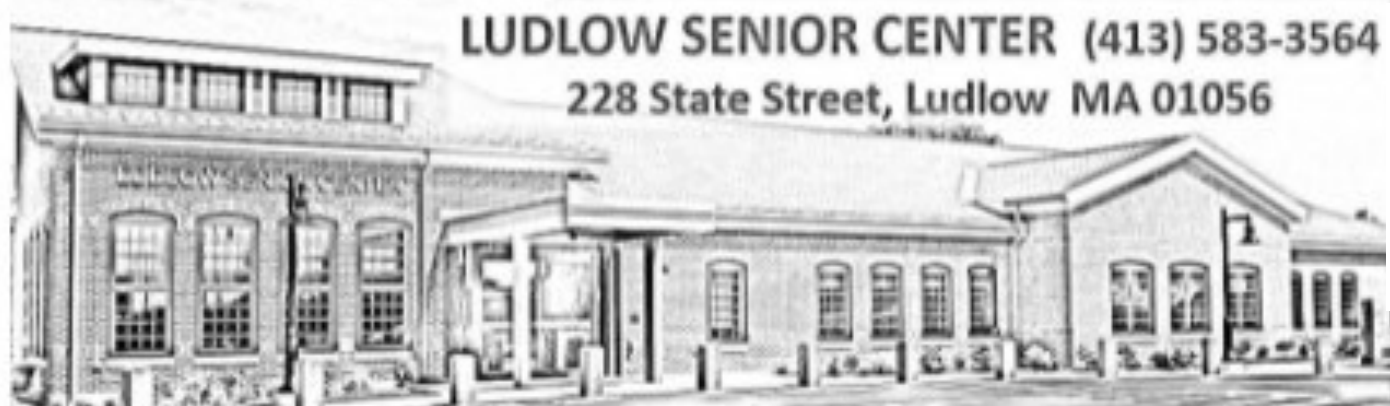


# THE SENIOR SCENE ~ AUGUST 2022



LUDLOW SENIOR CENTER (413) 583-3564  
228 State Street, Ludlow MA 01056

**\*\*THE SENIOR CENTER WILL BE CLOSED MONDAY, AUGUST 22ND FOR STAFF TRAINING\*\***

*Jammín with Jodi...*

Happy August! Please be aware that the Center will be **closed on MONDAY, AUGUST 22nd** for staff training. We all have to be recertified in CPR, AED and first aide. We are sorry for the inconvenience!

There are a lot of great things happening at the Center! It is amazing how much has changed since last year. Our lunch program continues to have strong participation despite no longer having Grab and Go. It is so nice to see so many new faces at lunch and walking the halls. Our classes continue to grow and as predicted, this building is too small. New programs and activities are constantly happening. Lunch Bunch returned, Lunch and Learn has begun again and some new art classes have brought out the creative side of many of our folks. It is wonderful to watch people walk through our doors daily. The Café is buzzing in the morning and watching people sit on the Café patio and chat makes me so happy. This building really has exceeded my expectations, and I love seeing it utilized as I had dreamed! Thank you to everyone that visits and makes my visions come true. We still have some work to do and some challenges to overcome, but we are so excited for what is to come. The staff is constantly thinking of new ideas, and we can't wait for them to come to fruition. Thank you to the staff for continuing to support me and our crazy ideas! You guys are the BEST!!!!!!

*Jodi Lepke*

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## Fuel for your Brain

Our ability to learn, discover and explore is what helps us find meaning and purpose in life. For example, mastering a new recipe can help you feel accomplished and appreciated when you make it for your family. Or, reading something new offers insights you can share in your next book club meeting. Lifelong learning is beneficial at every stage of life, including your golden years.

Contrary to previously held beliefs, cognitive abilities don't necessarily decline with age. Lifelong learning offers many benefits for your well-being and can enhance mental and intellectual wellness. Seeking out new information will help your brain generate neurons. Neurons are responsible for sending information through your body. With more neurons, your body responds more quickly to the information it receives. Increased neurons also help reduce the risk of certain forms of dementia.

One of the best benefits of lifelong learning is that it is almost always done with others! Increased socialization is a huge brain boost since it elevates mood and decreases feelings of depression. Meeting others where you go to learn is fun and stimulating, amplifying your motivation to continue to learn.

