

Blackstone Council on Aging (COA) MARCH 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



MARCH

- March 5th - Election Day
- March 7th - BCOA Meeting
- March 10th - Daylight Savings Time
- March 13th - St. Patrick's Day/Birthday Luncheon
- March 26th - Rep. Soter Rise up Initiative
- March 29th - Good Friday
- March 31st - Easter

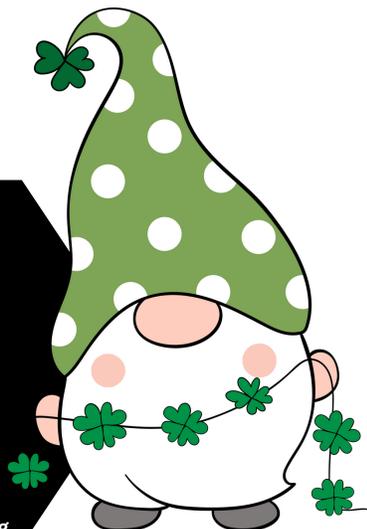
SENIOR CENTER STAFF CONTACTS:

Karen Testa, Director
(508) 876-5134 | ktesta@townofblackstone.org

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!!**

Notes from the Director

Dear Friends,

Spring is in the air!

The first day of spring is Tuesday, March 19th and the season is marked by blooming flowers, longer days, and a sense of renewal. It is the ideal time of year to embrace a new start and begin by participating in a class, program, event, or trip at the Senior Center.

Daylight Savings Time begins Sunday, March 10th and it is also Check your Batteries Day. Check your Batteries Day is a reminder to check to ensure there are working batteries in your household appliances, such as smoke detectors, carbon monoxide detectors and other electrical items.

Join us for “the wearing of the green” at our Annual St. Patrick’s Day celebration on Wednesday, March 13th at noon. A traditional and authentic corned beef and cabbage lunch will be served as we enjoy Irish musical entertainment by Stephen MacDonald. You must make a reservation with Brenda to attend the luncheon. Please phone Dennis to schedule a ride.

Our traditional Easter luncheon will be held on Tuesday, March 26th at noon. We will serve a delicious ham dinner while enjoying the musical entertainment provided.

Knowledge is power! We have a variety of informative presentations planned this month, including a Lunch & Learn event. Please see the details of each program in this newsletter and plan to attend.

I want to thank the members of the Friends of BCOA for their continuous fundraising efforts to benefit the Senior Center. Please consider supporting the Friend’s two fundraisers planned in April: “Good Stuff Smokehouse” fundraiser on Thursday, April 4th and “Afternoon of Bingo” on Sunday, April 14th at 2:00 PM at the Millerville Men’s Club. Details are enclosed.

Thank you for supporting “your” Senior Center! I look forward to seeing you in the days ahead.



Warmest personal regards,

Karen Testa

Karen Testa Leone, Director

Outreach Corner - March

Kayla Cardin - Outreach Coordinator
(508) 876-5135



Affordable Connectivity Program (ACP)/Internet Essentials

Unfortunately, the Affordable Connectivity Program stopped accepting new applications and enrollments as of February 8th, 2024. April is expected to be the last month that people can access these benefits unless additional funding is passed by Congress. Once this \$30 credit off your internet bill ceases to exist, you may still be eligible for Internet Essentials through Xfinity. Internet Essentials is an income-based program that costs either \$9.95 a month or \$29.95 a month, depending on the speed of internet that you may need. For further assistance in applying for Internet Essentials, please contact our Outreach Coordinator, Kayla Cardin.

Medicare Advantage Open Enrollment Period (MA OEP)

People who are currently enrolled in a Medicare Advantage plan have until March 31st to make changes to their plan during the Medicare Advantage Open Enrollment Period. You are allowed to make one change during this period, and it takes effect the first day of the month after you enroll. This is an opportunity to make a change if you find your current coverage is not working for you. This period is only for Medicare beneficiaries who have Advantage plans. For further assistance, please contact our Outreach Coordinator, Kayla Cardin, who can put you in contact with the SHINE counselor.

