



OCTOBER 2021

THE SENIOR SCENE

LUDLOW SENIOR CENTER—228 STATE STREET, LUDLOW, MA

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

Executive Director:

Jodi Zepke

jzepke@ludlow.ma.us

Program Coordinator:

Heather Jolicoeur

hjolicoeur@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

David Snyder—Dispatcher

Christine Toelken—Cook

Jammin with Jodi...

If there is one thing I have learned recently, nothing goes as planned. Most of you don't know that I tested positive for COVID last month. I have been vaccinated for a long time. This is why meals were cancelled. I apologize for cancelling lunch, but the staff has had enough to worry about. Of course you wonder, "Where did I get it?" and "Did I give it to anyone else?" The answer is, no one really knows. What I do know is how lonely and isolating the quarantine has been. I cannot imagine not having family and friends to lean on. For those of you that are home alone, please know that we are here. Whether you are quarantining or not and you need something, please call us! You can call me directly, and I will help as best as I can. If you would like to have an activity virtually, please let us know. Our jobs are to help older adults of this community, so please let us help! Because of many breakthrough cases, we are asking that everyone entering our building wear a mask. I know that this is uncomfortable for some, but it will save someone from the isolation that I felt. Please wear your mask! Also, the lunch room will be tables of 4 for the time being. Thank you for your cooperation!

Over the next month or so, you will notice more details in our new building. More furniture is coming, the audio visual equipment is almost ready, bulletin boards will be installed as well as outdoor furniture in front of the building and new tables in the Café. Everything has been on back order, and we are excited to have some of these final touches. As you will see below, we have scheduled our Ribbon Cutting ceremony! More details to come. As always, read the newsletter carefully as Maria and Heather have planned many activities and events. Finally, I want to thank my staff for all of their help and concern and for keeping the Center open and safe. I am very fortunate! Thank you! Continue to take care of yourselves and be safe!

Jodi Zepke

SAVE THE DATE..

*Join us for our
Ribbon Cutting Ceremony and Open House
Of the New Ludlow Senior Center!*

Friday, November 5, 2021

1:00 to 3pm

Ceremony beginning at 1:30pm.

All are welcome!



INDOOR ACTIVITY INFORMATION...

Garden Club

Mondays at 9:00am

Calling all people who are interested in gardening. You do not have to have a green thumb to join. New members are always welcome.

Knitting Group

Mondays at 9:00am

Join our knitting group, get help with your project, and start your week with good friends and a lot of laughs!

Pitch

Mondays at 1:15pm

Join us in the Game room for some exciting games of Pitch!

Watercolor Pencil Class

Mondays at 1:30pm

Kim Lawler will have a new project each week and will show you how to paint with watercolor pencils. Pencils and paper are provided. **Please be sure to sign up!**

Quilting

Tuesdays at 9:00am

Come to create a beautiful masterpiece, learn a new technique or simply enjoy time with friends!

Bingo

Tuesdays at 1:30pm

Try your luck at this fun game of chance.

Ceramics

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

Bring your own pieces to paint or restore. Mike will be available to help and has new pieces for purchase.

My Life, My Health Chronic Disease Self-Management

Wednesdays at 1:00pm

This six session workshop helps you to take back the reins of your own healthcare. Learn tools and gain motivation to manage the challenges of living with a chronic disease and improve your overall health. (Pre-registration required)

Dominos

Thursdays at 10:00am

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

Mahjong

Thursdays at 1:00pm

Come join us for a fun and lively game of Mahjong.

Trivia

Friday, October 1st and 15th at 10:30am

Join Kathy Green as we break into teams to answer questions ranging from current events to geography and history. New players are always welcome!

Decorating Group

Tuesday, October 5 at 1:00pm

Do you enjoy decorating large dining rooms or creating center pieces? Then join us as we plan for the upcoming events.

Jewelry Class

Wednesday, October 6 - 9:30am-11:00am

Jewelry returns! Come and create your own jewelry. The class is \$3.00, plus the cost of your supplies.

