

# Senior WISE

January-February 2023

## TO ALL WRITERS AND THOSE WITH TALES TO TELL

The Social History Project will hold an introductory brainstorm session **Tuesday January 17th 11- 12** at The Senior Center. Looking for people who enjoy writing and are willing to work on a presentation to be held in the Spring at the Historical Society. Hoping to make this an intergenerational audience for learning. Diane Poland provides the following narrative of the vision:

As everyone knows, the only people who remember how things used to be are those who lived then. Us seniors – we were there. We know how daily life was lived – the tools, the appliances (or not), the conventions, health remedies, the foods we ate, how we traveled – the list of how different things were is long.

Remember the black rotary phone, the three-cent stamp – with mail delivery twice a day? And travel. Remember the great web of intercity/town railway system. I have a friend who took a train from Buckland to Oberlin college in Ohio. Iceboxes and the newfangled ball point pens (circa 1948). I remember the day my mother bought a refrigerator to replace our icebox – a moment of almost lyrical excitement.



= please call  
625-2502 to pre-register,  
appointments, or for more  
information.

### Stay Connected with The Senior Center

Email us at [sfsrctr@crocker.com](mailto: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](http://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 strongly prefers anyone who enters our building to wear an appropriate face mask covering for the safety of all.**

### Senior Center Bad Weather Policy ☎

For programs and services at The Senior Center, we have traditionally followed Mohawk School District’s delay schedule.

Morning services will be delayed if Mohawk has a delay. If Mohawk cancels school for the day, usually the Center will also be closed. The Transportation Coordinator will evaluate road conditions and if they are unsafe for van service, he will contact those who have rides scheduled with an update. Our voicemail will be updated on days with questionable weather by 7:00 a.m., so call us at 625-2502 and listen to the voicemail message for updates.

**Heart and Soles Walking Club** will start January 4th at the Cowell Gym in Shelburne Falls. So many people asked about walking in a safe and warmer environment for the winter, and Cowell Gym and Bill Buck have been welcoming and ready for our launch! Grab your sneakers and head to Cowell Gym **9am-10am Monday, Wednesday, and Fridays..**



Also, it had a freezer -

*“my mother was over the moon when Birdseye came out with frozen vegetables. (The icebox itself has its own story.) And when we sold the house twenty years later, we still referred to it as ‘the new refrigerator’.*

The Senior Center with the support of the Senior Center Foundation, is proposing a social history project that will help to educate and inform in a fun and interesting way how to enrich and deepen young people’s understanding of change. In today’s world, with its emphasis on the here and now, there is no room for young people to understand and appreciate the nature of process and change in a meaningful way. So, our project’s goal is to provide meaningful forum to show how the world worked in practical, hands on, material ways

### 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 and local donors. If you have some tech savvy skills and could help with tutorials and support, call Juli at 413-625-2502.

### Tax Prep for 2022 taxes

Free tax assistance with VITA is offered at Community Action. Taxpayers can schedule an appointment online at [communityaction.us/taxes](http://communityaction.us/taxes) or by phone at (413) 376-1136. Income eligibility guidelines: one person, \$33,975; two people, \$45,775; three people, \$57,575; four people, \$69,375. Tax prep will **not be offered at the Senior Center in 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*

**Lou Peck, Van Driver**

**Paul Labelle, Van Driver**

**Peter Otten, Van Driver**

**Michael Shea, Van Driver**

**Hugh Knox, Meal Site Manager**

**Gloria Fisher, Office Assistant**

## SENIOR CENTER BOARD

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**Nancy Brewer, Shelburne Chair**

**Ellen Eller, Secretary, Buckland**

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**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)

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**Shelburne Falls Senior Center**

