‘Cops for a Cause’ Chili Luncheon

Last year, the Council On Aging teamed up with the Westfield Police Department to host the City’s first ‘Cops for a Cause’ Chili Luncheon to benefit our local Alzheimer’s Association. We set the fundraising goal at $500. The event was successful in every way possible… delicious food, great camaraderie, and plenty of laughter… all for a good cause. We doubled the amount that we had originally hoped to raise, presenting the Alzheimer’s Association with a check for $1,000. At the time, COA staff, police personnel, and Senior Center participants enthusiastically agreed that the event should be held annually. And the City departments have decided that we’re not going to let a pandemic stop us! This year’s ‘Cops for a Cause’ Chili Luncheon will be held curbside on Thursday, September 17. Our own Senior Safety Officer Mark Carboneau will be in the kitchen stirring the chili pot with his secret recipe. And Senior Center Food Services Coordinator, Joann Boucher, will be mixing up her famous ‘Jo-Slaw’ and baking honey cornbread as the complementary side dishes. Not to be outdone, Police Chief Larry Valliere and his fellow officers are in charge of the curbside distribution of dessert… scrumptious ice cream sundaes, complete with lots of decadent toppings.

To add to the fun, we’ll have a curbside 50/50 drawing. You may purchase a sheet of 25 tickets for $5 on the day of the event. Volunteers will be on hand to collect the money and write your name on the master ticket for identification. The winner will be contacted the following day after Officer Mark Carboneau draws one lucky ticket from the bucket. Half of the money from the 50/50 drawing will go to the winner and the other half will be donated to the Alzheimer’s Association.

For those with reservations for this special luncheon, meals will be available for curbside pick-up near the Senior Center front patio between the hours of 11:00 a.m. and noon. Please note that the meal will be cooked but will have to be heated at home. Participants must enter the Senior Center parking lot via Murphy Circle, which is the entrance farthest from the Senior Center building, for meal pick-up.

Reservations for the ‘Cops for a Cause’ Chili Luncheon will be taken by telephone beginning on Tuesday, September 8 at 1:00 p.m. The cost of the dinner is $5 which will be paid curbside on the day of the event. A portion of the cost of each meal will be donated to the Alzheimer’s Association. Please call 562-6435 to make your reservation. Each caller may reserve up to four meals and must provide the name and telephone number for each person on his or her reservation list.

Like all of the Councils On Aging across the Commonwealth, Westfield regularly utilizes the educational, respite, and advocacy resources offered through our local Alzheimer’s Association. We hope that you’ll wear purple, the symbolic color of the Alzheimer’s Association, and join the COA staff, volunteers, and members of the Westfield Police Department for this special event to raise funds for research, prevention, and care initiatives.

Thank you Westfield Police Department and Westfield Police Association for your service to our City and your generosity in sponsoring and hosting this event!

Flu Shots at the Senior Center

Are you 60 or older, a resident of Westfield, and interested in getting a flu shot, at no charge, at the Westfield Senior Center? Staff from the Westfield Health Department will be at the Senior Center on Tuesday, October 6 and Wednesday, October 7 for a drive-through flu clinic. As the COVID-19 pandemic rages on, a flu shot is more important than ever this year. Participants must sign up in advance by calling the Senior Center at 562-6435 and providing your name, address, telephone number, and date of birth. The deadline for sign-ups is Friday, September 18. Detailed information regarding the flu clinic procedure will be provided in writing to all registered participants.
## Senior Center Lunches

