

THE SPIRIT OF BELLINGHAM

August 2022 Newsletter

From the Council on Aging



BESG'S Annual Summer Yard Sale

Every year, the Bellingham Elder Service Group puts on a Yard Sale. “We started five years ago,” reports BESG President Bill Eltzroth, “and we sold about \$250 worth of stuff.”

Last year, it was over \$600 “worth of stuff.” This year, on **Saturday, September 10, between 9am and 3pm**, could be even bigger. Admission, of course, is free. “Helping to support the Senior Center is our biggest objective,” says Eltzroth. *(Continued on page seven)*



Summer reads from the Bellingham Library

Are you looking for books to read this summer with the feeling of summertime? The Bellingham Public Library has plenty for you to choose from, and many are in large print. A few brand new ones that are available as of this writing are *Summer at the Cape* by RaeAnne Thayne, *Little Bookshop of Murder* by Maggie Blackburn, and *The Sweet Life* by Suzanne Woods Fisher. These three books are in large print and are located on our display of new large print books near the circulation desk.

The library also has a number of enjoyable books in large print that are tried and true summertime favorites. Some titles are: *Savannah Blues* by Mary Kay Andrews, *The Barefoot Summer* by Carolyn Brown, *The Cottage on Lighthouse Lane* by Davis Bunn, *Lowcountry Summer* by Dorothea Benton Frank, *Summer on the Bluffs* by Sunny Hostin, and *The Summer Getaway* by Susan Mallery. Authors Elin Hilderbrand and Nancy Thayer, who live on Nantucket and set their books there, have published a number of fun summer reads and the library has quite a few of them in both large and regular print.

(Continued on page 11)

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Other stuff

MEDICARE ANNUAL ELECTION — Blue Cross Blue Shield of Massachusetts will be presenting Medicare Health Plan Options on Thursday, September 1st from 1:00 to 2:00 p.m. Health Plan Options is a 45-minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. **The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans.** All are invited to attend regardless of insurance coverage.

BLOOD PRESSURE — Any Tuesday between 10am and noon you can have your blood pressure checked and have your questions answered.

FREE BBQ — State Rep Mike Soter is putting on the cookout at the Senior Center on Thursday, August 18 at 5:30pm.

2022 NEPONSET VALLEY WALK TO END ALZHEIMER'S — Join the Senior Center's team! September 24 at 10am at Gillette Stadium in Foxboro. Contact Team Captain Terri Graham to sign up. Call (508) 657-2710 or email tgraham@bellinghamma.org

ZUMBA GOLD — Coming to the Center on Fridays at 11am beginning September 16.

TED Talks — Third Thursday of the month, starting September 15, join us for informative 15-20 minute presentations with lots of time at the end to discuss. Hosted by Senior Center Director Josie Dutil.

YOU'VE GOT QUESTIONS, SHE'S GOT ANSWERS — Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be holding Office Hours at the Senior Center on Thursday, August 11, 11am-1pm. You can **bring your concerns and/or case-work requests relating to any federal agency**, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration. Walk-ins are welcome, appointments are encouraged. Contact the Senior Center for more information or to sign up.



MENTAL HEALTH FIRST AID TRAINING — You will learn how to identify, understand and respond to signs of mental health and substance use challenges among adults. And it's free.

WHAT IT COVERS: • Common signs and symptoms of mental health challenges. • Common signs and symptoms of substance use challenges. • How to interact with a person in crisis. • How to connect a person with help. • Expanded content on trauma, substance use and self-care.

Contact the Senior Center with questions or to sign up. Coming October 18 and 20.

Council on Aging

monthly report

Our mission is to provide support and leadership to our senior community through advocacy and by implementing educational, nutritional, recreational and wellness programs to meet their needs. **508-966-0398**

Our next public Board Meeting will be in person, August 9 at 11am

COA Officers and Board Members

Chair: Kay Page, *Treasurer:* Tina Arsenault. *Secretary:* Brenda Griffin. *Board Members:* MingMing He, Glenna Laverdiere, Tsune Roberts, Wendy Wright
Associate Members: Steve Racicot, Dave Dunbar

Hello August,

WOW it's August already -- it seems as though I say this every month, but the months are just flying by! Well, summer is here (in fact, we are in store for the 'dog days' of August), the last of family vacations have a few more weeks, school shopping is in full swing as college kids are getting ready to go back, some high schools will be back in session and for all the football fans -- pre-season will start this month! Along with the usual birthdays, anniversaries and commitments we all have, it's looking like another busy month -- so enjoy!

