Visiting Angels Annual ‘Ice Cream Splurge’

Want to beat the heat with a delicious treat? Join us on Thursday, July 11 when the Visiting Angels organization hosts their annual Westfield Senior Center ‘Ice Cream Splurge.’ Our featured entertainers, Brad Shepard and his lovely and talented daughter, Merrill, will perform beginning at 11 a.m. with lunch to follow. This father-daughter duo sing a rendition of ‘Something Stupid’ that is more beautiful than the original Frank and Nancy Sinatra version! A light luncheon menu is planned which includes chicken and grape pasta salad and a roll. Remember to leave plenty of room for our special dessert! You’ll feast on a scrumptious hot fudge ice cream sundae with lots of toppings, courtesy of Visiting Angels. Tickets are $5 and must be purchased in advance. Seating is limited. Tickets go on sale at 9 a.m. on Tuesday, July 2. You may purchase no more than four tickets per person. Thank you Visiting Angels for your generosity in hosting this event!

Senior Center Emergency Protocol

Mass shootings are becoming more and more prevalent and although the topic is scary, it is more frightening to consider the possibility of such an event at the Westfield Senior Center with no plan in place. Westfield Police Department Lieutenant Jeff Baillargeon trained both Council On Aging and Veterans Services staff on how to respond to this type of emergency within the confines of our unique space and with our unique population. One key point was that the best defense may be to remain in the room, out of sight, with the lights off and the door locked. The lights in individual rooms in the Center are programmed to go on and off automatically if the wall switch is in the “on” position. Once switched to the “off” position, the lights will remain off. Additionally, most of the doors in the common rooms lock with a key from the outside and cannot be locked manually from the inside. Therefore when staff open the doors for usage, they keep the door in the locked position and prop it open with a door-stop. In an emergency, use the wall switch to turn off the lights, close the door (it will be locked from the outside), and silently move to where you cannot be seen. Finally, in any emergency please remember that there are exit doors on both sides of the building on the first and second floors, a door out of the Great Room onto the front patio, and a door through the kitchen to the outside. It is our hope that Senior Center staff and participants will never have to implement these extreme measures. But hope is not a plan.

Friday, July 19: No Coffee, No Lunch, No Bingo!

There will be no food service or Bingo on Friday, July 19. Instead, there will be an early afternoon and late afternoon performance of our intergenerational theater production ‘Flash Backs.’ Morning coffee will not be available and lunch will not be served. Please plan accordingly.

Calling All Acoustic Guitar Players!

Do you play acoustic guitar? Would you like to share techniques, songs, instrumentals, or just “jam” with other guitar players? Beginning July 10, join Larry O’Brien on Wednesday afternoons from 1 to 2 p.m. in the Creativity Center for informal jam sessions. Blues, folk, jazz… any style is welcome! For more information or to sign up for the first session, please contact Mary Lou Niedzielski at 562-6435.

SERVICES AND PROGRAMS PROVIDED

- Information and Referrals
- Companion Program
- Health Insurance Counseling
- Nutrition Program
- Wellness Nurse
- Fuel/Nutrition Assistance Applications
- Medical Equipment Loans
- Support Groups
- Educational Sessions
- Fitness, Painting, Computer Tutorials
- Themed Events and Parties
- Senior Citizen Property Tax Work-Off Program
- Tax Preparation Assistance (February to April)
- Annual Senior Options Event
**July 2019 Fitness Room Calendar**

*Please remember that all participants utilizing the Fitness Room for classes and dance sessions are required to change their footwear before walking on the hardwood floor and also sign a Release of Liability and Usage Agreement. Chair Yoga, and Keep It Moving, are taught by NYCA instructors Teri Somers, and Sue Wood.*

**Monday, July 1**
8:45-9:45 Yoga ($5, pay-as-you-go)
9:45-10:45 Yoga ($5, pay-as-you-go)

**Monday, July 8**
8:45-9:45 Yoga ($5, pay-as-you-go)
9:45-10:45 Yoga ($5, pay-as-you-go)
11:15-11:45 Keep It Moving Class
1:15-2 Chair Yoga
2:15-3 Chair Yoga

