

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 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

SENIOR CENTER BOARD

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NEWSLETTER

SeniorWise is produced bi-monthly. Content contributions are welcome

THE SENIOR CENTER

413-625-2502

sfsrctr@crocker.com

NEW WEBSITE

the-senior-center.org

Like us on Facebook:

Mainstreetshelburne



SeniorWise

March / April 2023



Transitions and Renewal

This edition of our regular newsletter may look different, but it is still full of the information and resources you may be used to. We're under construction, in the process of making a transition in the outline and content of *SeniorWise*. Thanks to great member and public feedback, we are taking all the suggestions to heart and will deliver on the requests. Exciting improvements ahead!

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.

Tax Prep for 2022 taxes

Free tax assistance with VITA is offered at Community Action. Taxpayers can schedule an appointment online at www.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.

Many Thanks to Our Advertisers:

- ✓ *Brattleboro Hearing Center*
- ✓ *Kate Downs and Deirdre Gleason, Attorneys at Law*
- ✓ *Lanoe Tree and Landscaping Service*
- ✓ *Jonathan George, CPA, CFP*
- ✓ *The Arbors at Greenfield*
- ✓ *The Baker Pharmacy*
- ✓ *FootCare by Nurses*

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 the town) is **FREE**.

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.

Programs

Hip Hop Dance Exercise for Seniors by MUSIC Dance.edu.

Wednesday, March 1, 11:30 a.m.

Rondae Drafts, Executive Director, returns for the 3rd year for this special one-session class. This program is geared to senior wellness with different music and props than our regular chair dance class. It is sponsored by a Buckland Cultural Council grant. Please register by Feb. 27 by calling the Senior Center at 625-2502.

By the Seat of Your Dance

Chair Dancing with Kathy Steinem

6 week session Tuesday, February 28-April 4, 10-11a.m.

Kathy begins this second 6 week session by popular demand. This popular and enjoyable exercise program includes exercise and dance moves to great music participants can enjoy while sitting. Cost: \$20 for the 6-week session or \$5 each time you come. Pre-register ASAP by calling 625-2502.

Book Club A Novel Idea

Wednesday, March 8, April 12, 2:30 p.m.

The novel idea of this club is it doesn't ask everyone to read the same book, but rather lets each member talk about whatever they have been reading. Notes from each meeting make it possible for readers to pursue books, authors, and genres they had not previously considered. Best of all, most of these books can be found at the library or requested. A Novel Idea meets on the second Wednesday of each month. Come one, come all!

Book Club A Novel Idea - Ashfield

Wed., Mar. 15, Apr. 19, 2:00 p.m.

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.



SeniorWise March / April 2023

Senior Learning Network Virtual Programs

SLN programs are shown inside of The Senior Center at 2 p.m. Spots are limited, pre-registration required. Call us at 625-2502 for more information on the programs below and to pre-register.

Tues., Mar. 14: "Whiskeytown Rocks!-National Recreation Area" – This northern California area became a center point during the California Gold Rush. Learn about the unique geologic formations that have been described as a "mess" by their own geologist.

Tues., Mar. 28: "Zion National Park" – In southwest Utah, this preserve has steep red cliffs, the Virgin River at the bottom, and many hiking trails.

Tues., Apr.4: "Frontier Army Museum: History of Fort Leavenworth" – New roads west required the US Army to set up forts and posts on the trails. Colonel Leavenworth established the post, and it is currently the oldest continually operating post west of the Mississippi River.

Tues., Apr. 25: "Petrified Forest National Park" - Located as part of the greater Painted Desert, the park is not a desert but a semi-arid grassland. Explore the nature and history of this fascinating place through the millennia.

Heart and Soles Walking Club is ongoing 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. Grab your sneakers and head to Cowell Gym **9 a.m. -10 a.m. Mondays, Wednesdays, and Fridays through March.**

Movies

Movies are free at The Senior Center but there is a limit of 20 attendees for each movie. Please call 625-2502 to pre-register by the Thursday before each showing. **Shows begin at 1 p.m.**

Tuesday, Mar. 21, – Where the Crawdads Sing – A riveting mystery about an abandoned, defiant girl who raises herself to adulthood in a N. Carolina marshland, becoming a naturalist in the process and who becomes a prime suspect for murder.

