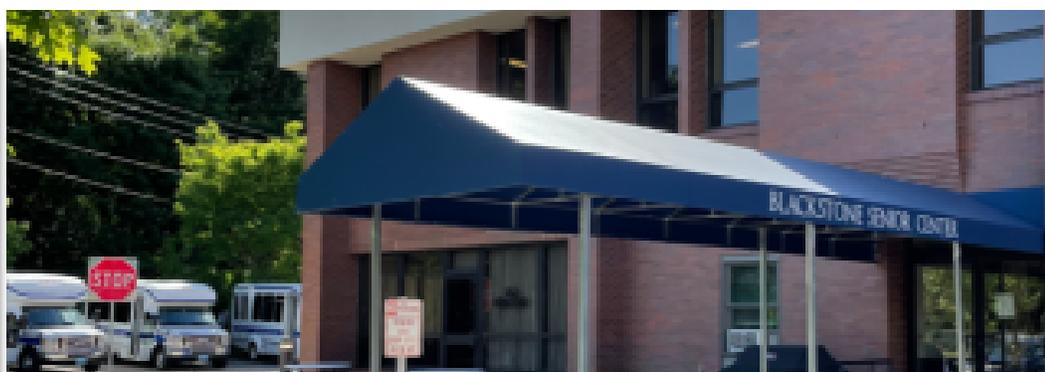


Blackstone Council on Aging (COA) JUNE 2024 Newsletter



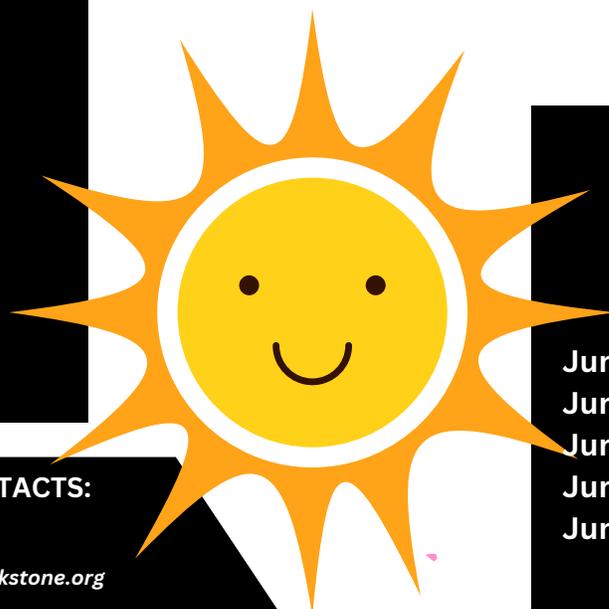
OUR MISSION

- 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 elders to remain independent and keep the quality of life for them at home for as long as possible



**Blackstone Council on Aging
COA/Senior Center
15 St. Paul Street
Blackstone, MA 01504**

Hours:
Mondays, Wednesdays, Thursdays
Open 8:30am - 4:30pm
Tuesdays
Open 8:30am - 7:00pm
Fridays
Open 8:30am - 12:00pm



- June 6th BCOA Meeting
- June 12th June Birthday Luncheon
- June 16th Father's Day
- June 18th Summer Concert Series
- June 19th Juneteenth - CLOSED

SENIOR CENTER STAFF CONTACTS:

Kayla Cardin, Outreach Coordinator
(508) 876-5135 | kcardin@townofblackstone.org

Brenda Takessian, Activities/Nutrition Coordinator
(508) 876-5151 | btakessian@townofblackstone.org

Dennis Pimenta, Transportation Coordinator
(508) 876-5133 | coatransport@townofblackstone.org

**SPECIAL
DATES TO
REMEMBER!!**





Hello Summer



Outreach Corner - June 2024

Kayla Cardin - Outreach Coordinator (508) 876-5135

Money Management

Tri-Valley Elder Services has a Money Management Program which is a free service that assists low-income individuals and couples over the age of 60 who are at risk of losing their independence due to an inability to manage their own finances. The goal is to help consumers who are unable or fail to pay their bills and are at risk of utility shut offs or evictions.

