



JULY 2021



THE SENIOR SCENE

LUDLOW SENIOR CENTER—228 STATE STREET, LUDLOW, MA 01056

Ludlow Senior Center

The Center is now open to the public, Monday-Friday
8:00am-4:00pm.

Phone Number:

(413) 583-3564

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Senior Center Staff:

Executive Director:

Jodi Zepke

jzepke@ludlow.ma.us

Outreach Coordinator:

Debbie Johnson

outreach@ludlow.ma.us

Activities Director :

Maria Ardolino

activity@ludlow.ma.us

Deb Borecki –Clerk

Jack Alves-Driver

John Garcia-Driver

Naomi White-Receptionist

Jorge Fialho-Maintenance

Donna Haluch-LaRose-Cook

David Snyder—Dispatcher

Jammin' with Jodi...

It is hard to believe we are already half way through 2021. July is going to be a very busy month here at the new Center as we bring back many programs and activities. It is important to remember that you are still **REQUIRED** to sign up for activities. This allows us to know who is visiting and how many participants we will have for activities. It allows us to be sure that we have the correct space for each activity. We know that this may not be desirable for some but it is only for a short while so that we can transition back to our doors being open 100%. There is a lot that goes into bringing back each program. It is not as simple as just opening the doors. Please bear with us. Just call the Front Desk at 583-3564 and let the receptionist know what activity you would like to sign up for. If you need the van, be sure to book that as well.

Just a quick reminder about masks at the Senior Center. Masks are not required; however, we strongly recommend a mask for those that are not fully vaccinated or for those that feel more comfortable wearing one. We also ask that you stay home if you are not feeling well, for the safety of everyone in the building.

Many have asked when meals will be served inside. Truth be told, we are still waiting on our new dishes to arrive! We are working on a plan for AUGUST. We are hoping to serve inside on Mondays, Tuesdays, Thursdays and Fridays. Wednesday will continue to be Grab and Go outside. Please bear with us as we finalize the plan. We will make sure everyone is notified and hope to make the transition as smooth as possible. We have been serving outside for the last 15 months. It is hard to believe it, and we have made so many new friends. For those of you that haven't visited the new building and are hesitant to have lunch inside, we encourage you to come visit and see how amazing it is!

The month of August will see the return of Pitch and other card games. We are hoping to have all of the audio visual equipment installed soon so we can add movies to the line up. Chair volleyball is going to be tricky as we haven't found a spot to play yet, but regular Volleyball will return to East St school in September. We are getting there!

Finally, I am so excited that we have new staff joining our crazy team!. Welcome David! We have a new Program Coordinator joining us soon too! As always, we are here!
Just give us a call or swing on by!

~Jodi

New Dispatcher

David Snyder has joined our team! David is the new Dispatcher and will be in charge of all of your transportation needs. Please be patient as we train David and switch to a new database. The van schedules are a bit different, and the drivers are still getting used to them.

Thanks for your patience and be sure to say hello to David!

Ludlow Senior Center

● (413) 583-3564

● www.ludlow.ma.us

JULY GRAB AND GO MENU

July 1: Sausage & Pepper Grinder
(Happy 4th!)

July 6: Chicken Patty Sandwich

July 7: American Chop Suey

July 8: Walnut Crusted Salmon

July 13: Strawberry Spinach Salad w/ Chicken

July 14: Pasta Primavera

July 15: Stuffed Pork Chop



July 20: Potato Crunch Fish

July 21: Chicken Cordon Bleu (Birthday)

July 22: Ham & Pickle Salad Plate

July 27: Spaghetti & Meatballs

July 28: Shepherd's Pie

July 29: Chicken Piccata

PICK UP TIME - 11:30am—12:30pm at 228 State Street

Please remember you must be 60+, drive up to receive your meal and make reservations 24 hours in advance. Offered on Tuesdays, Wednesdays and Thursdays and the cost is \$2.00. If you would like to pay for the whole month of JULY, it is \$26 per person and checks can be made out to:
Ludlow Council on Aging.

*****ATTENTION GRAB AND GO PARTICIPANTS!*****

We are working on a plan for August for our meal program, trying to find a way to bring meals inside but still provide at least one Grab and Go meal a week. We understand that there may be some of you that cannot come in or are uncomfortable coming into the new building for meals. Those of you who are unsure about coming inside for meals, we strongly encourage you to visit the new building and see how amazing it is and evaluate your options. We plan to have the same delicious meals, served restaurant style with no clean up for you! We realize that some of you may be disappointed, but we need to bring the program back inside. We can assist you with other resources if necessary and are happy to work with you to make sure that you still receive nutritious meals. Please call Jodi with any questions or concerns!