We are happy to announce that Lunch & Learn is back! Last month, Angela Kramer from the Board of Health spoke about adult vaccines. This month, Chief Ryan Pease will present on home and fire safety. September and October Lunch & Learns will be interesting too with a presentation about the Real ID and a very important presentation about end of life treatment and wishes.

Please let me know what other topics you would like to learn about. Fuel your brain today and for many years to come by learning something new and by refreshing what you have previously learned.

*Heather*

# Get to Know The Ludlow Senior Center

## The Staff

### Executive Director

Jodi Zepke  
jzepke@ludlow.ma.us

### Program Coordinator

Heather Jolicoeur  
hjolicoeur@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Outreach Coordinator

Debbie Johnson  
outreach@ludlow.ma.us

### Receptionist

Naomi White

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Jorge Fialho

### Dispatcher

David Snyder

### Van Drivers

Jack Alves  
John Garcia

## Friends of the Ludlow Senior Center

Kathy Green, President

Margaret Hinkley, Vice President

Stephanie Tyburski, Treasurer

Carla Roberts, Secretary

Jackie Doyle, Assistant Treasurer

## What is a Senior Center?

**Senior Centers** exist to help aging adults enjoy the company of their peers and participate in activities that are healthy, engaging and fun.

Recognized and funded through the Older Americans Act, (OAA) as a community focal point, **Senior Centers** have become one of the most widely used services within the Aging Services Network.

**Senior Centers** aren't just a place for great programs and activities. Many Centers such as the Ludlow Senior Center also offer volunteer opportunities, provide outreach for programs such as Fuel Assistance, SHINE services, Brown Bag, indoor and Grab and Go meals, exercise programs, recreational programs, and other programs to further help older adults within our communities age in place.

There are approximately 10,000 **Senior Centers** in the United States which serve more than one million older adults every day. Visit us or one of the surrounding communities today!

## Council on Aging Board

Diane Peacey- Chair

Janice Grimaldi- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fred Lafayette- Member

Rosalind Forti- Member

Open seat- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Frank Krzanik- Member

Debbie Johnson- Member



**Mission:** The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over 60 years old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.

Dignity ~ Independence ~ Inclusion

## Staff Spotlight

### David Snyder ~ Dispatcher

Dave has just completed his first year at the Center. When he isn't booking your appointments for rides, Dave can be found helping out around the building doing almost any task when called upon-including cleaning toilets.

Dave loves to conduct tours of the Center which (in his words) gives him ample time to prattle on in a way reminiscent of his 35-year middle school English teaching career. In this vein, Dave also helps edit the Senior Scene and relishes making corrections with his dark red pen.

Dave's principal role at the Center, scheduling rides and filling in as a driver, has given him the advantage of learning his way around Ludlow ~ which comes in handy now that he and his wife Monica, a therapist, live in town.

In his leisure time, Dave enjoys playing the piano (quietly, since he lives in a condominium). He sings in the Trinity Church Choir and with the Hartford Chorale. You can find him singing at the Student Prince during the holidays.

Dave has four grown children and six grandkids.

# AUGUST ACTIVITIES...

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## **COMPUTER CLASS**

### **Mondays at 10:00am**

Learn how to access email, send pictures, and other functions of a computer. Each class takes place over two Mondays. You need to attend both Mondays. Made possible with a technology grant awarded by the State of Massachusetts. **Registration required.**

## **JEWELRY CLASS**

### **Wednesday, August 3rd at 9:30am-11:00am**

Come and create your own jewelry.  
\$3 plus the cost of supplies

## **Watercolor Pencil Class**

### **Mondays, August 15th & 29th at 2:00pm**

Get creative while working on the same project as everyone else with water color pencils. Supplies and materials are provided.

**Space is limited so please sign up for this activity.**

## **FISHING CLUB**

### **Thursday, August 4th at 1:00pm**

Gone fishing? Come to the meeting first. New and seasoned members welcome.

## **TED TALK HOUR**

### **Thursday, August 18th at 10:00am**

After watching a short TED Talk video, Jodi will lead the group through interesting and spirited discussion.

**Pre-registration is appreciated.**

## **AUGUST CRAFTS WITH SUNSHINE VILLAGE**

### **Thursdays, August 18th and 25th at 10:00am**

Join Sunshine Village to create a beautiful craft and painting. This activity is limited to the first 10 people to sign up.

