

# Westminster Council on Aging December 2017 Newsletter



69 West Main Street, Westminster, MA 01473  
978-874-7402



*Best Wishes  
To All Seniors  
Celebrating  
In December!!!*



*Christmas is forever, not for just one day  
For loving, sharing, giving are not to put away  
Like bells & lights & tinsel, in some box upon a shelf  
The good you do for others, is good you do yourself.  
~ Norman Wesley Brooks*

*From the desk of Sue Fisher, Director ~*

## ***We Wish Everyone a Happy & Healthy New Year!***



*Can you believe another year has come and gone? We will be in our new building just over two years. If you have not been in yet, please stop in for a cup of coffee and a tour. Check out the activities and programs we offer. Again, Happy Holidays from our staff!!!*

*Sue, Michelle, Pat, Kathy, Bruce, Dan, Gerry, Jayne, Kim, & Lynn*



## ***Senior Center Christmas Party December 6, 11:30 am - 2:30 pm***

- \* Please sign up at the Senior Center*
  - \* Pot Luck (bring your favorite dish)*
  - \* Optional gift swap (bring \$10 value, wrapped gift to participate)*
- Join in the Festivities!!!***

**COFFEE WITH THE  
POLICE CHIEF  
THURSDAY, DECEMBER 7  
9:00 - 11:00 AM**



*Please join  
Westminster Police Chief  
**Salvatore Albert**  
at the  
Community/Senior Center  
Refreshments will be served*

**COFFEE WITH THE  
FIRE CAPTAIN  
THURSDAY, DECEMBER 14  
9:00 - 11:00 AM**



*Please join the  
Westminster Fire Captain  
at the  
Community/Senior Center  
Refreshments will be served*

*Please join  
Westminster Police Detective  
**Nick Auffrey**  
at the  
Community/Senior Center*

- ♦ Friday, December 15*
- ♦ Friday, December 29  
12:00 n - 1:00 pm*

*Detective Auffrey will be here to  
answer your questions and provide  
information on **SCAMS & FRAUD**.  
Come on down, introduce yourself,  
and learn how to protect yourself  
from these serious issues.*



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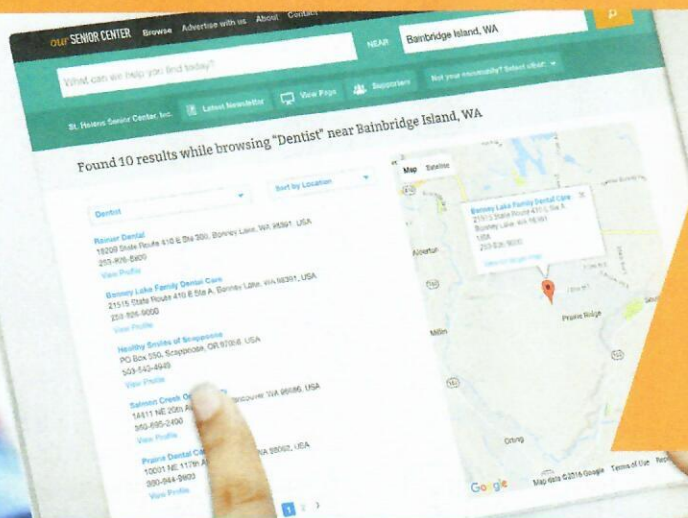
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DEALER**



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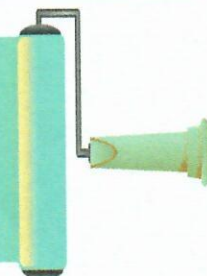


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*December 25 ~ Christmas*  
*December 31 ~ New Year's Eve*



