

“WISE GUIDE”

GREETINGS SENIOR CENTER COMMUNITY! Welcome to the latest edition of our newsletter. We're pleased to have received positive feedback on our new SeniorWise layout. Much time has been spent on design, font, and, most importantly, highlighting all the wonderful activities and events for you to join!

In this edition you will see the calendar for July and August, as well as descriptions of the activities. If you have questions about any of the activities, call The Center and we'll be more than happy to answer queries and sign you up. **BIRDWATCHING** was a success, and we're planning another round soon. Great **THANKS TO PEGGY AND JIM FROM THE OPEN SPACE COMMITTEE** for sharing their knowledge and enthusiasm! The new **CRAFTWORKS GROUP** is underway. We're planning **TIE-DYE AND WIND-CHIME** DIY this summer, so call us and sign up. All materials are free for the summer. While some of us will enjoy a slow and hot summer, some folks, the more “adventurous” types, will want to jump in and get active. July is the start of the **ADVENTURERS CLUB**. Each month there will be an adventure. Adventure awaits you, jump in and join us!

Some of the activities will wind down for the summer, like our virtual field trips through The Senior Learning Network, however all will return even stronger in the autumn. So excited that the **BUCKLAND REC CENTER WILL BE OPENING IN JULY**. Some activities will happen outside at the Rec site, so stay tuned for those opportunities. The best news ever is the return of the **ANNUAL SUMMER PICNIC!** The **KIWANIS ARE PARTNERING** with us to put on an amazing picnic experience. It will be wonderful to see familiar faces and new members. Can't wait!

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. We kindly request that you refrain from using strongly scented products when visiting our center. We understand that scents can evoke pleasant memories and add a personal touch to one's presence.



However, it's important to remember that many individuals, including seniors, may have sensitivities or allergies to certain fragrances. By embracing a fragrance-free policy, we can ensure that everyone feels welcome and can fully participate in the multitude of activities and programs we offer.

SeniorWise

July/Aug 2023



CISA Farm Share Program

The Senior Center will once again be working with The Atherton Farm to offer 20 farm shares to seniors through the CISA Farm Share program this summer! Registration is complete, and we'll see those who are enrolled on **Wednesdays from 12 to 4, starting the 1st part of July.**



Planting day, out front on Memorial Day.



Thurs
Aug 17
11-2

Annual Summer Picnic Returns

Come join us again for our Annual Summer Picnic at Buckland Rec. The Kiwanis will again provide picnic food of hamburgers, hot dogs, baked beans, and salads. Music will be provided by the Cajun Zydeco Band from 11-12; lunch is served at 12. Cost: \$3. Priority registration for Ashfield, Buckland, and Shelburne residents. **PREREGISTER BY AUGUST 10** by calling the Senior Center. (Note: Tai Chi is the only activity held at the Center that day).



PROGRAMS

CraftWorks

Fridays July 14, August 11, 12:00 – 2:00 p.m.

Join the CraftWorks group the second Friday of every month, from 12-2 pm in the large room at The Senior Center. Each month there will be two projects highlighted. July 14th project is windchime magic. **AUGUST 11TH WE WILL TIE-DYE!** The limit is ten participants. Please register so we are sure to have all the supplies needed, at 625-2502

The Adventurer Club is Here!

Exciting News. Introducing The Adventurer's Club at The Senior Center. **CHECK OUR CALENDARS FOR DATES AND TIMES.**

Get ready for a thrilling journey as we launch The Adventurer's Club, a fantastic opportunity for folks to embark on fun and unique escapades each month! We have an incredible lineup of activities planned just for you.

In July, we're heading to **BERKSHIRE EAST** for an adrenaline-pumping experience on the **MOUNTAIN COASTER**. Feel the wind in your hair as you navigate the twists and turns of this exhilarating ride, surrounded by stunning mountain vistas. It is \$20 for each ride down the mountain.



As August rolls in, get ready to channel your inner champion at our **LIVELY**

CROQUET TOURNAMENT. Picture yourself in a picturesque garden, sipping refreshing mint juleps, while you engage in a friendly yet competitive battle of strategy and skill. This event will be free.



