



# FEBRUARY 2023 NEWSLETTER



## MISSION

- ✓ To serve as advocates and enhance the lives of seniors and their caregivers in the community
- ✓ To identify the needs of seniors and provide information and referral resources
- ✓ To educate the community about the various aging issues and the needs of older citizens
- ✓ To design and promote services that are needed to serve the residents of Blackstone
- ✓ To provide services that allow the elder to remain independent and keep the quality of life for them at home for as long as possible

## PURPOSE

The Council on Aging (COA) is to advocate, plan, coordinate, and provide comprehensive day-to-day services for Blackstone residents ages 60 and over and to provide services to residents under the age of 60 with disabilities.



## SPECIAL DATES TO REMEMBER

- February 2<sup>nd</sup> — Blackstone Council on Aging Monthly Meeting
- February 3<sup>rd</sup> — National Wear Red Day
- February 14<sup>th</sup> — Valentine's Day Celebration
- February 14<sup>th</sup> — Monthly Birthday Celebration
- February 20<sup>th</sup> — President's Day (CLOSED)

### Senior Center Staff Contacts:

**Karen Testa, Director**

(508) 876-5134 | [ktesta@townofblackstone.org](mailto:ktesta@townofblackstone.org)

**Ashley Beaupre Aldrich, Outreach Coordinator**

(508) 876-5135 | [abeaupre@townofblackstone.org](mailto:abeaupre@townofblackstone.org)

**Brenda Takessian, Nutrition/Activities Coordinator**

(508) 876-5151 | [btakessian@townofblackstone.org](mailto:btakessian@townofblackstone.org)

**Dennis Pimenta, Transportation Coordinator**

(508) 876-5133 | [coatransport@townofblackstone.org](mailto:coatransport@townofblackstone.org)

### Blackstone Council on Aging (COA)/Senior Center

15 St. Paul Street  
Blackstone, MA 01504

### Hours:

Monday, Wednesday, Thursday – 8:30 AM to 4:00 PM

Tuesday – 8:30 AM to 7:00 PM

Friday – 8:30 AM to 12:00 PM

# MESSAGE FROM THE DIRECTOR



Dear Friends,

This year the American Heart Association celebrates the 20<sup>th</sup> anniversary of National Wear Red Day on Friday, February 3<sup>rd</sup>. Show your fight against heart disease in women by wearing red on this day. It is an easy and powerful way to raise awareness of heart disease.

I encourage those individuals who have an ongoing medical condition and/or **Caregivers** to participate in the “My Life, My Health Self-Management” program, beginning Friday, February 10<sup>th</sup> at 9:30 AM. You will learn new ways to live, including how to handle stress and relax, as well as, increasing your energy level. Please see further details inside this newsletter.

We invite you to join us at our Annual Valentine’s Day luncheon on Tuesday, February 14<sup>th</sup>. Our festivities will begin at 11:00 AM with the Blackstone Millville Middle School Chorus performing and sharing their singing skills with us. Following this performance, we will enjoy lunch and entertainment by the fabulous Bobby Bourassa. Please make a luncheon reservation with Brenda.

We are proud to offer a host of new programs and activities, including: “Hello How Are You” program, “My Life, My Health”, Craft Class with Rita, Adult Coloring class, Cribbage league and afternoon Movie Cinema.

Please see inside for highlights on these programs and activities and more.



We look forward to seeing you soon!

Warmest personal regards,

*Karen Testa*

Karen Testa Leone, Director

# OUTREACH COORDINATOR'S CORNER



## Federal Extra COVID SNAP Benefits to End

The last COVID SNAP payment will be distributed to everyone on March 2, 2023. You will receive your regular benefit starting in April. You may be able to increase your normal SNAP benefits by telling DTA about:

- ✓ Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- ✓ If your housing costs have gone up (rent/mortgage), and
- ✓ Child or disabled adult care costs.

Please contact Outreach Coordinator, Ashley, at 508-876-5135, to make an appointment if you need to report changes to DTA

## SMOC Fuel Assistance Update



We were recently notified by SMOC that all individuals who applied for SMOC fuel assistance benefits **PRIOR TO** mid-December and have not received any notification or update via the status line, **must resubmit** their **application**.

If you have any questions or require assistance with this process, please contact Ashley, Outreach Coordinator at 508-876-5135 or via email at:

**[abeaupre@townofblackstone.org](mailto:abeaupre@townofblackstone.org)**

## Neighbor Brigade



The Neighbor Brigade is a foundation that provides non-financial assistance to individuals experiencing a temporary crisis such as cancer treatments, surgical recovery, difficult pregnancies, a recent death in the family, a house fire, or an accident.