Community Septic Management Program

If you have failed a Title 5 inspection or are worried that you may fail a Title 5 inspection, there is a tax credit available that may be able to assist you. The Commonwealth of Massachusetts provides a tax credit of up to \$6,000 over 4 years to offset the cost of septic repairs or upgrades. There is no income or age requirement for this program. You just need to apply by filling out a Schedule SC form with your state income taxes. This program is intended to assist residents in paying to upgrade or repair their septic system.

SNAP EBT Card Skimming

The Department of Transitional Assistance (DTA) has notified us that some people who receive SNAP benefits have had their benefits stolen because someone took their card and PIN information without them knowing. The recommendation is to change your PIN regularly. You do not need a new EBT card. Please check your SNAP account balance to make sure that you have not lost any of your benefits. You may also contact our Outreach Coordinator, Kayla Cardin, to assist you.

Circuit Breaker Senior Tax Credit

If you are over 65 years of age, you may be eligible for a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on your actual real estate taxes. You may be eligible for up to \$2590, which is more than double what the credit was last year. If you own real estate property in Massachusetts as your primary residence, are over 65, and make less than \$69,000 as a single individual or less than \$103,000 for married couples filing jointly, all you need to do is file one extra form with your state taxes called the Schedule CB. You can also backdate the filing of this form for up to 3 years. For more information, please contact your tax preparer or our Outreach Coordinator, Kayla Cardin.



MARCH



Monday Tuesday Wednesday Thursday Friday

				<p>1</p> <p>10:00am Mahjong</p> <p>Senior Center closes at 12:00pm</p>
<p>4</p> <p>10:00am Left, Right, Center 11:00am Comedy Show 1:00pm Paint Class</p>	<p>Election Day 5</p> <p>Voting NO LUNCH</p> <p>9:00am Strength Training 10:00am Chair Yoga 3:00pm Line Dancing 4:00pm Cabaret Practice</p>	<p>6</p> <p>10:00am Coffee Talk TRAVEL Breakfast 10:30am Strength Fitness Equipment class 11:30am Qigong 12:00pm Mobility & Stability Lunch & Learn 1:00pm BINGO</p>	<p>7</p> <p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 9:30am Cribbage 10:00am BCOA Meeting 11:15am Journey through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:15pm Aging Gracefully</p>	<p>8</p> <p>10:00am Mahjong</p> <p>Senior Center closes at 12:00pm</p>
<p>11</p> <p>10:00am Left, Right, Center 1:00pm Paint Class</p>	<p>12</p> <p>9:00am Strength Training 10:00am Chair Yoga 11:00am Blood Pressure Clinic 12:00pm LUNCH 3:00pm Line Dancing 4:00pm Cabaret Practice 5:00pm Pysanky Class</p>	<p>13</p> <p>10:00am Walmart 10:30am Strength Fitness Equipment class 12:00pm St. Patricks Day/ Birthday Luncheon 1:00pm BINGO</p>	<p>14</p> <p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 9:30am Cribbage 11:15am Journey through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:15pm Aging Gracefully</p>	<p>15</p> <p>10:00 am Mahjong</p> <p>Senior Center closes at 12:00pm</p>
<p>18</p> <p>10:00am Pop-up Food Pantry 10:00am Left, Right, Center 1:00pm Paint Class</p>	<p>19</p> <p>9:00am Strength Training 10:00am Chair Yoga 10:00am BVT One on One Tech Training 11:00 am Book Club 12:00pm LUNCH 12:30pm Movie & Popcorn 3:00pm Line Dancing 4:00pm Cabaret Practice</p>	<p>20</p> <p>10:00am Coffee Talk Breakfast 10:30am Strength Fitness Equipment class 11:30am Friends Group Meeting 1:00pm BINGO</p>	<p>21</p> <p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 9:30am Cribbage 10:00am Market Basket 11:15am Journey Through Grief 11:30apm Travel Committee 12:00pm LUNCH 12:30pm Knitting Group 12:30pm Craft w/Jean 1:00pm Aging Gracefully</p>	<p>22</p> <p>10:00 am Mahjong</p> <p>Senior Center closes at 12:00pm</p>
<p>25</p> <p>10:00am Left, Right, Center 11:00am Mystery Lunch 1:00pm Paint Class</p>	<p>26</p> <p>9:00am Strength Training 10:00am Chair Yoga 11:00am Blackstone Valley Health Presentation 12:00pm Easter Luncheon 3:00pm Line Dancing 4:00pm Cabaret Practice</p>	<p>27</p> <p>10:00am Coffee Talk Breakfast 10:00am Walmart 10:30am Strength Fitness Equipment class 11:00am Marty Gitlin Sitcom Humor 1:00pm BINGO</p>	<p>28</p> <p>9:00am Tai Chi (Beg.) 10:00am Tai Chi (Adv.) 9:30am Cribbage 11:15am Journey through Grief 12:00pm LUNCH 12:30pm Knitting Group 1:15pm Aging Gracefully</p>	<p>29</p> <p>10:00 am Mahjong</p> <p>Senior Center closes at 12:00pm</p>



