

Senior WISE

Sept- Oct 2022



= please call
625-2502 to pre-registe,
appoints. or for more in-
formation.

Stay Connected with The Senior Center

Email us at sfsrctr@crocker.com if you would like to have our bi-monthly SeniorWise newsletter sent to your inbox. "Like" us on Facebook by searching "mainstreetshelburnefalls" on the Facebook search bar. Visit our website the-senior-center.org.

Mask Policy Update:

Due to the ongoing unpredictability of COVID-19 virus cases and the vulnerable population that we serve, The Senior Center will still require everyone who enters our building to wear an appropriate face covering over their mouth and nose at all times. Masks will not be required during outdoor activities.



The Shelburne Falls
Community Orchard

Hooray for Home Repair! 📞

If you've had an air conditioning unit installed or a windowpane replaced, leaky faucet adjusted, or computer and internet support, you may have had time with one of our fabulous Home Repair Volunteers. Through a LifePath grant, The Senior Center is able to support seniors in Ashfield, Buckland, and Shelburne who need small repairs or referral and guidance for more involved repairs. The volunteers are friendly and so helpful. If you are not sure if a repair needed in your home is something the crew can do, call Teddy at the Senior Center and he'll walk you through the steps. Each volunteer has a specialty and generously gives their skill and time to help in any way able. If the job is something they are not able to help with, they will suggest contractors and professionals for you to contact. These folks volunteer and receive no stipend, other than the feeling they get after helping someone feel better and safer in their home. Donations are accepted and utilized to support those projects and equipment needed to make repairs for those financially in a bind. Thank you, Home Repair volunteers, you make us a safer and more aware community!

Book Club

Sept. 14, Oct. 12, 2:30 p.m.

A Novel Idea has launched! Favorite books, authors and genres were shared by all in the group. Notes of the meeting made 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. Our second meeting focused on how these ideas were pursued by others, and the experience of discovering a new path through a new author or genre was accomplished. 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 the same time of Book Club! Come one, come all, it's a Novel Idea!

Special Plant Delivery on Wednesdays

The Shelburne Falls Community Orchard has started to share garden and orchard space in the

hopes of combating food insecurity. Community Orchard is donating 12 items to the Senior Center every Wednesday. The Orchard staff will bring items in abundance from the Orchard gardens. The items change weekly from pollinator friendly plants, herbs, veggie starts, fresh picked veggies, and flower bouquets. The Shelburne Falls Orchard gives a description of the plant and how to care for it. Please pick up your gift on Wednesday. This program is first come first served. Call The Senior Center if you'd like to get the mystery gift set aside for later pickup. shelburnefallsorchard.com

New Program

Starting September 9 📞
Internet Cafe

Fridays 10:00 a.m. – Noon

Free Wi-Fi

DROP IN bringing your own tech devices (laptops, tablets, smartphones) or pop in to use the Center's Chromebooks. They are also available for short-term loans, after completing an application. Chromebooks were purchased through a grant from LifePath. If you have some tech savvy skills and could help with tutorials and support, call Juli.

Mystery Lunch Bunch Trip Returns

Wednesday, October 5, 10:30-2:30

It seems like forever since we've had this trip, but we're going to try again while we can still sit outside so everyone can feel more comfortable. For newcomers to this adventure, you will not know which restaurant we are going to...but it will be one where we can sit outside. A mystery bus ride goes a round-about way to keep you guessing, see some new sites and maybe some foliage! You order off the menu, each person has an individual bill and is responsible for paying the bill themselves including tax and tip. Cost for the bus ride is \$5.50 per person. So, remember to bring money for your lunch and for the bus fare. Masks are no longer required on the bus but are optional if you prefer to wear one. **Pre-register by Sept. 29.**

**Visit, follow and share our new Facebook page
at facebook.com/mainstreetshelburnefalls**

Ashfield • Buckland • Shelburne

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

Juli Moreno

Director

Teddy Doucette

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

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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

New Website!

the-senior-center.org

Like us on Facebook:

Shelburne Falls Senior Center

See us on Instagram:

Sfsrctr

Shelburne Police Department

The Shelburne Police Department has been busy throughout the year of 2022. As of August, Officers and Dispatchers in Shelburne have logged 6,109 calls, or officer-initiated tasks needing to be addressed. These calls range from emergency responses, traffic stops, civil issues, investigations, radar and traffic enforcement, and patrol areas.

