

# THE SPIRIT OF BELLINGHAM

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



SHINE on...



## Changing of the guard

Judy Higgins (pictured, right) is the new SHINE representative for the Senior Center. The departing rep is Jean Roy (pictured, left) who has been doing the job for about four years.

SHINE stands for Serving the Health Insurance Needs of Everyone. And it's an opportunity for you to ask questions about your health insurance and the government programs that can help to pay for them.

*(Continued on page 11)*

## FALL FOODS

*Lisa Loo is the Senior Center's Social Services Coordinator as well as a lifelong foodie and is well-versed about nutrition. Below, she shares some thoughts.*

Autumn (or as we say here in New England, Fall) is my favorite season! I love equally the crispness in the air and the warm Indian summer days. Most of all, I love the seasonal produce that fall brings with all the delicious aromas. Here are some of my seasonal favorites to look for at the farmers market and grocery store.

**Apples** are high in fiber and antioxidants like quercetin, vitamin C, beta carotene and potassium. Apples support heart health and weight loss, strengthens immunity, regulates blood sugar, promotes gut health, and may help prevent cancer and reduce symptoms of asthma. This gives new meaning to "an apple a day, keeps the doctor away."

**Brussel Sprouts** are a powerhouse of vital nutrients. They are a member of the cruciferous family and have many health benefits including helping to fight cancer, heart disease and support digestive health. Try them roasted or steamed.

*(Continued on page seven)*

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Arthur Linnell, Ed  
Nugent, Bob Green-  
halgh, Jack Stuart,  
Miguel Morillo and  
Wayne Goodale

etc.

**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/cutural-council](http://www.bellinghamma.org/cutural-council) to find out more.

**CONGRESSIONAL OFFICE HOURS** — Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be at the Center on Thursday, October 13 from 11:00 AM 1:00 PM. You can bring your concerns and/or casework requests relating to any federal agency, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration. Appointments are encouraged so call the Center to schedule yours.



**BEHAVIOR CHANGE WEBINAR SERIES** — This free, four-part virtual monthly series is hosted by Linda Rosenthal, a behavior change specialist. Coming up on Friday, October 14 at noon will be *How to get from where you are now to where you want to be*. To register, email: [LRosenthal@edgevt.com](mailto:LRosenthal@edgevt.com) or call Josie at the Senior Center for more information.

**TED Talks** — On the third Thursday of each month at 1pm, join us for informative 15-20 minute presentations with lots of time at the end to discuss. Hosted by Senior Center Director Josie Dutil.

**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.

**OSTEOPOROSIS** — Join us for a presentation on October 13 at 1pm given by a medical science liaison from Amgen. Learn about what osteoporosis is, how it is diagnosed, and how you can take charge of your bone health.

# Council on Aging

# monthly report

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

**Our next public Board Meeting will be in person, October 11 at 11am**

## COA Officers and Board Members

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

Hello October and Happy Halloween,

October and all its splendor has arrived bringing the beautiful fall colors, cool crisp days, falling leaves and of course pumpkins, ghosts and goblins. We love the smell of wood burning from the fire pits on those great cool evenings, all the Halloween and fall decorations, pumpkins and flowers in the rich beautiful colors. On a more serious note, let's not forget October is Breast Cancer Awareness Month so please take the time to make an appointment and be checked. Many of us know someone who has been a victim -- I personally have experienced that dreaded call -- a very special family member called with the news that she had breast cancer. It is devastating to hear so do make that call and appointment -- so very important! With that all that said, the conclusion is that October is really a special month and I hope you enjoy all it has to offer.

