

# THE SPIRIT OF BELLINGHAM

*November 2022 Newsletter*  
*From the Council on Aging*



*The Council on  
Aging presents*

## 2022 Craft Fair

**Saturday,  
November 5  
9am—3pm**

- \* **23 vendors**
- \* **Polka Paul**
- \* **Raffle**
- \* **Bakery  
Table**
- \* **Gift Baskets**
- \* **Much more!**



## MEMORY TRAINING

“I was feeling like a loser,” says Kathi Wright, 67. “I was noticing a deficiency in my memory.” She had lost her job during the COVID pandemic and decided to retire. She lost her husband six years ago due to Alzheimer’s Disease. She was worried.

Then Wright found out about a Memory Training program through the Bellingham Senior Center, and took it.

“Remembering people’s names is huge,” observes Glenna Laverdiere, one of the instructors in the program. “Also, remembering where you’ve put things.”

And so that is the focus of the program developed by the UCLA Longevity Center in Los Angeles. The four most common memory complaints, according to the Center, are forgetting people’s names and faces, forgetting to do things in the future like appointments, forgetting where you put things, and “tip of the tongue” incidents where you just can’t recall something.

*(Continued on page 11)*

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Wayne Goodale

*Bill Eltzroth, BESG  
President, on turning  
80 as life goes on...*



A few weeks ago, Bill Eltzroth walked into a room filled with 80 birthday well-wishers who heard him announce, uncharacteristically, "I don't know what to say!"

Born and raised in Indiana on a farm, he always wanted to be a farmer. That changed when he moved to Massachusetts and began driving trucks for a living. "I've driven trucks for 63 years," says Bill, "and hauled everything but cars... anything else you could put in a truck or tanker."

He was at a truck stop in Houston, TX, and another trucker asked where he was from. "Bellingham, Massachusetts," was his reply. In the distance, he heard someone else say, "Oh, ever been to Ma Glockners?"

"Small world," says Bill who has driven all over the U.S. including to Chicago, New Orleans, and Atlanta. "You gotta love truck driving... you're alone in the cab... I used to sing and talk to myself!"

"Best move of my life was when I got out of the U.S. Navy, moved to Bellingham, and married Barbara," he says. "I married her 57 years ago... and people said it would never last."

Things have changed a lot over the years. Among other things, Bill recalls, "We used to have family dinners together on Sundays... now, it's sports on TV and shopping."

These days he spends time presiding over the Bellingham Elder Service Group, which is the volunteer fund-raising arm for the Council on Aging and Senior Center. "The best board of directors a man could have," explains Bill. "We work together as a group, discuss things, and

move forward. **Maybe I can help people feel different about being a senior.**"



*He was joined at the birthday celebration by Barbara and Tracy (on the right) and Erin Bentz and Mitzi (from the left). And, of course, the birthday cake behind them all.*

# Council on Aging

# monthly report

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, November 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 Thanksgiving,

Well, November is here, and Thanksgiving is just a few weeks away — typically the beginning of the holidays! We have much cooler weather now, the heat is on in the house, wood is being stacked for fireplaces and we are settling in for the winter. Before we get too settled and comfy, don't forget to VOTE on November 8. November also brings us Veterans Day on the 11th, a day set aside to honor veterans. If you know a vet, be sure to thank him/her for their service. Shopping has begun for the turkey, potatoes, stuffing, and all the wonderful side dishes and, of course, the pumpkin and apple pies for the Thanksgiving meal. Don't we just love that dinner!!!! Hope you all have a wonderful Thanksgiving and however you celebrate the day — enjoy!

Happenings at the center...

**LOTS GOING ON:** The Senior Center is busier than ever! With the Craft Fair days away last-minute checking to make sure all is ready. We have many vendors with a variety of crafts and beautiful items to purchase, Christmas decorations, jewelry, sweatshirts, beautiful knitted and crocheted items and so much more. Come to the Senior Center Saturday, November 5 from 9:00-3:00pm. Enjoy shopping, have some lunch, select a delicious pastry from our bakery table, visit the "like new room" and enjoy a bargain and then just sit, relax and listen to Polka Paul. It is a great day. We hope to see you all!

