

## WISE GUIDE

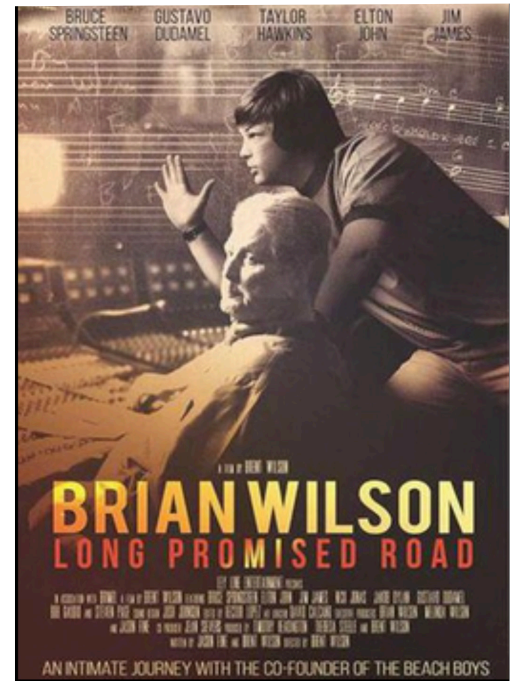
Hello, summer enthusiasts! As the sun shines brighter, we're gearing up for a season of hot weather, beach days, and refreshing pop-

cles at The Senior Center, an important part of the newly formed West County Senior Services District! If you've been putting off your exercise routine, now's the perfect time to dive in. Join us indoors in our air-conditioned big room for **Aerobics, Yoga, Bones and Balance, and Tai Chi**. Check out the class schedule and details in our latest newsletter.

Music and summer are a match made in heaven! This July and August, we're kicking off a documentary series. First up, to celebrate Brian Wilson's contribution to music, we'll watch **Brian Wilson: Long Promised Road complete with cheese, crackers, iced tea, and cool vibes. In August, groove along to the newly released documentary, Becoming Led Zeppelin**. Bring a friend for an early evening of music, friendship, and snacks.

In light of ongoing **scams and frauds**, we're here to empower you. Join representatives from Greenfield Savings and the District Attorney's office for a workshop on what to do if you've fallen victim. Find details under our Programs section. Also, calling all creatives! Our birthday card making workshops have been a hit, but we need more artistic cards for seniors in our area. Join us for a rewarding and fun activity that makes a world of difference.

**Volunteers** are the heartbeat of our community. Become a part of Wheels of Friendship, connecting seniors with rides to The Senior Center. Interested in lending a hand? We're also seeking **Home Repair** volunteers across Ashfield, Buckland, and Shelburne. From air conditioning installations to fixing doors and more, every helping hand counts. Contact Teddy to join our amazing crew today!



## The COA Collaborative

The West County COA Consortium has long served as a collaborative advisory body for the Senior Center, comprised of representatives from the Councils on Aging (COAs) in Ashfield, Buckland, and Shelburne. The Consortium's Board of Directors has played an important role in guiding the development of programs, fostering inter-town cooperation, and providing valuable input for the Senior Center's success.

As of July 1, 2025, this structure will evolve with the official formation of the West County Senior Services District. With this change, the Board of Managers will become the new governing body for the Senior Center, and the COA Consortium and its Board of Directors will be formally dissolved. While this shift brings exciting opportunities for growth and sustainability, it also marks a significant change in how local input and collaboration are organized.

The COA Collaborative will serve as a regular, inclusive, and flexible forum where COA members from Ashfield, Buckland, and Shelburne—and potentially beyond—can come together to:

- Stay informed about Senior Center programming and developments.
- Share town-specific updates and concerns related to elder services.
- Exchange ideas, resources, and best practices.
- Collaborate on regional events, outreach efforts, and special projects.
- Provide support and guidance to one another in their ongoing local COA work.

This Collaborative ensures that, while the formal governing structure is changing, the connection between The Senior Center and our partner towns remains strong, responsive, and rooted in shared values.