With the warmer weather, we have seen an uptick in traffic, most notably through State Route Two. We have received several speed related complaints from residents on some roads and streets in the Shelburne community. Chief Bardwell of the Shelburne Police Department has been proactive with the department's movable RADAR sign, placing it on various roads and streets in the community. Not only does this RADAR sign show speed and act as a deterrent and a reminder for motorists, it tracks downloadable data which can be put on a spreadsheet. With this, we can see times and trends in which speeding in a certain area is more prevalent.

As a courtesy, we always want to remind our

residents to be mindful of their property in public and in their own homes or property. Try to be vigilant making sure your car doors are locked and secured to avoid any unwanted persons taking a snoop through your car. Furthermore, if you see something that you feel is suspicious, don't hesitate to call Shelburne Control at **413-625-8200**. If it is not an emergency and you just want the Shelburne Police Department to be aware of an issue, leave a message at the station at **413-625-0304 Ext. 5**.

Lastly, as we inch closer to Fall, we hope to soon bring back and start new community outreach events. The COVID-19 pandemic put a screeching stop to our endeavors of proactive outreach, sadly. I have heard from several residents that a community informational gathering on fraud protection from the Northwestern District Attorney's Office would be a hit. Hopefully by the next newsletter, we will try and organize some community outreach events for the citizens, and even visitors of Shelburne!



Officer Jenkins Office Number:
413-625-0304, ext. 5 Email:

tjenkins@townofshelburnema.gov

The Senior Center's Transportation Program



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 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 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.

Special Thank you

Janice Wright – Beautiful 8'x10' carpet for our computer room

Dan Smith – Bridge of Flowers Race T-Shirts

Valerie Utton – Knitting, crochet, and felting needles

Dianna Young – cards and calendars

Jody Lewandowski – vegetables and eggs

Penny Spearance – cards

Henry Phillips – books

Lois Bascom, Beth Bascom, Ellen Jenkins, Judy Sweet, Monika Posl, Anne and Ace Mislak – for our gorgeous gardens

Karen Herzog, Joanne Soroka, Ellen Villani, Cecelia Cleveland – our dedicated

Tuesday chefs

Lisa Cornish – Sudoku books and puzzles

Cathy Buntin – puzzles

Fire Chief Guyette – batteries

Gift Fund

Sheila Clinton

Senior Learning Network Virtual Programs ☎

SLN programs are shown inside of The Senior Center. Spots are limited, pre-registration required. Call for more information on the programs below and to pre-register.

Sept 6., 2 p.m. – SLN “**Witness History with Mystic Seaport Museum**” – a museum role player portrays a Russian immigrant’s personal travel to New London, does a little Russian dancing, and explains how she creates character using primary and secondary sources.

Sept 27, 2 p.m. – SLN “**Casa Grande Ruins National Monument**” (program previously canceled) - structure built in the 1300s in Arizona and a mystery as to its purpose. It is the only pre-Columbian building of its type in existence.

Oct. 4. 2 p.m. – SLN “**Powerful Partnerships-Civil War Era Couples**” – learn about five couples whose work and lives shaped the nation around them during tumultuous times.

Oct. 25, 2 p.m. – SLN “**The Tabors: An Epic Tale of the West**” – the family moved from Maine to Kansas and then joined the Pikes Peak gold rush. They accumulated immense wealth from mining. He became Lt. Governor of Colorado and was briefly a U.S. Senator.



