

# Senior WISE

May-June 2021

## Newsletter by email?

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



*Our team of gardeners have been preparing for their return to the Center for the summer. As in previous years, they will be planting flowers in the front and back of our building to brighten things up. We look forward to seeing this year's flower display and hope that you can stroll by to admire it too!*

### CISA Farm Share Program

The Senior Center will once again be working with Sue Atherton of The Atherton Farm to offer 17 farm shares to seniors through the CISA Farm Share program this summer! Those age 60+ who meet income eligibility requirements have the opportunity to receive fresh local produce for at least 10 weeks throughout the summer months. Cost is a one-time fee of \$10 during enrollment. Shares are limited and will be distributed through a lottery on June 1st. Call us at 625-2502 to enter your name.

## The Latest on Our Reopening

We are all looking forward to the day when the Center can reopen and operate like old times. As the warm weather approaches, staff are keeping state and local COVID-19 safety precautions in mind as we brainstorm ways to offer more activities outdoors. We have decided to continue our To Go meals throughout the summer months. Some activities will be held outdoors in small groups but are weather dependent such as Bingo, Memory Café and Tai Chi. Foot Care, Reflexology and 1-on-1 computer instruction will be taking place indoors. We plan to order a large air purifier for our activity room so that one day when we are permitted to bring groups indoors, everyone can feel a bit safer. Any changes between now and our next newsletter will be advertised on our website [the-senior-center.org](http://the-senior-center.org) and on our Facebook page ([facebook.com/sfsrctr](https://facebook.com/sfsrctr)). You can also call us at 625-2502 for updates.

## Covid-19

### COVID-19 Vaccine Updates:

As of May, Senior Center staff have helped register 142 West County seniors for their COVID-19 vaccine appointment.

Visit our website [the-senior-center.org](http://the-senior-center.org) and click on "COVID-19 Vaccine Registration" on the right in red. If you are using a phone in mobile view, scroll all the way down to find this. This page features all of the websites that offer vaccine appointment links in one easy place.

**Greenfield John Zon Center Vaccine Waitlist:** call (413) 775-6411 and leave a message with your name and phone number. You will be contacted if an appointment becomes available.



### FRCOG'S COVID Vaccine Information

**Hotline:** call (413) 774-3167 ext. 153. This hotline will feature a regularly updated message about current vaccine status in our region.

### LifePath's Vaccine Access Hotline

is here to help if you do not have internet access or need assistance registering for the vaccine and/or transportation to your vaccine appointment. Call (413) 829-9285 and leave your name, town and call back number so that they can follow up with you.

*Ashfield • Buckland • Shelburne*

A newsletter by the Senior Center Foundation, Inc. which supports The Senior Center 7 Main Street, Shelburne Falls, MA 01370

## MISSION STATEMENT

The mission of the Senior Center and member Councils on Aging is to enrich the lives of residents in the community as they age by designing support networks, identifying and meeting their needs and interests, and providing services and programs in welcoming, respectful, and safe environments.

## STAFF

**Amanda Joao**, Director

**Leanne Dowd**,  
Outreach Coordinator

**Dot Lyman**,  
Activities Coordinator

**Robert Szafran**  
Transportation Coordinator &  
Van Driver

**Paul Labelle**, Van Driver

**Peter Otten**, Van Driver

**Michael Shea**, Van Driver

**Hugh Knox**, Meal Site Manager

**Gloria Fisher**, Office Assistant

## SENIOR CENTER BOARD

**Doug Field**, Chair, Ashfield

**Nancy Brewer**, Vice Chair, Shelburne

**Ellen Eller**, Secretary, Buckland

**Sue Bishop**, Treasurer, Shelburne

**Nina Laurie**, Ashfield

**Wayne Wickland**, Ashfield

**Anne Yuryan**, Ashfield

**Lois Bascom**, Buckland

**Joanne Soroka**, Buckland

**Sylvia Smith**, Shelburne

**Penny Spearance**, Shelburne

## NEWSLETTER

SeniorWise is produced bi-monthly. Content contributions are welcome. Layout & design by Diana Hardina

## The Senior Center

413.625.2502

[sfsrctr@crocker.com](mailto:sfsrctr@crocker.com)

## New Website!

[the-senior-center.org](http://the-senior-center.org)

Like us on Facebook:

**Shelburne Falls Senior Center**

See us on Instagram:

**Sfsrctr**

# Q&A

## with Liaison Officer Tucker Jenkins

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

### Q: What made you decide to pursue a career as a police officer?

**A:** I started to have interest in the profession as a child, hearing stories told by my grandfather who was a police officer. As I got older, I began coaching baseball, and really developed a passion for giving back to the community, and helping others grow through adversity. Later on, I began working as a peer mentor with behaviorally challenged peers. Through this work, I realized that I wanted to make an impact on people. I knew that becoming a police officer would give me that opportunity and provide me with options to assist people during their most troubling times.

