

# Westminster Council on Aging September 2018 Newsletter

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

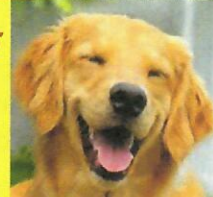
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*Happy Birthday  
To All Seniors  
Celebrating  
in September!!!*



*A smile is happiness  
you'll find right  
under your nose.  
~ Tom Wilson*



## St. Edward's Annual Fall Festival

10 Church Street, Westminster

Saturday, September 15

10:00 am - 6:00 pm

~ Buy a BBQ Chicken Dinner, Served at Noon ~

~ International Veterans Chorus at 2:00 pm ~

Resurrected Books ~ Eddie's Auction (100+ items) ~ Big \$ Raffle ~ Lottery Tree

Great Food: Burgers, Hot Dogs, Fries, Fried Dough, Fritters, Chili, Chowder,

Pizza, Kapusta, Soft Drinks, and of course, Strawberry Shortcake!

Games of Chance (Grocery Wheel, Work n'Play) ~ Craft/Boutique Vendors

Themed Baskets Raffle ~ Attic Treasures ~ Kids Karnival ~ Face Painting

Patriots Ticket Basket ~ Wheelbarrow of Groceries Raffle (\$200+ value)

Baked Goods ~ Jewelry & Gems Room ~ Craft Room ~ Free Parking

***Come join us for a day of fun!!!***

This program is supported in part by a grant from the Town of Westminster Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



## Elizabeth Kalmansson, Attorney at Law

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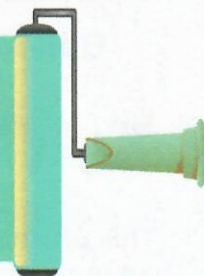
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## UPCOMING EVENTS

- ◆ Join us for coffee and refreshments with Acting Police Chief, Mike McDonald, September 6, 9:00 - 11:00 am. Join Police Detective Nick Affray on September 7 and 21, 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 Guanine 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 September 5 at 1:00 pm for installation of officers. Be sure to save the date - October 3 at 1:00 pm - to celebrate Halloween! Show off your spooky hats while enjoying a pizza party! New friends are always welcome to join us!
- ◆ 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 know to put on a great show!
- ◆ Patti from The Gables of Fitchburg will be here on September 10 providing a delicious treat for Bingo.
- ◆ Gail Noel, our SHINE Counselor, will be at the Westminster Senior Center the third Wednesday of each month. The next available days are September 19, and October 17, 24, & 31 - 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 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 September 20, 11:00 am - 12:00 n. No signup necessary.
- ◆ The Council on Aging Board Meeting will be held September 11, 1:00 - 2:00 pm. This meeting will be held at the Senior Center and is open to the public.

## INFORMATION

- ◆ Exercise classes at For bush Library will *not* be held as follows: no "Stand & Chair" class on Wednesday, September 5 and no "Gentle Stretch" class on Thursday, September 6. Classes will resume on the regular schedule thereafter.
- ◆ 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.
- ◆ The Senior Center offers congregate meals (for Seniors age 60+) every Monday, Wednesday, and Friday (except holidays & Senior Center closings). Sit-down style meals are served at 11:30 am, costing \$3.00 (payable at time of meal). Included with your meal is the main entrée, all the fixings, dessert, and cold/hot drinks. To view the entrée of the day, please refer to the Newsletter's "Activities" page, on the respective meal day (Monday, Wednesday, or Friday). To reserve your seat, please call the Senior Center. Reservations are required with a minimum 24-hour advance notice. Enjoy a hearty meal and great company, while someone else does the cooking and cleaning!



## Can You Laminate Your Medicare Card?

The Social Security Department advises against card lamination in general because the card may have built-in security features that could be compromised by lamination. As an alternative, for a few dollars at your local business supply store, you can purchase a plastic ID card holder to protect your Medicare card.



# 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).**

*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.*



# FOOD SAFETY FOR HOME-DELIVERED MEALS



Hot or cold ready-prepared meals are perishable and can cause illness when mishandled. Leaving food out too long at room temperature can cause bacteria to grow to dangerous levels that can cause illness. Proper handling is essential to ensure the food is safe to eat.

**THE DANGER ZONE:** Temperatures between 40 °F and 140 °F. Bacteria grow most rapidly in this range - doubling in number in as little as 20 minutes.

