

THE SPIRIT OF BELLINGHAM

February 2023 Newsletter

From the Council on Aging

40 Blackstone Street • Bellingham, MA 02019

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www.bellinghamma.org



ARM CHAIR TRAVEL



Wanna go? Well, you can. It's free! And this upcoming trip is to Mexico City.

"Enjoy the live virtual walking tour with a local tour guide and discover the secrets of Mexican culture," according to Yulia Ushakova, Head of Partnerships, at JoinPro Live Tours.

You will be able to walk around Mexico City. Learn the history of the city and see its most famous sights. This visit will allow you not only to enjoy a walk with the tour guide, but also to ask the guide your questions in an interactive format.

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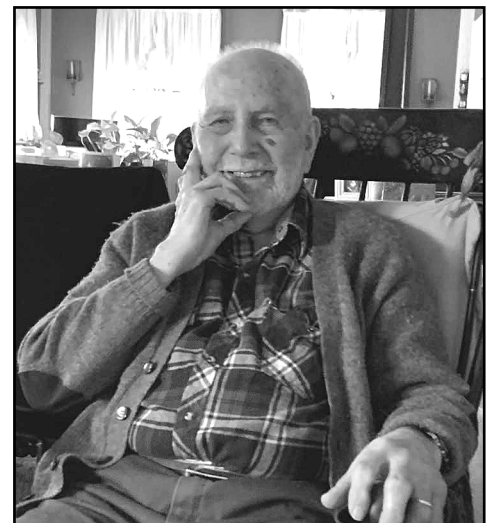
INTERVIEW

GEORGE WHITING, 98

"I AM GLAD TO BE AS OLD AS I AM."

"The purpose of life is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

It's almost as though Ralph Waldo Emerson was writing about life-long Bellingham native, 98-year-old George Whiting.



The famous American poet and essayist died on April 27, 1882. On April 12, 2023, George Whiting will celebrate his own 99th birthday.

"He is full of stories and knowledge," says daughter-in-law Helen Whiting. "Clever, wise, smart are all words that come to mind when you think of him."

George lives at the same home (on Scott Street) in Bellingham where he was born. There is a room in the rambling farmhouse that is called the "birth/death" room because family members have been born in it and died in it. It is where George was born, and he currently uses it as his bedroom. It is where his wife of 76 years, Kathryn, passed away a year ago last November.

(Continued on page six)

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FORE!

2022 RESULTS FROM THE BELLINGHAM SENIOR MEN'S GOLF LEAGUE

"The 2022 season has been enjoyable with many of us still playing through November," reports Golf League President Ray Webb.

"The weather was great all summer," he continues, "especially on our Tuesday mornings." Congratulations to all!

First place team: Jerry Smith and Roger Roy; 49.5 points.

Second place team tie: Tony Cence and Charlie Roberts, and John Larose and Bill Grady; both 38 points.

Third place team: Tom Dittmeier and Bob Aubin; 35 points.

Low gross score of 39 was shot by Jerry Smith and **Low handicap** went to Jerry Smith with a 7.6. **Second low handicap** went to Roger Roy with an 8.0.

The season ended with an outing at Heather Hill Golf Course in Plainville. And the final results were:

First place with a score of 66 were Jerry Smith, Rocky Morse, and Paul Chartrand.

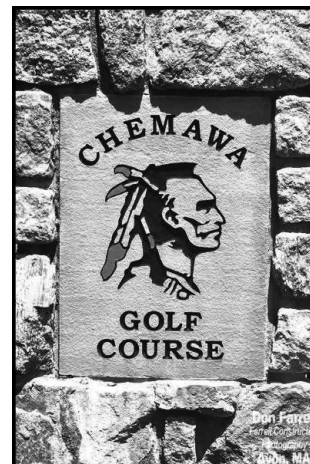
Second place at 74 were Roger Roy, Dennis Pinsoneault, Don Drew, and Jack Hamilton.

Third place also at 74 were Paul Robinson, Tom O'Brien, Steve Marshall, and Dennis LeDrew.

Closest to the pin winners were John Larose, Roger Roy, and Ray Webb.

The League has played many seasons at Bungay Brook Golf Club in Bellingham, but since its recent redevelopment into residential housing, is moving its 2023 season to Chemawa Golf Course in North Attleboro.