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, September 7</strong></td>
<td><strong>Tuesday, September 1</strong></td>
<td><strong>Wednesday, September 2</strong></td>
<td><strong>Thursday, September 3</strong></td>
<td><strong>Friday, September 4</strong></td>
</tr>
<tr>
<td>Labor day</td>
<td>Barbecue Pulled Pork on Roll, Macaroni &amp; Cheese, Cornbread</td>
<td>Homemade Lasagna with Meat Sauce</td>
<td>French Meat Pie with Gravy, Cranberry Sauce</td>
<td>Creamy Pesto Sauce Chicken, Pasta</td>
</tr>
<tr>
<td><strong>Monday, September 14</strong></td>
<td><strong>Tuesday, September 8</strong></td>
<td><strong>Wednesday, September 9</strong></td>
<td><strong>Thursday, September 10</strong></td>
<td><strong>Friday, September 11</strong></td>
</tr>
<tr>
<td>Chicken &amp; Dumplings</td>
<td>Chicken Parmesan, Ziti &amp; Sauce, Salad</td>
<td>Chicken Teriyaki, Stir Fry Vegetables, Rice</td>
<td>Shepherd’s Pie</td>
<td>Staff Training NO MEAL SERVICE</td>
</tr>
<tr>
<td><strong>Monday, September 21</strong></td>
<td><strong>Tuesday, September 15</strong></td>
<td><strong>Wednesday, September 16</strong></td>
<td><strong>Thursday, September 17</strong></td>
<td><strong>Friday, September 18</strong></td>
</tr>
<tr>
<td>Stuffed Pepper, Chef Choice Side of Soup or Salad</td>
<td>George’s Meatloaf, Gravy, Mashed Potatoes</td>
<td>Seasoned Crumbled Baked Cod, Rice Pilaf</td>
<td>COP’S FOR A CAUSE CHILI LUNCHEON &amp; ADVANCE REGISTRATION REQUIRED Reservations beginning September 8 at 1 p.m. sharp!</td>
<td>Ham &amp; Cheese Wrap, Chef Choice Soup, Chips</td>
</tr>
<tr>
<td><strong>Monday, September 28</strong></td>
<td><strong>Tuesday, September 17</strong></td>
<td><strong>Wednesday, September 23</strong></td>
<td><strong>Thursday, September 24</strong></td>
<td><strong>Friday, September 25</strong></td>
</tr>
<tr>
<td>Swedish Meatballs, Egg Noodles</td>
<td>Breaded Pork Chop, Gravy, Sweet Potatoes</td>
<td>Vinnie’s Meatballs, Spaghetti, Salad</td>
<td>Chicken Marsala, Mushroom Gravy, Mashed Potatoes</td>
<td>Homemade Combo Pizza, Salad</td>
</tr>
<tr>
<td><strong>Tuesday, September 29</strong></td>
<td><strong>Wednesday, September 30</strong></td>
<td><strong>Thursday, September 31</strong></td>
<td><strong>Friday, September 1</strong></td>
<td><strong>Saturday, September 2</strong></td>
</tr>
<tr>
<td>Crispy Chicken over Garden Salad</td>
<td>Homemade Golumpkis, Chef Choice Side of Soup or Salad</td>
<td>Flower Pot Salad with Homestyle Dressing, Assorted Desserts</td>
<td>Chair Yoga with Teri Somers</td>
<td>Yoga with Renee Rix</td>
</tr>
</tbody>
</table>

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**COA Cable Channel 15 ‘TV Guide’ and Live Streaming**

Westfield cable Channel 15 programs for the City’s older adults are listed in the calendar. Please note that priority must be given to any City, Board, or Commission meeting as mandated by the Open Meeting Law. So there may be occasions when the schedule is altered at the last minute. If you don’t get cable Channel 15, but you have internet service, simply go to www.cityofwestfield.org and under ‘Community,’ click on Community Access TV, CH 15 Live Stream.

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**Tuesday, September 1**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers
2:45 p.m. ‘Is It Dementia or Normal Aging?’
Presenter: Beth Cardillo

**Wednesday, September 2**
10:30 a.m. Male Call! with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

**Thursday, September 3**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers
11 a.m. Yoga with Renee Rix

**Friday, September 4**
1 p.m. Yoga with Renee Rix

**Tuesday, September 8**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers
2:45 p.m. ‘Is It Dementia or Normal Aging?’
Presenter: Beth Cardillo