Tuesday, April 18 – Puss in Boots-The Last Wish – When Puss learns he has blown through 8 of his 9 lives he sets out to find the Mythical Last Wish and restore his 9 lives.

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.

Men's Night Meetings

The Men's Night Meetings are held the 2nd Wednesday of the month. Call Don Bascom if you would like to go (625-2970)

March 8, leave Center at 12:30 p.m. – Pierce Bros. Coffee Roasters trip

April 12 leave Center at 12:30 p.m. – Great Falls Aquaculture

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.

Health Services

“Ask the Nurse”

Tuesdays 10:30 a.m. – 12 noon, March 28, April 25

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

March 13, 27, April 10, 24, 8:30 a.m. - 3:30 p.m.

Registered Nurses from Foot Care by Nurses are providing 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. 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 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
Jane Wagener and Honey Boyden are the instructors for a program designed to increase participants’ strength, mobility, flexibility, and balance.

Tai Chi for Arthritis and Fall Prevention

Tuesdays at 10:00 a.m. at Trinity Church

Thursdays at 9:00 a.m. 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 a.m.

Kate Peppard will be instructing this class. Bring your own exercise mat. For Seniors only. Cost for all is \$20 per month.



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. **March 15, April 19, 9 a.m. to 3 p.m.**

A Special Thank You To...

Lois Holm -gift certificate
John Pollard – calendars
Kathy Taylor – food
Mocha Maya – refreshments
Colleen Clark – health supplies
Gayle Davidson – clothing
Barbara Schauer – envelopes
Karen Sheaffer – cards and calendars
TRIAD – bread and pastry items



Gift Fund Donations:

Muriel Shippee
Mary Lyon Church Missions
St.John’s Episcopal Church
Missions Team
Margaret Olin
Susan Samoriski- Home Repair

Outreach

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

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.

Home Repair Program

A handyman 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 Mondays at 2 p.m. , March 6, April 3

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. There is no charge to attend.

The West County Memory Café Fridays, 12 -1:30 p.m., March 17, April 21

The Cafe 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, 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.

Meals

"To Go" Tuesday Lunches- There will be two drive-thru lunches offered in March and April. (*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 p.m. 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.**

Councils on Aging

Ashfield Council on Aging

Doug Field, Wayne Wickland, Janice Wright, Mary Mosley.

The Ashfield Council on Aging will meet again for lunch **at noon** on the 1st Thursday of every month 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. **Mar. 2, Apr. 6**-brown bag lunch-dessert and coffee/tea provided. Call 413-625-2502 for contact information.

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Janice Fluieriel

The BCOA hosted an open meeting for Buckland residents and received great feedback. The Conversation Café with delicious soup was productive, and we hope to host more soon. The BCOA is focusing on engaging Buckland seniors, and doing calls and visits to let folks know what is available, and what is needed! Call 413-625-2502 for contact information

Shelburne Council on Aging

Nancy Brewer, Sue Bishop, Sylvia Smith and Penny Spearance

The SCOA met in February and will continue to focus on supporting the seniors of Shelburne. The group is working on a Conversation Café for the near future! Call 413-625-2502 for contact information.

History of Mass Councils on Aging

The spark of the Massachusetts Councils on Aging ignited in 1974 when a group of senior center staff and board members gathered in Northampton, MA. Three years later, Massachusetts general law Title VII, Chapter 40, Section 8B established Councils on Aging across the commonwealth, and two years later, the Massachusetts Council on Aging. Councils on Aging and Senior Centers provide support services to older adults and their families and caregivers. The Massachusetts Councils on Aging provides support and training to, and advocacy for, the Councils on Aging statewide. MCOA has had a rich history throughout the years and has recently seen rapid growth. Advocating for Councils on Aging, MCOA has influenced increased Formula Grant local aid to the Councils on Aging, provided capacity building and technical assistance to the Councils, and holds an annual Fall Conference, which has grown to be the largest of its kind in New England. Today, there are 350 established Councils on Aging in Massachusetts, and MCOA has rapidly grown to accommodate their needs.

GOOD NEWS!

By Sylvia Smith

The Massachusetts Legislature approved, and Governor Charlie Baker signed our proposed district on Wednesday, January 4, before leaving office. It is formally Chapter 402 of the Acts of 2022 if any of you are interested in the legal details [Session Law - Acts of 2022 Chapter 402 \(malegislature.gov\)](#). It parallels the language the towns approved at Spring 2022 Annual Town Meetings with some legislative style updates.

