

Senior WISE

July -August 2022

Say *Hello* to Our New Outreach Coordinator!



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

Stay Connected with The Senior Center

Email us at sfsrctr@rock-er.com if you would like to have our bi-monthly SeniorWise newsletter sent to your inbox. "Like" us on Facebook by searching "sfsrctr" 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.



Teddy Doucette joined the team to serve as the new Senior Center Outreach Coordinator late this spring. Originally from Hampden County, Teddy has lived in Franklin County for the past ten years. He received his Associates in Management from Greenfield Community College, and



most recently worked as an Independent Living Program Manager with the United Arc of Franklin County. As Outreach Coordinator, Teddy handles Memory Café, Support Group, Home Repair Services, help navigating state benefits, and support for the Senior Center members. Teddy is thrilled to be a part of West County community and has been settling into the position as he meets many members and volunteers. In his free time, Teddy is an avid gardener, and enjoys carpentry.



ahh.. Summer

CISA Farm Share Program

The Senior Center is working with Sue Atherton of The Atherton Farm to offer 17 farm shares to seniors through the CISA Farm Share program this summer! If you have been called, then you are on the list to receive a farm share every Wednesday beginning June 22 usually into September for the one-time fee of \$10. Pick up time is from 12-4 on Wednesdays at the Senior Center (a few people have signed up to pick up veggies at the Atherton Farm)



New Book Club Coming in July!

July 13, 2:30pm

The Senior Center is starting a book club called A Novel Idea. The Book Club will meet the second Wednesday of each month. The idea is to bring one of your favorite books or information on your favorite author. The July 13th session will be a discussion on your favorites. 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! The members may decide to do an assigned book as well. The Club's format for the August session will be decided on by the members. Come one, come all, it's a Novel Idea!

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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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

The Shelburne Police Department

has hit the gates running this spring, responding to calls and investigating certain incidents here in our community. More recently, I have heard from several folks looking for cyber tips to help protect our senior community from issues on the internet.

The internet, while an amazing resource and often times a socialization platform can poses risks of everyone. We tend as a society to essentially keep our lives on our phones, often including personal information. As wonderful as technology is, it can fail and often is wise to still keep personal information in a safe physical location.

According to the NCOA (National Council on Aging) seniors lost an estimated \$966,000,000 due to internet and phone scams in 2020. Part of the battle in keeping hackers away is to not open pop-up ads, links, or attachments from an unknown sender (Email, Text's Etc). These attachments can contain malware or phishing links. 'Phishing links' take you to sites that gather your personal and financial information. Malware, short for "malicious software," and is software intentionally designed to damage or gain unauthorized access to a computer, server, or network. Malware has the power to destroy files and steal your personal information. It can

even impact the performance of your computer. The NCOA Website, has a like for reputable computer security software, some of which is for free!

The biggest way to keep your money in your pocket is DON'T RUSH! Scammers will make you rush, to avoid you thinking logically.

Keep your passwords in a safe location, and ensure you use different passwords. If you use a public community double check that you log out of your account prior to leaving. Lastly, if you feel your device (especially a mobile device is compromised or 'hacked', place it in airplane mode, and most phone stores or technology stores can help diagnose the issue.

The Shelburne Police Department wishes everyone a great start to the summer, and kindly reminds all of our community elders to hydrate during the summer to help alleviate any heat related medical emergencies.



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.

A very special thank you
Maureen Polland - gift bags and books

Judy Newell - books

Pete Schreiber - puzzles

Jack McDougell, Diantha Wholey, Helen Burnap - cards

Polly French, Lois Bascom, Sue Atherton, Judy Sweet - garden plants

Ann and Ace Mislak - hose for garden

Ron Vight, Verne Bissell - rhubarb

Pete Schreiber - puzzles

Jack McDougal, Prudy Wholey - cards and stamps

Gift Fund
Valerie Brooks

Senior Learning Network Virtual Programs ☎

SLN programs will no longer be streaming to people's homes. Instead, programs will be 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.