## Summer Band Documentary Series



## Wheels of Friendship: A Volunteer Driver Initiative

### Bringing Seniors Together, One Ride at a Time

The Wheels of Friendship initiative is designed to help older adults access programs, social activities, and essential resources at The Senior Center by providing door-to-door transportation through a network of volunteer drivers. This initiative encourages community engagement by enabling active seniors to support their peers through safe, reliable transportation.

#### How It Works

**Volunteer Drivers:** Seniors and other community members sign up to provide door-to-door rides for older adults needing transportation to The Senior Center. **Eligibility:** Riders must be able to enter

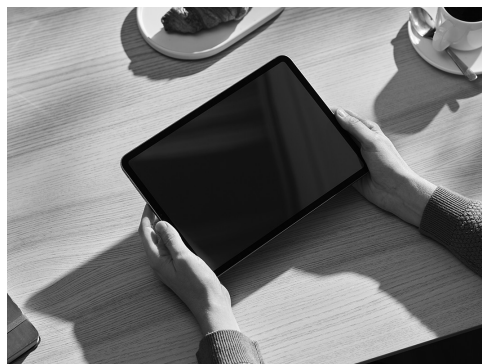


and exit a standard vehicle with minimal assistance (walkers and canes permitted; no wheelchairs or specialized mobility devices).

**Two-Way Service:** Drivers provide both pick-up and drop-off services to ensure riders can fully participate in activities.

**Scheduling:** Rides are arranged in advance through The Senior Center, coordinating availability between drivers and riders.

Call us at 413-625-2502 to sign up as a volunteer, or as a potential participant in receiving rides.



If you would like to **borrow an iPad for a week**, please call us or visit in person to complete the device checkout procedure. **Contact Juli at 413-625-2502 for more information.**

## Thoughtful Gifts at the Senior Center

We are deeply grateful to our community for their generous donations, which make a significant difference in the lives of our seniors. Your thoughtfulness and support help us create a nurturing and supportive environment for all. Thank you for your continued generosity. **THANK YOU!**

### A Special Thank You To...

Muriel Shippee – books  
Anonymous – 2 microwaves  
Patricia Barletta – puzzles  
Pat Hemminger – coffee  
McCusker's Market – cakes  
Sandra Brown – cards

Peter & Eva Otten – puzzles and games  
Gayle Davidson – tea  
Thea Costine – office supplies  
Jean Bruffee – eggs  
Kiwanis Club – kitchen supplies  
Regina Murdoch – Printer/Scanner  
Thea Costine – food  
Elaine Misch – books and magazines

### Gift Fund Donations

**Fred W. Wells Trust**- Floor Clinic grant  
**Irene Baird**- home repair  
**Sue Samoriski**- Home repair in honor of Jim Perry

### 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.  
Beverly Finnivan, Van Driver  
Paul Labelle, Van Driver  
Peter Otten, Van Driver  
Hugh Knox, Meal Site Manager  
Gloria Fisher, Office Assistant

### WEST COUNTY SENIOR SERVICES BOARD OF MANAGERS

Sylvia Smith, Chair, Shelburne  
Christine Baronas, Shelburne  
Janice Fleuriel, Secretary, Buckland  
Regina Purrinton, Buckland  
Amy Shapiro, Vice Chair, Ashfield

### NEWSLETTER

SeniorWise is produced bi-monthly.  
Content contributions are welcome

**THE SENIOR CENTER**  
**413-625-2502**

**sfsrctr@crock.com**

**WEBSITE**

**the-senior-center.org**

**Like us on Facebook:**  
**Mainstreetshelburne**



## PROGRAMS

*cont'd on page 4*

### Personal Information Compromised? Now What Do I Do? Workshop

**Wednesday, July 30, 1-2p.m.**

*Presented by Greenfield Savings Bank and the District Attorney's office.*

In today's world of increasing fraud, scams, and identity theft, it's crucial to know how to protect yourself. Join us for an informative workshop where we'll discuss essential steps such as notifying your financial institution about any compromised personal information. We'll explore procedures for closing accounts, obtaining new account numbers, and possibly initiating a credit freeze. Each scenario will be covered in detail, with opportunities for questions and shared experiences encouraged. Snacks provided.

