

# Westminster Council on Aging December 2019 Newsletter

69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



HAPPY  
BIRTHDAY  
To Our Seniors  
Celebrating  
This Month!



Dear Santa,  
I have been good all year,  
Well, most of the time,  
Okay, once in awhile.  
Never mind,  
I'll buy my own stuff.



## From the Director's Desk

*Wishing Everyone  
a Merry Christmas  
and a Happy & Healthy New Year!*

*As we continue to grow, we've had the pleasure of meeting so many wonderful people. Going into our 5th year in this warm and welcoming facility, we look forward to embracing our familiar friends, as well as encourage new seniors to stop in and see what we have to offer. Whether you live in town or reside in surrounding towns or cities, you are welcome here!*

*Be sure to visit us in 2020!*

**HAPPY HOLIDAYS ~ HAVE A GREAT YEAR!!!**

*From all of us at the Westminster Senior Center ~*

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

## Elizabeth Kalmansson, Attorney at Law

Elder Law | Wills | Trusts | MassHealth Planning & Applications

It is important to have a plan for the future. With a few simple documents, we can help to ensure that you and your estate will be taken care of according to your wishes. Our basic estate planning package is sufficient for most clients and very affordable.

Law Offices of Pall G. Kalmansson e: ekalmansson@kalmanssonlaw.com  
48 West Street p: 978-343-7772  
Leominster, MA 01453 w: kalmanssonlaw.com

Experience our  
LifeDesign Promise.

**Fidelity Bank**

Helping you get where you want to be™



Caring People, Approaches and Solutions.  
That's the Heart of our LifeDesign Promise.

FidelityBankOnline.com



**Wood's**  
**AMBULANCE, INC.**

**24 Hour Ambulance  
Medi-Van Transport**

**Call (978) 632-1530**



An Assisted Living Residence

A New Place to Call Home  
in a Community that Cares

Life is *uncommonly good* at our **Assisted Living Residence** in historic downtown Gardner, and we'd like to share it with you!

Our lease program for our private apartments offers services at affordable rates, such as:

- Daily social activities & programs
- Assistance with personal care needs
- Three chef-prepared meals daily
- Medication reminders
- Safety checks
- Laundry & housekeeping services

*We'd love to  
meet with you and  
your family!  
To schedule a tour,  
call Kristy Livingston  
at (978) 632-8292.*

www.hwcommons.com • (978) 632-8292  
50 Pine Street • Gardner, MA

**FORBES  
LANDSCAPING**

Spring Cleanups  
Lawn Maintenance & Installations  
Patios & Walkways • Stone & Block Walls  
**FREE ESTIMATES • FULLY INSURED**  
**978-855-4942**



GVNA HealthCare, Inc.

*In Your Community*

978-632-1230 gynahealthcare.org

Skilled Homecare  
Hospice  
Adult Day Health Services  
Private Duty Services  
Healthy Families  
Rehab Services  
Support Groups

*Call today to connect with a* **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

*aPlace  
for Mom.*

Joan Lunden, journalist,  
best-selling author, former  
host of *Good Morning America*  
and senior living advocate.

*There's no cost to you!*  
**(888) 672-0689**

We're paid by our partner communities



**BRENDA ALBERT**

REALTOR®

Available to help you with all your real estate needs

63 Merriam Avenue | Leominster, MA 01453

Cell: 978-621-3168 | Office: 978-534-3100

BAlbert@LAERRealty.com | www.URHomeTeam.com

The Roar That Opens More Doors



**Your Local Choice for  
Quality Therapy Service**

Returning 95% of all admissions  
back to the community

59 Eastwood Circle, Gardner • 978.632.8776 • GardnerRehab.com



**Manor  
On The Hill**  
An Assisted Living Community &  
Adult Day Health Center

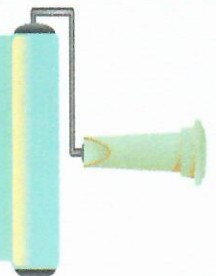
*The Difference is Caring*

**Schedule a Tour Today: 978-537-1661**

450 N. MAIN STREET, LEOMINSTER • www.manoronthehill.com

Assisted Living  
Memory Care Lane  
Respite Care  
Adult Day Health Center

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.4pi.com Westminister COA, Westminister 03-1136



*December 24 ~ Christmas Eve  
December 25 ~ Christmas Day  
December 31 ~ New Year's Eve*



