

**Newsletter  
emailed to  
You?**

The Senior Center is beginning to rebuild our newsletter emailing list. If you would prefer to receive this newsletter to your email instead of in the U.S. mail, please email us at sfsrctr@crocker.com so that we have your email address on file.



## The Return of Group Programs!

After over a year of our building being closed to the public, The Senior Center is excited to announce that we have been granted permission to begin offering both outdoor and indoor in-person group programs again! Our front door is unlocked for visitors. The staff look forward to catching up with each and every one of you as we begin the "new normal."

Some outdoor programs will be taking place behind our building while others will be taking place at the Buckland Rec. Pavilion. Program dates, times and locations can be viewed on our included Activity Calendar. In order to keep staff and each other safe, The Senior Center will have the mask rules shown below in place throughout the summer.

## Mask Rules for Senior Center Programs & Events

### Outdoor programs

Those who are vaccinated do not need to wear a mask during our outdoor programs. Those who are not vaccinated are advised to follow CDC guidelines and wear a mask outdoors when a 6-foot social distance cannot be maintained between others.

### Indoor programs

*Masks must be worn by everyone, regardless of your vaccination status.*

**\*Exception\*:** Those who are vaccinated and participating in an indoor exercise class do not need to wear their masks while exercising. Those who are unvaccinated must wear their mask indoors at all times.



**Any updates to mask wearing rules will be featured in our next newsletter.**

## Returning

### In-person Programs:

**Bingo**  
**Caregivers Support Group**  
**Drumming**  
**Healthy Bones & Balance**  
**Home Repair**  
**Knitting Group**  
**Memory Café**  
**Yoga on Tape**

## Continuing

### In-person Programs:

**Foot Clinics**  
**Reflexology**  
**Tai Chi for Energy**  
**To Go Meals**  
**Seated Tai Chi (on Zoom)**

## Farmers Market Coupons

On Wednesday, July 21st from 2-4 p.m. The Senior Center will be issuing Farmers Market Coupon books on a first-come first-serve basis. Please keep in mind that masks are still required inside of our building, regardless of your vaccination status. These coupon books are worth \$25 each and can be used to buy fruits, vegetables, fresh cut herbs and honey at participating farm stands. One coupon book per household. Eligibility requirements:

- at least 60 years of age or older
- or**
- disabled and living in senior housing
- or**
- a monthly income lower than \$1,986 for a 1-person household or under \$2,686 for a 2-person household.



## 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

**Doug Field**, Chair, Ashfield

**Nancy Brewer**, Vice Chair, Shelburne

**Ellen Eller**, Secretary, Buckland

**Sue Bishop**, Treasurer, Shelburne

**Wayne Wickland**, Ashfield

**Janice Wright**, Ashfield

**Anne Yuryan**, Ashfield

**Joanne Soroka**, Buckland

**Tony Jewell**, Buckland

**Sylvia Smith**, Shelburne

**Penny Spearance**, 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**

# Q&A

## with Liaison Officer Tucker Jenkins

Officer Tucker Jenkins of the Shelburne Police Department will be answering your questions below. To submit your anonymous questions for him, call us at 625-2502.

**Q: How can I know that someone I want to hire for home repairs or yard work is reputable?**

**A:** There are several ways that you can determine if a person or company is reputable. Though not be perfect, they give can you the opportunity to know more and have some security when hiring. If it is a big job, you can always request a person's certificate of insurance, most companies or self-employed contractors will provide that without issue. Secondly, references are a huge help. Don't rush into a choice and ask your friends, neighbors, or a trusted person if they know or have had work done by that person or company. You can always ask this person to provide you with a list of references upfront. Thirdly, look online for reviews. The Better Business Bureau is a great resource that allows you to search for the person or company you wish to hire. They can be found at: bbb.org

## The Senior Center's Transportation Program

We continue to 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. Drivers are wearing masks and gloves; vans are sanitized often, and ridership is limited to keep proper social distancing. Please call the 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 is needed 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 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.

