

NOVEMBER 2020

THE SENIOR SCENE

LUDLOW SENIOR CENTER 37 CHESTNUT ST. LUDLOW, MA 01056

Ludlow Senior Center

The Center is CLOSED to the public. Staff is available by phone.

Phone Number:

(413) 583-3564

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Senior Center Staff:

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Jorge Fialho-Maintenance

Donna Haluch-LaRose-Cook

Jammin with Jodi...

November of 2020..who ever thought life would be as it is? Definitely not me! November is the last full month we will be at 37 Chestnut St. To say that life around here has been stressful is an understatement but there is an underlying excitement too. We are picking out furniture and finishes and packing and purging. It is very bittersweet too. I have so many memories in this building after almost 19 years. There have been so many people that have walked these halls and left their mark. I feel like I am abandoning them but also know that so many memories are the force behind the creation of the new building. I cannot begin to describe the new building and how beautiful it is! There is an energy that I cannot describe but I was so nervous that it was going to feel too big and cold. It is the complete opposite. It is a very comfortable building and I cannot wait to share it with you all!

Winter is going to be very difficult but please always remember that we are here! We are here to chat, to cry and to walk you through each moment of time.

NEVER think you are "bothering us" or think we are "too busy". We welcome your calls. Trust me when I say that we miss you all more than you know! We are expanding Grab and Go to 3 days a week (Tuesday, Wednesday and Thursday) so I can see some of your faces 3 days a week. I will admit that programming will be minimal until January because we are moving. We are doing our best to stay connected but we also have to get ourselves to 228 State Street! Again WE ARE HERE!!! I am so very thankful to each and everyone of you and your support and patience over the past 8 months. I will say it again, YOU ARE THE TRUE HEROES! I am also thankful for my staff who has had my back since March. We really are in this together and we will get to that light at the end of the tunnel. Thank you to all of our Veterans and Happy Thanksgiving!

~Jodi



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

NOVEMBER GRAB AND GO LUNCH MENU

Nov 3: Seafood Casserole
Nov 4: Macaroni and Cheese
Nov 5: Meatloaf

Nov 10: Chicken Cordon Bleu (**Honoring Veterans**)
Nov 11: **NO LUNCH (Veteran's Day)**
Nov 12: Chef Salad

Nov 17: Chicken Marsala (**Birthday Lunch**)
Nov 18: Stuffed Shells
Nov 19: BBQ rubbed Salmon

Nov 24: Turkey & all the fixins' (**Thanksgiving**)
Nov 25: Spaghetti and Meatballs
Nov 26: **NO LUNCH (Holiday)**

PICK UP TIME - 11:30am—12:30pm

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. Thank you for your understanding. If you would like to pay for the whole month of November, it is \$20 per person and checks can be made out to Ludlow Council on Aging.

ATTENTION ALL GRAB AND GO PARTICIPANTS!!!

Beginning Tuesday, November 3rd, there will be a **NEW TRAFFIC PATTERN**. We have to make changes due to safety concerns on Chestnut Street. There will be staff directing you to pick up your meal. **PLEASE BE KIND** to the staff and **PLEASE** follow their directions. Everyone will get their meal so please be patient. Also, when pulling out onto Park Place, please look both ways. Other drivers have been speeding up and down the street.
Thank you!

Grab and Go fun lunches:

~**Tuesday, November 10th** we will be honoring our Veterans. Let us know you are a Veteran and lunch is on us! **Thank you for your service!**

~**Tuesday, November 17th** is our monthly Birthday Lunch. Let us know your birthday is in November and lunch is on us along with some other special treats!

~**Tuesday, November 24th** join us for a good ol' fashion Turkey dinner with all the fixings.
Happy Thanksgiving!!!!



CONNECT WITH THE SENIOR CENTER FROM YOUR HOME

If you do not have a device and want to call in, just use your phone, call 1 (929) 205 - 6099 and use the meeting ID and password.

CURRENT WEEKLY SCHEDULE

ZOOM Bingo - Tuesday 2:00pm

Meeting ID: 837 6101 2789 Password: 801534
We can mail, email or hand you your own BINGO card.
Lots of fun and laughs!

ZOOM Chair Yoga with Lisa - Wednesday 4:30pm

Meeting ID: 823 0145 4132 Password: 032079
Lisa, a popular teacher at the center, gets us moving our bodies in a safe calming way on a chair, mat or towel. It is also a great way to catch up with all Yoga buddies and see new faces. All are welcome.

ZOOM Trivia - Friday 11:00am. - 12:00pm

Meeting ID: 811 1761 2769 Password: 585540
Join us for a game of multiple choice trivia. Lot of laughs are had in this just for fun game.

Book Mobile Program

We are pleased to announce a new program with the Hubbard Memorial Library. You may call and order books or other library equipment and the Senior Center will deliver them to you. Just call the library at 583-3408 and place your order. Just let them know you need the Senior Center to deliver it.