## U P C O M I N G   E V E N T S

- ◆ Join Westminster Police Detective Nick Auffrey for coffee December 13 & 27, 12:00 - 1:00 pm. All are welcome to stop by, ask questions, voice concerns, and stay informed of the latest scams & fraud while in a relaxed and friendly environment.
- ◆ The Friendship Club will meet and celebrate Christmas on December 4 at 1:00 pm. If you'd like to participate in the gift swap, please bring a \$10-valued wrapped gift. Also, please bring pastries to share. This is always a fun event and all are welcome to join the Christmas fun! Bring a friend! Due to unpredictable winter weather, meetings will not be held January and February. Meetings will resume March 4 for St. Patrick's Day.
- ◆ Patti from The Gables of Fitchburg will be here on December 2 providing a delicious Bingo dessert.
- ◆ Jackie of Gardner Rehabilitation & Nursing Center will provide tasty Bingo sweets on December 6.
- ◆ Glen Gregory, our SHINE Counselor, will be at the Westminster Senior Center December 4 & 18 and January 15 with hourly time slots available. Please contact the Senior Center to schedule an appointment.
- ◆ Free blood pressure clinics with Eileen are held the third Thursday of every month. The next clinic will be held December 19, 11:00 am - 12:00 pm.
- ◆ The Council on Aging Board Meeting will be held Tuesday, December 3 at 1:00 pm. This meeting is open to the public.

## I N F O R M A T I O N

- ◆ Applications for the 2019-2020 Fuel Assistance Program are now available. To obtain your form, to find out if you qualify, or if you have any questions, please contact New England Farm Workers' Council, 473 Main Street, Fitchburg at 978-342-4520.
- ◆ Due to the holidays, the Senior Center van will *not* be available the following dates: December 24, 25, 31, and January 1. Please make other transportation plans accordingly. The Senior Center building will be closed December 25 and January 1 all day; December 24 and 31 we will close at noon.
- ◆ ARE YOU A VETERAN? If you live in Westminster, Ashburnham, or Hubbardston, visit your Veterans' Service Officer (VSO). Services offered for veterans, spouses, and eligible dependents include, but not limited to, financial assistance (Ch. 115, Mass. General Law), Veterans' bonuses, tax exemptions, VA claim/appeal assistance, transition assistance, burial coordination, housing, and survivors' benefits. Your local VSO is Sara Wyman, Westminster Town Hall, 11 South Street, Room 131, Westminster, MA 01473, Phone: (978)874-7461, Email: [swyman@westminster-ma.gov](mailto:swyman@westminster-ma.gov). Sara's office hours are Tuesday through Thursday, 9:00 am to 2:00 pm. Call for appointments.
- ◆ Are there any pool players interested in starting up a pool league once a week at the Westminster Senior Center? If so, please contact Jerry at [jwheelen@msn.com](mailto:jwheelen@msn.com).
- ◆ If you, or someone you know, appears to be a victim of elder abuse, please contact Elder Protective Services at 800-922-2275. The definition of elder abuse includes physical, emotional, or sexual abuse, caregiver neglect, self neglect, and/or financial exploitation. Anyone can make a report of abuse.

# Coffee with the Chiefs

Thursday, December 5 ~ 9:00 - 10:00 am

Join Westminster



Police Chief, Mike McDonald  
Fire Chief, Kyle Butterfield



The first Thursday of every month, stop in at the Westminster Senior Center, enjoy complimentary coffee, ask questions, voice concerns, and get to personally meet with the Chiefs of your Town in a casual setting.



## Annual Senior Center Christmas Party

Tuesday, December 10  
12:00 - 2:00 pm

Westminster Senior Center



- \* **POT LUCK ~ PLEASE BRING YOUR FAVORITE DISH**
- \* **HOT & COLD BEVERAGES WILL BE PROVIDED**
- \* **NO SIGN-UP REQUIRED \* ALL ARE WELCOME!**

## Pot Luck & Recipe Swap Luncheon

Wednesday, January 29 ~ 12:00 Noon

Westminster Senior Center

(Weather permitting)

\* \* \*

Westminster Senior Center, along with police officers from Westminster and Gardner, extend an invitation to all seniors in the community to participate in this enjoyable event.

In order to attend, please bring a dish to share.