### Special Technology Workshop

**Tuesday, August 5, 10a.m.-12 p.m.**

*Presented by Assisted Living Technologies of Western MA*

Workshop will showcase our latest personal emergency response systems and helpful in-home safety devices designed to support independent living. Come see our technology in action, learn how it works and ask any questions you may have. Whether you're interested for yourself or a loved one, this is a great opportunity to explore solutions that make daily living a little easier.

### Reflexology is Here!

**1st Wednesday of every month. July 2,**

**Aug 6, 9 a.m.-3:30 p.m.**

Susanne Recos, certified American Reflexologist, will return to The Senior Center for personal appointments. She will work on your hands for ½ hour or your feet for 1 hour. Massaging hands or feet stimulates the nervous system and relaxes the body. Cost for Ashfield, Buckland, and Shelburne members: \$20 for hands, \$35 for feet. Cost for others: \$25 for hands, \$40 for feet. Payment is made directly to Susanne Recos by check, cash or credit card. Pre-registration is required.

## Summer Band Documentary Series

**Monday July 14 and August 18, 4:30-6:30 p.m.**

Join us for a late afternoon in the air conditioning, enjoying light snacks and music!

### July 14- Brian Wilson: Long Promised Road (2021) 1h 35m

Join The Beach Boys' Brian Wilson on an intimate journey through his legendary career as he reminisces with Rolling Stone editor and longtime friend Jason Fine. Featured a new song, "Right Where I Belong," written and performed by Wilson and Jim James, and interviews with Elton John, Bruce Springsteen, Nick Jonas, Linda Perry, Jim James, Gustavo Dudamel and Al Jardine.

### August 18- Becoming Led Zeppelin (2025 Debut) PG-13. 2 hours

Becoming Led Zeppelin, the first-ever authorized documentary about the legendary rock band. With new interviews, previously unseen footage and performances, this documentary tells the origin story of Led Zeppelin in the iconic band's own words.

### 2nd Birthday Card Making Workshop

**Tuesday, July 29, 10a.m.-12 p.m.**

This workshop will be led by Barbara Schauer. We met in May and produced about 30 cards. Barbara sends cards on behalf of the Center throughout the year, so we are looking for a continuing supply. Members who receive cards appreciate that they are homemade with a touch of love. No special skills necessary but feel free to bring any extra supplies you might have in your craft stash, used cards that we can cut up, anything to make the cards fun such as glitter, stickers and other decorating materials. Please pre-register by July 22.



### A Novel Idea Book Club

**Wednesday July 9, Aug. 13, 2:30- 4:00 p.m.**

The Book Club meets on the second Wednesday of each month. Favorite books, authors and genres are shared by all in the group. Notes of the meeting make it possible for members to read books and authors they had not previously considered, especially after another member's sharing about what it meant to them. The novel idea is to bring one of your favorite books, a book you've just read, or information on your favorite author. If someone shares a book or author that interests you, the book may be shared or can be found at the library, which is open at the same time as Book Club! Come one, come all, it's a Novel Idea.

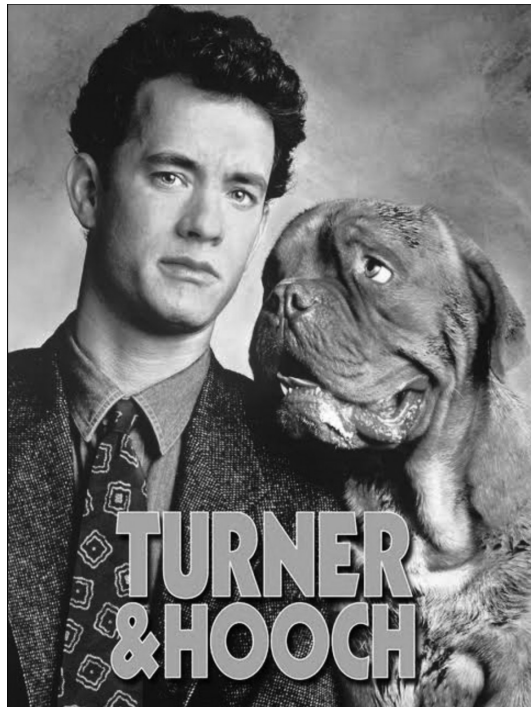
### Never Alone

**Friday, July 11, 25, Aug. 9, 23, 1:30-3 p.m.**

Every second and fourth Friday, The Senior Center offers a support group called Never Alone. On the second Friday of each month, there is usually a guest speaker we invite to sit in the circle with us and share an area of specialty, like nutrition, meditation, volunteerism, to name a few. We will have an invited guest on one Friday- so call for more information on who may be visiting! The fourth Friday we focus on fun and laughs, and the independence of solo aging.