Grab and Go Craft Kit

Wednesday, November 4th —2pm-3pm

Stop by and pick up a craft kit. This month make a classic toilet paper pumpkin. Supplies and instructions included! Call Maria at 583-3564 to reserve your kit.

Congratulations to the Ludlow Senior Center Walking Group who walked over 100 miles in the month of September! You can join them each weekday morning at 8am at the beginning of the Riverwalk for a social distance and friendly walk!

ZOOM EVENTS IN OCTOBER

ZOOM Update with Jodi

Monday, November 9th at 10:30am
Meeting ID: 899 5764 9284 Password: 367421
Join Jodi on a VIRTUAL TOUR of the new building! We are getting close to being complete with the building and it is beautiful! Join us and see for yourself!

“Wheel of Fortune” ZOOM style

Thursday, November 12th at 1:00pm
Meeting ID: 859 9648 1090 Password: 764055
Just like on TV, Play Wheel of Fortune Spin the Wheel and guess the puzzle.

Hubbard Memorial Library, Patrick McGowan

Tuesday, November 17th at 10:00 am
Meeting ID: 816 0681 4715 Password: 127811
Join us to learn the latest information about what is new at the library and hear about our new book delivery program available to our home bound friends.

Book Club: The Step Daughter by Georgia Cross

Thursday, November 19th at 2:00pm
Meeting ID: 882 4088 4418 Password: 444456
It's a normal afternoon when I walk out the patio doors of our kitchen to check on Mia, my stepdaughter, who is swimming in our backyard pool. But she's gone. My heart stops when I see the back gate is open, her pink, fluffy towel lying folded on a chair. I was just feet away. Why didn't I hear her scream? Who took our little girl?

“Telemarketing Scams” presented by Lisa Pandolfi, Freedom Credit Union

Monday, November 23rd at 2:00pm
Meeting ID: 880 8185 3140 Password: 812588
Learn how to protect yourself and avoid telemarketing scams. They use names we know like Apple, Verizon and other language to rope us in. Let's stop them before they get started and protect your assets.

“SAND FOR SENIORS” RETURNS...

The Senior Center, with the support of Elder Affairs, will be sponsoring “Sand for Seniors” again this year. This is a program that provides senior households with a bucket of sand for inclement winter weather. Please call the Center at 583-3564 to reserve your bucket by **November 20th**. We will also fill your buckets from last year but be sure to call by NOVEMBER 20th.



OUTREACH INFORMATION...

12 WAYS TO STAY WELL DURING FLU SEASON & COVID19

- ~ Wash your hands frequently with soap and water for 20 seconds or use hand sanitizing gel
- ~ Get the flu vaccine as soon as it becomes available, and discuss with your health care provider if you are due for other vaccinations
- ~ Stay home and limit your contact with others, especially if you are sick
- ~ Cover your nose and mouth with a face covering in public places
- ~ Avoid touching your nose, mouth and eyes
- ~ Use tissues for coughs and sneezes and dispose of them in the trash
- ~ Avoid large groups and practice physical distancing (stay at least 6 feet away from others) even when wearing a face covering or outside
- ~ Avoid unnecessary travel
- ~ Avoid sharing objects
- ~ Get enough sleep
- ~ Reduce stress
- ~ Eat right and get regular exercise



IMPORTANT!!!!

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will start to receive information from your health plan and or prescription plan. Please understand and SAVE this information regarding changes to your plan for 2021. Open Enrollment is October 15—December 7, 2020.

SHINE appointments will be fully **REMOTE** this year due to most volunteers are high risk. We will do our best to meet your needs but please understand this is new to all of us. Our SHINE volunteer will be having REMOTE (phone) sessions beginning in October. Please call the Senior Center to book an appointment . We will then mail you a form that you will need to have for your phone appointment. If you are new or will be new to Medicare, please watch the following video:

www.youtube.com/watch?v=24bSGRAfkZ4

Once again, SHINE will be fully REMOTE this year. Call the Senior Center to book a phone appointment or for more information at 583-3564. Thank you for your patience and understanding!

OUTREACH CONTINUED...

FUEL ASSISTANCE

Fuel Assistance begins in November and we know many of you have received your renewal application.

We ask that if you have family that can assist you with the application to please ask them for help. Debbie is here, can answer questions over the phone and will have LIMITED appointments. We are limiting the appointments to those that truly need help with the application. Please read your application and try to complete it yourself. They have simplified the application this year. We have received new applications. Call the Center and we will arrange for you to receive one. Appointments are on Wednesday and Friday mornings BY APPOINTMENT ONLY.

NO DROP INS PLEASE or just dropping off your paperwork.
583-3564 for those that REALLY need help.
Thank you for your understanding!!!

