

Senior WISE

March-April 2022



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

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 "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.**

The Numbers are In!

Our annual report for 2021 has been submitted to the Massachusetts Office of Elder Affairs! Despite the pandemic, **The Senior Center served seniors from the consortium towns of Ashfield, Buckland and Shelburne a total of 9,773 times** last year. Our volunteers contributed a total of 1,479 hours of their time to the Center in 2021, which when multiplied by the 2021 state minimum age of \$13.50 an hour, comes out to a labor value of \$19,973.25. We are so thankful for the continued dedication of our volunteers and support from our community throughout the past year and look forward to continuing our important programs and services in 2022.

Chair Dance Exercise Returns

Every Tuesday in April at 10a.m.

Kathy Steinam will return to lead Chair Dance Exercise. Participants will be seated throughout the class while exercising and dancing to music. We need a minimum of six people to offer this class. Cost: Ashfield, Buckland, Shelburne seniors \$5/month. People under 60 or from other towns \$10/month. Pre-registration required by **March 28**.

"For the Birds" Color Pencil Drawing Class Wednesdays, April 6, 13, 27, May 4, 1-3 p.m.

Polly Anderson will teach this four-session class using colored pencils for drawing birds. Materials will be provided. If you already own a set of colored pencils you are welcome to bring it for your use. Bring a bag to carry your materials back and forth to class. Open to all drawing skill levels. Cost: \$5 Ashfield, Buckland, Shelburne seniors; \$10 all others. Pre-register by **March 28**. Masks required inside the building.

In-Person Presentation: Understanding Alzheimer's and Dementia

Tuesday, April 5 at 1:00

Hosted by Meg Ryan, RN, public health nurse for Franklin Regional Council of Governments. Meg has recently been certified by the Alzheimer's Association to host these educational sessions. This presentation will explain what Alzheimer's disease and dementia are, their stages, risk factors and current research on how to ease symptoms. Pre-registration required.

A Note from the Director

During these pandemic times, it is difficult to get information out since our in-person interactions have been limited. I want to take a moment to share that I have resigned from my role as Director of The Senior Center to pursue a new career opportunity. It has been a pleasure to work with the communities of Ashfield, Buckland and Shelburne during my time here. I will miss all of the laughs that I have shared with those I have been fortunate enough to meet in person or talk to on the phone. The Senior Center will always have a special place in my heart because the work that is done here has made a difference in the lives of many. I wish staff, community members and our seniors the best going forward and appreciate all of the support that I have received during my time in this role.

*Thank you,
Amanda Joao*



Ashfield • Buckland • Shelburne

A newsletter by the Senior Center Foundation, Inc. which supports The Senior Center 7 Main Street, Shelburne Falls, MA 01370

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

Leanne Dowd,

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

Senior Center Foundation News

By: Margaret Payne,

President of The Senior Center Foundation

Once again, I want to express my deep gratitude for the generosity that we experience from our donors. **The Senior Center Foundation's fall appeal collected a total of \$16,700 in gifts for the support of the Senior Center.** This year, 135 people made it a priority to donate towards the work of the Senior Center. These folks make up the community of support that will make our vision of an upgraded Senior Center possible. In 2021, there were 32 new donors that joined us!

What have Senior Center Foundation donations been used for?

• Unrestricted donations make the Foundation's **annual contribution of \$10,000** to the Senior Center budget possible. These donations also help the Foundation provide financial support

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.

towards the Center's meal programs and special events.

• **Since 2020:** the generosity of our donors allowed us to give the Senior Center \$20,000 to cover COVID-19 related expenses including PPE, air purifiers and technology upgrades.

• **So far in 2022:** The Foundation donated \$2,500 to the Center to purchase at-home COVID-19 test kits, K95 and N95 masks for seniors in need.

• Our **Capital fund** received \$2,500 in specified donations from the fall appeal. This fund is being built up to support the vision of an upgraded Senior Center facility in the future.

The establishment of a District, as proposed by the Senior Center Expansion Committee, will create an entity that can own a building, provide focused leadership for the Senior Center, and attract significant funding that has been inaccessible up to this point. **Keep in touch with the Senior Center Foundation, and updated Expansion Project news, at the-senior-center.org**

A very special thank you

The Senior Center Foundation – N95 and

K95 masks, COVID-19 At-home Test Kits

Dick Baker, Abbey LaBelle, Ellen Eller,

Karen Schafer – cards

Liz Dickinson, Jessi Kennedy, Lois Bas-

com – food

Maureen Blackmore – calendars

Candace Curran – heating pads

Sylvia Smith – hearing aid batteries

Ellen Smith – yarn

Carol Kelshaw – cleaning supplies

Colleen Clark – yarn

Gift Fund

Marie Fuller

Ellen Kaufmann

**Kate Downes
Deirdre Gleason**

Attorneys at Law

11 Main Street
Shelburne Falls, MA 01370

(413) 625-2482
katedownes.com

**WILLS, TRUSTS, PROBATE and LONG-TERM
CARE & MEDICAID PLANNING**



Movie Screenings

Pre-packaged popcorn will be passed out after the showing for safety reasons. Movies and popcorn are free. Please call 625-2502 to pre-register by the Thursday before each showing.