Movies ☎

Movies are free. There will be a limit of 20 attendees for each movie showing. Please pre-register by the Thursday before each showing.

Sept 20

Second Hand Lions

– a story of a 14 year old boy who is sent to live with his reclusive, bachelor great-uncles, how they get along with each other, how their lives change and ended, and all the ordeals in between. 1 hr. 51 mins.

Oct. 18

The 2022 version of Elvis

starring Austin Butler as Elvis and Tom Hanks as his manager. Documentary of his rise to fame and complicated relationship with his manager. 2 hrs 39 mins

Quilling Art Class ☎

Tues, Sept. 20, 10:30-12

Instructor Marcia Schuhle will lead the group in this art class which makes different shapes with rolled paper coils. These strips when grouped together make colorful and stunning designs. Come and learn the basics and go home with an impressive homemade greeting card and possibly a new hobby. Free. Call to pre-register. Limit 8

Still Life Drawing Class ☎

Mondays, Oct 3, 17, 24, 10-11:30

Instructor Andrew Quiet leads this class in creating simple still life drawing. Andrew has a master’s degree in art education and has taught for many years. Beginners as well as those with experience welcomed. \$5 for materials. Call to pre-register. Limit 6

Yoga

Every Wednesday at 8:30

Class led by Larry Baird. Bring your own exercise mat. Free to Ashfield, Buckland, Shelburne seniors; others \$10/month

Drumming Group ☎

Mondays at 1:00, (12:30 first Monday of the month)

Taught by Irene Baird. A group of drummers gather weekly to learn new drumming techniques and socialize. Space is limited. Call the if you are interested in joining the group.

Free! Healthy Bones and Balance

Wednesdays 10:00 a.m. at The Senior Center

Senior Center Foundation News

By: Margaret Payne, President of
The Senior Center Foundation

What does Autumn bring in your life?

This year we are all hoping that it brings an end to heat waves and finally more rain to quench the drought! For kids it means school - hopefully in person this year. For most people it means that vacations are over and it's time to get back to the regular routines of daily life.

For The Senior Center Foundation, Autumn is the time when we turn our attention toward planning for another year of support for The Senior Center. This year brings signs of hope for the future of the Center since the plan for the West County Senior Services District was approved by all three towns! It is now awaiting legislature approval. This new regional organization will create possibilities for more funding from the state for our vision of expansion.

Meanwhile, the task of the Foundation is to continue to raise money so that we not only continue to support the programs and services of the Center, but also move toward being able to mount a major capital campaign in the near future. Please watch for our annual appeal letter which will arrive in your mailbox in November. The ongoing generosity of our donors is a huge factor in making the dreams for an improved Senior Center come true. We cannot thank you enough for your continuing support in this exciting time.

Thursdays 10:00 a.m. at St. John’s Corner

Jane Wagener and Honey Boyden are the instructors as they have been in the past. This program is designed to increase participants’ strength, mobility, flexibility, and balance.

Men’s Night Meetings

The Men’s Night Meetings are held the **2nd Wednesday of the month. Sept 14** is a visit to **Catamount Storage. October 12** is a visit to **Mary Barringer’s pottery studio.** Call Don Bascom at 625-2970 to register.

cont’d on next page

programs. *cont'd*

Tai Chi for Arthritis and Fall Prevention ☎

Tuesdays at 10:00 at Trinity Church

Thursdays at 9:00 at The Senior Center

Taught by Lois Bascom. The gentle, slow movements in this class help build back muscles, increase balance, strengthen the immune system, and more. Can be done seated or standing. Lois charges \$20/month for the program. If interested in joining or for more information, call The Senior Center. Pre-registration neces-

sary. Limit: 10.

Knitting Group

Thursdays at 10:00

Whatever your project, come join the group if you enjoy knitting (or other hand work) and great conversation!