MONTHLY SHOPPING TRIPS

Transportation Reservations



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

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

THANK YOU

Van Donations

Van donations will be accepted for these trips

THANK YOU

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, March 13th and Wednesday, March 27th



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, March 21st



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 

thank you 

Thank you to Rep. Soter for stopping by our Valentine's luncheon with lottery tickets for all participants and to Tara Sullivan for the donation of flowers for our seniors!!!

DURABLE MEDICAL EQUIPMENT:

The Senior Center has a small inventory of Durable Medical Equipment for loan on a short term basis for Blackstone residents. If you are in need of equipment or would like to donate equipment in good condition, please contact Kayla at (508) 876-5135.



Veteran's News

Do you have questions about agent orange? Try:
(<https://www.va.gov/files/2023-1/Toxic%20Exposure%20Screening%20Fast%20Facts%20V1.43.22%201330hrs.pdr#>) for some help.



Do you have access to the internet? Try this link to see all of the benefits that are available to you from the state of Massachusetts.

<https://www.sec.state.ma.us/divisions/cis/veterans/vet-law.htm>



VA is here for you.

1-800-MyVA411 (1-800-698-2411) is always the right number

Veterans Crisis Line: 988 and press 1, Chat, or Text 838255

Vet Centers: 1-877-927-8387

Homeless Veteran Resources: 1-877-424-3838 or Chat



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.

SENIOR TAX WORK OFF PROGRAM:

Provide your service to the Town to receive up to \$1,000 maximum credit off of your annual property tax bill. This is for an individual only. A married couple can receive up to a \$1,500.00 credit. The maximum amount for a veteran is up to a \$1500.00 credit.

The program is offered to Blackstone seniors 60 years of age and older and qualified veterans of any age. Available positions include Town Recycle Center, Animal Control, COA kitchen, municipal offices, and the Senior Center. The new program begins on December 1st and it will end on November 30, 2024.

To register for this program, please phone Karen Testa at (508)876-5134 and make an appointment to complete the application and paperwork. You must provide a photo I.D. with the application.



SPECIAL PROGRAMS...

"HA
HA"
HA,"

"David Shikes Comedy Show"

Monday, March 4th @11:00am - FREE



David is an independent bookseller who enjoys classic music and Comedy. He spent many years traveling around New England marketing his books to libraries and now shares his stories and jokes about life and New England!

Lunch and Learn Presentation

"Mobility & Stability"

Wednesday, March 6th

12:00pm

Ananya Kumar is the founder of the non-profit Mobility and Stability, which is a free habit-based exercise program for older adults. A junior at Hopkinton High School, she has created the materials for the exercise program with guidance from physical therapists, yoga instructors, and physicians.

The program includes giving a presentation to older adults about the benefits and impacts of exercise as life progresses.

At the end of the presentation, they offer the option of joining their program. By joining, participants will have access to a pamphlet with new daily exercises every three months as well as weekly phone calls (optional) from the young volunteers to check-in with participants regarding the exercises and increased social connections.

Please call ahead to reserve a spot! (508) 876-5151.