**BOOK CLUB:** The book club has been on hiatus and plans on returning after the holidays. We are looking for book lovers. If you like to read and would enjoy a discussion group, please call the Senior Center. We will meet at the Center in the afternoon, day to be decided.

**SENIOR LUNCH PROGRAM:** The drive-by senior lunch program will continue this month with PJ's catering the lunches Tuesdays and Thursdays and pickup from 11:30-12:30pm at the Senior Center. Call the Senior Center to order your lunch!

**MEETING CHANGE:** The COA board will meet THURSDAY November 10 at 11:00am.

**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

**SHINE** — If you would like to change your plan for 2023, you may do so during the annual Medicare Open Enrollment Period. You may make changes until December 7. The changes will take effect January 1. Our SHINE counselor can help you understand changes to your current plan as well as discuss options. Call the Center to set up an appointment.

**VIRTUALLY YOURS** — Every Monday at 9am, the Spiritual Book Club meets via Zoom. Discussion currently is about *The Celestine Prophecy* by James Redfield. Contact Josie Dutil at (508) 966-0398 to sign up.

**FREE TURKEY DINNER** — Each year at Thanksgiving, the Lion's Club offers Bellingham residents a special meal. Join us on Saturday, December 3 from 11:30am until 1pm. Limited to 100, so please call the Center and sign up. (508) 966-0398.

**SMOC FUEL ASSISTANCE** — Please note that we are now taking appointments. Call the Senior Center to schedule an appointment once you have gathered all your paperwork. Many who are approved for fuel assistance also qualify for SNAP food assistance. Please inquire as we can assist you in applying.

**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.

**CHANGE OF VENUE** — Three upcoming BESG events are moving to the Bellingham VFW on South Main Street. Birthday Party on 11/17, Christmas Party on 12/10, and New Year's Eve Party on 12/30. The Center's kitchen is being expanded and construction may begin as early as November.

## Tax Work-Off Program

**Offer your services to the town to get up to \$1,425 off your annual property tax bill.** Work up to 100 hours at the rate of \$14.25 per hour.

This is for an individual only, couples working can make up to \$1,500.

The program is open to seniors 60+ and qualified veterans at any age. Positions available include: DPW Parks & Beaches, Town Common, Town Recycle Center, Town Carpenter's, COA Kitchen and Supportive Day, and Bellingham schools.

New program starts December 1 and ends November 30, 2023. (Workers in the current program must submit all time sheets no later than November 30.)


**To sign up, please call Melissa Paquette at (508) 657-2801** and make an appointment to complete the application and paperwork. She is located on the lower level of the Municipal Building.

## **WOULD YOU LIKE TO PLAY A ROLE in promoting and funding the arts, sciences, and humanities in Bellingham?**

Then apply to join the Bellingham Cultural Council. Council beneficiaries in the past include musical events, individual artists, nature studies, theatrical productions, and educational programs.

The Council needs a board member and volunteers to support a variety of programs. You can email: [BelCulturalCouncil@BellinghamMA.org](mailto:BelCulturalCouncil@BellinghamMA.org) or visit [www.bellinghamma.org/cultural-council](http://www.bellinghamma.org/cultural-council) to find out more.

