



Brookfield Council on Aging
Meeting @
Brookfield Cong. Church
8 Common St.
Brookfield, MA 01506
SENIORS@BROOKFIELDMA.US
508-867-2930 ext.13 (Brenda Parish)



THE SENIOR STAR NEWSLETTER



Join Us for A History
Presentation on Brookfield
August 18th @ 10:30 a.m.
Brenda Metterville & others will present
some fun and interesting
Facts and artifacts for us. We are having
them back by popular demand!



Your Invited To:

**BROOKFIELD COUNCIL ON AGING
OPEN HOUSE, SEPTEMBER 17, 2026
5 PM – 7 PM, Information on our
programs,**

Dinner, & Music provided by Paul Provost

RSVP: PLEASE SIGN UP @ COA OR EMAIL US :

SENIORS@BROOKFIELDMA.US



PLEASE COME TO OUR
HALLOWEEN PARTY
OCTOBER 27TH, 2026 @ 10:00 AM
AT THE CONGREGATIONAL CHURCH
IN FELLOWSHIP HALL.
PLEASE DRESS IN COSTUME!
TRICKS AND TREATS THERE WILL BE

PRIZES FOR BEST COSTUMES

TRI-Valley Nutrition Presentation

"Healthy Eating on a Budget"

Higer gas prices, and rising food & household expenses are just some factors affecting our overall budget, but that doesn't mean you still can't eat healthy!

Join us to learn some smart shopping tips for your health AND your wallet!



Date: Tuesday, Sept. 15, 2026 @ 10:00 a.m.

Place: Brookfield Congregational Church, Brookfield

Presented by: Mary Brunelle, RD, LDN
Tri-Valley, Inc.

Reserve Your Seat!

CELEBRATING
50
YEARS



CURRENTLY WE HAVE AN OPTIONS COUNSELOR FROM TRI VALLEY TO HELP DIRECT YOU TO THE SERVICES YOU MADE NEED OR QUALIFY FOR. SHE WILL BE AT OUR FACILITY ONCE A MONTH. PLEASE MAKE AN APPOINTMENT TO MEET WITH HER ONE ON ONE. WE ALSO NOW HAVE A SHINE COUNSELOR TO HELP WITH MEDICARE INSURANCE. SHE WILL BE BY APPOINTMENT ONCE A MONTH ON THURSDAYS. IF THESE TIMES DO NOT WORK FOR YOU, SOMETHING CAN BE

ARRANGED. SPEAK WITH DARLENE DEAN THE PROGRAM COORDINATOR. WE OFFER SEVERAL DISCOUNT SERVICES AVAILABLE:

***BLOOD PRESSURE AND GLUCOSE TESTING ON THE SECOND TUESDAY OF THE MONTH. THIS IS FREE.**

*** WE HAVE A FOOT CLINIC ON THE 3RD AND 4TH TUESDAY OF THE MONTH FOR \$10 FEE (ONLY FOR BROOKFIELD RESIDENTS). THIS IS BY APOINTMENT ONLY.**

***WE HAVE HAIRCUTS FOR \$10 (BROOKFIELD RESIDENTS ONLY) YOU MUST SIGN UP FOR AN APOINTMENT.**

***MANICURES FOR \$5 ONCE A MONTH.**

FOR APPOINTMENTS AND SIGN UP INFORMATION EMAIL THE COA; OR STOP IN ON A TUESDAY OR THURSDAY TO SIGN UP.

SPECIAL PROGRAMS CHANGE MONTHLY FOR ADDED FUN, MUSIC, CRAFTS, BINGO, SEMINARS, PRESENTATIONS, CELEBRATIONS, GAMES, AND PROJECTS. IT IS A GREAT TIME FOR ALL INVOLVED.



Bus Trip - Friday, August 21, 2026

Atkins Farms Country Market

We will meet here at Brookfield Congregational Church and depart 9:00 AM we will return approx. 2:00 PM. We will

have time to shop and explore Atkins and have lunch there, you will be responsible to pay for your lunch. Thank you Rosie Kadelski for helping make this happen and McCarthy Bus Company. Please sign up!

ALLISON O'LEARY WILL DO A PRESENTATION ON OCTOBER 27TH, 2026, 10:30 - 11:30

NEW multimedia program from outdoors author Alison O'Leary

MICRO-adventures in Massachusetts!

Looking for some fun day trips that are out of the ordinary, or opportunities to introduce younger family members to short experiences to test the waters?

