

Petersham Council on Aging  
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COA



NEWSLETTER

JANUARY 2018

This newsletter is underwritten by the Executive  
Office of Elder Affairs.

ADDRESS SERVICE REQUESTED

#### A CHANGE OF MENU FOR OUR MEAL SITE

For a couple of years the Council on Aging has talked about having more vegetarian choices at the Monday meal site.

At our last Board meeting we met with Lynne Feldman of LifePath and Ari Pugliese of The Country Store to weigh our options for a change in the meals.

We decided to start with a meal from Ari once a month and stay with the regular caterer for the other meals. If the response is positive and attendance is up we will add more meals from The Country Store.

It is felt that the change will give us more fresh, organic, and local foods and that the reputation of the Store will add to its appeal. Ari indicated that he cooks with a lot of garlic and that may be a downside for some people. The discounted price for this one meal will be higher than then our current meals as it is not under the state guidelines.

A start date and pricing will be in our next newsletter.

Please come and help us make this effort successful.

#### Petersham's Council on Aging Mission Statement

Petersham's Council on Aging dedicates itself to addressing concerns of the sixty year and older population of the Town of Petersham.

## HEALTHY AND MINDFUL EATING

Studies suggesting mindful eating may help you improve your eating habits because you are paying more attention to what you eat and making small changes that can make a big difference.

It's best to plan before you eat, and only eat when you're hungry. Try not to eat because the food is available or you are stressed or bored. Don't skip a meal, especially before a holiday gathering as this may cause you to overeat, and consider having a high fiber snack such as raw vegetables, a handful of nuts, or fresh fruit. Fiber helps you feel full longer. Check out all the food options when you arrive at a party and make a plan that allows you to sample foods you enjoy, without abandoning good habits. Start by filling your plate with vegetables and salad before selecting entrees and desserts. Focus on fresh, unprocessed foods without extra salt, sugar, and fat. Avoid eating food straight from the bag or box, portioning out how much you will have. Try eating from a smaller plate to help limit the amount you eat. Moderation is the key. If you have your eye on a high calorie dessert, consider splitting it with a friend, a great way to share the dessert and cut the calories in half.

Eat slowly and take time to enjoy the taste of your meal without distractions. Between bites, put your fork down while chewing, enjoy the textures, aroma, and flavors. Be mindful of what and how much you have eaten. This will give your body time to signal your brain that you are satisfied and not necessarily full. Leave the table when you are done, offer to help with the dishes, or take a walk. Mindful eating will help you appreciate and enjoy the food you eat.

Happy holidays! And consider joining us for a meal.

Taken from LifePath's *THE GOOD LIFE*.

## COA BOARD NOTES

The COA Board met on Monday, December 11, 2017 at 10:10 a.m.

The Board approved the Secretary's minutes and the Treasurer's report.

Lynne Feldman of LifePath and Ari Pugliese of The Country Store met with the Board to discuss the possibility of Ari catering our meals. It was decided to start with one meal a month and see how the response would be to the change. It was suggested that a survey be put into the newsletter to see how many people like this idea and if they would be coming to the site.

The next Board meeting will be on Monday, January 8, 2018 at 10 a.m. in the Lower Town Hall. Anyone is welcome to come to the meeting.

THOUGHTS FROM THE SHOWER...

Which letter is silent in the word “Scent,” the S or the C?

Why is the letter W, In English, called double U? Shouldn't it be called double V?

Every time you clean something, you just make something else dirty.

The word “swims” upside-down is still “swims”.

100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

If you replace “W” with “T” in “What, Where and When”, you get the answer to each of them.

If you rip a hole in a net, there are actually fewer holes in it then there were before.

If you attempt to rob a bank you won't have any trouble with rent/food bills for the next 10 years, whether or not you are successful.

If 2/2/22 falls on a Tuesday, we'll just call it “2's Day”. (It does fall on a Tuesday.)

Your future self is watching you right now through memories.

WINTER CLASSES 2018

Fitness Classes - Mon. & Fri. Time is 10:30 to 11:30 a.m.

Suggested donation is \$3.00

Jan. 22, 26 and 29

Feb. 2, 5, 9, 12, 16, 19, 23 and 26

Mar, 2, 5, 9, 12, 16, 19 23, 26 and 30

Yoga Classes - Tuesday Time is 10:30 to 11:45 a.m.

Suggested donation is \$5.00

Jan. 23 and 30

Feb. 6, 13, 20 and 27

Mar. 6, 13, 20 and 27

T'ai Chi Classes - Monday Time is 4 to 5 p.m.

Price is \$5.00 per class

Jan. 22 and 29; Feb. 5, 12, 19 and 26; Mar. 5, 12, 19 and 26

Classes are held in the Petersham Town Hall and will resume in mid January.

Anyone is welcome to attend these classes, regardless of age. Kay Berry is coordinator. If you have questions call 978-724-6610 or email PshamCOA@gmail.com.

Fitness, Yoga, and T'ai Chi classes are sponsored by the Petersham Council on Aging and are underwritten by the Executive Office of Elder Affairs.

### JANUARY LUNCH MENU

Jan. 01 - New Year's Day Holiday - NO LUNCH

Jan. 08 - Sloppy Joes, Home Fries, Broccoli, Hamburg Roll, Strawberry Yogurt

Jan. 15 - Martin Luther King, Jr. Holiday - NO LUNCH

Jan. 22 - Broccoli Bake, Stewed Tomatoes, Home Fries, Multigrain Bread, Peaches

Jan. 29 - Meatloaf, Mushroom Gravy, Whipped Potatoes, Green Peas, Wheat Dinner Roll,  
Fresh Fruit

**To reserve a meal or notify of cancellation call Mary Russell at 978-724-3233 by Thursday afternoon.**

**Suggested donation is \$2.50 for seniors or disabled; \$3.00 for younger than 60 years old.**

**Please contact Mary if you regularly attend the meal site but will not be able to come to a Monday meal.**

### PROGRAM REMINDERS

Dec. 24 - 6:00 p.m. - St. Peter's Roman Catholic Church Christmas Service

Dec. 24 - 7:00 p.m. - First Congregational Parish Unitarian Candlelight Christmas Service

Dec. 24 - 11:30 p.m. - Orthodox Congregational Church Christmas Eve Service

Dec. 25 - NO LUNCH - Christmas Day

Jan. 01 - NO LUNCH - New Year's Day

Jan. 08 - 10:00 a.m. Council on Aging Board Meeting

Jan. 22 - 12:30 p.m. - Falls Prevention program with Paula Evans, Director, Pharmacy Outreach Program at MCPHS University in Worcester. She will review safety tips, and focus on medications—those that can protect the bones, those that make the bones thin, and those that may increase the chances of falling.

Jan. 22 - 10:30 a.m. Fitness class begins.

Jan. 22 - 4 p.m. T'ai Chi class begins.

Jan. 23 - 10:30 a.m. Yoga class begins.

The email for Petersham Council on Aging is PshamCOA@gmail.com and can be used to request electronically sent newsletters.