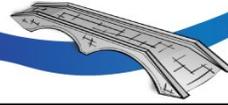




**A River Runs**



**Through It**

**Friends of the Blackstone Council on Aging, Inc.**

P.O. Box 204 Blackstone, MA 01504

**Senior Center Hours:** Mon.—Thurs. 8:00am to 3:30pm; Friday 8am to Noon

**August 2016**

**Volume 10**

**Issue 7**

**August Highlights:**

August 2nd at 10:00am– Wallet Inventory Class

Friday August 5th at 11:00am- Red Sox Ticket Drawing

Tuesday August 9th at 9:30am- Trip to Walmart

Tuesday August 16th at 10:45am– Birthday Party with Kim Oaks and Chris!

Thursday August 25th at 12:00pm– Hot Dogs and Apple Pie Lunch with the Red Sox Game at 1:00pm!!

Friday August 26th at 8:00am– Cape Cod Canal Cruise!



**Blood Pressure Clinic!**

**August 25th**

**9:00am-11:00 am**

*Brought to you by The  
Blackstone Board of Health*

## Weekly Activities

Mondays	9:00am	Arthritis Exercise
Mondays	10:15am	Painting Class
Tuesdays	1:00pm	Zumba
Wednesday	10:00am	Sit and Spin
Wednesdays	1:00pm	Bingo
Thursdays	9:00am	Strength Training
Thursdays	10:00am	Tai Chi
Thursdays	1:00pm	Yarn Works

Instructor: Sue Sgambato



ZUMBA GOLD is a fitness program specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA program and bring them to the active older adult, beginner, and anyone needing modifications for a successful class.

**Come join us for a Wallet Inventory class with Erin our new Outreach Coordinator!!**

Having your wallet lost or Stolen can be a traumatic event with possible serious financial and security consequences. So come join us **August 2nd at 10:00am** as we write down everything in our wallets together! We will be better prepared so if our wallet's or purse's are ever lost or stolen we know every card that we had and can make the right calls to protect ourselves from financial and security consequences!

### What is a Friends Group?

As their name implies, Friends groups exist to help out their local COA. COA Friends are locally organized charitable organizations that provide financial and sometimes operational support to their associated COA. Friends groups are made up of volunteers interested in assisting elders in their community. They don't take the place of the COA, rather they lend a hand where the COA needs one. Friends directors should collaborate with their local COA to ensure their efforts are in line with the COA's goals. Friends aren't responsible for running the COA or its programs – that role is reserved for the COA's directors – but Friends do actively contribute to the COA's mission by supplying needed resources. Joining a friends group that supports the local COA is a great way for people to make a positive difference in the lives of elders in the community.