## Transportation The Senior Center's Transportation Program

We continue to provide curb-to-curb Van Transportation by contract with the FRTA, for residents age 60+ of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Rowe and Shelburne. Priority is for (non-emergency) medical rides and food shopping. Drivers are wearing masks and gloves; vans are sanitized often, and ridership is limited to keep proper social distancing.

Please call the Center at 625-2502 to make an appointment at least 48 hours in advance or for information about reservations and fees. A short application with a copy of a photo ID is needed to be pre-approved for ridership. Fares range from \$.75-\$2.25 each way with a \$5 fare for WalMart (3rd Friday of the month).

Big Y shopping (Tuesday or Thursday depending on town) is free.

**FRTA** arranges rides to out of county medical appointments. Call the FRTA at 774-2262 x163 for information and reservations and information about their fixed route between Charlemont and Greenfield with stops in Buckland and Shelburne.

**LifePath** has a volunteer escorted transportation program, Rides for Health, for active LifePath clients only. This program can provide rides for out of area medical appointments. Contact LifePath at 413-773-5555 for more information.

### Q: What would you say is your favorite part of the job?

**A:** First and foremost, every day is different and every call is different which makes each shift interesting in itself. However, my favorite part would be meeting and assisting people from all walks of life and helping them resolve whatever issues they may have. Even though some days are darker than others, our job really allows us to immerse ourselves in the community and build rapport and relationships with everyone. Working in a small town like Shelburne Falls, these relationships are imperative and help to build a strong community.

Contact Officer Tucker Jenkins at the non-emergency phone numbers or email below if you or someone you know could use his assistance.

Office: 413-625-0304 Ext. 5

Email: [tjenkins@townofshelburnema.gov](mailto:tjenkins@townofshelburnema.gov)



*A very special thank you*

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

**Mrs. Wroblewski's 1st Graders at Buckland-Shelburne Elementary** – handmade pinecone bird feeders

**Sylvia & Keith Orcutt** – air purifier for computer room & food for staff

**Elaine Misch, Eric Temple, Janice Corliss** – food for staff

**Prudy Wholey** – cards and stamps

**TuVi Luong** – masks

**Lois Bascom** – office supplies

**Vicky Rogers** – food

**Margaret Hillman** – food

**Karen Herzog** – kitchen appliance

**Ellen Jenkins** – paperback books

**Karen Dobosz** – books and sanitizing supplies

**Diana Hardina** – puzzles

**Allyn & Nancy Hurlburt** – puzzles

## Gift Fund

**Cheryl Dodge**

**Kate Downes**

**Gordon Dean**

**Marie Claire Cournand**

**Ellen Eller**

**Nancy Holland**

**Sidney Seltzer**

In Memory of Richard "Dick" Goldthwaite

**Arthur & Beverly Williams**

**Constance Szelewicki**

**Cheryl Faufaw**

# 太極



Lois Bascom will begin offering one of her Tai Chi classes outdoors in the Trinity Church parking lot.

## Library Book Delivery Service

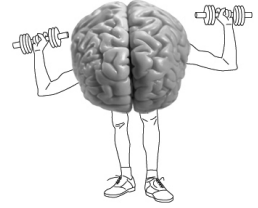
**Buckland Library** call in by Fri. or Sat. 625-9412 for delivery on **May 4, 18 June 1, 15**

**Arms Library** call in by Mon. or Tues. 625-0306 for delivery on **May 5, 19 June 2, 16**

**Ashfield Library** call in by Mon. or Tues. 628-4414 for delivery on **May 5, 19 June 2, 16**

Residents who feel unsafe leaving their homes due to COVID-19 can now call in their library book orders to the participating libraries listed above and have them picked up and delivered to their homes by Senior Center volunteers. If you are interested in becoming a delivery driver for this program, please call 625-2502. If you are a senior who would like to take advantage of this free service, please call us so we can put you on our list.

