

Annual Senior Center/Kiwanis Picnic

at Buckland Rec. Pavilion

SeniorWise

July-August 2024



Tuesday, August 13, 11 a.m.-2 p.m.

From 11-12, there will be music by the Cajun Zydeco Band. The buffet luncheon will begin at noon, with Kiwanis members cooking and Senior Center staff manning the buffet line.

Pre-register by calling The Senior Center by **Thursday, August 8.**

Senior Center Patio Garden

Our team of gardeners have already been working in our patio garden in the rear of the building as well as in our front garden. This year they are participating in the Flowering of the Village, organized by the Bridge of Flowers committee. So, in addition to our barrels of flowers out back, the plantings in the front of the building and the window box by the front door, we are tending plants from the Bridge of Flowers while they are closed. Many plants are in the rear patio and are labeled. Daffodils from the Bridge are both in front and in the back garden. Everyone is welcome to stop by anytime during the summer and fall to see the beauty of our gardens.



Lunch Bunch to the Marina in Brattleboro

Wednesday, August 28, leave Center at 11 a.m.

Hopefully it will be a great day and we can sit outside. On the way home we'll stop for ice cream at Townline in Bernardston.

Pre-register by **August 21.** Cost: \$5.50 for the van. Food and ice cream on your own.

Trip to MASSMoca in North Adams

Wednesday, July 24, leave Center at 9:30 a.m., return 2:30ish

We will travel by Travel Kuz bus to the Massachusetts Museum of Contemporary Art for a self-guided visit. Everyone will receive a map of the buildings, some self-guided activities, and exhibition guides. To learn about the many current exhibitions, visit massmoca.org. Being on an old former factory campus can involve climbing stairs or ramps with some elevator availability. There are two eating places



in the museum complex, and you will receive menus on the bus for both places. We expect to be there from 10:30-1:30, which includes time to view the exhibits and to enjoy lunch. Cost for bus and admission: \$70 payable to The Senior Center when you register. Pre-register by **July 18.** Limit 13.

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. Gifts such as greeting cards, hygiene products, and housewares, often donated by fellow seniors and their families, provide essential comforts and joy to those in need. Monetary donations are equally valuable, supporting our diverse programming, this newsletter, and addressing special needs. 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...

- Barbara Watts**- handwoven baskets
- Sylvia Smith, Diantha Wholey, Sally Alcorn** – cards
- Ann Judson** – health supplies
- Karen Herzog** – food
- Marlene Richmond** – paper and hygiene supplies
- Kathy Bega** - baskets

Gift Fund

Anonymous

PROGRAMS



Coffee Corner with presentation by Clare Pearson, **Herbalist** Monday, July 15, 10-11 a.m.

Meet Claire Pearson, local herbalist from Charlemont. Learn different ways you can use herbs and about Claire’s business at Salmon Falls. Drinks and pastries served. Pre-register by July 12.

iPad Tablets for Loan

As our weekly computer classes conclude, we’re excited to launch the next phase of digital literacy for seniors in our community. A big shout-out to Ian Ralph of Taselon Computers for generously dedicating his time and expertise to conducting classes in Shelburne and Ashfield. *Thank you, Ian!*

We are pleased to announce that iPad tablets are now available for loan on a weekly basis. Additionally, our Internet Café will continue to operate on the first and second Fridays of each month offering one-on-one troubleshooting and tutorials for your phone or device.

We’re also thrilled to welcome back Thaddeus, our enthusiastic summer student volunteer, who will be assisting us throughout July and August. To reserve a slot at the Internet Café or schedule a one-on-one session with a volunteer, please call The Senior Center.

For those who are homebound and unable to attend a class or the Café, Ian Ralph of Taselon Computers is still offering in-home tutorials. Don’t miss this opportunity to enhance your digital skills with personalized guidance. Call Juli at The Senior Center.

Game Afternoon

Tuesday, July 30, 1-3p.m.

Join us for a “cool” afternoon of games! Many games will be available for you to choose from. And to sweeten the pot, we will offer make-your-own ice cream sundaes! Cool atmosphere, meeting other people, and refreshments. Free. Pre-register by July 22.