Opera Group

Wednesday, October 20 at 10:00am

This is a great way to learn about the stories and music that make up the genre of Opera.

Book Club

Thursday October 28 at 2:00pm

The Lost Mother—Catherine Hokin

*After her father is killed by the Nazis, Anna's final hope is to escape to America with her boyfriend Eddy, but when she reaches his apartment on the agreed date, she finds it **deserted**. Alone and pregnant, the future feels terrifying, but she must try to protect the life inside her.*

Upcoming book...

November—*Little Disasters* by Sara Vaughn

NEW MEMBERS ALWAYS WELCOME!

"How can I get a newsletter?" You can contact the Center and we will mail it to you for \$7.00 /year. Provide us with your e-mail address and we will e-mail it to you or you can also stop by the Center. Please 'like' Ludlow Senior Center on Facebook!

BROWN BAG PROGRAM

Tuesday, October 19 from 1:00pm-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.



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 12:30pm–2:00pm

Christine is here to check your blood pressure and to 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.

FILE OF LIFE	
Name:	
Address:	
Doctor:	Phone:
EMERGENCY CONTACTS	
Name:	Phone:
Address:	
Name:	Phone:
Address:	

MASSAGE THERAPY

Meaghan Murphy: *Wednesday, October 20th* and Monday, October 25th

Enjoy a 30 minute massage for just \$25. Appointments are required. At this time, appointments are limited to once per month; you can be put on the waiting list for the other date. Please wear a mask to your appointment.

Sign ups for October begin October 1st.

Fall Wellness Event

Wednesday, October 20th— 8:30am-11:30am

It's never too late to improve your health and wellness. Five vendors will be at the Center with information, resources, and other offerings.

Home Care hands 24/7

Louis & Clark

Capuano Home Health Care

Overlook VNA/Hospice

Home Sweet Home



FACIALS

Diane Neill: Wednesday, October 27th

Diane Neill, MA licensed esthetician, provides facials and additional skin care services starting at \$35. Light therapy and waxing services available.

Appointments are required.

MEETINGS & SUPPORT GROUPS

COFFEE WITH A COP

Wednesday, October 6 at 10:00am

This great community building program began in 2012 at an Illinois McDonalds. Coffee with a Cop is a simple and great way for our police officials to sit down and talk with those they serve. There are no speeches or agendas; just great conversations between residents and police. Come meet and have a cup of coffee with Chief Daniel Valadas.



During this time Angela Kramer with the Ludlow Board of health will talk about prescription drug safety.

VETERANS' SERVICES

Wednesday, October 13 at 10:00-12:00pm

Meet with Eric Segundo, Director of Veteran's Services, to discuss any issues concerning benefits and/or services.

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, October 13 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 and find out what you can do to help.

STATE SENATOR LESSER OFFICE HOURS

Thursday, October 14 at 10:30am

Talk with State Senator Eric Lesser's Constituent Services Director, Jennifer Metsch. Jennifer will visit the center the second Thursday of each month.

COUNCIL ON AGING BOARD MEETING

Wednesday, October 20 at 4:30pm

Held the third Wednesday of every month, this meeting is open to the public, unless there's an executive session.

EXERCISE

Exercise Room

Monday—Friday 8:00am—3:00pm

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 in the old building, you are all set.

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

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

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 per class or a punch from your punch card.

Sign ups are required for Boomer Bootcamp



OUTREACH AWARENESS

Line Dancing Class

Tuesdays at 9:15 am

Lynn Connolly provides instructions and music for this fun and active class!

Yoga

Tuesdays at 10:30 am

Yoga is a great way to loosen joints and improve flexibility and strength. Each class is \$1 or a punch on your card

Please bring your own mat.

Belly Dancing

Wednesdays at 1:30pm

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! **FREE** of charge thanks to a grant from the Executive Office of Elder Affairs.

Tai Chi

Thursdays at 9:00 am

This class leads you through exercises of slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind.

