

Hancock Shaker Village Bus Trip

Wednesday, Sept. 18 – leave Center 9 a.m., return between 3-4 p.m.



SeniorWise

Sept.-Oct. 2024

Shaker Village is a living history museum spread out over several acres. You are free to wander to see what you want. Most buildings are handicapped accessible, a few are not. They suggest people dress in comfortable walking shoes and clothing appropriate to the weather as the buildings are not attached to one another. We will be there about 2 ½ hours. There is a café on site where you can buy food if you wish. We will be making a stop for either food or ice cream on the way home. We will be taking a Senior Center van that will accommodate 13 people. Pre-register by Sept 12. Cost: \$5.50 for the van, \$18 admission, money for food.

Reflexology is back! See description under Programs on page 2.

Musical Performance by The Star Cats



Wednesday, Sept. 11, 12:30 p.m.

Join us at The Senior Center for this performance of retro-pop, swing and Latin Jazz music. Sponsored by the Shelburne, Buckland, Ashfield Cultural Councils. Desserts and drinks will be served.

Pre-register by Sept. 5

Healing Hands: A Guide to Hand Therapy by Karen Pettengill, OT

Tuesday, Sept 17- 10-11:30 a.m.

If you have difficulty or pain using your hands because of arthritis, let's talk about it!

Sooner or later most people develop arthritis, and the resulting stiffness, weakness and pain can make it hard to do even the easiest daily activities. There are many ways to protect your joints from becoming more painful, and they are easy to learn and very effective.

During this presentation, we will look at strategies for adapting the way you use

your hands, including some that I routinely use because of my own arthritis! There are quite a few wonderful adaptive devices as well, so we'll talk about these, and I'll show you both pictures and actual devices to try out. We will have time for you to ask questions and for me to describe some of the other treatments that may help you out.



KNOW BEFORE YOU GO! with Joe Judd

Wednesday, Oct. 9, 12:30 to 2:00 p.m.

The Presidential Election is November 5! Come join us as longtime Shelburne Town Clerk Joe Judd visits The Senior Center to talk about the 2024 Presidential Election, which is rapidly approaching. Topics we'll be discussing are as follows, but not limited to; Voter Registration, Early Voting in Person, Mail-in Voting, Election Day procedures, and 6 things you MUST KNOW before going to the polls OR voting with a Ballot by Mail. Come and ask your questions during this 1½ hour program as we all prepare to let our voices be heard on Election Day!

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...

Penny Spearance- raffle items and cards

Jeannie Bruffee – eggs

Karen Herzog – fruit

Stone Soup Café – pastries

Louise Deren – cloth materials

Sheila Clinton- American flag

Carol Kelshaw – toothpaste

Yolene Schaefer – cards

McCusker's Market – pastries

Sue Grader – hearing aid batteries

Annette Szpila - walker

Kiwanis Club – annual picnic

Ed Dzialo and Jim Perry – parking cars at picnic

All volunteers who helped out at the picnic

Gift Fund Donations

Peter Otten – Foot Care

Amy Barry – Caregivers Program

Joanne Rideout – Home Repair

The Senior Center Foundation



Judy Sweet and Mike McCusker with an empty blueberry buckle tray during Buckland Days on the Buckland Common.

PROGRAMS

Councils on Aging Game Night

Wednesday, Sept. 18, 5:30 p.m.

Join us at The Senior Center for soup and dessert and a fun evening. We have many games available, or you can bring your own favorite game to play. Pre-register by **Sept 12**. Sponsored by Ashfield, Buckland, Shelburne Councils on Aging.

Reflexology is Back!

1st Wednesday of every month starting Oct. 2, 12:00-4:00 p.m.

Susanne Recos, certified American Reflexologist, will return to The Senior Center for personal appointments. She will give ½ hour to work on your hands or 1-hour appointments to work on feet.

Massaging hands or feet stimulates the nervous system and relaxes the body. Cost for members: \$20 for hands, \$35 for feet. Cost for others: \$25 for hands, \$40 for feet. Payment is made directly to Susanne Recos by check, cash or credit card. Pre-registration is required.