Next Friends Meeting August 2nd @ 9:30am

**A River Runs Through It      August 2016**  
**Blackstone Senior Center**  
**August Activities**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Arthritis Class</p> <p>10:15 Water Color Painting</p> <p>12:00 Lunch</p> <p style="text-align: right;">1</p>	<p>10:00 Friends Group Meeting</p> <p>10:00 Wallet Inventory with Erin</p> <p>12:00 Lunch</p> <p>1:00 Zumba Gold</p> <p style="text-align: right;">2</p>	<p>10:00 Sit and Spin</p> <p>12:00 Bistro Lunch</p> <p>1:00 Bingo</p> <p style="text-align: right;">3</p>	<p>9:00 Strength Training</p> <p>10:00 Tai Chi</p> <p>12:00 Lunch</p> <p>1:00 Swedish Weaving Demonstration</p> <p style="text-align: right;">4</p>	<p>11:00 Red Sox Ticket Drawing</p> <p>11:00 Seniors Choice</p> <p style="text-align: right;">5</p>
<p>9:00 Arthritis Class</p> <p>10:15 Water Color Painting</p> <p>12:00 Lunch</p> <p style="text-align: right;">8</p>	<p>9:30 Walmart</p> <p>12:00 Lunch</p> <p>1:00 Zumba Gold</p> <p style="text-align: right;">9</p>	<p>10:00 Sit and Spin</p> <p>12:00 Bistro Lunch</p> <p>1:00 Bingo</p> <p style="text-align: right;">10</p>	<p>9:00 Strength Training</p> <p>9:30 Craft Class</p> <p>10:00 Tai Chi</p> <p>12:00 Lunch</p> <p>1:00 Yarn Works</p> <p style="text-align: right;">11</p>	<p>11:00 Seniors Choice</p> <p style="text-align: right;">12</p>
<p>9:00 Arthritis Class</p> <p>10:15 Water Color Painting</p> <p>12:00 Lunch</p> <p style="text-align: right;">15</p>	<p>10:00 Chair Yoga</p> <p>10:00 Rob Roy's</p> <p>10:45 Birthday Party w/ Kim Oaks &amp; Chris</p> <p>12:00 Lunch</p> <p style="text-align: right;">16</p>	<p>10:00 Sit and Spin</p> <p>12:00 Bistro Lunch</p> <p>1:00 Bingo</p> <p style="text-align: right;">17</p>	<p>9:00 Strength Training</p> <p>10:00 Tai Chi</p> <p>12:00 Lunch</p> <p>1:00 Yarn Works</p> <p>6:30 Evening Bingo</p> <p style="text-align: right;">18</p>	<p>11:00 Seniors Choice</p> <p style="text-align: right;">19</p>
<p>9:00 Arthritis Class</p> <p>10:15 Water Color Painting</p> <p>12:00 Lunch</p> <p style="text-align: right;">22</p>	<p>10:00 Farmers Market Coupons</p> <p>12:00 Lunch</p> <p>1:00 Zumba Gold</p> <p style="text-align: right;">23</p>	<p>10:00 Sit and Spin</p> <p>12:00 Bistro Lunch</p> <p>1:00 Bingo</p> <p style="text-align: right;">24</p>	<p>9:00 Strength Training</p> <p>10:00 Tai Chi</p> <p>12:00 Hot Dogs &amp; Apple Pie</p> <p>1:00 Red Sox Game</p> <p style="text-align: right;">25</p>	<p>7:30 Cape Cod Canal Cruise</p> <p>Bring your own lunch (No Glass Containers)</p> <p style="text-align: right;">26</p>
<p>9:00 Arthritis Class</p> <p>10:15 Water Color Painting</p> <p>12:00 Lunch</p> <p style="text-align: right;">29</p>	<p>10:00 Chair Yoga</p> <p>12:00 Lunch</p> <p>1:00 Zumba Gold</p> <p style="text-align: right;">30</p>	<p>10:00 Sit and Spin</p> <p>12:00 End of Summer Party</p> <p>1:00 Bingo</p> <p style="text-align: right;">31</p>		

## Blackstone Senior Center August 2016 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Bistro</u> 1	<u>Tri Valley</u> 2 Pot Roast Stew Steamed Potatoes Succotash Yogurt Whole Wheat Bread	<u>Bistro</u> 3	<u>Tri Valley</u> 4 Meatloaf & Gravy Garlic Mashed Potatoes Country Blend Vegetables Tropical Fruit Pumpernickel Bread	<u>Seniors Choice</u> 5
<u>Bistro</u> 8	<u>Tri Valley</u> 9 Buttermilk Chicken Red Bliss Potatoes Mixed Vegetables Fresh Fruit	<u>Bistro</u> 10 Hot Dogs Macaroni Salad Dessert	<u>Tri Valley</u> 11 Pork Rib-i-que Hot Potato Salad Corn Niblets Strawberries/Whip Top- ping Sandwich Roll	<u>Seniors Choice</u> 12
<u>Bistro</u> 15 American Chop Suey Home Made Bread Dessert	<u>Tri Valley</u> 16 Beef Patty w/ Peppers & Onions Sandwich Rolls Tater Tots Coleslaw Watermelon	<u>Bistro</u> 17 Chicken Soup Grilled Tomato & Cheese Sandwich Dessert	<u>Tri Valley</u> 18 Beef & Broccoli Seasoned Rice Carrots Pineapple Tidbits Marble Rye Bread	<u>Seniors Choice</u> 19
<u>Bistro</u> 22 Chili Corn Bread Dessert	<u>Tri Valley</u> 23 Chicken w/ Asparagus Delmonico Potatoes Brussel Spouts Mandarin Oranges Marble Rye Bread	<u>Bistro</u> 24	<u>Red Sox Day</u> 25 Hot Dogs Apple Pie	<u>Cape Cod Cruise</u> 26  No Lunch Served
<u>Bistro</u> 29 Venus DeMilo Soup Chicken Salad Sandwich Dessert	<u>Tri Valley</u> 30 Beef with Jardinere Sauce Mashed Potatoes Honey Glazed Carrots Cookie Fresh Bread	<u>End of Summer Party</u> 31 Chowder Clam Cakes Corn Bread Watermelon		

**BLACKSTONE  
COUNCIL ON AGING  
FOR MEAL RESERVATIONS CALL:  
508-876-5151**

**For Transportation call:  
508-876-5133 for reservations**

Trips are subject to change due to medical  
appointments.