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@crocker.com

WEBSITE

the-senior-center.org
Like us on Facebook:
Mainstreetshelburne

Cookbook Project

Looking for Recipes! The Senior Center is sponsoring the creation of a cookbook. Chapters on adapting kitchen tools, cutting down family recipes for a solo diner, and easy in-your-pantry options. Either hand write or type it, and if there is a story that goes with it, tell us in a few sentences. Drop your submission off at The Senior Center and place it in the Recipe Box in the back room. You can also email to sfsrctr@crocker.com, or mail it to us at 7 Main Street, Shelburne Falls MA 01370.

PROGRAMS

Movies

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



The Fall Guy with Ryan Gosling and Emily Blunt.

Mission Impossible Dead Reckoning

Tuesday, July 16

A spy action starring Tom Cruise as Ethan Hunt. Hunt and his team need to track down a terrifying new weapon that threatens all of humanity if it falls into the wrong hands. 1 hour 40 minutes

The Fall Guy

Tuesday, August 20

A stuntman, Ryan Gosling, working on his ex-girlfriend's (Emily Blunt) directorial debut action film, finds himself involved in a conspiracy surrounding the film's actor (Aaron Taylor-Johnson) 2 hours 5 minutes.

A Novel Idea Book Club

Wednesday July 10, August 14, 2:30- 4:00 p.m.

Favorite books, authors and genres are shared by all in the group. Notes of the meeting make it possible for members to pursue books and authors they had not previously considered, especially after another member's sharing of what it meant to them. The Book Club meets the second Wednesday of each month. The novel idea is to bring one of your favorite books or information on your favorite author. If someone shares a book or author you may be interested in, 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- Support Group

Friday July 12, 26; August 9, 23, 1:30-3 p.m.

Every second and fourth Friday, The Senior Center offers a support group called Never Alone. One of the issues for those seniors who lose friends and family is isolation and loneliness, as well as freedom and choice. Regularly talking and listening to others helps you put your own challenges in perspective,

Drumming Group

Mondays at 1:00 p.m.

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

Second Wednesday of the month

Call Don Bascom if you would like to go (625-2970). Meet at the Senior Center and carpool.

George Propane,

July 10

Tom Leue Homestead in Ashfield

August 14

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!

Bingo!

Thursdays at 12:30 p.m.



Cribbage

Tuesday, July 9, August 6, 1:30-3:00 p.m.

Many people indicated that they would like to play Cribbage again. Therefore, we will offer cribbage one Tuesday per month at The Senior Center. Please pre-register so we will know if we have enough people to play.

HEALTH

“Ask the Nurse”

Tuesdays, July 23, August 27, 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.

This outstanding service is made possible through Buckland and Shelburne's Cooperative Public Health Service mem-

Happy Feet

The Senior Center is pleased to sponsor a foot care clinic three times a month, provided by experienced professionals at Foot Care by Nurses. Proper foot care is essential for the health and well-being of seniors, helping to prevent common issues such as infections, falls, and complications related to chronic conditions like diabetes.

As of July 1, 2024, there will be **an increase in the cost** of the clinic services. Residents of Ashfield, Buckland, and Shelburne will now be charged **\$40 per visit**, while those living outside of these towns will see a new rate of **\$50 per visit**. We appreciate your understanding and continued support in maintaining healthy, happy feet!

Foot Care Clinics

Mondays, July 15, 29

August 12, 26, 8:30 a.m.-3:30 p.m.

Mondays, July 1, August 5, 8:30 a.m.-12:30 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. The cost for A/B/S residents is \$40, and \$50

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.*



Tai Chi class toasts to Lois Bascom upon her retirement.

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.

bership with FRCOG, ensuring you have access to quality healthcare right at The Senior Center. We are proud to have nurses Lisa White and Meg Ryan as part of our team, bringing their expertise and care to serve the community. For further details and to schedule an appointment or inquire about upcoming health topics, please don't hesitate to contact Nurse Lisa White at (413) 774-3167 x 156. Embrace this opportunity to take charge of your health and let our dedicated nurses support you on your wellness journey. We look forward to seeing you at The Senior Center!

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 this program designed to increase participants' strength, mobility, flexibility, and balance.