## Movies

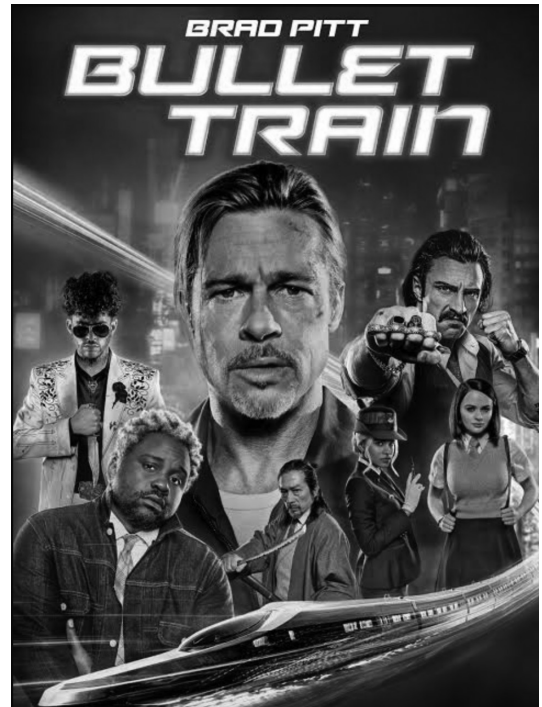
The show begins at 1 p.m. Movies and popcorn are free at The Senior Center. Please call 625-2502 to pre-register by the Thursday before each showing



**July 22**

### Turner and Hootch

Police officer Turner inherits his junkyard proprietor friend's dog when his friend is murdered. The cop hopes that this Dogue de Bordeaux, noted for being a guardian, hunter, and fighter, can help him solve his friend's murder.



**August 19**

### Bullet Train

On board the world's fastest train, an unlucky assassin's plan meets up with lethal adversaries from around the globe.

#### Drumming Group

**Mondays at 1:00 p.m.**

**(12:30 first Monday of the month)**

Taught by Irene Baird. A group of drummers gathers 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 second Wednesday of the month. Call Don Bascom if you would like to attend (625-2970). Meet at The Senior Center and carpool. **July 9**-#3 Power Station. No program in August.

#### Knitting Group

**Thursdays at 10:00 a.m.**

If you enjoy knitting, crocheting or doing other handwork, come and do it with the group. There is no telling how many scarves, dishcloths, socks and Afghans the group has finished. The conversation is good too!

#### Bingo!

**Thursdays at 12:30 p.m.**

# HEALTH

## “Ask the Nurse”

**Tuesdays, July 22, August 26, 10:30 a.m.-12 p.m.**

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.

## Happy Feet : Our Foot Clinic

Proper footcare is essential for our health and well-being. This help often prevents common issues such as falls, infections, and complications related to chronic conditions like diabetes. We are happy to partner with Foot Care by Nurses to provide foot care services by appointment. This program is partially funded by The Senior Center Gift Fund and a grant from the Fred W. Wells Trust.

## 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, Janet Connolly and Honey Boyden are the instructors for this program designed to increase participants' strength, mobility, flexibility, and balance.

## Live Standing Dance Class - Aerobics

**Every Tuesday, 4:30-5:30 p.m. during July; no class during August**

This class is led by Kathy Steinem and meets every Tuesday from 4:30-5:30 at The Senior Center. The cost is \$20/month. We need a minimum of 6 people to offer the class. Pre-register by calling the Center at 625-2502.



*Phylliss and Erin*

## Foot Care Clinics

**Mondays, July 7, August 4, 8:30 a.m.-12:30 p.m.**

**Mondays, July 14, 28, August 11, 25, 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 relaxing foot massage. Call the Center to book a private appointment at 625-2502. Ashfield, Buckland and Shelburne seniors are charged \$40, and a new rate of \$50 for residents of other towns. (Note: If you can't keep your appointment, please call 413-625-2502 and cancel because if you do not call and do not show up for the appointment you 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.