You can sign up for the new season by calling League President Ray Webb at (508) 966-0857.



INCLEMENT WEATHER POLICY

In regards to all Senior Center programming and transportation this winter, it will be aligned with the Bellingham schools' cancellations and delayed openings. The Center will remain open for information and referrals unless Town Hall closes. If you requested transportation to a doctor's appointment, hairdresser, or shopping on a day when schools are closed, then we apologize for any inconvenience.

You can call the Center for the latest information.

The COA provides 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, February 14 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

Happy Valentine's Day!

February is here and of course the big question will be answered and that is will he or won't he — the groundhog, that is — see his shadow? Do we or don't we have six more weeks of winter? Really? We live in New England and YES of course we will have six more weeks (at least) of winter and that isn't such a bad thing. Don't you just love how everything slows down in the winter and we get the chance to enjoy a simpler life! The quiet less busy is so welcome. Valentine's Day, winter vacations and school vacations complete February — enjoy!

HAPPENINGS AT THE SENIOR CENTER.....

BOOK CLUB: If you enjoy a good book and a lively discussion call the Senior Center and sign up for our book club. We will meet monthly on Tuesdays — beginning February 28 — at 1pm and look forward to meeting all you book lovers!

VALENTINE'S DAY PARTY: The COA and BESG will host a joint Valentines party Tuesday, February 14 at the Senior Center at 12:00. The cost is \$8 and the menu is wicked good chicken soup, sandwiches, beverages and, of course, dessert and coffee. Please call the Center and reserve a spot for the fun day!

ARMCHAIR TRAVEL: Check the front page of this newsletter for more information on the very exciting "armchair travel" that premiered in January, and continues monthly. Great way to visit places you have always wanted to or learn about places you only thought about!

ACCEPTING DONATIONS: If you are doing any winter re-organizing and cleaning out of basements we are accepting donations at the Senior Center! We DO NOT accept shoes, clothing, furniture and electrical appliances!

COA BOARD MEETING will be Tuesday, February 14 at 11am.

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

In celebration of Black History month,

look for the different posters throughout the Senior Center that detail contributions of people in history who created positive change.

NEWS BRIEFS

FAMILY HISTORY RESEARCH – First of four quarterly presentations on Friday, February 24 at 1pm. Topics will include basic genealogical forms, where to research, tracking your research, and questions to ask living relatives. Presenter is Seema-Jayne Kenney who started exploring family history while in high school.

NEW COVID-19 TREATMENT HOT-LINE: Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8:00 AM to 10:00 PM EST. This service is not for medical emergencies or those who have severe chest pain or shortness of breath.

SCANNING IN – When you visit the Senior Center and scan in at the front door, we ask that you take one more step. Come to the Welcome Desk and make sure that your contact information is up-to-date. Emergencies occasionally arise and getting through to the right people fast is essential. Thank you.

COVID SNAP ENDING – Due to federal action, the final COVID SNAP payment will be on March 2. Starting in April, you will only get one monthly payment (your normal benefit). During COVID, Massachusetts households have been getting extra SNAP benefits at the beginning of each month to buy food. For more information, you can visit www.Mass.gov/ContactDTA or by calling (877) 382-2363.

POOL ROOM – On Thursday mornings beginning February 2 through March 2, the pool room will be closed to make room for AARP volunteers to help folks with their income taxes. It will be closed until 12:30pm on those days.

KARAOKE WITH CARLOS



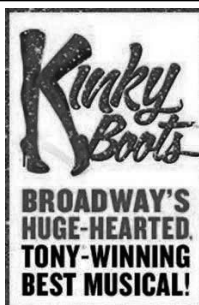
Carlos Aguilera, a Bellingham resident and volunteer, was a big hit last month and he'll be back on **Friday, February 17 at 1pm**. Sing along! Reserve your spot... call the Center!

MEDICARE ADVANTAGE

Open Enrollment continues through March 31.

If you have a Medicare Advantage insurance plan and are unhappy or are just unsure that it is the right one for you there is still time to make changes. Until March 31st you have the option of making a change to your plan to ensure that you have the best possible coverage for your needs. **In person and telephone appointments will be available on Wednesdays and can be made by calling the Senior Center at 508-966-0398.**

To prepare for your meeting please bring your insurance card(s), Medicare card and any recent notices you have received pertaining to your insurance.