**CRAFT FAIR:** We are a month away from the Craft Fair and we are almost ready with just a couple of things to finish! The baskets for the raffle are ready and you can purchase tickets at the front desk at the Senior Center -- 1 ticket for \$1.00 or 6 tickets for \$5.00. We have a great variety of baskets, and all include several gift cards from restaurants, stores, nail salons and many more! We will have coffee and donuts in the morning at 9:00, and lunch at 11:30ish will feature hot dogs, dynamites, pizza, chips and soda! So be sure to get something to eat! There is a bakery table for you to purchase pies, breads, cakes and cookies to satisfy your sweet tooth. The 'like new room' is so popular with the guests -- you can purchase beautiful items at a more than reasonable price. A MUST SEE!!! We have 21 vendors with a variety of merchandise. The highlight of the day is Polka Paul from 10:00 - 1:00pm. Everyone enjoys his music. We look forward to seeing you all at the Senior Center Saturday, November 5 from 9:00-3:00pm.

**WALKING GROUP:** Lisa Loo is leading a new walking group on Wednesdays from 10:00-11:00am at the Town Common and everyone is invited! There are many benches so you can sit and rest if you want/need to, and of course the walkways are great if you have a walker and makes walking much easier for you. Don't forget the walking group on Fridays at 9:00am at the SNETT on Center Street led by Tsune Roberts.

**SENIOR LUNCH PROGRAM:** The drive-by senior lunch program is 2 days a week — Tuesday and Thursday for Bellingham seniors for \$3.00. Please call the Senior Center to sign up for the lunches. MICKEY G'S will be catering the lunches for October, and we want to thank Bill Eltzroth, Jim Fitzpatrick and Eva Gamache for getting the lunches to the Senior Center. Thank you for all you do!

**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:

June Bogan & Susan Lucchesi, Jane & Peter Coppola, Joseph & Dianne Crowley, Todd & Diane Dahlstrom, Julie Caligaris-Garilli, Linda Drohan, Betsy Gonzales, Gloria & Mitchell Hoffmeister, Wayne & Sharon Kujala, Thomas & Diana Maley, and Hillary McKinley.

**MEDICARE INFO** — You're invited to attend the 2023 Fallon Health Medicare plan meeting on October 28 at 1:30pm. At this meeting you will have an opportunity to learn about the new rates and expanded benefits at Fallon Health. This meeting is open to everyone, and questions are welcomed. Please register to attend by calling (508) 966-0398.

**LIFELINE** — Join us for a discussion of the different technologies to help seniors who are at risk of falls or have a chronic condition and how a medical alert device solution can help to save lives. Included in the discussion will be a demonstration of land-line, wireless and mobile options. And get a money-saving coupon. Questions are welcome. October 6 at 1pm. Please call to register.

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

**HALLOWEEN PARTY** — The annual BESG bash will be held Saturday, October 22 at 4pm. Costumes encouraged. It will be held on the same

# Spirit Week

## October 24th:

Monday - Crazy Hat Day

Tuesday - Ugly Shirt/Sweater Day

Wednesday - Favorite Holiday Day

Thursday - Disney Day

Friday - Crazy Sock Day

**Come to the Center dressed for the day!**

## 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.

## Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income people in Bellingham prepare their Federal and Massachusetts income taxes.

Last year, more than 4,700 returns were prepared at 41 sites around Worcester County. Nationally, almost three million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the 11 weeks during tax preparation season: Feb. 1st to Apr. 15th. Training for volunteer preparers will start in November, most of the training will be online. Internet access and basic computer skills are necessary. **For an application and/or further information:** <https://www.aarp.org/volunteer/programs/tax-aide>

