

THE SPIRIT OF BELLINGHAM

January 2023 Newsletter

From the Council on Aging

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REVERENCE



Senior Center Director Josie Dutil weighs in on this important quality in human life.

It was in 1971 that John Lennon sang: *Imagine there's no countries, it isn't hard to do. Nothing to kill or die for, and no religion, too. Imagine all the people, livin' life in peace. Imagine no possessions, I wonder if you can. No need for greed or hunger, a brotherhood of man.* When I read these lyrics, it makes me think that John was someone who possibly aspired to live in reverence of all people.

"Just as white light consists of colored rays, reverence for life contains love, kindness, sympathy, empathy, peacefulness, and power to forgive." – Albert Schwartz

Wikipedia describes reverence as "acknowledging a subjective response to something excellent in a personal (moral or spiritual) way, but qualitatively above oneself. Nature, science, literature, philosophy, great philosophers, leaders, artists, art, music, wisdom, and beauty may each act as the stimulus and focus of reverence."

Ethics examines the rational justification for our moral judgments; it studies what is morally right or wrong, just or unjust. In a broader sense, ethics reflects on human beings and their interaction with nature and with other humans, on freedom, on responsibility and on justice.

(Continued on page two)

STRESS: HOW THE YOUNG AND OLD COPE

Local senior citizens and eighth grade Bellingham High School students – about two dozen in all – gathered last month to talk about stress. Specifically, the subject was "Managing Holiday Stress", but it broadened to include all kinds of stress including how to define it and ways of dealing with it.

(Continued on page seven)

HEALTHY LIVING FOR THE NEW YEAR

Lisa Loo, the Center's Social Services Coordinator who knows about nutrition, contributes these ideas about what it means to live healthy.



As the new year starts, many of us are reflecting upon this past year and making resolutions/goals for the new year. The most common resolution last year was to live healthier. I think that we probably can all agree that this will still be a top resolution for 2023.

(Continued on page 10)

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REVERANCE

(from page one)

How could we live our life in reverence for all people and all things? Seems like a difficult thing to do considering all the people and things around us that are not pleasing, but each of us, at some point in time in our lives, has accomplished difficult things. I dream of a world where:

- * People love and respect each other,
- * We care for Mother Earth,
- * We smile and greet perfect strangers,
- * We take care of our neighbors who are less fortunate.

So, my dream of the world that would feel better to live in seems to be a dream that has been dreamt for decades, possibly centuries before me. But the question remains, **how do we get there from here?** James Clear, author of the book *Atomic Habits*, says that "every action you take is a vote for the person you are trying to become." What if each of us focused very simply on our small part of the world and one small action at a time towards the best version of ourselves?

Each of us was born a perfect being -- but we spend much of our lives building armor to protect that perfect inner being. **A joyful and peaceful existence is available to each of us if we are willing to do a little bit of work on ourselves** and peel away the layers of anger, hurt, pain, guilt, and shame to find our true selves buried beneath.

Having reverence for others begins with a love and reverence for oneself. **Perhaps, instead of coming up with New Year's resolutions, we make a commitment to look a little deeper at our own selves and do the work needed to let the world get a glimpse of our BEST selves.** We discuss things of this nature in our weekly Spiritual Book Club and would love to have you join us.

VIRTUAL TOURS AND WORKSHOPS FOR BELLINGHAM SENIORS

Here's an opportunity to explore the world without ever leaving home. And it's FREE!

JoinPro Live Tours is offering a virtual trip to Valencia, Spain on Wednesday, January 18, at 10am, in our dining room, followed by a "musical performance" on Friday, January 20, at 11am. Each "immersive two-way experience" is one hour long. The walking tour will be conducted by an experienced, local guide.

Monthly tours and workshops will be offered through June. Other countries to be visited may include Italy, Mexico, and Hungary. This free offering is made possible by a Mass. Council on Aging Special Incentive Grant.

For more information or to reserve your seat, please contact Assistant Director Terri Graham at (508) 657-2710.