## **BOOK CLUB**

### **Thursday, August 25th at 2:00pm**

*The Maid* by Nita Prose

Sept: *The Pilot's Daughter* by Audrey J. Cole

## **Trivia**

### **Fridays, August 5th and 19th at 10:30 am**

Teams will work together to answer trivia questions from pop culture, history, science, and more! If you know a little about everything, you will love playing trivia!

## **LUNCH BUNCH!**

### **Friday, August 12th Van Leaves at 11:15am**

Enjoy a van ride to lunch to Maine Fish Restaurant, East Windsor CT. Registration is required. \$2 to ride the van plus the cost of lunch. \*Sign ups begin Aug 1st\*

## **Iceland Tour**

### **Friday, August 26th at 10:00 am**

Come and enjoy a video tour of Iceland with some travel experts!

## **“COLORFUL CLARINETS”**

### **Thursday, August 11th at 1:30pm**

Come enjoy the traditional music of this experienced quintet. They have been playing together for 5 years. Now they are going to play for us! Enjoy an afternoon of music!

# WEEKLY ACTIVITIES...

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## **Knitting Group**

### **Mondays at 9:00am**

Join the knitting group to get help with your project and start your week with good friends and a lot of laughs.

## **Scrabble**

### **Mondays at 1:00pm**

Love letters? Come have fun playing Scrabble. Show off your vocabulary or learn a few new words!

## **Pitch**

### **Mondays at 1:15pm**

Join us in the Great Room for many exciting games of Pitch!

## **Quilting**

### **Tuesdays at 9:00am**

Come create and show off your masterpiece, learn a new technique or simply enjoy time with friends.

## **Cribbage**

### **Tuesdays at 10:00am**

Come play this game that involves grouping cards to create points which move you further along on the Cribbage board.

## **Bingo**

### **Tuesdays at 1:30pm**

Try your luck at this fun game of chance!

## **Gardening Club**

### **Wednesdays, 8:00am –10:00am with Rain Days on Fridays**

New members always welcome to come help keep the Ludlow Senior Center beautiful. Bring your gloves, cutters, and green thumb!

## **Ceramics**

### **Wednesdays at 9:00am and Fridays at 1:00pm**

You can bring your own piece or order one from us. Help is available as well as access to the kiln. Cost of the class is free except for what your order.

## **Dominos**

### **Thursdays at 9:30am**

Join us for a game of Mexican Train! No experience necessary.

## **Mahjong**

### **Thursdays at 1:00pm**

Come join us for a lively game of Mahjong. New players welcome!

## **Corn Hole!**

### **Fridays at 10:00am**

Enjoy a fun game of Corn Hole on the Corner Café Patio!

# EXERCISE...

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## EXERCISE ROOM

**Monday—Friday 8:00am—3:00pm**

***Fitness Room Instruction Wednesdays 8-10am by Appointment***

The exercise room contains treadmills, recumbent bikes and an elliptical. You must have your medical provider sign a new medical form prior to utilizing the equipment. There is a \$10 lifetime fee. If you paid it at the old building, you are all set.

**PLEASE NOTE ... YOU MUST BRING CLEAN SNEAKERS WITH YOU TO USE THE EQUIPMENT!**

## WALKING CLUB

**Monday-Friday 7:00am and 8:00am**

Now meeting in the rear of the parking lot of the new building. It is a great way to start your day, meet new friends, and get some exercise! Join us and enjoy the spring air! New members always welcome.

## BOOMER BOOTCAMP

**Mondays at 10:00am & Fridays at 8:45am and 10:00am**

Have fun while using weights and light aerobic exercise to increase tone and endurance. Thanks to a generous donation to the Friends of Ludlow Senior Center from The Joseph and Anna Dias Family Foundation designated for exercise programs we are able to offer this class for \$1 or punch from your punch card.