**Monday, September 10**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers

**Friday, September 11**
10:30 a.m. Novel Ideas Book Group (Zoom Meeting)
1 p.m. Yoga with Renee Rix

**Sunday, September 13**
11 a.m. Yoga with Renee Rix

**Monday, September 14**
10:30 a.m. Male Call! with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

**Tuesday, September 15**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers
2:45 p.m. ‘Is It Dementia or Normal Aging?’
Presenter: Beth Cardillo

**Wednesday, September 16**
10:30 a.m. Male Call! with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

**Thursday, September 17**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers

**Friday, September 18**
1 p.m. Yoga with Renee Rix

**Saturday, September 20**
11 a.m. Yoga with Renee Rix

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**Monday, September 21**
10:30 a.m. ‘Male Call!’ with Michelle Urbanski
1 p.m. Council On Aging Board Meeting
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

**Tuesday, September 22**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers
2:45 p.m. ‘Is It Dementia or Normal Aging?’
Presenter: Beth Cardillo

**Wednesday, September 23**
10:30 a.m. ‘Male Call!’ with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

**Thursday, September 24**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers

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**Monday, September 28**
10:30 a.m. ‘Male Call!’ with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

**Sunday, September 29**
11 a.m. Yoga with Renee Rix

**Monday, September 30**
10:30 a.m. ‘Male Call!’ with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

---

**Friday, September 25**
1 p.m. Yoga with Renee Rix

**Sunday, September 27**
11 a.m. Yoga with Renee Rix

---

**Monday, September 21**
10:30 a.m. ‘Male Call!’ with Michelle Urbanski
1 p.m. Council On Aging Board Meeting
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

**Tuesday, September 22**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers
2:45 p.m. ‘Is It Dementia or Normal Aging?’
Presenter: Beth Cardillo

**Wednesday, September 23**
10:30 a.m. ‘Male Call!’ with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

**Thursday, September 24**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers

---

**Friday, September 25**
1 p.m. Yoga with Renee Rix

---

**Monday, September 28**
10:30 a.m. ‘Male Call!’ with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace

---

**Tuesday, September 29**
10:30 a.m. Zumba Gold with Becca Perron
2 p.m. Chair Yoga with Teri Somers
2:45 p.m. ‘Is It Dementia or Normal Aging?’
Presenter: Beth Cardillo

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**Wednesday, September 30**
10:30 a.m. ‘Male Call!’ with Michelle Urbanski
2 p.m. Movin’, Groovin’ and Improvin’ with Dr. G and Grace
No Curbside Meal on September 11

Please note that there will be no Senior Center curbside meal offered on Friday, September 11 as the COA staff participates in a very important CPR (Cardio Pulmonary Resuscitation), AED (Automatic External Defibrillator), and first aid training. Please plan accordingly.

Cable Channel 15 and Live Streaming

In an effort to provide fitness, educational, and entertainment programs to Westfield’s older adults as they ‘shelter in place,’ the Council On Aging has teamed up with our local cable Channel 15, WCPC. The City’s Media Systems Specialist, Peter Cowles, is working closely with Senior Center staff on taping and scheduling a variety of programs. The days and times are listed in the calendar on Page 2 of this month’s Voice of Experience newsletter. Please note that priority must be given to any City, Board, or Commission meeting as mandated by the Open Meeting Law. So there may be occasions when the schedule is altered at the last minute. If you don’t get cable Channel 15, but you have internet access, you can participate through YouTube. Yoga with Renee Rix, Chair Yoga with Rosemary Doohan, and the many facets of diabetes and approach the subject from a physical and psychological standpoint. Jen will begin each week on Wednesday of the month at 7:05 to 7:35 a.m. Participants may call the WSKB telephone number during the program at 413-642-9039. In addition, questions may be asked in advance via a voicemail or e-mail to Jen at 413-562-6435 to leave a voicemail or send an e-mail to torman@cityofwestfield.org with your comments or questions about diabetes. Jen will answer them on air during the ‘Diabetes Dialogue’ program. Living with diabetes can be physically and psychologically challenging. Managing the disease can be confusing and overwhelming. Jen’s keep-it-simple approach will help participants to understand the many facets of diabetes and approach their own personal management with a can-do attitude. Join us for our first session on Wednesday, October 21 from 7:05 to 7:35 a.m. If you don’t get cable Channel 15, but you have internet service, simply go to www.cityofwestfield.org and under ‘Community,’ click on Community Access TV, CH 15 Live Stream. It’s that easy!

