

52 Murdock Ave.
Winchendon MA 01475
978-297-3155

**SENIOR CENTER
HOURS**

Monday—Thursday
9:00 a.m.—3:00 p.m.
Friday
9:00 a.m.—1:00 p.m.

Senior Center Staff

Sheila Bettro
Director

Jen Niejadlik
Congregate Lunch

Art Amenta, III
Meals on Wheels

Joe Bettro
Mike Dellechiaie
Transportation

Art Amenta, Jr.
Kevin Cormier
General Support

Cindy Knight
Dispatcher

David Alexander
Administrative Asst.

**Old Murdock on Face-
book**

<https://www.facebook.com/oldmurdock>

Email us at

Winchendon Senior Center Newsletter

The purpose of a Senior Center is to help seniors stay active both mentally and physically, since staying active is the key to healthy aging.

The Mission of the Winchendon Senior Center is to enrich the lives of the community senior population by providing educational programs, recreational activities, referral and social services assistance, and to advocate for our seniors while educating the community on the needs of its elderly.

At the Winchendon Senior Center we offer

- A large dining room for congregate meals and other activities (bingo, entertainment shows, games, classes, etc.)
- A fitness room with workout equipment
- A community room for working on jig-saw puzzles (we have hundreds, and you can take them home to work on too), Wii bowling and other games, Reading, watching TV, or just relaxing and visiting
- A billiards room
- Periodic activities
- Transportation To/From meals, Medical appointments, Shopping trips, etc.
- A food pantry and a clothes closet
- Information Resources for Nursing Home Care, In-Home Care & House-keeping services

We help with many issues facing our seniors:

- How to live on a fixed income
- Dealing with the rising costs of Housing, Medicine & Health Insurance, & Transportation
- Applications for Fuel Assistance and Food Stamps (SNAP)
- Application help for Home Energy Assistance, Water & Sewer Assistance, and Rental Assistance—available at the Senior Center or at New England Farm Workers' Council, 473 Main St., Fitchburg, (978) 342-4520

The Nutrition Program is funded through the Older Americans Act (OAA). Grants are provided to states to help support nutrition services. In addition, the Program provides a range of services including nutritional screening, assessment, supportive in-home and community based support (home makers, home health aid services), transportation, chronic disease self management programs, home repair and modification, and fall prevention programs.

Eligibility for these programs is age and income dependent. The Program serves frail, home bound, or isolated individuals who are 60 and older.

The benefits of this program include:

- Reducing hunger
- Promoting socialization of older individuals
- Promoting the health and well-being of older individuals
- Allowing elders to remain in their homes longer

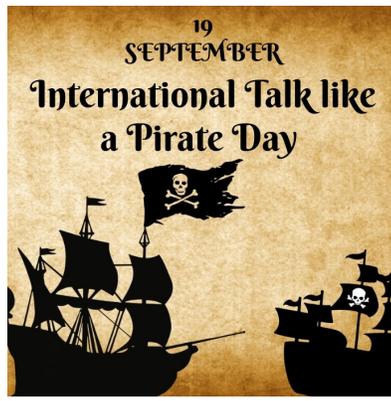
Home delivered meals are often the first in-home services that an older adult receives. This program is a primary access point for other home and community based services.

September 2022

As always, if you have any questions or need help, we're here for you!



National Wildlife Day - September 4th



International Day of Older Persons - September 26th

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 CLOSED Labor Day	6	7 Rindge Shopping 9:15 Bingo—12:30	8	9 Everyone's Birthday! 11:30	10
11	12	13 Pizza Party 11:30	14 Peanut Auction—10:30 Bingo—12:30	15	16	17
18	19	20	21 Rindge Shopping 9:15 Bingo—12:30	22	23 Bob Jordan 11:00-12:00	24
25	26	27	28 Fallon 10:30-11:30	29	30	
31						



Home Delivered Meals

September 2022

Individual Sodium Contents are listed beside each item.
To Cancel or Resume meals please call: (978) 345-8501 Ext:2

Total Sodium for each meal is listed below each meal
Asterisk * Indicates the item is > 500 mg Sodium