The Brown Bag Program

Tuesday, November 17th
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. Pick up is at the back door. If you think this program could help contact Debbie at 583-3564.



NOVEMBER FUN!...

National Nacho Day



Who doesn't love NACHOS! Join us on Monday, November 9th from 1:00pm-2:00pm out front for some nachos! We will be safely waiting for you! You may drive up or walk up.

Eat Cranberries Day!



Yes there is such a day so we are going to celebrate it! Join us on Friday, November 20th 10:00am—11:00am out front for all things cranberry! Drive up or walk up safely!

WEEKLY E-MAIL UPDATE

Maria sends weekly updates with links to our on-line ZOOM classes. Please email Maria at activity@ludlow.ma.us so she can add you to the email list!

CHANNEL 192 SCHEDULE...

We are working with Mike Hill and Ludlow Cable Access to bring more programs into your home. The following is a schedule of programs for the month of November on channel 192. We would love your feedback on the schedule and the programs so let us know what you think!

Monday:

9am—Moving & Grooving

3pm—Yoga

Tuesday:

9am—Chair Yoga

3pm—Today's Hot Topic! (Is It Alzheimer's; Nutrition and Healthy Life Styles; Financial Planning for COVID)

Wednesday:

9am—Tai Chi

3pm—Zumba

Thursday:

9am—Today's Hot Topic! (Is It Alzheimer's; Nutrition and Healthy Life Styles; Financial Planning for COVID)

3pm—Chair Yoga

Friday:

9am—Boomer Boot Camp

3pm—Cooking Class

Saturday:9am—Chair Yoga

Monthly messages from State Senator Eric P. Lesser

RAIL : Great news! The final report on East-West Rail will be out on November 30th. It has been a long fight, but there is still work to do as the Advisory Committee reviews the final proposed options and works to improve projections of ridership estimates and induced demand. The East-West Rail project will be transformational for our Commonwealth and for regional, social, and environmental justice. I am excited to continue working with advocates on a local, state and federal level and bring together support from all over the Commonwealth on this long-awaited project.

ELECTION: Election Day is coming upon us quick with November 3rd around the corner and there are many options for you to participate and make your voice heard. Check your registration status, make a plan to vote early, by mail, or in person on election day. I hope for your continued support as we tackle some big issues to come.

BACK TO SCHOOL : School is back in session and filled with a lot of unknowns for families, students, and educators as we make the transition to remote, hybrid, and in-person learning. While we navigate the fall and continue to follow and receive guidance from the Department of Elementary and Secondary Education and our superintendents, it's important to know that you're not alone. We have heard from many parents and members of the community and I personally share in your concerns as a legislator as well as a parent. Our office is available to support and listen to your concerns through this transition.

Senator Lesser will be helping with Grab & Go on Thursday, November 5th!

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!

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.

Support Your Friends! Check out our Facebook Page:

<https://www.facebook.com/FriendsoftheLudlowSrCenter>

Donations have been received in memory of the following friends...

In memory of
Carole Taylor:

- Rose Barbieri
- Dorothy Majka
- The Walking Club
- Nancy McGuill
- Jeanette Nolan
- Miriam Stone
- Sandra Demos
- Beverly Feicha

In memory of Arthur Grimes:

- Mary & Len Gagnon
- Eleanor Boczon

~M/M Wayne Goodreau in
memory of Charles Milroy

~M/M Walter Webb in
memory of Kathleen Coelho

~Family donation in the
memory of Dorothy Iellamo

THANK YOU Burger King for your
generous donation to the Center!

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** 37 Chestnut Street, Ludlow MA, 01056

~New Building Update~



We are getting close to being complete. Finishing touches are ongoing. Permanent power has been installed so now systems can start and the rest of the flooring can be installed. Please remember that it is still an active construction site therefore no one is allowed on the property. Please do not drive through the parking lot. There are many workers coming in and out of the building and we want to keep the site safe.

Thank you!

THE SENIOR SCENE

37 CHESTNUT ST, LUDLOW, MA

PLACE
STAMP
HERE

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(413) 583-3564

Address:

37 Chestnut Street
Ludlow, MA 01056

Email Address:

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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

GRATITUDE...

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." ~ Melody Beattie

Staff Comfort Food Favorites!

This month Jodi shares a favorite in her house. Her husband's Mother used to make this. It is DELIOUS!

Kluski

1/2 bag of wide egg noodles

1/2 lb. of ground beef

1 14oz. Can of Hunts tomato sauce

1/2 lb. sliced American cheese (cut up)

Salt and pepper

Cook and drain ground beef. Cook egg noodles and drain. Mix together cooked ground beef, cooked egg noodles, tomato sauce and cheese. Add some salt and pepper. Pop it in a 350 degree oven for 40 minutes. You can stir it half way through to mix in the cheese.

Trust me, it is sooooo good!

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