

OCTOBER 2020

# THE SENIOR SCENE

## Ludlow Senior Center

**Phone Number:**

(413) 583-3564

**Address:**

37 Chestnut Street  
Ludlow, MA 01056

**Email Address:**

COA@Ludlow.ma.us

**Website:**

www.ludlow.ma.us

**Fax Number:**

(413) 583-5658

**Office Hours:**

Monday-Friday

8 a.m-4 p.m.

If you get a voicemail please leave a message and we will be happy to get back to you.

Jammin with Jodi...

If there is one thing that the past 7 months have taught us is time really does fly! I am nervous for what the winter will bring but also so excited to move! This winter is going to be unlike any other. The short, cold days are really going to have an affect on people emotionally and physically. PLEASE remember we are here! Even if it is just to talk. We can still arrange home delivered meals and we have many resources to help. Channel 192 has many programs to keep you moving and engaged. We are continually thinking of ways to connect with you all. It is challenging and some days we fail but we are trying. Please let us know what you need and what will make life easier as we approach winter. We will expand the Grab and Go in November to 3 days a week and it will continue until we can all be safely in the new building together. There is so much fear in the unknown but I also know how far we have come in 7 months. We will get through this together...one day at a time. Continue to connect with your friends, be kind to each other and be the heroes that I know you are!

~Jodi

## WestMass ElderCare...

WestMass ElderCare is hosting two FREE virtual Evidence-based programs.

**A Matter of Balance** is a falls prevention training program that teaches participants practical coping strategies to reduce their fear of falling. The class will be hosted on **ZOOM** on Tuesdays and Thursdays 2:00pm-4pm, October 6th-29th.

**My Life, My Health: A Chronic Disease Self-Management Program** provides information and teaches practical skills to help you or your loved one to live better with chronic health conditions. You will learn valuable tools and gain motivation needed to manage the challenges of living with chronic conditions. This class will be hosted on **ZOOM** on Wednesdays 2:00pm-4pm, October 7th-November 18th.

Please contact Ginger Cruickshank at 413-538-9020 x-337 or [gcruckshank@wmeldercare.org](mailto:gcruckshank@wmeldercare.org) to register. You can also register online at [www.wmeldecare.org/events](http://www.wmeldecare.org/events).

**These are both great programs so we urge you to register, participate and take advantage of these wonderful opportunities! !**

Ludlow Senior Center ● (413) 583-3564 ● [www.ludlow.ma.us](http://www.ludlow.ma.us) ●

# OCTOBER GRAB AND GO LUNCH MENU

Oct 1: Salisbury Steak

Oct 6: American Chop Suey

Oct 8: Baked Cod

Oct 13: Chicken Patty Sandwich

Oct 15: Breakfast Strata (**Pajama Day**)

Oct 20: Stuffed Cabbage (**Birthday lunch!**)

Oct 22: Pork and Apple Stew

Oct 27: **MYSTERY MEAL**—we are cleaning out the freezer so who knows what meal you will get! It will be good no matter what!

Oct 29: Baked Bats—**Happy Halloween!**

## **\*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 and Thursdays and the cost is \$2.00. Thank you for your understanding. If you would like to pay for the whole month of October, it is \$18 per person and checks can be made out to Ludlow Council on Aging.

## OUTDOOR SENIOR SERIES

**What it is:** We have been offering different classes outside. We are offering Tai Chi, Boomer Bootcamp, “Tea for 10” hour and Yoga. Each class will be in the park adjacent to the Senior Center. Please check each class for day and time. There is no charge for these classes thanks to Elder Affairs!

### How it works:

- 10-20 slots per class (depending on the class) due to State regulations.
- Everyone will be spaced 6-8 feet apart depending on activity. Please maintain this distance.
- You **MUST** sign up by calling the Center at 583-3564. No drop ins will be allowed.
- You must wear a mask until you are at your spot. You will **NOT** exercise with a mask on.
- Please bring all equipment you may need.
- **Please be sure to bring water!**
- If it rains, class will be cancelled. **CLASSES WILL END OCTOBER 30th.**

### **“Tea for 10” Discussion Group - Wednesday, Oct 14th at 1:00pm and Monday, Oct 26th at 1:00pm—meeting later in the day so we don’t freeze!**

Come for one hour light discussion group. It has been a while since we have seen each other so let’s catch up! Led by Center staff.

### **Tai Chi - Thursdays at 9:00 a.m. - Weekly**

Carol will lead you in a one-hour practice of exercise using slow, flowing movements to improve concentration, coordination, and balance while relaxing the mind.