More Paper Play as an Artistic Medium workshop

Tuesday, Sept. 3-Oct. 29, 2-3:30 p.m. (no class Sept. 10)

Join Alan Young in further exploration of paper as an artistic medium. We will spend some time making Chinese “Thread Wallets” known as Zhen xian bao. The remaining classes will be devoted to whatever avenues the group wishes

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

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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

to pursue. Bring an open mind and your creativity, all other materials will be provided. No prior experience is needed. Please pre-register.

Coffee Corner

Monday, October 7, 10-11 a.m.

Join us for a presentation by Daniel Greene, owner of Good Bunch Farm in Charlemont. His topic will be “Putting your gardens to bed!” He will focus on food gardens but will touch on flower gardens as you get ready for the winter. Coffee and pastries served.

Pre-register by **Oct. 3**.

PROGRAMS

Death Café

Monday, October 21, 3-4:30 p.m.

Welcome to the conversation you've been dying to have! A Death Café is an opportunity to come together as a community, to discuss ideas about death (and life!) in a lighthearted way. We will eat cake, drink tea and listen to each other as we openly share our hopes, fears and our many questions about death that might lead us to lead a more meaningful life. The objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives.' A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session."

Mystery Lunch Bunch

Wednesday, October 2, leave 11 a.m.

Take your chance with us! No one knows where we're going except Bob and Dot. And to make it more mysterious, Bob will take a long way to get to where we're going. Cost: \$5.50 for the van, money for your lunch. Pre-register by Sept. 25.

iPad Tablets for Loan

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

A Novel Idea Book Club

Wednesday Sept. 11, October 9, 2:30- 4:00 p.m.

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

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.



Sept. 25

**Mission Impossible
Dead Reckoning**



Oct. 30

Hocus Pocus

Never Alone- Support Group

Friday Sept. 13, 27, October 11, 25, 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

The Men's Night Meetings are held the second Wednesday of the month. Call Don Bascom if you would like to go (625-2970). Meet at The Senior Center and carpool. **Sept. 11**, 5:30 trip to Waste Water Treatment Plant; **Oct. 9**, 4:45 trip to Hillman Excavation Pit in Ashfield.

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 (Game Afternoon)

Tuesday, Sept. 10, Oct. 23, 1:30-3:00 p.m.

From now on this will be called Game Afternoon. From the Game Afternoon in July came the suggestion that people would like to come and play other games also. So, Cribbage will be one of the games and people who show up can play other games they are interested in. A good time to be had by all!

Focusing Arts with Rosie Fanale

Wednesday, Sept. 25 and Oct. 30, 3-4:30 p.m.

Focusing is a practice of self-reflection that encourages us to turn towards the sensations and emotions within our bodies. For instance, it could be the excitement we feel, the anger that arises, or the unexpected joy from reconnecting with an old friend. Focusing involves approaching these internal experiences with deep listening, unconditional care, and loving kindness. Through this process, we can tap into the deeper layers of our inner wisdom. Rosie will guide participants in exploring their inner sources of power and peace or discovering their inner nurturer through focusing-oriented expressive arts. All are welcome to join in this enriching journey of creative exploration. There is no cost for this activity.

HEALTH

“Ask the Nurse”

Tuesday, Sept. 24, 10:30 a.m. – 12 p.m.

Tuesday, October 22, 9:30-12:30 Vaccine Clinic—pre-registration required by **Oct. 10**

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.

NOTE: Oct. 22 Vaccine Clinic – Flu shots and COVID booster new formula. Pre-registration includes filling out a form, including insurance information and returning to Senior Center before **October 10**. Limit 40 people

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

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, Sept. 16, 30, Oct. 21, 28, 8:30 a.m.–3:30 p.m.

Mondays, Sept 9, Oct. 7, 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.

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

Tuesdays beginning October 1, 4:30-5:30

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



Lois and Don Bascom enjoying the COA Ice Cream Social

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.

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.

Did You Know?

Earth's Population Statistics in Perspective.

The population of Earth is around **7.8 billion**.