The Art of Pysanky Pysanky (Ukrainian Easter Egg) Workshop

Tuesday, March 12TH @5:00 pm
Blackstone Senior Center



Explore the colorful world of Pysanky (Ukrainian Easter Egg) as you learn this wax-resist technique handed down through generations of Easter Europeans. You will draw wax lines on an egg and layer dye colors to make your own unique creation. No experience necessary.

This class is free and made possible through a Blackstone Cultural Council grant. You must register for this class.

Pop-up Mobile Food Pantry

Monday, March 18th @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!!



SPECIAL PROGRAMS...

Blackstone Valley Partnership for Public Health

Serving towns of Blackstone, Douglas, Hopedale, Mendon, Millville, Upton, Northbridge/Whitinsville, & Uxbridge

Town of Northbridge Board of Health
14 Hill Street, Whitinsville, MA 01588
Phone (508) 234-3272



Compulsive Hoarding

Tuesday, March 26th @11:00 AM

Debra Vescera, MSN, BSN, RN, Regional Public Health Nurse with Blackstone Valley Partnership for Public Health (BVPPH) will conduct a presentation on Compulsive Hoarding.

The weather is getting nice so it's the perfect time to clean & organize.

Do you have a cluttered Living space?? Collection of items that appear useless or of little value?? Do you have difficulty getting rid of items??

Join Debra as she guides you in organizing and cleaning your space.

Please register w/Brenda for this Class.

A funny program about funny programs: The Greatest Sitcoms of All Time!!

Wednesday, March 27th

@11:00am - FREE

Award-winning author and pop culture historian Marty Gitlin hosts this fun and enlightening presentation based on his book, "The Greatest Sitcoms of all Time."

Marty will show funny snippets of the past greatest sitcom shows and challenge attendees with sitcom trivia and discuss the criteria he used to rank 70 years of sitcoms!!



St. Patrick's Day/March Birthday Celebration Luncheon

Wednesday, March 13th

@ 12:00pm - FREE

HAPPY BIRTHDAY



Everyone is Irish on St. Patrick's Day!! Wear your green to celebrate the Irish heritage with all of your friends and join us for a traditional and authentic Corned Beef & Cabbage lunch. Lunch will be followed by a Dessert Table with a stunning display of sweet treats.

We will also celebrate participants who were born in March at this celebration.

You MUST register for this FREE Luncheon!

Entertainment will be provided by Steven MacDonald. "He's known as a high energy Boston Irish singer. He performs all over New England. Steven plays all the Classics from his homeland and splashes in other genres throughout his performance to engage his audience!"

Luncheon Sponsored by Selectman Dan Keefe and Selectman Brian Scanlon.



Join us at the Senior Center !!!



BREAKFAST

"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.

There will be NO Coffee Talk Breakfast meeting on Wednesday, March 13th

Please call Dennis @ (508) 876-5133 if you need transportation to the Senior Center.



Blood Pressure Screening

Tuesday, March 12th

11:00AM - 11:45AM

FREE



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.

St. Patrick's Day



Painting Classes w/Diane Mayers from Artful Dodger

1:00pm - 2:30pm \$4.00 per class. (\$24.00 for 6 week session, due at registration)

You must pre-register for this 6 week session held on Mondays!! New session dates will be Monday, February 12th, February 26th, March 4th, March 11th, March 18th and March 25th with Brenda if you are interested!

You must pay upfront for this 6 week series.



Easter Luncheon

Tuesday, March 26th @12:00pm - 1:30pm

\$4.00 per person

Menu: Turkey soup w/veggies, Baked Ham w/Gravy, Mashed Potatoes, Sliced Carrots, Roll and special dessert - OR Cobb Salad

Entertainment will be provided.

thank you

Entertainment sponsored by ADC Septic.

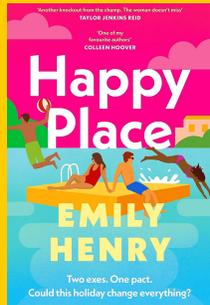


THERE'S ALOT HAPPENING THIS MONTH AT THE SENIOR CENTER...