The assistance provided is primarily focused on helping individuals with daily tasks. These tasks can range from meal preparation, rides, to basic household chores. To request assistance, call 855-241-4351, and you will be connected with a local chapter to discuss your needs.

To learn more, visit <https://www.neighborbrigade.org/>

# HEALTH & WELLBEING

FREE

## My Life, My Health (Chronic Disease Management) Beginning Friday, February 10<sup>th</sup> – 9:30 AM to 12:00 PM



My Life, My Health is a Stanford University Chronic Disease Self-Management Program for anyone living with an ongoing medical condition, such as:

- Arthritis
- Asthma
- COPD
- Diabetes
- High Blood Pressure
- Heart Disease
- ...and more!

### You will learn to:

*Eat Well | Control Your Pain | Start an Exercise Program  
Handle Stress and Relax | Increase Your Energy Level*

**The program will run on Fridays from February 10<sup>th</sup> through March 17<sup>th</sup>.**

FREE

## Blood Pressure Screening Clinic Tuesday, February 21<sup>st</sup> – 11:15 AM to 12:00 PM



As many of you are aware, the information you get from tracking and managing your blood pressure levels regularly may help to lower your risk for heart-related events.

Esther Jalbert, RN will conduct FREE blood pressure screenings on Tuesday, February 21<sup>st</sup> at 11:15 AM in the Senior Center dining room.

**Please pre-register to have a screening conducted.**

# CARDS, CRIBBAGE, GAMES, & MORE

FREE

## NEW Pitch Card Game Beginning Tuesday, February 7<sup>th</sup> – 1:00 PM to 3:00 PM



We will be starting new Pitch card games on Tuesday, February 7<sup>th</sup> at 1:00 PM.

Pitch games will be offered on Tuesdays, 1:00 – 3:00 PM. If you have been contemplating joining this card game, February 7<sup>th</sup> is the new start date!

**Cards will be provided for all games.**

FREE

## NEW Cribbage League Beginning Thursday, February 9<sup>th</sup> – 10:00 AM



Calling all Cribbage players! We will begin a Cribbage league on, February 9<sup>th</sup>. The league will be offered on Thursday mornings at 10:00 AM and led by Linda McGilvray. Come join us!

**Please bring a cribbage board with you.** If you will need us to supply a board to you, please inform Karen (508-876-5134).

# SPECIAL LUNCHEONS & CELEBRATIONS

## “Coffee Talk” Breakfast Club

**Wednesdays (Beginning February 1<sup>st</sup>) – 10:00 AM to 11:00 AM**

Start your mornings with Friends at the Senior Center. Coffee/Tea, pastry/muffins and assorted breads will be offered each Wednesday morning to members of our newly-formed “Coffee Talk” Breakfast Club.

In addition, once a month the Breakfast Club members will meet at a local restaurant for a “travel” breakfast. Our first “travel” breakfast will be at *The Table Family Diner* in Uxbridge on Wednesday, February 15<sup>th</sup>.

Please register for the February 15<sup>th</sup> “travel” breakfast with Brenda.



## “Soup-er” Bowl Luncheon

**Wednesday, February 8<sup>th</sup> – 12:00 PM to 1:00 PM**



Who will be the winner of Super Bowl LVII on February 12<sup>th</sup>? Join us for a *Soup-er Bowl Luncheon* featuring a variety of homemade soups, salad, bread and dessert.

Everyone will grab a Super Bowl square and have a chance to win a prize after the Super Bowl winner is determined on February 12<sup>th</sup>.

Dress in your favorite team jersey or the colors of your favorite team!



## Valentine’s Day & Monthly Birthday Celebration

**Tuesday, February 14<sup>th</sup> – 12:00 PM to 1:00 PM**



Join us for our Valentine’s Day Celebration. The Blackstone Middle School Chorus will provide a special performance at 11:00 AM in the Annex/Exercise area of the Senior Center, followed by a “Sweetheart Luncheon” at 12:00 PM with entertainment by Bobby Bourassa.

Arrive early and hear the Chorus from Blackstone Midville Middle School perform for us at 11:00 AM prior to the luncheon.

We will also be celebrating all participants who were born in February at our Valentine’s Day celebration!

If you plan to stay for lunch following the Chorus’s performance, please contact Brenda to make a luncheon reservation prior to February 14<sup>th</sup>.

