

“WISE GUIDE”

Greetings Senior Center Community! Welcome to the latest edition of our newsletter. We're excited to share some of our most recent achievements and updates with you. We hope you enjoy this version of SeniorWise, and are able to learn more about COA's, volunteering, and our new Partnership section. A shout out to **DIANA HARDINA** who has worked with us on creating a new look for the newsletter and patient with Juli's daily additions and ideas! We hope you enjoy the color and new information in SeniorWise. As we enter Spring and Summer, some of our favorite outdoor sites will be available to enjoy. **THE ROGER TINCK-NELL BEATLES PERFORMANCE** on May 31st will mark the beginning of snacks and beverages inside, seeing visits and coffee resume on site. We're welcoming new members and enjoying the new faces and relationships. There are new and exciting events coming up in the next few months. There is a sampling for everyone! **ALAN YOUNG IS RETURNING TO FACILITATE ORIGAMI AND BEYOND**, a series of classes, beginners welcome. If you like crafting and DIY, join us for **CRAFTWORKS** and create sea glass vases and citronella candles. Try a new hobby and attend **BEGINNING BIRDING**, with a fun lecture and then a walk through town with binoculars and new bird knowledge. Check out the **SOCIAL HISTORY PROJECT** presentation coming at the end of June. We are fortunate to partner with the Shelburne Historical Society for an audience participation event. **CHAIR DANCING ALSO GOES HIP HOP** in May. Join the high energy activity with **RONDAE DRAFTS** who travels from Boston to lead us in quite the workout, chair or no chair! Many thanks to our **VOLUNTEERS, OUR BOARD MEMBERS, COUNCIL ON AGING MEMBERS** and those who work behind the scenes to make our community so wonderful.

Meet Me at the Clark

Monday, May 15 at 12-4 p.m. a free gallery talk program designed specifically for people living with dementia and their care-partners will be held at the Clark Art Institute in Williamstown. On this day when the museum is closed to the public, specially trained educators guide open-ended conversations about art and how it celebrates our shared humanity. Our Caregiver Support Group participants are invited to attend this unique experience. Contact Teddy at 413-625-2502 for more information



Hip Hop Dance Exercise

by **MUSIC Dance.edu.**

Wednesday, May 24, 11:00 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 May 15 by calling The Senior Center at 625-2502.

CISA Farm Share Program

The Senior Center will once again be working with The Atherton Farm to offer 20 farm shares to seniors through the CISA Farm Share program this summer! Those age 60+ who meet income eligibility requirements have the opportunity to receive fresh local produce for at least 10 weeks throughout the summer months. Cost is a one-time fee of \$10 during enrollment. If you receive SNAP benefits the fee can be paid using your EBT card. Shares are limited and will be distributed through a lottery on June 1st. Call Teddy at 625-2502 to enter your name.

SeniorWise
May/June 2023



Social History Project

Tuesday June 27th 1:00 p.m. -3:00 p.m., Shelburne Historical Society

After months of brainstorming, writing and exploring our history, we are excited to announce the public presentation of The Social History Project. Presentations on our shared history of food, transportation, family dynamics and childhood games we played will be shared. After each presentation there will be an audience discussion on the topic. The memories expand to what society looked like at the time of each memory review. Much thanks to The Historical Society in Shelburne for use of their space and partnering with us on displays and spreading the word!

PROGRAMS

CraftWorks

Friday May 12, June 9, 12:00 – 2:00 p.m.

Join the CraftWorks group the second Friday of every month, from 12-2 pm in the large room at The Senior Center. Each month there will be two projects highlighted. Resources and tools needed will be supplied! In May we will be making a sea glass effect on everyday items, such as mason jars, candleholders, and vases. Mason jars and candleholders to be supplied, feel free to bring your glass item as well and learn how to create a sea glass effect. Fairy lights will also be available to create your own fairy light in a jar for use inside and out. In June, we will be making beautiful floating candle citronella jars to help you enjoy your outdoor areas with natural insect repellent! The second project will be constructing unique hummingbird feeders to decorate and fill. Get your creative juices flowing and create unique items for your home, or gifts! Limit is ten participants. Please register so we are sure to have all the supplies needed, at 413-625-2502

Banking and You!

Wednesday May 24, 1-2 p.m.