# What's coming in November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / Pitch 1pm / Diabetes Prevention 1pm	<b>2</b> Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / SHINE 9am-noon / Yoga 101 9:15am \$5 / Motion to Music 10:45am / Walking Group 10am / Men's Group 11am at Devlin's / BINGO 1pm / Art Anyone can Paint 1pm	<b>3</b> Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Enhance Fitness (2) 11:30am / Bereavement Group 11:30am / Mahjong 1pm / Rainbow Café 2:30pm	<b>4</b> Senior Center will offer no regular activities so the Craft Fair can be set up.  <b>5 Saturday</b> COA Craft Fair 9am—3pm
<b>7</b> Billiards 8am—4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm	<b>8</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / Elder Fraud noon / Pitch 1pm / Diabetes Prevention 1pm / Tech Corner 2:30pm	<b>9</b> Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / SHINE 9am-noon / Yoga 101 9:15am \$5 / Motion to Music 10:45am / Walking Group 10am / Men's Group 11am at Devlin's / BINGO 1pm / Art Anyone can Paint 1pm	<b>10</b> Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / COA Board meeting 11am / Enhance Fitness (2) 11:30am / Mahjong 1pm	<b>11</b> Senior Center will be closed for Veteran's Day.  <b>12 Saturday</b> Blood Drive 9am
<b>14</b> Billiards 8am—4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Hearing Health 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm / Zentangle 1pm	<b>15</b> Billiards 8am -4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / Pitch 1pm / Diabetes Prevention 1pm	<b>16</b> Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / SHINE 9am-noon / Yoga 101 9:15am \$5 / Motion to Music 10:45am / Walking Group 10am / Men's Group 11am at Devlin's / Financial Advice 11am / BINGO 1pm / Legal Advice 2pm / Pop Up Pantry 3pm	<b>17</b> Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Enhance Fitness (2) 11:30am / Bereavement Group 11:30am / BESG B-day party Noon / Mahjong 1pm / TED Talk 1pm	<b>18</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Zumba Gold 11am \$5 / Canasta noon
<b>21</b> Billiards 8am-4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm	<b>22</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / Pitch 1pm / Diabetes Prevention 1pm	<b>23</b> Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / SHINE 9am-noon / Yoga 101 9:15am \$5 / Motion to Music 10:45am / Walking Group 10am / Men's Group 11am at Devlin's / BINGO 1pm	<b>24</b> 	<b>25</b> Senior Center will be closed Thursday and Friday to celebrate Thanksgiving 2022.
<b>28</b> Billiards 8am-4pm / Knitters & Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm	<b>29</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / Mental Health First Aid 10:30am / Pitch 1pm / Diabetes Prevention 1pm	<b>30</b> Billiards 8am – 4pm / Enhance Fitness (1) 8am; EF (2) 11:30am / SHINE 9am-noon / Yoga 101 9:15am \$5 / Motion to Music 10:45am / Walking Group 10am / Men's Group 11am at Devlin's / BINGO 1pm	<b>Drive-By Lunches</b> continue this month on Tuesdays and Thursdays at 11:30am, except on 11/17 and it's moved to Friday, 11/18.	<b>Please note:</b> 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 and Greg MacLellan, Barbara Eltzroth, Tom Donnelly,  
Eva Gamache, Paul Arsenaault, 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.**

Greetings,

Happy Fall! As I sit here, the leaves are really starting to turn to beautiful colors... they're also going to turn brown, fall from the trees and we will have to clean them up (ugh)!

We are looking forward to the Council on Aging's Craft Fair on Saturday, November 5 9am—3pm. It's always a fun event. Come and nose around, have lunch with us, and shop 'til you drop!

Thursday, November 17 at noon, is the monthly birthday party with Chicken Parm from Chef du Jour on the menu. This will be held at the Bellingham VFW on South Main Street, as will the Christmas Party (with entertainment) on December 10 and the New Year's Eve Party on December 30. Make your reservations now because space is limited to 100. There will be a cash bar.

I hope everyone has a very happy Thanksgiving with family. That has always been a big family event. Enjoy!

Our last cookout on October 13 was well attended. We look forward to starting back up in the spring. We'll keep you posted!

And one last thing, we can always use wheel chairs and transport chairs if you have them to donate. Thanks.