BINGO ☎

Thursdays at 12:30

Call the Center at 625-2502 if you would like to be added to the Bingo list.

health services

"Ask the Nurse"

Sept. 27, 9-11 Oct. 25 10:30-12

A FRCOG nurse is available at The Senior Center every 4th Tuesday of the month from 10:30 a.m. to noon. They can answer your health questions, take your blood pressure, check blood glucose levels, collect used needles and provide safe collection boxes for needle disposal. Each month the Nurse will provide information and resources on a specific health related topic. The first topic was Ticks and Lyme disease. The resources, tips, and guidance can be invaluable to your overall health and wellbeing. *This service is provided through Buckland and Shelburne's Cooperative Public Health Service membership with FRCOG.* For more information, contact Nurse Lisa White at (413) 665-1400, ext. 114.

Foot Care Clinics ☎

Sept. 19, 26, Oct. 17, 31 from 8:30-3:30

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. Call the Center to book an appointment. Cost for A/B/S residents is \$35, and \$45 for residents from outside towns. *This program is partially subsidized by The Senior Center Foundation.* (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.



Fall is For Flu Vaccines

Flu vaccines are available at many pharmacies and community sites around the county. Larger clinics offering COVID and flu vaccines will be posted on the FRCOG website as they are scheduled. FRCOG public health nurses can assist residents to access vaccinations, call 413-774-3167 ext. 156. The nurses will carry flu vaccine to Walk-in Wellness hours starting in September

Walk-in Wellness Times:

Ashfield the 1st Food Pantry Tuesday of the month, 3-5pm, at First Congregational Church [Sept 6, Oct 4, and Nov 1]

Charlemont at the Federated Church the 3rd Tuesday from 4-5:30pm (also Good Neighbors Food Distribution) and the 4th Wednesday from 10:30am-12pm.

Colrain the 3rd Wednesday from 4-6pm at Griswold Memorial Library

Conway the 1st Friday from 9am – 12pm at Town Hall

Shelburne Falls the 4th Tuesday from 9am-11am at the Senior Center

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Home Repair Program



Pictured left to right: Jim Wagener, Allen Young, Howard Field, Don Bascom, Jim Perry, and Brian Mauer

outreach services

COST SAVINGS Strategies

TIP #1 from SHINE

Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers.

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$1,984 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,518 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs



= please call
625-2502 to pre-register make an appt
or for more information.

meals

"To Go" Tuesday Lunches- ☎

There will be 2 drive-thru lunches offered in both Sept. and Oct. (See our Activity Calendar for dates, times and menus). Pre-registration is required. Drive up in front of The Senior Center between **12-1:30** and your meal will be handed to you. You don't even have to leave your car! **Cost: \$3**

Thursday Weekly Lifepath Lunches ☎

Meals are **Thursdays at 11:30**. Inside dining will allow up to 12 people to enjoy a hot plated meal, in the company of others, with safe distancing guaranteed! Monthly menus are available at the Center. **Pre-registered by Mondays 3:30 p.m.** Suggested donation: \$3.

Ashfield Council on Aging

The Council on Aging will meet again for **lunch on Sept. 1 at noon at the First Congregational Church Friendship Hall**. Bring a brown bag lunch. Please call Charlotte Clement at 625-6270 if planning to attend. This will be a great time to see each other again and to plan for future gatherings. There will be **no October meeting**

Outreach Services: ☎

Outreach and satellite outreach services are provided to Ashfield seniors on a weekly basis. Ted Doucette, the Outreach Coordinator, works out of St. Johns Corner, the Ashfield Hardware store, and does home visits when needed. Each week he will be in Ashfield, alternating Monday one week, Thursday the next week. To reserve an appointment time or home visit for seniors in Ashfield, call to request an appointment.

Reminder: The Senior Center provides Outreach Services for residents of Ashfield, Buckland and Shelburne (A/B/S) only. 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.