ATTENTION PLEASE!

New day and time for our Line Dancing Class!!!
Line Dancing will now be held on Tuesdays @3:00pm.
Cabaret Practice will be held @4:00pm.

ATTENTION PLEASE!



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

Tuesday, March 19th @ 11:00am
Join Ellen from the Blackstone Public Library, as the group reviews the March book, "Happy Place" by Emily Henry.
Pick up your copy at the Senior Center.

One-on-One Tech Training w/BVT



Tuesday, March 19th
10:00am - 12:00pm



Once a month appointments with Student Tech Coaches from 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.



Blackstone Afternoon Cinema Presents....

"Queen Bees" starring James Caan, Ann Margaret and more.
A comedy about the Young at Heart.

Tuesday March 19th @ 12:30pm
Join us for a Movie & Popcorn.



Travel Committee Meeting

Travel Committee meets every 3rd Thursday of the month. Join us and share your travel and trip ideas on Thursday, March 21st @ 11:30 am.



JOIN US FOR ALL THE FUN!!

New messages... from the “Friends of BCOA” group.

Our mission is to create and execute fundraising events to support the Blackstone senior center. If you would like more info about joining this fantastic team, please contact Judy Decasse @ 508-883-8977. Be on the lookout for our upcoming candy bar fundraiser along with the Pauline Morse Fundraiser BINGO afternoon. See the Goodstuff Smokehouse fundraiser flyer in this newsletter. The Friends Group will meet for their next monthly meeting on Wednesday, March 20th @11:30am.

Blackstone Public Library
Monthly Craft at the Senior Center

Fluffy Sock
Cats

Thursday
March 21
12:30 PM

Location: Senior Center



Don't miss this adorable craft with Jean! These fluffy sock cats could be the purr-fect addition to your décor.

Supplies will be provided.
No experience is necessary.

Space is limited to 15 spots.

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.

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 Fluffy Sock Cats craft is funded by a generous donation from the Blackstone LIG MEG as authorized by the Board of Library Trustees.

Read Across
America Week



Thank you to our Senior volunteers who will be participating in “Read Across America Day” at the Blackstone/Millville Elementary School on Friday, March 8th.

NEW!

LEFT, CENTER, RIGHT
Mondays 10:00am

Are you looking for a fun dice game to play?

Left Center Right is a game of luck and strategy and simple to play. Each player is provided chips and the player with the most chips at the end of the game is the winner!

Come join us on Mondays @10:00am for an introduction to Left Center Right.



ELECTION DAY!!
Tuesday, March 5th



THERE'S MORE!!

NEW CLASS

Strength Training Exercise Equipment Classes

Wednesdays @ 10:30am

This small interactive class will be conducted on the use of the strength training machines located in the exercise area. Each class will focus on how to use the machines to strengthen your upper body and lower body. Classes will be conducted by Brenda and Karen.



2nd Annual Cabaret

The Senior Center's 2nd Annual Cabaret will be held on Sunday, September 22, 2024.

Cabaret meeting/practices are held on Tuesdays @4:00pm to get ready for our Cabaret Show!!! All are welcome to participate!!!



Trips!!!!



March's Mystery Lunch
Monday, March 25th
\$5.00 for Transportation
Bus leaves @11:00am
and Returns @ 3:00PM
Lunch on your own.



March's TRAVEL "Coffee Talk" Breakfast Club will be held on Wednesday, March 6th
Please meet @ Poppy's Restaurant,
3344 Mendon Rd., Cumberland, RI
10:00am

Breakfast is on your own. Please schedule with Dennis if you need Transportation.



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.

Powerful Tools for Caregivers classes:

Wednesdays, April 3rd – May 8th (6weeks)

1:00 pm – 3:30 pm

Blackstone Senior Center

15 St. Paul St.

Blackstone, MA 01504

Sign Up at the Center, or contact Dawna Salkiewicz, 508-949-

6640 ext. 3157 dsalkiewicz@tves.org

***Powerful Tools for Caregivers* is owned and managed by Iowa State University of Science and Technology.**

Now you can make payments online for Real Estate and personal property w/UniPay by UniBank!!

