

“WISE GUIDE”

Embrace the arrival of Autumn and the comforting aroma of pumpkin coffee! As we transition into this season of change, we reflect on the past months, characterized by a mix of delightful moments and daily rain showers. Our recent **ANNUAL PICNIC EMERGED AS A RESOUNDING TRIUMPH**, Reuniting everyone in a joyful gathering to reconnect and share stories. A special note of **GRATITUDE** goes out **TO THE KIWANIS FOR THEIR CULINARY PROWESS** and their generous contribution of both food and time.

September and October are brimming with opportunities for growth, adventure, and delectable culinary experiences. We are privileged to announce that **ANDI FROM LIFEPATH** will be spearheading an enlightening **8-WEEK TRAINING PROGRAM ON FALL PREVENTION**. Even for those who consider themselves agile and confident in their physical well-being, acquiring knowledge about maintaining mobility and preventing potentially life-altering falls is invaluable.

Undoubtedly, prioritizing health and wellness underpins our quest for independence. **INTRODUCING NOVICES TO THE WORLD OF TAI CHI** and launching our newest fitness group, Aerobics, promises invigorating sessions to elevate your spirits and energize your body. Testimonials from participants attest to the empowering effects of **YOGA AND BONES & BALANCE**, with reported improvements in strength and equilibrium resonating in their daily lives.

DON'T HESITATE – IMMERSE YOURSELF IN THESE TRANSFORMA-

TIVE ACTIVITIES!



The pervasive **ISSUE OF FRAUD** has left many weary, yet fraudsters show no signs of relenting. Addressing this concern, the **SENIOR MEDICARE PATROL** is poised to deliver a comprehensive presentation at the end of September. This session will empower you with knowledge on identifying, managing, and safeguarding yourself against fraudulent schemes.

Turning our focus to nourishment and informative gatherings, the **SHELburne COUNCIL ON AGING** proudly sponsors a **CONVERSATION CAFÉ** in September. Delight in a light supper while absorbing valuable insights from **ELDER LAW EXPERTS, KATE AND DEIDRE**.

Ensuring your safety at home and during emergencies remains paramount. To this end, our region's **EMERGENCY** Management Director will present vital strategies for **PREPAREDNESS** and offer access to resources in case of unforeseen events. Your well-being matters – seize this opportunity to enrich your knowledge!

For those curious about Assisted Living as a housing option, **CRYSTAL DASILVA**, a representative from an **ASSISTED LIVING** facility, will elucidate the intricate aspects of **NAVIGATING AND UNDERSTANDING** the available choices.

Our popular **TO GO LUNCHES** persist, with the goal of hosting an indoor lun-

SeniorWise Sept-Oct 2023

Long Haired Hippy Man Beams into Tie Dye Workshop

August 11 was colorful! I to r, Elaine Misch goes home with her spiral design, Juli Moreno sports her first T-shirt and Diana Hardina was engaged with a Jeffrey Horton online tie dying tutorial .



cheon soon. A delightful **MYSTERY RIDE** and a **LUNCH BUNCH** excursion await your participation – carefully mark these dates in your calendar! Remember, reserving a spot for any activity is as easy as calling us; we're thrilled to witness our community flourish and welcome new faces with open arms.

A **HEARTFELT THANK YOU** resonates for the invaluable feedback and suggestions for SeniorWise. We're elated to reintroduce beloved features like **PET CORNER** and the **CHEF'S RECIPES**. Here's to a splendid Autumn filled with warmth and happiness.

PROGRAMS

Matter of Balance Workshop presented by Lifepath

Fridays from 10-12-Sept 1, 8, 22, 29.

Oct. 6, 13, 27, Nov. 4.

Matter of Balance acknowledges the risk of falling but emphasizes **PRACTICAL COPING STRATEGIES** to reduce this fear. Strategies include promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the environment to reduce fall risk factors, changing habits that are risky for falls and promoting exercise to increase strength and balance. The workshop is conducted over eight sessions, for two hours per session. Each session has a short break when snacks are provided. The workshop is led by trained leaders. Pre-register by calling the Center at 625-2502

The Adventurer's Club

Wednesday, September 13, 1-3:30 p.m. and October 23, 1-3 p.m.

Get ready to unlock your inner adventurer and make every moment count with The Adventurer's Club. In **SEPTEMBER WE WILL BE MEETING AT DAR FOR A RELAXING KAYAK PADDLE.** Carol Gorman will oversee the kayak paddle trip. You'll need your own kayak and vehicle. Enjoy an early autumn paddle around the lake, enjoying the adventure together. **IN OCTOBER WE WILL BE DRINKING CIDER** while engaging in a Corn Hole Tournament. The event will be held in Ashfield on the Town Common. Don't miss out on these incredible opportunities—join us today! For more information and to become an Adventurer, contact Juli at 413-625-2502



Emergency Preparedness Presentation

Wednesday September 13, 1-2 p.m.