SHINE Medicare Open Enrollment ☎ October 19-December 7, 2022

This is a good time to review your present plan, determine if it is working for you and if not make changes. If you need assistance, you can receive FREE and confidential information about your Health Insurance options from a SHINE counselor at The Senior Center. If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday. Call for a SHINE appointment or call LifePath at 773-5555. **Sept. 21, Oct. 19, 26, Nov. 2, 9, 16, 23, 30, Dec. 7.**



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food and clothing

You May Qualify for SNAP Benefits! ☎

If your 1-person household has a gross monthly income of \$2,265 or less

If your 2-person household has a gross monthly income of \$3,052 or less

Call information on SNAP income guidelines, benefits, and application assistance.

The Brown Bag program

is a bag of groceries for low-income adults who are age 55+ (or younger with a documented disability) and is distributed on the **3rd Wednesday of the month** at the Center from **2-3:30**. 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. 21, Oct. 19, 1:30-3:00.**

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 pick up and every week for a produce-only pick up. Both indoor and curbside pickups available. Delivery available for Shelburne and Buckland residents. Custom orders can be placed by calling 413-773-5029 ext. 2.

No-Cost Home Modifications Available ☎

Community Action of the Pioneer Valley has received a grant to offer the Older Adult Home Modification Program. This program allows low-income homeowners age 62+ living in Franklin and Hampshire counties to modify their homes at no cost. These home modifications can improve the general safety of your home, increase accessibility, and help you maintain your independence. Some examples of modifications include the installation of grab bars, railings, temporary ramps, transfer benches, raised toilet seats, and more! Income eligibility guidelines shown below.

Gross Income Guidelines

# of People	Max Annual Income Allowed
1	\$54,601
2	\$71,401
3	\$88,201
4	\$105,001

Alzheimer's and Dementia Support Services

Caregiver Support Group ☎

Sept. 12, Oct. 3, 2:00 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. The group will meet either in-person or on Zoom, depending on the current state of COVID-19. Outreach Coordinator Ted Doucette and Social Worker Dianna Young facilitate the group. Call Ted prior to your first group attendance. Respite care is available to coincide with the group. You must sign up in advance to be assured there is adequate respite support available. There is no charge to attend.

resources

The West County Memory Café ☎

Sept. 23, Oct. 21, 12-1:30 p.m.

The Cafe is a monthly gathering of individuals with memory loss and their care partner. Come and enjoy some lunch, an activity, socialization and meet others experiencing similar challenges. Sign up by calling Ted. There is no charge to attend.

Both of these support programs are funded in part by a grant from the Federal Administration for Community Living and the MA Executive Office of Elder Affairs.

Technology Resources

Technology Funds & Support Available for Seniors ☎

The Senior Center has a technology fund, made possible by a donation from Trinity Church, to help assist seniors with technology-related expenses. The Center also offers assistance with computers and smartphones.

Free Chromebook Computer Loans ☎

The Center has Chromebook laptops to loan out for A/B/S residents to use inside of their homes. The loan period starts at 1 week per person. Chromebooks are more user-friendly than typical laptops and are perfect for those who are unfamiliar with computers or just want to browse the web. This program is free of cost. Made possible by LifePath's Emergency Fund program and local donors.

Veterans' Support Services

There is 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.



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



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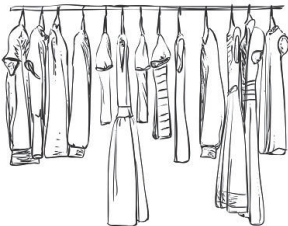
The Director's Corner

food and clothing *cont'd*

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 is open for people to select their own groceries. Masks and social distancing are required while inside. The only requirement for accessing the food pantry is proof of residency in one of the towns that are served and a simple statement of need. The Food Pantry serves the 11 hill towns:

Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. There are no income requirements.

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



Welcome to Autumn, as it creeps up on us. Driving home yesterday I saw some leaves fall from a tree. The best part of New England is the predictable seasons. With its excessive heat and humidity, this summer definitely tested our resolve for being active and social but let us enjoy being unmasked outside. (Please take note of our Cooling Center article in this newsletter).