Bill Eltzroth, BESG President



## Recent BESG Memorials

Sue Kirkman & Frances Sullivan in memory of John Hogan. James and Mary Willey in memory of Betty Willey. Lillian Fleutte & Napolean Deschamps in memory of Edith Deschamps.

## 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.



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"Without doubt and dismay, you are smitten  
You think there's no chance for you, son?  
Why, the best books haven't been written  
The best race hasn't been run,

The best score hasn't been made yet,  
The best song hasn't been sung  
The best tune hasn't been played yet,  
Cheer up, for the world is young!"

### **Opportunity by Berton Braley (excerpt)**

**Life expectancy at birth increased by more than 30 years during the last century.** Due to medical advances, behavioral changes, improved nutrition, and public health transformations, human beings live healthier and longer lives (Mortality in The United States: Past, Present, and Future, 2016). **Incongruously, a considerably healthier and longer life expectancy has not ignited well-planned systemic support to exponentially increase the new opportunities a productive and longer life brings.** Neither decreased the pervasive detrimental individual and social effects of an archaic ageist culture.

In its research paper, *The Emergence of Long Life Learning*, Chip Conley and Ingo Rauth (2020) demonstrate how human developmental stages are no longer fixed or defined by clear-cut ages. **Longer life contradicts the old ideas about learning at the 20s, working and creating a family by the 30s and retiring at 60 years old.** Particularly, longer and healthier lives blurred those phases and refashioned the purpose and meaning of middle age. The longest period of human life, where in a condensed span substantial life event occurs, begins at some flexible time by the 40s and goes beyond the 70s (2020), followed by a lengthened elderhood at 80.

This fluidity on life span, and the extension of one's life, opened the world to extensive possibilities to think and live outside the constricted and previously learn-produce-retire life model. **Now is the time for "Middlescence" (2020), with the new possibility of rethinking the meaning of life, of what is to be, become, and belong.** Nevertheless, longer life still lacks supportive economic, social, cultural, and political transformations that offer the tools and opportunities to middle ages and seniors to successfully explore, enjoy, and contribute to society during this new frontier of human life.

**A limited number of educational institutions worldwide are embarking on research and programs targeting the wide-ranging needs longer life brings.** Going beyond knowledge center education that can deepen the skills a new technical era requires on the labor market to one learner-centric (Conley & Rauth Ph.D., 2020). A novel education allows us to answer the meaning of one's life, the possibility of fulfillment, our interconnectedness to younger and older generations, and our role in bringing them closer to work together for common goals.

The longer life expectancy transformed the meaning and length of middle age and elderhood. There is time now to explore for the first time unanswered and deeper questions about life, find new meanings, embark on new projects, and use the gained wisdom to engage younger generations in a common human project. We have the capacity and the finally allowed long-ing. However, **we are missing the support system opening the opportunities to be, become and transform. Of course, more than ever, there is time.**

# Veterans' News

**Discussing mental health can be daunting.** And in-person appointments may create additional challenges for those seeking support. With VA Video Connect, you can connect with your VA mental health providers from the comfort of your home.

VA Video Connect enables Veterans to meet with VA providers through secure video conferencing. If you have a smartphone, tablet or computer with an internet connection, you can use VA Video Connect to attend TeleMental Health appointments from wherever you are.

More than 97% of VA outpatient mental health providers have conducted video telehealth visits using VA Video Connect. Should you choose, you can invite your family members or caregivers to join your video visits. Some VA providers also offer group therapy sessions or other group appointments using the app.

To learn more, [visit the VA Video Connect app page](#)

**Bellingham's new VSO is Ana Milot (who replaces Dennis Pimenta) and can be reached at (774) 292-2437. Office hours are 8am-1pm each Friday at Bellingham Town Hall, lower level.**

# Social Services

***Lisa Loo provides these services for the Senior Center. You can contact her by email at [lloobellingham.org](mailto:lloobellingham.org) or call (508) 657-2714.*** "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**





# "Nobody wants to move into a nursing home."

That's why most older adults who need some care support begin with in-home services. Typically, this involves someone coming to the home to help with Activities of Daily Living — things like assistance with personal hygiene, meal prep, or light housekeeping.