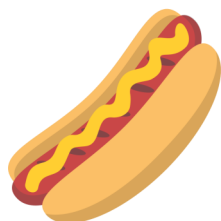
GRAB AND GO FUN

~ Thursday, July 1st we will celebrate the **4th of July!** Wear your red, white and blue and celebrate our independence !

~Wednesday, July 21st we will celebrate **July Birthdays!**
Let us know your birthday is in July and lunch is on us!

NATIONAL HOT DOG MONTH

Monday, July 26th at 12noon



Who knew we celebrate hot dogs?!
Join us out front (drive up or walk up)
for a hot dog and all kinds of fixings!
Nothing says July like
a good ol' hot dog!

PARKING LOT SAFETY

Please be aware in the parking lot especially as we add more activities in July...

- Watch for others walking to and from their cars.
- Always use the sidewalks and crosswalks.
- Look both ways when crossing in front of the building.
- Beware of the temporary landscaping hay bails along the sidewalks.
- Bump stops are something new for us, please be careful to not trip over these.
- On Grab and Go days, please follow the directions of our parking attendants.

THANK YOU FOR YOUR ATTENTION!

The Ludlow Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Senior Center in writing. Thank you!

INDOOR ACTIVITY INFORMATION....

We are excited to announce more indoor activities in July. PLEASE be aware this is **BY APPOINTMENT ONLY**.

Please be sure to read carefully all of the information associated with indoor offerings.

Those that wish to participate in any indoor activity **MUST** book an appointment/register for the class. We encourage you to wear a mask and to sanitize when entering and moving throughout the building.

Please beware of other's boundaries as well. Thank you for your understanding!

Please call us with any questions or concerns.

GARDEN CLUB

Mondays at 9:00am

The club meets outside to help with the grounds of the new Center. No sign up necessary. New members welcome!

KNITTING GROUP

Mondays at 9:00am

We are excited that our Knitting Group is back and have returned to MONDAY mornings. Come for help with a project, friendship and lots of laughs! Be sure to register!

QUILTING GROUP

Tuesdays at 9:00am

We are excited for the return of Quilting! Come and create a beautiful masterpiece, learn a new technique or simply enjoy time with friends! Be sure to register!

BINGO

Tuesdays at 1:30pm

BINGO is back to a weekly schedule. Every Tuesday at 1:30pm. Be sure to register as Bingo fills up quickly!

CERAMICS

Wednesdays and Fridays at 9:00am

The ceramics room is now open! We ask that you bring your own supplies; the kiln is not hooked up yet. Mike will be available to help you out and has new pieces for purchase. Call today to reserve your spot.

TEA FOR TEN-ISH

Monday, July 26 at 10:00am

Join us for an hour of chatting, fun and laughs! Book your spot!

BILLIARDS

Beginning July 7th

Mondays, Wednesdays and Fridays

The pool tables have arrived! For the month of July, we will have open billiards on Mondays, Wednesday and Fridays. You **must** call and **register** for the days you would like to come play.

In August, league play will resume and we hope to bring back Ladies Billiards soon. Check August's newsletter for more info.

DOMINOS

Thursdays at 10:00am

Dominos is back! Join us for a friendly game of Mexican Train and other domino fun! No experience necessary! Please book your reservation.

MAHJONG

Thursdays at 1:00pm

Now is your chance to learn how to play Mahjong. Join us on Thursday afternoons. We have sets available to borrow. Be sure to register!

BOOK CLUB

"The Four Winds" by Kristin Hannah

Thursday, July 22 at 1:00pm

The Four Winds is a rich, sweeping novel that stunningly brings to life the Great Depression and the people who lived through it—the harsh realities that divided us as a nation and the enduring battle between the haves and the have-nots. A testament to hope, resilience, and the strength of the human spirit to survive adversity, *The Four Winds* is an indelible portrait of America and the American dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.

August - *Surviving Savannah* - Patti Callahan

September - *When the Apricots Bloom* - Gina Wilkinson

NEW MEMBERS WELCOME! Register today!

EXERCISE

EXERCISE ROOM

Monday-Friday 9:00am-3:00pm

You may book an appointment to use the exercise room. The room contains treadmills, recumbent bikes and an elliptical. Appointments will be 1 hour long. You must have your medical provider sign a new medical form prior to utilizing the equipment. There is also a \$10 fee for lifetime use. If you paid it in the old building, you are all set! Please call the Center, and we will send or e-mail you the form.