- Hikes With Great Views
- Kayak and Canoe Trips
- Waterfalls
- Wildlife Tracking/Spotting
- Dunes Hikes
- "Island" Adventures
- Abandoned towns



Experienced hiker and outdoorswoman Alison O'Leary provides a virtual tour of a dozen day trip options in Massachusetts that are sure to excite your family and provide memories for years to come.

The program is one hour long and includes powerpoint images of the places discussed, including more than one regional option for each category (river, wildlife, waterfall etc). Additional information includes locations for boat rental, water safety advice, and guidance for navigating remote trails.

About me: Alison O'Leary is an outdoors author and adventurer familiar with many parks and trails in Massachusetts. She is coauthor of the Appalachian Mountain Club's *Best Day Hikes Near Boston* and *Inns and Adventures* as well as several nonfiction history books. See www.alisonoleary.com.



**TUESDAY, SEPTEMBER 8TH, @ 10:30 AM,
NANCY MULLEN WITH TEACH US
PAINTING TECHNIQUES WHILE PAINTING
A TERRA COTTA POT FOR PLANTING. (for
those that want to do another pot, by request
you can) OR ANOTHER PROJECT OPTION IS
PLANNED FOR YOU! THE WORKSHOP WILL BE \$5.00.**



**PLEASE SIGN UP OR SEND AN EMAIL TO :
SENIORS@BROOKFIELDMA.US**

What Is a Power Outage?

Wet snow, freezing rain, high winds, hurricanes, tornadoes, thunderstorms, winter storms, and earthquake can cause a power outage. A power outage can sometimes last for days or weeks, depending on the damage caused by a disaster.

Why Prepare?

As a community, we depend on electricity for heating and air conditioning as well as food, drinking water, medical care, communication, and other needs. Power outages can be dangerous during extreme cold temperatures or extreme heat. Power outages can also be dangerous for those who rely on electricity for medical devices. Preparing for power outages can help minimize the impact and keep you and your family safe.

What to do Before a Power Outage

- **Be informed by receiving alerts, warnings, and public safety information before, during, and after emergencies.**
 - **Enroll in your community's local notification system to receive calls, texts, or emails on your cellphone. Contact your local public safety officials to enroll.**
 - **Sign up for text or email alerts from your utility providers for outage updates.**
- **Create and review your family emergency plan.**
- **Assemble an emergency kit. Make sure you have alternate charging methods (such as auto, solar, or crank chargers) for cellphones and other devices that require power.**
- **Prepare your home:**
 - **Ensure that your smoke and carbon monoxide detectors are working and have fresh batteries.**
 - **Consider purchasing a generator to provide power during an outage. Follow the manufacturer's instructions and learn how to use it safely before an outage.**
 - **Ensure that you have sufficient heating fuel. Consider safe backup heating options such as fireplaces or woodstoves.**
 - **Know how to operate the manual release lever for your electric garage door opener.**

- **Have a landline phone with a corded receiver.**
- **If you have life-support devices, such as home dialysis or breathing machines, or other medical equipment or supplies, that depend on electricity:**
 - **Talk to your health care provider about how to use them during a power outage;**
 - **Contact your local electric company and equipment suppliers about your power needs. Some utility companies will put you on a "priority reconnection service" list;**
 - **Let the fire department know that you are dependent on life-support devices; and**
 - **If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.**

If an impending storm is expected to cause power outages, consider these additional tips to prepare:

- **Fully charge your cellphone, laptop, and other electronic devices.**
- **If you have a water supply (such as a well-water pump system) that could be affected by a power outage, fill your bathtub and spare containers with water. The water in the bathtub should be used for sanitation purposes only. You can pour a bucket of this water directly into the toilet bowl to flush it.**
- **Keep your car's gas tank full. Pumps at gas stations may not work during a power outage.**
- **Set your refrigerator and freezer to their coldest settings to keep food cold (but remember to reset them back to normal once power is restored).**

What to do During a Power Outage

- **Continue to monitor the media for emergency information.**
- **Follow instructions from public safety officials.**
- **Call 9-1-1 to report emergencies including:**
 - **Downed power lines; or**
 - **If you are dependent on equipment that requires electricity and need medical assistance.**
- **Call 2-1-1 to obtain shelter locations and other disaster information.**
- **Check current power outages in Massachusetts: [Power Outage Map](#).**