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HANDS

OR ADOPT ONE OF OURS

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BY CALLING 625-2502

## 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 Howes** – placemats

**Maple Row Farm**-potatoes

**Atherton Farm**-squash for Thanksgiving dinner

**TRIAD**-pies for Thanksgiving dinner

**Regina Purinton**-hearing aid batteries

**Dee Brochu, Marlene Field, Anne Baker**-cards

**Andy Quient**-teaching still life drawing class

**Ellen Purington**-craft paints

**Phyllis Hubert estate**-art supplies

**Anne Baker**-wrapping paper

**Carol Jones**-wrapping paper and raffle prizes

**Karen Herzog, Joanne Soroka, Ellen Villani** - prep and serving of Tuesday to-go meals

and December Ashfield COA Luncheon

**Ann and Ace Mislak, Mary Brooks,**

**Steve Meyers**-gifts/cards for Meals on

Wheels recipients

**Judy Newell** – books and tapes

**Yolene Schaefer** – cards and calendars

**Cie Simurro** - food

**Jackie Stanford** – home repair

**Rita Jaros** – home repair

**The Sellecks** – home repair

**Jack MacDougall, Prudy Holey**

-cards and stamps

**Vickie, John and Sarah O'Conner**

-home repair

## Gift Fund Donations



**Mike McCusker**- foot clinic

**Senior Center Foundation**-meals

**Greenfield Savings Bank** – holiday meal

**Shelburne Falls Seventh-day Adventist**

**Church** – fuel assistance

**Maureen and Bruce Stewart**- wellness

donation

**Marie Fuller**- meal fund

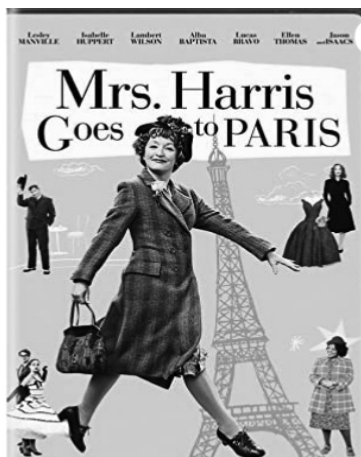




## Movies

Movies are free. There is a limit of 20 attendees for each movie showing. Please call 625-2502 to **pre-register by the Thursday** before each showing.

Movies begin at 1 p.m.



**Tues., Jan. 17, 1:00**  
*Mrs. Harris Goes to Paris*



**Tues., Feb. 21, 1:00** *Knives Out-2: The Glass Onion*  
(hopefully it will be out)

## Senior Learning Network Virtual Programs

SLN programs are shown inside of The Senior Center. Spots are limited, pre-registration required. Call us at 625-2502 for more information on the programs below and to pre-register.

**Tues., Jan 10, 2 pm** *African Burial Grounds National Monument*, Manhattan – the oldest and largest known excavated burial ground in North America for both freed and enslaved Africans

**Tues., Jan 24, 2 pm** *Federal Hall National Monument* – when the Constitution was ratified in 1788, New York remained the national capital and the City Hall was remodeled for the new federal government. Learn about events happening there and future uses of the building.

**Tues., Feb 7, 2 pm** *Polynesian Wayfinders: Mystic Seaport Museum* – a unique perspective on star lore as well as navigation in the Polynesian skies, as viewed from Honolulu, Hawaii.

**Tues., Feb. 28, 2 pm** *New River Gorge National Park, W VA* – the country's newest national park located on the New River which is believed to be one of the oldest rivers in the world.

## Book Club

### A Novel Idea

**Wed., Jan. 11, Feb. 8, 2:30 pm**

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

**Book Club A Novel Idea -**

### Ashfield

**Wed., Jan. 18, Feb. 16, 2:00 pm**

We are very excited to add a new A Novel Idea Book Club in Ashfield, to be held at the Belding Memorial Library. The new Club will meet the third Wednesday of each 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 to join the group.

**Men's Night Meetings** 

The Men's Night Meetings are held the 2nd Wednesday of the month.