Senior Center YouTube Programming

The City’s Media Systems Specialist, Peter Cowles, has posted a wide array of both Senior Center and Westfield community programming to YouTube. For those who have internet service, these programs are available for viewing anytime! Simply go to www.cityofwestfield.org and under ‘Community,’ click on Community Access TV. Scroll down to View Archived Broadcasts Online and click Westfield Community Programming on YouTube. At the top, click ‘Playlists’ and then under ‘Senior Center,’ click ‘View Full Playlist.’ You can select any of the Senior Center fitness classes as well as various sessions from the educational ‘Council On Aging Presents’ series. Enjoy!

Fitness Classes in the Comfort of Your Own Home

We are currently offering five different fitness classes on Westfield’s cable Channel 15 and YouTube. Yoga with Renee Rix, Chair Yoga with Teri Somers, ‘Male Call’ with Michelle Urbanski, Zumba Gold with Becca Perrone, and Movin’, Groovin’ and Improvin’ with Dr. Gary Gorman and his daughter Grace, are each offered twice a week on Channel 15. If you have computer internet access, you can participate through YouTube whenever you like. The programs are offered free of charge, thanks to the generosity of the Friends of the Westfield Senior Center. In an effort to promote physical activity for the City’s older adults through the development of home exercise options, instructors were provided a stipend by the Friends group.

‘Is It Dementia or Normal Aging?’

Can’t find your glasses? Forget whether or not you paid the electric bill this month? Lost your car keys for the umpteenth time this week? Is this type of forgetfulness part of the normal aging process or a medical condition to be concerned about? The possibility of dementia is scary for all of us as we age, but knowledge is power. In the next segment of our monthly cable television series, ‘Westfield Council On Aging Presents,’ Beth Cardillo, Executive Director at Armbrook Village, discusses ‘Is It Dementia or Normal Aging?’ Beth will enlighten viewers about the normal aging process, the precursors to dementia, risk factors, warning signs, and where to get help if you think that you or a loved one is showing signs of dementia. Beth has an extensive background in brain related disabilities and was the first to bring the ‘Dementia Friendly’ concept to Massachusetts. This presentation is offered in conjunction with the Police Department/Council On Aging’s ‘Cops for a Cause’ Chili Luncheon to benefit our local Alzheimer’s Association. Tune in to Channel 15 at 2:45 p.m. on any or all of the following dates for ‘Is It Dementia or Normal Aging?’: Tuesdays, September 1, 8, 15, 22, 29. If you don’t get cable Channel 15, but you have internet service, simply go to www.cityofwestfield.org and under ‘Community,’ click on Community Access TV, CH 15 Live Stream.

Monthly ‘Diabetes Dialogue’ Debuts in October

Mark your calendar! Beginning next month, Licensed Nutritionist and Registered Dietician Jennifer Gillfane will facilitate an on-air program entitled ‘Diabetes Dialogue.’ With the Senior Center closed to the public for the foreseeable future and our ‘Sweet Relief’ Diabetes Support Group on hold, ‘Diabetes Dialogue’ will provide a creative way for participants to share information and get their questions answered. The program will be aired on cable Channel 15 and 89.5 FM WSKB radio on the third Wednesday of the month from 7:05 to 7:35 a.m. during Tina Gorman’s regularly scheduled ‘Wake Up Wednesday’ radio show. Jen will begin each segment with an educational diabetes update then answer questions and respond to comments. Participants may call the WSKB telephone number during the program at 413-642-9039. In addition, questions may be asked in advance via a voicemail or e-mail to Tina by noon on Tuesday, the day before the show. Please call Tina at the Senior Center at 413-562-6435 to leave a voicemail or send an e-mail to tgorman@cityofwestfield.org with your comments or questions about diabetes. Jen will answer them on air during the ‘Diabetes Dialogue’ program. Living with diabetes can be physically and psychologically challenging. Managing the disease can be confusing and overwhelming. Jen’s keep-it-simple approach will help participants understand the many facets of diabetes and approach their own personal management with a can-do attitude. Join us for our first session on Wednesday, October 21 from 7:05 to 7:35 a.m. If you don’t get cable Channel 15, but you have internet service, simply go to www.cityofwestfield.org and under ‘Community,’ click on Community Access TV, CH 15 Live Stream.