Snacks to be served as we talk about account titles! What's the difference between a Primary account and a Joint account? How many owners can an account have? Do you need a beneficiary on your account? How might account titles impact your will? Come and find out! Shannon Mazzi is our presenter and has worked at Greenfield Savings Bank in various positions since 1993. Join us for valuable advice and resources. Call 413-625-2502 for more information and to register today!

Beatles & Beyond - music program by Roger Tincknell

Wed., May 31, 1:00 p.m. at Senior Center

Roger will entertain with 60s and 70s pop classics. Drinks and pastries will be provided. Please pre-register at 625-2502. Sponsored in part by a Shelburne Cultural Council grant which is supported by the MA Cultural Council, a state agency.

MISSION STATEMENT

The mission of the Senior Center and member Councils on Aging's 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
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NEWSLETTER

SeniorWise is produced bi-monthly.
 Content contributions are welcome
THE SENIOR CENTER - 413-625-2502 - sfsrctr@crockers.com

WEBSITE

the-senior-center.org
 Like us on Facebook:
 Mainstreetshelburne

Beginning Birding

Tuesday May 2 nd at 1 pm, and Friday May 5 at 9 AM.

Have you ever been curious about the birds you hear? Join Peggy Warwick, bird enthusiast for 40 years, to learn about the birds in your area. Peggy will hold a class on birds in the area on May 2 at 1 pm at The Senior Center. On Friday, May 5, meet at 9 a.m. outside The Senior Center for a walk around the village to see and hear our common bird residents, and likely, some of our summer residents, here for the nesting season. Bring binoculars if you can; but we will have a few pairs to lend.

allaboutbirds.org/news/binoculars-and-beyond-nine-tips-for-beginning-bird-watchers/



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). Meet at the Senior Center and carpool.

May 10, 5 p.m.- trip to Timothy Coleman Furniture

Trip to Pierce St. Ironworks June 14, 5 p.m.

3

Origami and Beyond

Weds. May 3, 10, 17, 24, June 7, 14 – 12 noon to 1 p.m.

This class will be led by Alan Young. In addition to classic folding you will learn cutting, pleating, wet folding, and crumpling techniques. You will leave every class with at least one completed piece and a new understanding of the versatility of paper. No prior skill required, and all materials provided free of charge. Pre-register by May 1.

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.

SENIOR LEARNING NETWORK

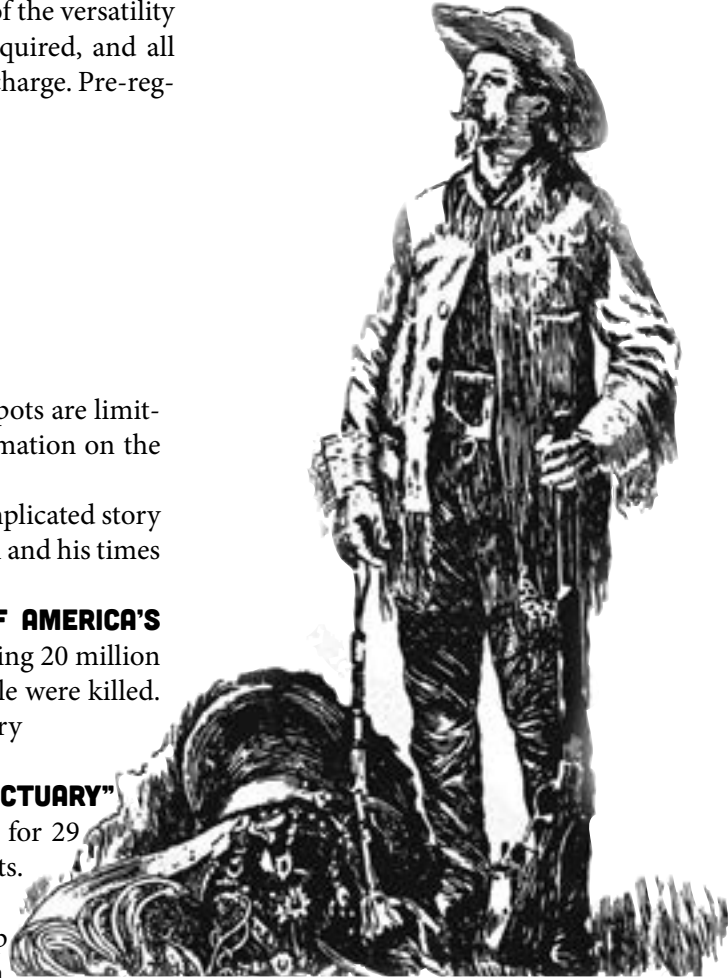
SLN programs are shown inside of The Senior Center at 2 p.m. Spots are limited, pre-registration required. Call us at 625-2502 for more information on the programs below and to pre-register.