Join us for an informative session with **TOM WILLIAMS**, the esteemed **EMERGENCY MANAGEMENT DIRECTOR** for the Town of Shelburne. Tom will be presenting an essential overview of Emergency Planning tailored for seniors. In this session, you'll gain invaluable insights into handling weather events such as blizzards or hurricanes, as well as coping with power outages and water disruptions. Being prepared for such situations is crucial, and Tom will guide you through the necessary safety measures and resources you may require, staying secure in the comfort of your own home. Don't miss out on this valuable opportunity! Sign up for Tom's presentation at The Senior Center today."

Lunch Bunch travels

Wednesday, Sept. 6, 11:00

Lunch Bunch will travel by van to the **SNACK SHACK IN WILLIAMSBURG** with an ice cream stop after lunch. Pre-registration by Thurs, August 31. Cost: \$5.50 for the bus plus money to pay for your own lunch and tip and ice cream

Wednesday, Oct. 11, 11:00

MYSTERY lunch bunch trip—hopefully **FOLIAGE** on the side!! Pre-registration by Wed., Oct 4. Cost: \$5.50 for the bus plus money to pay for your own lunch and tip.

Conversation Café – Navigating Estate Planning and Elder Law

Monday September 25, 5-7 p. m. Light Supper.

Join us on for an enlightening session over a light supper. **DEIDRE GLEASON AND KATE DOWNES**, esteemed local estate planning and elder law **ATTORNEYS**, will delve into the crucial documents that ensure your medical preferences are honored during incapacity, your business affairs are managed smoothly, and your estate – regardless of size – is efficiently settled after your passing. Deidre will comprehensively cover essential documents, including **WILLS, TRUSTS, DURABLE POWERS OF ATTORNEY, HEALTH CARE PROXIES, LIVING WILLS, AND HIPAA FORMS.** Kate will provide insights into funding options for in-home, assisted living, and skilled nursing care. Learn about qualifying for various MassHealth programs and understand that there's **NO SUCH THING AS "TOO MUCH INCOME" OR "TOO MANY ASSETS."** This event is brought to you by the Shelburne Council on Aging. Don't miss this opportunity to gain valuable knowledge and guidance in planning for your future.

MISSION STATEMENT

The mission of the Senior Center and member Councils on Aging's 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

Juli Moreno, Director
Teddy Doucette, Outreach Coord.
Dot Lyman, Activities Coord.
Robert Szafran, Transportation Coord. and Van Driver
Lou Peck, 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
Doug Field, Ashfield
Mary Mosley, Ashfield
Janice Wright, Ashfield, Board Vice Chair
Wayne Wickland, Ashfield
Ellen Eller, Buckland, Board Secretary
Joanne Soroka, Buckland
Janice Fleuriel, Buckland
Nancy Brewer, Shelburne, Chair
Sue Bishop, Shelburne, Board Treasurer
Penny Spearance, Shelburne
Sylvia Smith, Shelburne

NEWSLETTER

SeniorWise is produced bi-monthly.
Content contributions are welcome
THE SENIOR CENTER - 413-625-2502 - sfsrctr@crockers.com
WEBSITE
the-senior-center.org
Like us on Facebook:
Mainstreetshelburne

Assisted Living Presentation

Sept. 19, 11:30 – 12:30 p.m.

On September 19, **CRYSTAL DASILVA**, Director of Marketing from **LINDA MAN-OR**, will be conducting a PowerPoint presentation to explore Assisted Living as a potential housing option for the future. Handouts and other relevant materials from the Office of Elder Affairs will be available. Join us for snacks and beverages as we explore the Assisted Living universe!

Medicare Patrol

Protecting Yourself from Fraud

September 27, 1-2 p.m.

Every year, healthcare errors, fraudulent activities, and abuse siphon off billions of dollars from American taxpayers and Medicare. We invite you to join our upcoming free workshop, where a distinguished representative from the Massachusetts Senior Medicare Patrol (SMP) Program will equip us with invaluable insights and practical tools. This is an opportunity to **TRANSFORM INTO MORE VIGILANT AND EMPOWERED HEALTHCARE CONSUMERS**, equipped to safeguard ourselves and our dear ones from the clutches of Medicare fraud and deceitful marketing maneuvers. Enjoy refreshments as you embark on this journey to empower yourself!

Drumming Group

Mondays at 1:00, (12:30 first Monday of the month)

Taught by **IRENE BAIRD**. A group of drummers gather weekly to learn new drumming techniques and socialize. Space is limited. Call the Center at 625-2502 if you are interested in joining the group.

Men's Night Meetings

The Men's Night Meetings are held the **2nd Wednesday of the month**. Call Don Bascom if you would like to go (625-2970). Meet at the Senior Center and carpool.

September 13, Silver Screen Design – leave Center at 1:45 p.m.

Oct 11, Ashfield Stone—leave Center at 3:45 p.m.

Knitting Group

Thursdays at 10:00 a.m.

Whatever your project, come join the group if you enjoy knitting (or other hand work) and great conversation!