The two subdivisions of this program are as follows:

The "Bill Payer" service relies on a volunteer to go to the elder's home 1-2x monthly to keep track of income and expenses. This volunteer can help you balance your checking account, set up a budget, write checks and sort mail.

Tri-Valley has an Organizational Representative Payee account appointed by the Social Security Administration to manage the Social Security income of an individual. Tri-Valley maintains the account and pays the person's bills from their monthly income. The individual is given personal spending money dependent on their income and expenses.



June is Alzheimer's & Brain Awareness Month

Alzheimer's is the most common cause of dementia, a general term for memory loss. Just like the rest of our bodies, our brains change as we age and most of us eventually notice some slowed thinking and occasional problems with remembering certain things. According to the Alzheimer's Association, the most common early symptom is difficulty remembering newly learned information since Alzheimer's changes typically begin in the part of the brain that affects learning. Alzheimer's is not a normal part of aging and worsens over time. If you suspect that a loved one is experiencing dementia and may need support or services, please contact our Outreach Coordinator.

Healthy Incentives Program (HIP)

Do you have SNAP benefits (previously known as Food Stamps)? The Department of Transitional Assistance (DTA) who manages SNAP has a free program for those who receive SNAP benefits. There is no special sign-up for HIP. If you are eligible for SNAP, you are automatically enrolled in this program. For a family of 1 or 2, you will receive an additional \$40 per month that you can use toward fresh fruits and vegetables. Remember to make sure you have a balance on your card or else this program will not allow you to use the free money. You just have to ask the vendor if they accept HIP. Here are some local farms and farm stands within 10 miles of

Blackstone that accept this program.

Daniels Farmstead Farmers' Market 286 Mendon St. Blackstone, MA 01504

Cook's Valley Farm 2200 West St. Wrentham, MA 02093

Franklin Farmers' Market Town Common Franklin, MA 02038

Franklin/Fairmount Fruit Farm 887 Lincoln St. Franklin, MA 02038

Medway Community Farm 50 Winthrop St. Medway, MA 02053





June



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Summer Concert Series</p>		<p>Summer Concert Series</p>		<p>Summer Concert Series</p>
<p>3 Game Day 10:00am Mystery Lunch Trip 11:30am</p>	<p>4 Strength Training 9:00am Chair Yoga 10:00am Synergy Presentation & Attorney Doyle 11:00am Lunch 12:00pm</p>	<p>5 Walking Club 9:30am Coffee Talk TRAVEL Breakfast Club 10:00am Strength Fitness Equipment 10:30am Qigong 11:30 BINGO 1:00pm</p>	<p>6 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am BCOA Meeting 10:00am Cribbage 9:30am Journey through Grief 11:15am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>7 Mahjong 10:00am Senior Center closes at 12:00pm</p>
<p>10 POUND Exercise 10:00am Game Day 10:00am Movie & Popcorn 12:30pm</p>	<p>11 Strength Training 9:00am Chair Yoga 10:00am BVT Tech Training 10:00am Blood Pressure Clinic 11:00am Lunch 12:00pm</p>	<p>12 Walking Club 9:30am Walmart 10:00am Strength Fitness Equipment 10:30am Friends Group Meeting 10:00am Qigong 11:30 JUNE Birthday Lunch 12:00 BINGO 1:00pm</p>	<p>13 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am Journey through Grief 11:15am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>14 Mahjong 10:00am Senior Center closes at 12:00pm</p>
<p>17 POUND Exercise 10:00am Game Day 10:00am Pop-up Pantry 10:00am</p>	<p>18 Strength Training 9:00am Chair Yoga 10:00am Book Club 11:00am Lunch 12:00pm Concert Series featuring ROBERT BLACK 6:00pm</p>	<p>19 SENIOR CENTER CLOSED JUNETEENTH</p>	<p>20 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Market Basket 10:00am Cribbage 9:30am Journey through Grief 11:15am Ice Cream Social 12:30pm Lunch 12:00pm Craft w/Jean 12:30pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>21 Mahjong 10:00am Senior Center closes at 12:00pm</p>
<p>24 POUND Exercise 10:00am Game Day 10:00am</p>	<p>25 Strength Training 9:00am Chair Yoga 10:00am Lunch 12:00pm Craft w/Celeste 5:30pm</p>	<p>26 Walking Club 9:30am Coffee Talk Breakfast Club 10:00am Walmart 10:00am Strength Fitness Equipment 10:30am BINGO 1:00pm NO QIGONG TODAY</p>	<p>27 Tai Chi (Beg.) 9:00am Tai Chi (Adv.) 10:00am Cribbage 9:30am Travel Committee 11:00am Journey through Grief 11:15am Lunch 12:00pm Knitting Group 12:30pm Aging Gracefully 1:15pm</p>	<p>28 Mahjong 10:00am Senior Center closes at 12:00pm</p>



