of stardom, and much more. A dinner buffet is included after the show at the Chateau \$179.00/pp.
- **Sat. April 20th – The Play That Goes Wrong @ The Majestic Theater, Springfield, MA**. Our lunch will be at Storowton Tavern located on the grounds of the Big E. The play is opening night of the Cornley University Drama Society's newest productions, "The Murder at Haversham Manor" and things are about to go from bad to utterly disastrous. \$129.00/pp
- **Sun-Tues, Oct. 06-08, Cape May, New Jersey** a step back in time charm of the Victorian Era. Two nights at the charming Marquis De LaFayette Hotel \$769.00/pp double & \$999.00/pp single

Friends of the West Boylston Council on Aging

The Friends is a non-profit, charitable organization whose mission is to support, promote, and enrich the West Boylston Senior Center through donations and fundraising. The Friends always welcome new members to get involved with their activities and campaign. Contact Nancy Barakian, President @ 508-932-1563 or Berake24@yahoo.com

WEEKLY CLASSES AND GROUPS

MONDAYS

- 10:30 - 11:30am Quilting
- 10:30 - 11:30am Tai Chi with Sifu Cary
- 1:00 - 1:45pm Banquet of Fitness with Marty
- 1:30 - 3:00pm Writers' Workshop/Peer Group - 1st and 3rd weeks

TUESDAYS

- 9:30 - 10:30am Hatha-Vinyasa Yoga with Divya
- 9:45 - 10:45am Low Impact Exercise video
- 10:00 NEW! Board Games
- 11:00 - 11:45am Zumba Gold with Rita
- 12:00 - 1:00pm Gentle Yoga with Carol
- 1:00 - 3:00pm Learn Pool with Joe
- 1:15 - 2:15pm Gentle Yoga with Carol

WEDNESDAYS

- Country Line Dancing with Anne (Suggested donation \$5.00)
- 9:30 - 10:30am Beginners
- 10:30 - 11:30 am Beyond Beginners

THURSDAYS

- 9:45 - 10:45am Low Impact Exercise video
- 1:00 - 1:45pm Banquet of Fitness with Marty
- 1:30 - 2:30pm Hatha-Vinyasa Yoga with Divya

FRIDAYS

- 10:00 - 11:30am Wii Bowling with Arlette
- 12:00 - 3:00pm Mahjong with Judy
- 12:30 - 3:00pm Pitch with Tony and Dave - \$5.00

SENIOR VAN SERVICE

Currently, the van service is available Monday - Thursday 8:30am - 2.30pm

(Please note; days/times are subject to change due to availability of drivers.)

The West Boylston Senior Center is partnered with the WRTA to provide transportation for seniors and ADA residents in town. Riders must be able to use transportation independently or have an attendant on trips. We travel to West Boylston, Worcester, Holden, Shrewsbury, Auburn, and Clinton Hospital. Register to ride at the senior center. The WRTA uses an automatic fare payment program.

All van services require 48-hour advance reservations.

Wachusett Recycling Center - 131 Raymond Huntington Highway

Winter Hours:

Tuesdays 10:00 am - 12:00 am

Thursdays 2:00 pm - 4:00 pm

1st & 3rd Saturday of month 9:00 am - 12:00 pm

They accept curbside recycling items, textiles, and many hard-to-recycle items (some with a fee), but they also have tons of free items for reuse.