HAPPENINGS AT THE SENIOR CENTER...

MEMORY CAFE: August 2 the Memory Cafe will meet at the Library at 11:30am.

HEALTHY EATING: The Willows in Medway will be at the Senior Center, Friday August 26th for a presentation of healthy eating at 11:30am! Please call the Center for reservations.

RAINBOW CAFE: The Rainbow Cafe will meet August 11 at the Senior Center at 2:00pm.

SOTER COOKOUT: Mike Soter's annual cookout will be August 18 at the Senior Center at 5:30pm. It is always so good! Please call the Center for your reservation!

DONATIONS: We are accepting donations for the BESG Yard Sale and the COA Craft Fair (like new room) please bring your donations to the Center -- we cannot accept clothing, shoes or electronics! Thank you!

BOOK CLUB: The book club is taking a vacation July & August.

As always, be sure to read Bill's message (page six) for all the BESG info!

The COA Board meeting will be August 9 at 11:00am at the Senior Center.

Remember, the COA is the eyes, ears and advocates for the senior community. If you have any suggestions, comments or concerns please call the Senior Center at (508) 966-0398.

Thank you!
Kay Page, Chair



Our Mission Statement

The mission of the Bellingham Council on Aging is to serve older residents, caregivers, and younger disabled people who are in need of services and referrals. Programs are developed to benefit these individuals as well as to educate our community about the needs of its elderly.

News Briefs

BEST OF MAINE LOBSTERBAKE

TOUR — Start the morning with a visit to the famous Len Libby's Chocolates. Tasty tour continues to Foster's Clambake for lunch. Then on to When Pigs Fly Company Store in Kittery... and finally to Stonewall Kitchen Store. **Leaving the Center at 7:15am, Friday, August 19** and returning about 7pm. \$95 per person. Please sign up today.

LET'S CLARIFY — The BESG's "Birthday Party" on the last Thursday of each month is for everyone. Not just birthday boys and girls. Those over the age of 90 with birthdays in that month get a gift and cool photograph... and they get to eat for free.

POP UP PANTRY — On the third Wednesday of each month, the YMCA dispatches a big box truck to the Senior Center to hand out bags of groceries to needy seniors starting at 3pm... first come, first served. Groceries are also available at the Y in Franklin on Wednesdays, 1-2pm.

HEALTHY COOKING PRESENTATION

— From The Willows at Medway on August 26 at 11:30am. The executive chef will demonstrate how to cook a healthy meal.

SHINE — You can make a telephone appointment to speak with our SHINE representative, Jean Roy, by calling the Center at (508) 966-0398. Here are the dates she will be available this month: **August 10 and 24**. Appointments are 45 minutes long and are scheduled between 9am and noon; please call ahead or you can email Jean at jmroy327@gmail.com

Virtually yours

Mondays — Spiritual Book Club, 9am. Currently discussing *The Mount of Olives* by Michael Ivanov.

Thursdays — Women's Wellness, 1:30pm

All via Zoom and free. Contact Terri Graham at (508) 966-0398 to sign up and to receive a weekly email listing all the Zooming opportunities.

Memory Training

The Senior Center is offering a **four-week Memory Training course** designed to teach strategies to improve memory in older adults with normal, age-related memory challenges. Class will meet **August 26, and September 2, 9, and 16** from **9:30 to 11:30am** in the Bellingham Public Library conference room.

Join Helen Whiting and Glenna Laverdiere to learn strategies to remember names and faces, recall appointments, messages, and plans, practice everyday memory techniques, avoid misplacing objects, and overcome "tip of the tongue" memory slips.

The program was developed by Gary Small, MD and his colleagues at the UCLA Longevity Center. **To register, please contact Terri Graham at the Center at (508) 966-0398.**

Memory Kits from the Library

A memory kit is a container filled with items and activities centered around a place, time, theme, or activity. They are often used for people with Alzheimer's disease or dementia to help trigger memories and provide a bridge for caregivers and loved ones to communicate and connect.