## exercise programs



### NEW! Outdoor Tai Chi for Energy

Lois Bascom will be teaching this new class on **Thursdays at 9 a.m.** outside in the Trinity Church parking lot. She will be using Dr. Liam's Tai Chi for Energy program. This program promotes the opportunity to relax, refresh and revitalize. It will help you acquire better health, internal energy and the ability to manage stress. This program is great for beginners as well as those who have been practicing for a while. Wear comfortable clothing, shoes and bring your water bottle. Masks must be worn at all times (regardless of your vaccination status) and social distancing will be followed. On rainy days, the program will be offered on Zoom. Lois has been certified to teach this program and has taught Tai Chi for 5 years at the Senior Center. Lois is charging \$20/month. If interested in joining or for more information, call Lois at 625-2970 or email her: lola621@comcast.net

**NOTE:** During the week of **June 7-11** there will be **no classes** as Lois will be attending a weeklong Tai Chi workshop by Zoom.

### Healthy Bones & Balance on Zoom

Every **Wednesday from 10-11 a.m.** the Senior Center will be offering the Healthy Bones & Balance program through Zoom. Jane Wagener and Honey Boyden are the instructors as they have been in the past. If you have weights at home you can use them or improvise by using cans of sand, peanut butter or other food cans, or participate without weights. Make sure that you have a chair to sit in and to use for balance. Call us at 625-2502 for Zoom connection questions.

### Zoom Connection Instructions:

- 1) Search "**zoom.us**" on your internet search bar
- 2) Click on "Join a Meeting" in blue at the top
- 3) Enter the following Meeting ID:  
**874 6615 1786**
- 4) Wait for Zoom host to let you into the class

### Seated Tai Chi Class on Zoom

**NOTE: Seated Tai Chi on Zoom will now be on Tuesdays at 10 a.m.** – this change was made

after our activity calendars were already printed. Lois Bascom will offer a seated Tai Chi class via **Zoom on Tuesdays at 10 a.m.** It involves the same movements, but seated. Many people who participate in the seated class are able to recover strength in their legs and lower back and in time may be able to join a standing class. This class is appropriate for those who might be in a wheelchair, need to use a walker or just don't feel steady on their feet. Cost is \$20 per month. For more information call Lois at 625-2970 or email her: lola621@comcast.net

**NOTE:** During the week of **June 7-11** there will be **no classes** as Lois will be attending a week-long Tai Chi workshop by Zoom.

### Exercise Classes on Falls Cable

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

## other programs

### Outdoor BINGO returning!

As soon as **Thursday afternoons are warm enough**, we hope to offer Bingo in the parking lot behind The Senior Center. Masks will be required regardless of your vaccination status. Since this will be weather dependent, Bingo taking place that week will likely be a last-minute decision. Call the Center at 625-2502 if you would like to be added to the Bingo call list to be contacted when the weather looks promising!

### Pick Up Some Fun!

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



## resources

### MRC Senior Resilience Program

The Massachusetts Medical Reserve Corps is matching trusted volunteers with local seniors who are lonely and isolated due to COVID-19. Your volunteer match will keep in contact through phone calls or video conferencing. They will read you stories, select films for you to watch and connect you with in other ways to keep busy during these difficult times. There is no better feeling than having someone out there who is looking out for you and keeping in touch. If you are interested in this program, please contact Corinne McKeown, Director of Berkshire & Franklin MRC at (413) 539-4115.

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### Alzheimer's Support

#### Caregiver Support Group

Monday, May 3, 2-3:30 p.m.

Monday, June 7, 2-3:30 p.m.

At present the group is conducted remotely for family members caring for a loved one with Alzheimer's disease or dementia and meets once a month. Outreach Coordinator Leanne Dowd and Social Worker Dianna Young facilitate the group. Please call Leanne prior to the group at 625-2502 for the specific remote log in information. There is no charge to attend.

### The West County Memory Café

The Café is currently on hold during the pandemic with the possibility of a resumption of the Café outside as the weather allows. In the past the Café has met the **third Friday of each month from 12-1:30**. If you are interested in learning more details as we resume please contact Leanne at 625-2502.