### **Boomer Bootcamp— Wednesdays at 10:00am - Weekly**

Join Victoria in the park for aerobic exercise and a light weight work out. Class will be 1 hour and will be modified depending on the weather. You can bring your own equipment and PLEASE bring water! \*\*

### **Yoga - Fridays at 10:00am - Weekly**

Charleen from the YMCA, 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 the Yoga buddies and see new faces. **Bring your own mat.**

**Please sign up each week for each class. Thank you!**

# CONNECT WITH THE SENIOR CENTER FROM YOUR HOME

If you do not have a device and want to call in and 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.

For the next few months, ZOOM activities will be at a minimum as we prepare to move. Please be sure to check out the outdoor classes until the end of the month and channel 192. Thank you for your understanding!

That being said, if you are interested and able to teach or lead a class or group, please let Maria know. Below are some ideas for classes but we are open to anything! We can tape you and play it on 192 and Facebook or we can set you up to have a ZOOM class.

Ideas:

- ~current events; stocks and finance
- ~knitting, crafts, any type of art
- ~gardening, fishing, fitness
- ~history, science, philosophy
- ~comedy, jokes, standup
- ~support, medication, wellness

...and anything else you want to talk ABOUT!

Thank you in advance!!!!

## ZOOM EVENTS IN OCTOBER

### ZOOM Update with Jodi

Wednesday, October 14th at 10:30am

Meeting ID: 899 5764 9284 Password: 367421  
Join Jodi as she updates us on the progress of the new building and the future of Senior Centers. Bring your questions!

### “Wheel of Fortune” ZOOM style

Thursday, October 22nd 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.

### “Self-advocacy” presented by Bay Path University, Occupational Therapy Department

Monday, October 19th at 1:00pm

Meeting ID: 880 7479 8018 Password: 183056  
Strategies to advocate for yourself and your needs and tips to recall information from medical appointments.

### October Book Club:

#### The Things We Cannot Say by Kelly Rimmer

Slipping between Nazi-occupied Poland and *the* frenetic pace of modern life, Kelly Rimmer creates an emotional and finely wrought narrative. *The Things We Cannot Say* is an unshakable reminder of *the* devastation when truth is silenced... and how it can take a lifetime to find our voice before we learn to trust it. .

Thursday, October 29th at 2:00pm in the PARK

Book Club will meet in the PARK in October!  
Please be sure to call the Center and sign up.

# WEEKLY EMAIL UPDATES

Maria sends weekly updates with links to our on-line zoom classes. Please email Maria at [activity@ludlow.ma.us](mailto:activity@ludlow.ma.us) so she can add you to the email list!

## FROM THE ALZHEIMER'S ASSOCIATION...

Did you or someone in your family recently receive a diagnosis of Alzheimer's disease or another form of dementia? Would you like some help navigating decisions after a diagnosis? Are you worried about how to provide the best care for a loved one? Are you concerned about your own memory? The Alzheimer's Association provides free Care Consultations that are confidential and personalized to the needs of individuals and families. Consultations can be provided by phone or video conference and can include family members in separate locations. Call 617-393-2100 or email [careconsultationmanh@alz.org](mailto:careconsultationmanh@alz.org) to schedule a Care Consultation today.

We know this is an unprecedented time, and no one should be doing this alone. The Alzheimer's Association staff are still operational and continue to help families each day living with dementia.

**Our 24/7 Helpline is available at 1-800-272-3900** to anyone who needs to talk about the challenges of dementia during this time.

Our Helpline staff are available around the clock for any questions or concerns you might have.

They can help address feelings of isolation, and link you to other resources.

Additionally, we are now offering all of our educational programs and support groups via video conference or over the phone. We also offer Meet Ups for those living with dementia. Virtual Alz Meet Ups are a fun, social hour that provide an opportunity to connect with others living through a similar experience. [www.AlzHereForYou.org](http://www.AlzHereForYou.org) for more info.

## OPEN ENROLLMENT INFO!

### 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 in 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](https://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!

# OCTOBER FUN!.....

## October is National Apple Month

Come by the Center on **Wednesday, October 7th between 1:00pm—2:00pm** and



enjoy some warm apple crisp! Maybe even make it an a la mode! We will be out front safely serving and waiting for you!

## The Brown Bag Program

Tuesday, October 20th—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.

The week of October 5th is **Fire Prevention Week**.

The Ludlow Fire Department will be here **Thursday, October 8th** during Grab and Go to hand out fire prevention information. November 1st daylight savings ends and this is a reminder to change the batteries in your smoke detectors.



## Grab and Go fun lunches:

~**Thursday, October 15th is Pajama Day!**

On Thursday the 15th Don't bother to get dressed, just pick up lunch in your pj's!

~**Tuesday, October 20th** is our monthly **Birthday**

Lunch. Let us know your birthday is in October and lunch is on us along with some other special treats!

~**Tuesday, October 27th** is **A Mystery Meal**. We will be cleaning out the freezers. As they say "you get what you get and you don't get upset!" I promise no liver!