The Bellingham Library has a collection of six memory kits that can be borrowed with a library card. Each kit is in a plastic case and contains a DVD and photo/activity cards. One kit at a time can be checked out for a period of three weeks.

If you have any questions, please call the library at 508-966-1660 or stop by and a staff person will help you.

What's coming in August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Billiards 8am—4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm	2 Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 10am / Memory Café 11:30am / Pitch 1pm / Diabetes Prevention 1pm	3 Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / Yoga 101 9:15am \$5 / Men's Group 10:30am at Devlin's / Motion to Music 10:45am / BINGO 1pm / Art Anyone can Paint 1pm	4 Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Enhance Fitness (2) 11:30am / Bereavement Group 11:30am / Mahjong 1pm	5 Billiards 8am-4pm / Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Canasta noon
8 Billiards 8am—4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm / Zentangle 1pm	9 Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 10am / COA Board meeting 11am / Pitch 1pm / Diabetes Prevention 1pm /Tech Corner 2:30pm	10 Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / SHINE 9am-noon / Yoga 101 9:15am \$5 / Men's Group 10:30am at Devlin's / Motion to Music 10:45am / BINGO 1pm / Art Anyone can Paint 1pm	11 Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Congressional Office Hours 11-1pm / Enhance Fitness (2) 11:30am / Mahjong 1pm / Rainbow Café 2pm	12 Billiards 8am-4pm/ Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Canasta noon 13 Saturday Blood Drive 9-2pm
15 Billiards 8am—4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm	16 Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 10am / Pitch 1pm / Diabetes Prevention 1pm / Financial Advice 2-4pm	17 Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / Men's Group 10:30am at Devlin's / Motion to Music 10:45am / BINGO 1pm / Legal Advice 2-4pm / Pop Up Pantry 3pm	18 Billiards 8am -4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Enhance Fitness (2) 11:30am / Bereavement Group 11:30am / Mahjong 1pm / FREE BBQ 5:30pm	19 BESG's Lobster-bake Tour 7:15am / Billiards 8am-4pm / Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Canasta noon
22 Billiards 8am-4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am /Poker 1pm / Chair Exercise 1pm	23 Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 10am / Pitch 1pm / Diabetes Prevention 1pm	24 Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / SHINE 9am-noon / Men's Group 10:30am at Devlin's / Motion to Music 10:45am / BINGO 1pm	25 Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Hearing Healthcare 10am / Enhance Fitness (2) 11:30am / BESG lunch, B-Day Party Noon / Mahjong 1pm	26 Billiards 8am-4pm / Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Memory Training 9:30am / Healthy Cooking 11:30am / Canasta noon
29 Billiards 8am-4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am /Poker 1pm / Chair Exercise 1pm	30 Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 10am / Pitch 1pm / Diabetes Prevention 1pm	31 Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / Yoga 101 9:15am \$5 / Men's Group 10:30am at Devlin's / Motion to Music 10:45am / BINGO 1pm		Please note: Program dates and times change so call the Center to confirm all activities.

Bellingham Elder Service Group

Bill Eltzroth, *President*; Jim Fitzpatrick, *Vice President*;
Ray Conklin, *Treasurer*; Muriel Day, *Secretary*; Gail Milgram, *Sunshine Lady*
Board Members: Doreen MacLellan, Barbara Eltzroth, Tom Donnelly,
Eva Gamache, Paul Arsenault, Jack Hamilton, Peg Brooks, and Linda Drohan

The BESG office is located at the Municipal Center. Please call either the Senior Center at 508-966-0398 or the Town Hall at 508-657-2715 for specific dates and times.

Greetings!

Our recent bus trip to Cape Cod was full. We toured the Canal by boat and then we went to the Daniel Webster Inn for dinner. Everyone enjoyed themselves! We've all driven along the side of the Canal, but on this trip, we were out on the water looking in and at the roads. A hearty thank you to Doreen and her committee for planning such a nice trip.

This month, we will be going to Maine to Foster's for a lobster bake and then Chocolate Factory, Bakery and Stonewall Kitchen Store. Be sure to sign up and join us for a great time.

At our June Birthday Party, we had Chinese food from Bamboo Express and everyone enjoyed the food... I heard no complaints! It was well attended with 80 people signed up. We had five that didn't show up and I had to pay for their food. Please try to be considerate; next time, I'm going to send a bill to those that don't show up because the BESG will have to pay for them.