## health

### Foot Care Clinic

**Mondays, May 10 from 8:30-3:30; May 24 from 8:30-12:30, June 14 from 8:30-12:30 and June 28 from 8:30 to 3:30**

Registered Nurses from Foot Care by Nurses are providing foot care clinics at the Center. Appointments take up to 30 minutes and include nail clipping, callous removal, and a foot massage. Cost is \$35.00 for Ashfield/Buckland/Shelburne residents and now \$45.00 for residents from other towns. Call the Center to book an appointment at 625-2502. For home visits, call 413-367-8369. Partial funding is provided by The Senior Center Foundation.

### Reflexology

**Tuesdays, May 4, 18, June 1, 15  
11:30-3:30**

Susanne Recos, who is certified by the Ameri-

can Reflexology Certification Board, is available for personal appointments here at The Senior Center. Please call to make a **half-hour** appointment for Susanne to work on your **hands**, or a **one-hour** appointment to work on your **feet**. Cost for members is \$10 for hands, \$25 for feet. Other residents pay \$15 for hands and \$30 for feet. Partial funding is provided by The Senior Center Foundation.



*Our Outreach Coordinator Leanne Dowd wearing her new headset as she prepares for another busy day at the Center.*

## Outreach Services

### SHINE Medicare Insurance Assistance

You can receive FREE and confidential information about your Health Insurance options from a SHINE counselor at The Senior Center. The Senior Center has two SHINE Counselors – one is our Outreach Coordinator Leanne Dowd and the other is SHINE volunteer Larry Bezio. Leanne is available for phone or in-person appointments Monday through Thursday. Larry is available for in-person appointments the 1st Wednesday of the month and can also answer your questions over the phone. 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.

### Mental Health Support

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

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

Taxes - Accounting - Financial Planning

89 Main Street  
Shelburne Falls, MA 01370  
Ph: 413/625-9593  
Fx: 413/625-9461  
george@crocker.com  
www.89MainSt.com



## Free West County Outdoor Wifi Hotspot Locations

For those of you without internet access here is a list of free WiFi hotspots that are available to you with your device and from the safety of your car.

- 344 Main St, Ashfield
- 32 Upper St, Buckland
- 10 School St, Charlemont
- 12 Main Rd, Colrain
- 8 Pudding Hollow Rd, Hawley and 247 West Hawley Rd, Hawley
- 18 Jacobs Rd, Heath
- 1 East Main St., Town Hall, Heath
- 3C School St, Monroe
- 1207 Mohawk Trail, Shelburne

## Important Phone Numbers

**Ashfield Town Hall:**  
413-628-4441

**Alzheimer's Association Helpline:**  
1-800-272-3900

**Buckland Town Hall:**  
413-625-6330

**Massachusetts Elder Abuse Hotline:**  
1-800-922-275

**Shelburne Town Hall:**  
413-625-0300

**Medicare: 1-800-633-4227**

**Mass COVID-19 Counseling Line 1-888-215-4920**

**Social Security**  
Holyoke office  
1-877-480-4989

## technology resources

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

### RETURNING 1-on-1 Computer Services

Clint Davis will resume one-on-one computer help (PC, MAC, iPad/tablets, cell phones, etc) beginning **Thursday, May 6 and continuing every Thursday through August.** He will be seeing **two people** per day for **90-minute slots (8:30-10 and 10-11:30).** You can schedule an appointment by calling The Senior Center at 625-2502. Free for residents of Ashfield, Buckland and Shelburne. \$10/class for member of other towns. To enter our building, please ring the doorbell and someone will let you in. Masks are required at all times inside of our building, regardless of your vaccine status. Those who enter our building are expected to complete a COVID-19 symptom survey and sanitize their hands.

### Chromebook Computer Loan Program

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

The Center now has multiple Chromebook laptops to loan out for members to use inside of their homes.

The loan period starts at 1 week per person. Chromebooks are more user-friendly than typical laptops and are perfect for those who are unfamiliar with computers or just want to browse the web. This program is free of cost. Made possible by LifePath's Emergency Fund program and local donors.

### Lifeline Discounted Internet or Phone Service

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

## Consumer Tip: Hiring Home Improvement Contractors

Summer is a popular time for home renovations. Below are some tips on how to find a trustworthy Home Improvement Contractor, provided by the Northwestern District Attorney's Consumer Protection Unit. You can reach their Greenfield location at 774-3186 or Northampton location at 586-9225 for more information.