Break out your favorite dancing boots and join us for this heart warming and hilarious Tony-winning musical written by Cyndi Lauper and Harvey Fierstein!

"We had a GREAT time with 30 guests who were really engaged with the story," explains Julie Nowak who presented in Framingham, "during one heartfelt song I could hear people sniffing and pulling out Kleenex, and then as the tale unwound everyone was humming, clapping, laughing and cheering!"

Join us Friday, February 10, at noon and please call ahead to reserve.

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, 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.

We hope all is well with everyone! Spring is halfway here as the days are getting longer. We have a great deal of activities coming up this month and next. Remember our Valentine's Day lunch is on Tuesday, the 14th at noon, and our monthly birthday party is on Thursday, the 23rd, also at noon. The birthday meal is meatloaf by Mickey G's. And don't forget the corned beef and cabbage lunch on March 14 at noon to celebrate St. Patrick's Day.

We have some very good trips this year.

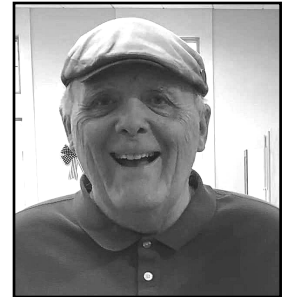
March 16 - Salem Cross tour of Quabbin Reservoir @ \$135
Thursday May 18 - Parkers Maple Barn & Averill Vineyard @ \$105
Tuesday June 20 - Boston Duck Tour with lunch at @ \$135
Tuesday August 15 - Day Trip to Block Island tour and lunch at National Hotel @ \$159

Because of the increased cost of trips that are beyond our control, we will start accepting weekly/monthly payments (your choice). If you have any questions, please contact Doreen at (508)966-4221 or DOREENANDGREG@GMAIL.COM

Special thanks to Doreen for all her hard work putting these trips together!

**BESG is the Heart and Soul
of the Senior Community.**

Jim Fitzpatrick
BESG Vice President



BEWARE OF "GRANDPARENT SCAM"

We would like to take an opportunity to warn Massachusetts residents about the so-called "Grandparent Scam." The scam typically involves someone purporting to be a grandchild, niece or nephew calling an older person. The caller states that he or she has been in a vehicle crash, arrested, or some other situation where they need immediate financial help. The imposter will often plead with the older relative to send or wire a large amount money and asks that they not tell anyone else about the situation. Scammers also may pose as a bail bondsman, an attorney, a court official or a member of law enforcement.

Because of information available on social media, scammers have become skilled at making these calls believable to elderly targets. They sometimes will know the names or hometowns of the call recipient's other family members and will say them in conversation to make themselves sound believable. Please don't be fooled by it. The Massachusetts State Police are aware of 36 residents of our state who have fallen victim to this scam in recent years who were swindled out of a total of more than \$230,000. We suspect that there are many more victims who do not realize they were scammed or are too embarrassed to come forward.

We urge local residents to not be fooled by such calls and not to engage the caller in conversation. Rather, **just hang up and report the call to an actual family member and to your local police department.** - from the Massachusetts State Police

GEORGE WHITING

(from page one)

Built in 1910, the farmhouse is where the Whiting family has presided over a sprawling chicken farm which grew to include 15,000 chickens, 75 buildings, spread over 61 acres.

George's father, Warren, started the farm. He worked by day at a mill in Woonsocket where he would bring fresh eggs to work to share. There were requests for more and more eggs... so Warren expanded his chicken farm from one coop to 10 to meet the rising demand.



"Pretty soon," recalls George, "my dad quit the mill work and we went into the business of raising chickens and selling their eggs. We had trucks and made home deliveries. At one point, we were dressing and selling the chickens, too... up to 100 a week!"

The farm was growing. It employed people from Bellingham. Besides being home for thousands of chickens, George says there were also 25 cats and hundreds of rodents that would feed on the grain meant for the chickens.

"Rodents chew on cement," explains George, "and they dug little holes in the concrete flooring which we would fill, and then the rodents would chew again. So, we saved burnt-out light bulbs from the coops, crushed the glass, and mixed it with the new cement to fill the holes." Yankee ingenuity!

The farm prospered until 1938 when a giant hurricane wiped it out. With help from people in town, the Whiting family rebuilt it. In later years, George liked to say, "I went from chicks to chicks"

when he gave up the poultry business and joined his wife, Kathryn, as a hairdresser in their business, The Country Charm.