~**Thursday, October 29th:** Come celebrate **Halloween** with us! It may be cancelled this year but not at the Ludlow Senior Center! Wear a costume and/or decorate you car for a special prize. How scary or creative can you get?!

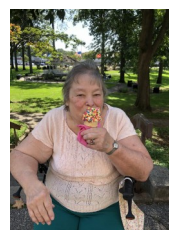
## Pumpkin Everything Day!

Stop by the Center on **Wednesday, October 21st between 10:00am—11:00am** for a pumpkin muffin, pumpkin flavored coffee and some other pumpkin treats!

Pumpkin not your thing?

We will have regular coffee

too. We will be out front safely serving!



# 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 October 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! (Intro to Social Security; Senior Safety; MA Women's Right Suffrage Program)

## Wednesday:

9am—Tai Chi  
3pm—Zumba

## Thursday:

9am—Today's Hot Topic! (Intro to Social Security; Senior Safety; MA Women's Right Suffrage Program)  
3pm—Chair Yoga

## Friday:

9am—Boomer Boot Camp  
3pm—Cooking Class

## Saturday:

9am—Chair Yoga

## SCAMS—BEWARE!

Lately we have been hearing about so many scams! There are so many now especially with the pandemic and so many people utilizing technology. Here are some of the scams...

~**FedEx ground** calling: FedEx does not call you! They do not use "reference" numbers. HANG UP!!

~**Medicare**: They do not call you and they do not need to make a home visit! Again, HANG UP!!

**Bottom line:** If you do not know who is calling, **DO NOT answer the phone!** If it is someone you know, they will leave a message. If someone leaves a message that you are not sure about, call us and we will let you know if it is legitimate. NEVER give out personal information over the phone including bank info, social security number or date of birth. These people are good at getting you to talk. They are THIEVES! HANG UP!

~**FACEBOOK: DO NOT "FRIEND" ANYONE YOU DO NOT KNOW!!!** They will empty your bank account. This is happening all the time! Even if it is a "friend of a friend"...if you do not personally know them, do not "friend" them!

~**E-MAIL:** Anyone claiming to have a package or overdue invoice, do not open it or respond to it!  
If you are unsure, CALL US!!!!

**PLEASE let someone know if you are being scammed. There is nothing to be ashamed of and it happens all the time. Please protect yourself! We are here to help and we are confidential.**  
**Don't fall victim to the thieves!**

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.

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

### In memory of:

- Tony Costa— Tony & Norma Sousa
- Dorothy Iellamo—Louie Cristina
- Dorothy Iellamo—Sylvia Ouellette
- Elizabeth Aniolowski—Sylvia Ouellette
- Henriques Brothers—Mable Kempf
- Stanley Kareta—Carole Kareta (BF)
- Ted & Judy Chmura—Ted & Jane Chmura (café window)

### New building donations:

- Pat Chaconas
- Jacqueline Doyle
- Ann Masse
- Uno Restaurant (fundraiser)
- Mark & Eve Forbes Charitable Fund

## Support Your Friends! Check out our Facebook Page:

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

~Thank you to all the garden growers that donated fresh vegetables to the Senior Center! It helped out with Grab and Go.

~Thank you to the United Way for supplying the Center with some much needed PPE!

~Thank you Big Y Bakery for your continued donations to the Center. The goodies come in handy!

## 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~



Things are moving ahead. The parking lot has been paved and sidewalks all poured. They are continuing to work on the HVAC system and lighting. The walls have the first coat of paint and the kitchen is beginning. Flooring will start to go in as will landscaping. It is very exciting to watch and each time I visit I see something new! We are on schedule for November so far!

# THE SENIOR SCENE

37 CHESTNUT ST, LUDLOW, MA

PLACE  
STAMP  
HERE

**Phone Number:**

(413) 583-3564

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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

Remember your friends as the days grow darker...

"A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still gently allows you to grow." ~ W. Shakespeare

## TO: LUDLOW SENIOR CENTER...

THREE LUCKY CRITTERS by Dwayne Lyons

Lions, Tigers and Bears, Oh my!  
That's what they said as I did try to pull up and receive our food.  
They said it in a way as not to be rude.  
The Lion pulls up and gets the meal,  
he shares it with Tiger or he will feel  
Her slithering claw running down his back  
That could lead to an all out attack.  
The Bear he waits over in the shade,  
Feeling as though he has got it made.  
He'll trick the others into sharing too,  
While he polished off their Mountain Dew.  
The Three Lucky Critters they all get along,  
But the Bear's appetite is just so strong  
That the others must hide what they've got  
The big Bear might even eat the pot.  
Thursday they'll come back again  
Receiving goods from the women and men  
Who work so hard all day and night  
The Bear can't wait for the morning light.

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