For most people, it is a significant figure. However, if you condensed 7.8 billion into 100 persons, and then into various percentage statistics, the resulting analysis is relatively much easier to comprehend.

Out of 100:

11 are in Europe
5 are in North America
9 are in South America
15 are in Africa
60 are in Asia

49 live in the countryside
51 live in a city

75 have mobile phones
25 do not have mobile phones

30 have internet access
70 do not have the availability to go online

83 can read
17 are illiterate

26 live less than 14 years
66 died between 15 - 64 years of age
8 are over 65 years old

If you have your own home, eat full meals and drink clean water, have a mobile phone, can surf the internet, and have gone to college, you are in the minuscule privileged lot (in the less than 7% category).

Amongst 100 persons in the world, only eight live to or exceed the age of 65! If you are over 65 years old, be content and grateful, cherish life and grasp the moment.

If you did not leave this world before the age of 64, like the 92 persons who have gone before you, you are already the blessed amongst humankind.

Take good care of your health, cherish every remaining moment.

Senior Center Patio Garden

Our team of gardeners work 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. 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 tend plants

from the Bridge of Flowers while they are closed. Many of the plants in the rear patio 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.



Judy Sweet and Ellen Eller with Smokey at the Buckland Day on the Common

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community for
41 years.**



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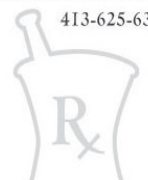
413-625-6324