FUEL ASSISTANCE APPLICATIONS 2021 – 2022

Fuel Assistance starts November 1, 2021 and you can apply through April 2022

- Application assistance will be by **Appointment only on Wednesdays and Thursdays.**
- Appointments will only be made for **residents of Ludlow 60 years and older.**
- Please do not drop off any applications or paperwork at the receptionist desk for Debbie.
- Everyone must have an appointment. Drop ins will not be accommodated. Thank you for your understanding!

It is very important that you bring all of the following paperwork, which pertains to your household, to your appointment in order for the application to be complete:

- **ID** – Social security card or Birth Certificate or Driver's license,
- **Proof of fixed income:** Social Security, pension, IRA, annuity.
- If working – **4 consecutive pay stubs prior to application date.**
- **Unemployment** – **most recent 4-week period** check stubs.
- 2021 heating bill
- 2021 electric bill
- 2021 water/sewer bill
- If renting – landlord name, address and telephone number
- 2021 Tax Bill or House Insurance Bill

To make an appointment with Debbie to complete your Fuel Assistance, please call 583-3564.

OUTREACH CONTINUED...

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 read and save this information regarding changes in your plan for 2022.

During Medicare Open Enrollment (October 15 - December 7), you may:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

Our SHINE counselor can help you understand your plan changes, as well as other options you may have.

Our SHINE counselor offers free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call 583-3564.

SPECIAL EVENTS

National Frappe Day

Thursday, October 7 at 10:00am

Join us in the café for a delicious, cold, and frothy treat!



Belly Dancing Show!

Thursday October 7 at 11:15am

Enjoy a sampling of a variety of dance styles, costumes, swords, and cymbals during the Belly Dancing Show.

Audience participation and clapping is especially fun and welcomed by the dancers!



Unveiling of the Café Name

Wednesday October 13 at 8:30am

At long last we have a name for our beautiful Café made possible with a donation from Peoples Bank. A representative will be here to join us as we unveil the name and hang the new sign.

JGS Lifecare will be bringing hot and cold apple cider, donuts and other treats to help us celebrate!



Salem Witchcraft Presentation

Wednesday October 27 at 2:15pm

Via Zoom in our Game Room

The Trial of George Jacobs, Sr. and his granddaughter Margaret were both arrested for practicing witchcraft and transported to Salem Town. A skeptic of the witchcraft hysteria from the start, he begged the judges to see the situation more clearly, but to no avail. In this presentation thru the Weston COA, you will learn some of the possible causes of the Salem Witch Trials and the "evidence" which led to Mr. Jacob's hanging. Presenter, Marilyn Harris worked in education for over 40 years and in her retirement teaches history and travel.

Halloween Lunch and Costume Contest

Friday, October 29 at 11:30am

Join us for a spooktacular lunch, fun and prizes. The Wellington at Springfield will be here to hand out prizes for scariest, most creative, and other Halloween costume categories.



PRESCRIPTION DRUG SAFETY AND DISPOSAL

~From Angela Kramer, Ludlow Board of Health~

If you've ever had surgery, there's a good chance that you have a partially used bottle of prescription pain medication in one of your bathroom cupboards.

Pain medications known as opioids are often prescribed for a sudden, acute episode of pain that occurs after surgery or a traumatic injury, such as a broken bone. Many people who have been prescribed opioids hang on to any leftovers, just in case they need them in the future. This practice can have deadly consequences if children or pets accidentally ingest these drugs.

In addition to the risk of harm to children or pets accidentally ingesting them, pain medications containing opioids can be stolen and used to get high. Leftover prescription opioids from friends and relatives can easily be diverted for illicit use. According to the Centers for Disease Control and Prevention, nearly half of all opioid overdoses in the U.S. involve a prescription opioid. In 2015, more than 15,000 people died from overdoses involving prescription opioids.

The most common drugs involved in prescription opioid overdose deaths are methadone, oxycodone (OxyContin, Percocet, others) and hydrocodone (Vicodin, Norco, others). That's why officials with the U.S. Food and Drug Administration (FDA) recommend people dispose leftover opioids as quickly as possible. There are many safe methods of disposal for medications.