WALKING CLUB

Monday—Friday at 9:00am (7am and 8am too)

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! New members always welcome!

BOOMER BOOTCAMP

**Beginning July 9th
Mondays and Fridays at 10:00am**

Boomer Bootcamp is back! We are excited that the YMCA will be resuming classes. The cost is \$1 per class. We are able to keep the cost low due to a generous donation to the Friends of the Ludlow Senior Center from The Joseph and Anna Dias Family Foundation designated for exercise programs. Punch cards will be available for \$12 which will covers 12 classes. Cards available at the Front Desk. Please remember to register for your class!

WELLNESS SERVICES

The Ludlow Council on Aging is not responsible for last minute cancellations by these providers

BLOOD PRESSURE CHECKS AND FILE OF LIFE

Tuesday afternoon from 1:00pm-2:00pm

Christine is back to check your blood pressure and to update your File of Life or complete a new one for you. You may just drop in for this service.

MASSAGE THERAPY

Meaghan Murphy: Monday July 12 and 26

The cost of a 30-minute massage is \$25. Appointments are required. At this time, we are limiting folks one sign up a month; you can be put on a waiting list for the other date. Please wear a mask to your appointment. Thank you for your understanding!

BELLY DANCE CLASS!

**Wednesdays at 1:30pm
(July 7—August 11)**

Why not try something new and different at the New Building! We had this class years ago and it was a blast! This is a beginners class which includes core moves, combinations and isolations which set the dance apart from other dance forms. Each class will begin with exercises to warm up and stretch and end with a cool down of slow movements. No experience necessary! Come and have some fun! Please call the Center at 583-3564 to register. This class is **FREE** of charge thanks to a grant from the Office of Elder Affairs.

TAI CHI

Thursdays at 9:00am

This class leads you through exercises of slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind. This is a **FREE** class. Reserve your spot today!

COMING SOON...

We are working on bringing back Yoga, Pitch, other card games and puzzles in August. We are also working on a plan to bring back lunch in the Dining Room. The audio visual equipment will be installed over the next 2 months so we will be able to add movies to the schedule too. Please have patience as we try to add back all of our prior existing programs to the schedule.

FACIALS

Diane Neill: Wednesday, July 28

Diane Neill, MA licensed esthetician, provides facials and additional skin care services. Facials begin at \$35, and light therapy and waxing services are also available. Appointments are required. They may be made by calling the Center. Always the fourth Wednesday of the month.

FOOT CARE

Many have asked about the return of Foot Care. At this time the Board of Health will continue to provide Foot Care at Town Hall. They can be reached at 583-5600 x-1272. We hope to bring Foot Care back to the Senior Center soon!

MEETINGS

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, July 14 at 1:30pm

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

COUNCIL ON AGING BOARD MEETING

Wednesday, July 21 at 4:30pm

The COA meeting is held the third Wednesday of every month, and this meeting is open to the public, unless there's an executive session. Please join us if you would like to learn more about the COA.

ZOOM

As we transition back to in-person activities, ZOOM Trivia will be the only ZOOM program this month. We will bring back virtual programming in the future. Channel 192 programming will continue.

ZOOM TRIVIA

Friday, July 9 and 23 at 11:00am

Meeting ID:811 1761 2769 Password: 764055

CHANNEL 192

Monday:

9am—Moving & Grooving
3pm—Yoga

Tuesday:

9am—Chair Yoga
3pm—Today's Hot Topic!
(Thrive Financial Planning;
John Losito concert)

Wednesday:

9am—Tai Chi
3pm—Zumba

Thursday:

9am—Today's Hot Topic!
(Thrive Financial Planning;
John Losito concert)
3pm—Chair Yoga

Friday:

9am—Boomer Boot Camp
3pm—Cooking Class

Saturday:

9am—Chair Yoga

OUTREACH INFORMATION...

DEBBIE UPDATE...

Debbie's surgery went well, and she is feeling great! She is now working on her rehabilitation and hopes to be back very soon! We cannot wait for her to return. She wants to thank everyone for the well wishes and cards. It meant a lot! She is tentatively scheduled to return to work on Monday, July 12th.