Kindly RSVP by January 22 to ~

978-874-7402 (Westminster Senior Center) or

978-630-4067 (Gardner Senior Center)



### The Joy of Giving

Somehow, not only for Christmas, but all the long year through,  
The joy that you give to others is the joy that comes back to you;  
And the more you spend in blessing the poor and lonely and sad,  
The more of your heart's possessing returns to make you glad.

~ John Greenleaf Whittier

## **Muffins with Merle**

**Friday, December 20**

**11:00 am -12:00 pm**

**Westminster Senior Center**



**Join Westminster Police Officer Nate Hawkins & Merle.  
Merle is Westminster Police Department's comfort & support dog.  
All are welcome to stop in to see Merle work his magic on you!**

## **Turkey Dinner & All the Fixins**

**Wednesday, December 18**

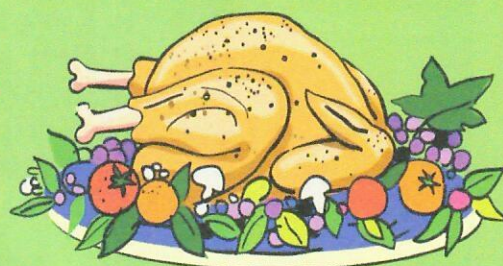
**12:00 Noon**

**Westminster Senior Center**

**Cooked & Served by  
Westminster Fire Department**

**Sign-up required by December 13**

**All are welcome to join us!**



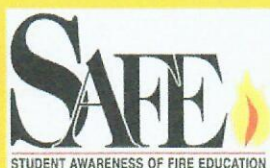


# MERRY CHRISTMAS



H	V	I	S	H	M	Y	I	D	S	S	B	U	Z	P
F	J	Q	G	T	K	R	E	I	N	D	E	E	R	I
P	G	U	L	X	L	T	T	S	Q	H	Q	M	C	K
C	S	W	D	Z	Y	O	W	N	F	A	G	U	H	L
K	T	M	H	O	O	Y	N	O	Z	S	Y	H	R	F
Z	O	Z	Y	N	F	S	O	W	M	A	E	P	I	M
G	C	W	Z	N	B	S	A	M	C	N	L	G	S	R
X	K	A	O	A	V	S	O	A	A	T	F	Y	T	R
I	I	N	U	B	O	L	M	N	N	A	R	J	M	F
I	N	G	W	O	K	K	W	L	D	P	R	J	A	P
S	G	E	E	W	G	S	T	H	L	F	C	H	S	H
R	G	L	Y	N	P	R	E	S	E	N	T	S	T	E
W	R	E	A	T	H	N	T	U	J	G	B	D	R	J
Y	A	W	R	N	C	A	N	D	Y	C	A	N	E	V
L	M	H	T	M	L	B	E	L	L	E	N	U	E	O

SANTA  
REINDEER  
PRESENTS  
CHRISTMAS TREE  
TOYS  
STOCKING  
SNOWMAN  
CANDY CANE  
ELF  
WREATH  
BOW  
BELL  
CANDLE  
ANGEL



## Senior Home Inspections

**Sponsored by the Westminster Fire Department**

**Available to Westminster Senior Residents (Age 60+)**

- We will replace battery operated smoke detectors & make sure your house is up to code
- We will replace battery operated CO detectors
- Our detectors have a 10-year sealed battery!
- Kitchen safety information
- General fire safety tips
- Heating information
- Advise on tripping hazards
- Answer any questions

⇒ To sign up, please call the Senior Center (978-874-7402).  
The Westminster Fire Department will then contact you  
directly to schedule your appointment.