Sometime in the early 1990's, George recalls, **"My wife and I purchased a used recreational vehicle to travel the country.** We visited several fairgrounds in New York State and discovered a great group of people. I played a button box accordion and harmonica to entertain the audience... sometimes 100 or more." George's musical talent apparently came naturally since he never had formal lessons.

A happy memory from Horseneck Beach, in Westport, MA... George and Kathryn joined a group of friends and drove in their 1926 Buick to the beach. They brought along food, drink, and a tent to change into their bathing suits. There was a strong undertow in the ocean at the time, and Kathryn was swept out to sea. George was dashing to the rescue when two off-duty lifeguards showed up to help. They told him to go back to shore or they would have to rescue two people. George went back, Kathryn was rescued... happy ending.

For many years, George had a garden that produced lots of corn, raspberries, tomatoes, strawberries, peaches and more. He grew more than they could use. Kathryn canned and froze all they needed for the winter so they gave away and sold the rest. She was known for her popular jams made from what they grew. Recently, George gave up the outdoor garden and now maintains a variety of African violets grown indoors.

"I am glad to be as old as I am," says George with a smile. "I've lived through happy times," including at the Senior Center's Christmas Party last year.



2023 BESG TRIPS

The BESG offers trips every year to attractive locations, and this year's schedule is filling up as shown below.

"Because of increased costs of trips beyond our control," reports BESG's Doreen MacLellan, "we will start accepting weekly/monthly payments." She also reports much greater competition than in the past to secure prime locations.

THURSDAY, MARCH 16
– **Salem Cross Inn** with tour of Quabbin Reservoir. Motor-coach will depart the Senior Center at 8:30am and return about 5:30pm. \$135 per person. Upon arrival in W. Brookfield, MA, the first stop will be a tour of the Reservoir. Then, back to the Inn for it's Original Historic Fireplace Feast in the beautifully restored 1700s colonial home. After lunch, the trip concludes with a visit to Brookfield Orchards for some interesting shopping.



THURSDAY, MAY 18 – **Parker's Maple Barn and Averill House Vineyard.**

TUESDAY, JUNE 20 – **Boston Duck Tour** with lunch at Maggiano's.

TUESDAY, AUGUST 15 – Day trip to **Block Island** with tour and lunch at National Hotel.

TENTATIVELY ON THE CALENDAR – in October, three days and two nights at the **Trapp Family Lodge** in Vermont and in December, **Boston Pops** and lunch.

Please contact Doreen for more information or to book your trip. (508) 966-4221 or email doreenandgreg@gmail.com

Random Acts of Kindness

Bellingham resident, and Senior Center regular, Linda Good-speed talks about an act of kindness she very much appreciated.

"A few days ago, I took my seeing-eye dog Tessa into Paws and Claws, the pet grooming and organic bakery at 15 North Main Street to buy her some treats for Christmas.

"We were selecting some organic cookies when Damon Bernier came out from the back of the store where he bakes all the treats fresh. Damon asked if we found everything we wanted and then started popping treats left and right into our bag.

"When we went up to the register to pay, Damon's wife, Lisa, shook her head. 'Happy holidays,' said Damon."

We'll publish Random Acts of Kindness each month. And we invite you to share an act of kindness with us. Write it up and drop it off at the welcome desk.

WHAT'S COMING IN

MONDAY

6

9am Knitters & Quilters
10am Chair Volleyball
11:30am Enhance Fit. (2)
1pm Poker
1pm Chair Exercise

13

9am Knitters & Quilters
10am Hearing Health
10am Chair Volleyball
11am The U.S. Presidents
11:30am Enhance Fit. (2)
1pm Poker
1pm Zentangle
1pm Chair Exercise

20

**Senior Center will be
closed in honor of
Presidents' Day.**

27

9am Knitters & Quilters
10am Chair Volleyball
11:30am Enhance Fit. (2)
1pm Poker
1pm Chair Exercise

TUESDAY

7

8am Enhance Fitness (1)
10am Yoga (\$5)
11am Aging Well
11am Advance Directives
11:30am Line Dancing
1pm Pitch