That's not all! The **FIRST 15 ADVENTURERS** to join the club will be rewarded with an exclusive **FREE T-SHIRT**, so don't wait too long to sign up and secure your spot.

For more information and to become an Adventurer, contact Juli at 413-625-2502. Join us as we embrace new horizons, create lasting memories, and make this summer a remarkable chapter in our lives!

Get ready to unlock your inner adventurer and make every moment count with The Adventurer's Club. Don't miss out on this incredible opportunity—join today!

Lunch Bunch travels to The Marina in Brattleboro

Wed., July 26, 11:00

Lunch Bunch will travel by van to Brattleboro, VT for lunch at the Marina. Hopefully the weather will cooperate, and we can eat outside on the deck. Pre-registration by Wed., July 19. Cost: \$5.50 for the bus plus money to pay for your own lunch and tip.

Senior Learning Network Virtual Programs

SLN programs will not be happening during July and August. Hopefully we will be continuing this program in September.

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

Bingo!

Thursdays at 12:30 p.m.



Game Afternoons

Beginning in September what would you like to see offered for games: ex: cribbage, bridge, board games (please be specific). Call us at 625-2502 if you have suggestions.

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). Leave from the Senior Center and carpool.

July 12 - THE LUTHIER - LEAVE AT 4PM.

**Aug 9 - THREE SISTERS SANCTUARY
- LEAVE AT 5PM**



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!

Movies

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.



Tuesday, July 18 "80 for Brady"



**Tuesday, August 15
"Knives Out: The Glass Onion"**

HEALTH

“Ask the Nurse”

Tuesdays 10:30 a.m. – 12 noon, July 25, August 22

A FRCOG nurse is available at The Senior Center every 4th Tuesday of the month from 10:30-12. They can answer your health questions, take your blood pressure, check blood glucose levels, collect used needles and provide safe collection boxes for needle disposal. Each month the Nurse will provide information and resources on a specific health related topic. The resources, tips, and guidance can be invaluable to your overall health and wellbeing. This service is provided through Buckland and Shelburne's Cooperative Public Health Service membership with FRCOG. For more information, contact Nurse Lisa White at (413)774-3167 x 156.

Foot Care Clinics

July 10, 24, August 7, 21, 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.

Yoga

Wednesdays., July 12, 19, 26, August 2, 9, 2023

Louise Legouis will be instructing this class. Bring your own exercise mat. For Seniors only. Cost for all is \$20 for the 5 sessions in July and August.

Tai Chi for Arthritis and Fall Prevention

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

By the Seat of Your Dance- Chair Dance

Chair dancing/exercise will not be held during July and August. Let us know if you would like to have this class return in the fall.

THANK YOU!

A SPECIAL THANK YOU TO...Ellen Eller – landscaping fabric • Lois Bascom – lighters • Dick Hillman – rock dust for the back garden • Ed Dzialo, Jim Perry – spreading the rock dust • Anne Mislak, Lois Bascom, Polly French, Judy Sweet, Ellen Eller-prepping the gardens for planting • CJ Barnes – food • Doug Anderson – health supplies • Yolene Schaefer – cards and calendars • Judy Sweet & Polly French– plants • Anne Judson – puzzle books

GIFT FUND DONATIONS: George Basbas, Cie Simurro – Home Repair

SHINE

July 19, August 16, 9 a.m. to 3 p.m.

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

INCOME AND ASSET LIMITS EFFECTIVE IN 2023

Income/Month	Assets
Single \$2,734	\$18,180
Married \$3,698	\$27,260

If you are eligible for the MSP/Buy-In Program, you are also eligible for a free Part D drug plan and reduced low-cost prescriptions, saving you even more.

One important piece to note is the way working income is counted for this program. Many older adults do not take their Social Security until later, to allow it to grow to the maximum amount, so they continue to work. When the state counts work income for those over 65, they do not count the first \$65 a person makes monthly, and then only count 50% of the remainder. So, if a person's work income is \$4,000 monthly, you take off the first \$65—leaving \$3,935. Then subtract 50% of that figure and the total countable income is \$1,967.50. This person would be eligible for the program as long as their assets were below \$18,180.