**Jan. 11, 5 pm** – trip to WHAI radio station

**Feb. 8, 5 pm** – trip to Hager's Market for a roast beef dinner. Ladies invited. Cost: \$20/person.

**Pre-register required by Feb. 1** at the Senior Center.

**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.**

Call the Center if you would like to be added to the Bingo list



625-2502

to pre-register or for more  
information

## health services

### "Ask the Nurse"

Tues., Jan. 24, Feb. 28, 10:30-12

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



### Foot Care Clinics

Jan. 9, 23, Feb. 13, 27, 9-4

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 at 625-2502. 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.

### 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 at 625-2502. **Pre-registration necessary. Limit: 10.**

### Yoga

Every Wednesday at 8:30

Kate Peppard will be instructing this class temporarily. Bring your own exercise mat. This class is for Seniors only.

Cost for all is \$20 per month.

### Free! Healthy Bones and Balance

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

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.

### SHINE

January 1 – March 31, if you're already enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan). **Note: you can only switch plans once during this period. Your coverage will start the first day of the month after you ask to join the plan)** If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday. Call us at 625-2502 to schedule a SHINE appointment or call LifePath at 773-5555. **January 18, February 22, March 15**

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## outreach services

Outreach and satellite outreach services are provided to Ashfield seniors the first Thursday of the month. Ted Doucette, the Outreach Coordinator, works out of St. Johns Corner, the Ashfield Hardware store, and does home visits when needed. Outreach to Ashfield will also be available through request and appointment in home or at St. John's Corner. To reserve an appointment time or home visit for seniors in Ashfield, call The Senior Center at 413-625-2502 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, homecare, housing searches, connecting to local resources, or registering for Meals on Wheels can contact LifePath at (413) 773-5555

### Home Repair Program

A handy person 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, but the senior is expected to purchase all needed parts and materials. Voluntary donations are accepted. If you have a project or if you are interested in volunteering to do home repairs, please call Ted at 625-2502.

*This program is funded in part by a Title III grant from the Federal Administration for Community Living and the Massachusetts Executive Office of Elder Affairs.*

### Alzheimer's and Dementia Support Services

#### Caregiver Support Group

**Mon., Jan. 9; Feb. 6, 2 pm**

A support group for family members caring for a loved one with Alzheimer's disease or a related dementia meets the first Monday of the month, unless there is a Monday holiday. The group will meet either in-person or on Zoom, depending on the current state of COVID-19. Outreach Coordinator Ted Doucette and Social Worker Dianna Young facilitate the group. Please contact Ted at 625-2502 prior to your first group attendance. You must sign up in advance to be assured there is adequate respite support available. There is no charge to attend.

### The West County Memory Café



**Fri., Jan. 20, Feb. 17, 12-1:30 pm**

The Café 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 Teddy at The Senior Center at 625-2502. There is no charge to attend, and donations are always welcome.

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



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

## resources

### No-Cost Home Modifications Available

Community Action of the Pioneer Valley has received a grant to offer the Older Adult Home Modification Program. This program allows low-income homeowners age 62+ living in Franklin and Hampshire counties to modify their homes at no cost. These home modifications can improve the general safety of your home, increase accessibility, and help you maintain your independence. Some examples of modifications include the installation of grab bars, railings, temporary ramps, transfer benches, raised toilet seats, and more! Contact 413-774-2310 Option 4 or email [homerepairs@communityaction.us](mailto:homerepairs@communityaction.us).

### 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.

### Free Chromebook Computer Loans



The Center has Chromebook laptops to loan out for A/B/S residents to use inside of their homes. The loan period starts at 1 week per person. Chromebooks are more user-friendly than typical laptops and are perfect for those who are unfamiliar with computers or just want to browse the web. This program is free of cost. Call us at 625-2502 to reserve a Chromebook. Made possible by LifePath's Emergency Fund program and local donors

### Kate Downes Deirdre Gleason

Attorneys at Law

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Shelburne Falls, MA 01370

(413) 625-2482  
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**WILLS, TRUSTS, PROBATE and LONG-TERM  
CARE & MEDICAID PLANNING**