**Q: I notice police officers wear an incredible amount of equipment on their belt which can be intimidating. What is it all for?**

**A:** All of the equipment officers wear are for their protection and the protection of the people that they are trying to serve. Certain departments have different tools they mandate, even how an officer sets up that equipment. Officers carry tools and equipment for certain situations where the use of force may be needed, to stop harmful and dangerous actions which put all individuals at risk. These tools may be implemented, if the subject's actions warrant it, with the officer's perception. Officers in Massachusetts receive a high amount of training as it relates to use of force, and when they may utilize a tool on their belt. Even though the number of items may be intimidating or overwhelming, they are only there if an officer needs them for their protection or the protection of others. A fun fact is that the average duty belt weights 15-20 pounds!

**Officer Tucker Jenkins, non-emergency phone number : 413-625-0304 Ext. 5**

**Email: tjenkins@townofshelburnema.gov**



*A very special thank you*

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

**Elaine Misch** – laptop, cookbooks

**Bev Neeley** – tent

**Joan Knox** – kitchen utensils

**Eileen Lively, Barbara Lagoy** – hand-made quilt for Senior Center Foundation raffle

**Honey Boyden** – gift certificate

**Polly French, Lois Bascom** – plants for patio garden and flower boxes

**Prudy Wholey** – cards and stamps

**Karen Herzog, Ellen Villani,**

**Joanne Soroka** – Tuesday guest chefs

**Judy Sweet, Lois and Beth Bascom, Ann and Ace Mislak, Polly**

**French, Lynda Willson**-planting,

mulching and tending our flower gardens

**Karen Herzog**-kitchen utensils

*Gift Fund*

**Jessi Kennedy**

**Valerie Utton**

**Greg Cangiacosi**

**Trinity Church**

**John Angleman**

## recreational programs

### French Conversations

**Date:** Every Tuesday at 2 p.m.

Join locals Richard and Françoise Bennett on their lawn at 101 Main Street, Shelburne Falls to converse in French! Participants are asked to bring a folding chair. No pre-registration required.

### Knitting Group

**Dates:** Thursdays beginning at 10:30 a.m. at Buckland Rec Pavilion

A group of knitters will be meeting at the Buckland Rec Pavilion Thursday mornings throughout the summer. Come join them if you enjoy knitting (or other hand work) and great conversation!

### BINGO

**July 1:** Behind The Senior Center at 12:30

**July 8, 15, 22, 29**

**August 5, 12, 19, 26:**

Buckland Rec. Pavilion at 12:30

Bingo has been taking place outdoors behind The Senior Center and will shift to the Buckland Rec. Pavilion beginning Thursday, July 8th and continue throughout August. Call the Center at 625-2502 if you would like to be added to the Bingo call list to be contacted.



*Lois Bascom's Tai Chi group which has been taking place behind Trinity Church*

## exercise programs

### NEW! Hip Hop Dance Chair Exercise Class

**Date:** Monday, August 16th at 1:00 p.m.

\*Preregister by August 11th

Join instructor and Executive Director of MUSICDance.edu Rondae Drafts for this one time, 1-hour long chair dance class. The class will begin with a warm-up period and chairs will be used from beginning to end as you move along to clean cut Hip Hop and R&B songs. Props such as drums and African maracas will also be included in this exercise routine. Pre-registration required. No cost. *This program is supported by a grant from the Buckland Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

### Outdoor Tai Chi for Energy

**Dates:** Thursdays at 9 a.m.

Lois Bascom will be teaching this class outside in the Trinity Church parking lot on July 1 and then for the rest of July and August at Buckland Rec. She will be using Dr. Lam's Tai Chi for Energy program. This program promotes the opportunity to relax, refresh and revitalize. It will help you acquire better health, internal energy and the ability to manage stress. This class is great for beginners as well as those who have been practicing for a while. Wear comfortable clothing, shoes and bring your water bottle. Lois has been certified to teach this program and has taught Tai Chi for 5 years at the Senior Center. Lois is charging \$20/month. If interested in joining or for more information, call Lois at 625-2970 or email her: lola621@comcast.net

### Healthy Bones & Balance

**Dates:** Thursdays at 10 a.m.: (note change of day) at Buckland Rec. Pavilion

**Every Thursday beginning July 8,** the Healthy Bones & Balance program will be held at the Buckland Rec. Pavilion. Jane Wagener and Honey Boyden are the instructors as they have been in the past. Call us at 625-2502 for registration and questions.