Alzheimer’s / Dementia Support Group

For those families coping with the challenges of providing care for a loved one with Alzheimer’s Disease or dementia, the staff at Armbrook Village offer a monthly support group. The group meets on the last Wednesday of each month at 6 p.m. via Zoom. Dealing with Alzheimer’s disease isn’t easy. But it is helpful to share your concerns and personal experiences with others who completely understand what you’re going through. For more information or to RSVP for the support group, please call 413-568-0000. A Zoom invitation will be e-mailed to you.

‘Novel Ideas Book Group’ ~ Zoom Style!

Reading is the perfect activity to coincide with Governor Baker’s COVID-19 ‘Safer at Home’ policy. And sharing opinions about a recent read can be both thought provoking and stimulating. The Senior Center’s ‘Novel Ideas Book Group,’ facilitated by Liz Boucher, is celebrating its nine-year anniversary this fall. Liz and her husband Bill are avid readers and the book group was their brainchild. Until the recent pandemic, the group met at the Senior Center on the second Friday of the month at 10:30 a.m. Participants would read the selected book or books independently and then meet face-to-face with the group facilitator to share their perspectives and opinions during a lively discussion. Although COVID-19 has caused the closure of the Senior Center, this hearty group of reading enthusiasts has not been deterred. They generally communicate through e-mail and forged ahead with meeting monthly via Zoom. Thank you to Cathy Lilly for hosting these Zoom discussion groups. If you would like to participate in the next Novel Ideas Book Group virtual Zoom meetings, please call the Senior Center at 562-6435 and provide your e-mail address. The staff will pass it along to Liz for addition to the Zoom list. About a week prior to the Zoom session, you will receive an e-mail with the Zoom ‘link.’ Current group members have found that the process is amazingly simple. The next Zoom session will be held on Friday, September 11 at 10:30 a.m. Two books will be discussed, ‘The Ship of Brides’ by Jojo Moyes and ‘Unsheltered’ by Barbara Kingsolver. Please consider joining this dynamic group of book lovers!

Tours available 24/7! CALL 413.568.0000

INDEPENDENT & ASSISTED LIVING | COMPASS MEMORY SUPPORT

Armbrook Village
501 North Road, Westfield
ArmbrookVillage.com
Meet just a few of our amazing and dedicated volunteers