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>2</p> <p>Labor Day Center closed</p>	<p>3</p> <p>Greenfield Shop Trip ☁</p> <p>2-3:30 More Paper Play workshop ☁</p>	<p>4</p> <p>In-town Shop ☁</p> <p>8:30 Yoga 10:00 Healthy Bones & Bal 1:00-2:00- Credit and You, GSB presentation- refreshments ☁</p>	<p>Meals on Wheels / Lifepath Lunch</p> <p>5</p> <p>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 ☁ 12:00 Ashfield COA brown bag lunch 12:30 Bingo</p>	<p>6</p> <p>Staff available by phone 9-3 10-12 Internet Cafe ☁</p>
<p>9</p> <p>8:30-12:30 Foot Clinic ☁ 12:30 Drumming 2:00 Caregivers Support Group</p>	<p>10</p> <p>Greenfield Shop Trip ☁</p> <p>12-1:30 To go meal ☁ corn chowder & BLTs, blueberry dessert (Cost: \$4) 1:30-3 Cribbage – Game Afternoon Buckland Library Book Delivery</p>	<p>11</p> <p>In-town Shop ☁</p> <p>8:30 Yoga 10:00 Healthy Bones & Bal. 12:30 Performance by The Star Cats ☁ 2:30 Novel Idea Book Club 5:15 Men's Nite to Waste Water Treatment Plant Arms Library Book Delivery Ashfield Library Book Delivery</p>	<p>Pre-register for 9/10 meal</p> <p>12</p> <p>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 Conversation Cafe Pre-register for Shaker Village</p>	<p>13</p> <p>Staff available by phone 9-3 1:30-3 Never Alone- Peer Support</p>
<p>16</p> <p>8:30-3:30 Foot Clinic ☁ 1:00 Drumming</p>	<p>17</p> <p>Greenfield Shop Trip ☁</p> <p>10-11:30 Healing Hands presentation ☁ 2-3:30 More Paper Play workshop ☁</p>	<p>18</p> <p>In-town Shop ☁</p> <p>8:30 Yoga 8:45 Shaker Village Bus Trip ☁ (see article) 10:00 Healthy Bones & Bal 1-3 Brown Bag 5:30 Conversation Café Game Night (see article)</p>	<p>19</p> <p>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 9/24 meal</p>	<p>20</p> <p>Staff available by phone 9-3 Wal-Mart Shop Trip ☁ 12-1:30 Memory Cafe ☁</p>
<p>23</p> <p>1:00 Drumming</p>	<p>24</p> <p>Greenfield Shop Trip ☁</p> <p>10:30-12 Ask the Nurse 12-1:30 To go meal ☁ shepherd pie, fruit salad, dessert (Cost : \$4) 2-3:30 More Paper Play workshop ☁ Buckland Library Book Delivery</p>	<p>25</p> <p>In-town Shop ☁</p> <p>8:30 Yoga 10:00 Healthy Bones & Bal. 10-12 Veteran's Agent 1:00 Movie: "Mission Impossible Dead Reckoning" 3-4:30- Focusing Arts Arms Library Book Delivery Ashfield Library Book Delivery re-register Mystery Lunch Bunch</p>	<p>26</p> <p>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>27</p> <p>Staff available by phone 9-3 1:30-3 Never Alone- Peer Support</p>
<p>30</p> <p>8:30-3:30 Foot Clinic ☁ 1:00 Drumming</p>	<p>☁ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events</p>			<p>September The Senior Center in Shelburne</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>October The Senior Center in Shelburne</p>	<p>1 Greenfield Shop Trip ☁ 2-3:30 More Paper Play workshop ☁ 4:30-5:30 Aerobics</p>	<p>2 In-town Shop ☁ 8:30 No Yoga 10:00 Healthy Bones & Bal 10:30 Lunch Bunch Mystery Trip ☁ 12:00-4:00 Reflexology</p>	<p>Meals on Wheels / Lifepath Lunch 3 Greenfield Shop Trip ☁ 9:00 Tai Chi for Arthritis & Bal 9:30-11 Outreach Coord. In Ashfield at Town Hall 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:00 Ashfield COA lunch with speaker 12:30 Bingo</p>	<p>4 Staff available by phone 9-3 10-12 Internet Café at Ctr.</p>
<p>7 8:30-12:30 Foot Clinic ☁ 10-11 Coffee Corner and Presentation- Daniel Greene from Good Bunch Farm "Putting your Garden to bed" 12:30 Drumming 2:00 Caregivers Support Group</p>	<p>8 Greenfield Shop Trip ☁ 12-1:30 To Go Meal ☁ (lasagna, green salad, garlic bread, dessert) Cost: \$4 2-3:30 More Paper Play workshop ☁ 4:30-5:30 Aerobics Buckland Library Book Delivery</p>	<p>9 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal. 12:30-2pm- Know Before You Go presentation ☁ 2:30 Novel Idea Book Club at Ctr 4:45 Men's Nite to Hillman Excavating Pit in Ashfield Arms Library Book Delivery Ashfield Library Book Delivery</p>	<p>10 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.</p>	<p>11 Staff available by phone 9-3 1:30-3 Never Alone- Peer Support</p>
<p>14 Indigenous People Day Senior Center Closed</p>	<p>15 Greenfield Shop Trip ☁ 2-3:30 More Paper Play workshop ☁ 4:30-5:30 Aerobics</p>	<p>16 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 1:00-3:00 Brown Bag</p>	<p>17 Greenfield Shop Trip ☁ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:30 Bingo</p>	<p>18 Staff available by phone 9-3 Wal-Mart Shop Trip ☁ 12-1:30 Memory Cafe ☁</p>
<p>21 8:30-3:30 Foot Clinic ☁ 1:00 Drumming 3-4:30 Death Cafe</p>	<p>22 Greenfield Shop Trip ☁ 9:30-12:30 Ask the Nurse ☁ vaccine Clinic – pre-registration only by 10/10 2-3:30 More Paper Play workshop ☁ 4:30-5:30 Aerobics Buckland Library Book Delivery</p>	<p>23 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent 1:30-3 Cribbage-Game Afternoon Arms Library Book Delivery Ashfield Library Book Delivery</p>	<p>24 Greenfield Shop Trip ☁ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:30 Bingo Pre-register for 10/29 meal</p>	<p>25 Staff available by phone 9-3 1:30-3 Never Alone- Peer Support</p>
<p>28 8:30-3:30 Foot Clinic ☁ 1:00 Drumming</p>	<p>29 Greenfield Shop Trip ☁ 12-1:30 To Go Meal ☁ (Halloween Mystery lunch) Cost: \$4 2-3:30 More Paper Play workshop ☁</p>	<p>30 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal. 1:00 Movie "Hocus Pocus" 3-4:30- Focusing Arts</p>	<p>31 Greenfield Shop Trip ☁ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:30 Bingo</p>	<p>☁ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events</p>

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.