Senior Learning Network Virtual Programs

SLN programs are Zoom, interactive programs held inside the Senior Center. If you wish to attend, please pre-register by calling 625-2502.

Tues. Sept. 5, 2 p.m.

“Stories from Manhattan Project National Historic Park”

Tues. Sept. 19, 2 p.m.

North Carolina Maritime Museum in Beaufort, SC”

Tues. Oct. 10, 2 p.m.

“Music of the Sea at The Mystic!”

Tues. Oct. 24, 2 p.m.

“Wind Cave National Park: Discover Two Parks in One!”

Game Afternoons

Bingo!

Thursdays at 12:30 p.m.

Cribbage Players Wanted

Many people indicated that they would like to play Cribbage again. Therefore, we will offer cribbage **one Tuesday per month from 1:30-3:00** at the Center. Please **PRE-REGISTER** so we will know if we have enough people to play. **Sept. 12, Oct. 3.**

Movies are free at The Senior Center but there is a limit of 20 attendees for each movie. Please call 625-2502 to pre-register by the Thursday before each showing. **SHOWS BEGIN AT 1 P.M.**



HEALTH



“Ask the Nurse”

Tuesdays 10:30 a.m. – 12 noon, Sept. 26, Oct. 24

We are delighted to inform you that a dedicated FRCOG nurse is available at The Senior Center every **4TH TUESDAY OF THE MONTH**, from 10:30 a.m. to 12:00 p.m. Our nurse is here to **ADDRESS YOUR HEALTH-RELATED INQUIRIES**, provide essential medical services, and support your **OVERALL WELL-BEING**.

During your visit, the nurse can assist you with health-related questions, check your blood pressure, and monitor blood glucose levels. Additionally, for your convenience and safety, the nurse will **COLLECT USED NEEDLES** and supply secure collection boxes for proper needle disposal. Each month, our nurse will focus on a specific health-related topic and provide valuable information and resources to help you maintain optimal health. These resources, tips, and guidance can prove invaluable in enhancing your overall well-being and improving your quality of life.

This outstanding service is made possible through **BUCKLAND AND SHEL-BURNE'S COOPERATIVE PUBLIC HEALTH SERVICE MEMBERSHIP WITH FRCOG**, ensuring you have access to quality healthcare right at The Senior Center. We are proud to have **NURSE LISA WHITE** as part of our team, bringing her expertise and care to serve the community. For further details and to schedule an appointment or inquire about upcoming health topics, please don't hesitate to contact Nurse Lisa White at (413) 774-3167 x 156. Embrace this opportunity to take charge of your health and let our dedicated nurse support you on your wellness journey. We look forward to seeing you at The Senior Center!

Foot Care Clinics

**Mondays September 11, 25,
Oct. 16, 30, 8:30 a.m. – 3:30 p.m.**

Registered Nurses from Foot Care by Nurses provide clinics at the Center. Appointments take up to 30 minutes and include nail clipping, callous removal, and a foot massage. **CALL THE CENTER TO BOOK** a private appointment at 625-2502. Cost for A/B/S residents is \$35, and \$45 for residents of other towns. This program is partially subsidized by The Senior Center Foundation and a grant from the Wells Trust Fund. (Reminder: No-call no-shows will be billed a fee of \$10, as we are still billed for your time slot). For home visits, *which are the financial responsibility of the client, * call 413-367-8369

Free! Healthy Bones and Balance

Wednesdays 10:00 a.m. at The Senior Center

Thursdays 10:00 a.m. at St. John's Corner, Ashfield
Jane Wagener and Honey Boyden are the instructors for a program designed to increase participants' strength, mobility, flexibility, and balance.

Live Standing Dance Class - Aerobics

Tues. Sept and Oct, 4:30-5:30 at the Senior Center

This exercise class will be led by Kathy Steinem. There will be a warm-up and fun aerobic movement, ending with a cool-down and stretch, all the while enjoying international music and dance movements. Pre-register by Sept 1. Cost \$20/month.

Yoga

Wednesdays..

Louise Legouis will be instructing this class. Bring your own exercise mat. For Seniors only. Cost is \$20 per month.

Tai Chi for Arthritis and Fall Prevention

Tuesdays and Thursdays at 9:00 a.m. at The Senior Center

Taught by **LOIS BASCOM**. The gentle, slow movements in this class help build back muscles, increase balance, strengthen the immune system, and more. Can be done seated or standing. Lois charges **\$20/MONTH FOR THE PROGRAM**. If interested in joining or for more information, call The Senior Center at 625-2502. Preregistration necessary. Limit: 10

SHINE

You can receive **FREE** and confidential **INFORMATION** about your Health Insurance options from a **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. Call us at 625-2502 to schedule a **SHINE** appointment or call LifePath at 773-5555. Open enrollment is October 18 – December 6.

COUNSELOR IS AT THE CENTER:

Wednesdays Sept. 20, Oct. 18, 25,

Nov. 1, 8, 15, 22, 29,

Dec. 6.