- **Call your utility company to report power outages and get restoration information. Do not call 9-1-1 to report an outage or to ask about power restoration.**
 - **National Grid 1-800-465-1212**
 - **Eversource (formerly NSTAR) 1-800-592-2000**
 - **Eversource (formerly WMECO) 877-659-6326**
 - **Unitil (EG&E) 888-301-7700**
 - **Customers served by a municipal utility should locate their utility providers' phone numbers.**
- **Stay away from downed utility wires. Always assume a downed power line is live.**
- **If a traffic light is out, treat the intersection as a four-way stop.**
- **Take recommended safety precautions when using space heaters, a fireplace, or a woodstove to heat your home. Keep a fire extinguisher handy.**
- **Use generators and grills outside because their fumes contain carbon monoxide. Make sure your carbon monoxide detectors are working as it is a silent, odorless, killer. See more Generator Safety Tips.**
- **If possible, use flashlights instead of candles. If you must use candles, place them in safe holders away from anything that could catch fire. Never leave a burning candle unattended.**
- **During hot weather, use ice to help keep food cold. During cold weather, keep food cold outside in a secure location safe from animals.**
- **If phone lines are down, use social media or texting to let others know you are okay.**
- **Unplug sensitive electronics to avoid power surges when power is restored.**
- **Keep refrigerator and freezer doors closed. An unopened refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours.**
- **Be a good neighbor. Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, and those who may need additional assistance.**

Massachusetts Power Outage Map

MEMA's power outage map represents power outages for four power companies in Massachusetts, but does not include municipal utilities. Data is provided by utilities every 15 - 30 minutes.

MEMA Power Outage Map <http://mema.mapsonline.net/public.html>

What to do After a Power Outage

- **Never attempt to touch or move wires and keep children and pets away from downed lines. Downed or hanging electrical wires can be hidden by trees or debris, and could be live.**
- **Throw away any refrigerated food that was exposed to temperatures above 40 °F for more than two hours or has an unusual odor, color, or texture. When in doubt, throw it out!**
- **Contact your doctor if you're concerned that medications have spoiled.**

Tri-Valley SHINE Articles August/September

AUGUST

CMS Launches Medicare GLP-1 Bridge, Expanding Access to GLP-1 Medications Eligible Medicare beneficiaries may now get certain GLP-1 medications for \$50 per month through the Medicare GLP-1 Bridge, a new Centers for Medicare & Medicaid Services (CMS) initiative designed to expand access to innovative treatments. To qualify, Medicare beneficiaries must be enrolled in a Part D or Medicare Advantage Plan and receive physician authorization to receive a GLP-1 for the treatment of weight loss. Individuals who already receive GLP-1 medications through their existing Medicare prescription drug coverage or are eligible for GLP-1 coverage through the Medicare Part D benefit are not eligible for this Bridge initiative. Medicare beneficiaries interested in learning whether they qualify for the Medicare GLP-1 Bridge should visit [Medicare.gov/glp1bridge](https://www.medicare.gov/glp1bridge) and talk with their doctor about whether a GLP-1 medication may be right for them. To schedule an appointment with your local SHINE counselor, contact the Senior Center. SHINE is a program of Tri-Valley Inc., funded in part by the Executive Office of Aging and Independence.

SEPTEMBER

Medicare.gov Changes to Improve Security The Center for Medicare and Medicaid Services (CMS) released Medicare.gov enhanced login options earlier this year. By providing people with a choice of security options, Medicare is working to help people manage their health information securely to prevent fraud and identity theft. If you have an existing MyMedicare account, you may notice new security features at the next login. People creating an account for the first time must now provide a personal email address and select a security feature to verify identity like ID.me, Login.gov or CLEAR. A smartphone, or a pc with a camera, will be needed to create your account. To prepare for a SHINE appointment

please login to your MyMedicare account in advance to ensure you can access your personal Medicare information. To schedule an appointment with your local SHINE counselor, contact the Senior Center. SHINE is a program of Tri-Valley Inc., funded in part by the Executive Office of Aging and Independence.

ON GOING WEEKLY PROGRAMS:



MOTION.

WE HAVE CHAIR YOGA ON TUESDAY MORNINGS @ 9AM. PLEASE JOIN US. YOU'LL BE GLAD YOU DID. IF YOU DON'T THINK YOU CAN DO IT, JUST DO WHAT YOU ARE COMFORTABLE DOING. IT IS A NO JUDGEMENT ZONE! WE ARE HERE FOR YOU. A BODY IN MOTION STAYS IN



CROCHET LESSONS AND HANDCRAFTS THURSDAYS 10:30 AM ELISE PROVOST HEADS UP THIS CLASS. IF YOU WOULD LIKE TO LEARN HOW TO CROCHET OR WORK ON YOUR OWN HANDCRAFT PROJECTS, JOIN US FOR THE FUN AND

FELLOWSHIP



EVERY OTHER MONTH ON THURSDAYS @ 10:30 AM, WE ARE GREATFUL TO HAVE RHONDA BREault COME IN TO TEACH US AND INSPIRE US ON CARD MAKING. IT IS A WONDERFUL TIME TO BE CREATIVE AND LEARN A FEW NEW TECHNIQUES.