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, January 10 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 January & Happy New Year everyone,

Welcome 2023! Well, I say this every year but seriously -- didn't 2022 fly by? Hope you all have great memories of the year and are ready to move on to the next adventure in the new year. Have a happy & healthy year everyone!

HAPPENINGS AT THE SENIOR CENTER: There is a lot going on at the Center and we encourage you to come and try us. I'm sure we have a program, a card game, an exercise class, or a committee that would interest you. If we don't have something you would like then we are open to suggestions! Hope to see you in the New Year!

SENIOR DRIVE-BY LUNCH PROGRAM has been discontinued until March/April depending on the weather.

VALENTINE PARTY: Tuesday, February 14 the COA & BESG will host a joint Valentine party for seniors at 12:00 and all will enjoy delicious soup, sandwiches, dessert, and beverages. \$7 per person. Please call the Center and reserve your seat!

WE NEED HELP: We have many seniors calling the Center asking for help with shoveling/plowing. This is a definite need, and we don't know how to help except to ask you to check on your neighbors and if they aren't cleared out after a snow fall perhaps you or someone you know could help them and clear a path so they can get out of the house and at least get the mail as many seniors get medications via mail. Thanking you in advance for any help you can give!

COA BOARD meeting will be Tuesday, January 10 at 11:00.

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

THANKS TO THESE FOLKS for their generous donations: Gary Bastarache, Bellingham Elder Service Group, Dean Bank, Laura & Michael DeMattia, Barbara & Bill Eltzroth, Brenda Griffin, Claire B. Harnois, Warren & Carol Henry, Greg & Doreen MacLellan, Ana Panizo and Betsy Gonzalez, and Tracey Phillips.

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.

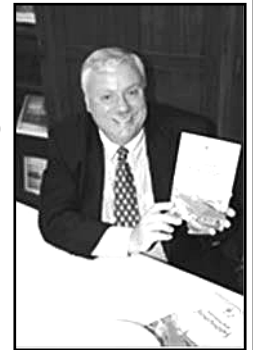
ARE YOU A TECH-SAVVY SENIOR? – Would you like to help other not-so-tech-savvy seniors deal with the abundant issues surrounding technology? We're looking to establish an in-person group at the Center that can meet and discuss and solve tech issues. If you want in, then please contact Lisa Loo at (508) 657-2714.

SHINE – Just a reminder that if you are currently in a Medicare Advantage insurance plan and need to make changes you can do so until March 31st. If you have questions or concerns, please make an appointment with Judy Higgins SHINE counselor at the Senior Center.

VETERANS – As the cost of living goes up, VA ensures that your benefit rates do too! Starting Jan. 1, 2023, all compensation benefit rates have increased by 8.7% to match adjustments made to Social Security benefits. This increase impacts disability benefits, clothing allowance, dependency and indemnity compensation (DIC), as well as other VA assistance programs. 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.

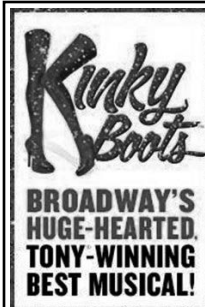
HOW A MASSACHUSETTS SODA FOUNTAIN BECAME AN AMERICAN ICON

Referred to as the "Balzac of Boston History" by the Boston Globe, Anthony Mitchell Sammarco is a noted historian and author of over 70 books on the history and development of Boston, and he lectures widely on the history and development of his native city.



Join us on Friday, January 27 at 1pm, for the first of four quarterly presentations at the Senior Center and this one will be about a history of Howard Johnson's.

Howard Johnson created an orange-roofed empire of ice cream stands and restaurants that stretched from Maine to Florida, and all the way to the West Coast. With a reputation for good food at affordable prices, hungry customers would regularly return for more. The attractive white Colonial Revival restaurants, with eye-catching porcelain tile roofs, illuminated cupolas and sea blue shutters, were described in "Reader's Digest" in 1949 as the epitome of "eating places that look like New England town meeting houses dressed up for Sunday."