July 12, 2pm – "John Muir National Historic Site" - John Muir was instrumental in the establishment of national parks and forest reserves as well as penning his most important books from this house

July 26, 2pm – "Gateway Arch National Park" – a National Park ranger the process of conceiving, designing and building the tallest national monument in the United States

August 9, 2pm – "Historic Hoover Dam- we're back" - tour the Hoover Dam, why it was built and what water supply is used for.

August 30, 2pm – "Theodore Roosevelt Birthplace National Historic Site" – a room by room tour of his Victorian-era home, his youth and the effect of his early years on his later life

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.

"Edie" – **July 19, 1pm** Note: this movie was originally scheduled for June and was not available.

A British drama about an 80-year-old widow, whose daughter wants to move her to a retirement home. Edie had always wanted to climb in the Scottish Highlands. Now 30 years later, she decides to make the trip alone. Takes place in Northern Scottish Highlands with stunning scenery.

"Mama Mia" August 9, 1pm

Features Christine Baranski, Pierce Brosnan, Dominic Cooper, Colin Firth, Amanda Seyfried, Stellan Skarsgard, Meryl Streep, Julie Walters. A young bride-to-be invites three men to her upcoming wedding with the possibility that any of them could be her father. Great music. Primarily takes place on the island of Skopelos, Greece



"Ageless Waves of Rhythms" T-shirt worn by a drummer.

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 Center at 625-2502 if you are interested in joining the group.

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

Senior Center Foundation News.

By: Margaret Payne, President of The Senior Center Foundation

The tagline for the Senior Center Foundation's newsletter is: **Donors Make the Difference!** And you do. Especially during this relentless pandemic, your support for the Senior Center through the Foundation, which is the Center's fund-raising partner, has made a big difference. To quote our recent spring appeal letter:

YOUR generosity made it possible to continue vital services for seniors during the unprecedented challenges of the last two years. Thank you.

Thank you's are in order again for your giving to that appeal which resulted in almost \$10,000 that is available to the Senior Center for programs and services.

Each year more donors join us to help 'to make the difference' so that the caring work of the Senior Center can continue and expand. As more and more people show their appreciation and support for our elders, our hope is for a Senior Center that can meet their needs more fully. If you would like to join the Foundation's mailing list for newsletters and information about appeals, please contact the Senior Center at 413-625-2502

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.

Men's Night Meetings

The Men's Night Meetings for July and August are canceled. The men are on vacation!!

continued on page 4

programs. *cont'd*

Tai Chi for Rehabilitation

Tuesdays at 10 a.m. at Trinity Church – for the months of June and July

Taught by Lois Bascom. This life affirming class is great for all of us no matter what physical condition we may be challenged with. We create an energy of healing within our bodies with some unique tai chi moves. Wear comfortable clothing, shoes and bring your water bottle. Lois charges \$20/month for the program. If interested in joining or for more information, call her at 625-2970 or email her: lola621@comcast.net.

Free! Healthy Bones and Balance **Wednesdays at 10:00**

Jane Wagener and Honey Boyden are the in-

structors as they have been in the past. This program is designed to increase participants' strength, mobility, flexibility, and balance.

Tai Chi for Arthritis and Fall Prevention ☎

Tuesdays at 10:00 at Trinity Church – for the month of August

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. Pre-registration necessary. Limit: 10.

health services

"Ask the Nurse"

July 26, August 23. 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. *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 ☎

July 18, 25, August 8, 22 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 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 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.

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outreach services

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, Health Insurance, benefits applications, homecare, housing searches, connecting to local resources, or registering for Meals on Wheels can contact LifePath at 773-5555.

SHINE Medicare Insurance ☎ **Counseling**

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 us at 625-2502 to schedule a SHINE appointment.

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, 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 us.

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.

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! Income eligibility guidelines shown below. **Contact Ted.**

Gross Income Guidelines

of People • Max Annual Income Allowed

1 • \$54,601 2 • \$71,401

3 • \$88,201 4 • \$105,001

Alzheimer's Support Services

Caregiver Support Group

July 11, August 1, 2:00pm

A 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. 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.

The West County Memory Café

July 15, August 19

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 Ted at The Senior Center at 625-2502. 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.

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.