FUNCTIONAL FITNESS IS ON MONDAYS @ 11AM AND THURSDAYS @ 9AM. JOIN MELANIE SYLVA. EVEN IF YOU CANNOT DO ALL OF THE MOTIONS YOU ARE WELCOME TO DO WHAT YOU CAN. MELANIE WILL ALSO MAKE A SUGGESTIONS WITH

ADJUSTMENTS TO WORK WITH YOU. HOPE TO SEE YOU THERE.



WE ARE STEPPING UP! YOU'RE INVITED TO WALKING CLUB, WE MEET ON WEDNESDAY

MORNINGS @ 8:30AM OUTSIDE IN FRONT OF THE CONGREGATIONAL CHURCH.

***PLEASE KNOW THAT I MAY ADD A FEW THINGS AS WE GO. I AM WAITING TO HEAR BACK FROM A FEW PEOPLE. BUT THIS IS WHERE WE ARE AT CURRENTLY. THANK YOU TO ALL WHO HELP PUT THIS PROGRAM TOGETHER. YOU ARE APPRECIATED.**

**SINCERELY, DARLENE DEAN
BROOKFIELD COA PROGRAM**

COORDINATOR

AUGUST 2026

BROOKFIELD COUNCIL

ON AGING

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		*NOTE: Darlene will be on vacation Aug 1 st -9th				1
2	3 11 AM-FUNCTIONAL FITNESS (FIRE STATION)	4 NO COA CHURCH IS NOT AVAILABLE	5 COA WALKING CLUB 8:30 AM	6 9 AM FUNCTIONAL FITNESS (FIRE STATION)	7	8
9	10 11 AM-FUNCTIONAL	11 9-10 AM CHAIR YOGA	12 COA WALKING	13 9 AM FUNC. FITNESS 10:30 AM CROCHET &	14	15

	FITNESS	10AM COFFEE HR BINGO/PIZZA GLUCOSE & BLOOD PRESSURE TESTING	CLUB 8:30 AM	HANDCRAFTS HAIRCUTS \$10 BY APT. SHINE REP. BARBARA SEARCH BY APT. 9:30-11:30		
16	17 11 AM- FUNCTIONAL FITNESS TRI VALLEY OPTIONS COUNSELOR KRISTINA GOODE 10-12 BY APT.	18 9-10 AM CHAIR YOGA 10AM COFFEE HR 10-2 FOOT CLINIC \$10 BY APT. 10:30 AM Brookfield History Presentation	19 COA WALKING CLUB 8:30 AM	20 9 AM FUNC. FITNESS 10:30 AM CROCHET & HANDCRAFTS 10-12 GENERAL COMMUNITY SKILL SHARE AND LEARN-OPEN TO ALL SPONSORED BY GRASSROOTS AND MERRICK LIBRARY	21 9AM-2PM Bus Trip To ATKINS FARMS Must sign up!	22
23 30	24 11AM FUNCT. FITNESS 31 11AM FUNCT. FITNESS	25 9-10 AM CHAIR YOGA 10AM COFFEE HR Nancy Mannix Birthday Celebration! 10:30 MANICURES WITH MICKI \$5 BY APT. 10-2 FOOT CLINIC \$10 BY APT.	26 COA WALKING CLUB 8:30 AM	27 9 AM FUNCTIONAL FITNESS 10:30 AM CROCHET & HANDCRAFTS 10:00 AM CARDS WITH RHONDA \$3	28	29

Disclaimer: Dates are subject to change but will be announced accordingly, on our Facebook page and during COA times.