## Sherriff's Annual Senior Picnic

Sponsored by

Worcester County Sheriff Lewis G. Evangelidis

And the Worcester County Reserve Deputy Sheriff's Association



Saturday August 20th, 2016

SAC Park

348 Lake Street

Shrewsbury, Ma

11:00am-3:00pm



A fun filled day with complimentary lunch, raffles, and bingo in honor of our seniors!

Transportation will be provided from the Senior Center ,first come first serve

Sign up with Gail 508-876-5151



## End of Summer Bash!

Come Join us at the Senior Center on August 31,2016

10:45am-1:00pm

We will have Clam Cakes, Chowder, Dessert, Fun, and Games!!

Prizes will be given to winners!

Call Gail for more information and to make your reservation!

508-876-5151



## COME JOIN THE FUN AUGUST 16TH

August Birthday Party with music by  
Kim Oaks and Chris!!

Party starts at 10:45 a.m.

Stay for lunch at 12  
Call Gail to reserve a spot  
508-876-5151



## August 25th Red Sox Game 1p.m. at the Senior Center!

Come join us for a fun filled afternoon at the Senior Center. Sit back and relax while watching the Boston Red Sox on our big screen T.V.



## New to the Senior Center!!! Every Monday at 12:00 p.m.!!

A van trip to Market Basket in Bellingham!  
Call Dennis at 508-876-5133 to reserve a spot on the van.



## A FAMILIES MEMBER GUIDE FOR PREVENTING FALLS IN OLDER ADULTS

### **Falls are more common than you think!**

- The CDC reports that every 13 seconds an older adult is treated in an emergency room for a fall, and every 20 minutes a fall related death occurs!
- Falls are the most common cause of traumatic brain injury, both fatal and nonfatal injuries in adults, broken bones or hips, and major health issues like stroke or heart attack.
- Large hospital bills stack up, and falling leaves victims scared!
- Older adults will begin to limit or completely halt activities to avoid recurrence.

### **Safety Proof the Home!**

The first and most important step to avoid falls is to safety proof the home. Make sure to fix dimly lit areas, install handrails on stairs, remove rugs or rearrange furniture or other household items that can be tripped over, and place grab bars in shower and bathroom.

### **Common Misconceptions**

There are a lot of misconceptions about falling that hinder older adults or their families from taking safety precautions. It's important to address them and make sure they don't interfere with preparation.

#### Falling is not a normal part of aging

Exercise, balance and coordination, and monitoring any medicine or contributing factors including living situations all prevent falls as one ages.

#### Limited activity won't prevent falls

Limiting activity has the reverse effect by making muscles weaker and coordination worse. Staying active will keep the body agile and strong.

#### Staying home doesn't prevent falls either

More than half of incidents occur in the home. Make sure your space is fall proof, and aids are placed in showers, bathrooms, stairs, or any hazardous location.

#### You can regain muscle strength

Older adults might not regain the form of their younger years, but muscles are always able to be strengthened with commitment and practice. Activity may be difficult initially, but start now, and be persistent.

## **LETS SPREAD AWARENESS!!!**

Talk to others: many older adults are embarrassed to talk to others about their issues and worry that they will lose independence. Open dialogue with them, and assure them that safety-measures are in place to make sure they can continue living healthy and independent lives.

## Staying Informed and Engaged

Come join us September 20, 2016 for a  
Seminar on Planning for Medicare— Countdown to 65

The Seminar will start at 9:15 at the Blackstone Senior Center!

If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options.

Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions.

**What will Planning for Medicare — Countdown to 65 cover?**

This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- ◆ Explanation of Medicare Parts A, B, and C
- ◆ Medicare enrollment timeline
- ◆ Medigap plans that help supplement Medicare coverage
- ◆ Medicare Advantage plans, such as HMOs and PPOs
- ◆ Medicare Part D prescription drug plans
- ◆ Plans and programs available to early retirees, such as COBRA



**BlueCross  
BlueShield**

## Daniels Farmstead

Farmers Market

286 Mendon St. Blackstone, Ma.

They are open every Sunday from July 10th-October 2nd 11:00am-3:00pm  
(rain or shine)

- Fresh Produce
- Fresh Eggs
- Baked goods
- Local Crafts
- House Tours 11:00am– 3:00pm



Enjoy a picnic and take a step back in time at this historic farmstead!