Break out your favorite dancing boots and join us for this heartwarming 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. Light refreshments will be served.

BELLINGHAM ELDER SERVICE GROUP

Bill Eltzroth, *President*; Jim Fitzpatrick, *Vice President*;
Ray Conklin, *Treasurer*; Muriel Day, *Secretary*; Gail Milgram, *Shine 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.

Happy New Year!

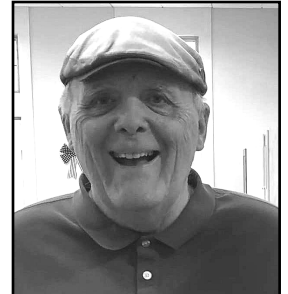
Welcome (?) winter! Let's hope most of the snow stays far away from us! Just a reminder... spring is only a few months away along with the BESG Cookouts.

We hope everyone had a happy and healthy holiday season with family and friends.

We have some exciting upcoming events. Our Birthday Party will be on Thursday, January 26 with shepherd's pie by Chef du Jour. February 14, Tuesday, will be our annual Valentine's Party and on March 14, also a Tuesday, will be our corned beef and cabbage lunch. Be sure to call the Senior Center to sign up for any or all these events.

Another reminder – we can always use wheelchairs, transport chairs, and shower chairs. Please consider donating any that are not in use.

This is the first time I've had the opportunity to write our monthly message for the newsletter. If anything's wrong, or misspelled, it's Bill's fault.



Jim Fitzpatrick, Vice President

Remote Courses with Adventures in Lifelong Learning!

ADVENTURES in LIFELONG LEARNING



JOHN L. HEINEMAN INTERSESSION 2023
Enjoy these FREE courses for adults 60+ on ZOOM!

Journey to the Center of the World: Europe, 1830-1900

The British Empire in the age of Queen Victoria, France of the Impressionists and the rebuilding of Paris, the unifications of both Italy and Germany, and the flourishing of the arts and sciences when European civilization was at its height are stops we shall make along the route to understanding how Europeans shaped the world and were shaped by it.

Fridays: January 6, 13, 20, and 27

Registration is required and due by Tuesday, January 3.

Online registration opens on December 5, at 11:00 am

Please go to www.framinghamlibrary.org/adventures or bit.ly/Adventures-FSU for full course descriptions, registration information, and instructions for using Zoom (by computer, tablet or phone).

QUESTIONS: Please email lifelonglearning@framingham.edu or phone (508) 215-5127. To join our mailing list go to: bit.ly/Adventures-mailing-list.



Framingham
State University



Framingham
PUBLIC LIBRARY
Look here first.



PRESENTED BY:

Dr. Nicholas Racheotes –
History

Dr. Erika Schneider –
Art History

Dr. Helen Heineman –
Literature

Adventures in Lifelong Learning courses are free to all participants, thanks in part to funding support from the Older Americans Act as granted by Springwell, Inc., and grants from the Ashland, Framingham and Marlborough Cultural Councils. Because federal funding is being used, we provide participants an opportunity to make a voluntary donation toward the cost of this service. Voluntary donations are put directly into program enhancement, allowing for expansion of services. Whether or not a participant makes a voluntary donation in no way informs or influences this service delivery.



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.**

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.



“Oh soul, you worry too much. You have seen your own strength. You have seen your own beauty. You have seen your golden wings. Of anything less, why do you worry? You are in truth the soul, of the soul, of the soul.” - Rumi

Following a long family tradition, I have been making a mental list of my wishes and goals every new year. My goal since I was a little girl was to be happy. Later, I realized that what I was looking for was inner peace. This goal depended less on others and more on reaching an intangible but inner balance. Truthfully, I am still working on it.

