

# Westminster Council on Aging

## July 2016 Newsletter



69 West Main Street, Westminster, MA 01473  
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*Mission Statement: The Westminster Council on Aging mission is to identify the needs of the elderly in the community and provide appropriate programs and services to meet those needs. The Council offers health, fitness and nutrition programs, referral services, SHINE, and also transportation.*



***A DROP OF INK  
MAY MAKE  
A MILLION THINK.***

-George Gordon Byron (Lord Byron), English poet (1788-1824)

*The Council on Aging would like to extend our deepest sympathy  
to the families and friends of  
~ Doris Basque, Ruth Kaski, & Toivo Maki ~*



### NEW COMMUNITY GARDEN!!!

Cameron Rocheford, a 14-year old student at Oakmont Regional High School, recently created a new community vegetable and flower garden at the Westminster Senior Center as part of his Eagle Scout Project. Cameron, of Boy Scout Troop 33, currently holds the rank of "Life Scout", which is the second highest rank a Boy Scout can earn. The highest rank is "Eagle Scout" and one of the many requirements of this rank include completing an Eagle Scout service project. The project must demonstrate the scout's leadership abilities and must benefit the community. We are extremely grateful that Cameron has chosen the community garden at the Senior Center as his project. Thank You Cameron!

All are welcome to stop by, sit awhile, and enjoy your new beautiful community garden!



### SUMMER COOKOUT!

*Sponsored by  
The Highland's/  
Life Care Center of Leominster*

**July 15 ~ 11:30 am**

**Please sign up for this event.  
Join in the fun!!**



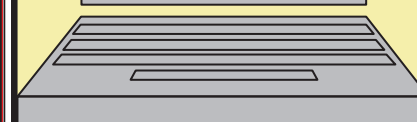
### SENIOR HOME FIRE SAFETY INSPECTION \* FOR WESTMINSTER RESIDENTS \*

*Offered by the Westminster Fire Department*

- ♦ Smoke detector replacement if appropriate
- ♦ Carbon monoxide detector install/replacement if appropriate
- ♦ This offer applies to battery only (no hard-wired) for both smoke & carbon monoxide detectors
- ♦ Please sign up at Senior Center to schedule



Looking for volunteers to teach basic beginner's skills on our three new laptops. If interested, please contact the Senior Center. Thank you!



*Happy Birthday to all  
our Seniors celebrating  
their big day in July!*

*Best Wishes!!!*





## *Independence Day ~ July 4 ~*



### **UPCOMING EVENTS**

- ✓ The Westminster Senior Citizens Friendship Club will be hosting an Ice Cream Social on Wednesday, July 6 at 1:30 pm. Come one, come all, and bring a friend! All the ice cream fixings will be provided. If you could bring cookies, it would be greatly appreciated.
- ✓ For anyone needing to make an appointment with Gail Noel, our SHINE (Serving the Health Insurance Needs of Everyone) Counselor, times are available July 20, 9:00 am - 2:30 pm. Please call to make an appointment.
- ✓ A free blood pressure clinic will be held the first and third Fridays of every month, 11:30 am - 1:00 pm. This month's clinics will be July 1 and July 15. No sign-up necessary.
- ✓ A representative from Fallon Senior will be here July 1, 11:00 am, to discuss health insurance changes and to answer any questions you may have. Refreshments will be served.

### **INFORMATION**

- ✓ The Council on Aging van is available to Westminster residents for in-town and surrounding-town travel. Van operation times are Monday through Friday, 8:00 am - 4:00 pm. A 24-hour advance notice is required (no same-day service). Round trip cost is \$2 (in town) and \$3 (out of town). The van will *not* operate if school is cancelled due to bad weather.
- ✓ What does "Swipe Your Card" mean? The Westminster Senior Center utilizes a computer system called "*MY SENIOR CENTER*" which enables us to be informed of how many people make use of the Senior Center. By registering as a member (no fee involved), you receive a scan card that allows you to designate on the monitor the activity you are enjoying on the day(s) you visit. Swiping your card is not mandatory, but if you choose to, the Senior Center may gain additional funds/grants based on how many feet walk through the doors. If you would like to receive a scan card, please see an administrative assistant. Please note that information you provide is never shared with anyone.
- ✓ It's blueberry season! Don't let their miniature size fool you – blueberries are proof that, when it comes to health benefits, good things really do come in small packages. They're low in fat and sodium, have just 80 calories per cup, and contain a category of phytonutrients called polyphenols. This group includes anthocyanins, which are compounds that give blueberries their blue color. Blueberries are an excellent source of Vitamin C and are high in manganese. Vitamin C is necessary for growth and development of tissues and promotes wound healing. Manganese helps the body process cholesterol and nutrients such as carbohydrates and protein. Blueberries are also a good source of dietary fiber. Dietary fiber may reduce the risk of heart disease and adds bulk to your diet, which may help you feel full faster. One easy way to make sure you're eating a balanced diet is to fill at least half of your plate with a rainbow of fruits and vegetables...and blueberries provide that perfect shade of blue!
- ✓ Elder Hotline 888-243-5337. If you have any legal advice issues relating to the elderly, please call this number.
- ✓ SafeLink (TracFone) 800-723-3546. This program offers a free cell phone for seniors. If you need assistance, please let us know.
- ✓ Silver Sneakers (Cardio Fit Class with Paula) will not be held on July 21. Class will resume on July 28.
- ✓ Gentle Stretch Class (at the Library) will not be held July 14 and August 11.