## Tai Chi for Arthritis and Fall Prevention

**Thursdays at 9:00 a.m.**

**at The Senior Center**

Taught by Beth 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. If interested in joining or for more information, call The Senior Center at 625-2502. Pre-registration necessary. Cost: \$20/month

## Yoga

**Wednesdays, 8:30-9:30 a.m.**

Whether a beginner or expert, yoga can greatly improve your quality of life. From improving your balance, reducing pain, increasing flexibility, and improving your mood, yoga might be your new favorite exercise that doesn't even feel like exercise (but indeed, it is). Louise Legouis is instructing this class. Bring your own exercise mat. For Seniors only. The cost is \$20 per month.

**Brattleboro Hearing Center**  
Brattleboro, VT  
130 Austine Drive  
(802) 254-3922

**Greenfield, MA**  
329 Conway Street  
(413) 773-5119

**Swansey, NH**  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY Meals on Wheels / Lifepath Lunch	FRIDAY
<b>July 2025</b>  The Senior Center in Shelburne	1 Greenfield Shop Trip ☎ 4:30 Aerobics No other activities today <i>Library Book Delivery Dates</i> <i>Buckland – 7/8, 7/22</i> <i>Arms – 7/9, 7/23</i> <i>Ashfield – 7/9, 7/23</i>	2 In-town Shop ☎ 8:30 Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal.	3 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎ 12:00 Ashfield COA lunch 12:30 Bingo	4  <b>Independence Day</b>  Senior Center Closed
7 8:30-12:30 Foot Clinic  12:30 Drumming  2:00 Caregivers Support Group	8 Greenfield Shop Trip ☎  4:30-5:30 Aerobics	9 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal. 2:30 Novel Idea Book Club at Ctr 5:00 Men's Nite to #3 Power Station	10 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎ 12:30 Bingo 3:00 COAs Collaborative Meeting Pre-register for 7/15 meal	11 Staff available by phone 9-3  <b>10-12 Internet Café at Senior Center</b> <b>1:30-3 Never Alone- Peer Support</b>
14 8:30-3:30 Foot Clinic ☎ 1:00 Drumming  4:30-6:30 Summer Band Documentary: Brian Willson & The Beach Boys	15 Greenfield Shop Trip ☎ 12-1:30 TO GO Meal-Menu: hot dogs, potato salad, coleslaw, watermelon 4:30-5:30 Aerobics	16 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag	17 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎ 12:30 Bingo	18 Staff available by phone 9-3 <b>Wal-Mart Shop Trip ☎</b> <b>12-1:30 Memory Cafe ☎</b>
21  1:00 Drumming	22 Greenfield Shop Trip ☎  10:30-12:00 Ask the Nurse ☎ 1:00 Movie: <i>Turner &amp; Hoosh</i>  4:30-5:30 Aerobics	23 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent	24 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎ 12:30 Bingo Pre-register for 7/29 meal	25 Staff available by phone 9-3 <b>1:30-3 Never Alone- Peer Support</b>
28 8:30-3:30 Foot Clinic  1:00 Drumming	29 Greenfield Shop Trip ☎ 10-12 2 <sup>nd</sup> Birthday Card Making Workshop 12-1:30 TO GO Meal-Menu: chef salad, bread, dessert 4:30-5:30 Aerobics	30 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal 1-2 Workshop: <b>Information Compromised-Now What Do I Do?</b> ☎	31 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎ 12:30 Bingo	☎ = Please call 625-2502 To pre-register for all activities.  <b>No walk-ins accepted for programs or events</b>