If you are on Medicare or approaching the time where you will be, the **SHINE** Counselors highly recommend you register on this web site: [Medicare.gov](https://www.medicare.gov).

Good news for elders! The Massachusetts Medicare Savings Program (MSP) has expanded eligibility guidelines by 60% in 2023. That's a big win!

THANK YOU!

A SPECIAL THANK YOU TO... Ted Cromack and Christine Jackson-Counelis – books • Ellen Eller & Lois Bascom – plants • Kim Klein, Mr. Barrows, Kathy Upton, Jan Ellis, Val Utton – food items • Gloria Fisher – raffle items • Camille White – maple syrup • Valerie Utton- exercise bike and designer greeting cards

GIFT FUND DONATIONS:

Carol Kelshaw –Programming • Mary Brooks- Home Repair • Sylvia Smith- Home Repair

Outreach Services

The Outreach Coordinator, Teddy Doucette, **PROVIDES OFFICE, HOME, AND SATELLITE VISITS.** The focus is on benefits available to seniors, as well as future planning, housing, and living environment. The coordinator is the liaison with services provided to seniors throughout West Franklin County. Call Teddy at 413-625-2502.

The Senior Center provides Outreach Services for residents of Ashfield, Buckland and Shelburne. Residents from other towns who need help with Fuel Assistance, benefits applications, homecare, housing searches, connecting to local resources, or registering for Meals on Wheels can contact LifePath at (413) 773-5555



Home Repair Program

A handyperson volunteer is available to do minor home repairs for seniors, such as replacing broken windows, small plumbing and electrical jobs and other repairs. This is a free service, available to residents of Ashfield, Buckland, and Shelburne, however the senior is expect-

ed to purchase all needed parts and materials. Voluntary donations are accepted. If you have a project or if you are interested in volunteering to do home repairs, please call Ted at 625-2502.

This program is funded in part by a Title III grant from the Federal Administration for Community Living and the Massachusetts Executive Office of Elder Affairs.

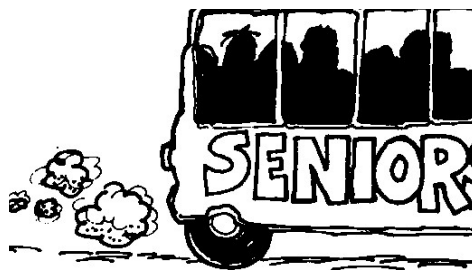
Alzheimer's and Dementia Support Services

Caregiver Support Group

Mondays at 2 p.m., Sept 11, Oct. 2

A support group for family members caring for a loved one with Alzheimer's disease or a related dementia meets the first Monday of the month, unless there is a Monday holiday. The group will meet either in-person or on Zoom, depending on the current state of COVID-19. Outreach Coordinator Ted Doucette and Social Worker Dianna Young facilitate the group. Please contact Ted at 625-2502 prior to your first group attendance. There is no charge to attend.

TRANSPORTATION



We provide curb-to-curb Van Transportation by contract with the FRTA, for residents age 60+ of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Rowe, and Shelburne. Priority is for (non-emergency) medical rides and food shopping.

Please call the Center at 625-2502 to make an appointment at least 48 hours in advance or for more information. A **SHORT APPLICATION** with a copy of a **PHOTO ID** needs to **BE PRE-APPROVED FOR RIDERSHIP.** Fares range from \$.75-\$2.25 each way with a \$5 fare for WalMart (3rd Friday of the month). **BIG Y SHOPPING** (Tuesday or Thursday depending on the town) is **FREE.**

FRTA arranges rides to out-of-county medical appointments. Call the FRTA at 774-2262x163 for information and reservations and for information regarding 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.

The West County Memory Café

Fridays, September 15 and October 20

The Café is a monthly gathering of individuals with memory loss and their care partner. Come and enjoy some lunch, an activity, socialization, and a chance to meet others experiencing similar challenges. Sign up by calling Teddy at The Senior Center at 625-2502. There is no charge to attend, and donations are always welcome.

Both of these support programs are funded in part by a grant from the Federal Administration for Community Living and the MA Executive Office of Elder Affairs..

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

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Estate Planning and Elder Law
WesternMassEP.com

