

Welcome 2021

We have made it through a difficult year for all with the support of our wonderful volunteers, clients, and community members. We remember those that we lost in the year 2020 and look forward to what 2021 will bring. There is hope that one day we can gather together again to celebrate like we did in years past. Until then, Senior Center staff is just a phone call away!

Remember this?

When social distance wasn't 6 feet?



When we could see each other's faces, smiles and teeth?



When we could sit down next to one another and eat?

MISSION STATEMENT

The mission of the Senior Center and member Councils on Aging is to enrich the lives of residents in the community as they age by designing support networks, identifying and meeting their needs and interests, and providing services and programs in welcoming, respectful, and safe environments.

STAFF

Amanda Joao, Director
Leanne Dowd,
 Outreach Coordinator
Dot Lyman,
 Activities Coordinator
Robert Szafran
 Transportation Coordinator &
 Van Driver
Paul Labelle, Van Driver
Peter Otten, Van Driver
Michael Shea, Van Driver
Hugh Knox, Meal Site Manager
Gloria Fisher, Office Assistant

SENIOR CENTER BOARD

Donna Liebl, Chair, Buckland
Doug Field, Vice Chair, Ashfield
Ellen Eller, Secretary, Buckland
Sue Bishop, Treasurer, Shelburne
Nina Laurie, Ashfield
Wayne Wickland, Ashfield
Anne Yuryan Ashfield
Lois Bascom, Buckland
Joanne Soroka, Buckland
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Penny Spearance, Shelburne
Nancy Brewer, Shelburne

NEWSLETTER

SeniorWise is produced bi-monthly. Content contributions are welcome.

Layout & design by Diana Hardina

The Senior Center

413.625.2502

sfsrctr@crocker.com

New Website!

the-senior-center.org

Like us on Facebook:

Shelburne Falls Senior Center

See us on Instagram:

Sfsrctr

Transportation and Trips Van Transportation

The Senior Center continues to provide curb-to-curb Van Transportation for seniors 60+, by contract with the FRTA, for the nine towns in West County: Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Rowe and Shelburne. Priority is for (non-emergency) medical rides and food shopping. Drivers are wearing masks and gloves; vans are sanitized often, and ridership is limited to keep proper social distancing.

Please call The Senior Center at 625-2502 to make an appointment at least 48 hours in advance or for information about reservations and fees. A short application with a copy of a photo ID are needed to be pre-approved for ridership. Fares range from \$.75-\$2.25 each way with a \$5 fare for WalMart (3rd Friday)

Big Y shopping (Tuesday or Thursday depending on town) is free.

FRTA arranges rides to out of county medical appointments. Call the FRTA at 774-2262 x163 for information and reservations and information about their fixed route between Charlemont and Greenfield with stops in Buckland and Shelburne.



LifePath has a volunteer escorted transportation program, Rides for Health, for active LifePath clients only. This program can provide rides for out of area medical appointments. Contact LifePath at 413-773-5555 for more information.

We Are Here for You

Amanda, Leanne, Dot, Bob, and Gloria are here in the building every day taking care of business and ready to assist you in any way. We have been working hard to keep our select 1-on-1 programs operating safely. Staff has remained vigilant and up to date on state and local COVID-19 safety guidelines. We look forward to the year ahead serving our members from Ashfield, Buckland, Shelburne and the surrounding communities.

Bad Weather Policy

For programs and services at The Senior Center, we have traditionally followed Mohawk School District's delay schedule. We will delay morning services if the district has a delay. The Center will open 1 or 2 hours later, depending on the delay. Bob will decide if it is safe for van service and call people who are scheduled for a ride to update them. If Mohawk cancels for the day, it is likely we will do the same. For details regarding scheduling changes, call the Center at 625-2502 after 7:00 a.m. and listen to the recorded voice-mail message.