# Activities







**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

			<i>*Indicates Congregate Meal being served at Senior Center.</i>	<b>*Beef Chili 1</b> <b>9-11:30 Art</b> <b>10-12 Cribbage</b> <b>11:30 Lunch</b> <b>11:30-1 Blood Pressure</b> <b>1-3 Bingo</b>
<b>4</b> <b>Closed</b> 	<b>5</b> <b>9-11:30 Art</b> <b>12-3:30 Bridge</b> <b>1-3 Mahjong</b>	<b>6</b> <b>*Pulled Pork</b> <b>9-11:30 Art</b> <b>11:30 Lunch</b> <b>1-3 Crafts</b>	<b>7</b> <b>9-12 Wood Carving</b> <b>9-11 WOW</b> <b>10-11 Stretch-Library</b> <b>10:45-11:30 Cardio Fit</b> <b>1-3 Crafts</b>	<b>8</b> <b>*Lasagna Roll-ups</b> <b>9-11:30 Art</b> <b>10-12 Cribbage</b> <b>11:30 Lunch</b> <b>1-3 Bingo</b>
<b>11</b> <b>*Roast Pork</b> <b>10-2 Pitch</b> <b>10-12 Cribbage</b> <b>11:30 Lunch</b> <b>1-3 Bingo</b> <b>1-3 Mahjong</b>	<b>12</b> <b>9-11:30 Art</b> <b>12-3:30 Bridge</b> <b>1-3 Mahjong</b> <b>1:00 COA Board Mtg</b>	<b>13</b> <b>*Beans/Hotdogs</b> <b>9-11:30 Art</b> <b>11:30 Lunch</b> <b>1-3 Crafts</b>	<b>14</b> <b>9-12 Wood Carving</b> <b>9-11 WOW</b> <b>**NO Stretch at Library</b> <b>10:45-11:30 Cardio Fit</b> <b>1-3 Crafts</b>	<b>15</b> <b>*Chicken Breast</b> <b>9-11:30 Art</b> <b>10-12 Cribbage</b> <b>11:30 Lunch</b> <b>11:30-1 Blood Pressure</b> <b>1-3 Bingo</b>
<b>18</b> <b>*Rainbow Trout</b> <b>10-2 Pitch</b> <b>10-12 Cribbage</b> <b>11:30 Lunch</b> <b>1-3 Bingo</b> <b>1-3 Mahjong</b>	<b>19</b> <b>9-11:30 Art</b> <b>12-3:30 Bridge</b> <b>1-3 Mahjong</b>	<b>20</b> <b>*Chicken Breast</b> <b>9-2:30 SHINE (by appt)</b> <b>9-11:30 Art</b> <b>11:30 Lunch</b> <b>1-3 Crafts</b>	<b>21</b> <b>9-12 Wood Carving</b> <b>9-11 WOW</b> <b>10-11 Stretch-Library</b> <b>**NO Cardio Fit</b> <b>1-3 Crafts</b>	<b>22</b> <b>*Sloppy Joes</b> <b>9-11:30 Art</b> <b>10-12 Cribbage</b> <b>11:30 Lunch</b> <b>1-3 Bingo</b>
<b>25</b> <b>*Chicken Kielbasa</b> <b>10-2 Pitch</b> <b>10-12 Cribbage</b> <b>11:30 Lunch</b> <b>1-3 Bingo</b> <b>1-3 Mahjong</b>	<b>26</b> <b>9-11:30 Art</b> <b>12-3:30 Bridge</b> <b>1-3 Mahjong</b>	<b>27</b> <b>*Roasted Turkey</b> <b>9-11:30 Art</b> <b>11:30 Lunch</b> <b>1-3 Crafts</b>	<b>28</b> <b>9-12 Wood Carving</b> <b>9-11 WOW</b> <b>10-11 Stretch-Library</b> <b>10:45-11:30 Cardio Fit</b> <b>1-3 Crafts</b>	<b>29</b> <b>*Roasted Pork</b> <b>9-11:30 Art</b> <b>10-12 Cribbage</b> <b>11:30 Lunch</b> <b>1-3 Bingo</b>