## UPCOMING EVENTS

- ✓ Coffee with Westminster Police and Fire! Come join us for coffee and refreshments with Police Chief, Salvatore Albert, on December 7 and with the Fire Captain on December 14, both held 9:00 - 11:00 am. Stop by, stay informed, and enjoy the company!
- ✓ The Friendship Club will celebrate Christmas on December 6, 11:30 am - 2:30 pm, with a pot luck luncheon (bring your favorite dish) and optional gift swap (bring a \$10 valued, wrapped gift to participate). This will coincide with the Senior Center Christmas party. If attending, please sign up at the Senior Center. Friends, old and new, are always welcome! Friendship Club meetings will not be held in January and February, but will resume in March.
- ✓ Gardner Area Memory Café will host their next monthly gathering of individuals with memory loss, along with their caregivers, family and/or friends on December 27, 2:00 - 3:30 pm. This will be held at the Gardner Senior Center, 294 Pleasant Street, Gardner. The café is for individuals at any stage of the disease process. It is a safe and supportive environment for all guests to socialize and enjoy each other's company. The goal is to make every guest as comfortable as possible. For further information or to RSVP, please call (978)630-4067.
- ✓ MOC will be here December 13 at 12:00 noon for a Hydration presentation. All are welcome to attend.
- ✓ Patty from The Gables of Fitchburg will be here on December 11 providing a surprise sweet treat during Bingo. Come join the fun!
- ✓ Bonnie of Gardner Rehabilitation & Nursing Center will be providing goodies on December 1 during Bingo. All are welcome!
- ✓ To make an appointment with Gail Noel, our SHINE Counselor, please contact the Senior Center. Openings are available December 6. Please call early as these dates fill quickly. Keep in mind, Medicare open enrollment ends December 7.
- ✓ Free blood pressure clinics are held the first and third Fridays of every month. This month's clinics will be held December 1 and 15, 12:00 n - 1:00 pm. No sign-up necessary.
- ✓ Interested in playing Mahjong? This activity is offered Mondays and Tuesdays, 1:00 - 4:00 pm. Lessons are also available upon request.
- ✓ The Council on Aging Board Meeting will be held December 12, 1:00 - 2:00 pm. This meeting will be held at the Senior Center and is open to the public.

## INFORMATION

- ✓ Please note: The Senior Center will be closed December 25 and January 1 in observance of Christmas and New Year's Day.
- ✓ If you, or someone you know, is having financial difficulty paying for food, heating bills, rent, etc., please call the Senior Center and we can locate the appropriate agency that can help you. All calls are confidential.
- ✓ Massachusetts Senior Legal Helpline (866)778-0939 provides free legal information and referral services to Massachusetts residents who are 60 years old or older.
- ✓ SafeLink (TracFone) 800-723-3546. This program offers a free cell phone for seniors. If you need assistance, please let us know.



# Avoiding Identity Theft



Look at medical statements. You might see charges you do not recognize. That might mean someone stole your identity.

Get your credit report. You get one free credit report every year from each credit reporting company. To order:

- ◆ Call annual Credit Report at 1-877-322-8228.
- ◆ Answer questions from a recorded system. You have to give your address, Social Security number, and birth date.
- ◆ Choose to only show the last four numbers of your Social Security number. It is safer than showing the full number on your report.
- ◆ Choose which credit reporting company you want a report from. (You get one report free from each company every year.)

The company mails your report to you. It should arrive two to three weeks after you call.

Read your credit report carefully. Look for mistakes or accounts you do not recognize. This could mean someone stole your identity.

With the winter season ahead of us, if you worry about the well-being of your elderly neighbor, please call the Senior Center. We can make a home visit to ensure that they are safe and aware of the services we have to offer.



*“Never look down on anybody,  
unless you’re helping them up.”*

*~ Jesse Jackson*



# SOUR CREAM COOKIE DROPS

*Submitted by Ann Marie Page*



## MIX TOGETHER THOROUGHLY

1/2 Cup Shortening  
1 1/2 Cups Sugar  
2 Eggs

*Save some for Santa!!!*

- ◆ Stir in 1 Cup sour cream and 1 Teaspoon vanilla.
- ◆ Sift together and stir in 2 2/3 Cups flour, 1/2 Teaspoon baking soda, 1/2 Teaspoon baking powder, and 1/2 Teaspoon salt.
- ◆ Chill at least 1 hour (up to 2 days).
- ◆ Drop rounded teaspoon about 2 inches apart on ungreased baking sheets.
- ◆ Bake at 400 degrees, 8-10 minutes, until brown.

## CHOCOLATE ICING

In double boiler (or microwave), melt together 1 Tablespoon butter or margarine and 1 Square of Baker's chocolate. Stir in 3 Tablespoons milk or cream and 1 1/2 Cups confectionary sugar. Thin with milk or cream to make glossy and easy to spread.