**Monday, July 15**
8:45-9:45 Yoga ($5, pay-as-you-go)
9:45-10:45 Yoga ($5, pay-as-you-go)
11:15-11:45 Keep It Moving Class
1:15-2 Chair Yoga
2:15-3 Chair Yoga

**Monday, July 22**
9:15-11 Zumba Gold
Note: No Yoga Today
11-11:45 Keep It Moving Class
1:15-2 Chair Yoga

**Monday, July 30**
8:45-9:45 Yoga ($5, pay-as-you-go)
9:45-10:45 Yoga ($5, pay-as-you-go)
11:15-11:45 Keep It Moving Class
1:15-2 Chair Yoga

**Tuesday, July 2**
8:45-9:45 Yoga ($5, pay-as-you-go)
9:45-10:45 Yoga ($5, pay-as-you-go)

**Tuesday, July 9**
8:45-9:45 Yoga ($5, pay-as-you-go)
11:15-11:45 Keep It Moving Class
1:15-2 Chair Yoga

**Tuesday, July 16**
8:45-9:45 Yoga ($5, pay-as-you-go)
9:45-10:45 Yoga ($5, pay-as-you-go)
11:15-11:45 Keep It Moving Class
1:15-2 Chair Yoga

**Tuesday, July 23**
11-11:45 Keep It Moving Class
1:15-2 Chair Yoga

**Tuesday, July 30**
8:45-9:45 Yoga ($5, pay-as-you-go)
9:45-10:45 Yoga ($5, pay-as-you-go)
11:15-11:45 Keep It Moving Class
1:15-2 Chair Yoga

**Tuesday, July 3**
Hot Dog, Tater Tots, Baked Beans

**Wednesday, July 10**
Open Face Meatball Parmesan Sub, Chips, Salad

**Wednesday, July 17**
Baked Sole with Seafood Stuffing, Vegetable Risotto

**Wednesday, July 24**
Chicken Pot Pie over Puff Pastry

**Wednesday, July 31**
Homemade Goulash
(Stuffed Cabbage), Salad

**Thursday, July 4**
INDEPENDENCE DAY OBSERVED
SENIOR CENTER CLOSED
HAPPY 4TH OF JULY!

**Thursday, July 11**
Visiting Angels
‘Ice Cream Splurge’
Tickets $5
Must be purchased in advance

**Thursday, July 18**
Yankee Pot Roast, Mashed Potatoes, Vegetable

**Thursday, July 25**
George’s Meatloaf with Gravy, Mashed Potatoes, Vegetable

**Friday, July 5**
Turkey Club Wrap, Summer Salad or Soup, Chips

**Friday, July 12**
Oven Baked Chicken Wings, Vegetable Summer Salad

**Friday, July 19**
NO LUNCH SERVED

**Friday, July 26**
Homemade Pizza with Hambug, Peppers, Onions, Salad

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**November Events**

**Monday, November 2**
Turkey Dinner
Pre-registration required.

**Tuesday, November 10**
Turkey Dinner
Pre-registration required.

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**Facts**

Highland Valley Elder Services (HIVES) is a private, not-for-profit corporation that promotes the health and well-being of older residents in Westfield. Highland Valley Elder Services (HIVES) is a private, not-for-profit corporation that promotes the health and well-being of older residents in Westfield.