Live Standing Dance Class - Aerobics

The Center offered this class during the past spring. If you would like to participate in this class if we offered it in the fall, please call The Senior Center to pre-register during the summer. Class is held from 4:30-5:30 on Tuesdays. We need a minimum of 6 to offer the class.

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.

COUNCILS ON AGING

The three COA'S held an Ice Cream Social event at the Mary Lyon Church on May 17. Ice Cream was free. Music performed by *Small Change*.



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.

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Shelburne Council on Aging

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

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Janice Fleuriel

Ashfield Council on Aging

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

Annual Ashfield Seniors Picnic

honoring out-going ACOA Chairman Doug Field. Join us in celebrating Doug's fine leadership of the Council on Aging, his steadfast support for the senior residents of Ashfield, and his dedicated service to our town for over 50 years!

Thursday, July 11, 2024 -noon. - 1:00 p.m. at Upper Ashfield Lake. Sandwiches, beverages & dessert will be provided. Please stop by to wish him well!

Western Mass Estate Planning

Kate Downes Deirdre Gleason
Attorneys at Law

112A State Street • (413) 625-2482 (t)
Shelburne Falls, MA 01370 • (413) 826-7700 (f)
Estate Planning and Elder Law
WesternMassEP.com

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <p>1</p> <p>8:30-12:30 Foot Clinic ☞ 12:30-1:30 Drumming 2:00 Caregivers Support Group</p> | <p>2 Greenfield Shop Trip ☞ 10-12:30 Healthy Eating Workshop at Trinity Church kitchen presented by Lifepath</p> | <p>3 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal Pre-register for 7/9 meal</p> | <p>4</p> <p>Meals on Wheels / Lifepath Lunch</p> <p>Fourth of July Senior Center closed</p> | <p>5</p> <p>Senior Center closed Transportation Only</p> |
| <p>8</p> <p>1:00 Drumming</p> | <p>9 Greenfield Shop Trip ☞ 10-12:30 Healthy Eating Workshop at Trinity Church kitchen presented by Lifepath 12-1:30 To Go Meal Menu: chef salad, bread, 4th of July dessert 1:30-3 Cribbage Buckland Library Book Delivery</p> | <p>10 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal. 2:30 Novel Idea Book Club at Ctr 5:30 Men's Nite to George Propane Arms Library Book Delivery Ashfield Library Book Delivery</p> | <p>11 Greenfield Shop Trip ☞ 9:00 Tai Chi for Arthritis & Bal 9:30-11 Outreach Coord. at Buckland Town Hall 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:00 Ashfield Picnic at Beilding Park ☞ 12:30 Bingo 3:00 Board of Directors mtg. Pre-register for coffee corner</p> | <p>12</p> <p>Staff available by phone 9-3 10-12 Internet Cafe 1:30-3 Never Alone- Peer Support</p> |
| <p>15</p> <p>8:30-3:30 Foot Clinic ☞ 10-11 Coffee Corner with presentation by Clare Pearson, herbalist ☞ 1:00 Drumming</p> | <p>16 Greenfield Shop Trip ☞ 10-12:30 Healthy Eating Workshop at Trinity Church kitchen presented by Lifepath 1:00 Movie: Mission Impossible Dead Reckoning Part 1</p> | <p>17 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 1-3 Brown Bag</p> | <p>18 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 7/23 meal</p> | <p>19</p> <p>Staff available by phone 9-3 Wal-Mart Shop Trip ☞ 12-1:30 Memory Cafe ☞</p> |