The cake served at the Birthday Party was donated by BJ's and I want to thank them very much.

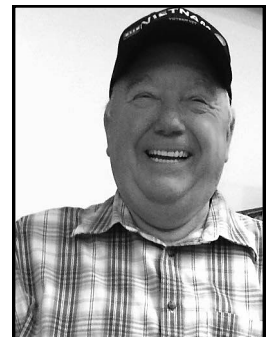
From the Veteran's Dinner, we will send a total of \$1,000 to the Semper Fi Fund to help support vets with disabilities. We will not do the usual cookout this month because Mike Soter is putting on a free BBQ.

At our last Board of Directors meeting we had our election of officers. You all are stuck with me as president. I tried to get out of it, but to no avail. Jim Fitzpatrick is vice president; Ray Conklin is treasurer; Muriel Day is secretary; and Brownie is sunshine lady. Thanks to all for serving.

I urge everyone to be very careful this summer about scams. There are several going around... and if you have any doubt, get help! Be safe and keep healthy!

Bill Eltzroth, President

BESG is the Heart and Soul of the senior community



The Big E

The Big E is “New England’s favorite Autumn Tradition.”

You’re invited to come along on this trip to the largest fair in New England on **Tuesday, September 20**... motor-coach will depart at 8:30am at the Senior Center and return about 7:30pm. Cost is \$67 per adult.



Enjoy free entertainment on multiple stages as well as the Big E Super Circus, the

Avenue of the States, and Petting Zoo. Visit Magic Midway and shop ‘til you drop and enjoy foods from around the world.

For reservations, please contact the Senior Center at (508) 966-0398. If you have questions, then email: doreenandgreg@gmail.com



It’s coming to the Bellingham Senior Center on September 22, 6:30-8pm.

The Southeastern Massachusetts Community Concert Band is a concert band for musicians of all ages and many skill levels. The band performs in true community style, playing in town parks, commons, fields and gazebos throughout the summer. During colder months the band performs indoor concerts.



Please call to reserve your seat for this very popular seasonal concert.

BESG Annual Yard Sale *(continued from page one)*

Eva Gamache, a BESG board member, oversees the Yard Sale. **“We accept donations all year long and we’re pretty well stocked.”**

“If you’re cleaning out your house,” explains Gamache, “and you see items you don’t want anymore, as long as they are clean and functional, we want them.” Donations are being accepted now. “But, please, don’t bring us your old junk,” adds Eltzroth.

What the BESG does not want is furniture or clothing or shoes. **What they do want is household items, electronics (still in original boxes), suitcases, bikes/tricycles, games, and toys.**

Simply bring your donations to the Senior Center at 40 Blackstone St. and leave them for storage. Please call (508) 966-0398 and let us know you’ll be coming.

Veterans' News

In response to the growing number of online fraud reports against the military community, AARP recently launched its Veterans Fraud Center, a new education and resource hub to help protect Veterans, service members and their families.

Just last year, an AARP survey found that one in three active-duty military members and Veterans have lost money to at least one fake service related offer. Additionally, the number of fraud attacks against the military community jumped 69 percent compared to the previous year, according to the 2021 Consumer Sentinel Network Data Book published by the Federal Trade Commission (FTC).

AARP's Veterans Fraud Center offers free information on the latest scams targeting the military community, tips for spotting other types of consumer fraud, and specially tailored resources to help protect veterans and military families.

For the latest news and information impacting older Veterans, bookmark the Veterans, Military and Their Families page on AARP.org.

Bellingham's VSO Dennis Pimenta can be reached at (774) 292-2437. His office hours are 2-4pm each Tuesday at Bellingham Town Hall, lower level.

Social Services

Lisa Loo provides these services for the Senior Center. You can contact her by email at lloo@bellinghamma.org or call (508) 957-2714. "Our role is to serve as advocates for seniors in the Bellingham community. We assess and facilitate connections to services and programs for seniors despite their income or assets. We conduct home visits independently to assist seniors and their families to assess their needs and facilitate access to programs and services."