Menu Subject to Change

Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p>Nutrition Tip: Increase Fiber to Protect Yourself from Chronic Inflammation: Choose: Whole grain breads, pastas, brown rice, oats & barley Try: Legumes - Beans, Lentils & Peas three times a week Include: Fruit &/or Vegetables in every meal Read Labels: Choose 3+gms fiber/sl of bread, 5+gms in 3/4C cereal Be sure to increase your fluid intake while increasing fiber!</p>		<p>Meals include: 8 oz. 2% Milk providing 130 Calories 125 mg Sodium included in meal totals</p>				
		<p>Total Sodium(mg): 985 Calories: 700</p>		<p>Total Sodium(mg): 518 Calories: 628</p>		
		<p>6 SPECIAL Na+ Broccoli Stuffed Chicken Brst 410 Smashed Red Potatoes 67 Creamed Spinach 55 Wheat Dinner Roll 105 Chocolate Chip Cookie (reg) 105 Diet: Lemon Cookie 55</p>		<p>7 Na+ Chicken & Rice Bake 429 Scandinavian Veg Blend 61 Marble Rye Bread 127 Assorted Fruit Cup 5</p>	<p>8 Na+ Roast Pork w/BBQ Sauce 223 Baked Beans 152 Mixed Vegetables 88 Wheat Sandwich Bun 300 Fresh Fruit (Clementine) 1</p>	<p>9 Na+ Beef Bolognese 223 Penne Pasta 1 Italian Vegetable Blend 41 Wheat Dinner Roll 105 Assorted Fruit Cup 5</p>
<p>Total Sodium(mg): 871 Calories: 857</p>		<p>Total Sodium(mg): 747 Calories: 572</p>		<p>Total Sodium(mg): 889 Calories: 739</p>	<p>Total Sodium(mg): 500 Calories: 642</p>	
<p>12 Na+ Diced) Chicken Jambalay 310 Brown Rice 4 Broccoli 10 Wheat Bread 124 Fruited Yogurt 75</p>	<p>13 Na+ French Meat Pie 121 Roasted Brussels Sprouts 12 Pumpnickel Bread 134 Assorted Fruit Cup 5</p>	<p>14 Na+ Chicken Breast Patty with Mediterranean Sauce 628* Orzo Pilaf with Spinach 57 Capri Vegetable Blend 15 Multigrain Bread 223 Fresh Fruit (Pear) 1</p>	<p>15 Na+ Roast Turkey with Rosemary Gravy 357 Bread Stuffing 316 Glazed Carrots 81 Wheat Dinner Roll 105 Flavored Applesauce 10</p>	<p>16 Na+ Potato Pollock 273 Tartar Sauce 100 Scalloped Potatoes 125 Scandinavian Veg Blend 61 Wheat Bread 124 Oatmeal Raisin Cookie 85</p>		
<p>Total Sodium(mg): 649 Calories: 640</p>	<p>Total Sodium(mg): 397 Calories: 663</p>	<p>Total Sodium(mg): 1049 Calories: 758</p>	<p>Total Sodium(mg): 994 Calories: 642</p>	<p>Total Sodium(mg): 893 Calories: 777</p>		
<p>19 Na+ Macaroni & Cheese 498 Stewed Tomatoes 251 Dinner Roll 132 Applesauce 10</p>	<p>20 Na+ Chicken Teriyaki 255 Vegetable Fried Rice 98 Asian Vegetable Blend 21 Multigrain Bread 223 Yogurt 75</p>	<p>21 Na+ Lasagna Roll with Meat Sauce 340 Italian Vegetable Blend 41 Italian Bread 230 Fudge Cookie 85 Diet: Lorna Doones 147</p>	<p>22 Na+ Breaded Chicken Drummer 450 Yukon Gold Potatoes 5 Broccoli & Cauliflower 31 Wheat Bread 124 Fresh Fruit (Apple) 2</p>	<p>23 Na+ Roast Pork w/Apple Cider Gravy 97 Whipped Potatoes 66 Peas & Carrots 72 Wheat Dinner Roll 105 Assorted Fruit Cup 5</p>		
<p>Total Sodium(mg): 1016 Calories: 750</p>	<p>Total Sodium(mg): 797 Calories: 635</p>	<p>Total Sodium(mg): 821 Calories: 628</p>	<p>Total Sodium(mg): 737 Calories: 586</p>	<p>Total Sodium(mg): 470 Calories: 632</p>		
<p>26 Na+ Breaded Fish Filet with Cheese 584* Au Gratin Potatoes 132 Broccoli 10 Multigrain Bread 223 Assorted Fruit Cup 5</p>	<p>27 Na+ Beef & Lentil Chili 262 Brown Rice 4 Carrots 64 Wheat Dinner Roll 105 Fresh Fruit (Clementine) 1</p>	<p>28 Na+ Chicken Breast Patty with Florentine Sauce 457 Wild Rice Pilaf 140 Capri Vegetable Blend 15 Wheat Bread 124 Applesauce 10</p>	<p>29 Na+ Chicken Meatballs with Swedish Sauce 236 Egg Noodles 4 Spinach 65 Marbled Rye 127 Oatmeal Cr Cookie/Dt: Oreos 150</p>	<p>30 Na+ Classic Meatloaf with Gravy 234 Garlic Mashed Potatoes 66 Green Beans 3 Dinner Roll 132 Yogurt 75</p>		
<p>Total Sodium(mg): 1079 Calories: 837</p>	<p>Total Sodium(mg): 560 Calories: 582</p>	<p>Total Sodium(mg): 871 Calories: 594</p>	<p>Total Sodium(mg): 707 Calories: 714</p>	<p>Total Sodium(mg): 635 Calories: 734</p>		

Reduce the Carbohydrate content of any meal by saving the Bread, Milk and/or Dessert for a snack later in the day.