You must make a transportation reservation with Dennis, our Transportation Coordinator at least two (2) days prior to each shopping trip.

MONTHLY SHOPPING TRIPS Transportation Reservations

Call (508) 876-5133 or email our Transportation Coordinator at coatransport@townofblackstone.org to make a transportation reservation!!

IMPORTANT

NEW

NEW Transportation Policies for Doctor's appointments:

Local appointments to Milford, Franklin, Bellingham etc - Appointments **MUST BE** scheduled for **NO LATER** than 2:00 PM and for long distance appointments, Worcester, Framingham, Natick, Providence, etc. **NO LATER** than 1:00 PM.

Call Dennis at 508-876-5133 if you have any questions or to book your appointments.



Walmart

Walmart Shopping
2nd and 4th Wednesday
of the Month

10:00am to 12:00pm

We will transport passengers to the Walmart Supercenter in North Smithfield, RI on Wednesday, June 12th and Wednesday, June 26th



Market Basket Shopping

3rd Thursday of the Month
10:00am to 12:00pm

We will transport passengers to Market Basket in Bellingham, MA on Thursday, June 20th



*****As a Reminder*****

When you are utilizing the Senior Center Transportation to Walmart or Market Basket, Participants will have 1 - 1 1/2 hours to shop. Thank you for being considerate of our driver's very busy schedule.



Just a reminder - For ALL Transportation needs, please contact Dennis @ (508) 876-5133 Thank you!

thank you

Friends of BCOA

thank you

Happy Summer from the Friends of BCOA!! We hope to see you all at the Evening Concert Series Event

**Starring ROBERT BLACK on
Tuesday, June 18th from 6:00pm - 8:00pm
@The Blackstone Boys & Girls Club,
115 Canal Street, Blackstone.**

These Events are open to the public so spread the word and bring a chair or blanket!!! It promises to be a FUN time for all!!!

**The next Friends of BCOA Meeting will be meeting on
Wednesday, June 12th @10:00am**



Veteran's News



Change Your VA Direct Deposit Information

If you receive disability compensation, pension, or education benefits from VA, you can update your direct deposit information in your VA.gov profile. You'll need your bank's routing number and account number to make the updates.

VA



U.S. Department of Veterans Affairs

Veteran's

Are you in financial need? The state offers a program for veterans in need, it is called Chapter 115. Contact me at 508-876-5133 and we can discuss your issues; I might be able to help you. My office hours are Tuesdays and Thursdays from 1:30 PM to 4:00 PM



Pop-up Mobile Food Pantry

Monday, June 17th @10:00am



If you are a Blackstone resident and 60 years of age or older, you are eligible for the Pop-Up Food Pantry. You just drive through the Senior Center's parking lot to pick up your bag of groceries.