Supportive Day Program

The Supportive Day Program is currently accepting applications for participation. The program provides a variety of engaging activities designed to promote socialization with other seniors in a safe and nurturing environment. The advantages are numerous and provide benefits to both the participant and family member/caregiver.

It is open Monday, Wednesday, and Friday from 9:00am - 3:00pm. It includes a continental breakfast, hot lunch, and an afternoon snack. Transportation is included for Bellingham residents. Out-of-towners may qualify for transportation for a small fee (within a nine-mile radius).

We offer a one-day free trial to experience the program. For more information contact the Supportive Day Program Coordinator, Marjorie Warnick, at (508)657-2711 or email mwarnick@bellinghamma.org

Prose by Paola

As the Senior Center's former Outreach Coordinator, Paola Echeverry has a unique perspective on the needs and contributions of seniors and she continues to generously share it with us each month.



"Your task is not to seek love, but merely to seek and find all the barriers within yourself that you have built against it." - Rumi

Intimate relationships between adults older than 60 have changed considerably during the last century. Technology, advances in medicine, the welfare system (at least in the Nordic countries), and extended life expectancy are driving seniors to re-define their capacities and opportunities to achieve a finally egocentric and fulfilled life after retirement.

The times are changing. The extension of life expectancy is changing this subjective factor that western societies use to rigidly define life stages from childhood to "productive" maturity and lonely invisible retirement (Bildtgard and Oberg 2015). The freedom of having no more children at home, or a full-time job, opened new possibilities and frontiers to re-creating and using the luxury of abundant free time by exploring and entering new intimate relationships that allow seniors a more fulfilling life.

The scarce research on dating at the new third stage of life found that during the last 50 years, there were higher numbers of single older adults (Bildtgard and Oberg 2015). In this thriving market, there are more females (who survived their partners), heterosexual males still date younger women, and senior women have a smaller group of potential older partners to date. Also, the **adults engaged in dating have more social connections, better health, and more stable financial resources than those choosing not to find another partner.**

But the data about the topic is not clear or recent. There is little research on characteristics, numbers, and older adults' needs. The lack of analysis on the topic also points to the very short-sighted and deviant idea that people after 60 don't require a partner, an intimate connection, or have the capacity and desire of engaging in sexual relations. Aging is still associated with disabilities and dependencies rather than a time of new resources and possibilities (2015).

A considerable finding is that relationships later in life are more meaningful and rewarding. Many relationships do not end up in marriage, and thanks to the newly independent women, the couples live in different households or cohabit. Relationships after 60 are not about the past or uncertain future. Relationships are about the precious present, the now.

Life after 60 is the new frontier of human life. Societies, and seniors themselves, need to push for a more inclusive world where older adults are defined -- as the rest of the population -- as able bodies and souls and not the age of absence of the desirable attributes of youth. **We must as a society redefine what is to be and to "become" a human being after 50, 60... 80 or 90, recognizing that the individuals achieving this milestone are full of capacity, potential and needs, and have a deep desire to celebrate, learn, and love.**

Water... Water... Water

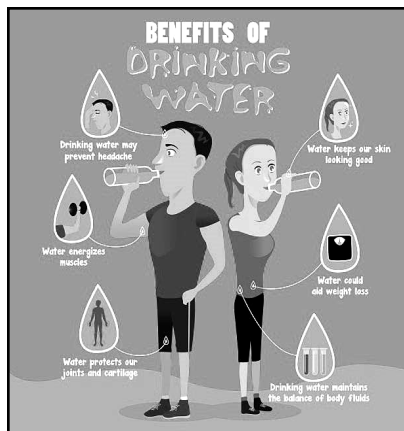
Lisa Loo, the Senior Center's Social Services Coordinator, has a professional background in health and nutrition and she offers these thoughts about simply drinking enough water.

How much water is enough water?

It's different for everyone. But, in general, you should drink at least half your body weight in ounces of water. A person that weighs 150 lbs., should drink at least 75 ounces of water a day.

You don't have to just drink water to increase your water in-take. The summer offers us delicious fruit and vegetables that are high in water content, fiber and nutrients. Some fruits and vegetables to consider are watermelon, cantaloupe, apples, cucumbers, strawberries, raspberries, blueberries, peaches, pineapple, carrots, celery and zucchini to name a few.