- Verify your contractor's registration and license with the state of Massachusetts by calling 888-283-3757 or visiting [mass.gov/consumer](http://mass.gov/consumer).
- Make sure you check the contractor's references and reviews for any previous complaints.



- Make sure that you obtain a copy of the contractor's insurance.
- Make sure that you have a written and signed contract in hand prior to the start of the project.
- Make sure the payment schedule for your home renovation is broken into 3 payments: 1 payment at the beginning of the project, 1 in the middle, and 1 when the work is finished.

### ESTATE PLANNING AND ELDER LAW

**Kate Downes**

*Attorney at Law*

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

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# Recipe

## Easy Tomato Gazpacho "Summer Soup"

Prep Time: 15 minutes  
Cover/Chill Time: 2 hours  
Yields: 6 servings

### Ingredients:

- 2 large tomatoes (heirloom OR vine-ripe red), peeled
- 1 large cucumber, peeled & halved
- 1 onion, peeled & halved
- 1 green bell pepper, seeded & quartered
- 24 oz. tomato juice
- ¼ cup extra-virgin olive oil
- 1/3 cup red wine vinegar
- 1 ½ teaspoons kosher salt
- ¼ teaspoon black pepper
- A few dashes of hot sauce
- 1 clove garlic, minced
- ¼ cup chives, finely chopped



### Instructions:

- 1)** Blend 1 tomato, ½ the cucumber, ½ the onion, ¼ of the green bell pepper and ½ cup of tomato juice in a blender until smooth.
- 2)** Transfer to a bowl and add remaining tomato juice and the olive oil, vinegar, salt, pepper and hot sauce.
- 3)** Cover and chill for 2 hours in the refrigerator.



Staff members Dot Lyman, Amanda Joao sport their St. Patrick's Day hats at the March 16th To Go meal

- 4)** Dice the remaining veggies and refrigerate them separate from the soup.
- 5)** Stir in the garlic and diced veggies before serving. Sprinkle the chives on top and then serve cold.
- 6)** Leftovers can be kept in the fridge for up to 5 days.

## meals

**Drive Thru Wednesday Weekly Life-path Lunches** – monthly menus available. **Pre-registrations are required no later than 3:30 p.m. on Monday** for the Wednesday lunch by calling 625-2502. Suggested donation: \$3. Drive up in front of The Senior Center and your meal will be handed to you. You do not even have to leave your car.

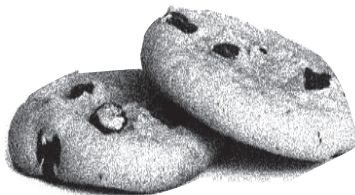
### Sweet Treats for Ashfield Residents

The Ashfield Police Department is helping to lift spirits during this difficult year. Outreach Officer Gerstner will be delivering homemade treats on Tuesdays throughout winter to Ashfield seniors. All treats are made in a certified kitchen. You can sign up for a treat **every Tuesday** or schedule specific Tuesdays. Give

them a call at 628-4441 ext. 1 to schedule your delivery. Free for Ashfield seniors. Donations are accepted to support this effort.

### Drive Thru Tuesday Lunches

Our drive through lunches have been a great success. We will offer two lunches in May and two in June. See the calendar for days and times. This gives us all a chance to see each other a little bit more! Preregistration is required because meals are prepackaged. Drive up in front of The Senior Center and your meal will be handed to you. You do not even have to leave your car. Cost: \$3



Sweet Treats program ends in May.



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Home and clinic visits by appt. 413.367.8369 ↵

## THE BAKER PHARMACY

413-625-6324

**HOURS:**  
Monday–Friday 8:30am–8pm  
Saturday 8:30am–3pm  
Sunday Closed

52 Bridge Street, P.O. Box 188 • Shelburne Falls, MA 01370

## What is the Senior Center Foundation?

By: Margaret G. Payne, President of the Senior Center Foundation

It can be confusing that there are two organizations with "Senior Center" in their names. You all know about "The Senior Center." It is that place in Shelburne Falls where compassionate people have come together to dedicate many hours to fulfilling the Center's mission: "...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 a welcoming, respectful, and safe environment". Even throughout the pandemic, The Senior Center con-

## Senior Center Foundation News

tinues to fulfill that mission.

