

# Westminster Council on Aging

## January 2018 Newsletter



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



Happy Birthday  
To All Seniors  
Celebrating  
In January!!!



Although no one can go back  
and make a brand new start,  
anyone can start from now  
and make a brand new ending.  
~ Carl Bard

*The Council on Aging would like to extend our Deepest Sympathy  
to the Family & Friends of  
~ Barbara E. Manninen ~*



*We're delighted to share an updated photo of the  
Westminister Senior Center ~ reflecting the beautiful  
white fencing around the patio and showcasing the  
glorious American flag. We hope you enjoy the new  
look as much as we do!*

*All are welcome to stop by and enjoy a cup of coffee  
while taking a tour of the Center. Come see what  
the Senior Center has to offer you!*

*Thank You and Happy New Year!!!*

**COFFEE WITH THE  
POLICE CHIEF  
THURSDAY, JANUARY 4  
9:00 - 11:00 AM**



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

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



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

**Please join  
Westminister Police Detective  
Nick Auffrey  
at the  
Community Senior Center  
♦ Friday, January 5  
♦ Friday, January 26  
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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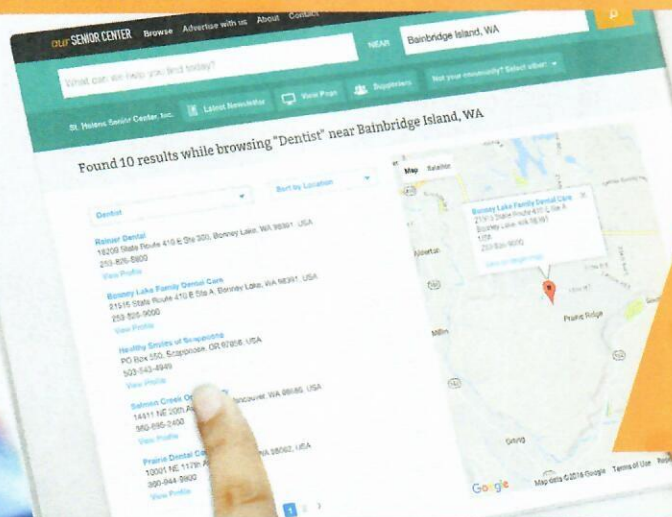
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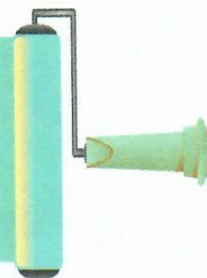


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***JANUARY 1 ~ NEW YEAR'S DAY***  
***JANUARY 15 ~ MARTIN LUTHER KING, JR. DAY***

**2018**

## ***UPCOMING EVENTS***

- ♦ **Coffee with Westminster Police and Fire!** Come join us for coffee and refreshments with Police Chief, Salvatore Albert, on January 4 and with the Fire Captain on January 11, both held 9:00 - 11:00 am. Stop by, stay informed, and enjoy the company!
- ♦ **The Friendship Club meetings** will not be held in January and February; they will resume in March.
- ♦ **Gardner Area Memory Café** will host monthly gatherings of individuals with memory loss, along with their caregivers, family and/or friends on January 24, February 28, and March 28, 2:00 - 3:30 pm. The Memory Café will be held at the Gardner Senior Center, 294 Pleasant Street, Gardner and 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 the Gardner Senior Center at (978)630-4067.
- ♦ **Alex of MOC (Montachusett Opportunity Council)** will be here February 21 at 11:30 to discuss nutrition. All are welcome to attend.
- ♦ **Patty from The Gables of Fitchburg** will be here on January 8 providing a delicious dessert for Bingo.
- ♦ **Bonnie of Gardner Rehabilitation & Nursing Center** will provide goodies on January 5 for Bingo.
- ♦ **Gail Noel, our SHINE Counselor**, will be at the Westminster Senior Center the third Wednesday of each month. The next available day is January 17, 9:00 am - 3:00 pm. To make an appointment, please contact the Senior Center.
- ♦ **Free blood pressure clinics** are held the first and third Fridays of every month. This month's clinics will be held January 5 and 19, 12:00 n - 1:00 pm. No sign-up necessary.
- ♦ **The Council on Aging Board Meeting** will be held January 9, 1:00 - 2:00 pm. This meeting will be held at the Senior Center and is open to the public.

## ***INFORMATION***

- ♦ **The Senior Center** will be closed January 1 and January 15 in observance of New Year's Day and Martin Luther King, Jr. Day.
- ♦ **With inclement weather upon us**, a friendly reminder ~ the Council on Aging van and Meals on Wheels services align with the Ashburnham/Westminster school closings. If school is closed due to bad weather, the van will not run and Meals on Wheels will not be delivered. However, if school is delayed, this does not affect the van or meal delivery; both will remain on schedule. The Senior Center closing aligns with Town Hall; if Town Hall closes, the Senior Center closes.
- ♦ **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.
- ♦ **If you, or someone you know, is having difficulty paying for food, heating bills, rent, etc.**, please call the Senior Center; 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.



# **Free Tax Assistance & Preparation**

## **AARP Foundation TAX-AIDE**

This year, the AARP Foundation is again providing free tax assistance and preparation plus e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program. AARP Foundation Tax-Aide is the nation's largest free tax assistance and preparation service, giving special attention to those 60 and older. You do not need to be a member of AARP or a retiree to use this free service.