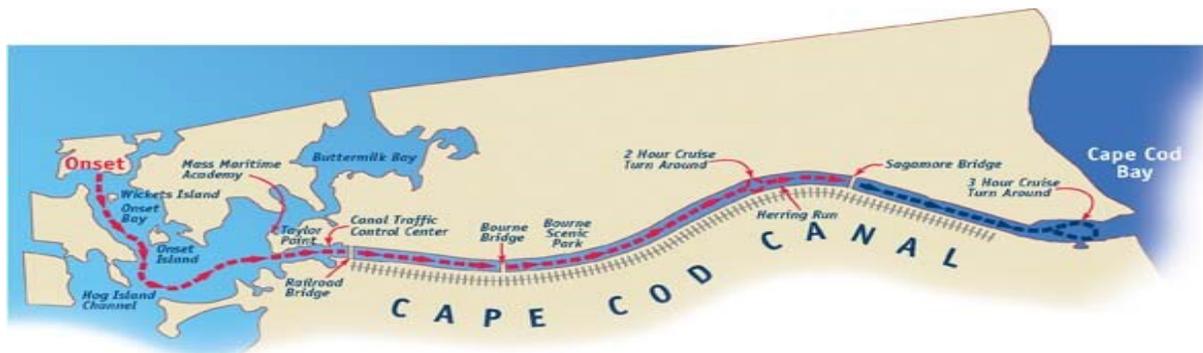
# Cape Cod Canal Sightseeing Cruise!

Friday August 26, 2016

The Cape Cod Canal is a National Historic Civil Engineering Landmark. It is the widest sea level canal (without locks) in the world. Ships can save 162 miles by using the Canal instead of having to travel around the tip of Cape Cod. Passage through the Canal is also safer than having to deal with the dangerous shoals and unpredictable currents surrounding the Outer Cape. The maintenance roads that were used during the construction of the Canal are now extensively used for recreational activities such as walking, biking, roller blading and jogging, as well as sport fishing.

This cruise is a three hour sightseeing cruise through the Cape Cod Canal, to the Sandwich Boat Basin and returns. This cruise features live commentary on the fascinating history and points of interest along the Cape Cod Canal.

Please come join us for a relaxing day on the Cape Cod Canal! We Will Depart from the Senior Center at 7:30a.m. This sightseeing cruise is \$15.00 per person and we ask everyone to please bring their own lunch. To reserve your spot contact Gail at 508-876-5151.



## IMPORTANT NOTICE!

Beginning August 1, 2016 the River Runs Through It Newsletter will be an annual subscription, renewing every August 1. Those who have already renewed or newly subscribed for the 2015-2016 year will not need to renew again until June of 2017 (a year from this summer.) Anyone who newly subscribes to the newsletter going forward will be charged a pro-rated amount, based on how many months are left in the current subscription year. Then, every June, reminders will be issued in May and June, as the renewal comes due. If you want to continue receiving the newsletter after August 1 each year, renewals and payments should be made by 6/30. We are taking this step in order to streamline and improve the efficiency of the renewal process.

### Friends of the Blackstone COA, Inc. General Disclaimer

Through the Newsletter, Cable Access, Web sites and other Internet applications, the Friends of the Blackstone COA, Inc. provides access to a broad range of content, information, and discussion utilizing a variety of technologies and delivery mechanisms. These include, but are not limited to, links to external Web sites, audio and video presentations, podcasts, blogs, comment and message forums, e-mail updates and advertisers. These materials may include content from external contributors, individuals or organizations. The assertions, opinions, and conclusions expressed therein are those of the authors and do not necessarily reflect those of the Friends of the Blackstone COA, Inc.

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**Park 'n Shop**  
Supermarkets



We at the Senior Center are genuinely appreciative of Park 'n Shop's contributions over the years! We just want to send out a special thank you! Without your contributions we wouldn't be able to have low cost events for our Seniors! Thank you again!