## at home programs

### Seated Tai Chi Class on Zoom

**Dates:** Tuesdays at 10 a.m.

Lois Bascom continues to offer a Seated Tai Chi Class on Zoom. Seated Tai Chi involves the same movements but seated. Many people who participate in the seated class are able to recover strength in their legs and lower back and in time may be able to join a standing class. This class is appropriate for those who might be in a wheelchair, need to use a walker or just don't feel steady on their feet. Cost is \$20 per month. For more information call Lois at 625-2970 or email her: lola621@comcast.net

### Exercise Classes on Falls Cable

If you have access to Falls Cable Channel 17, check out their daily listing on your TV or their website fallsable.com. Recordings of our exercise programs alternate **weekdays at 9 a.m.** with the **RSVP Bones and Balance** class airing **Wednesdays at 9 a.m.**

### Library Book Delivery Service

**Buckland Library**-call in by Fri. or Sat. 625-9412 for delivery on July 6, 20, August 10, 24  
**Arms Library**-call in by Mon. or Tues. 625-0306 for delivery on July 7, 21, August 11, 25  
**Ashfield Library**-call in by Mon. or Tues. 628-4414 for delivery on July 7, 21, August 11, 25  
 Residents who feel unsafe leaving their homes due to COVID-19 can now call in their library book orders to the participating libraries listed above 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 us so we can put you on our list.

### Pick Up Some Fun!

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



## services

### Health

#### Foot Care Clinics

**Dates: Mondays, July 19th from 8:30-2:45, July 26th from 8:30-12:00, August 9th from 8:30-12:30, August 23rd from 8:30-3:30.**

Registered Nurses from Foot Care by Nurses are providing foot care 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 an appointment at 625-2502. For home visits, call 413-367-8369. Partial funding is provided by The Senior Center Foundation. Cost is \$35.00 for Ashfield/Buckland/Shelburne residents and \$45.00 for residents from other towns. Reminder: Our new policy as of January 2021: if you are a no-call no-show for your foot care appointment, you will be charged a fee of \$10.

#### Reflexology

**Dates: Tuesdays, July 13, 27, August 17, 31 from 11:30-3:30**

Susanne Recos, who is certified by the American Reflexology Certification Board, is available for personal appointments at the Center. Please call to make a 30-minute appointment for Susanne to work on your hands, or a 1-hour appointment to work on your feet. Cost for Ashfield/Buckland/Shelburne residents is \$10 for hands, \$25 for feet. Residents from other towns pay \$15 for hands and \$30 for feet. Partial funding is provided by The Senior Center Foundation.

#### Mental Health Support

The Call2Talk Helpline: 508-532-2255 or dial 2-1-1, ext. 25 Available 24/7 for anyone who is struggling with their mental health and looking for someone to talk to. Calls are free and confidential. A service provided by the United Way of Massachusetts.

### alzheimer's support services

#### Caregiver Support Group

**July 12, August 2 from 2-3:30 p.m.**

A group for family members caring for a loved

**Jonathan F. George Sr., CPA, CFP**

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Taxes - Accounting - Financial Planning

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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



one with Alzheimer's disease or a related dementia meets the first Monday of the month, unless there is a Monday holiday. Outreach Coordinator Leanne Dowd and Social Worker Dianna Young facilitate the group. Please contact Leanne at 625-2502 prior to your first group attendance. Respite care is available to coincide with the group. You must sign up in advance to be assured there is adequate respite support available. There is no charge to attend.