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**Talking Books**

**Monday, July 22**
10-11:30 Line Dancing (weekly on Fridays)

**Monday, July 29**
10-11:30 Line Dancing (weekly on Fridays)

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**Senior Center Lunches**

**Monday, July 1**
Homemade Sweet Chili, Cheddar Baked Potato, Corn Bread

**Monday, July 8**
2 Fish Soft Tacos, Cabbage Slaw, Seasoned Rice

**Monday, July 15**
Teriyaki Chicken and Rice, Stir Fry Vegetables

**Monday, July 22**
Chicken Cacciatore

**Monday, July 29**
Chicken and Broccoli Alfredo Brushetta Ziti

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**Senior Center Lunches**

**Monday, July 1**
Homemade Sweet Chili, Cheddar Baked Potato, Corn Bread

**Monday, July 8**
2 Fish Soft Tacos, Cabbage Slaw, Seasoned Rice

**Monday, July 15**
Teriyaki Chicken and Rice, Stir Fry Vegetables

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Chicken Cacciatore

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**Monday, July 22**
Chicken Cacciatore

**Monday, July 29**
Chicken and Broccoli Alfredo Brushetta Ziti

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**Senior Center Lunches**
Lunch at Westfield Middle School Suspended for the Summer

Please note that lunch is not available to seniors at Westfield Middle School during the month of July because school is not in session. Lunch is available for $3, Monday through Friday on a first come, first served basis at the Senior Center. Please see Page 2 for details.

‘Urinary Incontinence ~ Breaking the Silence’

Urinary incontinence can be embarrassing. No one likes to talk about it. However, not addressing the problem can be dangerous. Urinary incontinence increases a person’s risk for skin infections, rashes, sores, and urinary tract infections. It is a common problem for millions of adults in the United States. We at the Senior Center are going to stop whispering about the problem and instead have a frank discussion about the symptoms, causes, risk factors, and treatments.

Our Senior Center Wellness Nurse, Mary Ellen Asher, will present ‘Urinary Incontinence ~ Breaking the Silence.’ Join us on Tuesday, July 24 from 9:30 to 10:30 a.m. for this informal and informational session. Please sign up by calling the Senior Center at 562-6435 or visiting the Greeter’s Desk.

Incontinence Supplies ‘Give-Away’

The Westfield Council On Aging has an abundance of assorted incontinence supplies that have been donated for distribution. Disposable incontinence briefs, wraps, pads, and large bed/chair pads are available at no charge. Sizes range from small to extra-large. If you or someone you know is in need of such items, please pick them up during our Incontinence Supplies ‘Give-Away’ scheduled for Wednesday, July 24 from 10 a.m. to 2 p.m. in the Wellness Center.

Westfield Intergenerational Theater Presents ~ ‘Flash Backs’

After nearly sixty years, the skeleton of Mr. Badugly has been found. The District Attorney has called for a deposition to get to the bottom of this suspicious circumstance. Of course, we happen to be in the middle of a mayoral race, so the candidates want to get a little press amidst the proceedings. As for the case, it seems a group of the town’s citizens might know what happened. Okay, it was a long time ago… but they remember it like it was yesterday. Mystery! Romance! Bad sound effects! This show has it all! The ‘Flash Backs’ show date is Friday, July 19 at 1:30 and 4:30 p.m. A limited number of free tickets are available at the Greeter’s Desk to Senior Center members on a first-come, first-served basis beginning on Wednesday, July 3. There is a limit of four tickets per person. Funding for the performance has been provided in part with a grant from the Westfield Cultural Council which is supported by the Massachusetts Cultural Council. Additional funding is through the Friends of the Westfield Senior Center.

Lunch & Learn: ‘Dispatch Health’

Remember when doctors used to make house calls? Believe it or not, that type of service is now available in our area. ‘Dispatch Health’ will send an emergency room-trained Physician Assistant or Nurse Practitioner with support from a Medical Technician to your home to treat gastrointestinal, eye, ears, nose, throat, neurological, musculoskeletal, and skin problems, as well as many other diagnoses that often send patients to the emergency department. A ‘virtual’ Physician is available at all times by phone.

Join us on Tuesday, July 30 at noon for this month’s ‘Lunch & Learn’ to learn all about this valuable service. Lunch will be served at noon with a short educational presentation between the entrée and dessert. Our ‘Lunch & Learn’ menu will include ham with pineapple glaze, scalloped potatoes, vegetable, and a root beer float for dessert. Tickets are $3 and may be purchased in advance.