E.T. The Extraterrestrial

Tuesday, March 29 at 1:00

Follow the unforgettable journey of a lost alien and the humans that he befriends. Childhood friends Elliot, Gertie and Michael come together to help E.T. the alien find his way back home to another planet. Director Steven Spielberg's magical work in this film shows the importance of friendship and kindness no matter what planet you are from.

Chicago Remake (2002)

Tuesday, April 19 at 1:00

This academy award winning remake of the 1972 classic stars Richard Gere, Renee Zellweger and Catherine Zeta-Jones. Adding a comedy crime twist to the classic musical film, two stars battle it out for the spotlight on Chicago's famed Murderess Row. With the help of a local lawyer, these defendants hope to find their claim to fame.

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.

Tuesday, March 1, 2pm:

"Ford Theatre: After the Assassination of Abraham Lincoln" - 45 min.

Tuesday, March 15, 2pm:

"Dunes National Park at Lake Michigan - Bird Easy"- 45 min.

Tuesday, April 12, 2pm:

"Joshua Tree National Park"

Tuesday, April 26, 2pm:

"Hoover Dam"-a fun and fact-filled personal tour of Hoover Dam

Exercise Classes on Falls Cable

If you have access to Falls Cable Channel 17, check out their daily listing on your TV or their website fallscable.com. Recordings of our exercise programs alternate weekdays at 9 a.m. with the RSVP Bones and Balance class airing Wednesdays at 9 a.m.

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.

Tai Chi for Energy

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Tuesdays at 10:00 at Trinity Church

Taught by Lois Bascom. This program promotes the opportunity to relax, refresh and revitalize. It will help you acquire better health, internal energy and the ability to manage stress. Great for beginners as well as those who have been practicing for a while. 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 instructors as they have been in the past. This program is designed to increase participants' strength, mobility, flexibility, and balance.

Men's Night Meetings

March 9, April 13

Meetings are the 2nd Wednesday of the month, from 5-7:30. They meet in the picnic area behind The Senior Center and carpool from there. After the visits, the group usually goes somewhere for supper. If interested in attending contact the group's leader, Don Bascom, at 625-2970.

Tai Chi for Arthritis and Fall Prevention

Thursdays at 9:00 

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**

Knitting Group

Thursdays at 10:30

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 call list.

Save the Date

French Conversations on Main Street

Saturdays, April 2 to end of September at 2pm

Join locals Richard and Francoise Bennett on their lawn at 101 Main Street, Shelburne Falls to converse in French! Participants are asked to bring a folding chair. Pre-register by email to: francoisebennett54@gmail.com or leave a note in the mailbox with your name and phone number.

health services



Participants working on their balance and flexibility during our Healthy Bones & Balance class which is instructed by volunteers Honey Boyden and Jane Wagener

"Ask the Nurse"

March 22 10:30 – 12; April 26, 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

March 14, 28; April 11, 25 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.



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

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 (413) 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 for Ashfield, Buckland, Shelburne residents. For resident of all other towns SHINE appointments can be made by calling Lifepath at 774-5555. If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday.

Fuel Assistance

For those of you who may struggle with the expense of heating your home, now is the time to consider applying for fuel assistance. The Fuel

Assistance program administered by Community Action for those with low or fixed income runs from November 1 to April 30. The program is meant to help with about 30% of your home heating expenses. If you need assistance with your application, including making copies of the required documentation, or if you have not previously applied and want to determine your eligibility contact Leanne at The Senior Center.

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..

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.

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Pick up A Home Repair Task List

One of our Home Repair Program volunteers has put together a detailed list of routine home safety and maintenance tasks in order to help seniors get to know the ins and outs of their home. This document features instructions on how to operate in-home systems such as water shutoff valves and circuit breakers, along with tips on how to increase the effectiveness of routine maintenance. As a result, your home will be safer, and you will have an increased awareness of issues to look out for. Call us at 625-2502 if you are interested in picking up a free copy at our Center.

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 Leanne at 625-2502 for more information.

Gross Income Guidelines

Number of People & Max Annual Income Allowed

1	\$54,601
2	\$71,401
3	\$88,201
4	\$105,001

resources

Alzheimer's Support Services

Caregiver Support Group

March 7, April 4 from 2-3:30

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 Leanne Dowd and Social Worker Dianna Young facilitate the group. Please contact Leanne at 625-2502 prior to your first group attendance. There is no charge to attend.

The West County Memory Café

Fridays, March 18, April 15 from 12:00-1:30

The Café will be held indoors at The Senior Center. 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 Leanne 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. Call us at 625-2502 for more information.

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

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.*

Affordable Connectivity Program

This is a Federal Communications Commission program that replaces the Emergency Broadband Benefit. If eligible you can receive up to a \$30/month discount on internet service and a one time discount of up to \$100 for a laptop, tablet or desktop computer. One service discount and one device discount is allowed per household. Call us at 625-2502 to see if you are eligible.