FARMERS MARKET COUPONS

Farmers Market Coupons have arrived and will be distributed on **Monday, July 12th at 10:00am**. This is on a first-come, first-serve basis. To be eligible for coupons you must be:

- 60 years of age or older, or
- Disabled and living in senior housing, and
- Your income must be lower than \$1986 a month for 1 person and lower than \$2686 for 2 people.

You can only receive coupons once from one site. No early birds please! Call us for more information.

The Brown Bag Program

Tuesday, July 20, 2021
1:00pm—3:00pm

This monthly program provides shelf stable foods from the Food Bank of Western MA. Bags are put together at the Senior Center and are available for pick up or delivery the 3rd Tuesday of every month. **If you are on the program and no longer wish to receive the Brown Bag, please call us and let us know.** We have many bags that are not picked up each month. This is not fair to people that really need this program's bags and could be distributed to another site.

Thank you in advance!

ADDITIONAL FOOD RESOURCES

If you are in need of additional nutrition resources, please give us a call. There are many sites and programs providing free groceries to those in need. It is free and many sites are drive through. 583-3564



FROM THE BOARD OF HEALTH....

How to Safely Store Medications In the Heat

Capsules, Tablets, Inhalers, Liquids, Injectables, and more. Medications come in many forms and serves many purposes. But one thing they all have in common is they do not do well in extreme temperatures. Both excessive heat and cold can have a significant impact on how well medications – both prescriptions and over-the-counter do their job. While that may not be a big deal for a daily vitamin, the impact of a less-than-effective heart medication or asthma inhaler has the potential to be fatal.

All medications come with label instructions regarding safe storage. Most medications should be stored at 59 to 77 degrees Fahrenheit in a cool, dry place. That degree range is important and that the chemicals and components of some drugs can be changed when exposed to different temperatures. For example, drugs that contain hormones such as birth control, chemotherapy, anti-seizure meds and antibiotics do not work as well when exposed to temperatures outside their recommended storage range.

In addition to this, moisture, like that found in most bathrooms, can cause some medications to stop working as intended. When blood glucose strips are exposed to humidity, they can actually give inaccurate readings. That means the less-than-aptly-named medicine chest in your bathroom should not actually be used to store medicine.

Safely storing Medications:

- ~**Store most at room temperature.** Most medications should be stored between 59 and 77 degree Fahrenheit, in a cool, dry place. If you are unsure, check your medication label or ask your pharmacist.
- ~**Keep medication with you when you are traveling.** When traveling, never leave medications in a very hot or cold car and don't store them in your trunk. Ideally, all medications should be kept in the cabin of your car while traveling. Medications that require refrigeration, such as insulin and EpiPen, should be kept in a cooler with a cool-pack; if traveling by air, keep medications in your carry-on luggage to avoid the extreme temperatures of the cargo hold.
- ~**Know how your specific medication should be stored.** If you do not have air conditioning at home, experts recommend storing your medication in the refrigerator (depending on the medicine). Always check with your pharmacist for storage recommendation.
- ~**Be Prepared.** Have a plan in place in case the power goes out. Some injectable medications, for example, need to be stored in the refrigerator. You may have a short window of time before the warmth makes them unsafe.
- ~**Ship medicine overnight.** If you order medication, always choose overnight shipping and make sure someone will be around to pick it up. If you work, have medication shipped to your office to avoid sitting on your porch or in a hot mailbox.
- ~**Look for change.** Always inspect medication before taking. If medication is stuck together, appears "runny," is harder or softer than normal, shows changes in color, or has a different odor than usual when opening the bottle, it may be compromised and should not be taken. But remember, just because medication looks normal, it still can have been damaged by extreme temperatures. If you have concerns, consult with your pharmacist.

"As always, be sure to ask your pharmacist when picking up new medications about the best way to store them, and also ask about other medications you may have at home that you are unsure about."

JULY FUN FACTS

- July was named after the famous Roman general Julius Caesar; it was selected by the Roman senate, being the month he was born in.
- As we're at the beginning of the second half of the year, it's a great time to start on a new foot.
- On July 25, 1909, Louis Bleriot became the first man to fly an aircraft from one country to another successfully. He took off from the coast of France and landed across the channel near Dover, England.
- As the second month of Summer, July is, on average, the warmest month of the year in the northern hemisphere. Its southern hemisphere equivalent is January.
- On July 5, 1946, the world's first bikini was unveiled in the famous Piscine Molitor swimming pool in Paris. Just in time for the heat of summer, the bikini was modeled by showgirl Micheline Bernardini. While two-piece forms of swimwear previously existed, none used as little fabric as the bikini.
- July isn't just the month for Independence Day. There are plenty of other great holidays observed around the world! July 2nd is World UFO Day, while July 3rd is Stay out of the Sun Day. July 6th is a pretty delicious day, as it's National Fried Chicken Day! At the end of the month, we also have International Tiger Day on July 29th.