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We would also like to thank Mark Juba and Blackstone-Millville Regional High School for printing our newsletters for us every month! Without our newsletters we wouldn't be able to get all of our events and information out to the public on a monthly basis! Thank you!

**Friends of the Blackstone Council on Aging, Inc.**  
**501 (c )(3) Organization**

Meetings are open to the public.  
Meetings are held the first Tuesday of the month at  
9:30 am

We are looking for new volunteers so please  
stop in.

Meetings Held at the Blackstone Municipal Center  
15 St. Paul Street lower level

**Blackstone Council on Aging Board Officers**

Jay DiLiberio..... Chairperson  
Audrey Drake..... Vice Chairperson  
Julie Wingate..... Board Member  
Alan Dolinski..... Board Member  
Currently 3 open Volunteer positions

**Meetings are open to the public.**  
**Meeting dates and times are posted with the  
clerks office**

Held at the Blackstone Municipal Center

**WALK-INS WELCOME**



**GET INKED OR DIE NAKED!**

3 Main Street  
Blackstone, MA 01504  
@Forever\_Ink\_tatt2  
Foreverinkblackstonema  
www.foreverink.net

Hours: Monday - Saturday 12pm - 8pm



**The Tole Booth**  
*Treasures for the Home from the Heart*

*Donna Latour*  
Proprietor

129 Main Street  
Blackstone, MA 01504  
(508) 876-8900



**Important Numbers for Help**

Tri-Valley, Inc. (help at home)	1-800-286-6640	Medicare	1-800-633-4227
Prescription Advantage	1-800-243-4636	Social Security	1-866-772-1213
Blackstone Food Pantry	1-508-883-6726	SMOC Fuel Help	1-800-286-6776

**Cut here**

**Yes, I would like to become a supporter of the**  
**Friends of the Blackstone Council on Aging, Inc. a 501 (c) (3) organization.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Town & Zip \_\_\_\_\_

**Amount enclosed: \$10.00 for a (1) year newsletter subscription.**

**Subscription: AUGUST 1 2015—JUNE 30, 2016 provides newsletter mailed to subscribed address. NOTE: IF YOU HAVE ALREADY RENEWED/SUBSCRIBED FOR THIS YEAR, NEXT RENEWAL WILL BE IN 2017**

Thank you for your generous donation.

**Donations: Memorial: \$ \_\_\_\_\_ Special Occasion: \$ \_\_\_\_\_ Other: \$ \_\_\_\_\_**

**New\_\_ Renewal\_\_ Address Change**

**The Newsletter can also be viewed on the Town Web-Site**

**Please make checks payable to: Friends of Blackstone Council on Aging, Inc.**

**MAIL to: Friends of Blackstone COA**

**P. O. Box 204**

**Blackstone Lions Support All Town Activities  
And Organizations**

**Come Join Us and Have Some Fun!**



**Call Cindy Crawford at  
(508)883-5842  
For More Information**

**We go to CVS and Walmart Pharmacy Daily  
Call 508-876-5133 for reservations  
ALL SENIOR VAN TRIPS ARE SUBJECT TO  
CHANGE DUE TO MEDICAL  
APPOINTMENTS BEING A PRIORITY.  
Donations for trips are always welcome. Thank you.**

**Senior Center Staff**

- Laurie Keefe,.....Director.....(508) 876-5134....lkeefe@townofblackstone.org
- Erin Curley.....Outreach Coordinator.....(508) 876-5135....ecurley@townofblackstone.org
- Gail LeClair.....Nutrition/Fitness Coordinator .....(508) 876-5151....gleclair@townofblackstone.org
- Dennis Pimenta...Transportation Coordinator .....(508) 876-5133....coatransport@townofblackstone.org

**Van Drivers**

Nancy Davidson, Theresa Cardinal, Roger Gagnon,  
Robert Greenhalgh, Walter Kanz, Tim Flynn, Bob Perrault

**Volunteer Drivers**

Dick Hilditch, Stella Gallant, Jeanne Conine, Pam Grant, Audrey Drake  
**S.H.I.N.E.** (Serving the Health Information Needs of Elders) Volunteers  
Steve Lotterman

**Production and distribution of this monthly newsletter is funded by the  
Friends of the Blackstone Council on Aging, Inc., the Executive Office of Elder Affairs**

Address Service Requested

Friends of the Blackstone  
Council on Aging, Inc.  
P.O. Box 204  
Blackstone, MA 01504