**9:30-11**
- Do Re Mi Singers, Rehearsal (weekly on Mondays)
- AARP Tax Assistance by Appointment

**1:15 p.m.** Movie – See Daily Digital Sign for the Selection of the Month

**1 p.m.** Council on Aging Board Meeting, City Hall, Room 201, Public Welcome

**Chess with Les** (weekly on Mondays)

**2-4** Ballroom Dance with Richie Mitnick; $3 pay-at-the-door

**9:30-11**
- Do Re Mi Singers, Rehearsal (weekly on Mondays)
- AARP Tax Assistance by Appointment

**MONDAY, MARCH 23**
- Poker and Pitch (weekly on Tuesdays)
- 9-Noon Wellness Nurse, Mary Ellen Asher

**MONDAY, MARCH 16**
- 'Art Unlimited' Class with Elaine Lees (weekly on Thursdays)
- 1:30-3:30

**MONDAY, MARCH 9**
- 'Whip City Travelers' Meeting
- 9-Noon Wellness Nurse, Mary Ellen Asher

**TUESDAY, MARCH 31**
- 'Mah Jongg Play Along' (weekly on Wednesdays)
- 1-4:30 'Heaven's Angels' Project

**MONDAY, MARCH 23**
- 'Piecemakers' Quilting Group (weekly on Fridays)
- Noon-3

**TUESDAY, MARCH 23**
- 9-Noon Wellness Nurse, Mary Ellen Asher

**THURSDAY, MARCH 26**
- Entertainment begins at 11 a.m.
- Noon Lunch & Learn: 'Here comes the Judge!'

**THURSDAY, MARCH 5**
- Noon Lunch & Learn: 'Preventing Electrical Fires at Home'
- Deputy Fire Chief Ben Warren

**MONDAY, MARCH 9**
- Wellness Nurse Mary Ellen Asher is at the Senior Center Tuesday and by 11:45 a.m. Please see Page 2 for details regarding the lunch program.

**FRIDAY, MARCH 6**
- Bingo (Dessert courtesy of Armbrook Village)

**FRIDAY, MARCH 13**
- Bingo (Dessert courtesy of Governor's Center)

**TUESDAY, MARCH 3**
- Retire the Fire!

**FRIDAY, MARCH 20**
- Retire the Fire!

**FRIDAY, MARCH 13**
- Deputy Fire Chief Ben Warren
‘Whip City Travelers’ Specifics

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 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
SUSPENDED UNTIL FURTHER NOTICE
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:** Norm Beals; Big Y; Jennifer Giffune; Stop & Shop; Westfield Food Pantry,

**Medical Equipment and Supplies:** Brian Gwozdz, Christopher & Mary Jane Lamb, Joyce Machino, Jackie Marciano, the family of Eleanora Sico, Tracy Smithies and the family of Sharon Smithies. 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:** Handmade cloth masks from Barbara Dalton and Ruth Ann Fuller.

**Revolving Gift Fund Donations:** Judy Campbell, Bernard & Joanne Couch, Laura Daudelin, Joseph & Mary Dupelle, Alfreda Harman, Dorothy Kleis, Barbara Walker.

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**UPCOMING TRIPS**

**Please note that all trips scheduled for the remainder of 2020 have been cancelled.**

**2021 NEWLY SCHEDULED TRIPS:**

- **February 23-25, 2021**
  - Atlantic City Getaway at Caesars
    - $1,429 Triple, $1,499 Double,
    - $1,879 Single

- **August 12-19, 2021**
  - 8 Day Mackinac Island
    - $210 Triple, $255 Double,
    - $315 Single

**UPCOMING TRIPS**

- **Triple: $184; Double: $189; Single: $289**
  - Mohegan Sun
  - Foxwoods

- **December 9, 2017**
  - Salam Cross Inn, Oakwood Farm Christmas Barn and Tower Square
    - $72

- **February 28 to March 2, 2018**

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**Life’s Special Moments!**

Submit your special moments of engagement, wedding or birth in full color! Contact our classified department by email: floram@thewestfieldnewsgroup.com or call: (413) 562-4181 ext. 118 for more info.

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**Westfield Council On Aging Staff**

- **Tina Gorman**
  - t.gorman@cityofwestfield.org

- **Carol Shannon**
  - c.shannon@cityofwestfield.org

- **Karen Noblit**
  - k.noblit@cityofwestfield.org

- **Mary Lou Niedzielski**
  - m.niedzielski@cityofwestfield.org

- **Joanne Ortegas**
  - joanne.ortegas@cityofwestfield.org

- **Joyce Peregrin**
  - joyce.peregrin@cityofwestfield.org

- **Joann Boucher**
  - j.spear@cityofwestfield.org

- **George Sfakios**
  - George Sfakios

- **Mary Cohutt**
  - mary.cohutt@cityofwestfield.org

- **Sandra Fisher, Linda Murphy**
  - Sandra Fisher, Linda Murphy

- **Agnes Fleming**
  - Agnes Fleming

- **Alex Hibert**
  - Alex Hibert

- **Mary Ellen Asher**
  - Baystate Noble Hospital
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!