**\*Sign ups are required for Boomer Bootcamp\***

***Please call ASAP and cancel if you cannot make class so that someone else can enjoy class! Thank you!***

~~~~~  
***Do you have an old punch card from the old building? You can turn it in for the new punch cards. If you have 4 classes left on your old card, you can turn it in for 12 new classes. See the Front Desk for more information.***

# MEETINGS...

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## DECORATING COMMITTEE MEETING

**Tuesday, August 2nd at 1:00pm**

Do you enjoy decorating large areas and dining rooms or creating centerpieces? If so, join us as we plan for upcoming events. New members always welcome.

## COUNCIL ON AGING BOARD MEETING

**Wednesday, August 17th at 4:30pm**

Held the 3rd Wednesday of every month, this meeting is open to the public. This is an advisory Board that helps set policies and procedures of the Center. If you have questions of how things are done at the Center, please feel free to attend a meeting. The COA Board is also seeking a new member. Please see Jodi if you are interested in becoming a COA member. Come see what the COA is all about!

## LINE DANCING

**Tuesdays at 9:00am**

Learn how to line dance while having fun! This class is FREE of charge thanks to a grant from the Office of Elder Affairs.

## GENTLE YOGA

**Tuesdays at 10:30am**

This gentle practice incorporates the principles of Hatha Yoga and provides approaches of slow, gentle movements with breathing, mindfulness, and stress release. **Please bring your own mat.** \$1 or punch from your punch card per class.

## DANCE! DANCE! DANCE!

**Tuesdays at 1:00pm**

If you love to dance, this is for you! There will be multiple forms of dancing to one song at a time. Instruction and demonstration will be given. Partners, singles, and line dancers welcome. Free on behalf of a grant from the Office of Elder Affairs.

## ZUMBA GOLD

**Mondays at 2:30pm & Wednesdays at 10:00am**

A modified Zumba class for active older adults with easy-to-follow choreography to music that focuses on balance, range of motion, and coordination. \$1 or punch from your punch card per class.

## TAI CHI

**Thursdays at 9:00am**

Come join in this class while you are led through exercises of slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind. **Free Class!**

## ACTIVE YOGA (Intermediate Practice)

**Thursdays at 2:30pm**

This class provides poses and a flow of postures with emphasis on body awareness, alignment and coordination of breath and movement. **Please bring your own mat.** \$1 or punch from your punch card per class.

## FRIENDS OF THE LUDLOW SENIOR CENTER

**Thursday, August 11th at 10:30am**

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the second Thursday of each month and find out what you can do to help.

## SENATOR LESSER'S OFFICE

**Will Return in September**

Feel free to stop and talk with Jennifer Metsch about topics you feel are important to your community.

## VETERANS' SERVICES

**August 10th at 10:00am**

Meet with Eric Segundo, Director of Veterans' Services, to discuss any issues concerning benefits and/or services. **Registration is required**

# FUN LUNCHES...

## Hawaiian Luau!

Wednesday, August 10th at 11:00am

Get out your Hawaiian shirts and dancing shoes and join us for some fun with Jose Paulo! Entertainment begins at 11:00am.



## Birthday Lunch!

Thursday, August 18th

Calling all August Birthdays! Join us Thursday for our monthly Birthday lunch. Let us know your birthday is in August and lunch is on us!



## Lunch and Learn is Back!

Wednesday, August 24 at 12noon

Chief Ryan Pease will burn down the house with his informative presentation on smoke detectors, fire and home safety. Bring your questions!



# MOVIES...

## August 3rd at 1:00pm

### ***Black Bird***

97 mins R

Lilly summons her family for a final reunion before she ends her battle with a terminal illness.

## August 10th at 1:00pm

### ***Fathers & Daughters***

114 mins R

Powerful story of love, loss, tragedies that bring us together & tear us apart.

## August 17th at 1:00pm

### ***Life Itself***

117 mins R

NYC couple goes from college to marriage & the birth of their daughter with unexpected twists to their journey.

## August 24th at 1:00pm

### ***The Ultimate Life***

108 min PG

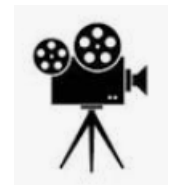
A billionaire questions his priorities after discovering his grandfather's journal.

## August 31st at 1:00pm

### ***Must Love Dogs***

97 mins PG-13

A 40-year-old divorcee throws herself back into the dating scene.