#### The West County Memory Café

**July 23, August 20 from 12:00-1:30 p.m.**

The Café will be held at the Buckland Recreation Area located at 66 Ashfield Road in Buckland. This will be a rain or shine event. The Café is a monthly gathering of individuals with memory loss and their care partner. Come and enjoy some lunch, an activity, socialization and meet others experiencing similar challenges. Sign up by calling Leanne at The Senior Center at 625-2502. There is no charge to attend.

*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.*

#### SHINE Medicare Insurance Assistance

You can receive FREE and confidential information about your Health Insurance options from a SHINE counselor at The Senior Center. The Senior Center now has two SHINE Counselors – one is our Outreach Coordinator Leanne Dowd and the other is our Director Amanda Joao. Leanne and Amanda are available for phone or in-person appointments Monday through Thursday. 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.

#### Lifepath's Healthy Living Summer 2021 Workshops

These workshops are free and available via video conference or phone access. Materials are mailed to your home. There are three workshops: Living Well with Long-Term Health Conditions, Healthy Eating or Successful Aging and A Matter of Balance-Managing Concerns about Falls. For more information contact Andi Waisman, Healthy Living Program Manager at 413-773-5555 x2297 or email awaisman@LifePathMA.org

#### Legal Assistance

The Franklin County Bar Association offers a Lawyer Referral Service that connects area residents with legal representation for their needs.

*continued on page 5*

#### A Special "Thank You"

The Senior Center would like to extend a hearty "thank you" to volunteer SHINE Counselor Larry Bezio for his years of dedication to helping local seniors with their health insurance options. Larry went above and beyond as a SHINE volunteer and will be missed by staff and those that he worked with at The Senior Center

#### Home Repair Program

##### Returns After a Long Break Due to the Pandemic

A handyman volunteer is available to do minor home repairs for seniors, such as replacing broken windows, small plumbing and electrical jobs and other repairs. Help with minor gardening projects is also available throughout the summer. This is a free service, available to residents of Ashfield, Buckland and Shelburne, but the senior is expected 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 Leanne 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.*

Recently, they received a grant from the Massachusetts Bar Foundation to assist low-income seniors with the cost of legal services. Call (413) 773-9839 for more information.

Community Legal Aid has an Elder Law Unit that advocates for low-income seniors age 60+ who need assistance with legal issues. Their Franklin County office is located at 55 Federal Street, Greenfield. They can be reached by calling (855) 252-5342.

## Veterans' Services

The Upper Pioneer Valley Veterans' Services District is an advocate for veterans, spouses, dependents and widows/widowers of Veterans' Benefits. They can assist you with obtaining local, state and federal benefits. Call them at (413) 772-1571 for questions and to make an appointment.

## Free West County Outdoor Wifi Hotspot Locations

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

# technology resources

Call The Senior Center at 625-2502 to register for or learn more about the activities shown below.

## 1-on-1 Computer Instruction

Computer instruction with Clint Davis is currently on pause and may return in early fall.

## Chromebook Computer Loan Program

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

The Center now has multiple Chromebook laptops to loan out for members to 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. This program is free of cost. Made possible by LifePath's Emergency Fund program and local donors.

## NEW! Technology Funds Available

Local seniors who need assistance with technology-related expenses are encouraged to call us at 625-2502. Technology is used everywhere nowadays and can help improve your quality of life and opportunities for communication. This fund was made possible by a donation from Trinity Church.

## NEW! Emergency Broadband Benefit

The Federal Communications Commission (FCC) announced Emergency Broadband Benefit in May to provide customers with discounted broadband services until the end of the pandemic.

Eligible households will be able to receive:

- \$50/month discount for high-speed internet services
- A one-time discount of up to \$100 for a laptop,



*Our gardening group has been working hard to prepare the front and back of our building for the summer*

desktop computer or tablet purchased through a participating provider.

You can be eligible if: You have a household with an income at or below 135% of the federal poverty guidelines. Or, if someone in your household participates in SNAP, Medicaid, SSI, Free and Reduced-Price School Lunch Program as well as other qualifying events such as a substantial loss of income or current receiving of a federal Pell Grant.