### Important Numbers for Westfield’s Older Adults

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elder Affairs</td>
<td>1-800-243-4636</td>
</tr>
<tr>
<td>Highland Valley Elder Services</td>
<td>1-413-586-2000</td>
</tr>
<tr>
<td>Westfield Housing Authority</td>
<td>568-9283</td>
</tr>
<tr>
<td>PVTA Paratransit (Van) Service</td>
<td>739-7436</td>
</tr>
<tr>
<td>Home Delivered Meals</td>
<td>562-0249</td>
</tr>
<tr>
<td>Medicare</td>
<td>1-800-633-4227</td>
</tr>
<tr>
<td>Social Security</td>
<td>1-866-964-5061</td>
</tr>
<tr>
<td>Valley Opportunity Council</td>
<td>(Fuel Assistance): 552-1548</td>
</tr>
<tr>
<td>Westfield Veteran’s Office</td>
<td>572-6247</td>
</tr>
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</table>

### Medicare Open Enrollment

The Annual Open Enrollment for all Medicare plans begins on October 15. Be on the lookout for your Annual Notice Of Change (ANOC) to arrive sometime this month. The ANOC is sent from your Medicare plan and will have all the upcoming changes to your current coverage for 2021.

*Please read it carefully as this will be your only notice of changes to your plan for next year.*

The companies that manage Medicare plans have until September 30 to mail these ANOCs out to their members. For more information, please contact Karen Noblit, Senior Benefits Coordinator, at the Westfield Council On Aging, 562-6435.

### ‘Medicare and You’ Educational Videos

Medicare educational videos, courtesy of the Massachusetts SHINE-SHIP Program, are now available on the City’s Council On Aging website. These extremely informative videos cover a variety of aspects of Medicare, including an introduction to Medicare, an explanation of the different parts of Medicare, how to sign up for Medicare Part B, ways to save money on Medicare costs, and much more. Just go to www.cityofwestfield.org and under ‘Departments,’ click on ‘Council On Aging.’ Under ‘Senior Services’ click ‘SHINE Program.’ Scroll to the bottom for ‘SHINE Massachusetts YouTube Channel.’ Watch and learn!

### Brown Bag to be held WEDNESDAY, September 9

Until further notice, the Brown Bag program will be held on the Wednesday after the second Tuesday of the month. This month, the Brown Bag program will be held on WEDNESDAY, September 9. You may pick up your bag of groceries on a drive-through basis between 9 and 10 a.m. Please enter the Senior Center parking lot via Murphy Circle, which is the entrance farthest from the Senior Center building. Drive slowly and follow traffic pattern directions from the staff in the parking lot. At the designated place, please put on your face mask, roll down your window, and give the staff your name. Please remain in your vehicle. A staff member will put the groceries in the backseat of your vehicle for you. As soon as you receive your bag of groceries, please exit the parking lot onto Noble Street.

### Small Storage Boxes Available

Have you been cleaning out your closets, cabinets, and drawers while sheltering in place? Do you need boxes for your treasured items or those that you’ll be donating? We have a limited number of small cardboard boxes with lids available. These easily stackable boxes measure 17” X 12” and are 10” high. You may pick up boxes at the Senior Center on Thursday, September 3 between 9 and 10 a.m. as well as 1 and 3 p.m. or until the supply runs out. They will be located outside on the front porch.

### 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!
Bernie lived with atrial fibrillation (AFib) for years. And then one day he woke up not feeling very well. “They diagnosed me with fluid in the sack around my heart,” he explains.

Because of this, Bernie’s cardiac care team at Baystate Medical Center could not put him back on blood-thinner medication. So his doctors recommended an innovative new procedure called the Watchman, in which a device is surgically inserted into the left atrial appendage of the heart to help prevent clots in patients with AFib.

Bernie was the first Watchman patient at Baystate Medical Center. “They gave me the feeling, seriously and honestly, that they cared about my wellbeing. I no longer live in fear of a stroke. I can enjoy my life,” he says.

To watch Bernie’s life-changing story, go to BaystateHealth.org/Bernie.