SENIORS@BROOKFIELDMA.US

SEPTEMBER 2026 BROOKFIELD COUNCIL ON AGING

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUR DAY
		1 9-10 AM CHAIR YOGA 10AM COFFEE HR BINGO/PIZZA	2 COA WALKING CLUB 8:30 AM	3 9 AM FUNCTIONAL FITNESS 10:30 AM CROCHET & HANDCRAFTS	4	5

6	7 LABOR DAY! 	8 9-10 AM CHAIR YOGA 10AM COFFEE HR GLUCOSE & BLOOD PRESSURE TESTING 10:30 AM PAINTING WITH NANCY MULLEN \$5 FEE	9 COA WALKING CLUB 8:30 AM	10 9 AM FUNCTIONAL FITNESS 10:30AM CROCHET & HANDCRAFTS SHINE REP BARBARA SEARCH BY APT.9:30-11:30	11	12
13	14 11 AM- FUNCTIONAL FITNESS (TENTATIVE FLU CLINIC- WAITING FOR CONFIRMATION 10AM-1PM I WILL POST)	15 9-10 AM CHAIR YOGA 10AM COFFEE HR TRI VALLEY NUTRITION SEMINAR WITH MARY BRUNELLE	16 COA WALKING CLUB 8:30 AM	17 9 AM FUNC. FIT. 10:30 AM CROCHET & HANDCRAFTS HAIR CUTS 11-1 \$10. BY APT. 10-12 GENERAL COMMUNITY SKILL SHARE *COA OPEN HOUSE 5PM-7PM MUSIC BY PAUL PROVOST & DINNER*	18	19
20	21 11 AM- FUNC. FIT. TRI VALLEY OPTIONS COUNSELOR KRISTINA GOODE 10-12 BY APT.	22 9-10 AM CHAIR YOGA 10AM COFFEE HR 10-2 FOOT CLINIC \$10 BY APT. MAKE POSTERS FOR APPLE COUNTRY FAIR	23 COA WALKING CLUB 8:30 AM	24 9 AM FUNCTIONAL FITNESS 10:30 AM CROCHET & HANDCRAFTS	25	26
27	28 11 AM- FUNCTIONAL FITNESS	29 9-10 AM CHAIR YOGA 10-2 FOOT CLINIC \$10 BY APT. 10AM COFFEE HR 10:30 MANICURES WITH MICKI \$5 BY APT.	30 COA WALKING CLUB 8:30 AM	*Note: Darlene will be on vacation Sept. 24 th -Oct. 4 th		

Disclaimer: Dates are subject to change but will be announced accordingly, on our Facebook page and during COA times.

SENIORS@BROOKFIELDMA.US

OCTOBER 2026

BROOKFIELD COUNCIL ON AGING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9 AM FUNCTIONAL FITNESS 10:30 AM CROCHET & HANDCRAFTS	2	3
4	5	6	7	8	9	10

	11 AM-FUNCTIONAL FITNESS	9-10 AM CHAIR YOGA 10AM COFFEE HR BINGO/PIZZA	COA WALKING CLUB 8:30 AM	NO COA CHURCH UNAVAILABLE (will let you know about func. Fitness)		APPLE COUNTRY FAIR 10-4
11	12 11 AM-FUNCTIONAL FITNESS	13 9-10 AM CHAIR YOGA 10AM COFFEE HR GLUCOSE & BLOOD PRESSURE TESTING Writing thank you SOLDIERS CARDS FOR CHRISTMAS	14 COA WALKING CLUB 8:30 AM	15 9 AM FUNCTIONAL FITNESS 10:30 AM CROCHET & HANDCRAFTS 11-1 HAIRCUTS \$10 BY APT. 10-12 GENERAL COMMUNITY SKILL SHARE	16	17
18	19 11 AM-FUNCTIONAL FITNESS TRI VALLEY OPTIONS COUNSELOR KRISTINA GOODE 10-12 BY APT.	20 9-10 AM CHAIR YOGA 10AM COFFEE HR ALLISON O'LEARY MICRO ADVENTURES IN MASSACHUSETTS 10-2 FOOT CLINIC \$10 BY APT.	21 COA WALKING CLUB 8:30 AM	22 9 AM FUNCTIONAL FITNESS 10:30 AM CROCHET & HANDCRAFTS 10:30 AM CARDMAKING WITH RHONDA \$3	23	24
25	26 11 AM-FUNCTIONAL FITNESS	27 9-10 AM CHAIR YOGA 10AM COFFEE HR HALLOWEEN PARTY 10-2 FOOT CLINIC \$10 BY APT.	28 COA WALKING CLUB 8:30 AM	29 9 AM FUNCTIONAL FITNESS 10:30 AM CROCHET & HANDCRAFTS	30	31

Disclaimer: Dates are subject to change but will be announced accordingly, on our Facebook page and during COA times.

SENIORS@BROOKFIELDMA.US

Brookfield Council on Aging

Meeting @ Brookfield Congregational Church

6 Central Street

Brookfield, MA 01506

Current Resident