TUES., MAY 2, 2 P.M.: "THE STORY OF BUFFALO BILL" – a complicated story spanning the mid to late 1800s to 1917 will tell about both the man and his times

TUES. MAY 23, 2 P.M.: "THE JOHNSTOWN FLOOD—ONE OF AMERICA'S GREATEST TRAGEDIES" – in 1889 South Fork Dam failed sending 20 million tons of water 14 miles down the valley to Johnstown. 2,209 people were killed. Program explores the cause and effects and the large-scale recovery

TUES., JUNE 13, 2 P.M.: "RETURN TO THE ELEPHANT SANCTUARY" – this refuge in Tennessee has grown in size and is a safe place for 29 elephants. Learn what is new here and about their newest residents.

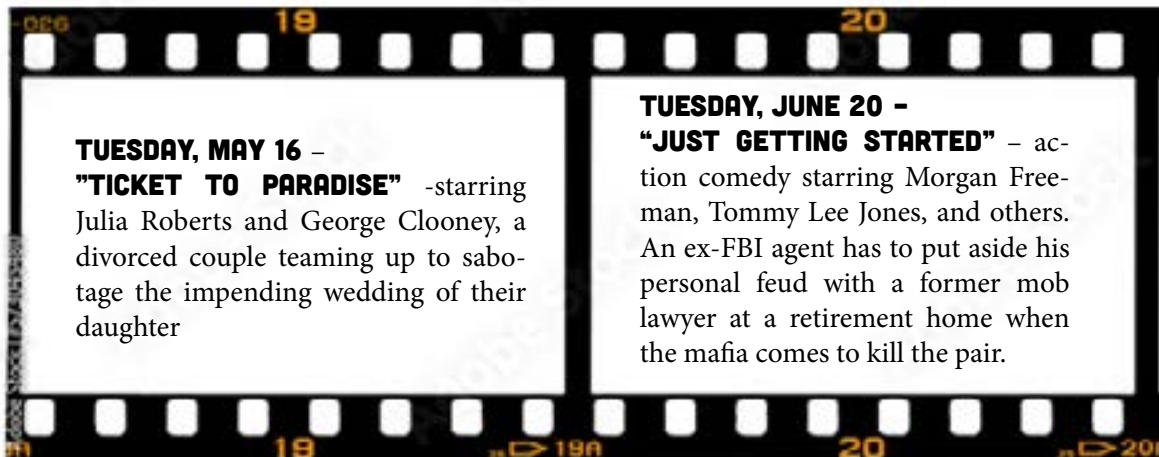
TUES., JUNE 27, 2 P.M.: "NORTH TO ALASKA" – a virtual trip via the Alaska Public Lands Info. Center. on a mini tour of Alaska



TUES., MAY 2, 2 P.M.: "THE STORY OF BUFFALO BILL"

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, MAY 16 –
"TICKET TO PARADISE" -starring Julia Roberts and George Clooney, a divorced couple teaming up to sabotage the impending wedding of their daughter

TUESDAY, JUNE 20 –
"JUST GETTING STARTED" – action comedy starring Morgan Freeman, Tommy Lee Jones, and others. An ex-FBI agent has to put aside his personal feud with a former mob lawyer at a retirement home when the mafia comes to kill the pair.

“Ask the Nurse”

Tuesdays 10:30 a.m. – 12 noon, May 23, June 27

A 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

May 8, 22, June 12, 26, 8:30 a.m. - 3:30 p.m. except 8:30-12:30 on May 22

Registered Nurses from Foot Care by Nurses provide 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 other 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.

Yoga

Every Wednesday at 8:30 a.m. during May; no classes in June

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

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

By the Seat of Your Dance

6 week session Tuesdays, April 25-May 30, 10-11am

Led by Kathy Steinem, this popular and enjoyable exercise program includes exercise and dance moves to great music that participants can do while sitting. Cost: \$20 for the 6 week session or \$5 each time you come. Pre-register by calling 625-2502.

SHINE

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 or call LifePath at 773-5555. May 17, June 21, 9 a.m. to 3 p.m.

THANK YOU!

AA Special Thank You To...

