Westminster Council on Aging
October 2018 Newsletter

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

978-874-7402

BEST WISHES TO ALL SENIORS CELEBRATING IN OCTOBER!!

**GHOSTS & GOBLINS, SPOOKS GALORE,
SCARY WITCHES AT YOUR DOOR,
JACK-O-LANTERNS SMILING BRIGHT,
WISHING YOU A HAUNTING NIGHT!
HAPPY HALLOWEEN!!!**

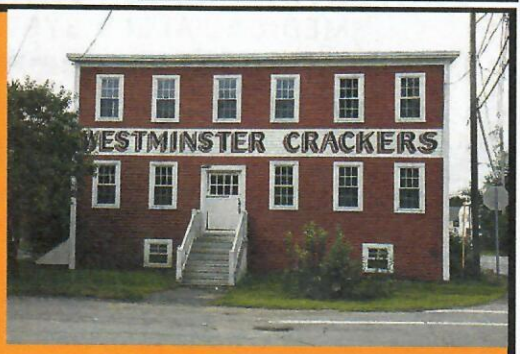
The Council on Aging would like to extend our Sympathy to the families and friends of Paul Chetkowski, Barbara Grainger, Ida Flynn, George Beer, and Nicholas Hay

Westminster Cracker Festival

Saturday, October 20

10:00 am - 5:00 pm

Village Square - Westminster Center



Free admission, live music, local arts & crafts, kids activities, 5K race, food & drinks, chowder & chili competition, cracker character competition, and so much more!

This is a free event for all to enjoy ~ rain or shine!

Visit our website at www.crackerfestival.com

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 & nutrition programs, referral services, SHINE, and also transportation.

Elizabeth Kalmansson, Attorney at Law

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UPCOMING EVENTS

- **Join us for coffee and refreshments with Westminster Police Detective Nick Auffrey on October 12 and 26, 12:00 n - 1:00 pm. Please feel welcome to stop by, stay informed of the latest scams and fraud, while enjoying the company!**

- **Brian Guagnini of Fallon Health will be here October 5 and November 2, 10:00 am - 12:00 noon to discuss recent changes to Medicare. With 2019 open enrollment coming soon (October 15 through December 7), you may want to sit in on this informative presentation. All are welcome to attend.**

- **The Friendship Club will be meeting October 3 at 1:00 pm to celebrate Halloween! Show off your spooky hats while enjoying a pizza party! The following meeting will be held November 7 at 1:00 pm when Friends will hold their popular 2-pound auction (details to follow). New friends are always welcome to join!**

- **Save the Date! DJs Don and Diane LeBlanc will be at the Senior Center on November 7 (time tbd). Enjoy dancing to the oldies and great audience participation. They've been known to put on a great show!**

- **Patti from The Gables of Fitchburg will be here on October 22 providing a delicious treat for Bingo.**

- **Gail Noel, our SHINE Counselor, will be at the Westminster Senior Center October 17, 24, & 31 and November 7, 14, 21, & 28 - with hourly time slots available 9:00 am - 3:00 pm. Please note Medicare open enrollment is October 15 through December 7. Due to open enrollment, appointments fill up very quickly so please be sure to contact the Senior Center as early as possible to avoid disappointment.**

- **Free blood pressure clinics with Eileen are held every third Thursday of the month. This month's clinic will be on October 18, 11:00 am - 12:00 n. No signup necessary.**

- **Forbush Library, 118 Main Street, Westminster will be holding their Attic Book Sale on Saturday, October 6, 9:00 am - 1:00 pm. There will be thousands of books for sale - fiction, non-fiction, adult, young adult, and children's. Most books are only 50 cents (unless otherwise marked). Have fun exploring and visiting!**

- **There will be a fundraiser to benefit the Westminster Historical Society. This will be held on Saturday, November 10, 6:00-9:00 pm, at McNally's, 88 Sargent Rd, Westminster. There will be a live antiques auction, a silent auction, and basket raffles. Tickets are $15 and include free appetizers with a cash bar. For more information, please contact WestminsterHistoricalSociety.org or 978-874-5569.**

INFORMATION

- **The Walkers of Westminster (WOW) always welcome new members! The group meets at the Senior Center every Thursday at 9:00 am, then car pool to various local walking trails each week. Their walks are generally an hour or more long. If you are interested, please show up at the Senior Center any Thursday prior to walking time.**

- **Massachusetts Senior Legal Helpline (Phone Number 800-342-5297) provides free legal information and Referral services to Massachusetts residents who are 60 years old or older. They are available Monday through Friday, 9:00 am - 12:00 n.**

- **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.**

YOU'RE INVITED TO AN

ICE CREAM SOCIAL!