# What's coming in October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> Billiards 8am—4pm / Knitters &amp; Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm</p>	<p><b>4</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / Pitch 1pm / Diabetes Prevention 1pm</p>	<p><b>5</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</p>	<p><b>6</b> Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Enhance Fitness (2) 11:30am / Bereavement Group 11:30am / Mahjong 1pm / Lifeline 1pm</p>	<p><b>7</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Myofascial Release 9:15am / Zumba Gold 11am \$5 / Canasta noon / Lunch &amp; Learn noon</p>
<p><b>10</b> Senior Center is closed.</p>  <p><i>Columbus Day</i></p>	<p><b>11</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / COA Board meeting 11am / Pitch 1pm / Diabetes Prevention 1pm / Tech Corner 2:30pm</p>	<p><b>12</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</p>	<p><b>13</b> Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Congressional Office 11am / Enhance Fitness (2) 11:30am / Osteoporosis 1pm / Mahjong 1pm / Rainbow Café 2pm / BESG cook-out 4pm</p>	<p><b>14</b> Billiards 8am-4pm/ Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Myofascial Release 9:15am / Zumba Gold 11am \$5 / Canasta noon</p>
<p><b>17</b> Billiards 8am—4pm / Knitters &amp; Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm</p>	<p><b>18</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / Pitch 1pm / Diabetes Prevention 1pm / Financial Advice 2pm</p>	<p><b>19</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 / Legal Advice 2pm / Pop Up Pantry 3pm</p>	<p><b>20</b> Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / BESG Foliage Day Trip 9:45am / Enhance Fitness (2) 11:30am / Bereavement Group 11:30am / Mahjong 1pm / TED Talk 1pm</p>	<p><b>21</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Zumba Gold 11am \$5 / Canasta noon</p> <p><b>22 Saturday</b> BESG Ham &amp; Bean Supper and Halloween Party 4pm \$12</p>
<p><b>24</b> Billiards 8am-4pm / Knitters &amp; Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm</p>	<p><b>25</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Yoga 10am \$5 / Blood pressure 9am / Pitch 1pm / Diabetes Prevention 1pm / Book Club 6pm</p>	<p><b>26</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</p>	<p><b>27</b> Billiards 8am-4pm / Bridge 9am / Intermediate Yoga 9:30am \$5 / Hearing Healthcare 10am / Enhance Fitness (2) 11:30am / Mahjong 1pm / BESG Birthday Party &amp; Lunch 4pm</p>	<p><b>28</b> Billiards 8am-4pm / Enhance Fitness (1) 8am / Walking Club 9am / Cribbage 9am / Myofascial Release 9:15am / Zumba Gold 11am \$5 / Canasta noon / Medicare Fallon Health 1:30pm</p>
<p><b>31</b> Billiards 8am-4pm / Knitters &amp; Quilters 9-11am / Chair Volleyball 10am / Enhance Fitness (2) 11:30am / Poker 1pm / Chair Exercise 1pm</p>	<p><b>Drive-By Lunches</b> continue this month on Tuesdays and Thursdays at 11:30am (except add Friday 10/28 and cancel Thursday 10/27)</p>			<p><b>Please note:</b> Program dates and times change so call the Center to confirm all activities.</p>

# Bellingham Elder Service Group

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

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

Greetings,

**What a great time we had at the Yard Sale last month!** We raised over \$1,200 which will be put to good use. We have some projects we want to accomplish, and the new shed has been ordered and will arrive around the first of next month. Thanks, everyone!



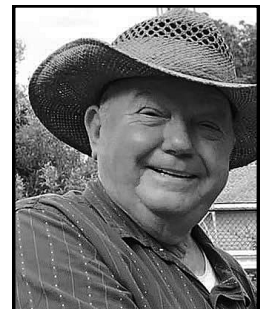
We would also like to make our parking lot bigger, because we keep growing due to your support. If you would like to make any kind of donation to our projects, it would be greatly appreciated. This is your Senior Center, and we keep trying to make it even better. Please make your checks out to Senior Center Improvements. Thank you!

Our birthday party on Thursday, October 27 will have Chicken Pot Pie by Mickey G's. On Saturday, October 22, we'll have our Ham & Bean Supper at 4pm, including our Halloween Party. So put on your best costume and join us for a great time with entertainment provided by Susan McLeod... she is fantastic!

The cookout will be on October 13 featuring sausage, pepper, and onion sandwiches... and more. And remember, the COA Craft Fair is coming up on November 5.

Welcome to fall! The time of the year that's the favorite for many of us.

Bill Eltzroth, BESG President



# Fall Foods... and Turkey Pumpkin Chili!

(continued from page one)

**Cranberries** may help to boost heart health and brain health according to recent studies. This is due to the flavonoids, anthocyanins and proanthocyanidins. Homemade cranberry sauce is easy to make and so much better for you.