Did you know... Drinking two glasses of water after waking up helps activate your internal organs. If you add the juice from half a lemon to your morning water, it will help your body detoxify.



* Drinking one glass of water 30 minutes before a meal will help aid your digestion.

* Drinking one glass of water before taking a bath helps to lower your blood pressure.

* Drinking a glass of water before going to bed can help avoid stroke and heart attack.

A simple hydrating smoothie to boost your water intake:

- 1 cup seedless diced watermelon (chilled first)
- 1 cup frozen strawberries
- 1/2 cup peeled and chopped cucumber
- 4 mint leaves
- ¼ cup water

Throw in the blender water, mint, cucumber and watermelon blend until smooth. Then, add the frozen strawberries and blend until smooth. Add additional water or a couple of ice cubes if necessary to reach desired consistency.

Seniors Speak

New to the newsletter is an opportunity for seniors to speak in their own words. Below was contributed by Mingming He, a member of the Council on Aging's Board of Directors.

"I started gardening this year that brought joy to my life. But the below story wasn't expected."

"I learned from the internet that in order for the plants to grow better the lower branches should be taken out. Otherwise, they pick up disease from the soil and fight for nutrient with the upper parts that generate fruits. So I did.

"That night, I woke up with a sharp pain on my lower body. I did my prayer and the pain went away. One hour later the sharp



pain came back to another part of my lower body. This time I asked the unseen, 'Why'?"

"The answer came right away: The plants I pruned experienced sharp pain from my action. They wanted to teach me how they felt. Wow!!! Also they told me that their lower branches pick up disease from the soil in order to make the upper plants healthy. They know what they're doing.

"Didn't I learn a lesson? I went out to apologize to all the plants. Now they're happier and I listen to them more carefully."

If you'd like to share a short story others could learn from, then please email it to Newsletter Editor Dave Dunbar at ddunbar@bellinghamma.org or write it and drop it off at the front desk. Kindly include your name and phone number.

Summer reading ideas from the Bellingham Library

(Continued from page one.)

If you prefer listening to books instead of reading, the library has a number of audiobooks on CDs that have a summertime atmosphere. Some examples are: *Seven Year Switch* by Claire Cook, *The Cove* by Catherine Coulter, *The Sunshine Sisters* by Jane Green, *Summerland* by Elin Hilderbrand, *Summer on Blossom Street* by Debbie Macomber, *The Summer's End* by Mary Alice Monroe, and *Surfside Sisters* by Nancy Thayer.

For anyone who enjoys reading books on a device, such as an iPad, Nook, or Kindle, there are a number of ebooks available for download free-of-charge with your library card. Some books available for download as of this writing are *28 Summers* by Elin Hilderbrand, *Nine Lives* by Danielle Steel, *Big Summer* by Jennifer Weiner, *Cottage by the Sea* by Debbie Macomber, and *The Summer of Lost and Found* by Mary Alice Monroe. To download ebooks, go to the library's website at www.bellinghamlibrary.org.

If you need help, please don't hesitate to stop in or give us a call.

Whether you read large print, regular print, ebooks, or listen to audiobooks, the Bellingham Library has some great selections, not just for summertime reading but all year-round, so stop by and check us out! Summer library hours are Monday through Thursday from 9:30 am to 7:00 pm, Fridays from 9:30 am to 3:00 pm.

(Our thanks to Cecily Christensen, Reference Librarian, for contributing these great recommendations.)

RAINBOW CAFE

Are you a member or ally of the LGBTQ+ community? (An ally is a friend in the community or family member who has your best interests at heart.) Come join us and like-minded people for coffee, conversation, and friendship.

New offering at the Senior Center on the second Thursday of each month, beginning August 11 from 2-3pm. Please call ahead to sign up.



Green Beans Summer Side

Dish

Apricot Glazed Green Beans

Blanch one pound of fresh green beans.

Drain, pat dry.

In a skillet, heat three tablespoons of olive oil and three to four cloves of thinly-sliced garlic over moderate heat, stirring until nice and brown (careful not to burn the garlic)... approximately two minutes.

Stir in 1/4 cup of apricot jam, two tablespoons of white wine vinegar, 1/4 teaspoon each of salt and pepper.

Add green beans back into skillet, tossing to coat, and nicely heated through.