14

8am Enhance Fitness (1)
10am Yoga (\$5)
11am COA Board Meeting
11:30am Line Dancing
Noon Valentine's Lunch
1pm Pitch

21

8am Enhance Fitness (1)
10am Yoga (\$5)
11:30am Line Dancing
1pm Pitch
1pm Diabetes Prevention

28

8am Enhance Fitness (1)
10am Yoga (\$5)
11:30am Line Dancing
1pm Pitch
1pm Book Club

WEDNESDAY

1

8am Enhance Fitness (1)
9:15am Adaptive Yoga (\$5)
10am Walking Group
10:45am Motion to Music
11:30am Enhance Fit. (2)
1pm Bingo
1pm Art Anyone can Paint

8

8am Enhance Fitness (1)
9:15am Adaptive Yoga (\$5)
10am Walking Group
10:45am Motion to Music
11:30am Enhance Fit. (2)
1pm Bingo
1pm Art Anyone can Paint

15

8am Enhance Fitness (1)
9:15am Adaptive Yoga (\$5)
10am Walking Group
10am Arm Chair Travel
10:45am Motion to Music
11am Financial Advice
11:30am Enhance Fit. (2)
12:30pm Blood Pressure
1pm Bingo
2pm Legal Advice
3pm Pop Up Pantry

22

8am Enhance Fitness (1)
9:15am Adaptive Yoga (\$5)
10am Walking Group
10:45am Motion to Music
11:30am Enhance Fit. (2)
1pm Bingo

FEBRUARY

THURSDAY

2

9am Bridge
9:30am Intermdt. Yoga (\$5)
11:30am Enhance Fit. (2)
11:30am Bereavmt. Group
1pm Mahjong
3pm Tech Corner

9

9am Bridge
9:30am Intermdt. Yoga (\$5)
11:30am Enhance Fit. (2)
1pm Mahjong
2:30pm Rainbow Café

16

9am Bridge
9:30am Intermdt. Yoga (\$5)
11:30am Enhance Fit. (2)
11:30am Bereavmt. Group
1pm Mahjong
1pm TED Talk

23

9am Bridge
9:30am Intermdt. Yoga (\$5)
11:30am Enhance Fit. (2)
NOON BESG B-Day Party
1pm Mahjong

FRIDAY

3

8am Enhance Fitness (1)
9am Walking Club
9am Cribbage
9:15am Myofascial Release
11am Zumba Gold (\$5)
Noon Canasta
1pm Glass Painting

10

8am Enhance Fitness (1)
9am Walking Club
9am Cribbage
9:15am Myofascial Release
11am Zumba Gold (\$5)
Noon Canasta
NOON Kinky Boots

17

8am Enhance Fitness (1)
9am Walking Club
9am Cribbage
9:15am Myofascial Release
11am Travel Workshop
11am Zumba Gold (\$5)
Noon Canasta
1pm Karaoke w/ Carlos

24

8am Enhance Fitness (1)
9am Walking Club
9am Cribbage
9:15am Myofascial Release
11am Zumba Gold (\$5)
Noon Canasta
1pm Family History Res.

SPECIAL NOTES

POST IT! We designed this monthly Calendar so you could pull pages 8 and 9 out of the newsletter and post it somewhere useful.

ONCE-A-MONTH offerings are listed in **bold**. Program dates and times change so please call the Center to confirm all activities.

VIRTUALLY YOURS — Every Monday at 9am, the Spiritual Book Club meets via Zoom. Discussion currently is about *Atlas of the Heart* by Brene Brown. Contact Josie Dutil at (508) 966-0398 to sign up.

MEN'S GROUP meets every Wednesday at 11am at Devlin's.

SHINE — Health insurance advice every Wednesday 9am-noon.

LINE DANCING Tuesdays at 11:30am. (\$5)

BLOOD PRESSURE — Come have it checked on Tuesdays at 10am.

**Can February
March?
No, but April
May!**

POP MUSIC

"A Journey through the Roots of American Popular Music," says the presenter John Waterman, "is a program of songs, stories and a slide show presentation about characters and events at the origins of the blues, rock, and country music. **It's entertainment that's informative and relevant to our story as a people.** The program runs approximately 80 minutes. I provide all the sound equipment."