Contact your current internet service provider to see if they are participating in this program. Then, call (833) 511-0311 for more information on how to apply. For help with the application process, call The Senior Center at 625-2502.

## Lifeline Discounted Internet or Phone Service

Lifeline is a federal program that provides low-cost phone or internet service to low-income households. You may qualify for this service if your income is below federal poverty guidelines or someone in your household currently participates in a federal assistance program. Only one discount available for internet or phone service (not both) each month per household. Call us to receive an online application link or a paper application to mail in.

## ESTATE PLANNING AND ELDER LAW

**Kate Downes**

*Attorney at Law*

11 Main Street (413) 625-2482  
Shelburne Falls, MA 01370 katedownes@comcast.net

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**Barbara A. Morris, Au.D., PASC**  
**Audiologist**

329 Conway Street, Greenfield, MA 01301  
(413) 773-5119  
pioneerhearingervices@msn.com



# Recipe

## Yogurt & Oat Blueberry Cake



Cook time: 45 minutes  
Servings: 16 servings  
Calories: approx. 145 calories per serving

### Ingredients:

- 1 ¼ cups old-fashioned rolled oats (gluten free optional)
- 1 ¼ cups whole wheat flour
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup 5% Greek yogurt
- ¼ cup unsweetened vanilla (or plain) almond milk
- 2 large eggs
- 1 ½ teaspoons vanilla
- 1/2 cup honey
- 1/3 cup melted coconut oil
- 2 cups blueberries

### Instructions:

- 1) Preheat the oven to 350 degrees and grease a 8 x 8 inch cake pan with nonstick cooking spray. You can line the pan with parchment paper leaving an overhang the sides so you can lift the cake from the pan easily.
- 2) First, in a larger bowl, whisk together the dry ingredients: flour, oats, baking soda, baking powder and salt and then set aside.
- 3) Next, in a medium bowl, whisk together Greek yogurt, milk, eggs, vanilla, honey and melted coconut oil.
- 4) Then, add the liquid ingredients mixture to the dry ingredients and stir until just combined (don't overmix).



Staff member Gloria Fisher and volunteer Ellen Villani helping with the Mother's Day "To Go" meal back in May

- 5) Lastly, gently fold in blueberries and pour the batter in the prepared pan, smooth the top and bake 45-55 minutes (check at 40 minutes) or until the toothpick inserted in the center comes out clean. If the top starts browning too quickly, loosely tent the top with aluminum foil.

- Cool for 20 minutes in the pan, then transfer on a rack and cool completely. Cut in squares and serve!

## meals

**Drive Thru Wednesday Weekly Life-path Lunches** – monthly menus are available at The Senior Center. Pre-registration is 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!

of Ashfield. Call us at 625-2502 for more information. *This event is partially supported by a grant from the Ashfield Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency*

### Drive Thru Tuesday Lunches

Our drive through lunches have been a great success. We will offer two lunches in July and two in August. See the calendar for days and times. This gives us all a chance to see each other a little bit more! 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

Serving the  
community for  
40 years.



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(413) 624-8862  
100 Fort Lucas Road  
Colrain, MA 01340

## SAVE THE DATE:

### Annual Ashfield Picnic

Date: **Wednesday, August 11th at Upper Park in Ashfield**

The Ashfield Council on Aging will be sponsoring a picnic at Upper Park in Ashfield. Priority registration will be given to residents



*Think Assisted Living Is  
Not For You? Think Again.*



**THE Arbors**  
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## What does the Senior Center Foundation do?

By: Margaret Payne, President of The Senior Center Foundation

Most recently, the Foundation sent our annual spring appeal letter to the list of donors from all three towns; that list is growing with every mailing. This year we asked for financial support to help The Senior Center get the necessary materials and equipment (such as air purifiers) to move toward re-opening after COVID-19 as soon as it is possible and safe. **We had a goal of \$8,000...and we have received more than \$10,000 in donations from our spring appeal!**

There will be plenty of funding to help with the Center's re-opening expenses, and even more that can be offered for other present needs, and to continue to build up the fund that is growing toward the goal of expansion.