# Activities



**Monday**

**Tuesday**

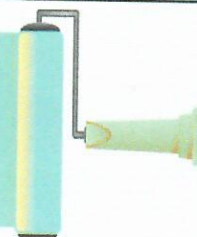
**Wednesday**

**Thursday**

**Friday**

<p><i>*Pollock/Newburg Sauce</i> <b>2</b>  <b>11:30</b> Lunch  <b>1-4</b> Mahjong  <b>1-3</b> Bingo</p>	<p><b>3</b>  <b>9-11:30</b> Art  <b>12-3:30</b> Bridge  <b>1-4</b> Mahjong  <b>1-2</b> COA Board Mtg</p>	<p><i>*Chicken Breast</i> <b>4</b>  <b>9-3</b> SHINE (by appt)  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Crafts  <i>10:15-11:15 Stand &amp; Chair (Library)</i></p>	<p><b>5</b>  <b>9-12</b> Wood Carving  <b>9-11</b> WOW  <b>12-3:30</b> Bridge  <b>1-3</b> Crafts  <i>10-11:30 Gentle Stretch (Library)</i></p>	<p><i>*Meatloaf &amp; Gravy</i> <b>6</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><i>*Beef Bolognese</i> <b>9</b>  <b>11:30</b> Lunch  <b>1-4</b> Mahjong  <b>1-3</b> Bingo</p>	<p><b>10</b>  <b>9-11:30</b> Art  <b>12-3:30</b> Bridge  <b>1-4</b> Mahjong</p>	<p><i>*Turkey Corn Stew</i> <b>11</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Crafts  <i>10:15-11:15 Stand &amp; Chair (Library)</i></p>	<p><b>12</b>  <b>9-12</b> Wood Carving  <b>9-11</b> WOW  <b>12-3:30</b> Bridge  <b>1-3</b> Crafts  <i>10-11:30 Gentle Stretch (Library)</i></p>	<p><i>*Sweet/Sour Meatballs</i> <b>13</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><i>*Grilled Chicken Breast</i> <b>16</b>  <b>11:30</b> Lunch  <b>1-4</b> Mahjong  <b>1-3</b> Bingo</p>	<p><b>17</b>  <b>9-11:30</b> Art  <b>12-3:30</b> Bridge  <b>1-4</b> Mahjong</p>	<p><i>*Pot Roast w/Gravy</i> <b>18</b>  <b>9-3</b> SHINE (by appt)  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Crafts  <i>10:15-11:15 Stand &amp; Chair (Library)</i></p>	<p><b>19</b>  <b>9-12</b> Wood Carving  <b>9-11</b> WOW  <b>11-12</b> Blood Pressure  <b>12-3:30</b> Bridge  <b>1-3</b> Crafts  <i>10-11:30 Gentle Stretch (Library)</i></p>	<p><i>*Broccoli Bake</i> <b>20</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><i>*Beef &amp; Lentil Chili</i> <b>23</b>  <b>11:30</b> Lunch  <b>1-4</b> Mahjong  <b>1-3</b> Bingo</p>	<p><b>CLOSED AT NOON</b> <b>24</b>  <b>9-11:30</b> Art  </p>	<p><b>CLOSED</b> <b>25</b>    <b>Merry Christmas!!!</b></p>	<p><b>26</b>  <b>9-12</b> Wood Carving  <b>9-11</b> WOW  <b>12-3:30</b> Bridge  <b>1-3</b> Crafts  <i>10-11:30 Gentle Stretch (Library)</i></p>	<p><i>*Pollock</i> <b>27</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><i>*Lasagna Rollup</i> <b>30</b>  <b>11:30</b> Lunch  <b>1-4</b> Mahjong  <b>1-3</b> Bingo</p>	<p><b>CLOSED AT NOON</b> <b>31</b>  <b>9-11:30</b> Art  </p>	<p><b>Happy New Year!</b>  </p>	<p>There's a feeling of Christmas,  a tang in the air,  A glow of the hearth-fires everywhere,  A spirit of friendship and hearty goodwill,  That clings to the same old greeting still.  <b>Merry Christmas to All!</b></p> 	

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



DISCOVER THE DIFFERENCE



978-537-2424 • [LeominsterCrossings.com](http://LeominsterCrossings.com)  
1160 Main Street • Leominster, MA 01453

Open  
For Tours  
Daily  
9 am to  
5 pm

♿ ASSISTED LIVING • MEMORY CARE



Siding • Roofing • Windows  
Decks • Remodeling • Doors

978-846-8422



**FREE!**

Savings Include an American  
Standard Right Height Toilet  
FREE! (\$500 Value)

*American Standard*  
Walk-In Tubs

**WALK-IN BATHTUB SALE! SAVE \$1,500**

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation,  
INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

**844-889-2321**

Or visit: [www.walkintubinfo.com/safety](http://www.walkintubinfo.com/safety)



## WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

[careers@4LPi.com](mailto:careers@4LPi.com) • [www.4LPi.com/careers](http://www.4LPi.com/careers)

➤ Reach the Senior Market

# ADVERTISE HERE

CONTACT

Kathy Buck to place an ad today!

[kbuck@lpiseniors.com](mailto:kbuck@lpiseniors.com) or (800) 477-4574 x6346

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • [www.4lp.com](http://www.4lp.com) Westminster COA, Westminster 03-1136