Linda Willson – veggies
Peter Otten- binoculars
Valerie Utton – food
Susan Flaccus – soap
McCusker's Market – pastries
Bonnie Blackmore – supplies
Carol Kelshaw – food
Mike Shea – paper towels
Edie Kelleher - cards

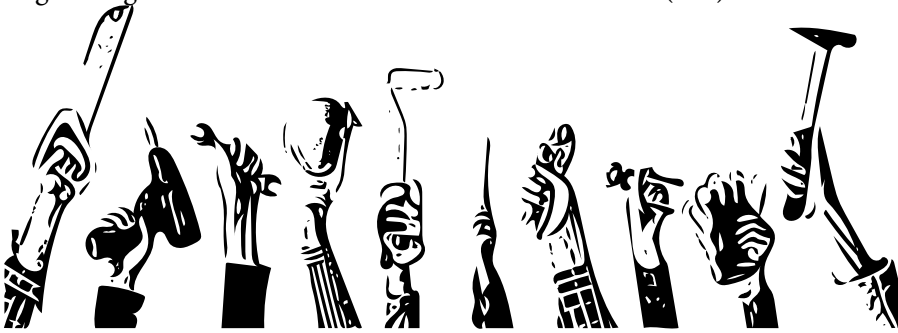
Gift Fund Donations:

Evie Bohonowicz
Cie Simurro – Home Repair
Sandra Brown – Transportation
In Memory of Sue Atherton
Cathy Buntin
Dot Lyman

OUTREACH

Outreach Services: The Outreach Coordinator provides office, home, and satellite visits. The focus is on benefits available to seniors, as well as future planning, housing, and living environment. The coordinator is the liaison with services provided to seniors throughout West Franklin County. Call The Senior Center at 413-625-2502.

The Senior Center provides Outreach Services for residents of Ashfield, Buckland and Shelburne. Residents from other towns who need help with Fuel Assistance, benefits applications, homeware, 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.

TRANSPORTATION

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.**

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.

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.

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Saturday 8:30am-3pm
Sunday Closed



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Fz: 413/625-9461
george@crocker.com
www.89MainSt.com



MONDAY Meals on Wheels / Lunch served	TUESDAY Meals on Wheels / Lunch Served	WEDNESDAY Meals on Wheels	THURSDAY Meals on Wheels / Lifepath Lunch	FRIDAY Meals on Wheels
1 12:30 Drumming 2:00 Caregivers Support Group	2 Greenfield Shop Trip 10:00 Tai Chi at Trinity Church 10-11 Chair Dance Exercise 1:00 Intro to Bird Watching Part I 2:00 SLN "The Story of Buffalo Bill"	3 In-town Shop 8:30 Yoga 10:00 Healthy B&B 12:00 Origami & Beyond	4 Greenfield Shop Trip 9:00 Tai Chi 9-12 Outreach Coord in Ashfield 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:00 Ashfield COA luncheon 12:30 Bingo <i>Pre-register for 5/9 meal</i>	5 Staff available by phone 9-2 9:00 Bird Watching Walk Part II
8 8:30-3:30 Foot Clinic 1:00 Drumming	9 Greenfield Shop Trip 10:00 Tai Chi at Trinity Church 10-11 Chair Dance Exercise 12-1:30 To Go Mother's Day Lunch Lemon ricotta pasta, Italian Salad, roll, dessert Buckland Library Book Delivery	10 In-town Shop 8:30 Yoga 10:00 Healthy B&B 12:00 Origami & Beyond 2:30 Novel Idea Book Club @ Ctr 5:00 Men's Nite to Tim Coleman Farm Arms Library Book Delivery Ashfield Library Book Delivery	11 Greenfield Shop Trip 9:00 Tai Chi 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:30 Bingo 3:00 Board of Directors Mtg.	12 12-2 Craftworks Staff available by phone 9-2
15 1:00 Drumming 12p-4p Caregivers Trip to Clark Museum	16 Greenfield Shop Trip 10:00 Tai Chi at Trinity Church 10-11 Chair Dance Exercise 1:00 Movie "Ticket to Paradise"	17 In-town Shop 8:30 Yoga 9:00 SHINE 10:00 Healthy B&B 12:00 Origami & Beyond 1:15-3:00 Brown Bag 2:00 Novel Idea Book Club at Belding Library	18 Greenfield Shop Trip 9:00 Tai Chi 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:30 Bingo <i>Pre-register fo5/23 meal</i>	19 Wal-Mart Shop Trip Staff available by Phone 9-2
22 8:30-12:30 Foot Clinic 1:00 Drumming	23 Greenfield Shop Trip 10:00 Tai Chi at Trinity Church 10-11 Chair Dance Exercise 10:30-12 Ask the Nurse 12-1:30 To Go Lunch turkey rice soup, gr cheese sand, chips, dessert 2:00 SLN "The Johnstown Flood" Buckland Library Book Delivery	24 In-town Shop 8:30 Yoga 10:00 Healthy B&B 11:00 Hip Hop Chair Dance 12:00 Origami & Beyond 1:00 – 2:00- Banking and You Presentation Arms Library Book Delivery Ashfield Library Book Delivery	25 Greenfield Shop Trip 9:00 Tai Chi 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:30 Bingo	26 12-1:30 Memory Cafe Staff available by phone 9-2
29 Memorial Day Celebrated Center Closed	30 Greenfield Shop Trip 10:00 Tai Chi at Trinity Church 10-11 Chair Dance Exercise	31 In-town Shop 8:30 Yoga 10:00 Healthy B&B 1-2 Roger Tincknell performs Beatles and Beyond music drinks and pastries served	Must make reservation or appointment. Please call 625-2502. Pre-registration needed for ALL activities No walk-ins at this time	May 2023 The Senior Center in Shelburne