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 handyman 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 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. July 10, August 7

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.

The West County Memory Café

Fridays, 12 -1:30 p.m., July 21, August 18

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, 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.



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 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

Jonathan F. George Sr., CPA, CFP

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**WILLS, TRUSTS, PROBATE and LONG-TERM
CARE & MEDICAID PLANNING**

MONDAY Meals on Wheels	TUESDAY Meals on Wheels / Lunch served	WEDNESDAY Meals on Wheels	THURSDAY Meals on Wheels / Lifepath Lunch	FRIDAY Meals on Wheels
3 12:30-1:30 Drumming	4 4 th of July Senior Center Closed	5 In-town Shop ☞ 8:30 NO Yoga 10:00 Healthy Bones & Bal. 12-1 Origami and Beyond	6 Greenfield Shop Trip ☞ 9:00 Tai Chi for Arthritis & Bal 9-12 Outreach Coord in Ash. 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:00 Ashfield COA picnic at Belding Park 12:30 Bingo Pre-register for 7/11 meal	7 Staff available by phone 9-2
10 8:30-3:30 Foot Clinic ☞ 1:00-2:00 Drumming 2:00 Caregivers Support Group	11 Greenfield Shop Trip ☞ 12-1:30 to go lunch ☞ chicken & egg salad finger rolls, potato chick pea salad, dessert Buckland Library Book Delivery	12 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal. 12-1 Origami and Beyond 2:30 Novel Idea Book Club at Ctr. 4:00 Men's Nite to The Luthier ☞ Arms Library Book Delivery Ashfield Library Book Delivery	13 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 Board of Directors mtg.	14 12-2 Craftworks Staff available by phone 9-2
17 11-12:30pm- Library Grant- Community Conversation 1:00 Drumming	18 Greenfield Shop Trip ☞ 1:00 Movie: "80 for Brady"	19 In-town Shop ☞ 8:30 Yoga 9-3 SHINE Counselor 10:00 Healthy Bones & Bal 1:15-3 Brown Bag	20 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 5/25 meal	21 Staff available by phone 9-2 Wal-Mart Shop Trip ☞ 12-1:30 Memory Café ☞
24 8:30-3:30 Foot Clinic ☞ 1:00 Drumming	25 Greenfield Shop Trip ☞ 10:30-12 Ask the Nurse 12-1:30 to go lunch ☞ broccoli bake, coleslaw, bread sticks, dessert Buckland Library Book Delivery	26 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal. 10-12 Veteran's Agent 11:00 Lunch Bunch leaves for Marina in Brattleboro ☞ Arms Library Book Delivery Ashfield Library Book Delivery	27 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	28 Staff available by phone 9-2 10:00 The Adventurer's Club- Mountain Coaster Berkshire East- \$20 per ride
31 1:00 Drumming			☞ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events	31 JULY