Reduce the Sodium content of any meal by saving the Bread, Milk & Non-Fruit Dessert for the following lighter meal or snack later in the day.

To Cancel a Meal or Resume Meals call (978) 345-8501 EXT 2 Nutrition Questions? Contact Alex Welch, RD at awelch@mocinc.org 987-868-6081

Funded by Title III Funds of the Older Americans Act through the Central Mass Area Agency on Aging and Mass EOEA, State Elder Lunch, Town, and participant donations.

Rising Insulin Costs

EXPLAINER: Why is insulin so expensive and difficult to cap?

By AMANDA SEITZ Associated Press August 5, 2022

Here's a look at how insulin became so expensive and why it's so difficult to bring the price of the drug down.

HOW MANY PEOPLE IN THE U.S. USE INSULIN AND FOR WHAT?

Roughly 8.4 million Americans use insulin, according to the American Diabetes Association. Not everyone who has diabetes needs insulin, but for those who do, it's an important medication. For more than 1 million of those people with type 1 diabetes, regular access to the medication is a necessity and they will die without it.

"People require insulin, it's not an option and nobody should have to decide between life-sustaining medication or food and rent," said Dr. Robert Gabbay, the chief scientific and medical officer for the American Diabetes Association.

Insulin also helps control glucose levels for patients with other forms of diabetes. Some insulin users have rationed the drug because of its expense and risk numerous health complications as a result.

HOW EXPENSIVE IS INSULIN?

The price varies.

Some people on private insurance pay hundreds of dollars monthly for the drug. For most Medicare beneficiaries, the average out-of-pocket cost per insulin prescription was \$54 in 2020 — an increase of nearly 40% since 2007, [a study released last month](#) by the Kaiser Family Foundation found. Others live in one of 22 states where the copay for a 30-day supply has been capped between \$25 to \$100.

The cost has led some to use less insulin than their doctor prescribes or postpone paying for other medical care.

WHY IS INSULIN SO EXPENSIVE?

Only three manufacturers — Eli Lilly, Novo Nordisk and Sanofi — produce insulin, allowing those companies to control much of the market.

"They've been historically raising their list prices for their respective products in lockstep with one another," Dr. Jing Luo, a professor of medicine at the University of Pittsburgh, said. "There hasn't been a lot of pricing pressure."

And making a generic drug for insulin hasn't been easy, with new manufacturers having to clear regulatory hurdles and questions over how a generic drug should be categorized, Luo added. A generic insulin is slated to come on the market in 2024 at no more than \$30 a vial, which could drive down some of the price.

[A biosimilar insulin product the Food and Drug Administration approved last year](#), however, has been more expensive than advocates had hoped, Gabbay said.

Senate Majority Leader Chuck Schumer has said some language that limits the price of insulin will be added to [the economic bill](#), but it's not clear what that price point will be and who all will be protected by that price cap.

Democrats had proposed a \$35 monthly cap for those who get the drug through Medicare or private insurers as part of a bigger package that was derailed in the Senate. But it was left out of the scaled down package now headed for a congressional vote.

WHY IS THE COST OF INSULIN SO DIFFICULT TO CAP?

Capping the price of insulin will be very expensive.

Insulin is not only getting more expensive, but the number of people using it is also increasing.

A bipartisan bill proposed earlier this year that would cap insulin prices could cost about \$23 billion over the next decade, according to estimates by the Congressional Budget Office. While the bill would reduce insulin costs for many consumers, it would drive up government costs and premiums charged by Medicare and private insurers, according to the office's analysis.

And that's one of the reasons why price caps can be controversial.

"If your health insurance company says, voluntarily, nobody who buys insulin in our plan will have to pay more than \$25, the question is who is paying the balance of that?" Luo said. "That then means their cost will go up, which means they'll raise premiums on everyone."

ON-GOING & UPCOMING EVENTS

Daily Lunches

Congregate lunch is served starting at 11:30 a.m. daily (unless otherwise noted). A voluntary donation of \$3.00 per meal is suggested.

Please remember to call the Senior Center at 978-297-3155 one day in advance to reserve a meal.

Come Play Cards!