MONDAY Meals on Wheels / Lunch served	TUESDAY Meals on Wheels / Lunch Served	WEDNESDAY Meals on Wheels	THURSDAY Meals on Wheels / Lifepath Lunch	FRIDAY Meals on Wheels
JUNE 2023 The Senior Center in Shelburne	☞ Must make reservation or appointment. Please call 625-2502. Pre-registration needed for ALL activities No walk-ins at this time		1 Greenfield Shop Trip ☞ 9:00 Tai Chi 9-12 Outreach Coord in Ashfield 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:00 Ashfield COA luncheon 12:30 Bingo <i>Pre-register for 6/6 meal</i>	2 Staff available by phone 9-2
5 12:30 Drumming 2:00 Caregivers Support Group	6 Greenfield Shop Trip ☞ 10:00 Tai Chi at Trinity Church 12-1:30 To Go Lunch ☞-chicken & cheese quesadilla ,guac, sour cream, salsa on side, dessert	7 In-town Shop ☞ 10:00 Healthy B&B 12:00 Origami and Beyond Arms Library Book Delivery Ashfield Library Book Delivery	8 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo 3:00 Board of Directors Mtg.	9 12-2 Craftworks ☞ Staff available by phone 9-2
12 8:30-3:30 Foot Clinic ☞ 1:00 Drumming	Buckland Library Book Delivery 13 Greenfield Shop Trip ☞ 10:00 Tai Chi at Trinity Church 2:00 SLN “Return to the Elephant Sanctuary”	14 In-town Shop ☞ 10:00 Healthy B&B 12:00 Origami and Beyond 2:30 Novel Idea Book Club @ Chr. 5:00 Men’s Night to Pierce St. Ironworks ☞	15 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo	16 Wal-Mart Shop Trip ☞ 12-1:30 Memory Cafe ☞ Staff available by Phone 9-2
19 1:00 Drumming	20 Greenfield Shop Trip ☞ 10:00 Tai Chi at Trinity Church 12-1:30 To Go Father’s Day lunch ☞ ham, scalloped potatoes, cuke salad, dessert 2:00 Movie: “Just Getting Started Buckland Library Book Delivery	21 In-town Shop ☞ 9:00 SHINE 10:00 Healthy B&B 1:15-3:00 Brown Bag 2:00 Novel Idea Book Club at Belding Library Arms Library Book Delivery Ashfield Library Book Delivery	22 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo <i>Pre-register for 6/20 meal</i>	23 Staff available by phone 9-2
26 8:30-3:30 Foot Clinic ☞ 1:00 Drumming	27 Greenfield Shop Trip ☞ 10:00 Tai Chi at Trinity Church 10:30-12 Ask the Nurse 1:00-3:00 The Social History Project Presentation at Historical Society in Shelburne 2:00 SLN “North to Alaska”	28 In-town Shop ☞ 10:00 Healthy B&B	29 Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo	30 Staff available by phone 9-2

Get the Facts on Senior Centers

Senior centers, recognized by the [Older Americans Act \(OAA\)](#) as a community focal point, are one of the most widely used services among America's older adults. Today, more than 11,000 senior centers serve more than 1 million older adults every day in their communities and neighborhoods.