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, home-care, housing searches, connecting to local resources, or registering for Meals on Wheels can contact Lifepath at (413) 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 handyperson volunteer is available to do minor home repairs for seniors, such as replacing broken windows, small plumbing and electrical jobs and other repairs. This is a free service available to residents of Ashfield, Buckland, and Shelburne, however the senior is expected to purchase all needed parts and materials. Voluntary donations are accepted. If you have a project or if you are interested in volunteering to do home repairs, please call Ted at 625-2502.

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

care 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, Sept. 9, Oct. 7, 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.

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

There will be a **brown bag lunch on Thursday, September 5, 12-1 p.m.** Guest speaker is Melissa Donegan, a Reframing Aging Facilitator with AG-ESPAN, who will talk about the impact of ageism in the lives of today's seniors. Thursday, October 3, 12-1pm, the COA lunch will host speaker Candace Currie, a member of Green Burials Massachusetts. She will provide information concerning environmentally friendly burial alternatives in our state.

We hope you will bring your lunch and join us for both interesting talks, held at the First Congregational Church, 429 Main Street in Ashfield.

The West County Memory Café

Fridays, Sept. 20, Oct. 18, 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.



Professional foot care by certified foot care nurses for diabetics. ¶

seniors and those who just can't reach their toes. ←

contact@footcarebynurses.net.

www.FootCarebyNurses.net ¶

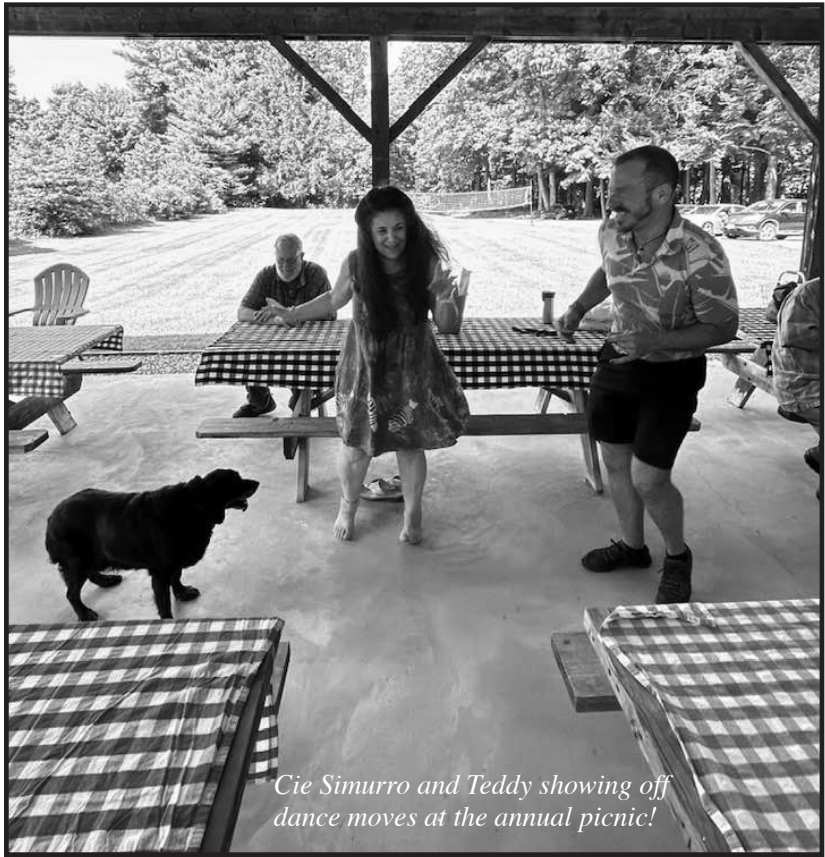
Home and clinic visits by appt. 413.367.8369 ¶



MEALS

“To Go” Tuesday Lunches – There are two drive- thru lunches each month – Sept. 10, 24, Oct. 8, 29 (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! Due to rising product costs, we have had to increase the cost to you to \$4, beginning with the September meals.