## The West County Food Pantry

- at Cowell Gym in Shelburne is open **every Wednesday 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 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.**

## Senior Center Foundation News

### Perhaps you are still wondering: What's the difference between the Senior Center and The Senior Center Foundation?

The Senior Center Foundation is the fundraising arm of the Senior Center. We can do what the staff and board of the Center are not permitted by law to do - solicit funds for the work of the Center. But the Senior Center Foundation, Inc., is a 501(c)(3) non-profit organization that is not only allowed, but **EXCITED** to tell the story of the Center, to build a community of donors that help support the Center financially, and to make regular appeals to provide financial support. The three towns - Ashfield, Buckland and Shelburne - are faithful partners in a

consortium that pays the ongoing bills for The Senior Center. But they cannot afford to fund all that The Senior Center needs to provide enough programs and services for an ever-increasing number of seniors. That's where the Foundation comes in - to fill in some of those gaps.

**When you give to The Senior Center Foundation, you give to both the present and the future of The Senior Center.** Teamwork makes the dream work. So if you have not yet given a gift to the Foundation, or remembered it in your estate planning, please do it now and be part of the team that will make our dream of an expanded Senior Center come true. Any gift is welcome. You can send a check to The Senior Center Foundation, P.O. Box 464, Shelburne Falls, MA, 01370, or go to the-Senior-Center.org and click on "Senior Center Foundation" in the menu bar to get to the big blue DONATE button.

*Thanks for your support!*

## food and clothing

### You Might Qualify for SNAP Benefits:

**1 person household**

**\$2,127 gross monthly income**

**2 person household**

**\$2,873 gross monthly income**

Call Leanne at 625-2502 for SNAP benefit questions and application assistance.

### 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 5:30-6 p.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 at Cowell Gym is now open on the **2nd and 4th Wednesdays of the month from 11-4 p.m.**

**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 **800-247-9632** or you can contact Leanne at The Senior Center for help with the application. Upcoming Brown Bag days: **July 21, August 18**



**FOOTCARE BY NURSES**

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

Senior Center Foundation, Inc.  
7 Main Street P.O. Box 464  
Shelburne Falls, MA 01370

**the-senior-center.org**  
*Our new website. Check it out!*

Non Profit Org  
US Postage  
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Greenfield MA

## *Expansion Committee News*

### **The Latest News on the Expansion Project**

*By: Sylvia Smith, Chair of the Expansion Committee and Dan Pallotta, P-Three Project Consultant*

Community outreach was the mission of the Expansion Committee this spring. In partnership with the Senior Center Foundation, postcards were mailed to over 3,000 residences and businesses in Ashfield, Buckland and Shelburne and more than 1,000 flyers were distributed through this newsletter and at Annual Town Meetings and transfer stations. **Copies of the postcard and flyer can be found by visiting [the-senior-center.org](http://the-senior-center.org), clicking on "Senior Center Expansion Project" at the top, and scrolling down to "Presentations & Project Info".** We invite you to share this information with family, friends, and neighbors. The flyers were also available at Annual Town Meetings and used as the Expansion Committee report by each town's Council on Aging chairs: Doug Field (Ashfield), Ellen Eller (Buckland) and Penny Spearance (Shelburne).

Committee members report increased awareness among the public and considerable positive feedback. **Of course, more details regarding Senior Services District structure and purpose will be shared in public forums in the coming months. These will provide the opportunity for questions, answers and community input before bringing a concrete proposal to town meetings for consideration.**

**Next steps?** A joint meeting of the Ashfield, Buckland and Shelburne Selectboards has been a traditional activity in the fall (except last year). The boards in conjunction with committee leadership would review the status of the project and offer an appropriate direction to address The Senior Center's programming and space needs for the growing numbers and needs of seniors not only in our member towns, but in the West County service area. Selectboard meetings are open to the public. As usual, stay tuned.....

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