Approximately 70% of senior center participants are women; half of them live alone. Compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction and lower levels of income.

The average age of participants is 75.

Senior Center services

Senior centers connect older adults to vital community services that can help them stay healthy and independent.

More than 60% of senior centers are designated focal points for delivery of OAA

services—allowing older adults to access multiple services in one place.

Senior centers work in partnership with other community agencies and organizations and businesses to provide access to an array of opportunities for older adults to stay safe, active, and healthy.

Senior centers frequently serve as part of emergency response. During the pandemic, seniors centers have been a lifeline for older adults and their communities.

How are Senior Centers Funded?

To maintain operations, senior centers must leverage resources from a variety of sources. Primary funding sources are often local (municipal or county government tax dollars). Other sources include: federal and state governments; fundraising events; public and private grants; businesses; bequests;

participant contributions; in-kind donations; and volunteer hours. Most centers rely on three to eight different funding sources.

Benefits and impact

Research shows older adults who participate in senior center programs can learn to manage and delay the onset of [chronic disease](#) and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

Today's senior centers are reinventing themselves to meet the needs and desires of three generations of older adults. Baby Boomers now constitute more than two-thirds of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults and have an eye towards the future with the leading age of Generation X turning 60 in 2025.



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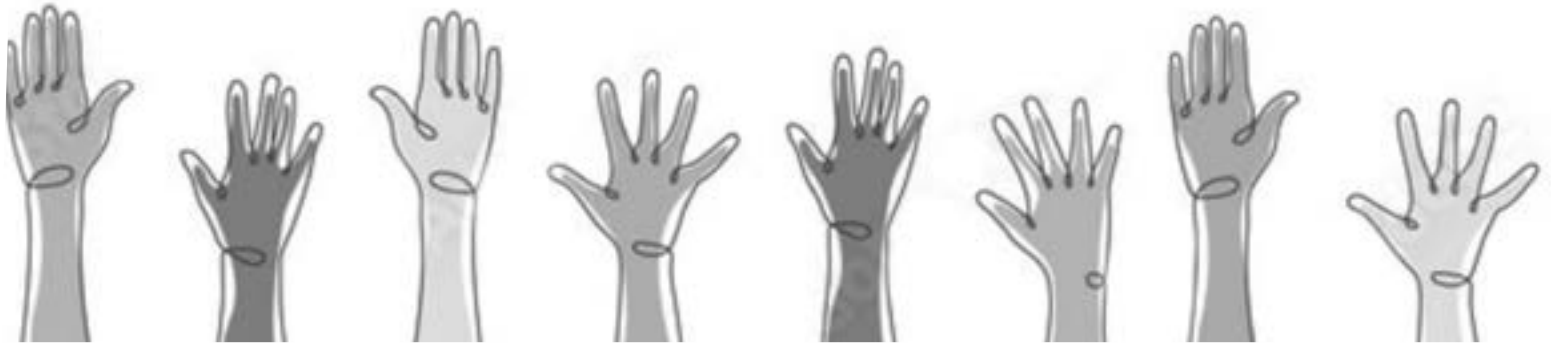
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THE GIVING GROUPIES



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 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. Don't hesitate to call 413-625-2502 at The Senior Center and ask for Dot or Juli to explore opportunities!

Coming Soon!

Aerobics Classes Thursdays at 5p.m. in Buckland Town Hall starting in September!
 Adventurer's Club starting in July, looking for adventurous seniors!
 Garden Club will be planting soon, watch for the flowers surrounding the building!

ANNUAL PICNIC AUGUST 17 WITH OUR PARTNERS FROM THE KIWANIS CLUB AT THE PAVILION!



Alzheimer's and Dementia Support Services

Caregiver Support Group

Mondays at 2 p.m., May 1, June 5, Clark Museum Trip May 15th 1:00 p.m.

A support group for family members caring for a loved one with Alzheimer's disease or a related dementia meets the first Monday of the month, unless there is a Monday holiday. The group will meet either in-person or on Zoom, depending on the current state of COVID-19. Outreach Coordinator Ted Doucette and Social Worker Dianna Young facilitate the group. 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., May 26, June 16

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 in May and June. (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.