MONDAY Meals on Wheels	TUESDAY Meals on Wheels / Lunch served	WEDNESDAY Meals on Wheels	THURSDAY Meals on Wheels / Lifepath Lunch	FRIDAY Meals on Wheels
August 7 8:30-3:30 Foot Clinic 12:30-1:30 Drumming 2:00 Caregivers Support Group	1 Greenfield Shop Trips	2 In-town Shops 8:30 Yoga 10:00 Healthy Bones & Bal.	3 Greenfield Shop Trips 9:00 Tai Chi for Arthritis & Bal 9-12 Outreach Coord in Ash. 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:30 Bingo Pre-register for 8/8 meal	4 Staff available by phone 9-2
	8 Greenfield Shop Trips 12-1:30 to go lunch chef salad, bread, dessert Buckland Library Book Delivery	9 In-town Shop 8:30 Yoga 10:00 Healthy Bones & Bal. 2:30 Novel Idea Book Club 5:00 Men's Night to Three Sisters Sanctuary Arms Library Book Delivery Ashfield Library Book Delivery	10 Greenfield Shop Trips 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 Board of Directors mtg. Pre-register for the Picnic on 8/17	11 12-2 Craftworks Staff available by phone 9-2
	15 Greenfield Shop Trips 1:00 Movie: "Knives Out: The Glass Onion"	16 In-town Shop 8:30 NO Yoga 9-3 SHINE Counselor 10:00 Healthy Bones & Bal 1:15-3 Brown Bag	17 Greenfield Shop Trips 9:00 Tai Chi for Arthritis & Bal 11:00 Annual Picnic at Buckland Rec. pavilion Pre-register for 8/22 meal	18 Staff available by phone 9-2 Wal-Mart Shop Trips 12-1:30 Memory Café 10:00 The Adventurer's Club, Croquet and Mocktails, -Band Shell, Shelburne Elemen.
21 8:30-3:30 Foot Clinics 1:00 Drumming	22 Greenfield Shop Trips 10:30-12 Ask the Nurse 12-1:30 to go lunch veggie or turkey wraps gazpacho soup, chips, dessert Buckland Library Book Delivery	23 In-town Shop 8:30 NO Yoga 10:00 Healthy Bones & Bal. 10-12 Veteran's Agent Arms Library Book Delivery Ashfield Library Book Delivery	24 Greenfield Shop Trips 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:30 Bingo	25 Staff available by phone 9-2
28 1:00 Drumming	29 Greenfield Shop Trips	30 In-town Shops 8:30 NO Yoga 10:00 Healthy Bones & Bal.	31 Greenfield Shop Trips 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:30 Bingo	26 = Please call 625-2502 pre-register for all activities. No walk-ins accepted for programs or events

MEALS

“To Go” Tuesday Lunches – There will be two drive-thru lunches in July and August. (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 12 people to enjoy a hot plated meal, in the company of others, with safe distancing 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. (**NOTE:** No Lifepath meal on August 17th pre-register to come to the picnic).

COUNCILS ON AGING

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. **ON JULY 6 THERE WILL BE THE ANNUAL PICNIC AT BELDING PARK**, near Ashfield Lake. This is a great time to see each other again and to plan for future gatherings.

Buckland Council on Aging

ELLEN ELLER, JOANNE SOROKA, JANICE FLUERIEL

Join us at our **MEETING** upstairs in Buckland Town Hall Wednesday, **AUGUST 16TH AT 6:00 P.M.**

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 SCOA continues to focus on supporting the seniors of Shelburne. The group is **WORKING ON A CONVERSATION CAFÉ FOR THE NEAR FUTURE!** Call 413-625-2502 for contact information.

THE GIVING GROUPIES

Do you know how to put in an air conditioner? Or **MAYBE YOU'RE HANDY** with screens, windows, or cupboard handles. Basic woodwork and light fixtures, these are many things our Home Repair Volunteers do for folks. **WE'RE LOOKING FOR NEW VOLUNTEERS** to help out the people who need this program. If you, family, or a friend have the ability to make a repair or help with house needs, **WE'LL TRAIN** you on the program, provide mileage reimbursement, and do it all within your time availability. We have some amazing volunteers who each have a specialty, or skill set that they are willing to share and do some fixes. It can be **AN HOUR A WEEK, OR ONCE A MONTH.** Having someone to call when a senior reaches out to fix a door handle or put in an air conditioner has been a very rewarding situation. We need you! Don't hesitate to call 413-625-2502 at The Senior Center and ask for Teddy or Juli to explore opportunities. *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.*

OUR PARTNERS

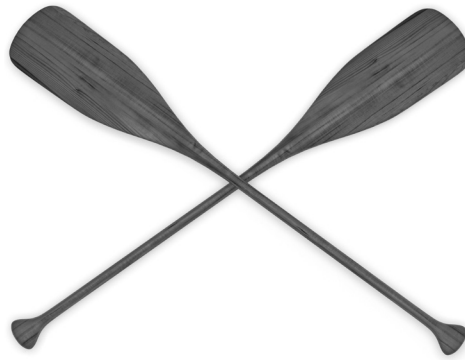
About Town (s)

The **VISITOR'S INFORMATION CENTER** is once again open for the 'tourist' season and are in **NEED OF VOLUNTEERS TO STAFF** the VIC. They are open from Thursday through Monday, with two separate three-hour shifts a day that consist of a 10-1 and a 1-4 time slot. Even filling one slot a month is a huge help. You get to meet people not just from the area but from the world. Please stop by! You may also call Thomas Massa for more information (413-625-6050), or email him at massa413t@gmail.com

ASHFIELDERS:

LEARN TO KAYAK OR CANOE !!