**But over time, in-home care is sometimes not enough.** Remaining at home can become unsafe for older adults, some of whom may develop dementia with a risk of wandering or have repeated falls. Also, as the amount of in-home care increases, so does the cost; it can become unmanageable for some families. At that point, a nursing home often becomes the only option.

Overall, and with the exception of those who are there for short-term rehab to recover from an illness or injury, **there are really only two reasons why somebody lives in a nursing home:**

**Medical.** Nursing homes can provide a high level of skilled nursing care. They are staffed with nurses 24/7 and provide access to everything a resident may need: doctors, nurses, medication, medical equipment, etc. Some have specialized memory care units as well. For people who require skilled nursing care around the clock, this is the only setting where this is available.

**Financial.** After demonstrating a medical need, and for those who establish that they truly cannot afford to pay for the care on their own, Medicaid (it's called MassHealth in Massachusetts) pays for *everything in a nursing home*.

**There are big differences in the quality of nursing homes and the care they provide.** So, it's important to know which criteria really matter when considering options. Below, in increasing order of importance, are **things to avoid** when weighing these differences...

## **#5. Using Location as the Primary Criteria**

It makes sense to want to stay close to family, community, and other support systems that an older adult may have developed over the years. But don't make location the main consideration.

## **#4. Soliciting Recommendations**

Getting suggestions through crowdsourcing (e.g., Facebook, community bulletin boards, neighbors) is hard to resist. The problem is that **the suggestions you will receive can be out of date, misinformed, and/or not filtered based on your specific needs and circumstances.** Casual suggestions that are shared, while well-meaning, may not be particularly useful and often create additional stress.

## **#3. Judging on Appearance**

It's easy to be swayed by a newly renovated facility that has things like a nice chandelier in the foyer and beautifully maintained grounds. But that's not what really matters — the gardener is not the one taking care of your mom! **The truth is, some of the best care we have seen is delivered in older, even antiquated, buildings.** And the care is what is most important. However, we *do* recommend making judgments based on some parts of a facility's appearance, including cleanliness, potential safety hazards and, especially, the people who work at the facility.

## **#2. Waiting Too Long**

Many of the best nursing homes have wait lists that can be six months long or more. **If you delay researching options until you have an urgent need, you will have fewer choices.** So, start early and apply to several. There is no cost to completing an application and the sooner you get on a wait list, the more options you are likely to have.

## **#1. Staying In a Bad Situation**

A nursing home is not a one-way street! **It is actually rather easy to transfer from one to another if the care is not up to par or the fit is not right.** After all, this is a person's home and it's important that they feel comfortable.

## **Do Your Best**

Moving to a nursing home can be a difficult and emotional transition for older adults and those who love them. **You will make that transition go as smoothly as possible if you start early, consult with experts, and keep these important ideas in mind.**

*Our thanks to Michelle Woodbrey, co-founder of 2Sisters Senior Living Advisors, for contributing this article. More information is available at [www.2sisters-sla.com](http://www.2sisters-sla.com)*

# HAS SOCIAL ISOLATION DURING THE PANDEMIC AFFECTED YOU?

Discover the many ways isolation can affect cognitive function. Volunteer to be part of a study by taking a 30-minute test and talking with Katrina Dayaw at the Senior Center.

She's a doctoral degree candidate at William James College in Newton and a Bellingham resident. She is a graduate of Providence College and currently working with Harvard University and Beth Israel Deaconess Medical Center.



To qualify to be part of this study, you must be 65 years of age or older and have no current diagnosis of dementia or traumatic head injury. Your results will become part of a wider effort to understand how social isolation affects our lives. You will also receive a Stop & Shop gift card for participating.