# WELLNESS...

## **BLOOD PRESSURE CHECKS AND FILE OF LIFE**

**Tuesday afternoons from 12:30pm-2:00pm**

**\*New day and time ~ Friday mornings 10-11:30am!**

Get your blood pressure checked and update your File of Life or complete a new one for you. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency. Update it for 2022!

|                           |        |
|---------------------------|--------|
| <b>FILE OF LIFE</b>       |        |
| Name:                     |        |
| Address:                  |        |
| Doctor:                   | Phone: |
| <b>EMERGENCY CONTACTS</b> |        |
| Name:                     | Phone: |
| Address:                  |        |
| Name:                     | Phone: |
| Address:                  |        |

**MESSAGE THERAPY.....**we are working to find a new Massage Therapist so hopefully this service will return soon! Thank you Meaghan for your years of service! You will be missed!

## **FOOT CARE WITH ANGELA KRAMER, RN, BOH**

**Thursdays by Appointment**

Foot Care has returned. Pedicures are \$20 and comprise a foot soak and nail trim (no polish). Appointments are required and can be made by calling the Center. Diabetics are required to provide a note from their doctors before foot care can be given. A mask is required at your appointment.

**\*Sign ups for August appointments begin August 1st\***



## **HEARING CLINIC WITH HERITAGE HEARING CARE**

**Thursday, August 25th 12:30pm-3:00pm**

**by appointment**

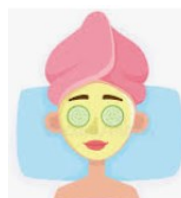
Make sure you can hear the birds singing in the morning. Schedule your free hearing screening and/or have your ears checked for wax. Do you need your hearing aids checked, cleaned or need new batteries? New batteries are available also. Learn about hearing loss too. Call the Center for an appointment beginning August 1st. Masks are required.

## **FACIALS WITH DIANE**

**Diane Neill: Wednesday, August 24th**

Diane Neill, MA Licensed Esthetician, provides facials and additional skin care services starting at \$35. Light therapy and waxing services available. Appointments are required.

**\*September appointments are available beginning August 1st\***



# SUPPORT...

## SAVVY CAREGIVER

Guidance and Education for caregivers of those with Alzheimer's and Dementia related disease

**Wednesdays, August 17th, 24th, 31,9/7,9/14,9/21 1pm**

**Savvy Caregiver** is a 6 consecutive week series of 2 hour sessions that will provide caregivers with skills, knowledge and techniques needed to provide care to a person (most often a friend or family member) who has been diagnosed with Alzheimer's or dementia. Whether you are new to caregiving, an old pro or anticipating caregiving in the future, this class is for you! It is strongly recommended you attend all 6 session dates.

**Pre-registration is required.**

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, August 19th at 1:00pm**

Losing a loved one can be one of life's hardest challenges. While it is inevitable that we all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief.

Owner and Founder of Guidance By Li, Liane Smola, will join us monthly to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and sharing ideas how to support others in your life who also may be faced with grief.

Share the story of your lost loved one and receive soft guidance and support for your continued grief journey.

**\*Please register for this session\***

## FORGET- ME-NOT CAFÉ

Welcoming Place for People with Memory Challenges and their Care Partner

**Monday, August 29th at 1:30pm**

A calm and welcoming meeting place where those with memory challenges and their caregivers can enjoy a change of scene and routine. Meet other care partners, learn about resources and experience respite and renewal in your role of caregiver.

Each month we will enjoy pleasant activities to improve senses and evoke good memories and create unique conversations.

This program is supported by a grant from WestMass ElderCare and the Older Americans Act.

# OUTREACH...



Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole". If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636**, Monday through Friday, 9:00 AM to 5:00 PM, or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org).

## Fuel Assistance Information

Valley Opportunity Council will begin to send out recertification applications at the of August. I would like to remind you to start gathering your information that will be necessary for your recertification. This includes Social Security benefit letter, pension information, electric, gas, oil, water, sewer, house insurance, and house tax bills for 2022.

If you are interested in applying for the fuel assistance program for the first time, I will not have new applications until September.