So, what's next?

- The transition from the Senior Center Consortium to the West County Senior Services District is referenced in the law, Section 3.
- The Selectboards in Ashfield, Buckland and Shelburne appoint 2 members each to the Board of Managers. Each Selectboard can choose to appoint at least 1 Council on Aging member from their town and a second resident in the manner of their choice.
- The task of the Board of Managers is to prepare a Transition Plan that will go to each Selectboard for approval.
- The Consortium Agreement will be terminated after the Transition Plan is approved by the three boards.
- The District will be in operation when these steps are completed. It is expected to take several months

In the meantime.....

- The Consortium remains the governing structure for The Senior Center and its operations, programming and activities.
- Many things are happening at The Senior Center including tried and true favorites as well as new activities.
- Ask to receive the newsletter if you don't get it already so you know what's happening – or check the website or Facebook.
- Join activities – it doesn't cost to join The Senior Center, but some of the activities do have costs, which are often subsidized by grants and/or The Senior Center Foundation.

The Giving Groupies

Are you looking to give back to your community? We're always looking for volunteers!

If you're interested in making a difference in the lives of others, while gaining work experience, interpersonal skills, and valuable references, then consider a volunteer position at The Senior Center. Volunteering time with seniors is one of the most fulfilling things you'll ever do. Whether you volunteer year-round or for a season, your impact will have lasting effects. Volunteers are important to our Center as they provide community connection for our seniors. No matter what age or background, volunteers can be a lifeline ... providing connections and relationships.

Volunteering is particularly beneficial if you're feeling isolated and want to build your social skills or confidence. It's an opportunity for interaction and a great way to meet new people, whether you interact with one person or a group of people. It's also an opportunity to make new friends. Plus, it is empowering to be doing something that really matters. With so many benefits for both you and the community, volunteering really is a win-win situation.

Senior Center Volunteer Opportunities

Home Repair volunteers assist folks with basic and minor repairs, and provide consultation if a professional is needed for more intensive jobs. One gentleman used to be an electrician, another a carpenter; we've got a handyman, computer programmers and even a rocket scientist!

You can't visit the Center in the Spring and Summer months without being amazed at our gorgeous flower beds, and creative gardens. The volunteer gardeners donate time and energy not just to plant, but to water, feed and love our flowers.

Activity Instructors are vital to our community. It could be Drumming, Bones and Balance, or an art class. Sharing your expertise with others is a great way to enter into the role of volunteer. Do you know nature and could guide a walk, or bicycle and could lead a group around town? Your expertise is a gift to others.

Our Chefs at The Senior Center have provided not only hours each month of time and energy, but they create magic in the kitchen. Thoughtfulness of nutrition while creating delicious meals and desserts.

Reception is a key role at The Center. Mary, Phyllis and Ellen are the smiling faces and pleasant voices that greet you when you venture through the doors. The reception volunteers support callers, take FRTA ride requests, and are the front line to greet people and navigate requests.

The Councils on Aging in each town, the Board of Directors, and The Foundation are all groups of volunteers who meet monthly, serve on committees and directly affect policy and procedure as well as crucial financial support for initiatives for The Senior Center.

Last year, over 1146 volunteer hours were documented on behalf of The Senior Center! Call 413-625-2502 to dip your toe into volunteer opportunities!

Volunteer Spotlight

We asked Ellen Eller, one of our reception volunteers, to share a few things with us. Here is our conversation:

What was it that brought you to volunteer at The Senior Center?

"I've been a member of the Buckland COA for years, but as an owner of a shop I never had much free time. Since the shop closed in December 2021, my time is my own so I try to use it happily."

What does a typical volunteer shift at Reception look like?

"Answering telephones, taking messages for staff, has become a weekly gig I enjoy. I get to see and schmooze with a lot of people, which I've done all my life. Owning a newspaper store was like being a bartender. Folks would belly up to the newspapers and we'd talk. Now I don't need papers as an excuse."

What would you tell someone about the benefits of being a volunteer?

"There's tremendous satisfaction in being an active member of a vital community team. It's an opportunity for anyone to share the experiences, hobbies and skills picked up over a lifetime, and keep them fresh."