**Fennel** adds a nice licorice flavor to dishes, and it is low in calories and rich in nutrients. Fennel is a good source of potassium, folate, vitamin C and carotene and other essential minerals like calcium, phosphorus, and sodium. Fennel may help with anemia, indigestion, may regulate blood pressure and reduce flatulence.

**Pears** are nutrient rich packed with antioxidants, vitamins, and minerals. They come in many different varieties including Bosc and Asian. The Asian pear is one of best high fiber foods. I love to have cut pears and pomegranates on a salad.

**Pomegranates** are a rich source of iron, vitamins A, C and E. Additionally, the pomegranate arils are high in fiber and even provide a little bit of protein. I love sprinkling them on salad to add a juicy nutritious crunch.

**Pumpkins** are nutrient dense, high in fiber and micronutrients including beta carotene and vitamin A and low in calories. Pumpkins may boost immune function, may protect your eyesight, reduce your cancer risk, and help with weight loss. I love pumpkin! There is no such thing as too much pumpkin. And it's not just for pie. I love making pumpkin bread, pumpkin lattes, pumpkin chili, pumpkin soup, pumpkin oatmeal, and pumpkin pancakes.

**Sage** is high in antioxidants and may help support oral health, aid brain function and lower blood sugar and cholesterol levels. Use fresh sage to add depth and flavor to soups, stews and roasts.

One of my favorite fall recipes is **Turkey Pumpkin Chili** from Real Food Whole Life. It is super easy to prepare and full of nutrients. This is on regular rotation in my house during the fall and winter. Everyone loves it, even my picky eater. You can throw it all in your crock pot. Here's what you need:

## Ingredients

**1 tablespoon** olive oil  
**1** medium yellow onion, *finely chopped*  
**1** medium red, yellow or orange bell pepper, *finely chopped*  
**2 teaspoons** kosher salt, *divided*  
**2 pounds** ground dark meat turkey  
**1 teaspoon** garlic powder or 4 cloves of minced garlic  
**1 teaspoon** cumin  
**½ teaspoon** mild chili powder  
**1 teaspoon** smoked paprika  
**1 6 oz can** of tomato paste  
**3 cups** pumpkin puree (not pumpkin pie filling)  
**1 cup** chicken broth  
**1 tablespoon** fresh lime juice  
Optional toppings: chopped scallion, *chopped cilantro, sliced jalapeno, sliced avocado, sour cream, cheese*



**Instructions** Add the onion, pepper, garlic, meat, tomato paste, cumin, chili powder, smoked paprika, 1 teaspoon salt, and 2 cups pumpkin puree (from about 1 [15-oz] can) to a 6-quart slow cooker, stirring until well combined. Cover and cook on high for 4-6 hours or low for 6-8, or until the onions are very soft and the meat is cooked through. Uncover, add 1 additional cup pumpkin, 1 teaspoon salt, and lime juice, stirring to combine. Taste and add more salt or lime juice if necessary. Serve with optional toppings of your choosing.

**Notes** There is always a flavor benefit to browning your vegetables and meat first but, I'll share that I tested this recipe both ways and found that the browning step wasn't completely necessary, especially if using lean ground meat. You can substitute ground beef instead of ground turkey. If using beef, be sure to look for a lean (5-7% fat) option to keep the chili from getting greasy.

# Veterans' News

If you're a veteran having thoughts of suicide or concerned about some



one, reach 24/7 crisis support through the new Veterans Crisis Line (VCL) number: Dial 988, then Press 1.

This shorter, three-digit number provides an easier-to-remember way to access the VCL. Since 2007, the VCL has supported millions of veterans in crisis. This new number increases ease of access and clarity in times of crisis for both Veterans and supporters.

**Be prepared** and save the new number in your phone: Dial 988, then Press 1. Remember, you're not alone. Day or night, the Veterans Crisis Line is here for you.