In 2021 the United States reported more levels of stress than 143 countries in the world, 35% vs. 55%. U.S. adults 50-80 years old reported feeling more stressed than those aged 65-80 (25%-13%) (The American Institute of Stress, 2021). Older adults report fewer stressors in life. As I mentioned in previous articles, **researchers thankfully found that by growing older and retiring sometime during middle age, we decrease our exposure to the major causes of anxiety in our life, such as work, raising a family, and financial instability.**

Maturity and perspective slowly teach us how to deal with the stressors of being human. For the first time, during our adult life, we have more time to prioritize ourselves, slow down, and have the scary possibility of reflecting on what matters to us as individuals and as interconnected beings. We have more time to connect to our family, friends, and nature. We can exercise more regularly, learn new skills, and have more precious time for being alone without the guilt of neglecting others who depended on us.

Despite being closer to that age and having at my disposal a multiplicity of wise strategies and tools to decrease my current anxiety and reach a more meaningful sense of being, **why am I still struggling?** I am realizing, at least for me, that it requires constant practice and exhausting vigilance to unlearn old unhealthy habits, especially my fixation over the past and obsession about the future. **I need to be now, and being present, paraphrasing Hermann Hesse, means getting stronger and letting go.**

It also means that maybe life is taking one step forward and several backward, many times, before learning a skill, a lesson, that can help us grow and get closer to that being we will become, or maybe we will set free. Maybe, just maybe, to reach inner peace and a sense of fulfillment in life, it doesn't matter how much time has passed or how little or much we have left. We have the now to become free, forgive, love, and let go.

I am reformulating my goals for 2023. My goals for the end of next year are probably none. **I only have the now to find peace, to see my own strength, my own beauty, my golden wings.**

“You are not a drop in the ocean. You are the entire ocean, in a drop.” - Rumi

STRESS – WHAT THE OLD AND THE YOUNG THINK.

(Continued from page one)

“It’s a continuation of our intergenerational initiative at the high school,” explains Carlos Manuel Costa of the BHS Wellness Department. **“Students have indicated that they learned from the seniors and have realized that they have common ground when it comes to identifying healthy lifestyles.”**

Costa moderated the stress conference and arranged the attendees at tables where students and seniors could speak together. He began by asking about powers of observation. “How many sides on a pencil?” A student answered correctly. “Whose face is on a dime?” A senior answered correctly. Then, a few more questions and answers. (What color is the top stripe on the American flag?)



“And what did you learn?” he asked the group. Student Vrushin Shah offered that he learned that an elder at his table “drives a golf cart around in her garden.”

Observing what causes stress came next and responses included: “Christmas shopping.” “Peer pressure.” “Money.” “Decorating for the holidays.” “Dealing with people,” who student Lucas Lahousse noted, “don’t always get along.”

What can be done about these, and other, stressors? Solutions came from the young and the old: “Talk with people.” “Go to the beach.” “Learn how to let go.” “Take a walk.” “Nap.” “Listen to music.”

Costa handed out a four-page flyer. Page One was about techniques to relieve stress including deep breathing, progressive muscle relaxation, and guided imagery. Page Two was about ways to reduce or prevent stress including physical activity, time management, and talking about it. The other two pages offered positive ways to cope with stress including Relax, Refocus, Recharge, Reconnect, and Mindfulness (there was space next to each for attendees to fill in their own thoughts).

After the meeting, Costa said, **“I think the most important thing was the exchange of ideas between generations... realizing that they are not that different, disconnected.** The kids will be able to use these ideas.”

Over the past year, “exchanges have been in the form of motivational letters and poems, yoga activities, and even a domino tournament conducted by the students,” says Costa.

“The experience by both young and old has been very positive,” Costa continues, **“and the feedback indicates that everyone has gained a great deal from the interaction.”**



HERE THEY ALL ARE – Students from the eighth-grade BHS class: Jeremiah Allen, Charlie Baker, Carlos Rivera, Jackson Cinq-Mars, Brandon Garner, Vrushin Shah, Aida Robinson, Caleigh Hayes, Julia Magill, Mia Bartucca, Reagan Young, Lucas Lahousse, and Abraao Goncalves.

(Thanks to the Bellingham Bulletin for the reprint of this article.)

WHAT'S COMING IN

MONDAY

2

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

9

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

16

Senior Center will be closed in honor of Martin Luther King, Jr.