Thursdays 3-4 PM - 7/13, 7/20, 7/27, 8/3 @ The Boat Landing, \$18/SESSION



RESOURCES

FOOD PROGRAMS

The Brown Bag program

July 19, August 16

The 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 1:15-3. 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.

The West County Food Pantry located at Cowell Gym in Shelburne is open every Wednesday from 11-3. 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 Congregation-



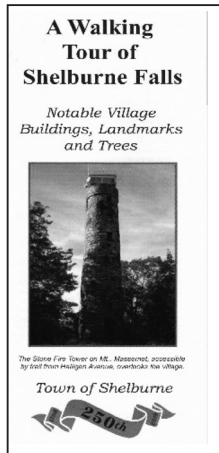
al Church on Main Street in Ashfield, is open every other Tuesday from 3-5 p.m. The pantry allows people to select their own groceries. Masks and social distancing are required while inside. The only requirement for accessing the food pantry is proof of residency in one of the towns that are served and 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. There are no income requirements.

Veterans' Support Services

A Veteran's Agent will return to the Senior Center on **the 4th Wednesday of each month from 10-12p.m.** Please call the Senior

Walks & Hikes

Our friend Jim Perry has been conducting many exciting hikes and tours of area trails. The Shelburne Open Space Committee, Deerfield River Watershed Association, Shelburne Falls Senior Center, and Arms Library have partnered to lead scenic and educational walks and hikes. If you have any questions, or would like to register for any upcoming hikes, contact Jim at: drwa@deerfieldriver.org



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.

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.**

Free Chromebook Computer Loans

The Center has Chromebook laptops to loan out for A/B/S residents 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. Call us at 625-2502 to reserve a Chromebook. Made possible by Lifepath's Emergency Fund program and local donors

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.

NOTES ON USING HIP AT FARMERS' MARKETS

At most farmers' markets, **HIP** (Healthy Incentive Program) 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. The farmer will then give you your produce.



At Brattleboro Hearing Center your hearing healthcare is our top priority.

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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 friends. Pets have a remarkable ability to bring joy, companionship, and numerous health benefits to our lives, especially as we journey through the years. In this column, we will explore the importance of pets and share heartwarming stories of the incredible connection's seniors have formed with their beloved animal companions.

Pets have an uncanny ability to brighten our days, offering unconditional love and unwavering loyalty. They provide comfort during times of loneliness, act as compassionate listeners, and can alleviate stress and anxiety. Whether it's the warm purring of a cat, the wagging tail of a dog, or the gentle chirping of a bird, these delightful creatures have the power to bring immense happiness into our lives.

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. Please share with us the adorable, funny, or heartwarming moments you have captured with your furry companions. Each month, we will select one photo to showcase, along with a short story about the special bond shared between the senior and their pet.

To start us off, Teddy, our Outreach Coordinator, is sharing Bailey, his one-year-old adorable "Mutt!"



Bailey



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Seasonal Recipes from the Senior Center Guest Chefs

RHUBARB COOKIES

3 cups brown sugar
1.5 cups butter
3 eggs
5 1/4 cups flour
3 tsp. cinnamon
1.5 tsp salt
1.5 tsp baking soda
1.5 tsp baking powder
3 cups rhubarb finely diced

Preheat oven to 375 degrees. In a large bowl beat brown sugar, butter and egg together. Add flour, cinnamon, salt, baking soda and powder. Beat well until dough forms. Add rhubarb and beat again. Using a 1-inch cookie dough scoop, form balls of dough and place them on a greased cookie sheet. These cookies will spread. Bake cookies for 12-14 minutes or until baked through. Cool on cookie sheet for 5 minutes, then place on a rack to cool completely. Makes 72