Tickets go on sale at 9 a.m. on Tuesday, July 16. Seating is limited so there may or may not be tickets available on the day of the event.

The Friends Group Wants You!

Are you a member of the ‘Friends of the Westfield Senior Center?’ If not, please consider joining this worthwhile group that provides enhancements to the programs, services, and activities of the Westfield Senior Center through fundraising, advocacy, and facility improvement. The group initially raised enough money to furnish the entire new Senior Center when it opened almost four years ago. Since that time, the Friends group has funded numerous large and small-ticket items for the kitchen; the renovation of the Senior Safety Office; an additional pool table and light; supplies for the Wellness Center, Games Room, office, and fitness classes; the senior theater program; and staff conferences and trainings, to name a few. A lifetime membership costs $100. New members receive a ‘Friends of the Westfield Senior Center’ tee-shirt and a ‘virtual’ Physician is available at all times by phone. For more information about our medical equipment loan program, please call the Senior Center first to see if there is a need. Generally we accept wheelchairs, shower benches, portable commodes, walkers, rollator walkers, and canes. We have limited storage space and sometimes are inundated with specific types of items.

Under no circumstances should medical equipment be dropped off on the Senior Center porch when the Center is closed. We do not accept crutches, beds, or electrical equipment of any kind. For the safety of those who borrow medical equipment from our Senior Center, all donated equipment must be clean and in excellent condition. For more information about our medical equipment loan program, please call the Senior Center at 562-6435.

Membership Committee Chair Sought

Do you have excellent computer skills and some time to spare? The ‘Friends of the Westfield Senior Center’ is looking for a volunteer to Chair the group’s Membership Committee. Tasks include keeping detailed records of current and new members, membership payments, membership gift distribution, and membership labels. This volunteer position requires outstanding organizational skills with an attention to detail. The Membership Committee Chair need not serve on the group’s Board of Directors. Please contact Tina Gorman at 562-6435 for more information and to complete a Volunteer Application.

New Hours for Medical Equipment Loans

Our medical equipment loan program has grown by leaps and bounds. While we’re delighted that Westfield’s older adults are taking advantage of these short term loans, the increased volume of participants has necessitated the establishment of new medical equipment loan program hours. Beginning July 1, the hours for borrowing medical equipment will be Monday through Friday, 9 a.m. to noon and 1:30 p.m. 4 p.m. Because of staffing and program conflicts, no medical equipment will be loaned out between the hours of noon and 1:30 p.m. Please plan accordingly. In addition, if there is a special event at the Senior Center which might also limit staff availability, medical equipment loans may not be available until the conclusion of the event. We apologize in advance for any inconveniences. As a reminder, items loaned out include wheelchairs, transfer chairs, shower seats and benches, portable commodes, seated and regular walkers, as well as canes and quad-canes.

Medical Equipment Donations

We receive many calls from older adults and their families about donating medical equipment to the Council On Aging. While we appreciate the generosity of the donors, there are some guidelines that must be followed. For those wishing to donate medical equipment, please call the Center first to see if there is a need. Generally we accept wheelchairs, shower benches, portable commodes, walkers, rollator walkers, and canes. We have limited storage space and sometimes are inundated with specific types of items.

For more information about donating medical equipment, please contact Tina Gorman at 562-6435.
## 2019 JULY Activity Calendar

### NORTHWEST ROOM

**Monday, July 1**

- 1-2:30 Chess with Les (weekly on Mondays)
- 9:30-10:30 Brown Bag Distribution at the Senior Center, 45 Noble Street

**Tuesday, July 2**

- 9 a.m. Tickets go on sale for ‘Ice Cream Sprouts’ (limited to 4 tickets per person)
- 9-Noon Wellness Nurse, Mary Ellen Asher
- 1-2:30 and 4-5:30 Intergenerational Theater Rehearsal

**Wednesday, July 3**

- 9 a.m. ‘Sassy Stitches’ Knit & Crochet Group (weekly on Wednesdays)
- 10:11:30 ‘Historical Perspectives’ Discussion Group
- 1:45 Mah Jongg Play Along (weekly on Wednesdays)