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

## Social Services

***Lisa Loo provides these services for the Senior Center. You can contact her by email at [lloo@bellinghamma.org](mailto:lloo@bellinghamma.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 a small fee (within a nine-mile radius).

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





# Senior Survey

October 2022



**We're asking for your thoughts about group activities currently available at the Senior Center.** We'll review your comments and preferences and adjust our schedule to provide you with an even better experience at the Center.

In a typical week, two dozen activities are offered including BINGO, chair exercise, Enhance Fitness, yoga, Walking Club, myofascial release, card and board games, and informative presentations. Please identify your three favorites, in order:

(1) \_\_\_\_\_, (2) \_\_\_\_\_, (3) \_\_\_\_\_.

Comments:

Is there a form of group activity/social gathering that you would like to see added to our schedule? Removed?

How often do you visit the Senior Center each week? \_\_\_\_\_

And what brings you to the Center?

**Please complete the survey, tear it out of this newsletter, and bring it to the Welcome Desk at the Center. Put your name on it if you'd like. Thank you!**

# New Walking Club

Join us at the Bellingham Town Common on Wednesdays from 10:00 - 11:00am. Lisa Loo will be leading the Wednesday Walking Group/Club. All are encouraged to participate. Lisa specifically chose the Town Common so that all seniors, especially those with walkers and/or canes, can participate confidently as there are benches throughout the paved walkways.

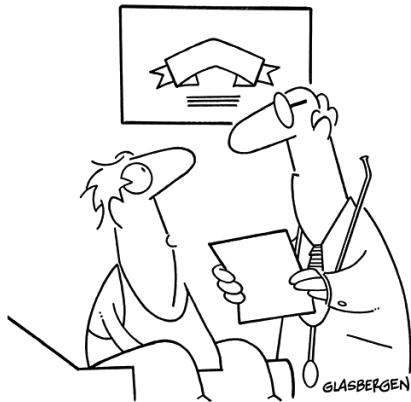
Participating in a walking club rewards both body and soul. Physical activity improves the

overall health and well-being of older adults. Even modest levels of activity done daily for 30 minutes can prevent or control heart disease, diabetes, osteoporosis, colon cancer, and weight gain.

Walking boosts energy levels, improves blood circulation, lowers blood pressure, combats depression, and reduces stress. Most importantly, walking club members build strong friendships and have a lot of fun!

Grab a sturdy pair of walking shoes, wear comfortable clothes, pack a water bottle, and join the fun. Call the Senior Center to learn more and reserve your spot (508)966-0398.

*For those looking for a more challenging walk, Tsune Roberts leads the Friday Walking Group/Club at 9:00am at the SNETT Trail located on Center St.*



"If walking is the best exercise, how come zombies don't look healthier?"

© Randy Glasbergen / glasbergen.com



# LOCK BOXES

Lock boxes are proven life savers.

If you have one or want one, here's who to call.

Tina at the Bellingham Fire Department is your contact for more information. Call her at (508) 657-2738.



# Lunch & Learn

Please join Oak Street Health for a complimentary luncheon on October 7 at noon at the Senior Center.

RSVP by October 5. Call the Senior Center at (508) 966-0398 and let us know you'll be coming.

# ZENTANGLE

**"Zentangle is organized doodling," explains Helen Whiting, a Senior Center volunteer and Zentangle instructor.**

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

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

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

Please call ahead to reserve your seat at the table.

# Welcome Judy Higgins

(Continued from page one)

## **What does the SHINE representative do? What kinds of questions can folks bring to you for answers?**

SHINE volunteers help eligible people to navigate the Medicare system and find the appropriate insurance to meet their needs. During the initial visit you will be asked a few questions to get started:

Your age... Your income... Email address if applicable... Employment status... Any concerns you might have about this process.

Based on those answers we'll be able to look at options.

## **Your background, briefly, and experience that relates to your SHINE job?**

I spent 25+ years in the mortgage banking world helping our customers meet their housing needs. When I retired, I knew that I wanted to give back and SHINE seemed to be a good fit for me. I like helping people and providing answers to questions and or issues.