A very special thank you

to the following people for donated goods or services for our seniors;

Anonymous-two copies of Eveline Mac-Dougall's book "Fiery Hope" for the Center's library

Margaret Perry-disinfectants and cards
Karen Dobosz, Lois Holm, Kathleen Bauerlein, Ellen Jenkins, Susanne Recos

- sanitizing materials

Dee Brochu – gifts for raffle baskets

Prudy Wholey-cards and stamps

Joanne Soroka, Karen Herzog, Ellen Villani-preparing Thanksgiving To Go meal

Eileen Lively, Ellen Villani, Joanne Soroka, Karen Herzog, Joan Knox, Cathy Buntin, Leanne Dowd, Amanda Joao, Dot Lyman, Gloria Fisher

- making holiday cookies

Hugh Knox and helpers Ellen Villani, Joanne Soroka, Karen Herzog

-preparing and serving Holiday To Go meal

Karen Herzog, Joanne Soroka

– Tuesday, December 1st To Go meal

Mary Brooks, Anne Mislak, Steve Meyers, Ace Mislak

- making cards, putting gifts together

Kathy O'Rourke, Lisa Littwin, Sylvia Smith, Ann Judson– cards

Mary Barringer -turkey

Carol Kelshaw-gifts

Elaine DeLorme – raffle baskets

Gift Fund

Elaine DeLorme

Kathy O'Rourke

Sue Recos – Christmas Meal

Elaine Misch – Meals

Programs to do at Home

Cable Programs

If you have access to Falls Cable Channel 17, check out their daily listing on your TV or their website fallscable.com. We have provided recordings of our video exercise program, which alternate weekdays at 9 a.m. with the **RSVP Bones and Balance class airing every Wednesday at 9 a.m.**



Lois Bascom at our Halloween To Go Meal

Tai Chi through ZOOM

Lois Bascom is teaching through Zoom every **Mon., Tues. Thurs. at 10 a.m.** She uses Dr. Li-am's Tai Chi for arthritis and health. Tuesday's program is for people who have never participated before. Lois is charging \$20/month. If interested in joining or for more information, call Lois at 625-2970 or email her: lola621@comcast.net.

Senior Learning Network

January and February Programs - Watch them from your home!

Our popular interactive programs offered through the Senior Learning Network (SLN) will continue in January and February. SLN is a nonprofit, membership organization that brings live programs directly to our Center through video conferencing technology. All participants can see and interact directly with the presenter in real time. See the calendar for dates and programs. Make sure to have your computer on mute until time to ask questions. To register call Dot at The Senior Center for instructions at least 2 days in advance. All programs are shown at 2 p.m. eastern time.

To watch:

- a) have your name on the screen;
- b) you will be asked which senior center you are with.

If you do not respond you will be removed from the zoom room. Do not share Zoom room IDs with any others. Thanks.

If you have never used Zoom before, type the following link into your web browser for a Zoom tutorial: youtu.be/9isp3qPeQ0E. Amanda is also available to guide you through the Zoom setup process over the phone at 625-2502.

Pick Up Some Fun!

The Center has various exercise classes on CD or DVD for pick up. We also have exercise weights, puzzles, adult coloring pages and colored pencils available for pick up. Just call 625-2502 to arrange your pickup time.

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resources

Alzheimer's Support Caregiver Support Group

Monday, January 4, 2 p.m.
Monday, February 1, 2 p.m.

At present the group is conducted remotely for family members caring for a loved one with Alzheimer's disease or dementia and meets once a month. Outreach Coordinator Leanne Dowd and Social Worker Dianna Young facilitate the group. Please call Leanne prior to the group at 625-2502 for the specific remote log in information. There is no charge to attend.

The West County Memory Café

The Café is currently on hold during the pandemic.

Health New Foot Care Policy Beginning January 1st, 2021

1) If you do a no call / no show for your Foot Care appointment, the Center will charge you a no-show fee of \$10. This charge will be added to the cost of your next appointment.

2) All foot care check payments must be made out to The Senior Center.

Foot Care Mondays, 1/4, 1/11, 1/25, 2/8, and 2/22 from 8:30-3:30.

Foot clinic appointments are offered at The Senior Center every month by Registered Nurses from Foot Care by Nurses who specialize in foot care. Each appointment takes up to 30 minutes and includes nail clipping, callous removal, and foot massage. Cost is \$35.00 for Ashfield/Buckland/Shelburne residents and now \$45.00 for residents from other towns starting January 1st, 2021. Call the Center for appointments at 625-2502. For home visits, call 413-367-8369.