| <p>22</p> <p>1:00 Drumming</p> | <p>23 Greenfield Shop Trip ☞ 10:30-12 Ask the Nurse ☞ 12-1:30 To go meal Menu: tuna and egg finger rolls, chips, pickles, dessert Buckland Library Book Delivery</p> | <p>24 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal. 10-12 Veteran's Agent 9:15 – 2:30 Bus trip to Mass Moca Contemporary Art Museum ☞ Arms Library Book Delivery Ashfield Library Book Delivery</p> | <p>25 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</p> | <p>26</p> <p>Staff available by phone 9-3 1:30-3 Never Alone- Peer Support</p> |
| <p>29</p> <p>8:30-3:30 Foot Clinic ☞ 1:00 Drumming</p> | <p>30 Greenfield Shop Trip ☞ 1-3 Game afternoon & make your own ice cream sundae ☞</p> | <p>31 10:00 Healthy Bones & Bal</p> | <p>☞ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events</p> | <p>JULY 2024 The Senior Center in Shelburne</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| August 2024 The Senior Center in Shelburne | ☎ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events | 7 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal. Arms Library Book Delivery Ashfield Library Book Delivery | Meals on Wheels / Lifepath Lunch 1 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 9:30-11 Outreach Coord. at Ashfield Town Hall 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎ 12:30 Bingo | 2 Staff available by phone 9-3 10-12 Internet Café at Ctr. |
| 5 8:30-12:30 Foot Clinic ☎ 12:30 Drumming 2:00 Caregivers Support Group | 6 Greenfield Shop Trip ☎ 1:30-3 Cribbage Buckland Library Book Delivery | 8 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 9:30-11 Outreach Coord. At Buckland Town Hall 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 8/13 picnic | 9 Staff available by phone 9-3 10-12 Internet Café at Center 1:30-3 Never Alone- Peer Support | 8 Staff available by phone 9-3 10-12 Internet Café at Center 1:30-3 Never Alone- Peer Support |
| 12 8:30-3:30 Foot Clinic ☎ 1:00 Drumming | 13 Greenfield Shop Trip ☎ 11-2 Kiwanis Picnic at Buckland Rec. ☎ No activities at the Center today | 14 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal 2:30 Novel Idea Book Club at Ctr 3:30 Men's Nite to Tom Leue Homestead in Ashfield | 15 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 | 16 Staff available by phone 9-3 Wal-Mart Shop Trip ☎ 12-1:30 Memory Cafe ☎ |
| 19 1:00 Drumming | 20 Greenfield Shop Trip ☎ 1:00 Movie "The Fall Guy" (hopefully) Buckland Library Book Delivery | 21 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal. 1-3 Brown Bag Arms Library Book Delivery Ashfield Library Book Delivery Pre-register for Lunch Bunch | 22 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 8/27 meal | 23 Staff available by phone 9-3 1:30-3 Never Alone- Peer Support |
| 26 8:30-3:30 Foot Clinic ☎ 1:00 Drumming | 27 Greenfield Shop Trip ☎ 10:30-12 Ask the Nurse ☎ 12-1:30 To go meal-Menu: tortellini salad, bread, dessert | 28 Greenfield Shop Trip ☎ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent 11:00 Lunch Bunch trip to Marina in Brattleboro ☎ | 29 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 | 30 Staff available by phone 9-3 |