*Christmas Greetings!*

*The Christmas Day brings memories and kindest thoughts untold  
Of friends we may not often see but hope to always hold;  
So may this greeting be a link in friendship's precious chain  
And may there be a Christmas Day when we shall meet again!*



*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.*



# ***TIPS TO INCREASE YOUR FLUID INTAKE***



## ***FOCUS ON FLUIDS:***

Although it's best to drink plain water to meet your hydration needs, other sources of fluid include milk, decaf coffee, decaf tea, and regular coffee & tea in moderation.

## ***DEVELOP HYDRATION HABITS:***

Drink water with each meal and between each meal.

## ***RETHINK SUGARY DRINKS:***

While we get fluid from soda, juice, and alcohol, these beverages have high calorie contents. Water is still the best choice for our body whenever possible.

## ***HAVE A PLAN:***

Make a point to increase water intake while at home, so less fluid is necessary away from home.

## ***MAXIMIZE NON-BEVERAGE FLUID INTAKE:***

Choose foods with high water content such as soups, fruits such as oranges, grapefruit, melons, pears & plums and large vegetables portions such as broccoli, cauliflower, spinach & carrots.

## ***ADD FLAVOR WITHOUT ADDING CALORIES:***

Add some flair to water with cucumber or by squeezing in fresh lemon or lime juice. Make iced tea with herbal teas. Add low sodium broth and spices to hot water for a warm beverage in cold weather.

## ***REMEMBER:***

If you feel thirsty, you're likely already dehydrated so you need to increase your daily water intake.



# DECEMBER

# Activities



Monday

Tuesday

Wednesday

Thursday

Friday



We wish you a Merry Christmas  
We wish you a Merry Christmas  
We wish you a Merry Christmas  
And a Happy New Year!

*\*Grilled Chicken* 1  
9-11:30 Art  
10-12 Cribbage  
11:30 Lunch  
12-1 Blood Pressure  
1-3 Bingo

*\*Beef Patty & Gravy* 4  
11:30 Lunch  
1-4 Mahjong  
1-3 Bingo

5  
9-11:30 Art  
12-3:30 Bridge  
1-4 Mahjong

*\*Beans & Hotdogs* 6  
9-3 SHINE (by appt)  
9-11:30 Art  
11:30 Lunch  
1-3 Crafts

7  
9-12 Wood Carving  
9-11 WOW  
10:15-11:30 G. Stretch  
10:45-11:30 Cardio Fit  
12-3:30 Bridge  
1-3 Crafts

*\*Beef Stew* 8  
9-11:30 Art  
10-12 Cribbage  
11:30 Lunch  
1-3 Bingo

*\*Cheese Omelet* 11  
11:30 Lunch  
1-4 Mahjong  
1-3 Bingo

12  
9-11:30 Art  
12-3:30 Bridge  
1-4 Mahjong  
1-2 COA Meeting

*\*Steak/Pepper Grinder* 13  
9-11:30 Art  
11:30 Lunch  
1-3 Crafts

14  
9-12 Wood Carving  
9-11 WOW  
10:15-11:30 G. Stretch  
10:45-11:30 Cardio Fit  
12-3:30 Bridge  
1-3 Crafts

*\*Roast Pork w/Gravy* 15  
9-11:30 Art  
10-12 Cribbage  
11:30 Lunch  
12-1 Blood Pressure  
1-3 Bingo

*\*Lasagna Roll* 18  
11:30 Lunch  
1-4 Mahjong  
1-3 Bingo

19  
9-11:30 Art  
12-3:30 Bridge  
1-4 Mahjong

*\*Chicken Marsala* 20  
9-11:30 Art  
11:30 Lunch  
1-3 Crafts

21  
9-12 Wood Carving  
9-11 WOW  
10:15-11:30 G. Stretch  
10:45-11:30 Cardio Fit  
12-3:30 Bridge  
1-3 Crafts

*\*Chicken Cacciatore* 22  
9-11:30 Art  
10-12 Cribbage  
11:30 Lunch  
1-3 Bingo

25  
**CLOSED**  


26  
9-11:30 Art  
12-3:30 Bridge  
1-4 Mahjong

*\*Meatball/Stroganoff* 27  
9-11:30 Art  
11:30 Lunch  
1-3 Crafts

28  
9-12 Wood Carving  
9-11 WOW  
10:15-11:30 G. Stretch  
10:45-11:30 Cardio Fit  
12-3:30 Bridge  
1-3 Crafts

*\*Macaroni & Cheese* 29  
9-11:30 Art  
10-12 Cribbage  
11:30 Lunch  
1-3 Bingo

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