Some types of prescription drugs can be disposed of in your household trash. Mixing the medications with used coffee grounds or cat litter is often recommended. But the FDA says that **opioids** are too dangerous to dispose of within household garbage because even one dose to the wrong person can sometimes be fatal.

The Ludlow Board of Health has a small supply of Deterra Drug Bags to dispose medications. The Ludlow Police Department has a drop off box for medications free of charge.

For used syringes and needles the Ludlow Board of Health has a Sharp Disposal Program, the sizes are small medium and large. The Small Unit is \$4.00 to purchase and \$4.00 to dispose, the Medium Unit is \$8.00 to purchase and \$8.00 to dispose and the Large Unit is \$12.00 to purchase and \$12.00 to dispose. All used syringes must be empty. Baystate Medical Center also has a Kiosk to dispose of used syringes and needles in the Daley entrance.

For further information contact the Board of Health at (413)583-5600 ext 1272

National Prescription Drug Take-Back Day

Turn in your unused or expired
medication for safe disposal

Visit www.dea.gov
or call 800-882-9539
for a collection site near you.

Sponsored by the U.S. Drug Enforcement Administration



Ludlow Police Department

October 23, 2021

Call 583-8305 or visit:
<https://takebackday.dea.gov/>

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.

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

Viola Petrolati:
Mark Aglio
Michelle Aglio

Joseph Kozicki:
Anonymous

Eleanor Boczon:
Naomi White

General Donation:
Jules St. Pierre

Coffee Donations
Theresa Dahlquist
Jim Jolicoeur
Edie Tipton

THANK YOU!!

At the Sept 8 Annual Meeting we sadly said "Good Luck and Thank You" to our outgoing officers who served us for many years.

These lovely ladies have given the valuable gift of their time and talents to the Seniors of Ludlow. Under their leadership we have accomplished many things, all that have improved the quality of our Senior Center. The crown-jewel is our beautiful new Center! The Friends' leadership was instrumental in organizing and driving the effort to secure the town funds for our new building. This is part of their legacy to our current and future Seniors.

THANK YOU!

Barbara Green, Vice President
Beverly Feicha, President
Stephanie Tyburski, Treasurer (remaining in office)
Ellie Holbrook, Secretary
Debbie Thompson, Assistant Treasurer



Sunday, October 24, 2021
Doors open 1:00 & Games start 2:00
Ludlow Polish American Citizen Club
355 East St, Ludlow

\$25 Admission Includes...

Bingo Card for every game & Door Prize Ticket
Additional cards available for purchase

PrePaid Admission:

Call Pat at (413) 610-1428

(Calls Mon thru Wed 4pm to 7pm please)

OR on sale at Ludlow Sr Center on
October 4 and 18 from 11am to 3pm

No one under 21 allowed

Proceeds benefit Friends of the Ludlow Senior Center

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

228 STATE ST, LUDLOW, MA 01056

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

**Council on Aging
members:**

Chairman:

Janice Grimaldi
Diane Peacey

Secretary:

Karen Martin

Treasurer:

John DaCruz

Members:

Fred Lafayette
Rosalind Forti
Sheena Santolini
Kara Ribeiro
Helen Grabowski
Frank Krzanik
Debbie Johnson

On October 14th, 10:00am-12:30pm: Walgreens will be back to administer flu shots outside. You can drive thru and stay in your car, or you can walk outside to get your flu shot if you are here for activities and lunch. Please sign up for this event!

Walgreens Trusted since 1901™

Grab and Go Lunch Program

Wednesdays, 11:30am-12:15pm

Grab and Go will continue on Wednesdays through at least the end of the year. Reminder to be sure that you call in your reservation at least 24 hours in advance.

Please see page 6 for the menu.

Call 583-3564 for reservations or more information.

JUST ANOTHER FRIENDLY REMINDER!!!!

PARKING LOT SAFETY

•PLEASE ALWAYS USE THE CROSSWALKS!

- 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.
- Bump stops are something new for us, please be careful not to trip over these.
- On Grab and Go days, please follow the directions of our parking attendants.



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