You will receive a pre-filled bag with nonperishable grocery items including canned tuna, soup, cereal, low/no salt vegetables and more. It is first-come, first-served and it is FREE!!



MEALS PROGRAM

If you do not enjoy eating at home alone, we invite you to join us at our Nutrition site. Each Tuesday and Thursday, we serve a delicious and nutritious meal at the affordable price of \$4.00 at 12:00pm in the dining room of the Senior Center. Meals include the choice of an entrée or sandwich, soup or salad, vegetable, dessert, coffee or tea. You must make a reservation at least one week in advance. Please phone Brenda at (508) 876-5151 for additional details.



July 3rd - 4th of July Luncheon Celebration

July 9th - Bring a friend to Lunch Day

July 16th - Evening Concert Series

Featuring: Steve Anthony

July 22nd - Newport Playhouse Lobsterfest



Senior Center News!!!

Would you like to volunteer to teach a craft class at the Senior Center?
Please contact Brenda @ 508-876-5151 for more information.



Join Michael Botelho from Synergy Home Care & Attorney Daniel T. Doyle for a Presentation to answer questions about Elder Care and Elder Law.

Tuesday, June 4th @11:00am

Free

Light refreshments will be served.

Sign up for this Presentation w/Brenda



BLACKSTONE PUBLIC LIBRARY

We can bring the library to you!
The Blackstone Public Library's Homebound Delivery Program brings library materials, including books, audiobooks, CDs, DVDs, and magazines, to residents of Blackstone.

If you do not have access to the library due to permanent or temporary physical limitations and would like to be part of this program, or if you know of anyone who would benefit from this program, please contact:

Ellen Goudreau
Blackstone Public Library
508-883-1931
egoudreau@cwmars.org



Craft w/Celeste

Summer Planter

Tuesday, June 25th

@5:30pm - FREE

You must register for this craft as the class size is limited to 12 people.



Monthly Birthday/Father's Day Luncheon

Wednesday, June 12th @12:00pm

FREE - Sponsored by the Lions Club!!

Menu: Hamburgers, Hot Dogs, Macaroni Salad, Chips, Drinks and Watermelon

THANK YOU

Special Birthday dessert!!
Entertainment will be provided by John Duggan



Join us at the Senior Center !!!

"Coffee Talk" Breakfast Club

Wednesdays - 10:00am - 11:00am

Our Coffee Talk Breakfast Club continues to gather together to enjoy a cup of coffee and refreshments on Wednesdays in the dining room. No Coffee Talk Breakfast Club on Wednesday, June 12th



time to



WELCOME BACK!

POUND Exercise Class w/Christine
3 Class Session beginning
Monday, June 10th, Monday, June 17th
and Monday, June 24th @10:00am
\$15.00 for the 3 Classes!!
We must have at least 10 participants
for this class!!!
Sign up w/Brenda!!!



One-on-One Tech Training w/BVT



Tuesday, June 11th

10:00am - 12:00pm

Blackstone Valley Tech HS will be on-site to provide One-on-One, in-depth training on how to use your digital technology on your own devices, such as Smart Phones, iPads, Tablets, Laptops, etc.

Please register w/Brenda to schedule an appointment.



Blood Pressure Screening

Tuesday, June 11th

11:00AM - 11:45AM

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.

Ester Jalbert, RN will conduct FREE blood pressure screenings in the Senior Center dining room for your convenience.



THERE'S ALOT HAPPENING T AT THE SENIOR CENTER THIS MONTH..



Qigong



Join instructor Faith Kennedy as she leads this NEW **8 week Session** on **Qigong**.

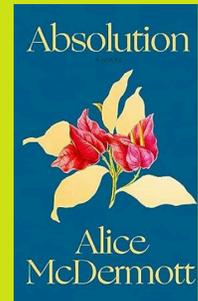
**Beginning, Wednesday, June 5th
@11:30am - \$3.00 per class**

Qigong improves quality of life through slow meditative movements, standing or sitting, and offers a variety of benefits.