**The Senior Center Foundation** is the fundraising arm of The Senior Center. We can do what the staff and board of the Center are not permitted by law to do - ask for funds to support the work of the Center. The Senior Center Foundation, Inc, is a 501(c)(3) non-profit organization that is not only allowed, but **EXCITED** to tell the story of the Center. The Foundation sends our regular appeals in order to build up our community of donors that provide financial support to the Center.

Although the three towns - Ashfield, Buckland and Shelburne - are partners in a consortium that pays the bills for

the Center, the Foundation helps in two other important ways:

- **Number one:** we raise funds regularly that subsidize some of the costs of the Center that are not covered by the three towns.

- **Number two:** we are working hard to create an organization and budget that will be able to mount a major capital campaign to finance the renovation or building of a space that will be able to support all of the programs and services that are needed to keep up with our rapidly-growing senior population.

**When you give to the Senior Center Foundation, you give to both the present and the future of The Senior Center. Together we make a difference in the lives of seniors in our area.**

## food and clothing

### The West County Food

**Pantry** - at Cowell Gym in Shelburne is open the **2nd, 3rd and 4th Wednesdays from 11-4 p.m.** and now functions as a drive through pantry. Follow the signs to the back of the building where you will be given pre-packaged bags of groceries based on your family size. Call Community Action at 773-5029 ext.2 for more information.

### The Hilltown Churches

**Food Pantry**, traditionally located downstairs at the Congregational Church on Main Street in Ashfield, is open **every other Tuesday from 2-6 p.m.** and now functions as a drive through pantry (follow signs when you enter the driveway) with pre-made bags of groceries. The only requirement for accessing the food pantry is proof of residency in one of the towns that are served and a simple statement of need. The Food Pantry serves the eleven hilltowns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. **There are no income requirements.**

### You Might Qualify for SNAP Benefits:

<b>1 person household</b>	<b>\$2,127 gross income</b>
<b>2 person household</b>	<b>\$2,873 gross income</b>

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

### Community Meal at Trinity Church

The West County Community Meal at Trinity Church is back up and running! A hot nutritious meal is served **every Friday night 5:30-6p.m.** During the pandemic meals are being served outside the front door of the church at 17 Severance Street. It is a to-go drive up meal and as always, all are welcome including walkers with no reservation needed. Donations are accepted but not expected! Questions? Call 413-625-2341

### Clothes Closet at Cowell Gym

The Clothes Closet is currently closed during the pandemic for the safety of volunteers. The clothing donation shed at the Cowell Gymnasium is still open for donations.

**The Brown Bag** program is a bag of groceries specifically for low-income adults who are 55 years and older (or younger with a documented disability) and is distributed on the **third Wednesday of the month at the Center from 2-3:30 p.m.** To apply for the monthly bag of groceries, call the Food Bank of Western Massachusetts at **800-247-9632** or you can contact Leanne at The Senior Center for help with the application. Upcoming Brown Bag days: **May 19, June 16.**



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



**THE Arbors**  
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**At Greenfield**

413-339-3665 • [arborsassistedliving.com](http://arborsassistedliving.com)

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

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

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## *Expansion Committee News*

### **Why is it Time to Replace the Consortium With a "Senior Services District?"**

**Developed by: The Senior Center Expansion Committee**

The Senior Center desperately needs more space. The existing Ashfield-Buckland-Shelburne Consortium makes no provision for capital projects. A Senior Services District, established as a new legal entity, would permit funding for the physical expansion of the Center and/or other improvements to meet the needs of a growing senior population.

- **The District would be funded by all three towns and run by a board appointed by them.** Annual operating budgets and any improvement costs would require the approval of all three towns at Town Meetings.
- **Creating a District won't increase taxes.** As with the Consortium, public and private donations and grants will augment regular town assessments for operating and capital costs. Future

expense proposals will go to the towns' Town Meetings for a vote and each town will decide how to pay its portion.

- **The District decision isn't a done deal.** Because the pandemic made public hearings impossible, it was decided to delay any Town Meeting votes until the three towns' residents have time to ask questions and provide adequate community input.

- **Ashfield is not out of the picture.** In a recent letter, Ashfield's town leaders said they've always supported The Senior Center and remain open to seeking "a flexible and cost-effective model for providing services that will benefit all member towns." That is at the heart of the District idea and the Expansion Project.

**For more information, please see The Senior Center website at [the-senior-center.org](http://the-senior-center.org) and select "Senior Center Expansion Project" at the top.**

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