OCTOBER 5 ~ 1:15 PM

HOSTED BY

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STATE REPRESENTATIVE CANDIDATE

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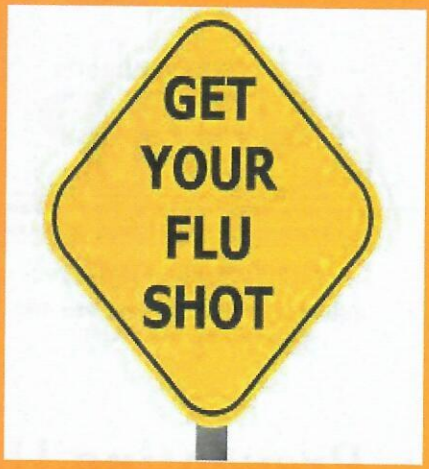
- ★ **Heating information**
- ★ **Advise on tripping hazards**
- ★ **Answer any questions**

⇨ **To sign up, please call the Senior Center (978-874-7402).**

FLU CLINIC



THURSDAY, OCTOBER 18

10:00 - 11:30 am

Open to Westminster Residents 60+

Held at the Westminster Senior Center

Please bring your health insurance cards

Ashburnham Council on Aging

Monday, October 15

10:00 am - 1:00 pm

Held at Ashburnham Senior Center
32 Main Street, 2nd Floor, Town Hall

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Massachusetts Senior Medicare Patrol (SMP) Program

Preventing Healthcare Errors, Fraud, and Abuse is Everyone's Responsibility!

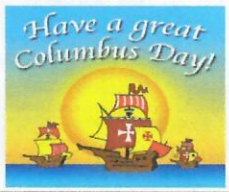
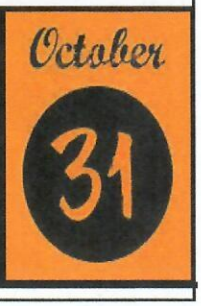
The ***Massachusetts Senior Medicare Patrol (SMP) Program*** is a statewide partnership between community based organizations and mainstream agencies. Our objective is to reach and educate Medicare and Medicaid beneficiaries, family members, caregivers, and professionals on the importance of being engaged healthcare consumers to prevent healthcare errors, fraud, and abuse.

The MA SMP Program is designed to provide education and resources on how to address healthcare errors, fraud, and abuse for Medicare and Medicaid beneficiaries, family members, caregivers, and professionals, with a focused effort on reaching limited English proficient, Native Americans, and other hard-to-reach populations.

Healthcare errors, fraud, and abuse cost you, as an American taxpayer, billions of dollars annually and may cost you your life or the life of a loved one. We are all responsible for being involved participants in our own healthcare. If you or someone you know has been subjected to questionable billing practices and/or deceptive marketing tactics related to healthcare, contact the MA SMP Program.

The MA SMP Program is one of 54 SMP programs across the country including Washington DC, Puerto Rico, Guam, and U.S. Virgin Islands. The MA SMP Program is funded by the Administration for Community Living. For more information about other SMP programs, visit www.smpresource.org.