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>August 2025</b> The Senior Center in Shelburne		<i>Library Book Delivery Dates</i> <i>Buckland – 8/5, 8/19</i> <i>Arms – 8/6, 8/20</i> <i>Ashfield – 8/6, 8/20</i>	Meals on Wheels / Lifepath Lunch	
<b>4</b> 8:30-12:30 Foot Clinic 12:30 Drumming 2:00 Caregivers Support Group Pre-register for Kiwanis Picnic	<b>5</b> Greenfield Shop Trip ☁ 10-12 Special Technology Work- Shop – presented by Assisted Living Technologies of WMass ☁ No aerobics	<b>6</b> In-town Shop ☁ 8:30 Yoga 9-3:30 Reflexology ☁ 10:00 Healthy Bones & Bal	<b>7</b> Greenfield Shop Trip ☁ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:00 Ashfield COA luncheon 12:30 Bingo	<b>1</b> Staff available by phone 9-3 10-12 Internet Café at Ctr.
<b>11</b> 8:30-3:30 Foot Clinic ☁ 1:00 Drumming	<b>12</b> Greenfield Shop Trip ☁ 11-2 Kiwanis Picnic at the Buckland Rec. Music by Cajun Zydeco Connection <i>Pre-register by Aug. 4</i> No aerobics	<b>13</b> In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 2:30 Novel Idea Book Club  No Men's Nite trip this month	<b>14</b> Greenfield Shop Trip ☁ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:30 Bingo 3:00 COAs Collaborative mtg.	<b>15</b> Staff available by phone 9-3 Wal-Mart Shop Trip ☁ 12-1:30 Memory Cafe ☁
<b>18</b> 1:00 Drumming 4:30-6:30 Summer Band Documentary: Led Zeppelin	<b>19</b> Greenfield Shop Trip ☁  1:00 Movie: <i>Bullet Train</i>  No aerobics	<b>20</b> In-town Shop ☁  8:30 Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag	<b>21</b> Greenfield Shop Trip ☁ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:30 Bingo  Pre-register for 6/26/meal	<b>22</b> Staff available by phone 9-3 1:30-3 Never Alone- Peer Support
<b>25</b> 8:30-3:30 Foot Clinic 1:00 Drumming	<b>26</b> Greenfield Shop Trip ☁ 10:30-12:00 Ask the Nurse ☁ 12-1:30 To Go Meal –menu: quesadillas, guac, salsa, Mexican street corn, dessert	<b>27</b> In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent	<b>28</b> Greenfield Shop Trip ☁ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:30 Bingo	<b>29</b> Staff available by phone 9-3

## COUNCILS ON AGING

**A Council on Aging (COA)** in Massachusetts is a municipal agency dedicated to supporting and enhancing the quality of life for older adults within the community. COAs provide a wide range of services, including social, recreational, health, and educational programs, as well as resources and advocacy to help seniors maintain independence and well-being. Each COA works closely with local, state, and federal organizations to address the diverse needs of the aging population.

### Ice Cream Social

July is a great time to cool off with a delicious ice cream sundae and enjoy the music of Small Change. An ice cream social is planned for the end of July at the Mary Lyon Church in Buckland. This event is sponsored by the Councils on Aging (COA Collaborative) from Ashfield, Buckland, and Shelburne. Date and time to be announced soon.

### Shelburne Council on Aging

Nancy Brewer, Sue Bishop, Sylvia Smith, and Penny Spearance

### Buckland Council on Aging

Ellen Eller, Joanne Soroka

The Buckland Council on Aging is looking to add another valuable member to their crew. Buckland hosted a great music and food event at the Pavilion and have another coming in September. Think about being an active member of the Buckland senior community!

### Ashfield Council on Aging

Roy Rudolph, Wayne Wickland, Janice Wright, Mary Mosley, David Collins

The Ashfield COA meets on the first Wednesday of the month, 2-3pm at Belding Library. Join the fun brown bag lunches on the first Thursday of the month, from noon to 1p.m. On Thursday July 3, there will be a picnic at Ashfield Lake, Upper Park, starting at noon. Wraps, beverages and dessert to be provided!

## MEALS

**“To Go” Tuesday Lunches** – There are drive-thru lunches each month – **July 15, 29, August 26** (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! \$4.

### Kiwanis Summer Picnic at Buckland Rec.

**Tuesday, August 12, 11 a.m.-2 p.m.** – this is the Annual Kiwanis Picnic. Music by Zydeco Connection. **Pre-register required by August 4.**

**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. Menus are available at the Center. **Pre-registration is required by Mondays before 3:30 p.m.** by calling 625-2502. Suggested donation: \$3.50.