Waterman continues, "I've been performing as a musician and songwriter for over 20 years; my song "Sultana" which tells the story of the Civil War steamboat disaster has been selected to be featured at the Sultana Museum in Marion, AR. I have an M.A. in Popular Music History from Prescott College and an M.A. in Psychology from Kaplan University. My B.A. in History is from Northern Arizona University."

Please join us at 1pm on Friday, March 31, for this presentation. And call the Senior Center to sign up.



Bridgewater State University

is offering courses in history, science, writing, wellness, music, politics, art and much more through its Senior College.

You can choose any courses for \$85 (if you're over 90, then there's no charge). Courses starting this month include Sleeping & Dreaming, Anxiety Disorders, Gardening for Life, and many more. Courses are available on Zoom and in person.

Find out more by visiting www.bridgew.edu/seniorcollege or call (508) 531-2570.



(Editor's note: Some 1,700 senior centers across the U.S. use this network, and here's a report on programming popularity following the pandemic.)

"With Centers mostly reopened to indoor activities, fitness and exercise programs were back to being popular. As a result, seven of the ten programs with the most growth from 2021 to 2022 were all in the *Fitness and Exercise* category. **Yoga, strength training, tai chi, line dancing, and pickleball were all very popular** and had at least twice as many participants as in 2021.

"Congregate programs are still below pre-pandemic levels but gaining fast. We've heard from many areas that grants for curbside dining and expanded home-delivered programs have been extended through 2023. As a result of people returning to the Centers, in-person lunch was the overall program with the highest growth in 2022.

"Seminars, lunch-and-learns, tax prep, computer and language classes returned in 2022 after a two-year break.

These are great not only for regular participants, but also to bring new people into the fold. In particular, the seminars and special speakers get notable space in local newspapers and attract new eyeballs.

"After taking a big attendance hit in 2020 and 2021, **Bingo is back on top** as the most popular activity in the *Social/Recreation* category.

"In 2022, people tried to get back to their pre-pandemic routines, whenever possible. We can see that in the increase in congregate meals, in-person exercise programs, card games and parties. But there were still plenty of people who stayed away and continued with their curbside or home-delivered food. Although virtual programs were less common in 2022, they didn't go away completely and probably never will. Virtual options will always present an opportunity to reach people who are unwilling or unable to attend in person."

SUPPORTIVE DAY

The Supportive Day Program is currently accepting applications for a waitlist. 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 have provided benefits to both the participant and family member/caregiver alike.

It is open Monday, Wednesday, and Friday 9:00am - 3:00 pm. 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 9-mile radius).

For more information contact the Supportive Day Program Coordinator, Marjorie Warnick, at (508)657-2711 or email mwarnick@bellinghamma.org.

VETERANS' NEWS

The Veterans Pension program provides compensation to wartime veterans who meet certain age or disability requirements and have limited income and net worth.

Some **pension poachers** will try to sell fake financial products or charge a fee to restructure assets to make a veteran or survivor meet income eligibility criteria. Others may attempt to sell in-home care that is either overpriced or never actually provided. Scams often start with a dishonest lawyer, financial planner or insurance agent cold-calling veterans, sending mail solicitations or even showing up at a senior center or assisted living facility. Steer clear of individuals and organizations that:

- Request the veteran move money into different accounts or reallocate investments to qualify for a VA pension payment;
- Ask for money to handle a claim or charge for application forms;
- Guarantee eligibility for a particular benefit or a lump-sum payment upon approval for a benefit;
- Seek personal information over the phone, to include credit card or other billing information;
- Offer to send benefits directly to a caregiver's account.

If a potential scammer approaches you, please report them to the VA Office of Inspector General (OIG) by calling 800-488-8244.

Bellingham's Veteran's Agent is Ana Milot and can be reached at (774) 292-2437. Office hours are 8am-1pm each Friday at Town Hall, lower level.

ARM CHAIR TRAVEL

(from page one)

The Mexico City tour will be on Wednesday, February 15, at 10am. Watch it on a big screen TV at the Senior Center or join the tour from home via Zoom. And thanks to a generous grant from the Mass. Council on Aging, it's free.

And then, on Friday, February 17, at 11am, you can participate in a workshop about Mexican cooking. Learn to prepare an authentic Mexican dish with guidance from a professional chef.

"The customized cooking experience is hosted by our passionate chef, instructor, food tour guide, storyteller, and teacher, very knowledgeable and engaging," explains Ushakova.