The Town of Blackstone's Collector/Treasurer's Office is pleased to announce that we will now be offering you the convenience of making payments online for real estate and personal property with UniPay by UniBank. In the near future we will be adding water/sewer and excise bills to the platform. Unipay payments system will be replacing City Hall Systems. For those who utilized autopay with City Hall Systems you will need to log into Unipay and create your account and there you can set up your autopay payments.

The UniPay payment solution is a simple, efficient, and secure method for electronic payments allowing you to make a payment online at any time, day or night.

In addition, UniPay provides its users with the following benefits:

- Quicker payment process using pre-filled account information
 - Access to transaction payment history
 - Use of payment reminders
 - Ability to schedule payments or setup a recurring payment plan*
- *Features available on certain transaction types only



To begin making your payments online today, please complete the following:

1. Go to our website or directly to our UniPay Payment Center <https://unipaygold.unibank.com/default.aspx>
2. Click on the transaction name you'd like to pay
3. Complete the required information to submit your payment

If you have any questions, please do not hesitate to reach out to UniPay's Customer Support Team at support@unipayteam.com or call (877) 227-1157 and select Option 2.



NEW CLASS



Join instructor Faith Kennedy as she leads this **FREE** introductory Class on **Qigong**.

Wednesday, March 6th

@11:30am

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 pre-register for this class w/Brenda.



Rise-Up Initiative 2024

Amidst the Covid-19 pandemic, Representative Soter began the Rise-Up Initiative in 2020 to bring joy and a warm meal to so many who needed it most. Four years later, the Rise-Up Initiative continues thanks to the support of the Uxbridge Elderly Connection, a local 501c3 non-profit.

*Rep. Soter invites you join him for a sit-down dinner on Tuesday,
March 26th @ 5:00pm
Blackstone/Millville Regional High School
175 Lincoln Street, Blackstone*

*Please contact the Blackstone Senior Center to make a meal
reservation and/or transportation at:
(508) 876-5134
Email: ktesta@townofblackstone.org*

Reservations must be made by Wednesday, March 20th.



Massachusetts
Councils On Aging

March - National Kidney Month *Written by Jasmin Dieb*



Your body has two kidneys that act as a major filtering system. They remove waste products from your blood and produce urine. They also help maintain a healthy balance of water, salts, and minerals like sodium, calcium, phosphorus, and potassium in your blood. Many healthy foods may not be *good* food for CKD. Kidneys cannot adequately remove excess sodium, potassium, or phosphorus for people suffering from CKD, so eating the right foods and making small dietary changes can go a long way for your overall health and well-being.

The Southwest Kidney Institute recommends the following:

1. Sodium:
 - a. Avoid or limit canned foods since salt is added as a preservative
 - b. Avoid deli meats, cured meats, and processed meats
 - c. Avoid instant meals
 - d. Avoid or limit table salt added to foods, try out seasonings without salt to add extra flavor to your foods!
2. Phosphorus:
 - a. Avoid packaged foods
 - b. Avoid whole grain bread, dark-colored sodas, dairy, beans, meat, and nuts
3. Potassium:
 - a. Avoid avocados, bananas, orange juice/oranges, apricots, tomatoes, prunes, dates, raisins, and potatoes
4. Protein:
 - a. Consult with your dietitian to ensure you're consuming the right amount of protein
5. Kidney healthy meals:
 - a. Veggies – cauliflower, onions, eggplant, turnips
 - b. Fruits – apples, cherries, plums, grapes, and berries
 - c. Drinks – unsweetened tea, water, and clear diet sodas
 - d. Carbs – pasta, sandwich buns, white bread, unsalted crackers, bagels
 - e. Protein – unsalted seafood, eggs, lean meats

Working with your physician and renal dietitian can help you design a personalized diet to meet *your* needs. Try out this kidney- health meal!