Reflexology

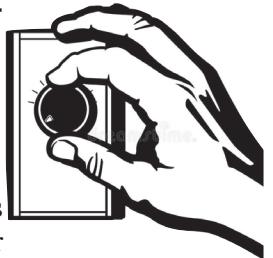
Tuesdays, 1/12, 1/26, 2/9 and 2/23 from 11:30-3:30.

Susanne Recos, who is certified by the American Reflexology Certification Board, is available for personal appointments here at The Senior Center. Please call to make a half-hour appointment for Susanne to work on your hands, or a one-hour appointment to work on your feet. Cost for members is \$10 for hands, \$25 for feet. Other residents pay \$15 for hands and \$30 for feet. Partial funding is provided by The Senior Center Foundation.

Outreach Services Fuel Assistance

For those of you who may struggle with the expense of heating your home, this is the time of year to consider applying for fuel assistance. The Fuel Assistance program administered by Community Action for those with low or fixed income runs from **November 1 to April 30**.

The program is meant to help with approximately 30 percent of your home heating expenses and can be a tremendous help in stretching your budget. For those who have received fuel assistance in previous years you should receive your recertification in the mail in the coming weeks. If you need any assistance with your application, including making copies of the required documentation, or if you have not previously applied and want to determine your eligibility contact Leanne at The Senior Center at 625-2502. Community Action in Greenfield will be closed to the public and is not accepting any in-person appointments this year. Program is funded in part by a grant from the Federal Administration for Community Living and the MA Executive Office of Elder Affairs.



Important Phone Numbers

Ashfield Town Hall:
413-628-4441

Alzheimer's Association
Helpline:
1-800-272-3900

Buckland Town Hall:
413-625-6330

Massachusetts Elder Abuse
Hotline:
1-800-922-275

Shelburne Town Hall:
413-625-0300
Medicare: 1-800-633-4227

COVID-19 Distress Line:
1-800-985-5990

Social Security:
1-866-964-5061

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89 Main Street
Shelburne Falls, MA 01370
Ph: 413/625-9593
Fx: 413/625-9461
george@crocker.com
www.89MainSt.com



SHINE Medicare Insurance Free Assistance

You can receive free and confidential information about your Health Insurance options from the SHINE counselor at the Senior Center. If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday.

resources

continued

Staying Connected

We Have Webcams!

Zoom, Skype and other video chat applications have become popular ways of communication in 2020. The Center is now loaning out webcams to seniors who have a computer without a camera. Webcams boost the video chat experience, enabling you to be seen and heard by others that you are video chatting with. We hope that this will encourage seniors to engage more in online programs and virtual communication, as it is the safest option right now. The loan period starts at **1 week per person**. Call 625-2502 to request a webcam loan. This program is free of cost.

Chromebook Computer Loan Program

Call to schedule a loan period and pickup time. Deliveries available upon request.

We have received a grant to purchase two Chromebooks to loan out to clients for use inside of their homes. The loan period starts at 1 week per person. Chromebooks are more user-friendly than typical laptops and are perfect for those who are unfamiliar with computers or just want to browse the web. Call 625-2502 to request a Chromebook loan. This program is free of cost. Made possible by LifePath's Emergency Fund program.

Library Book Delivery Service

Buckland Library-call in by Fri. or Sat.
625-9412

for delivery on Jan. 5, 19, Feb. 9, 23

Arms Library-call in by Mon. or Tues.
625-0306

for delivery on Jan. 13, 27, Feb. 10, 24

Ashfield Library-call in by Mon. or Tues.
628-4414

for delivery on Jan. 13, 27, Feb. 10, 24



Free Outdoor Wifi Hotspot Locations in West County

For those of you without internet access here is a list of free WiFi hotspots that are available to you with your device and from the safety of your car.

- 344 Main St, Ashfield
- 32 Upper St, Buckland
- 10 School St, Charlemont
- 12 Main Rd, Colrain
- 8 Pudding Hollow Rd, Hawley and 247 West Hawley Rd, Hawley
- 18 Jacobs Rd, Heath
- 1 East Main St., Town Hall, Heath
- 3C School St, Monroe
- 1207 Mohawk Trail, Shelburne

The Senior Center and local libraries have partnered up to make library books more accessible for homebound residents of Ashfield, Buckland and Shelburne. Homebound residents can now call in their book orders to participating libraries and have them picked up and delivered to their homes by Senior Center volunteers. If you are interested in becoming a delivery driver for this program, please call 625-2502. If you are a senior who would like to take advantage of this free service, please call The Senior Center so we can put you on our list.