(Please check the bulletin boards for the menu to be served).



## Lunch with Oak Street Health

**Tuesday, February 21<sup>st</sup> – 11:45 AM to 12:45 PM**



Our friends from Oak Street Health will be here to review updates to their program, as well as answer any questions you may have about the services they provide.

They will provide a complimentary luncheon to all attendees at noon.

### SPECIAL LUNCHEON EVENTS

Please make your luncheon reservations for any of the February special luncheons with Brenda Takessian, our Nutrition/Activities Coordinator, in the dining room, at [btakessian@townofblackstone.org](mailto:btakessian@townofblackstone.org) or (508) 876-5151.

# MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
		1
		<b>10:00 AM</b> Coffee Talk Breakfast Club <b>11:00 AM</b> Craft Class with Rita <b>1:00 PM</b> BINGO
6	7	8
<b>10:00 AM</b> Matter of Balance <b>12:00 PM</b> <b>Mystery Luncheon Trip</b> <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class <b>2:00 PM</b> Cabaret Show Practices	<b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:15 AM</b> Adult Coloring Class <b>1:00 PM</b> Pitch Card Game	<b>10:00 AM</b> Coffee Talk Breakfast Club <b>10:00 AM</b> Walmart Shopping Trip <b>12:00 PM</b> <b>"Soup-er" Bowl Luncheon</b> <b>1:00 PM</b> BINGO
13	14	15
<b>10:00 AM</b> Matter of Balance <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class <b>2:00 PM</b> Cabaret Show Practices	<b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Chorus Performance <b>11:30 AM</b> Francine's Fashions <b>12:00 PM</b> <b>Valentine's Day &amp; Monthly Birthday Celebration</b> <b>1:00 PM</b> Pitch Card Game	<b>10:00 AM</b> Coffee Talk Breakfast Club <b>1:00 PM</b> BINGO
20	21	22
<b>PRESIDENT'S DAY (CLOSED)</b>	<b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Blackstone Bountiful Book Club <b>11:15 AM</b> Adult Coloring Class <b>11:15 AM</b> Blood Pressure Screening Clinic <b>11:45 AM</b> <b>Lunch with Oak Street Health</b> <b>12:30 PM</b> Blackstone Afternoon Cinema <b>1:00 PM</b> Pitch Card Game	<b>10:00 AM</b> Coffee Talk Breakfast Club <b>10:00 AM</b> Walmart Shopping Trip <b>1:00 PM</b> Sweetheart BINGO
27	28	
<b>10:00 AM</b> Matter of Balance <b>10:00 AM</b> Pop-Up Food Pantry <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class <b>2:00 PM</b> Cabaret Show Practices	<b>9:00 AM</b> Strength Training <b>9:30 AM</b> One-on-One Tech Training <b>10:00 AM</b> Chair Yoga <b>1:00 PM</b> Pitch Card Game	



# FEBRUARY 2023

**SPECIAL MENU'S  
LUNCH IS SERVED  
AT 12:00 PM**

(UNLESS OTHERWISE NOTED)

THURSDAY		FRIDAY	
<b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> BCOA Meeting <b>11:15 AM</b> Coping with Grief <b>12:30 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully & Gratefully	2	<b>NATIONAL WEAR RED DAY</b>	
<b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> Cribbage League <b>11:15 AM</b> Coping with Grief <b>12:30 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully & Gratefully	9	<b>9:30 AM</b> My Life, My Health (Chronic Disease Management)	10
<b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> Cribbage League <b>10:00 AM</b> Market Basket Trip <b>11:15 AM</b> Friends of the BCOA Meeting <b>11:15 AM</b> Coping with Grief <b>12:30 PM</b> Craft Class with Jean <b>12:30 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully & Gratefully	16	<b>9:30 AM</b> My Life, My Health (Chronic Disease Management)	17
<b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Cribbage League <b>10:00 AM</b> Tai Chi (Advanced) <b>11:15 AM</b> Coping with Grief <b>12:30 PM</b> Knitting & Crocheting Circle <b>1:15 PM</b> Aging Gracefully & Gratefully	23	<b>9:30 AM</b> My Life, My Health (Chronic Disease Management)	24

**Valentine's Day &  
Monthly Birthday  
Celebration**

**Tuesday,  
February 14<sup>th</sup>**

- ✓ TBD
- ✓ Coffee and Tea
- ✓ Dessert

**"Soup-er" Bowl  
Luncheon**

**Wednesday,  
February 8<sup>th</sup>**

- ✓ Variety of Homemade Soups & Bread
- ✓ Coffee and Tea
- ✓ Dessert



A \$4.00 donation is requested. You must call (508) 876-5151 to make a meal reservation.