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 **Macaroni & Cheese* **11:30** Lunch **1-4** Mahjong **1-3** Bingo	2 **9-11:30** Art **12-3:30** Bridge **1-4** Mahjong	3 **Shepherd's Pie* **9-11:30** Art **11:30** Lunch **1-3** Crafts **1-4** Mahjong *10:15-11:15 Stand & Chair (Library)*	4 **9-12** Wood Carving **9-11** WOW **12-3:30** Bridge **1-3** Crafts *10-11:30 Gentle Stretch (Library)*	5 **Pork w/Apple Gravy* **9-11:30** Art **11:30** Lunch **1-3** Bingo
8 **CLOSED**  	9 **9-11:30** Art **12-3:30** Bridge **1-4** Mahjong **1-2** COA Board Mtg	10 **CranOrange Chicken* **9-11:30** Art **11:30** Lunch **1-3** Crafts **1-4** Mahjong *10:15-11:15 Stand & Chair (Library)*	11 **9-12** Wood Carving **9-11** WOW **12-3:30** Bridge **1-3** Crafts *10-11:30 Gentle Stretch (Library)*	12 **Meatloaf w/Gravy* **9-11:30** Art **11:30** Lunch **1-3** Bingo
15 **Beef Chili* **11:30** Lunch **1-4** Mahjong **1-3** Bingo	16 **9-11:30** Art **12-3:30** Bridge **1-4** Mahjong	17 **Turkey a la King* **9-3 SHINE *(by appt)*** **9-11:30** Art **11:30** Lunch **1-3** Crafts **1-4** Mahjong *10:15-11:15 Stand & Chair (Library)*	18 **9-12** Wood Carving **9-11** WOW **11-12** Blood Pressure **12-3:30** Bridge **1-3** Crafts *10-11:30 Gentle Stretch (Library)*	19 **Chicken & Rice Bake* **9-11:30** Art **11:30** Lunch **1-3** Bingo
22 **Chicken w/Sauce* **11:30** Lunch **1-4** Mahjong **1-3** Bingo	23 **9-11:30** Art **12-3:30** Bridge **1-4** Mahjong	24 **Sweet/Sour Meatballs* **9-3 SHINE *(by appt)*** **9-11:30** Art **11:30** Lunch **1-3** Crafts **1-4** Mahjong *10:15-11:15 Stand & Chair (Library)*	25 **9-12** Wood Carving **9-11** WOW **12-3:30** Bridge **1-3** Crafts *10-11:30 Gentle Stretch (Library)*	26 **Broccoli Bake* **9-11:30** Art **11:30** Lunch **1-3** Bingo
29 **Lasagna* **11:30** Lunch **1-4** Mahjong **1-3** Bingo	30 **9-11:30** Art **12-3:30** Bridge **1-4** Mahjong	31 **Roast Pork w/Gravy* **9-3 SHINE *(by appt)*** **9-11:30** Art **11:30** Lunch **1-3** Crafts **1-4** Mahjong *10:15-11:15 Stand & Chair (Library)*	 	

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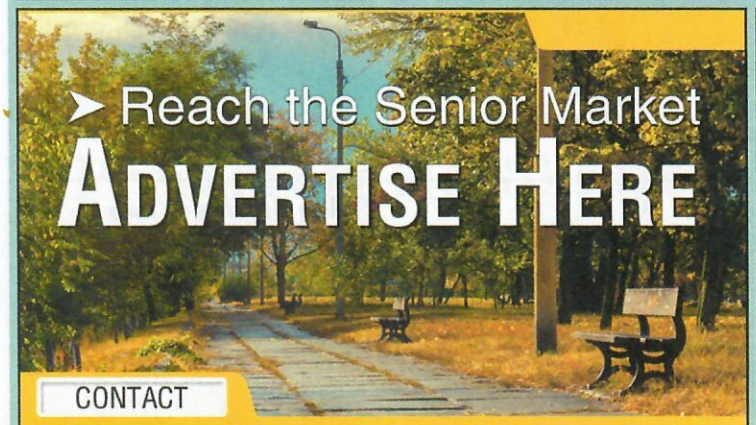

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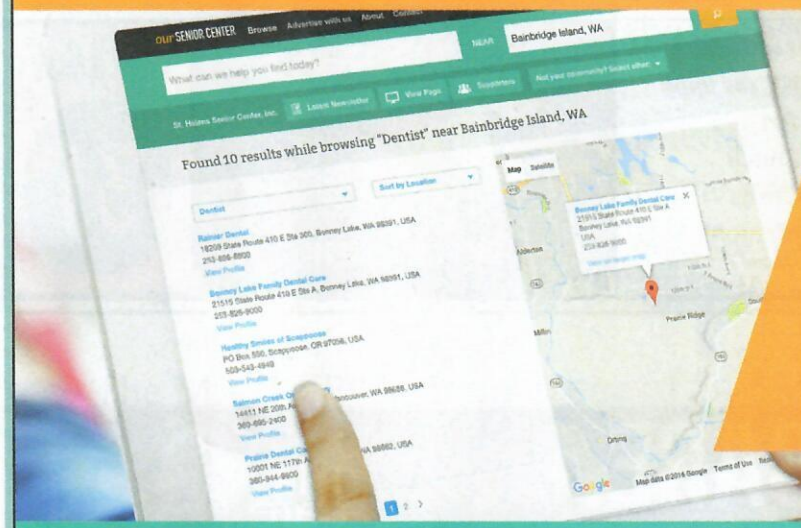

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