This year, tax assistance and preparation services will be offered at both the Gardner and Westminster Senior Centers.

Taxpayers are encouraged to have the following documents when they arrive at an AARP Tax-Aide site to get their returns completed:

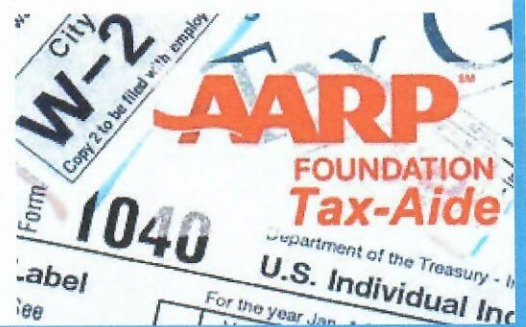
- Photo ID and Social Security Card
- Copy of last year's tax return
- Health insurance coverage information for taxpayer, spouse, and all dependents
- Seniors with full-year enrollment in Medicare need only bring their SSA-1099 with them
- Real estate tax bills and dates of payment (needed for Circuit Breaker benefit filing)
- Water and sewer charges (needed for Circuit Breaker benefit filing)
- All other income tax-related documents

The Tax-Aide program will be available at the Gardner and Westminster Senior Centers starting in early February.

To make an appointment, call after January 1, 2018:

Gardner Senior Center: 978-630-4067

Westminster Senior Center: 978-874-7402





# FIND YOUR NUTRITION HEALTH SCORE

Use this checklist to find out if you, or someone you know, is at nutritional risk.

Read the statements below. Circle the number in the "Yes" column for those that apply to you or someone you know. For each "Yes" answer, score and circle the number in the box. Total your circled numbers to obtain your nutritional score.

## DETERMINE YOUR NUTRITIONAL HEALTH:

	YES
I have an illness or condition that made me change the kind and/or amount of food I eat.	2
I eat fewer than 2 meals per day.	3
I eat few fruits or vegetables or milk products.	2
I have 3 or more drinks of beer, liquor, or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
I am not always physically able to shop, cook, and/or feed myself.	2
<b>TOTAL (Nutritional Score)</b>	

### Total Your Nutritional Score. If it is:

**0-2:** Good! Recheck your nutritional score in 6 months.

**3-5:** You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center, or health department can help. Recheck your nutritional score in 3 months.

**6 or more:** You are at high nutritional risk. Bring this checklist the next time you see your doctor, dietitian, or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

*Remember that Warning Signs suggest risk, but do not represent a diagnosis of any condition.*

*Be sure to contact your doctor with this information.*

*A Registered Dietitian can help you improve your nutritional health!*



# Know Your Blood Pressure



## Measuring Your Blood Pressure Accurately

- ♥ Do not exercise, smoke or drink coffee, tea or cola (no caffeine) 30 minutes before
- ♥ Do not measure your pressure when you are upset or in pain
- ♥ Sit quietly with your back against a firm surface, your feet on floor, with your arm supported on a table at heart level for 5 minutes before and during measurement
- ♥ Use the same arm each time
- ♥ Wrap the cuff snugly around your bare upper arm, 3 cm above fold of elbow, at heart level
- ♥ Do not talk during measurement
- ♥ DO take your blood pressure twice a day - morning and evening
- ♥ Take 2 or 3 readings, one minute apart, and write the average down

## Tracking Your Blood Pressure

- ♥ 1st Number - Systolic is when the *heart muscle contracts*
- ♥ 2nd Number - Diastolic is when the *heart is relaxed*

*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.*





# Activities



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>1</b></p> <p><b>CLOSED</b></p> 	<p><b>2</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><b>3</b></p> <p><i>*Beef Stew</i></p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p><b>4</b></p> <p>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</p>	<p><b>5</b></p> <p><i>*Sloppy Joe</i></p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 12-1 Blood Pressure 1-3 Bingo</p>
<p><b>8</b></p> <p><i>*Chicken Penne</i></p> <p>11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p><b>9</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong 1-2 COA Meeting</p>	<p><b>10</b></p> <p><i>*Chicken Breast</i></p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p><b>11</b></p> <p>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</p>	<p><b>12</b></p> <p><i>*Potato Pollock</i></p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><b>15</b></p> <p><b>CLOSED</b></p> 	<p><b>16</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><b>17</b></p> <p><i>*Salmon Boat</i></p> <p>9-3 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p><b>18</b></p> <p>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</p>	<p><b>19</b></p> <p><i>*Broccoli Bake</i></p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 12-1 Blood Pressure 1-3 Bingo</p>
<p><b>22</b></p> <p><i>*Haddock Newburg</i></p> <p>11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p><b>23</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><b>24</b></p> <p><i>*Grilled Chicken</i></p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p><b>25</b></p> <p>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</p>	<p><b>26</b></p> <p><i>*Meatloaf w/Gravy</i></p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><b>29</b></p> <p><i>*Lasagna Roll</i></p> <p>11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p><b>30</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><b>31</b></p> <p><i>*Turkey Corn Stew</i></p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	 <p>A New Year's Resolution is something that goes in one Year and out the other!</p>	

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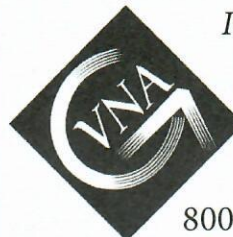
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