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



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COUNCILS ON AGING

Ashfield Council on Aging

DOUG FIELD, WAYNE WICKLAND, JANICE WRIGHT, MARY MOSLEY.

The Ashfield Council on Aging meets 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 is a great time to see each other again and to plan for future gatherings - May 4, June 1-brown bag lunch-dessert and coffee/tea provided. Call 413-625-2502 for contact information.

Buckland Council on Aging

ELLEN ELLER, JOANNE SOROKA, JANICE FLUERIEL

The BCOA is focusing on engaging Buckland seniors, and making 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 continues 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.

**Kate Downes
Deirdre Gleason**

Attorneys at Law

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

FOOD PROGRAMS

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: May 17, June 21

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 are available. Delivery available for Shelburne and Buckland residents. Custom orders can be placed by calling 413-773-5029 ext. 2.

THE CLOTHES CLOSET AT COWELL GYM IS OPEN ON THE 2ND AND 4TH WEDNESDAYS OF THE MONTH FROM 11-4.

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.

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.

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

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.

Notes on using HIP at farmers' markets

At most farmers' markets, HIP vendors will process HIP directly at their booth. Make sure the vendor you buy from can process HIP! Not all farms participate in HIP, even at the same farmers' market. Look for a sign with a HIP logo, or ask the vendor to be sure.

HERE'S HOW THIS WORKS:

Choose the fruits and vegetables you want to buy from a farmer's booth.

When you go to pay, the farmer will send you to a centralized market manager's booth to pay.

The market manager will swipe your card and give you a receipt that shows you how much SNAP you have spent and how much HIP you have used toward your monthly cap.

Take your receipt back to the farmer as proof of payment.

The farmer will then give you your produce.



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Senior Center Foundation, Inc.
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Shelburne Falls, MA 01370

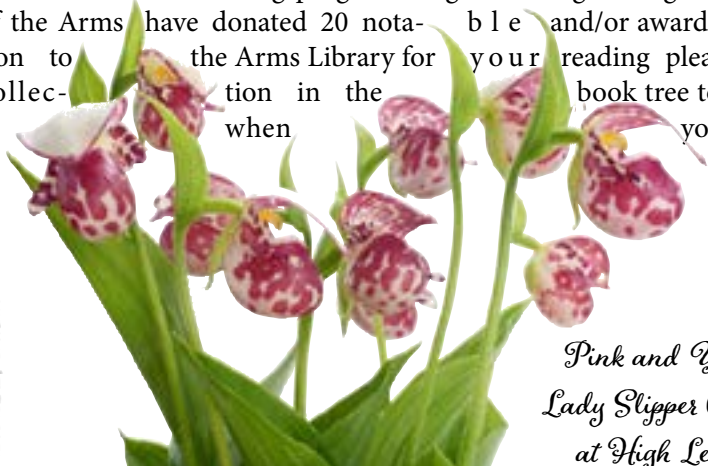
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THE-SENIOR-CENTER.ORG

Our New Website! Check It Out!

OUR PARTNERS About Town (s)

What makes a solid community is partnerships. The Senior Center has many valuable partners. Cowell Gym and the Recreation Committee support our exercise efforts. The Open Space Committee and Land Trust support our hikes and nature endeavors. The Deerfield River Watershed Association, Shelburne Open Space Committee, Shelburne Falls Senior Center, and Arms Library have partnered to lead a scenic and educational hike to the High Ledge at Mass Audubon's High Ledges Wildlife Sanctuary in search of the Pink and Yellow Lady Slipper Orchids. The even more rare yellow Lady Slippers are listed as "Endangered" in Massachusetts. Gather on the Library steps at 9:00 AM on Sunday, May 21 and carpool to the High Ledges. The Friends of the Library in Shelburne, Buckland and Ashfield support our education and learning programming. "Wishing for a good book to read? The Friends of the Arms have donated 20 notable and/or award winning books of literary fiction to the Arms Library for your reading pleasure. Look for their special collection in the book tree to the left of the checkout desk when you enter the library."



*Pink and Yellow
Lady Slipper Orchids
at High Ledges.*



See The Beautiful Buckland Historical Society 8 minute video about the **WILDER HOMESTEAD BARN RESTORATION PROJECT**
vimeo.com/591119932

Enjoy the Shelburne Falls' Pocket Park Project Proposal 2 minute video at:
youtu.be/On-IJytxles