MONDAY	TUESDAY	WEDNESDAY Meals on Wheels	THURSDAY	FRIDAY
September 2023 Senior Center in Shelburne	☞ Must make reservation or appointment by calling 625-2502 Pre-registration needed for ALL activities No walk-ins at this time			1 Staff available by phone 9 - 2 10-12 Matter of Balance Workshop Pre-register for Lunch Bunch
4 Labor Day Center Closed	5 Greenfield Shop Trip ☞ 9:00 Tai Chi 2:00 SLN "Stories from Manhattan Project National Historic Park"- This is a top-secret US military project. leading to the creation of the first atomic bombs 4:30-5:30 Aerobics exercise Buckland Library Book Delivery	6 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal. 11:30-12:30 Origami 12-4 CISA veg pick up 11:00 Lunch Bunch to Snack Shack in Williamsburg ☞ Arms Library Book Delivery Ashfield Library Book Delivery	7 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy Bones/Bal in Ashfield 11:30 Lifepath meal ☞ 12:00 Ashfield COA brown bag lunch 12:30 Bingo Pre-register for September 12 meal	8 Staff available by phone 9 – 2 10-12 Matter of Balance Workshop 12-2 Craft works – wind chimes
11 8:30-3:30 Foot Clinic ☞ 12:30 Drumming 2:00 Caregivers Support Group	12 Greenfield Shop Trip ☞ 9:00 Tai Chi 12-1:30 To Go Meal ☞ -baked rigatoni with ham, tomatoes, feta, corn salad, bread, dessert 1:30-3:00 Cribbage ☞ 4:30-5:30 Aerobics exercise	13 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal 11:30-12:30 Origami 12-4 CISA veg pick up 1-2 Emergency Mgt Program 1-3:30 Kayak DAR Adventure Club 2:30 A Novel Idea book club 1:45 Men's Nite to Silver Screen Design	14 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Healthy Bones/Bal in Ashfield 10:00 Knitting Group 11:30 Lifepath meal ☞ 12:30 Bingo 3:00 Board of Directors mtg	15 Staff available by Phone 9 – 2 Wal-Mart Shop ☞ 12-1:30 Memory Cafe ☞
18 1:00 Drumming	19 Greenfield Shop Trip ☞ 9:00 Tai Chi 11:30-12:30 Info on Assisted Living 2:00 SLN "North Carolina Maritime Museum in Beaufort, SC – right after it was built it was found to be not tall enough so a 2 nd taller one was built 4:30-5:30 Aerobics exercise Buckland Library Book Delivery	20 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal 9-3 SHINE counselor ☞ 11:30-12:30 Origami 12-4 CISA veg pick up 1:15-3:00 Brown Bag Arms Library Book Delivery Ashfield Library Book Delivery	21 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy Bones/Bal in Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo Pre-register for September 26 meal	22 Staff available by phone 9 – 2 10-12 Matter of Balance workshop
25 8:30-3:30 Foot Clinic ☞ 1:00 Drumming 5-7pm Conversation Café "Elder Law" by Kate Downes – pre-register ☞ light refreshments served	26 Greenfield Shop Trip ☞ 9:00 Tai Chi 12-1:30 Ask the Nurse 12-1:30 To go Meal ☞ - turkey meat-ball grinder, cukes and tomatoes, chips, dessert 1:00 Movie : TBA 4:30-5:30 Aerobics exercise	27 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal 10-12 Veteran's Agent 11:30-12:30 Origami 1-2 Senior Medicare Patrol 12-4 CISA veg pick up	28 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy Bones/Bal in Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo	29 Staff available by phone 9 - 2 10-12 Matter of Balance workshop

MONDAY	TUESDAY	WEDNESDAY Meals on Wheels	THURSDAY	FRIDAY
2 12:30 Drumming 2:00 Caregivers Support Group	3 Greenfield Shop Trip ☞ 9:00 Tai Chi 1:30-3:00 Cribbage 4:30-5:30 Aerobic exercise	4 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal. Pre-register deadline lunch bunch	5 Greenfield Shop Trip ☞ 9:00 Tai Chi. 9-12- Outreach Coord in Ashfield 10:00 Healthy Bones/Bal in Ashfield 10:00 Knitting Group 11:30 Lifepath meal ☞ 12:00 Ashfield COA lunch 12:30 Bingo	6 Staff available by phone 9 - 2 10-12 Matter of Balance workshop
9 Columbus Day Center Closed	10 Greenfield Shop Trip ☞ 9:00 Tai Chi 2:00SLN "Music of the Sea at the Mystic" – learn about the history of sea chanteys as we listen along in interactive songs with a live musician 4:30-5:30 Aerobic exercise Buckland Library Book Delivery	11 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal. 11:00 Mystery Lunch Bunch trip ☞ 2:30 A Novel Idea book 3:45 Men's Nite to Ashfield Stone Arms Library Book Delivery Ashfield Library Book Delivery	12 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy Bones/Bal in Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo 3:00 Board of Directors mtg Pre-register for October 17 meal	13 Staff available by phone 9 – 2 12-2 Craftworks 10-12 Matter of Balance workshop
16 8:30-3:30 Foot Clinic ☞ 1:00 Drumming	17 Greenfield Shop Trip ☞ 9:00 Tai Chi 12-1:30 To Go Meal ☞ - butternut squash soup, harvest salad, bread, dessert 4:30-5:30 Aerobic exercise	18 In-town Shop ☞ 8:30 Yoga ☞ 9-3 SHINE counselor ☞ 10:00 Healthy Bones&Bal 1:15-3:00 Brown Bag	19 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Healthy Bones/Bal in Ashfield 10:00 Knitting Group 11:30 Lifepath meal ☞ 12:30 Bingo	20 Staff available by Phone 9 – 2 Wal-Mart Shop ☞ 12-1:30 Memory Cafe ☞
23 1:00 Drumming 1:00- 3:00- Adventure Club Corn Hole Tournament & Cider Ashfield Town Common	24 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:30-12 Ask the Nurse 2:00 SLN "Wind Cave Nat. Park: Discover 2 Parks in One"- see one of the longest and most complex caves and the rolling prairie above 4:30-5:30 Aerobic exercise Buckland Library Book Delivery	25 In-town Shop ☞ 8:30 Yoga ☞ 9-3 SHINE counselor ☞ 10:00 Healthy Bones&Bal 10-12 Veteran's Agent Arms Library Book Delivery Ashfield Library Book Delivery	26 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy Bones/Bal in Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo Pre-register for October 31 meal	27 Staff available by phone 9 – 2 10-12 Matter of Balance workshop
30 8:30-3:30 Foot Clinic ☞ 1:00 Drumming	31 Greenfield Shop Trip ☞ 9:00 Tai Chi 12-1:30 To go Meal ☞ Halloween Mystery lunch (come in costume to pick up!) 1:00 Movie <i>Spooky movie TBA</i> 4:30-5:30 Aerobic exercise			October 2023 Senior Center in Shelburne