- 2 TSP sesame oil divided
- 1 lb ground chicken
- 14 oz bag coleslaw mix
- 1 cup white mushrooms sliced
- 4 cloves garlic chopped
- 4 green onions sliced, whites & green separated
- 2 TBSP white vinegar
- 2 TBSP low sodium soy sauce
- 1 TBSP fresh ginger grated
- 1 lime
- 1 TSP Sriracha (or your favorite hot sauce)
- 1 TSP cornstarch
- 3/4 cup fried wonton strip

Instructions:

1. In a large-sided skillet, heat 1 TSP of sesame oil over medium high heat. Add chicken and cook until browned.
2. Add coleslaw mix, mushrooms, garlic, and white parts of green onion. Cook until cabbage is tender, about 10 minutes.
3. Meanwhile, prepare sauce. Whisk vinegar, soy sauce, ginger, juice from 1/2 the lime, Sriracha, remaining 1 teaspoon sesame oil and cornstarch together.
4. Add sauce to chicken & cabbage mixture. Cook 1-2 minutes, until well combined.
5. Serve garnished with sliced green parts of green onion, lime wedges and 2 tablespoons wonton strips per serving. Serve over rice if desired.
6. Enjoy!



Effective immediately, we will be accepting registrations and payments for all activities, events and luncheons on the following days and times:
Tuesdays, Wednesdays and Thursdays 11:00am - 1:00pm ONLY!!!
Please plan accordingly.

New - Recipe of the Month *Eggroll in a Bowl*



All NEW Nutrition Program with a New Catering Company!! Our Seniors are enjoying their NEW menu choices of a Hot or Cold lunch, quality and price!! Join us Tuesdays and Thursdays @12:00pm \$4.00 per meal



March 2024

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ¼ cup
 Protein – 3 ounces
 Dairy – 1 cup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 Chicken escarole Soup Top sirloin roast Roasted potatoes Zucchini w / tomatoes Jello Ww roll Chef salad	6	7 Kale & bean soup Meatloaf w/ gravy Mashed potatoes Mixed vegetables - roll Cake Chicken salad plate	8
11	12 Navy bean soup w/ vegetables Chicken francese Green beans w / stewed tomatoes Spanish rice Lorna doone cookie Seafood salad sandwich	13	14 Irish potato soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Brownie	15
18	19 Vegetable barley soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Ww roll - pudding Chicken salad on rye	20	21 Escarole & bean soup Veal & pepper Sandwich Marinated vegetable salad Whole Wheat Roll Fresh fruit Tuna sandwich	22
25	26 Turkey soup w /vegetables Meatball sandwich 3- bean salad Roll- Cake Cobb salad	27	28 Vegetable lentil soup Balsamic pork tenderloin Sweet mashed potatoes Mixed vegetables Ww roll – Fresh fruit Ham & Swiss cheese	29



You need to make a reservation 1 week in advance w/Brenda (508) 876-5151!!

**JOIN US FOR OUR
FRIENDS OF BCOA**

FUNDRAISER

@GOODSTUFF SMOKEHOUSE

THURSDAY — APRIL 4TH — 4:00PM - CLOSE



**EAT IN OR TAKE OUT!
FRIENDS OF BCOA.**

**PLEASE COME OUT & SUPPORT GOODSTUFF
AND YOUR LOCAL SENIOR CENTER.**

A percentage of all purchases (dine in and take-out) will benefit the Senior Center.

THE PAULINE MORSE MEMORIAL FUNDRAISER!!

AFTERNOON

OF

BINGO

Raffle Baskets
50/50

Cash Bar
Refreshments

Sunday, April 14th
@2:00 pm

Tickets are \$20. Each player will receive 6 cards per game. 12 games will be played. Additional cards may be purchased.

PRIZES | REFRESHMENTS | FUN

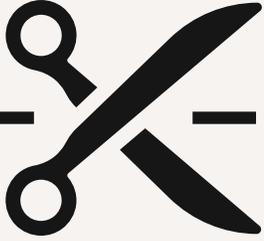
Tickets may be purchased @Blackstone Senior Center, at the door, or email Rononreilly@comcast.net



Millerville Men's Club
8 Lloyd Street, Blackstone, MA
Must be over 18 to play!!



*Co-Sponsored by the Friends of BCOA and Ron & Bob Morse



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