**Thursday, July 4**

- Independence Day Observed
- Senior Center Closed
- Happy 4th of July

**Friday, July 5**

- No Wellness Nurse Day

**Monday, July 8**

- 1-2:00 Chess with Les (weekly on Mondays)
- 1-2:30 Council On Aging Board Meeting, City Hall, Room 201, Public Welcome
- 1:30-3:30 Intergenerational Theater Rehearsal

**Tuesday, July 9**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- 10-11:30 ‘Heaven’s Angels’ Project (first Monday of the month)
- 1:45 Poker and Pitch (weekly on Tuesdays)
- 1:30-3:30 Intergenerational Theater Rehearsal

**Wednesday, July 10**

- 9 a.m. ‘Sassy Stitches’ Knit & Crochet Group (weekly on Wednesdays)
- 10-11:30 ‘New Ear’ Hearing Aid Service, By Appointment (fourth Wednesday of the month)
- 12:30-1:1 Real Estate Reality with Lesley Lambert
- 1:30 Acoustic Guitar Jam Session
- 1:30 Genealogy 101 (pre-registration required)
- 1:45 Mah Jongg Play Along (weekly on Wednesdays)
- 1:30-3:30 Intergenerational Theater Rehearsal

**Thursday, July 11**

- 9-11 Intergenerational Theater Rehearsal
- 11-12 ‘Vigilant Angels’ Ice Cream Sprouts’

**Friday, July 12**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- 10-Noon Computer Support Tutorials with Michael Favreau
- 11-Noon Visiting Angels’ Group (weekly on Fridays)
- 1:15-3 Bingo (Dessert of The Arts at Westfield) (weekly on Fridays)

**Monday, July 15**

- 1-2:00 Chess with Les (weekly on Mondays)
- 1:15-4 Intergenerational Theater Rehearsal

**Tuesday, July 16**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- 2 p.m. Tickets go on sale for Lunch & Learn (July 30)
- 10-11:30 ‘Keepin’ Up With Vision Support Group (third Thursday of the month)
- 1:45 Poker and Pitch (weekly on Tuesdays)

**Wednesday, July 17**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- 1:45 Bitcoin: An Introduction (weekly on Wednesdays)
- 1:15-4 Intergenerational Theater Rehearsal

**Thursday, July 18**

- 11-Noon Rep. Valls Office Hours with Emily Swanson, Legislative Aide; Councilor Figy Office Hours
- 1:30-3:30 ‘Art Unlimited’ Class with Elaine Laes (weekly on Thursdays)

**Friday, July 19**

- NO MORNING COFFEE; NO LUNCH SERVED; NO BINGO
- 9-Noon Wellness Nurse, Mary Ellen Asher
- Noon-2:00 Whistlestop Quilting Group (weekly on Fridays)

**Monday, July 22**

- 1-2:30 Chess with Les (weekly on Mondays)
- 2-4 Ballroom Dance with Richie Mitnick; $3 pay-at-the-door

**Tuesday, July 23**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- 9:30-10:30 Presentation: ‘Urinary Incontinence – Breaking the Silence’ (pre-registration required)
- 1:45 Poker and Pitch (weekly on Tuesdays)

**Wednesday, July 24**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- Noon Lunch & Learn: ‘Dispatch Health’
- 9:30-10:30 Computer Literacy and Keyboarding Class (pre-registration required)
- 1:45 Poker and Pitch (weekly on Wednesdays)

**Thursday, July 25**

- 11-Noon Rep. Valls Office Hours with Emily Swanson, Legislative Aide
- 1:30-3:30 ‘Art Unlimited’ Class with Elaine Laes (weekly on Thursdays)

**Friday, July 26**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- 9-10 ‘Side By Side’ Support Group (fourth Friday of the month)
- 11-Noon Councilor Figy Office Hours (weekly on Fridays)
- 1-3 Bingo (Dessert of the Governor’s Center) (weekly on Fridays)