COUNCILS ON AGING⁸



Ashfield Council on Aging

DOUG FIELD, WAYNE WICKLAND,

JANICE WRIGHT, MARY MOSLEY

The Ashfield Council on Aging meets for lunch at noon on the 1st Thursday of every month at the First Congregational Church Friendship Hall. Please call Charlotte Clement at 625-6270 if planning to attend. The Ashfield COA welcomed its newest member, David Collins, at its meeting on August 3. David was born and raised in Western Mass and left in 1965. He moved from Arizona to Ashfield in 2019. He was an attorney specializing in intellectual property law and provided patent services to high tech companies. We are very happy to have him working with us in Ashfield and look forward to introducing David to our seniors!

Buckland Council on Aging

ELLEN ELLER, JOANNE SOROKA,

JANICE FLUERIEL

Have a question? Have an idea for enjoying time together? Want to call, visit, or lend a hand or a ride to a homebound senior? Give one of us a call: Ellen Eller (413) 695-7956; Janice Fleuriel (413) 834-3957; Joanne Soroka (516) 359-8081

Shelburne Council on Aging

NANCY BREWER, SUE BISHOP,

SYLVIA SMITH AND PENNY SPEARANCE

The Shelburne Council on Aging met on July 31 and planned a Conversation Café. The event will be held **September 25 from 5-7p.m.** with a light supper. Wonderful guest speakers Kate Downs and Deidre Gleason, Attorneys, will present elder law information and answer your questions.



MEALS

“To Go” Tuesday Lunches –

There will be two drive-thru lunches in September and October. (See our Activity calendar for dates, times and menus.) Pre-registration is required by calling 625-2502. **DRIVE UP** in front of The Senior Center between **12-1:30 AND YOUR MEAL WILL BE HANDED TO YOU.** You don't even have to leave your car! Cost: \$3

Thursday Weekly Lifepath Lunches –

Meals are **Thursdays at 11:30.** Inside dining will allow up to 20 people to enjoy a hot plated meal, in the company of others, with safe distance guaranteed! Monthly menus are available at the Center. Pre-registration is required by Mondays, 3:30 p.m. by calling 625-2502. Suggested donation: \$3.

THE GIVING GROUPIES

Our new volunteer, Thad, is ready to help you with your phone or laptop. Thad can be found at The Senior Center on **FRIDAYS DURING INTERNET CAFE FROM 10AM TO NOON.** Call us and set up a **FREE TUTORIAL SESSION WITH THAD!**

We'd also like to **WELCOME ELI**, a new volunteer looking to do outreach to visit folks and get to know the area more. Eli is an EMT and in the Autumn may do some home focused first aid classes. If you're interested in meeting Eli, call The Senior Center, and ask for Teddy to set up a visit time.

ASA BATES HAS BEEN A GREAT GIVING GROUPIE. Asa not only partners with Juli to develop the CraftWorks activities, but also does publicity and tutorials. We are **LOOKING TO START A SENIOR PODCAST**, and Asa is researching options and will help us produce the

channel. Another project we'd like to promote is that of pen pals. Asa suggests people who would like to write letters, or receive letters, could benefit from this project being developed and launched. Keep your eyes out for the podcast as well as the pen pal writing project.

NEEDING FOLKS FOR OUR HOME REPAIR VOLUNTEER PROGRAM, where we specialize in providing much-needed small home repair assistance to those in need. We are currently seeking new volunteers who are eager to lend a helping hand to people requiring our services. Whether you, your family, or a friend possess repair skills or simply have the willingness to learn, we warmly welcome you to join our program.