Interviewing will start Friday, January 6 during the hours of 8am until 2pm; the study is in need of 35 participants. Please call the Senior Center at (508) 966-0398 to find out more and reserve a time for you.

## LOCK BOXES

Lock boxes are proven life savers.

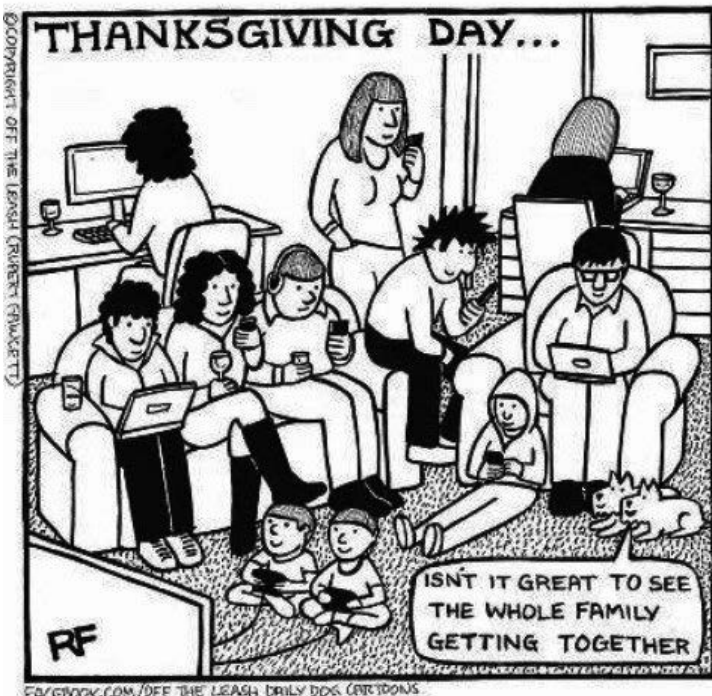
If you would like to have one installed, then please call Tina at the Bellingham Fire Department for more information. You can call her at (508) 657-2738.



## 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 November 29 and December 1 from 10:30am -2:30pm. Lunch is included.



## HELP WANTED

If you own a business, or know someone who does, please consider affordable sponsorship opportunities in this monthly newsletter.

According to a survey, one third of our 3,300+ have made purchases from newsletter advertisers. **Tell your story to the Bellingham senior community!**

Contact Tom Reilly at (508) 336-6633 ext. 337 to find out more. Deadline is approaching... call Tom today.

# Memory Training

(continued from page one)

Helen Whiting (pictured right), the other instructor, says “We’re trying to contribute to the community and help people who are willing to try. We offer techniques to help improve your memory.” Laverdiere (left) adds, “If a strategy doesn’t feel natural or easy, that’s what you might want to practice more.”

Memory Training is designed for people who wish to improve or maintain their memory ability. It is not intended for people with a diagnosis of Alzheimer's Disease or other forms of dementia.

The course meets for four weeks, two hours each week from 9:30-11:30am. “There’s a considerable amount of homework,” explains Whiting, “and people must practice. The brain is a muscle and ‘Skill Builders’ exercises your brain.” The meetings are held at the Bellingham Library which offers enough space for people to be comfortable. There have been two segments completed, attracting up to 12 people each. Another course is planned for February or March and it will be free.

“The program is a lifeline,” says Whiting, “for people who fear the approach of dementia or suffer from anxiety about their memory.”

Memory Training, according to the Longevity Center, offers participants information about what memory is and how it works, memory enhancement techniques, strategies to improve memory, and practices to apply what they learned in real life situations.

To sign up for the next course, please call Terri Graham at the Senior Center at (508) 966-0398.