**Monday, July 29**

- 9:30-11:30 Computer Literacy and Keyboarding Class (pre-registration required)
- 1-2:30 Chess with Les (weekly on Mondays)

**Tuesday, July 30**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- 9:30-11:30 Computer Literacy and Keyboarding Class (pre-registration required)
- 1-2:30 Intergenerational Theater Rehearsal

**Wednesday, July 31**

- 9-Noon Wellness Nurse, Mary Ellen Asher
- 9:30-11:30 Computer Literacy and Keyboarding Class (pre-registration required)

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**Westfield Council On Aging**

**Visit:** 45 Noble Street, Westfield, MA 01085

**Tel:** 413-596-4800

**Fax:** 413-596-4892

**Email:** info@westfieldcry.org

**Website:** www.westfieldcry.org
The Whip City Travelers group meets every third Tuesday of the month at 10 a.m. Specific deposit amounts for multiple-day trips vary depending upon the tour being offered. Deposit information is available either on the trip flyer or by contacting the Whip City Travelers at 562-6435. Single day trips must be paid in full at the time of sign-up. Seats will not be assigned until full payment is received. All trips must be paid for one month in advance so that payment can be made to the bus company. Trips are booked on a first come, first served basis and are open to the general public. Participants need not be seniors (60 or older) to go on any of the trips. The group requests that people with physical challenges have a companion who is not physically challenged accompany them on trips. Buses depart for the “Whip City Travelers” trips from the parking lot on Casimir Street across from the former St. Casimir Church, now Parkside Academy. Mohegan Sun and Foxwoods monthly day trips depart from the Casimir Street parking lot at 8 a.m. and return to the same lot at approximately 5:45 p.m. It should be noted that overnight trips will not reopen for late sign-ups once the ticket sales are closed. Participants are asked to have the correct change when paying for a trip. Cash or checks, posted on the date of sign-up, are accepted. Checks should be made payable to “Whip City Travelers.” Credit cards and post-dated checks are not accepted. In addition, seats for the casino day trips will be assigned beginning on the posted sign-up day and only when payment is received. Those who call for tickets will be put on a waiting list. “Whip City Travelers” Hours at the Senior Center
Mondays, Wednesdays, and Fridays: 9 a.m. to Noon
Telephone: 562-6435

Thank You!

Thank you to the following people and businesses for all of the wonderful things that they do and the generous donations that they make:

Food Items: The Arbors at Westfield; Armbrook Village; Big Y; Governor’s Center; Westfield Gardens for Nursing and Rehabilitation

Medical Equipment and Supplies: Dennis Akins, Patricia Fisher, Dorothy Fuston, Scott Gornall, Karen Orlandi. Anyone wishing to donate an item, should call the Senior Center at 562-6435 in advance to see if there is a need. Medical equipment must be clean and in good to excellent condition when donated and when returned after use.

Miscellaneous Items: IBS Electronics and Security, Westfield G+E

--The End--
The COA Revolving Gift Fund is used to pay for services for older adults, entertainment, equipment and programs for the Senior Center. Monies donated to the Gift Fund remain in this account and are not considered part of the City Budget. Anyone wishing to make a donation may do so by making checks payable to “Westfield Revolving Gift Fund.” Donations may also be made in honor of, or in memory of, a friend or relative. Contributors will be listed in our newsletter unless they wish to remain “anonymous.” Contributions are always greatly appreciated!

**REVOLVING GIFT FUND**

In Honor Of ________________________ or
In Memory Of ________________________ or
In Appreciation Of ______________________

Donated By ________________________

Address ________________________

Anonymous Yes_____ No_____ Amount Enclosed: $________

Karen’s Counsel
~ Senior Benefits

Karen Noblit coordinates a number of benefit programs for Westfield’s older adults. The SHINE Program provides free one-on-one health information, counseling, and assistance to Medicare beneficiaries of all ages. A SHINE Counselor is trained and certified by the Massachusetts Executive Office of Elder Affairs on topics pertaining to Medicare, Supplemental plans, Prescription Drug Plans, and MassHealth. Counselors can also help beneficiaries with limited income and resources enroll in programs that help pay health insurance costs.