The past two months have flown by, and I've enjoyed every moment here at The Senior Center. Attending Memory Café with wonderful caregivers, entertainment and truly amazing healthy food prepared by Allen Young was heartwarming. Meeting with the Home Repair volunteers and hearing them trade fix-it ideas with each other (and realizing how often they donate their time and energy), was a treat. The Novel Idea Book Club is on a roll and has inspired new connections among readers, as well as with books. Sharing laughter at the Ed the Wizard show with people was a highlight of the summer. It made me hope for people's laughter to really fill our Center once again very soon.

The Councils on Aging for Ashfield, Shelburne and Buckland have been supportive and inspiring. Their dedication to seniors and advocacy for best practices consists of hard work behind the scenes. (Are you interested in exploring participation in a COA? Call the Senior center and we'll connect you with the right person).

We are tremendously excited about having MySeniorCenter software installed for launch in September. It is not only a new and improved way of signing in at the Center and it can also be used for outreach and transportation tracking. Each Senior Center in the Commonwealth

involved with the platform can communicate and share information and events. Yes, new key cards will need to be handed out, but they are also improved and sturdy! Many thanks to The Senior Center Foundation for making this possible.



The launching of our new Facebook Page has opened many conversations and communication. If you have yet to check it out, please click, like and follow at: facebook.com/MainStreetShelburneFalls Partnerships are vital to a community setting providing resources, social opportunities, education, and wellness. Our newly formed partnership with the Community Orchard will reap (sorry) benefits for years to come for seniors in the area. LifePath and the Massachusetts Council on Aging provide resources and opportunities, but it is the community connections that open new doors. Much thanks to the officers and volunteers of TRIAD, the Food Bank, and our library directors.

It takes a village. Or two, or three.

Much thanks, *Juli*

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Senior Cooling Center- Where the Hot go to Chill ☎

Here at The Senior Center, seniors can stay hydrated and cool while waiting out the hottest part of the day. During 90 plus degree heat waves, seniors are welcome **Monday through Thursday 8:30 a.m.-4 p.m. and Fridays 9 a.m.-3 p.m.** We ask, if possible, to call to check on availability and reserve a cool spot.

Heat is now the deadliest weather-related risk in the U.S., according to the Centers for Disease Control and Prevention. It's more hazardous than freezing cold or tornadoes. Air conditioning is the best defense against heat-related illness. Fans alone may not do you much good once the temperature reaches the high 90s. As we get older or have other medical issues, our bodies cannot adjust to the heat as well. Whether it be medication related, or just from getting older, we do not respond as well to the high heat. We want to make sure you stay safe!

MASS SAVE Program: Make Your Home More Comfortable and Save Money!

Have you ever found yourself saying:

- "I love my house, but it sure is drafty!" or,
- "My house gets so hot in the summer!" or,
- "I can't believe the price of home heating oil!"

Do you regularly hear the dire warnings about climate change and wish there were something you could personally do to make a difference? Come attend a presentation by the Shelburne Energy Committee to learn how a no-cost home energy assessment offered by Mass Save sponsors can help you. Learn what an assessment entails and how it can lead to a positive impact on your comfort and your wallet! There are many no-cost or low-cost incentives and rebates on energy efficient measures that could be appropriate for your home, such as sealing air leaks, installing insulation to the attic or house walls, adding heat pumps (mini-splits), and replacing old appliances with energy efficient ones.

Tuesday, October 4, 2022 from 5:00- 6:30 pm. Taught by Cynthia Boettner, the Shelburne Energy Efficiency Advocate. We will meet in the large room at the Senior Center. Limited to 20 attendees to adequately distance. Masks required.

Juli Moreno, Senior Center Director
Sylvia Smith, Expansion Committee Chair
Margaret Payne, Senior Center Foundation President