*For more information, Google UCLA Longevity Center. And you might like to read the book “Seven Steps to Managing Your Memory” by Andrew E. Budson and Maureen K. O’Conner.*



## Elder Fraud

**Brenna Ferrick is a teacher at Tri-County Regional Vocational Technical High School in the Legal and Protective Services career program and she describes her program below.**

“For four years, my high school juniors have spent their fall term focusing on identifying fraudulent practices and financial scams that target the elderly. In collaboration with local police departments, they learn about common deceptive sales practices that affect many elderly people in our immediate communities. The students are enthusiastic about preventing such crimes, and we bring their research into local senior centers to deliver presentations and answer questions.

“The presentations are an essential learning opportunity for the students to practice public speaking and public service. In the past, our host centers have been impressed with the quality of the students’ presentations and the competency of the students in answering questions. I especially enjoy observing the beauty of the intergenerational interactions, which are all positive.”

**Please join us on Tuesday, November 8, at noon and call ahead to reserve your spot.**

*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 lots of vendors turned out. Items ranged in price from \$10 to \$40. We are all ready to celebrate this year!



We have 23 vendors, Polka Paul, Raffle, Bakery Table, Gift Baskets, and much more!

**To find out more, please contact COA chairperson Kay Page. (508) 966-0398**



**BESG TRIP**

**12/9/22**

**HOLIDAY**

**FUN!**

## **Get in the holiday spirit!**

First stop will be lunch at Storrowton Tavern & Carriage House in West Springfield. Then a visit to America's favorite candle company, Yankee Candle, where you can learn to make your own candles. Santa Claus might even be there! When darkness sets in, the next stop will be Bright Nights at Forest Park... 600,000+ Christmas lights.

Motorcoach will leave the Senior Center at 9:45am on December 9 and return about 7:30pm. \$92 per person. **Sign up at the Welcome Desk at the Center before November 14.** Merry Christmas!

## The Giving Tree

For the past 19 years, "Knitters" at the Senior Center have produced hats, mittens, and more. In the past year, hundreds of pieces have been donated to the St. Blaise Food Pantry, Milford Hospital, and several local nursing homes.

"We accept purchased items too and it's not too late to donate," says Abby Cirioni. **(She is also looking for more knitters and crocheters.)**

You can bring your contribution to the Senior Center. Abby would like to have all contributions submitted before the end of November.

**If you'd like more information, then please call Abby at (508) 966-3788.** Thanks! Everything will be shared before Christmas.



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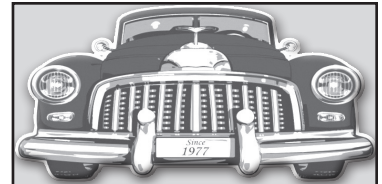
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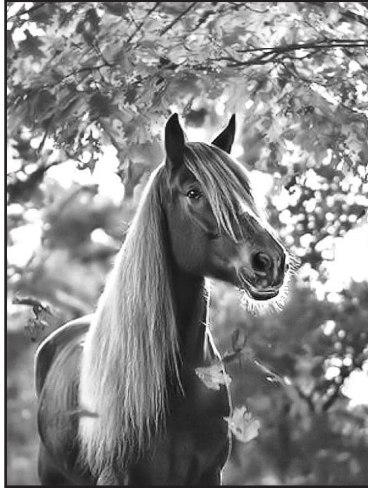
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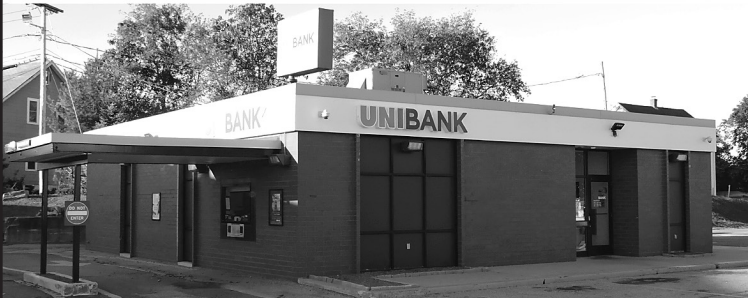
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