OUTREACH

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 773-5555.

Outreach Coordinator Ashfield and Buckland Office Hours at Town Halls

The Outreach Coordinator will be available in **Ashfield** at the Town Hall, **the first Thursday of each month, from 9:30-11 a.m.**, as well as in **Buckland** Town Hall the **second Thursday of the month**, for drop-in questions as well as resource availability. Feel free to drop in and visit or call to make an appointment for a different time. Call 413-625-2502.

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 through Lifepath from the Federal Administration for Community Living and the Massachusetts Executive Office of Elder Affairs.

Fraud Alerts!

FYI: To help prevent fraud, there are limits on how Medicare can contact you: 1) Medicare can't call you if you don't have a relationship with their agency. 2) Medicare can't send you emails if you haven't agreed to this form of contact. 3) Medicare can't come to your home to sell Medicare products without an invitation. 4) Medicare can't leave flyers, door hangers or leaflets on your car or at your home unless you missed a scheduled appointment

Alzheimer's and Dementia Support Services Caregiver Support Group

Mondays, July 1, August 5, 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.



Recently, Ellen Villani enjoyed the mask making activity during the Familiar Friends event.

The West County Memory Café

Fridays, July 19, August 16, 12-1:30 p.m.

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



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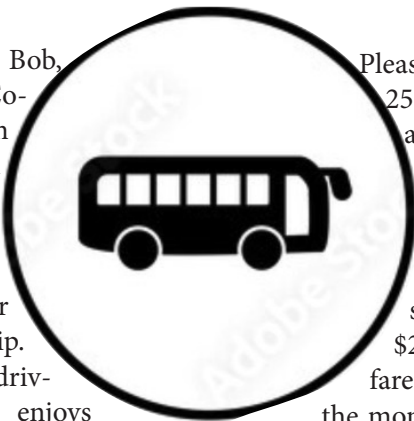
www.FootCarebyNurses.net ❧

Home and clinic visits by appt. 413.367.8369 ❧

TRANSPORTATION

Did you know that Bob, our transportation Coordinator, has been driving seniors in West County for 24 years? Also, on an average Tuesday Big Y trip, he will bank over 130 miles for the trip. Rural areas require driving distances! Bob enjoys helping people and the community, and he continues to drive because of the people, which relates to his profession of Pastor. There is a woman in the area who has Parkinson's. While she still is able to drive, when her bad days hit, she is unable to drive and has relied on our FRTA drivers from The Senior Center to drive her to appointments. She states that "not only do I live alone, but it is a challenge to get around and the transport service has made a real difference in my life."

We provide curbside-to-curbside 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 \$5.50 fare for Walmart (3rd Friday of the month). Big Y shopping (Tuesday or Thursday depending on the town) is FREE.

Once a month there is a shopping trip to Wal-Mart in Hadley. **Fridays, July 19, August 16.**

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.

NextDoor

What is NextDoor? It is an **online community based in your neighborhood**. The Senior Center is a member for the area, and we reach out asking for volunteers, and connect with our neighbors. If you have online capabilities, give it a try!

You can look it up at: **nextdoor.com**. NextDoor is where you connect to the neighborhoods that matter to you so you can belong. Neighbors around the world turn to Nextdoor daily to receive trusted information, give and get help, get things done, and build real-world connections with those nearby — neighbors, businesses, and public services.

We believe that by bringing neighbors together, we can cultivate a kinder world where everyone has a neighborhood they can rely on.

Building connections in the real world is a universal human need. That truth, and the reality that neighborhoods are one of the most important and useful communities in our lives, have been a guiding principle for NextDoor since the beginning.

MEALS

"To Go" Tuesday Lunches – There will be two drive thru lunches in **July – July 9, 23 and one in August – August 27**. (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

Note: On **Tuesday, August 13**, the meal will be our annual Kiwanis Picnic at Buckland Rec. Music by Cajun Zydeco Band. Pre-register by **August 8**. No lunches will be available at The Senior Center. Cost: \$3

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



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 1-3:00**. 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. **Upcoming Brown Bag days: July 17, August 21**

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

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

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, railings, temporary ramps, transfer benches, raised toilet seats, and more! Contact 413-774-2310 Option 4 or email 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 24, August 28)**

You May Qualify for SNAP Benefits!

If your 1-person household has a gross monthly income of \$2,430 or less
If your 2-person household has a gross monthly income of \$3,287 or less

Volunteer Corner

Looking for Volunteer Drivers

The Senior Center often receives requests for rides outside of our On Demand Response parameters. Many seniors in our Buckland, Shelburne and Ashfield areas need transport for medical, social, or wellness activities and appointments. If you have a valid driver's license, and can transport using your vehicle, The Senior Center will cover mileage costs. Please call Juli or Bob at 413-625-2502 for more information, and to volunteer today!



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

Our Doctors of Audiology keep up with the **latest technology** and our **research-driven practices** provide the **best possible outcomes** in the treatment of hearing loss. We're proud to offer personalized, **patient-centered care**.

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Around the Towns....

Buckland's River View Park - The Buckland side of Shelburne Falls has a rich variety of businesses that populate State St and Conway St. In addition to the Riverwalk, the Town wants to further unify the village by giving folks an enjoyable outdoor space that joins the different enterprises. Conway St. currently has a small, rough parcel of land. Through grant funding, the plan is to build a modestly elevated pavilion there, with benches, picnic tables and a simple bike repair station. Ultimately a spiral staircase from the platform will lead to a small upper-level platform that would connect to Depot Rd. Both the pavilion and upper platform will give amazing views of the river, be ADA compliant, and provide walkers and cyclists with a pleasing place to pause on their way to or from the further reaches of the village.