## TRANSPORTATION

FRTA provides curb-to-curb Van Transportation for residents aged 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 413-774-2262 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 are free through October 31st.**

Big Y shopping (on Tuesdays for Rowe, Heath, Charlemont, Buckland, Hawley, Colrain and Shelburne and on Thursdays for Ashfield, upper Buckland and Conway), is FREE.

Once a month there is a shopping trip to Wal-Mart in Hadley.

**Fridays, July 18, August 15**

FRTA arranges rides to out-of-county medical appointments. Call the FRTA at 774-2262 x163 for information and reservations and for information regarding their fixed route between Charlemont and Greenfield with stops in Buckland and Shelburne. Please note: **Free rides will continue until October 31.**

**THE BAKER PHARMACY**

413-625-6324

HOURS:

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Saturday 8:30am-3pm

Sunday Closed

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## OUTREACH

**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, home-care, housing searches, connecting to local resources, or registering for Meals on Wheels can contact Lifepath at (413) 773-5555.

### Ashfield Sweet Treats

The Outreach Coordinator will be in Ashfield once monthly on a Tuesday delivering baked goods to homebound and other seniors in the area.

### Buckland Sweet Treats

The Buckland Council on Aging has agreed to make cookies once monthly and help Teddy visit homebound seniors to deliver Sweet Treats and check in with seniors in Buckland. Stay tuned!

### 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 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 Ted at 625-2502.

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

### The More You Know

You may be eligible for Medicare Savings Programs (MSPs). MassHealth runs MSPs, which can help pay some or all of your Medicare costs.

If you are on Medicare and have income at or below the levels listed below, you are eligible for an MSP and could save thousands of dollars a year.

## Alzheimer's and Dementia Support Services

### Caregiver Support Group

**Mondays, July 7, August 4, 2 p.m.**

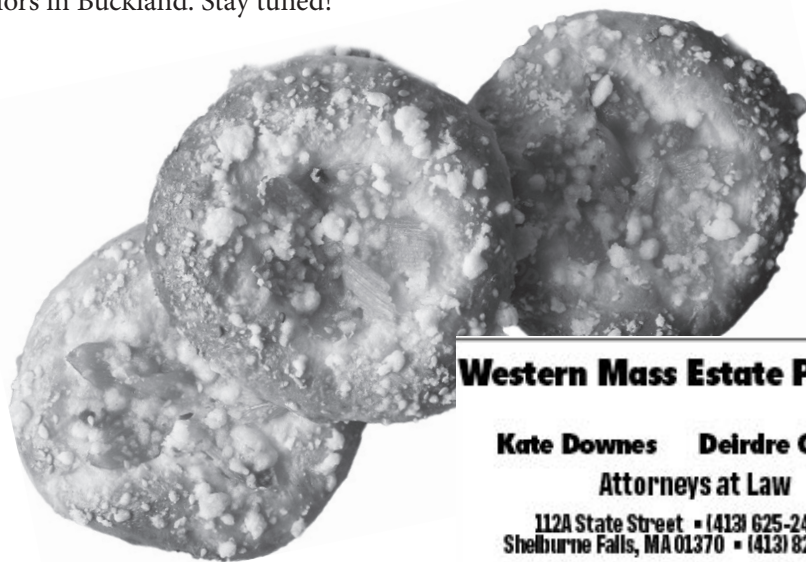
A support group for family members caring for a loved one with Alzheimer's disease or a related dementia meets the first Monday of the month, unless there is a Monday holiday. Outreach Coordinator Ted Doucette and Social Worker Dianna Young facilitate the group. Please contact Ted at 625-2502 prior to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

### The West County Memory Café

**Fridays, July 18, August 15, 12-1:30 p.m.**

The Cafe 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, but donations are always welcomed.

Both support programs are funded in part by a grant through Lifepath from the Federal Administration for Community Living and the Massachusetts Executive Office of Aging and Independence.