We genuinely need compassionate individuals like you to keep this program running and to continue making a positive impact on the lives of those in our



Thad and Holly

community. If you feel motivated to be part of our volunteer family, please don't hesitate to reach out to Teddy or Juli at The Senior Center by calling 413-625-2502. They will be more than happy to discuss the available opportunities and guide you through the process. Together, **LET'S MAKE A DIFFERENCE AND SPREAD THE JOY OF ASSISTANCE AND SUPPORT TO THOSE WHO TRULY NEED IT.** Join us today, and let's embark on this meaningful journey together.

OUR PARTNERS About Town (s)

HAPPENINGS AT ASHFIELD'S BELDING LIBRARY

LIBRARY HOURS

We welcome you to the Belding Library in Ashfield, where our doors are open for you on **Wednesdays from 2 p.m. to 8 p.m. and Saturdays from 10 a.m. to 3 p.m.** And if getting here is a challenge, fret not – **WE OFFER HOME DELIVERIES FOR YOUR CONVENIENCE!**

EXPLORE MORE

Beyond our extensive collection of books, we're thrilled to provide you with an array of exciting offerings. Unlock the world of culture and exploration with our circulating museum passes, granting you free or discounted entry to esteemed locations such as Mass MoCA and the Clark Institute. And that's not all! Dive into creative endeavors with our filmmaking equipment, gaze at the stars through our telescope, or delve into the art of food preservation with our specialized tools.

RESOURCES

The West County Food Pantry

located at Cowell Gym in Shelburne is open every Wednesday from 11-4. Participants are welcome to come twice a month for a grocery pickup and every week for a produce-only pickup. Both indoor and curbside pickups are available. Delivery available for Shelburne and Buckland residents. Custom orders can be placed by calling 413-773-5029 ext. 2.

The Hilltown Churches Food

Pantry, located downstairs at the Congregational Church on Main Street in **ASHFIELD**, is open **EVERY OTHER TUESDAY FROM 3-5 P.M.** The pantry allows people to select their own groceries. Masks and social distancing are required while inside. 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 11 hill towns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. No income requirements.

ASHFIELD CRAFTERS

For those who cherish creativity, the **Ashfield Crafters** gather weekly on **Mondays from 6 p.m. to 7 p.m.** It's a haven for sharing your projects, exchanging techniques, and connecting with fellow craft enthusiasts. Join us and let your artistic spirit thrive!

COLLAGE WORKSHOP – unleash Your Imagination: Mark your calendars for a captivating collage workshop on **Wednesday, September 13, from 6 p.m. to 8 p.m.** Accomplished artist Marcine Eisenberg will guide this artistic journey. While some materials will be provided, participants are encour-

aged to bring their personal materials to infuse their unique touch. Don't miss out – pre-registration is required.

FALL FESTIVAL BOOK SALE October 7-8:

Embrace the season with a delightful Fall Festival Book Sale Drop by and explore a treasure trove of books that cater to everyone's taste. Prices range from \$1 to \$3, ensuring there's something for every reader.

For more details and inquiries, feel free to **CALL US AT 628-4414**. Belding Library is not just a place of books; it's a hub of community engagement and endless exploration. Join us in embracing knowledge, creativity, and connections!

Late Summer Wildflower Hike

Sunday, September 10, 9 a.m.

The Open Space Committee, in Collaboration with the **ARM'S LIBRARY WATERSHED ASSOCIATION** and The Senior Center, invites you to explore late summer wildflowers of the meadows and woodlands within the Ledges Wildlife Sanctuary. Meet on the steps of the Arms Library in Shelburne Falls at 9 a.m. to carpool, or meet at the High Ledges at 9:15 a.m. Feel free to register at drwa@deerfieldriver.org

No-Cost Home Modifications Available

Community Action of the Pioneer Valley has received a grant to offer the Older Adult Home Modification Program. This program allows low-income homeowners age 62+ living in Franklin and Hampshire counties to modify their homes at no cost. These home modifications can improve the general safety of your home, increase accessibility, and help you maintain your independence. Some examples of modifications include the installation of grab bars, railings, temporary ramps, transfer benches, raised toilet seats, and more! Contact 413-774-2310 Option 4 or email homerepairs@communityaction.us.

The Clothes Closet at Cowell Gym is open on the **2nd and 4th Wednesdays of the month from 11-4.**

The Brown Bag program

Sept. 20, Oct. 18. from 1:15-3

Program provides a bag of groceries for low-income adults who are age 55+ (or younger with a documented disability.) Brown Bags are distributed at the Center. To apply, call the Food Bank of Western

Massachusetts at 1-800-247-9632 or you can contact The Senior Center for help with the application.

You May Qualify for SNAP Benefits!

If your **1-PERSON** household has a gross monthly income of **\$2,265 OR LESS.**

If your **2-PERSON** household has a gross monthly income of **\$3,052 OR LESS.**

Call **TED AT 625-2502** for more information on SNAP income guidelines, benefits, and application assistance.