What's something on your bucket list?

"Maybe a trip to Alaska. Also, maybe a dog if I could find the right one that my cat would accept."

Thanks for all you do and give Ellen!!

MEALS

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 1:15-3**. 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: **March 15, April 19**

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 pickup and every week for a produce-only pickup. 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 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 11 hill towns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. There are no income requirements.

Town of Shelburne, Massachusetts

Public Input Survey on the Accessibility of Town Facilities, Programs, and Services

We need your help! The Town of Shelburne is in the process of developing a Self-Evaluation and Transition Plan to ensure residents and visitors have access to all Town facilities, programs, and services. The Town has engaged the Edward J. Collins Center for Public Management to assist with the plan, which is required by the Americans with Disabilities Act (ADA). An important part of this planning process is providing opportunities for the public to offer input and voice concerns.

Please take a few minutes to complete this important accessibility survey at the following link:

<https://www.surveymonkey.com/r/TownofShelburneADA>

If you need assistance in completing this survey or would like to request an alternative format, please contact Marcia Birmingham at marcia.birmingham@umb.edu. We sincerely appreciate your time and effort in helping to ensure Shelburne remains a great place to live for ALL of our residents.

Director's Corner

Thanks to all who gave feedback and suggestions for the *SeniorWise* newsletter. It has been a staple for years for so many, and we will continue to deliver the service with new information, and some new resources.

Spring and renewal and growth, looking forward to new opportunities and new faces at The Senior Center. I'd love to share some highlights and plans:

The Walking Club at Cowell Gym will run through March. So many folks from different towns are all joining the walks Mondays, Wednesdays, and Fridays at 9am. We've created a Heart and Sole community! Now that we're familiar with Cowell Gym, we're looking at ways to join in the Pickleball craze, so stay tuned!

Our instructor Kate who facilitates our Yoga class is amazing, and it is great to see the class grow as more people take advantage of this amazing morning session. Chair or floor, you choose, and Kate will guide you through the movements.

A Novel Idea Book Club has expanded to Ashfield, and we hope to continue to start one in every library!

The Social History Project is underway with some writers who are each tackling prose based on personal, and yet shared, experiences. We'll be doing a presentation at the Historical Society in late Spring. There is still room for new participants, so give Juli a call at 625-2502 for more information.

In the late Spring we'll be launching The Adventurers Club. Each month we'll enjoy an adventure together such as a guided hike, the Mountain Coaster, and Kayaking in Vermont. Start walking and get ready for the fun!

There will be a new section in *SeniorWise*, focusing on the different towns' Council on Aging. If you'd like to be involved, and see what each Council does, check out the information in the newsletter.

In conclusion, thanks for your patience as we run after you to get you to register for MySeniorCenter check in and get you a key card. It's a big undertaking but it will all be worth it, especially to showcase all the great participation of our members.

April 11th is my year anniversary here as a director. No more saying, "Oops, well I'm new!" I still feel like the luckiest person in West County, taking this journey with all of you. Best, Juli

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The Foundation

Margaret Payne

Our communities are finally starting to “come forth” after so many months of pandemic illness and isolation - outdoors, out of illness, out of isolation. It is so good to see one another in person again! Yet what has **never stopped coming forth** through all the months of Covid is **your generosity**. Once again, I express my deep gratitude for the faithful giving of our donors throughout the pandemic. Each gift, large and small, was important, and was a witness to your dedication and love for the Senior Center.

What have your gifts made possible? Along with ongoing support of meal programs and special events, you have given, through the Senior Center Foundation: \$22,500 for Covid-related expenses; thousands more to upgrade the computer system, as well as new technology to make life easier for the hard-working staff; and more than \$10,000 toward future capital campaigns.

Most recently, **the Senior Center Foundation’s fall appeal collected over \$14,000 toward the “facelift” that the Senior Center needs** to freshen and upgrade the surroundings. Simple updates and new equipment will make a big difference for both staff and clients, making it easier to welcome seniors, and invite “junior seniors” as well. This year alone we have welcomed 20 new donors who have joined us to support the Senior Center.

Have you checked out all the new programs that are becoming available? With your commitment we will continue to move toward the vision of a Senior Center that can effectively serve all of the Seniors in Ashfield, Buckland and Shelburne. Thank you!