23

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

30

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



TUESDAY

3

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

10

8am Enhance Fitness (1)
10am Yoga (\$5)
11am COA Board Meeting
11:30am Line Dancing
1pm Pitch
1pm Beginner Photography

17

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

24

8am Enhance Fitness (1)
10am Yoga (\$5)
11am Retirement Advice
11:30am Line Dancing
1pm Pitch
1pm Beginner Photography

31

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

WEDNESDAY

4

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

11

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

18

8am Enhance Fitness (1)
9:15am Adaptive Yoga (\$5)
10am Virtual Tour—Spain
10am Walking Group
10:45am Motion to Music
11am Financial Advice
11:30am Enhance Fit. (2)
1pm Bingo
2pm Legal Advice
3pm Pop Up Pantry

25

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

JANUARY

THURSDAY

5

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

12

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

19

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

26

9am Bridge
9:30am Intermdt. Yoga (\$5)
11:30am Enhance Fit. (2)
Noon BESG Birthday Party
1pm Mahjong



FRIDAY

6

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

13

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

20

8am Enhance Fitness (1)
9am Walking Club
9am Cribbage
9:15am Myofascial Release
11am Workshop—Spain
11am Zumba Gold (\$5)
Noon Canasta
1pm Assisted Living/LTC

27

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

SPECIAL NOTES

POST IT! We designed this new 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.

BILLIARDS ROOM is open every weekday 8am—4pm.

VIRTUALLY YOURS — Every Monday at 9am, the Spiritual Book Club meets via Zoom. Discussion currently is about *The Celestine Prophecy* by James Redfield. Beginning 1/24, the book will be *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 9am.

HEALTHY EATING HABITS IN 2023 (from page one)

Even though living a healthier life means different things to different people, there are some common tenants to healthier living that I think most people would agree on.

1) Eat more fruits and vegetables. This could be as simple as having a smoothie for breakfast instead of cereal or a bagel, having fruit for dessert instead of a baked good, replacing your lunch with a salad or vegetarian soup or even replacing your regular dinner with a vegetarian option. If you want more of a challenge, eat vegetarian until dinner. Looking for recipes, we have an easy healthy vegetarian recipe submitted by Director Josie Dutil that can be found to the right.

2) Eat mostly whole foods. This means limiting your packaged food. Sorry, but the Ho Ho's don't qualify as a whole food.

3) Cook your meals. When you cook your own meals, you control the ingredients. You can limit the salt, sugar, and fat.

4) Drink more water. This cannot be stated enough. (See my article in the August Newsletter.)

5) Move your body. It can be as simple as putting one foot in front of the other. Walking is one of the best ways of getting more exercise. Almost everyone can do it. It does not cost a thing. The Senior Center has two great walking groups to select from. If walking is not your thing, we have plenty of other exercise options available at the Senior Center from chair exercise classes to Zumba.

6) Laugh more. Watch a good comedy. Have a tickle fight. There are many health benefits to laughing. Laughing can boost your immune system, reduce your pain level, reduce stress and it makes you happier. Above all, a good belly laugh is good for the soul!

7) Practice gratitude. Keeping a daily gratitude journal can increase your feeling of happiness and positive mood. It's also a great way to foster hope for the future and increase resilience.

8) Smile. By simply putting a smile on your face, it can increase your life expectancy. It reduces your blood pressure, boosts your immune system, and makes you look younger. Besides, if you smile, it makes someone else smile and increases both of your happiness.

9) Sleep. It's critical for healing and your well-being. Make sure to get six to eight hours every night.

10) Love more. Opening our hearts to love can be the key to improving our overall health and life. It is healing. This is not limited to romantic love. It can be the love of a pet or the shared intimacy between friends. This includes being kind and loving to yourself.