## **When will you be available at the Senior Center. Also, are you a Bellingham resident? Family here?**

I will be available on Wednesdays from 9 am to 12 pm. Please contact the Senior Center for an appointment. I have lived in Bellingham for the past 16 years and have family in Foxboro.

## **Anything you'd like to add?**

I look forward to working with the staff at the Center and all the local residents.

## Jean Roy bids farewell

**"The time has come for me to say goodbye to the Bellingham Senior Center.**

I will no longer be the SHINE counselor for Bellingham. I have enjoyed meeting and counseling everyone who has come to SHINE with questions on Medicare and MassHealth.

The staff at the Bellingham Senior Center has been awesome and a BIG Thank You for all your help and patience.

Judy Higgins will now become the SHINE counselor for Bellingham. I know she will provide exceptional counseling to all Bellingham residents.

I will still continue as a SHINE counselor at the Medway Senior Center."

## 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.**

# Craft Fair 2022

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

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

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

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

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



## Senior Center yogi wins an Oscar

Helen Whiting, a weekly attendee at the Yoga 101 class on Wednesday mornings, was recently awarded for Best Dramatic Performance.

Everyone in the class agreed with the judge that Helen deserved the award for her straight-faced description of another yoga class in response to a question. "That teacher makes you put your foot behind your neck," Whiting deadpanned without a smile. "And then do a one-armed handstand." Not true. But a very convincing performance. Wendy Wright came up with the "Oscar."

Yoga 101 happens on Wednesdays at 9:15am. Call the Senior Center to sign up. Maybe YOU will win an Oscar.

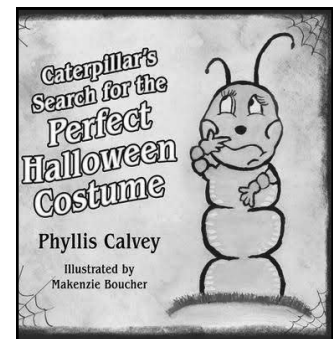


## Bring the Grandchildren for a Fun Story time!

**Where:** The Bellingham Library **When:** Saturday, October 22nd, at 10:00 a.m. **Author Phyllis Calvey will read her new book!**

"Caterpillar's friends were ready! Each had found the perfect costume for Halloween. Umm... what would Ant, HoneyBee and Spider be for Halloween? Kind Cricket even thought of a way his friend Walking Stick could trick-or-treat with them for the first time. Will Caterpillar be able to find her own perfect costume?"

**A charmingly illustrated story for any time of year; friends helping each other, kindness, and the rewards of patience!**



Copies of the book will be available and the author will be glad to personalize your book on the day of the event. Kids are encouraged to come dressed in costume!

The book is also available to purchase on Amazon.com or [www.butterflyclubbook.com](http://www.butterflyclubbook.com) More info is available from the Library at (508) 966-1660.



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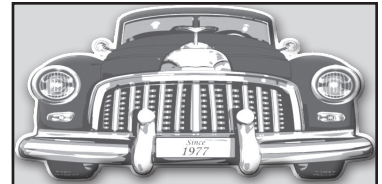
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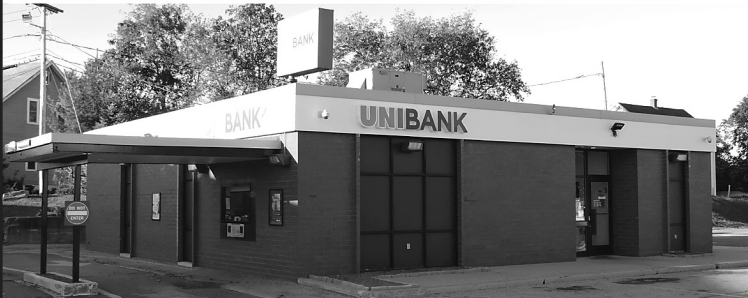
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**We offer activities and information for seniors.**

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