## WHAT YOU CAN DO TO KEEP YOUR FOOD SAFE:

- 1) Discard perishable foods if left out at room temperature more than two hours.
- 2) Discard food after one hour if the temperature is above 90 °F.
- 3) Refrigerate hot meals if you don't plan to eat them immediately and reheat later.
- 4) Cold meals should be eaten within two hours (one hour if room temp is above 90 °F) or refrigerated or frozen for eating at another time.
- 5) Reheat food to 165 °F using a food thermometer. Bring soup or gravy to a rolling boil. If using a microwave oven to reheat food, cover food and rotate the dish so food heats evenly. This prevents any "cold spots" from harboring bacteria.
- 6) Refrigerate and freeze foods properly using the guidelines below:

### REFRIGERATOR STORAGE AT 40 °F OR BELOW

Cooked meat or poultry	3 to 4 days
Pizza	3 to 4 days
Luncheon meats	3 to 5 days
Egg, tuna, & macaroni salads	3 to 5 days

### FREEZER STORAGE AT 0 °F OR BELOW

Cooked meat or poultry	2 to 6 months
Pizza	1 to 2 months
Luncheon meats	1 to 2 months



# Need Help with your Medicare Plan Comparisons For Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from *your plan* by the end of September. It is important to *understand* and *save* this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from October 15 through December 7!

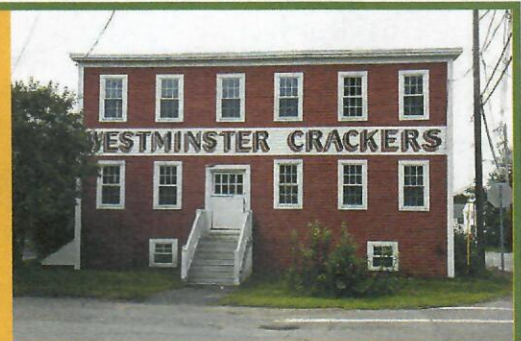
REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local Senior Center or call 1-800-AGE -INFO (1-800-243-4636), then press or say 3. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

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](http://www.crackerfestival.com)





# September

# Activities



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>3</b></p> <p><b>CLOSED</b></p>	<p><b>4</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><b>5</b></p> <p><i>*Breaded Chicken</i> 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong</p>	<p><b>6</b></p> <p>9-12 Wood Carving 9-11 WOW 12-3:30 Bridge 1-3 Crafts</p>	<p><b>7</b></p> <p><i>*Meatloaf</i> 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><b>10</b></p> <p><i>*Beef Bolognese</i> 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p><b>11</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong 1-2 COA Board Mtg</p>	<p><b>12</b></p> <p><i>*Chef's Salad</i> 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong 10:15-11:15 Stand &amp; Chair (Library)</p>	<p><b>13</b></p> <p>9-12 Wood Carving 9-11 WOW 12-3:30 Bridge 1-3 Crafts 10-11:30 Gentle Stretch (Library)</p>	<p><b>14</b></p> <p><i>*Chicken Fajitas</i> 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><b>17</b></p> <p><i>*Grilled Chicken</i> 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p><b>18</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><b>19</b></p> <p><i>*Meatballs Marinara</i> 9-3 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong 10:15-11:15 Stand &amp; Chair (Library)</p>	<p><b>20</b></p> <p>9-12 Wood Carving 9-11 WOW 11-12 Blood Pressure 12-3:30 Bridge 1-3 Crafts 10-11:30 Gentle Stretch (Library)</p>	<p><b>21</b></p> <p><i>*Broccoli Bake</i> 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><b>24</b></p> <p><i>*BBQ Beef Patty</i> 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p><b>25</b></p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><b>26</b></p> <p><i>*Roast Pork w/Gravy</i> 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong 10:15-11:15 Stand &amp; Chair (Library)</p>	<p><b>27</b></p> <p>9-12 Wood Carving 9-11 WOW 12-3:30 Bridge 1-3 Crafts 10-11:30 Gentle Stretch (Library)</p>	<p><b>28</b></p> <p><i>*Beef &amp; Cabbage</i> 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><b>HAPPY GRANDPARENTS DAY</b> <b>September 9</b></p>		<p><b>SEPTEMBER 11, 2001</b></p>		<p><b>HAPPY FIRST DAY OF FALL</b> <b>September 23</b></p>

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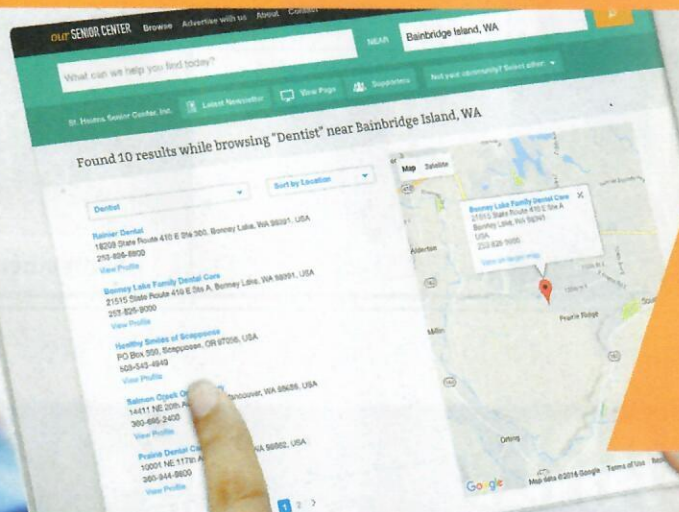
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