Karen also helps clients to apply for SNAP (Supplemental Nutrition Assistance Program) benefits, the Brown Bag program, and Fuel Assistance. All information is kept confidential.

For more information or to schedule an appointment please contact Karen Noblit at the Council on Aging 562-6435.

**Computer Literacy and Keyboarding Skills Class**

A four-session ‘Computer Literacy and Keyboarding Skills’ course will be offered at the Senior Center beginning in July. Offered through Westfield Community Education and taught by Jane Toomey, the course will provide technology education and is intended for participants to experience success with the acquisition of basic computer literacy and keyboarding skills. Students will receive individual attention in a group setting in the Learning Center. Classes will be held from 9:30 to 11:30 a.m. on the following dates: Monday, July 29; Wednesday, July 31; Monday, August 5; and Wednesday, August 7. Advance registration is necessary because space is limited. Please sign up by calling 562-6435 or visiting the Greeter’s Desk. This course is offered free of charge.

**Safe Disposal of Unwanted Medications**

It is extremely important for older adults to safely dispose of unwanted or unused medications. Grandchildren and other family members or visitors may inadvertently or intentionally misuse drugs left on closet shelves or in cabinets. Medications should never be flushed down the toilet or included with the household trash because they will eventually work their way into the water supply where they can be a threat to public health. Fortunately, the Westfield Police Department located at 15 Washington Street is the home of the City’s “MedReturn.” Unused and unwanted prescription and over-the-counter medications can be deposited into the MedReturn box located in the lobby of the Police Station. Acceptable items include pills, patches, ointments, vitamins, samples, and pet medications. Ultimately, the drugs are incinerated. Items that cannot be accepted are needles, lotions, liquids, aerosol cans, inhalers, hydrogen peroxide, and thermometers. Because the police department is always open, the safe disposal option is available all day and night, 365 days of the year. Short term parking and a walk-up ramp is available right in front of the building. Thank you Westfield Police Department for offering this most valuable community service.

**Voice of Experience Newsletter Available On-Line**

Our monthly Voice of Experience newsletter is available on-line. Just go to www.cityofwestfield.org and under ‘Departments,’ click on ‘Council On Aging.’ Then simply click on ‘Voice of Experience Newsletter’ for the most current edition. It’s that easy!

**Allergies and Fragrance Sensitivities**

Allergy season is upon us and some Senior Center participants and staff are suffering more than others. For this reason, please refrain from bringing flowers from your yard or garden to the Center. Although they are beautiful to behold, they are causing allergic reactions in a confined indoor space. In addition, some participants and staff are particularly sensitive to artificially scented products such as perfumes, soaps, and even strong-smelling hair products. Reactions for them may include sniffling, dizziness, headaches, nausea, and breathing problems. Some reactions, like shortness of breath, are particularly severe for people with preexisting respiratory conditions, such as asthma and chronic obstructive pulmonary disease. Therefore, please refrain from using perfume or cologne prior to your Senior Center visit. Thank you in advance for your understanding and cooperation.

**Friends of the Westfield Senior Center, Board of Directors**

President: Attorney Thomas Keenan  Patrick Berry  Lesley Lambert
Vice President: Mike Parent Christina Lovelace
Clerk/Treasurer: Kathy Millas

*SHINE* Counselor through LifePath, Inc. at 1-866-964-5061.
For 125 years, this community has entrusted Baystate Noble Hospital with its health and wellbeing. We are humbled by the privilege to care for generations of families and all who seek our help in a time of need.

In celebration of this milestone, we share our gratitude for the dedicated Baystate Noble Hospital employees, past and present, whose purpose and passion have made our legacy of quality, compassionate care possible.

Thank you, from Baystate Noble Hospital.

Baystate Health
baystatehealth.org