You will learn a traditional recipe and hear personal stories. You have the chance to learn about local traditions and food, that is unique to the region. You can ask any questions.

JoinPRO, is a learning and entertainment platform that offers online guided tours and workshops to help seniors get new life experiences and learn new skills.

Coming up are trips to Istanbul in March, Italy in April, Israel in May, and India in June. Each "two-way experience" is one hour long. You can sign up for any, or all, by contacting the Senior Center at (508) 966-0398. Or check out <https://joinpro.live/bellingham>

ALL THE PRESIDENTS...

A look back at all the occupants of the Oval Office presented by Senior Center regular Paul Arsenault who has studied these guys for years.

Did you know that George Washington did not chop down his father's cherry tree? Or did not throw a silver dollar across the Potomac River... or have wooden teeth? Or that James Madison was the shortest president at five foot, four inches? Or that Andrew Jackson was a frequent dueler?

And there will be lots more, serious stuff about presidents' challenges and accomplishments that have changed America.

Join us on Monday, February 13, at 11am... and bring your questions. Please let us know you'll be coming by calling the Senior Center at (508) 966-0398.

LINE DANCING

Google "line dancing" and you'll find this: a dance in which the dancers stand in ranks while performing a particular set of steps in unison.

Some of the most popular country line dances today are: "Tush Push," "Cotton Eyed Joe," "Boot Scootin' Boogie," "Hoedown Throwdown," "Cowboy Cha Cha," "Slap Leather," "Swamp Thing," and "Watermelon Crawl."

Wanna know more or experience line dancing for yourself, then **come to the Senior Center on Tuesday, Feb. 7, at 11:30am** (\$5/class). Continues weekly.

"I have always known that I was born to teach and serve the community," explains teacher Lisa Abbascia. "Not long after taking the stage I made my dream of opening a school for dance and theater come true."

AGING WELL

"I will be presenting on advanced directives,"

explains Daniela Masters of Aging Well Associates. "Discussing the differences between a Health Care Proxy, Durable Power of Attorney and a MOLST which is a medical order for Life-Sustaining Treatment. I will bring some blank forms with me if anyone would like to complete one after the presentation."



Prior to launching Aging Well Advocates, Masters earned a Masters in Clinical Social Work from Boston College and went on to work with older adults and their families. With over 27 years of healthcare experience supporting the elderly population, her primary expertise stems from many years in Long Term and Subacute industry/Acute Care Hospital settings, as well as Adult Day Health.

Join us on Tuesday, February 7, at 11am. Please call ahead to reserve your seat.

VALENTINES GLASS PAINTING

Here's a cool idea to help you produce the perfect Valentine's Day gift.

Megan Kral from Oak Street Health will share ideas and procedures for creating an original piece of art.

"I will be supplying the glasses, paint, and brushes and will also bring some pictures of ideas they could paint on the glass. We have done glass painting before on a few



different occasions and people have had fun with it. I will be bringing some Oak Street Health flyers and swag to hand out."

Call the Senior Center to let us know you'll be coming on **Friday, February 3, at 1pm.**

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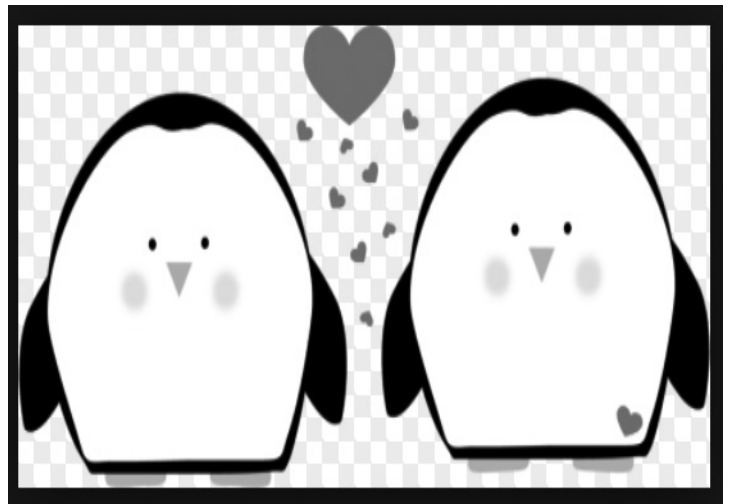
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