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.** Call to reserve a Chromebook. *Made possible by LifePath's Emergency Fund program and local donors.*



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food and clothing

"To Go" Tuesday Lunches ☎

There will be 2 drive-thru lunches offered in **twice in July and August**. (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

Ashfield Council on Aging

The Council on Aging will resume meeting aThe Council on Aging will resume meeting again for **lunch on the 1st Thursday of each month** at the First Congregational Church Friendship Hall (**July 7 at noon at Belding Park**). Lunch will be provided. Entertainment following 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.

Thursday Weekly Lifepath Lunches ☎

Starting in July, the Meals will be **moved to 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 3:30pm by calling 625-2502. Suggested donation: \$3.

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

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: **July 20, Aug 17**



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**.



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Free Outdoor Wi-Fi Hotspot Locations in West County

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

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

The Director's Corner

I have been inspired by the excitement so many express when they know the Director position has been filled. It's been wonderful. The first Friday I worked alone, I had 27 phone calls from people welcoming me. What you didn't know is that I was trying to move my office around and was probably answering the phone with computer and phone cords in my hands, fingers, and one behind my ear. That day I knew I made the right decision in committing to this place until retirement. So many faces (masked) and so many stories. The appreciation for your sharing has meant so much.

Leanne told me she was retiring, and I was nervous. So happy for her but overwhelmed at replacing her. The six weeks we had together made me wish we had more time, but the time helped me understand the Outreach Coordinator position requires more than skill. It requires heart. Teddy Doucette is someone we both agreed had great skill, and a huge heart. Gloria has been a rock, and those who know her, know that is true. I'm learning the budget to the penny, how to pay bills and what the heck a warrant is! The staff and volunteers here go above and beyond on a daily basis. So personal, so invested, and always rebounding off the latest obstacle. Please know that the folks who support our efforts are so ordinary and yet superheroes. Anyone can make a difference.

I want to share some upcoming ideas and programs. These have developed from community members who will always have a voice and an opinion here at the Senior Center.

- We will be starting an Adventurer's Club in the Fall. This Club will trek monthly to a

forest for a guided hike, or cycle around towns, go zip lining, or even do a bird watching activity. Each month will have an adventure. Looking for a volunteer or two to help organize and attend the monthly adventures!

- Recently, a few of us were discussing our favorite authors and books. We decided to do a book club based on our favorites, instead of having assigned books each month. It is called A Novel Idea, and it starts in July. See the newsletter for details!

- Anyone interested in doing a bicycle club in your town? It would be fun to have a club in each town that could connect once a week and ride together. Once a month all could meet for one big group ride. It would be fun if some competition started around each club! Keep your eyes out for flyers and SurveyMonkey links to see who might be interested in joining, and volunteering to lead the cycle explorations.

- With help from our Foundation, the Senior Center will be acquiring a new software check-in system. It is called MySeniorCenter, and it will replace the current sign-in system. It is a change, but we will all learn it together, and open our horizons!

Thank you for this opportunity and for being so warm and welcoming!

Julie



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Expansion Committee News

By: Sylvia Smith, Chair of the Expansion Committee and Dan Pallotta of P-Three Inc.

How did towns vote on the District?

On Saturday June 11, 2022 Shelburne voters agreed with Ashfield and Buckland voters, who voted on May 7, 2022, to petition the General Court (Massachusetts Legislature) to enact a special act for the Towns of Ashfield, Buckland and Shelburne known as "An Act Establishing the 'West County Senior Services District'."

What happens next?

Sen. Adam Hinds and Rep. Natalie Blais will file what is known as a Home Rule Petition in order for the House of Representatives and the Senate to review and enact our legislation. When both chambers have approved the same language it will go to the Governor for consideration and his signature into law. Home Rule Petitions are generally looked upon favorably. Our legislation has already had significant legal review by legal counsel with municipal expertise.

Thank you, voters!

Thank you, Councils on Aging for your endorsement of this legislation and educating your residents!

Thank you Working Group, Expansion Committee, and Senior Center Board of Directors for the many hours of thoughtful discussion that created this path forward!

And, thank you Daniel Pallotta, P3, Inc. for the leadership, experience and expertise bringing us through this phase of our work to continue to meet the needs of our area seniors!

And....as usual....stay tuned for future next steps!

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