Do you play cribbage? Spades? Bridge? Canasta? Pinochle? Pitch? Perhaps you know how but do not have someone to “play with”. We are looking for more card players to join us just after lunch in the dining room.

COA Van Information

The COA van is available to Winchendon residents 60+ who are in need of affordable local transportation within Winchendon as well as for medical trips to Gardner, Leominster, Fitchburg, Athol, and Worcester. We can also take you to hair appointments, shopping, local banks, or pick you up for lunch at our Center. The van is wheelchair accessible.

To make a reservation, please call the office at 978-297-3155 **one day** in advance. There is **no same day service**. Rides are by **reservation only**. For out of town medical runs, we require **seven (7) days** notice for scheduling purposes. For any medical run, your pick up time must be at least 15 minutes before your appointment time. We’ll do our best to get you to your appointment on time. Your return time **might** vary due to unforeseen circumstances (you may have to wait).

For trips to Market Basket or Walmart, call the office to check availability. Our shopping trips are very popular. Grocery bags are limited to three or less. You also need to be able to manage your own bags. The cost for the trip is \$3.00, and is limited to 4 individuals per trip. Please note that any scheduled event or trip can be cancelled at the director’s discretion. Thank you for your patience and understanding.

Wii Games

Check out our Wii system, located in the Community Room! Come bowl, play tennis, or any of the many games available. Don’t know how to use the system? Ask any member of our staff—we’ll be happy to show you!

We also have pool tables, shuffleboard, chair exercise and yoga to keep you in shape!



Wednesdays, 12:30—2:30 Feel free to bring your own snacks and beverages. There is a \$1.00 per person cover charge.

Friendly Check-In



We are able to make a check-in call, send a card, or visit any senior who is unable to visit our Center. Please call us if you know of someone in need of a cheery check-in!

OTHER EVENTS

Pickleball is Here!

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball with holes. Played as doubles or singles. Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body. Pickleball is a wonderful alternative for older players who used to play tennis, but have physical limitations such as hip, shoulder, knee, or other joint problems.

Checkout out our Facebook page for more info and pics.

In-town Van Run

Our in-town runs returned in May, check the calendar for pre-scheduled runs.

Legal Questions??

Community Legal Aid's attorneys and paralegals have expertise in legal issues affecting elders. Advocates provide free advice and/or representation on issues concerning:

Governmental benefits, Healthcare, Long term care, Elder abuse, Autonomy, and Housing.

Fitchburg Office

(978) 516-5155 or 1-855-252-5342

Monday—Friday 9AM to 5PM

Peanut Auction is Back !

Peanuts, get your peanuts! Peanut auction returns on the 2nd Wednesday of the month starting at 10:30. Come bid on fabulous prizes, have a laugh, have some FUN!

Our Rindge, NH Van Run is Back !!

Our **Rindge Run to Market Basket** or **Walmart** is back. Pickup starts at 9:15 with a 1 hour stop at the store, after which we'll return you to your home. 4 people are allowed on the van at a time, and each one can carry 3 bags apiece. Please call the Center at 978-297-3155 to secure a spot on the bus.

Health Insurance Questions??

Come meet with a SHINE representative—Keith on Mondays from 9:00—12:00 or Gail on the 2nd Wednesday from 10:00—1:00 Get your health insurance questions answered! Please call to make an appointment to sit with Keith or Gail.

Sudoku Puzzles

Sudoku #003 (Easy)

4		6				2		9
5	7		2		6			
		1			5			8
6		3	4	8	1	7		
7			5			3		
		5						
	8	9				4	3	
	6							1
3		4					6	7

Sudoku #004 (Easy)

4	8	7		5			6	
9			4					3
2		6		8	9	5		
		4		1	5	6		
1					4		5	
	7	8	2					
					8		7	
7	5						3	
	2			3	7	4	1	

Sudoku Solutions

Sudoku #003 (Easy)

4	3	6	1	7	8	2	5	9
5	7	8	2	9	6	1	4	3
9	2	1	3	4	5	6	7	8
6	9	3	4	8	1	7	2	5
7	1	2	5	6	9	3	8	4
8	4	5	7	2	3	9	1	6
1	8	9	6	5	7	4	3	2
2	6	7	8	3	4	5	9	1
3	5	4	9	1	2	8	6	7

Sudoku #004 (Easy)

4	8	7	3	5	1	9	6	2
9	1	5	4	2	6	7	8	3
2	3	6	7	8	9	5	4	1
3	9	4	8	1	5	6	2	7
1	6	2	9	7	4	3	5	8
5	7	8	2	6	3	1	9	4
6	4	3	1	9	8	2	7	5
7	5	1	6	4	2	8	3	9
8	2	9	5	3	7	4	1	6