Some of the benefits are:

- Reduces stress
- Boosts immune system
- Reduces falls and better balance
- Helps to balance emotions

Please register for this class w/Brenda.



Blackstone Public Library's Bountiful Book Club @ the Senior Center

Tuesday, June 18th @11:00am
Join Ellen from the Blackstone Public Library, as the group reviews the June Novel, "Absolution" by Alice McDermott.
Pick up your copy at the Senior Center.

Blackstone Public Library
Monthly Craft at the Senior Center

Mandala Painting

Thursday
June 20
12:30 PM

Location: Senior Center



Let your imagination create a kaleidoscope of color! Participants in this craft will use carbon paper to trace a mandala onto a canvas, then fill the design in with paint colors of their choosing.

Supplies will be provided.
No experience is necessary.

Sign-ups begin Monday, May 13.
Contact the Blackstone Public Library at 508-883-1931 to register.

You must be 60 years of age or older, or a member of the Blackstone Senior Center, to register for this program.

Space is limited to 15 spots.

Registration is required. You must be 60 years of age or older, or a member of the Blackstone Senior Center, to register for this program. Contact the Blackstone Public Library at 508-883-1931 to register.

The Mandala Painting craft is funded by a generous donation from the Blackstone LIG MEG as authorized by the Board of Library Trustees.

Blackstone Afternoon Cinema Presents....

"Runaway Bride"

Starring Richard Gere and Julia Roberts

Monday, June 10th @12:30pm
Join us for a Movie & Popcorn.



JOIN US FOR ALL THE FUN!!

NEW

***NEW* Senior Walking Club**

Wednesdays @9:30am - 10:30am

Meet @Canal Street Entrance to the Blackstone River Greenway Bike path. Please let us know if you are interested and will need transportation.

Enjoy the fresh air and friends while getting some exercise.



NEW!



Mondays are for Playing Games with your friends at the Senior Center!!

10:00am - FREE

We have a variety of games to play OR bring your favorite game to play with others.

Wednesday, June 19th

CLOSED

Celebrate
JUNE
TEENTH

Freedom



SUMMER!!!

First Day of SUMMER!!!

ICE CREAM SOCIAL

Thursday, June 20th

@1:00pm

Come join us for a Summer Celebration and enjoy an ice cream with friends.

Please sign up for this event!



Next Travel Committee Meeting will be held

Thursday, June 27th

@11:30am

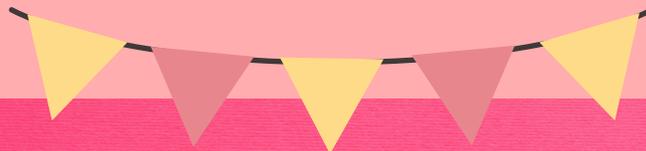


Trips!!!!

June's Mystery Lunch
Monday, June 3rd
\$5.00 for Transportation
Bus leaves @11:30am
and Returns @ 2:30PM
Lunch on your own.



June's TRAVEL "Coffee Talk" Breakfast Club
will be held on Wednesday, June 5th
PLEASE MEET @Happy Hatters Diner,
98 Main Street, Medway, MA
@ 10:00am
Breakfast is on your own. Please schedule
with Dennis if you need Transportation.



Tea Party

***Thank you to UniBank for Sponsoring
our Mother's Day Tea Party!***
***Thank you to Chef Paul Streichert
with "Gatherings by Chef Paul" for
doing an amazing selection of
delicious Tea Party treats.***
***Thank you to our Friends of BCOA for
sponsoring out beautiful
Harpist Theresa Tafuri.***



New - Recipe of the Month



Massachusetts
Councils On Aging

JUNE

Nutrition News You Can Use

Written by Jasmin Dieb

June – Beet Season

Summer is officially here and so are beets. If beets are cooked properly, they can add a delicious flavor to many meals. Their deep red color not only adds a nice touch of color to your food, but key nutrients your body needs as well.