COCONUT CURRIED GOLDEN LENTILS

Gluten-Free, Indian-Inspired, Sri Lankan-Inspired, Vegan

Ingredients

4 cups water
1 1/2 cups golden (yellow) lentils (rinsed and drained or sub red with similar cook time or green with longer cooking time)
1 Tbsp coconut oil (or water)
1 small shallot (diced optional)
4 cloves garlic (minced ~2 Tbsp as original recipe is written)
2-3 Tbsp fresh minced ginger
3/4 tsp sea salt
1 heaping Tbsp curry powder (DIY or store-bought)
1 tsp ground turmeric
1/8 tsp cayenne pepper (for heat – omit if you don't like spice)
1 1/4 – 1 1/2 cups light coconut milk (DIY or store-bought canned)
1-2 Tbsp coconut sugar or maple syrup (plus more to taste or sub stevia)
2 Tbsp fresh lemon juice

Instructions

Bring water to a boil in a large pot or saucepan. Add lentils and bring back to a boil. Once boiling, reduce heat to a simmer and cook lentils uncovered for 4-5 minutes or until just tender. Then drain and set aside. Be careful not to overcook or they can become mushy.

In the meantime, heat a large, rimmed skillet over medium heat. Once hot, add oil or water, shallot (optional), garlic, and ginger (start with lesser quantity, and add more to taste as desired). Sauté for 2-3 minutes, stirring frequently. Then add salt, curry powder, turmeric, and cayenne and cook for 1 minute more. Lower heat to low.

Add coconut milk and coconut sugar (or maple syrup) and stir to combine. Cook over low heat for 3-4 minutes to combine the flavors.

Add the (well) drained, cooked lentils to the coconut sauce and stir. (Soaking lentils overnight in water before cooking can reduce bloating effect.) They will likely need more seasoning at this point - a bit more salt, curry powder, turmeric, cayenne, and coconut sugar. Turn off heat, add lemon juice, and stir. Then serve and enjoy!



2022 IN REVIEW



INTERESTED IN A BEGINNER DIGITAL PHOTOGRAPHY CLASS?

Bring your digital camera and learn when and how to use its special features including program mode, manual mode, aperture priority, and shutter priority. Also covered will be basic composition and best use of light for different situations such as plant, people, macro, and landscape photography.

Join Steve McGrath in a **five-week series for beginners starting Tuesday, January 3, at 1pm.** \$50 for the entire series. A minimum of eight participants is needed in order to run the series.

Bring your smartphone or camera and equipment. **Please call the Senior Center to reserve your space. (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, Jan. 3, 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."

OPTIMIZE YOUR TAX STRATEGY AND GAIN CONTROL OF YOUR TAXES IN RETIREMENT

Retirement Advisors at Financial Square will present a one-hour free seminar at the Senior Center on January 24 at 11am.

Join us to learn:

- Recent changes to taxes and Social Security benefits
- Steps you may be able to take to defend your retirement from unnecessary taxes
- How to help ensure you won't outlive your money in retirement
- How you may be able to protect your retirement from market volatility.

Greg Lavelle, CEO/President, will lead the seminar and answer your questions. Call (508) 770-0207 to register.



ASSISTED LIVING? LONG- TERM CARE? HERE'S AN ALTERNATIVE.

FCP Live-In is a non-medical home care company that has been in business for 25 years. It's an alternative to assisted living or long-term care and is much more affordable than traditional 24/7 hourly home care.

FCP Live-In provides clients of any age with a certified insured caregiver who stays with them and assists them in their home. Caregivers provide assistance with personal care, medication reminders, meal preparation, light housekeeping, laundry, transportation/errands.

Clients benefit from having the same live-in caregiver all seven days of the week. This potentially reduces the client's exposure to Covid-19 by always having the same caregiver and not the "revolving door" of hourly caregivers.

Presentation on Friday, January 20 at 1pm. To find out more, please call the Senior Center and reserve your seat.

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INSIDE THIS EDITION...

We offer activities and information for seniors.

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Healthy Eating

Page 4 — News Briefs

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Page 7 — Intergenerational Stress

Pages 8 & 9 — January Calendar

Page 11 — 2022 in Review

Page 12 — Line Dancing and more

Q: What is a New
Year's resolution?

A: Something that
goes in one year and
out the other.



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