## meals

**"To Go" Tuesday Lunches-** There will be two drive-thru lunches offered in January and in February. (See our Activity Calendar for dates, times, and menus). Pre-registration is required by calling 625-2502. Drive up in front of The Senior Center between 12-1:30 and your meal will be handed to you. You don't even have to leave your car! **Cost: \$3**

### Thursday Weekly Lifepath Lunches



Meals are Thursdays at 11:30. Inside dining will allow up to 12 people to enjoy a hot plated meal, in the company of others, with safe distancing guaranteed! Monthly menus are available at the Center. Pre-registration is required by Mondays 3:30 p.m. by calling 625-2502. **Suggested donation: \$3.**

### Ashfield Council on Aging

The Ashfield Council on Aging will meet again for lunch at noon at the First Congregational Church Friendship Hall. 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. **Jan. 5, Feb. 2**-brown bag lunch-dessert and coffee/tea provided.

## 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 Ted ☎ at 625-2502 for more 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: Jan. 18, Feb. 15

**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.

**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 of 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**.

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

Taxes - Accounting - Financial Planning

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# The Director's Corner

'Tis the Season for thanks, magic, and all things good. Winter can be a time where we want to be homebodies and curl up with a book. After many years isolating and living in a pandemic, many now want to be out and about, even in the winter! There are some new happenings to get out and about for in the coming months. **Yoga** classes with Kate are growing. **A Novel Idea Book Club** is adding an additional group in Ashfield. **Very exciting news: Mondays, Wednesdays, and Fridays 9am-10 am at the Cowell Gym will be "Heart and Sole Walking Club"**. Looking for folks to help keep attendance and keep us all moving at the Cowell.

Another welcome return will be **Conversation Café**, in January. **The Buckland Council on Aging** is sponsoring the topic and soup night. The topic will be focusing on the return of life, keeping a lighthearted focus on some real tough times. **The Social History project** overview is on the front page. Looking for creative writers and those with stories to tell.

How do you become a member of our Senior Center? If you are 60 and older, live in West County, then you're already a member. If you do a Walking Club, foot clinic, To Go Meal, or yoga, and activity, you are a member! So, look through the calendars and articles in the newsletter and find your niche. We're here to help!

Much thanks,  
Juli



***PS- We have been getting many calls from elders in the area looking for help shoveling and plowing their snow. If you have a shovel and time, or know of someone who does a good job, give us a call, and make a referral. Thank you!***



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## Expansion News

The Legislature is still working on the enactment of the warrant article To Establish the West County Senior Services District that was approved at the town meetings in Ashfield, Buckland, and Shelburne this past spring. The Massachusetts House of Representatives has approved the bill H.5068 An Act Establishing the West County Senior Services which was jointly filed by Rep. Natalie Blais and Sen. Adam Hinds. Rep. Paul Mark, who is now the Senator-elect Mark replacing Sen. Adams Hinds has also been working on passage in the House and is providing leadership on the Senate side. In the absence of Sen. Hinds, the Representatives will be working with Senator Hinds staff and colleagues to pass the legislation in the Massachusetts Senate. As the current legislative session will close at end of the year, we remain optimistic that this Home Rule Petition will be passed by both the House and Senate and Governor Baker will then have the opportunity to sign the bill into law.

### ***What happens next if it is signed into law?***

The new law must be accepted by the Ashfield, Buckland, and Shelburne Selectboards. They will then have the responsibility to appoint 2 residents from their town (1 being a Council on Aging member). These 6 managers will be tasked with developing a transition plan from the Senior Center Consortium, as we're organized today, to the new governance structure of The West County Senior Services District. That plan must be approved by the Boards before the District is implemented. In the meantime, the Consortium continues to operate in its current form.

### ***What happens if it doesn't get signed into law by the end of the legislative session?***

It will be re-filed for consideration in the next legislative session which begins January 2023.

Again, stay tuned.....

***Sylvia Smith***

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