

COACH MESSENGER

MAY 2019

CHESTER COUNCIL ON AGING
15 MIDDLEFIELD RD., CHESTER, MA 0101
413 354-7735
PEGGY GRAVELINE, DIRECTOR

SAVE THE DATE

Dining Center (Mondays 5/6, 5/13, 5/20; Friday 5/17; Tuesday 5/28

Knitting on Mondays from 1:00 – 3:00 pm

Mahjong Tuesdays – 1:30 – 3:30 pm

Thursday Matinee Movies – Movie begins @ 1:00 p.m. (doors open at 12:15 for hot dog lunch & refreshments) – 5/2, 5/9, 5/16, 5/23, 5/30, & 6/6

Brown Bag Pick-Up – 3rd Friday of the Month (May 17th) – 11:15 a.m. followed by Dining Center)

Pot Luck Luncheon – Tuesday, May 21st @ Noon

Memorial Day Parade – May 27th

MAY IS NATIONAL STROKE AWARENESS MONTH

May is National Stroke Awareness Month, an observance that highlights the importance of knowing the signs and symptoms of stroke and encourages persons to act FAST.

Stroke is the fifth leading cause of death in the United States and a leading cause of severe disability, one person dies from stroke approximately every 4 minutes. Learn to recognize the signs and act quickly to help save a life.

- **Face** – By asking the person to smile you can tell immediately if one side of the face droops.
- **Arm** – Ask the person to raise both arms. Observe to see if one arm drifts lower than the other.
- **Speech** – Slurred speech is a symptom of stroke. Ask the person to repeat a single sentence.
- **Time** – Call 911 Fast. Time may be the difference between life and death or even partial and full recovery.

Stroke is preventable and largely treatable. Learn the **ABCS** of stroke prevention. **Aspirin:** aspirin may help lower your risk for stroke. But do not take aspirin if you think you're having a stroke. It can make some types of stroke worse. **Blood Pressure:** Control your blood pressure. **Cholesterol:** Control your cholesterol. **Smoking:** Quit smoking or don't start. Learn more about the ABCS and what you can do to prevent stroke by making healthy choices and controlling any health conditions you may have by working with your health care team to control health conditions that raise your risk for stroke. Up to 80% of strokes could be prevented through healthy lifestyle changes.

- Healthy Diet
- Healthy Weight
- Physical Activity
- No Smoking
- Limited Alcohol

WHAT'S COOKING AT THE DINING CENTER

Monthly menus are available at the COA the last week of the month for the next month. Reservations or Cancellations must be made 48 hrs. in advance. Indicate which entrée you want. There is a sign-up sheet at the COA or you may call 354-7735 to make your reservation and/or request a ride to the meal. Meals are served at 12 noon. Beverages are available. Meals are free, Anonymous donations are accepted if it is within one's means to help defray the cost of this program.

Monday, May 6th

Savory Swedish Meatballs OR Vegetable Stuffed Shells, Green Beans, Baked Noodles, Wheat Roll, and Fresh Fruit.

Monday, May 13th

Potato Pollock OR Meatloaf Sandwich, Stewed Tomatoes, Oven Browned Potatoes, Wheat Roll and Sugar Cookie.

Friday, May 17th

Reduced Sodium Hot Dog OR Meatloaf Sandwich, Oven Baked Beans, Italian Blend, Hot Dog Bun, and Fresh Fruit.

Monday, May 20th

Salisbury Steak w/Mushroom Gravy OR Chicken Salad, Steamed Green Beans, Oven Browned Potatoes, Wheat Bread, and Sliced Peaches.

NO MEAL ON MONDAY, MAY 27th – MEMORIAL DAY

Tuesday, May 28th

Mushroom & Cheese Quiche OR Fish Sticks, Homemade Creamy Tomato Soup, Steamed Spinach, Blueberry Snack Loaf, and Chilled Mixed Fruit.

THURSDAY MATINEE MOVIE SCHEDULE

Movies begin at 1PM in the Senior Room. Please use the side entrance to the town hall as the front entrance is locked. This program is free, and free refreshments are available beginning at 12:15 PM.

May 9 – Andre

Here is the remarkable true story of a seal who each spring swam hundreds of miles to visit the human family that rescued him when he was an orphaned pup. 1994 – PG – 94 min.

May 16 – Maudie

This affecting biopic charts the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds a passion for painting, becoming a beloved Canadian folk artist in the process. 2017 – PG13 – 1 hr. 55 min.

May 23 – Mamma Mia! Here We Go Again

In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalckairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences. 2018 – PG-13 – 1 hr. 54 min.

May 30 – A Street Cat Named Bob

Long a solo act, street busker and recovering addict, James Bowen finds himself part of a team when he adopts a stray cat who's a interested in taking care of James as he is in taking care of the feline. Soon the cat becomes part of the act. 2016 – NR – 1 hr. 43 min.

June 6 – The Secret Life of Bees

To escape her cruel, angry father – and discover the truth about her late mother's past – 14-year old Lily Owens (Dakota Fanning) flees with her caregiver and friend Rosaleen (Jennifer Hudson) to a South Carolina town where she's taken in by the bee-keeping Boatwright sisters. Surrounded by the unexpected love, grace, and spirituality she encounter there, Lily forms a bond with each of these uniquely gifted women and discovers that sometimes you must leave home in order to find it. 2008 – PG-13 – 1 hr. 50 min.

SHINE Counseling – Contact Sue Kucharshi at the Senior Outreach Center (SHCOAC) 3 Maple Street, Chester, MA – (413) 354-6540 to schedule an appointment. See what other senior benefits you may also be eligible for.