PIONEER 
HEARING SERVICES

Barbara A. Morris, Au.D., PASC
Audiologist

329 Conway Street, Greenfield, MA 01301
(413) 773-5119
pioneerhearingsservices@msn.com

food and clothing

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: **March 16, April 20.**



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 hilltowns 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.**

You May Qualify for SNAP Benefits!

- 1 person household \$2,265 gross monthly income
 - 2 person household \$3,052. gross monthly income.
- Call Leanne at 625-2502 for SNAP benefit questions and application assistance.



Outreach Coordinator Leanne Dowd and Office Assistant Gloria Fisher pre-packaging last month's To Go meal.

meals

"To Go"

Tuesday Lunches - There will be 2 drive-thru lunches offered in March and two in 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 and your meal will be handed to you. You don't even have to leave your car! **Cost: \$3**

"To Go"

Wednesday Weekly Life-path Lunches - Monthly menus are available at the Center. Pre-registration is required at least 48 hours from the lunch day by calling 625-2502. Drive up in front of The Senior Center and your meal will be handed to you. You do not even have to leave your car! **Suggested donation: \$3.**



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Shelburne Police Department: Who Do You Call?

A common question that I have received this year has been:

*“Who should I call
when ____?”*

This is a valid question and one with many answers.

First, I always remind
anyone in an emergency to call 911.



However, I have learned that being a police officer in a small community forces you to be a ‘jack of all trades.’ We are lucky to have a dispatch center that serves West County right here in Shelburne. This dispatch center has a **non-emergency** line that will help you with non-emergency situations. You can call them with questions about scams, parking regulations, civil issues, etc. and they will relay the message to the officer on duty. The dispatch center’s non-emergency line can be reached at (413) **625-8200**.

Last year, I became the police department’s liaison with The Senior Center in Shelburne. This role has allowed me to maintain open communication with Senior Center staff regarding issues in our community that they may be able to help with. If you or someone you know is struggling and needs advice or further assistance, please reach out to me at the non-emergency phone number or email below.



*Stay safe, especially during the winter weather,
Office Tucker Jenkins*

Officer Jenkin’s
Office Number:
413-625-0304, ext. 5
Email:

tjenkins@townofshelburnema.gov

Jonathan F. George Sr., CPA, CFP

Taxes - Accounting - Financial Planning

89 Main Street
Shelburne Falls, MA 01370
Ph: 413/625-9593
Fx: 413/625-9461
george@crocker.com
www.89MainSt.com



Feeling Isolated? LifePath Can Help

LifePath, Inc. is Franklin County’s Area Agency on Aging and offers many opportunities for local seniors to engage meaningfully with trusted volunteers. Contact LifePath at 413-773-5555 to learn more about how you can receive the services shown below for yourself or someone else.

Phone pals – volunteers are available to chat by phone on a weekly basis, as a way of staying connected with isolated seniors. Conversations usually focus on similar hobbies and interests.

Grocery Shopping & Delivery – volunteers are available to perform grocery shopping and delivery throughout Franklin County for those age 60+ during the pandemic.

Money management – trained volunteers can assist with check writing, creating a budget, sorting bills and managing expenses for those who have difficulty doing so on their own.

THE BAKER PHARMACY

413-625-6324

HOURS:

Monday–Friday 8:30am–6pm

Saturday 8:30am–3pm

Sunday Closed

52 Bridge Street, P.O. Box 188 • Shelburne Falls, MA 01370



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

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Expansion Committee News

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

The Working Group organized by the Expansion Committee's Consultant; P-Three Inc. has agreed on a Draft Senior Services District Agreement. This draft has been forwarded for legal review by independent counsel Murphy, Hesse, Toomey, Lehane, LLP who are well versed in municipal law. Upon completion of the review, there will be a series of public activities preparing for annual town meetings. The following is a general schedule of events to be confirmed in the days ahead:

**Thursday, February 24 - Expansion Committee Meeting:
Review DRAFT**

Early March - Ashfield, Buckland and Shelburne Select boards joint meeting to review updated DRAFT

Mid-Late March - Expansion Committee approval of DRAFT for submission to Selectboards for Annual Town Meetings

Late March into April – Public Forums in each town

April - Informative Mailing to residents of Ashfield, Buckland and Shelburne

April – Additional public relations Activities

May and June - District Draft is presented at Town Meetings for a vote

Ashfield Annual Town Meeting – Saturday, May 7, 2022

Buckland Annual Town Meeting – Saturday, May, 7, 2022

Shelburne Annual Town Meeting – Saturday, June 11, 2022

Visit the Senior Center's Website (the-senior-center.org) for more details. A District does not cost the towns any additional funds and enhances the opportunity for additional state funds for any possible future capital needs. Hope you will join us when you can!

Amanda Joao, Senior Center Director
Sylvia Smith, Expansion Committee Chair
Margaret Payne, Senior Center Foundation President