**Reservations must be made at least TWO (2) days in advance.**

Please inform staff if you have or suspect that you may have any food allergies.

**FEBRUARY**

**Birth Stone:** Amethyst  
**Flower:** Violet  
**Color:** Purple, Light Blue, Yellow



# IMPORTANT INFORMATION

## NEWSLETTER REMINDER

If you would like to receive our newsletter by mail, please complete the form on the back page of this newsletter and submit it along with a \$10.00 payment to BCOA, 15 St. Paul Street, Blackstone, MA 01504.

Please note that newsletter mailings are renewable each January for the calendar year.

## “HELLO HOW ARE YOU” PROGRAM

In 2019, Time Magazine reported that one out of every three seniors in America suffers from loneliness. For some seniors, a phone call and meaningful conversation can lessen feelings of loneliness.

We are seeking volunteers to participate in our “Hello How Are You” program. Are you available to phone a senior in the community to provide conversation once a week?

Volunteers will phone a senior 1-2 times per week to ask how the senior’s day is going and encourage them to chat. Over time, the caller and seniors can build a relationship of trust.

If you are interested in participating in our “Hello How Are You” program, please phone Karen (508-876-5134) to register.



## NATIONAL WEAR RED DAY

The first Friday in February (February 3<sup>rd</sup>) is **National Wear Red Day**. On this day, which is considered American Heart Month, everyone across the country dons the color red to spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation.

So put on your reddest red — whether it be lipstick, a pair of pants, shoes or accessory, and wear your brightest reds on February 3<sup>rd</sup>.



### Mystery Luncheons Have Returned!

**Monday, February 6<sup>th</sup> – 12:00 PM to 2:30 PM**

**Departure:** Bus leaves the Senior Center at 12:00 PM

**Return:** Bus returns to the Senior Center at 2:30 PM

- **We will enjoy lunch at 12:30 PM and payable on your own**
- **The average cost of lunch at this establishment is \$16.00 per person**

**PLEASE REGISTER FOR THIS MYSTERY LUNCH WITH BRENDA.**

# IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING



**Friends of the BCOA Meeting**  
**Thursday, February 16<sup>th</sup> – 11:15 AM to 12:00 PM**



The next meeting of the Friends Group will be held on Thursday, February 16<sup>th</sup> at 11:15 AM in the dining room. Please consider joining the Friends Group to help with various fundraising efforts to support the Senior Center.

The Friends Group is currently sponsoring two fundraising events to assist the Senior Center with decorations and meals costs. **PLEASE SUPPORT THESE FUNDRAISERS!**



**Cabaret Show Practice**  
**Every Monday – 2:00 PM to 3:30 PM**



Cabaret Rehearsals have begun!

Practices are held each Monday immediately following Line Dancing classes. There are still roles to fill (assisting with props, costume changing, etc.) for the Cabaret.

Please stop by to see how you can contribute to the success of this fundraiser.



**SPRING  
BREAKFAST  
SUNDAY,  
MARCH 26<sup>TH</sup>**

**FUNDRAISING**

## CANDY BAR SALE



Candy bars are available at the Senior Center for \$2.00 each.

Flavors include:

***Milk Chocolate plain; Peanut Butter; Crisp; Caramel Filled; Dark Chocolate***

**FUNDRAISING**



Come to Goodstuff Smokehouse located at 97 Main Street, Blackstone on **Thursday, March 9<sup>th</sup> from 4:00 PM – Close** and enjoy the traditions of old south cooking with a distinct New England style.

A percentage of all purchases (dine in and takeout) will benefit the Senior Center!

# ACTIVITIES, PRESENTATIONS, & MORE



## Blackstone Afternoon Cinema

Tuesday, February 21<sup>st</sup> – Showtime is 12:30 PM



We will be showing a movie and serving freshly popped popcorn on the third Tuesday afternoon of the month at 12:30 PM beginning February 21<sup>st</sup>.

The first movie to be shown is, “Where the Crawdads Sing”, starring Daisy-Edgar Jones.

If you are planning to attend this month’s afternoon movie, please phone Brenda to register. Also, if you have a favorite movie that you would like us to show, please let Brenda know.



## Sweetheart BINGO

Wednesday, February 22<sup>nd</sup> – 1:00 PM to 2:30 PM



Love is in the air during February! Why not bring your “sweetheart” to this special Bingo?