FRIENDS OF THE LUDLOW SENIOR CENTER

Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advancing, the welfare of senior citizens in the Town of Ludlow.

Donations have been made in the memory of the following friends:

Donations have been made in the memory of the following Friends:

- Mary Hope, Rita Batista, Evelyn Anischik: Jacqueline Drapeau & Linda Fanon
- Jake Hanacek: Lisa Hetzel
- Anna Archobello & Lou Cristina: Dolores Supernaw
- Norman Bourdeau: Virginia Bourdeau

Building Fund Donations:

- Herminia Grayson
- Philomena Wajdula
- Grab & Go participants

Support Your Friends! Check out our Facebook Page:

<https://www.facebook.com/FriendsoftheLudlowSrCenter>
or our website www.friendsofludlowseniorcenter.com
for donation information.

DONOR SPOTLIGHT.....

LUSO Federal Credit Union

LUSO Credit Union recently made a generous contribution to Ludlow's new Senior Center. We very much appreciate their donation. LUSO has been a dedicated supporter of The Friends organization over the past few years as co-sponsors for several of our joint fundraising events. LUSO's donation to the new Building Fund is being used to sponsor the exercise equipment for our beautiful new Fitness Room.



PeoplesBank

Many thanks to PeoplesBank for their generous donation to The Friends of Ludlow Senior Center Building Fund. We are fortunate to have a local bank that's new to Ludlow and is already committed to the community and our Seniors. We welcome PeoplesBank to Ludlow and thank them for supporting our new building. The PeoplesBank contribution is in sponsorship of our beautiful new Café and Coffee Bar.



DONATIONS to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to enhance elder services in our community today and tomorrow. Your support is always appreciated.

Donation from _____ Address _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to: _____

(kindly indicate name, address & relationship) Donation amount \$ _____ Used For: * _____

Check Here if you would prefer to remain anonymous _____ *New Building Fund - General Need - Other

**If no area is specified, monies will be designated for Building Fund*

Please make check payable to: **Friends of the Ludlow Senior Center** 228 State Street, Ludlow MA, 01056

The Friends of the Ludlow Senior Center continue to fundraise for the new building. There are many sponsorship opportunities still available! Contact us at 583-3564, and someone will get back to you. Thank you to families that think of us. For many of you, it is a time of loss. Please know we appreciate you; the memories of your loved one will live on at the Ludlow Senior Center..

THE SENIOR SCENE

PLACE
STAMP
HERE

228 STATE ST, LUDLOW, MA 01056

AMAZON SMILE TO BENEFIT THE FRIENDS

Phone Number:

(413) 583-3564

NEW Address:

228 State Street

Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

Chairman:

Fred Lafayette

Vice Chairman:

open

Secretary:

Kara Ribeiro

Treasurer:

Helen Grabowski

Members:

Nancy Pauze

John DaCruz

Rosalind Forti

Sheena Santolini

Janice Grimaldi

Diane Peacey

Frank Krzanik

Debbie Johnson

Did you know that Amazon will donate 0.5% of your AmazonSmile purchases to The Friends of the Ludlow Senior Center? Not just Prime Days, not just at the holidays but EVERYDAY! AmazonSmile is the SAME Amazon you know. SAME products, SAME prices, SAME service. AND you can use Prime with Smile! You just have to do is select The Friends of Ludlow Senior Center as your designated non-profit organization on your Smile Account and Amazon will automatically send the money directly to us. Tell your friends and family! So...PLEASE REMEMBER TO USE the AmazonSmile page WHEN SHOPPING AT AMAZON.COM



CAFÉ GRAND OPENING!

Tuesday, July 6th at 8:00am

We are happy to announce that the Café will officially open in July. We will be serving coffee and tea and maybe an occasional goody until we can work out the kinks. Come and enjoy the front patio as well on a beautiful day.

We look forward to seeing you!

Hours of the Café for July are as follows:

~Mondays and Fridays 8:00am—11:00am

~Tuesdays, Wednesdays and Thursdays
8:00am—10:00am

These hours are for the month of July as we still have the Grab and Go program.

We need a name for our Café!

Let us know your thoughts.



Ludlow Senior Center ● (413) 583-3564 ● www.ludlow.ma.us