Thursday Weekly Lifepath Lunches – Meals are Thursdays at 11:30. Inside dining will allow up to 20 people to enjoy a hot plate meal, in the company of others. Menus are available at the Center. Pre-registration is required by Mondays before 3:30 p.m. by calling 625-2502. Suggested donation: \$3.50.



Cie Simurro and Teddy showing off dance moves at the annual picnic!

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 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 \$5.50 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, Sept. 20, Oct. 18**

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.

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: Sept. 18, Oct. 16

The **West County Food Pantry** located at Cowell Gym in Shelburne is open **every Wednesday from 11-3:30 p.m.** Participants are welcome to come twice a month for a grocery pickup and every week for a produce-only pickup. Both indoor and curbside pickups are available. Delivery available for Shelburne and Buckland residents. Custom orders can be placed by calling 413-773-5029 ext. 2.

The Clothes Closet at Cowell Gym is open on the **2nd and 4th Wednesdays of the month from 11-3:30 p.m.**

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.

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

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. **(Sept. 25, Oct. 23)**

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.

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The Senior Center Foundation

Our Work

The Foundation exists to raise additional financial support for the Senior Center. As mentioned elsewhere on this website, The Senior Center is largely supported by the money allotted by the three participating towns - Ashfield, Buckland and Shelburne Falls. The Foundation provides annual funds to supplement these tax-supported municipal funds. We get these funds through our fund-raising activities. Annually, the Senior Center Foundation contributes \$10,000 towards the Senior Center's programming budget, while also providing additional needs-based funding for local seniors' medical expenses, technology improvements and meals programs.

Our Board

The Foundation is made up of volunteers who serve on the Board of Directors: Margaret G. Payne, President • Renee Y. Rastorfer, Secretary • Sylvia Orcutt, Vice President • Peter Otten, Treasurer • Nancy Brewer, COA Board of Director liaison, Ex-officio • Juli Moreno, Director of the Senior Center, Ex-officio

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

Maggie was a dog from South Carolina, who as a puppy was on the eu-

thanasia list. She was brought to New Hampshire ten years ago, and that is where Jane and her husband scooped her up. "She was so terrified! It took her some time, but she found her forever home." Jane says that Maggie is the sweetest dog, and such a joy to so many. Her neighbor walks Maggie on occasion, and also makes homemade dog biscuits. When Matt is walking other dogs and Maggie sees him out-

Meet Sylvia, Board VP and Finance Oversight

One of the crucial members of The Foundation is Sylvia Orcutt. Sylvia resides in Buckland, and this is her fifth year on the board. She began her philanthropy work with children while serving on the Board of the Mary Lyon Foundation. "After I retired, I thought it would be good to serve seniors, and Mike McCusker introduced me to the work of The Foundation. Here I am!" It was a natural transition for Sylvia, who had worked in the world of banking until her retirement.

Sylvia believes our Foundation may be small but mighty! She has been an active contributor to developing banking savings bonds and exploring various ways to further The Foundation's mission. Her passion and dedication to raising funds to give back



Sylvia Orcutt

Sylvia will call you soon with exciting news! and grow the community are evident. Sylvia wants everyone to know that exciting news from The Foundation is coming soon. She encourages as many people as possible to send her your email so she can provide updates and news on the fundraising efforts.



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side the window she barks, as if to say, "Hey, walk me too!" Jane said that not only does she not come home to an empty house, but to a sweetheart of a dog that makes her so happy. We love Maggie!