### Western Mass Estate Planning

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# RESOURCES

**The Brown Bag program** provides a bag of groceries for low-income adults who are age 55+ (or younger with a documented disability). Brown Bags are distributed on the 3rd Wednesday of the month at the Center from 1-3 p.m. 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. **July 16, August 20**

**The West County Food Pantry** located at Cowell Gym in Shelburne is open every Wednesday from 11-3:30 p.m. 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 Clothes Closet at Cowell Gym** is open on the 2nd and 4th Wednesdays of the month from 11-3:30 p.m. In addition, the Community Closet located at the Cowell is now open on the 2nd and 4th Saturdays of each month.

**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 eleven hill towns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe, and Shelburne. There are no income requirements.

## 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 aged 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, temporary ramps, transfer benches, raised toilet seats, and more! Contact 413-774-2310 Option 4 or email [homerepairs@communityaction.us](mailto:homerepairs@communityaction.us).

## Veterans' Support Services

A Veteran's Agent will be in the Senior Center on the 4th Wednesday of each month from 10-12 p.m. 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. **July 23, August 27**

## You May Qualify for SNAP Benefits!

If your 1-person household has a gross monthly income of \$2,608 or less  
If your 2-person household has a gross monthly income of \$3,525 or less

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## Pet Corner: The Enduring Importance of Pets

If you have a pet and you'd like to share their picture and story, get it to Juli by email (sfsrctr@crocker.com) or drop in and share. Pets, regardless of if they are a dog, cat, fish, bird, or exotic pet, enhance our lives and bring blood pressure down. Except when they bring it up! Share the little love in your life with us.

Discovering the joys of nature doesn't always mean pets inside your home. At our Senior Center, we've found delight in the feathered and furry friends just outside our doors. Thanks to a generous donation of birdfeeders and seeds, we now have two feeders hanging from the tree out front. However, our neighborhood squirrels proved quite adept at turning these feeders into acrobatic challenges! To keep everyone happy, we added a lower-hanging square swing feeder just for them. Now, they're content munching away while occasionally peeking in through the glass doors, hoping for a refill!

Watching the various bird species is not just entertaining but educational too. From perching peacefully to flying off with seeds or even tossing them skillfully, their dining habits are a marvel to behold. It's been a fascinating experience for many of us who are new to the world of bird feeders. Who knew these birds could have such hearty appetites?

Whether you enjoy pets indoors or delight in watching birds at our feeders, hummingbird stations, or butterfly trees, nature's beauty is right here, waiting for you to enjoy up close. And if you visit The Senior Center, don't be surprised if a friendly squirrel comes by, hoping to share the fun!



*Outside our door*

## The Senior Center Foundation

**We'd like to introduce you to Margaret Payne,**  
who is the President of The Foundation.

I was born and grew up in Philadelphia, PA. I lived in Princeton NJ until John brought me to live on the family farm (Foxbard Farm) in Shelburne in 1999. John shared his love of Shelburne with me by encouraging me to serve on town boards. I served at the Shelburne Housing Authority for five years and as a Selectboard Member for three years. At his special request I joined the Senior Center Foundation at its beginning in 2014, then at Marion Taylor's request, became President in 2017.

This has been a good fit for me since I have experience in development work and love to ask people for money. Our board is filled with people who don't really love to ask for money, but have a passionate commitment to ensure excel-

lent care, services and resources for our seniors. It is a delight to work with them and the board would love to welcome others who have skills in organization, fund raising, writing, editing, PR, and especially community-building.....and since we have other people on tap who also love to ask for money, you won't have to do that. Feel free to call me at 413-834-2211 if you have an interest, but might first have questions

There are two easy ways to send a gift. If you like paper, you can send a check made out to 'The Senior Center Foundation', and send it to: Box 464, Shelburne Falls, Ma 01370

*If you'd rather use a device, go to the-senior-center.org and look for the DONATE button.*





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**July-Aug 2025**

**The-Senior-Center.org**

## **Kiwanis Summer Picnic at Buckland Recreation**

**Tuesday, August 12, 11 a.m.-2 p.m. – this is the Annual Kiwanis Picnic.  
Music by Zydeco Connection. Pre-register required by August 4.**



### **Foundation**

The Senior Center Foundation was formed in 2014 as a 501(c)3 non-profit organization solely to provide financial support for the programs and services of the Senior Center, Shelburne Falls, Massachusetts.