Veterans' Support Services

A Veteran's Agent will return to the Senior Center on the **4TH WEDNESDAY OF EACH MONTH FROM 10-12PM.** Please call the Senior Center if you would like to see the agent here. There is also a Veterans' Services representative available at the Upper Pioneer Valley Veterans' Services District in Greenfield. For questions or information, you can call them directly at (413) 772-1571.

Notes on using HIP at Farmers' Markets

At most farmers' markets, HIP vendors will process HIP directly at their booth. Make sure the vendor you buy from can process HIP! Not all farms participate in HIP, even at the same farmers' market. Look for a sign with a HIP logo or ask the vendor to be sure.

HERE'S HOW THIS WORKS:

Choose the fruits and vegetables you want to buy from a farmer's booth.

When you go to pay, the farmer will send you to a **CENTRALIZED MARKET MANAGER'S BOOTH TO PAY.**

The market manager will swipe your card and give you a receipt that shows you how much SNAP you have spent and how much HIP you have used toward your monthly cap.

TAKE YOUR RECEIPT BACK TO THE FARMER as proof of payment.

Library Community Meeting

Librarians hailing from Ashfield, Buckland, and Shelburne convened in a collaborative meeting that centered around the exploration of innovative ideas, services, and resources accessible through their respective town libraries. Enthusiastic participation was observed from a diverse group of library patrons, who contributed valuable insights on disseminating information effectively to the community. Notably, the Senior Center underscored the availability of borrowable books within our library's collection. Additionally, the Senior Center's newsletter prominently features the schedule for town library book deliveries, an essential service tailored for residents who are unable to personally visit the library (for more details, kindly reach out to your local town library). Further enriching the discourse, forthcoming updates will be communicated through the library newsletters, ensuring seamless access to evolving opportunities and offerings.



To Perfume or To Not Perfume

In our quest to create an inclusive and comfortable environment for all, we kindly ask for your cooperation in keeping our cherished space fragrance-free.

Seasonal Recipes

from the Senior Center Guest Chefs
BROCCOLI-CHEDDAR BAKE

8 Cups chopped fresh broccoli
1 cup finely chopped onion
¾ cup butter or margarine
12 eggs
2 cups whipping cream
2 cups shredded cheddar cheese, divided
2 tsp. salt
1 tsp. pepper

Preheat oven to 350 degrees. Saute broccoli and onion in butter until crisp tender, about 5 minutes. Set aside. In a bowl beat eggs, add cream and 1 ¾ cups of cheese – mix well. Stir in broccoli mixture, salt and pepper. Pour into a greased 3-quart baking dish; set in a larger pan filled with 1 inch hot water. Bake, uncovered for 45-50 minutes or until a knife inserted near the center comes out clean. Sprinkle with remaining cheese. Let stand 10 minutes before serving. Serves 12-16.



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Pet Corner:

The Enduring Importance of Pets as We Age



Welcome to the new column of our senior newsletter, "Pet Corner," where we celebrate the extraordinary bond between seniors and their furry (or feathery) friends. Now, we want to hear from you! We invite all of our wonderful readers to submit photos of their beloved pets for a chance to be featured in our monthly highlight.

ELLEN JENKINS shared her story about the lovely Penny. "**PENNY JENKINS CAME TO LIVE WITH ME ON FEBRUARY 27, 2017.** She was a rescue dog from the shelter, coming from Texas in a bad situation. She was very quiet and shy, showing no emotion, not even wagging her tail. I had a long hair Chi older and in need of a sibling, and Penny fit the bill! They got along fabulously, he calmed her, and she improved daily.

She sits directly behind me in the car, sticking her head out the window or looking over my shoulder and watch the road ahead. **SHE HAS A LOT OF PATIENCE WITH ME** and now does show emotion especially when it is time to go out. We do shorter walks due to an injury which left her less than 100%. When we go into the woods she can come off the leash and she loves that. She is my lifeline and I am so glad I was able to get her, **I LOVE HER DEARLY, AND SHE LOVES ME.** She expects me to be in bed by 8pm, and if I

am not in bed, she'll come out to where I am, look at me, and wait on me to go to bed. After I'm in bed a while, she'll decide to eat the rest of her supper and then go to bed. She has come a long way socially, previously afraid of dogs and people.

IT'S GOOD FOR ME TO HAVE A LOYAL PET WHO KEEPS ME WALKING AND GIVES ME LOVE."



Ellen Villani, one of our fabulous guest chefs, and her friend Sam Lively, each have a cat. Sam's is Miss Wilson and Ellen's is Hendrix. Hendrix is 15 and Miss Wilson is 13, so as Ellen says, "**THEY QUALIFY AS SENIORS!**"



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Our New Website! Check It Out!

Christmas **in** July

July 28 was "Christmas in July" day at the Senior Center.

There were many green decorations, **Grinch Cookies** and the resident Grinch in attendance. At bingo, there were special prizes for people who won games (the gifts were all wrapped in Grinch wrapping paper so it was a surprise what winners received). Surprise guests were Santa and Mrs. Claus who spent the afternoon playing Bingo with us.