Beets are packed with nutrients like fiber, iron, vitamin C, folate, and potassium, which are related to improved heart health, reduced blood pressure, and enhanced endurance.

Beets can be enjoyed raw, but they tend to be roasted or pickled. Roasting beets is better than boiling to ensure the nutrients are retained. If you want to skip the cooking process, many grocery stores have freshly prepped beets you can grab instead.

Here are some different ways to add beets to your diet

- o Eat alone with salt as a yummy snack
- o Finely chop and add to salads
- o Chop beets into rounds, bake them, and you'll have beet chips!
- o Juice beets to create a delicious and refreshing drink

Try out this delicious and nutritious beet appetizer

BALSAMIC ROASTED BEETS

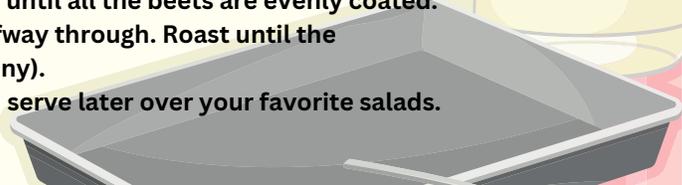
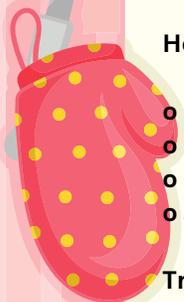
Ingredients:

- 3 beets peeled & diced (about 3 cups)
- 1 TBSP olive oil
- ½ TSP sea salt
- 1 TBSP balsamic vinegar
- 1 TBSP honey



Instructions:

1. Preheat oven to 425. Grease a large baking sheet or dish, set aside.
2. Peel and cut 3 beets into 1" cubes. Toss beets with 1 TBSP olive oil and ½ tsp sea salt.
3. Spread onto a greased baking dish in an even layer. Bake in preheated oven for 15-20 minutes.
4. After 15-20 minutes, stir and bake for 10 minutes more or until beets feel soft to the touch.
5. Mix balsamic vinegar and honey.
6. After 30 minutes (or when beets are soft to the touch), remove beets from the oven and add the honey/vinegar mixture to the baking dish. Stir until all the beets are evenly coated.
7. Return to the oven for 10 minutes, stirring once halfway through. Roast until the balsamic/honey mixture coats the beets (and isn't runny).
8. Remove from the oven and serve warm or store and serve later over your favorite salads.
9. Enjoy!



Our Seniors are enjoying their Nutrition Program Menu choices of a HOT or COLD lunch, quality and price!!

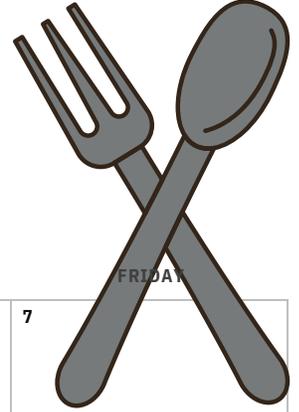
Join us Tuesdays and Thursdays @12:00pm - \$4.00 per meal