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

SeniorWise

Sept.-Oct. 2024

The-Senior-Center.org

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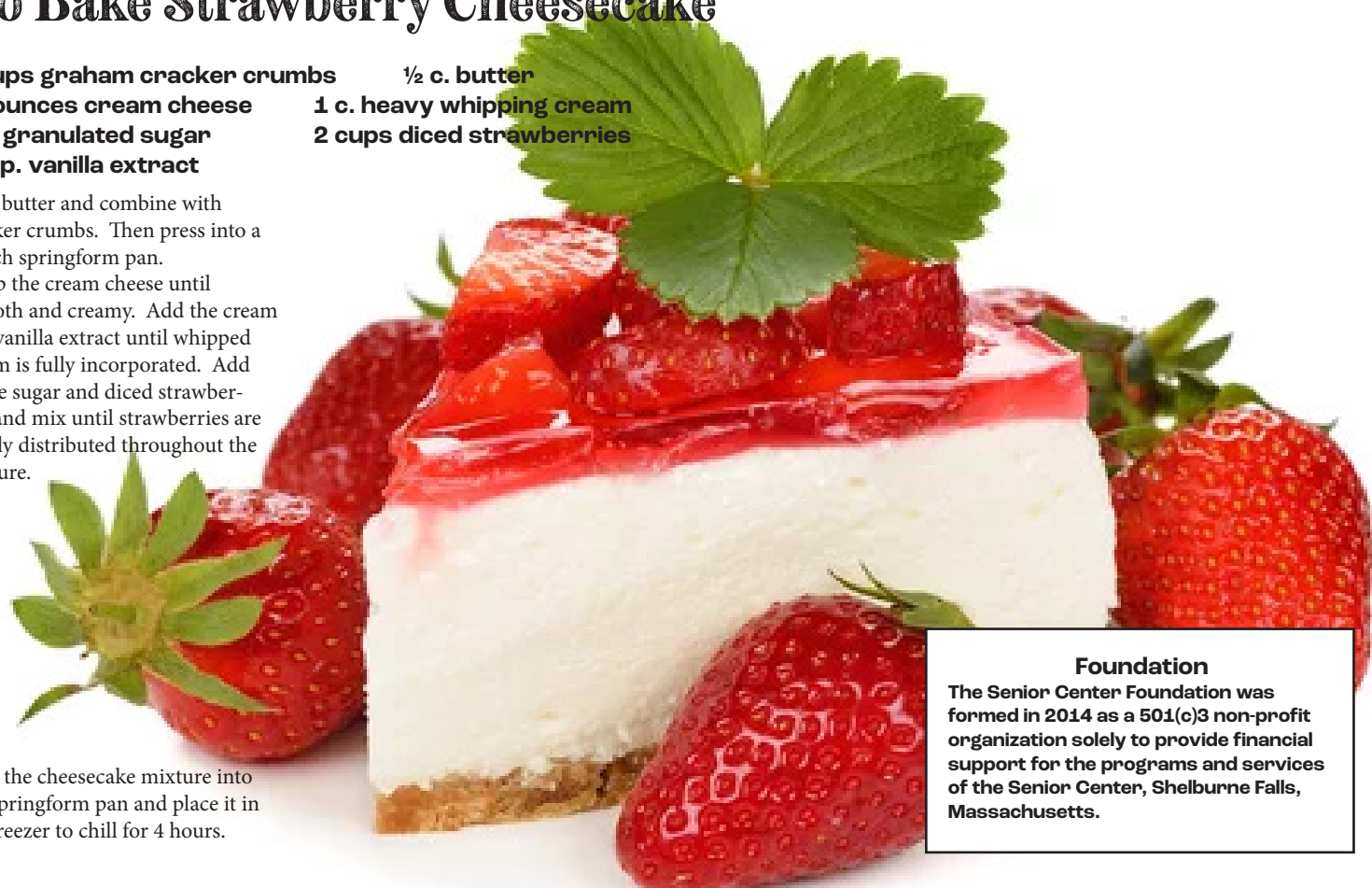
No Bake Strawberry Cheesecake

3 cups graham cracker crumbs **½ c. butter**
24 ounces cream cheese **1 c. heavy whipping cream**
1 c. granulated sugar **2 cups diced strawberries**
1 tsp. vanilla extract

Melt butter and combine with cracker crumbs. Then press into a 9-inch springform pan.

Whip the cream cheese until smooth and creamy. Add the cream and vanilla extract until whipped cream is fully incorporated. Add in the sugar and diced strawberries and mix until strawberries are evenly distributed throughout the mixture.

Pour the cheesecake mixture into the springform pan and place it in the freezer to chill for 4 hours.



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.