Recording Space for Zoom Instructors

The Center has been approved to allow Zoom instructors to record their classes live from our large activity room space. We appreciate your commitment to keeping virtual classes going during COVID-19 and we want to make it more convenient for you to stream your classes. Instructors will be required to wear masks while recording in our building. Please call 625-2502 to make your space reservation.



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Attorney at Law

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Meals

Drive Thru Tuesday Lunches

Our monthly drive through lunches have been a great success. We will offer two lunches in **January and two in February**. This gives us all a chance to see each other a little bit more! (See calendar for details and menu). Preregistration is required because meals are prepackaged. Drive up in front of The Senior Center and your meal will be handed to you. You do not even have to leave your car. Cost: \$3

Drive Thru Wednesday Weekly Life-path Lunches – monthly menus available. **Pre-registrations are required no later than 3:30 p.m. on Monday** for the Wednesday lunch by calling 625-2502. Suggested donation: \$3. Drive up in front of The Senior Center and your meal will be handed to you. You do not even have to leave your car.



Sweet Treats for Ashfield Residents

The Ashfield Police Department is helping to lift spirits during this difficult year. Outreach Officer Gerstner will be delivering homemade treats on Tuesdays throughout winter to Ashfield seniors. All treats are made in a certified kitchen. You can sign up for a treat every Tuesday or schedule specific Tuesdays. Give them a call at 628-4441 ext. 1 to schedule your delivery. Free for Ashfield seniors. Donations are accepted to support this effort.



Senior Center Foundation News

*By: Margaret G. Payne,
President of the Senior Center Foundation*

Since 2014, the safest and easiest way to be sure that your gift will be used towards supporting local seniors and The Senior Center is by sending it to the Senior Center Foundation. Just go to the newly designed and user-friendly website at **the-senior-center.org**. At the far right on the top menu you will see a “Senior Center Foundation” tab - click on it. Scroll down past a couple of paragraphs and you will see a big, blue **DONATE** button – click on that for the next step. You will then be able to enter the desired amount that you want to donate

with secure payment options through PayPal, credit or debit.

If you prefer, you can always send a check through the mail to:

The Senior Center Foundation, PO Box 464, Shelburne Falls, MA 01370

Whether it’s during an appeal or just because you know how much seniors are counting on you, the opportunity to support your local aging population is always available.

Donors do make a difference.



Professional foot care by certified foot care nurses for diabetics, seniors and those who just can't reach their toes. ✪

contact@footcarebynurses.net

www.FootCarebyNurses.net

Home and clinic visits by appt. 413.367.8369 ✪

THE BAKER PHARMACY

413-625-6324

HOURS:

Monday–Friday 8:30am–8pm

Saturday 8:30am–3pm

Sunday Closed



52 Bridge Street, P.O. Box 188 • Shelburne Falls, MA 01370

food and clothing



The Hilltown Churches Food Pantry, traditionally located downstairs at the Congregational Church on Main Street in Ashfield, is open **every other Tuesday from 2-6 p.m.**, and now functions as a drive through pantry (follow signs when you enter the driveway) with pre-made bags of groceries. The only requirement for accessing the food pantry is proof of residency in one of the towns that are served and a simple statement of need. The Food Pantry serves the eleven hilltowns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. There are no income requirements.

The West County Food Pantry located at the Cowell Gym in Shelburne is open the **2nd, 3rd and 4th Wednesdays from 11-4 p.m.** and now functions as a drive through pantry. Follow the signs to the back of the building where you will be given pre-packaged bags of groceries based on your family size. Call Community Action at 773-5029 ext.2 for more information.

The Brown Bag program is a bag of groceries specifically for low-income adults who are 55 years and older (or younger with a documented disability) and is distributed on the **third Wednesday of the month at the Center from 2-3:30 p.m.** To apply for the monthly bag of groceries, call the Food Bank of Western Massachusetts at 1-800-247-9632 or you can contact Leanne at The Senior Center for help with the application.