Lorraine Boucher will lead us by calling the lucky numbers for each game. Pastries will be provided, and special doors prizes will be given too!



## CRAFT CORNER

Craft Classes require pre-registration as classes are limited in size.



## Craft Class with Rita

Wednesday, February 1<sup>st</sup> – 11:00 AM to 12:00 PM

Rita returns on Wednesday, February 1<sup>st</sup> to teach participants how to create a beautiful Valentine’s Day arrangement for you to enjoy year after year.

Cost to participate in this class is \$3.00 per person.

Please register for this class as space is limited.



## Craft Class with Jean

Thursday, February 16<sup>th</sup> – 12:30 PM to 1:30 PM

This class will be held at the Senior Center; however, you must register through the Blackstone Public Library (508-883-1931) as space is limited to 10 spots.

When you phone the Library, inform the receptionist that you would like to register for the Arts & Crafts Class with Jean on Thursday, February 16<sup>th</sup> at 12:30 PM at the Senior Center.



You will learn how to make a creative napkin holder out of clothes pins!

Supplies will be provided; no experience is necessary.

# ACTIVITIES, PRESENTATIONS, & MORE



## Pop-Up Food Pantry Monday, February 27<sup>th</sup> – 10:00 AM



This month on the fourth Monday at 10:00 AM, a truck from the YMCA will be on site in the Senior Center's parking lot to deliver "FREE" bags of food to eligible participants.

**(Please note date is the 4<sup>th</sup> Monday, due to President's Day holiday)**

You must be a Blackstone resident and 60 years of age or older to be eligible for the Pop-Up Food Pantry.

You will receive a bag pre-filled with nonperishable grocery items including canned tuna and soup, cereal, low/no salt vegetables and more. It's first-come, first-served and it is free. You just drive through the Center's parking lot to pick-up a bag!

If you require further information, please phone Ashley, Outreach Coordinator at (508) 876-5135.



## One-on-One Tech Training Tuesday, February 28<sup>th</sup> – 9:30 AM to 11:30 AM



Tech coaches from Blackstone Valley Tech will be back on Tuesday, February 28<sup>th</sup> to provide one-on-one training to our participants on how to use your own device, such as smart phones, iPads, tablets, laptops, etc.

A one-on-one session allows you to learn at a pace that is comfortable for you and to ask any questions that you may have. Perhaps you are not aware of all the capabilities of your device has to offer.

**Please register with Brenda in the dining room for your FREE 30-minute session.**



## Adult Coloring Class Tuesdays (1<sup>st</sup> and 3<sup>rd</sup> of Each Month) – 11:15 AM to 12:15 PM



Coloring books are no longer just for kids. Coloring books for adults are all the rage right now.

The American Art Therapy Association claims that art therapy is a mental health profession in which the process of making and creating artwork is used to "explore feelings, reconcile emotional conflicts, foster self-awareness, reduce anxiety and increase self-esteem".

Join us and experience what the experts are talking about. This class will be led by Brenda.



## Francine's Fashions Tuesday, February 14<sup>th</sup> – 11:30 AM to 1:00 PM



Francine's Fashions will display her winter collection of sweatshirts. These sweatshirts are the perfect way to stay warm.

*The Friends of BCOA will receive a small portion of sales*



## Blackstone Bountiful Book Club Tuesday, February 21<sup>st</sup> – 11:00 AM to 12:00 PM



Book Club members meet the 3<sup>rd</sup> Tuesday of each month at 11:00 AM – 12:00 PM. New members are invited to join at any time.

The novel to be discussed on February 21<sup>st</sup> will be: "**Finding Me**" by **Viola Davis**

Copies of the monthly novels are available at the Senior Center. **Please contact Brenda in the dining room to obtain a copy.**

# TO RECEIVE THIS NEWSLETTER BY MAIL:



**COMPLETE AND RETURN THIS FORM WITH THE FOLLOWING INFORMATION:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Amount Enclosed:** \$10.00 donation for a one (1) year newsletter subscription

*One (1) year subscription provides newsletter mailed to subscribed address*

**Please Make Checks Payable To:** Blackstone Council on Aging

**Please Check One:** New Subscription  Renewal  Address Change

**Mail Form and Payment To:** Blackstone COA | 15 St. Paul Street | Blackstone, MA 01504

Address Service Requested

Blackstone, MA 01504

15 St. Paul Street

**Blackstone Council on Aging**