Remember fuel assistance does not begin until November, and you have until March 2023 to file. Recertification appointments will NOT begin until September

If you have any questions, call 583-3564. Please remember there is NO DROPPING OFF of paperwork . Unfortunately I can only accommodate Ludlow residents that are 60 and over. Thank you for your understanding.

~Debbie



## BROWN BAG PROGRAM

**Tuesday, August 16th 1:00-3:00pm**

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55, who meet income guidelines. Pickup is the third Tuesday of each month.

**Call the Center for more information and application.**



# FRIENDS OF THE LUDLOW SENIOR CENTER

## Who are "The Friends"?

We are an IRS 501c3 nonprofit organization created in 1984. Our goal is to financially assist the Ludlow Senior Center by raising funds which are used to supplement programs at the Center for our community.

The next Friends Meeting is  
**Thursday, August 11th at 10:30am**  
in the Arts & Crafts Room  
New and returning members always  
welcome! Come and see what the  
Friends are up to!

The **Boutique** is open Monday thru Friday  
9a.m –1pm  
(closed for lunch 12-12:30).  
Donations are accepted at the front desk.  
Please bring in items in excellent condition  
and keep the donation under two grocery  
bags per month. Donations and purchases  
will help support the Friends of the Ludlow  
Senior Center which goes towards funding  
programs, activities and more!  
*Thank you!*

## DONATIONS HAVE BEEN MADE:

### In memory of Edna White:

- Suzanne and Stephen Fitzgerald

### In memory of Charlie McCarthy:

- Joan Benoit

### In memory of Kevin, Ed and Anna:

- Cynthia Dahlke

### General Donations:

- Nancy Zolty
- Constance and John Bauer

### In memory of Ed Nolan:

- Daughters of George Desautels
- Jeannette Nolan
- Kevin Nolan
- Mary Paquette
- Ellen Nolan
- Carol Nolan
- Karen Nolan
- Mark Nolan
- Dolores Habel
- Sue and George Jessmer
- Kathy Layer and co-workers

Thank you to Richard and  
Barbara for the extended  
entertainment at the Volunteer  
Appreciation dinner! Also  
thank you to the Friends who  
subsidized most of the event!



**By searching "Ludlow"**

**Friends of the Ludlow Senior Center** has  
been **selected again** to receive \$1 from  
every \$2.50 reusable Community Bag sold  
during the month of August 2022 at:

### **Stop & Shop**

located at

**1600 Boston Road, Springfield MA**

**If you shop at Stop & Shop, buy a bag  
and support the Friends!**

## DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER

Donation from \_\_\_\_\_

Address \_\_\_\_\_

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (kindly indicate name, address & relationship):

Donation Amount \_\_\_\_\_ Check here to remain anonymous \_\_\_\_\_

Please make check payable to:

### **Friends of the Ludlow Senior Center**

228 State Street, Ludlow MA 01056

Phone (413) 583-3564

The Friends are a non-profit 501(c)(3)

Thank you to the families that think of us when requesting memorial contributions. Please know we appreciate this and are pleased that the memory of your loved one will live on at the Ludlow Senior Center.



# THE SENIOR SCENE

PLACE  
STAMP  
HERE

LUDLOW SENIOR CENTER ~ 228 STATE ST, LUDLOW, MA 01056

**\*\*THE SENIOR CENTER WILL BE CLOSED MONDAY, AUGUST 22ND FOR STAFF TRAINING\*\***

## Corner Café Happenings!.....

~Don't forget the patio is open so enjoy your coffee out in the fresh summer air !

~Free for All and Corn Hole every Friday on the Corner Café Patio!

~Join us in the Corner Café for breakfast treats such as fruit bowls, egg scrambles, danish, and much much more!



## "Tea with the TA" in the Café

Wednesday, August 3rd at 10:00am

Stop by the Café and meet our new Town Administrator, Marc Strange. It is a good opportunity to meet him and talk about your praise and concerns in Town.

## Root Beer Float Day!

Wednesday, August 17th at 10:30am



*A summertime staple, Root Beer Floats are a frosty treat that's so simple to make in just a few minutes. Made with creamy ice cream and chilled root beer, a nostalgic dessert that's a must have all season long. Join us in the Café!*

Thank you all for the donations of coffee for the Corner Café:

Bonnie Fonseca  
Bill and Mary Sarad  
Edie Tipton  
Elaine & Peter Karalakis

Peg Hinkley  
Naomi White  
Diane Beigert



## Hydration Station!

Daily, during Café hours, we will have ice water or fruit infused water to help you stay hydrated during the upcoming hot days of summer! We encourage you to bring a reusable cup or water bottle to help us conserve resources.