Community Meal at Trinity Church

The West County Community Meal at Trinity Church is back up and running! A hot nutritious meal is served **every Friday night 5:30-**

6p.m. During the pandemic meals are being served outside the front door of the church at 17 Severance Street. It is a to-go drive up meal and as always, all are welcome including walkers with no reservation needed. Donations are accepted but not expected! Questions? Call 413-625-2341

Clothes Closet at Cowell Gym

The Clothes Closet is presently closed during the pandemic for the safety of volunteers. The clothing donation shed at the Cowell Gymnasium is still open for donations.



Scam Alert!

Protect Yourself Against Ongoing Coronavirus Scams

Coronavirus scams have increased as the pandemic continues. Do not let yourself be a target. Some commonly reported scams are listed below: 8

- 1) Phishing emails claiming to be from the World Health Organization or the Center for Disease Control that ask you to send money to them in order to receive a coronavirus vaccine.
- 2) Fake online links about coronavirus tests or vaccines that infect your computer after clicking.
- 3) Online retailers selling fraudulent vaccines and test kits online that are not FDA approved.
- 4) Visitors at your door offering coronavirus

testing entering your home and stealing your belongings.

Tips to prevent being scammed:

- 1) Only open emails from familiar senders and block senders who appear to be spam. Ensure that your email program's spam blocker is turned on to filter out suspicious senders.
- 2) Never send money to a person or company using cash, wire transfer or gift cards. Scammers prefer these payment methods because they are harder to trace back.
- 3) Do not share your personal information through phone, email or in person to strangers. This information can be used by scammers to steal your identity.

To file a complaint about a scam, contact the Northwest District Attorney Consumer Protection Division at 413-774-3186.

the-senior-center.org

Our new website. Check it out!

Expansion News

*by Dan Pallota, P-Three Project Consultant and
Sylvia Smith, Chair of Expansion Committee*

What Is a Senior Services District?

A Senior Services District (SSD) is a governance structure that would allow the current Senior Center, or a different building, to be purchased and renovated to meet the needs of the growing aging population in our member towns. While the existing intermunicipal agreement provides for the Center's operation and maintenance, it does not delineate legal ownership. Although community residents have expressed high interest in renovating the Center's longtime "home" in Shelburne Falls, no progress can be made toward that until an entity is designated to actually own the property.

For this reason, the Expansion Committee is recommending the establishment of the Senior Services District as the next step to address our future needs.

How much would it cost to establish the SSD? Language being proposed for consideration at the annual Town Meetings in Ashfield, Buckland and Shelburne, specifies that formation of the SSD does not cost anything. The towns will vote on their assessment, to operate and maintain the Senior Center, in the same way they have in years past. Once the District is formed and an official expansion site is identified, each town will have to vote to approve the project and, also at Town Meeting, to approve the capital cost and any borrowing.

Who will run the show? The Select Boards in each town, with representation from their Councils on Aging, will appoint a Board of Managers to oversee the operations and maintenance of the Center--responsibilities currently handled by the Town of Shelburne--giving each town an equal say. The Senior Center will be run as it is now with a Director, staff and volunteers, and a Board of Directors that will continue to serve as an advisory council.

What's happening now? Municipal officials in each town are reviewing the proposed District agreement, raising questions and concerns to further clarify the Expansion project and District document. A small advisory working group is meeting regularly with Dan Pallotta, President of P-Three, Inc. the firm hired to consult and aid the expansion committee, to determine the next course of action.

Want to learn more? When the Select Boards give their support to proceed, there will be opportunities for the public to learn further details, share comments and raise questions through Zoom forums and outdoor gatherings (pandemic pending) and there will be written materials available for distribution. The purpose of this process is to create an equitable District that will serve all the Seniors in our Community. Watch for postings of Expansion Committee meetings (**the-senior-center.org**) as well as Senior Center topics on Select Board and Finance Committee meeting agendas and announcements in The Recorder, The Independent and this newsletter. We encourage members of the communities to follow the progress of this process and project and look forward to community engagement.