Serve with grilled salmon, chicken or pork chop.

Yummy! Submitted by Wendy Wright.



Bellingham's Council on Aging presents

Craft Fair 2022

Here's something you don't want to miss!

The annual COA Craft Fair will be held Saturday, November 5, from 9am to 3pm. You'll find antiques, jewelry, soaps, knitted items, and some great ideas for Christmas gifts. Enjoy music, food, and raffles!

At last year's Fair, hundreds of visitors and dozens of vendors turned out. Items ranged in price from \$10 to \$40. We are all ready to celebrate this year!

Now, we're gearing up and would welcome your participation. Volunteer? Sponsor?

To find out more, please contact COA chairperson Kay Page.

Memory Café has Reopened

After being closed by the COVID pandemic, Memory Cafes around the commonwealth are beginning to re-open including Bellingham's.

The first Tuesday of each month from 11:30am to 12:30pm is when the Memory Café will be open, and it will be at the Bellingham Library.

This popular – and free – program provides seniors with dementia or any kind of cognitive impairment an opportunity to socialize. In this safe space, they can connect with others, get out of the house, and enjoy art, music, dancing, and light exercise. Sponsored by Cornerstone at Milford.

Please call the Senior Center at (508) 966-0398 with any questions or to let us know you'll be coming.

ZENTANGLE

“Zentangle is organized doodling,” explains Helen Whiting, a Senior Center volunteer and Zentangle instructor.

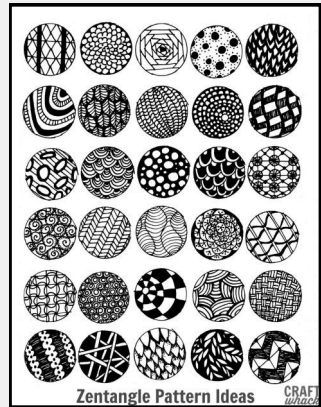
On the second Monday of each month, this new class will meet at 1pm. It's free and all supplies will be provided.



“You can't make a mistake,” says Whiting. “It's relaxing. Anybody can do it.”

Attendees will produce greeting cards, plus do other Zentangle projects.

Please call ahead to reserve your seat at the table.



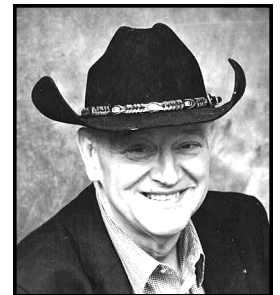
Art Anyone can Paint

Oil painting classes at the Senior Center

Want to learn to paint? Well, here's the opportunity you've been waiting for!

Join Darrell Crow on Wednesdays this month — 8/3 and 8/10 — from 1pm-3pm to paint “Garden Park.” Darrell is a professional art instructor and he will lead you through the entire painting process step by step.

Special senior rate of \$25 per painting applies. All supplies will be provided except for paint brushes, easels, and paper towels... please bring your own. Paint, canvases, and more will be supplied.



**You can learn more about Darrell by visiting his website:
www.darrellcrow.com**

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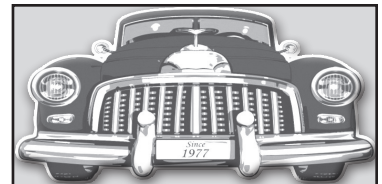
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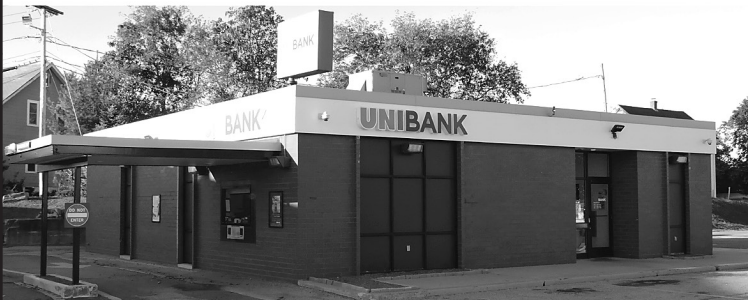
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We offer activities and information for seniors.

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Page 7 — Trip to The Big E

Page 10 — Drink Water!

**Page 12 — Memory Café and
Zentangle**



Read inside about all the news and continuing activities at the Senior Center.