Ashfield- 2024 Summer Spectacle "The Heron's Flight"

Directed by Jennifer Johnson and Travis Coe. Previews: July 18 & 19 at 8 p.m. and Performances: **July 23-29 at 8 p.m., August 1-11 at 7:30 p.m.**

Our 2024 Summer Spectacle- The Heron's Flight, directed by Jennifer Johnson and Travis Coe, is a new performance which travels through the gardens, barns, and waterways of DE's Farm Center. A great blue heron perches silently in a tree, then breaks the surface of the cool green water. Familiar and mythological creatures gather for a Midsummer Feast – an explosive celebration of love, dance, and flight. Walk with us toward transformation in an impossible world as we embrace the knowledge of the land – that each season of life is beloved.

Pet Corner: The Enduring Importance of Pets

If you have a pet that 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 it is a dog, cat, fish, bird, or exotic pet, enhance our lives and bring the blood pressure down. Except when they bring it up! Share the little love in your life with us.

Thank you, Lois and Don Bascom, for sharing Rosie with us!

Rosie is a rescue dog from Kentucky. Linda Rollins, our neighbor, helped us to get her. Rosie is a chihuahua mix, turning a year old at the end of May. She has been our dog since early February. She has bonded very well with us. Rosie loves to be outdoors, taking long walks and playing with us in her outdoor pen. She dances on her hind legs often. She loves to watch TV and jumps at the screen when animals appear. She is friendly with people and wants to be friends with other dogs. Her favorite pas-time is chasing squirrels

Shelburne- Porch Music Festival, Sunday July 14, 11 a.m.-6p.m. .www.shelburneporchfestival.com Saturday, August 5, 2023, 10 a.m. – 4 p.m.: Hill-town History Day This popular day is a joint event with Buckland Historical Society and other local hill town museums. All admissions are free to the public for the event so you can enjoy a day of West-ern Mass historical exploration.

Did You Know? Practical West County Wisdom

Seniorwise Newsletter

Welcome to our new Senior Wise series of Practical West County Wisdom. If you have a creative way of navigating being a senior, let us know!

Did you know that...

To bring a heavy box delivery inside your house, use a towel or old rug to place under and pull the heavy box inside with less effort.

To cut down on junk mail, use their pre posted envelope to put in a note to be taken off the mailing list. It is easy, with little effort and it works!

You can get a **FREE** coffee at Dunkin Donuts if you are over 55. You must ask for a discount. Great Clips also gives a senior discount!



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Not For You? Think Again.*



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Rosie

Holy Homemade Macaroni

Directions

Preheat oven to 350 degrees, lightly

Grease a 9x13 baking dish. Bring a pot of salted water to rolling boil. Cook the pasta to al dente. Melt the butter in a large saucepan on medium heat.

Add the onion, mustard, salt, pepper, nutmeg, cayenne -cook stirring until fragrant, about 30 seconds. Gradually whisk in the milk and heavy cream.

Bring mixture to a boil while whisking occasionally. Reduce heat to medium-low. Simmer mixture until slightly thickened. Stir in Worcestershire.

Transfer saucepan off heat. Stir in $\frac{3}{4}$ shredded yellow and $\frac{3}{4}$ white Cheddar. Stir together with the pasta. Add 4 oz diced yellow cheddar and 4 oz. diced white. Pour into prepared baking dish, place dish on rimmed baking sheet and bake about 30 min. Set oven to broil. Sprinkle remaining $\frac{1}{4}$ shredded yellow and $\frac{1}{4}$ shredded white on top and broil for about 2 min. or until cheeses are melted and golden. Cool on rack for 15 minutes. Garnish with parsley, optional.

16 ounces large elbow macaroni, uncooked,

can substitute large shells

6 T butter

1/3 cup yellow onion, grated

2 tsps. dry mustard

1 tsp salt, $\frac{1}{4}$ tsp black pepper

1/8 tsp nutmeg, 1/8 tsp cayenne

6 T flour

3 $\frac{1}{2}$ cups milk

1 $\frac{3}{4}$ heavy cream

2 tsp Worcestershire sauce

4 oz extra-sharp yellow cheddar, shredded, divided plus 4 oz. diced

4 oz sharp white cheddar, shredded, divided, plus 4 oz. diced

parsley, optional, to taste, for garnish

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.