SERVING SIZES

Grains – 2 ounces
Veg/Fruit 1/2 Cup 1/2 Cup
Protein – 3 ounces

Dairy – 1 cup

June 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Greek cucumber salad Tuscan style chicken w/sausage & Beans, roasted vegetables Roasted potatoes Ww roll Sliced peaches Ham & cheese on wheat	5	6 Kale & bean soup Salisbury steak w/gravy Mashed potato Roasted vegetables Ww roll Pudding Seafood salad plate	7
10	11 Vegetable barley soup Shepards pie Mashed potatoes Ww roll Pudding Greek salad w/ chicken	12	13 Chicken escarole soup BBQ Beef brisket Cole slaw Italian pasta salad Ww roll Cake Chicken salad plate	14
17	18 Tossed salad Swedish meatballs Mashed potatoes Buttered corn Ww roll Lorna doone cookie Roast beef sandwich on roll	19 Closed	20 Minestrone soup Baked ham w/ gravy Sweet potato Peas & carrots Ww roll Sliced peaches Cobb salad	21
24	25 Tomato soup Marry me chicken Roasted vegetables Parmesan rice Ww roll Tropical fruit Reuben on rye	26	27 Lentil soup w/ vegetables Greek turkey Lemon parsley rice Greek roasted vegetables Ww roll Cookie Seafood sandwich plate	28
				



Please make your reservation 1 week in advance!!
For more information call Brenda @508-876-5151



FATHER'S DAY RAFFLE

WIN 4 ROUNDS OF GOLF

(CART NOT INCLUDED)

@ Wentworth Hills
Plainville, MA

GOLF



Sponsored by The Friends of BCOA.

Tickets: \$5.00 each OR 5 for \$20.00



WINNER WILL BE DRAWN ON WEDNESDAY, JUNE 12, 2024



EVENING CONCERT SERIES!!

HELD OUTDOORS @The Blackstone Boys & Girls club!!

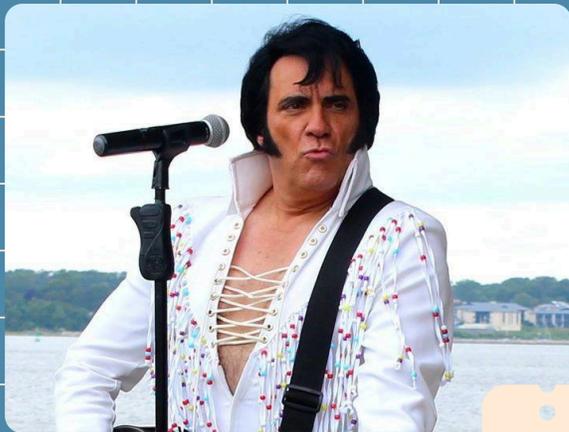
Sponsored by The Friends of BCOA

115 Canal Street, Blackstone

Starring.....

Tuesday, May 21st
"THE CATNIP JUNKIES"
6:00pm - 8:00pm

Tuesday, June 18th
"ROBERT BLACK"
6:00pm - 8:00pm



Good Times

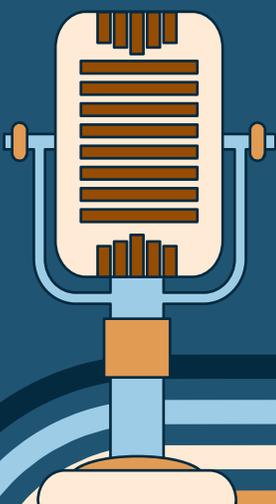
Tuesday, July 16th
"STEVE ANTHONY"
6:00pm - 8:00pm

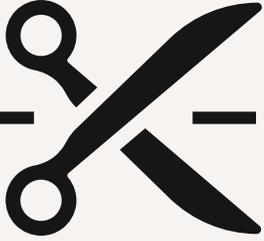


Tuesday, August 20th
"THE STRUMDAWGS"
6:00pm - 8:00pm



Bring your own chair!!!!





Complete and Return this form with the following information:

Name: _____

Address: _____

City/State/Zip: _____

AMOUNT ENCLOSED: \$10.00 (for Blackstone Residents) OR \$15.00 (Out of Town/State) Donation for a one (1) year newsletter subscription.

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

Please make checks payable to: Blackstone Council on Aging

Please check one: New Subscription Out of Town/State Renewal Address Change

Mail Form and Payment to:

Blackstone COA
15 St. Paul Street
Blackstone, MA 01504

Blackstone Council on Aging
15 St. Paul Street
Blackstone, MA 01504
Address Service Requested