

Senior WISE

November-December 2022



= please call

625-2502 to pre-register, appointments, 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 "mainstreetshelburnefalls" 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 mask covering their mouth and nose at all times. Masks will not be required during outdoor activities.



Tomatoes keep on growing in our garden out back.



Cycle of Memory Documentary

November 8th - 5:30 - 8pm, Senior Center

Join the Senior Center for a special intergenerational screening of Cycle of Memory: the new award-winning documentary about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's. The film is 72 minutes long and will be followed by a Q+A with the filmmaker. This program is supported in part by a grant from the Buckland Cultural Council, a local agency which is supported by the Mass Cultural Council.

About the film: Mel Schwartz escaped the Great Depression on a bicycle adventure he'd remember for the rest of his life. But when Alzheimer's takes Mel's memories away, it's left to his grand-

kids to recreate the life-changing bike trip and find those memories again. Guided by old photographs of the 1945 trip, they search for places aged by time. But while searching for Grandpa Mel's past, the two are confronted with their own fraught history. If they're going to complete the turbulent journey, they'll have to face their own emotional potholes and tumultuous relationship. With the help of a grandmother learning to live alone for the first time, Mel's lifelong friend and co-adventurer on the bike trip, and a family collection spanning 1950s film reels to 1990s video tapes, Cycle of Memory explores the importance of intergenerational connection, healing painful pasts, and leaving a meaningful time capsule for the future. Please pre-register at 625-2502.

Daylight Savings Time ends Nov. 6

Turn clocks back 1 hour and check batteries in smoke and carbon monoxide detectors



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.

Internet Cafe

Fridays 10:00 a.m. – Noon

Free Wi-Fi

DROP IN bringing your own tech devices (laptops, tablets, smartphones) or pop in to use the

Center's Chromebooks. They are also available for short-term loans, after completing an application. Chromebooks were purchased through a grant from LifePath and local donors. If you have some tech savvy skills and could help with tutorials and support, call Juli at 413-625-2502.

Spot the New Scams Presentation

Wednesday December 7, 1-2 pm

The Northwestern District Attorney's Office will be at The Senior Center to review the latest scams and how to protect yourself from fraud. Presentation twist, it will be in Trivia Game format!

This is a fun, interactive game designed to test your knowledge about topics such as:

- Trending Senior Consumer Issues
- Credit Reporting and Money Management
- Phone, Internet, and Email Scams Targeted Towards Elders
- Elder Law
- The Adult Protective Services

Game questions are divided into four categories, with difficulty levels ranging from 100 to 500. Contestants will be provided questions and four possible answers. Are you up for the challenge?

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

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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.

Layout & design by Diana Hardina

The Senior Center

413.625.2502

sfsrctr@crocker.com

New Website!

the-senior-center.org

Like us on Facebook:

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Public Message from Chief Bardwell

Buckland and Shelburne select boards have issued joint statement supporting shared police services to seek community support through public outreach plan.

At the 2023 Annual Town Meetings, the towns of Buckland and Shelburne will be asked whether they want to move forward with shared police services. Sharing began with an interim agreement on April 1, 2022, with Shelburne Police Chief Greg Bardwell becoming the Chief of Police in both towns through June 30, 2023. Town officials are looking for formal community support for some additional form of shared police services.

In December 2020, Governor Charlie Baker signed, "An Act Relative to Justice, Equity and Accountability in Law Enforcement in the Commonwealth Massachusetts," otherwise known as the Massachusetts police reform law. This law requires many changes to police work

statewide, some of which have a substantial impact on small town police departments. Police reform requires all police officers to receive a high level of training and certification. Communities that historically relied on part-time officers to fill gaps in service will need to pay for fully trained and certified officers, regardless of their work schedule. The costs of providing police services are likely to go up. The Buckland and Shelburne Select Boards are looking for a way to comply with the law without causing unnecessary cost burdens on their residents, though an increase in cost is still likely. Town officials are hopeful that by sharing police services, the citizens of both communities will have: Better police services, more consistent and professional police coverage in both towns, and a police force that is better trained and educated, particularly in modern policing techniques and approaches, and the option for officers to train in specialty fields (for example: detective work, community outreach, search and rescue, crash reconstruction, domestic violence intervention, etc.).

The first step in the 2-town public engagement process will be a Public Forum to seek resident input on shared police services. The Public Forum will be held November 16th at 6 p.m. at Buckland-Shelburne Elementary at 75 Mechanic Street in Shelburne Falls. Residents of Buckland and Shelburne are invited to attend. In the coming weeks, additional information will be provided regarding future public input opportunities. For more information, please contact Chief Greg Bardwell at 413-625-0304 ext. 5 or gbardwell@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**.

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 774-2262 x163 for information and reservations and for information regarding their fixed route between Charlemont and Greenfield with stops in Buckland and Shelburne.

Special Thank you

Yolene Schaefer – cards

Jean Simmons – beautiful framed watercolor paintings by Annie Maloney

Chris and Patricia (Biagi) Yacovone – health supplies, oxygen machine, visual phone

Apex Orchards – apples for meals

Gardeners: Lois Bascom, Beth Bascom, Monika Posl, Judy Sweet, Ellen Jenkins, Anne Mislak – for our beautiful and bountiful garden

Marcia Schuhle – instructing a Quilling Class

Patricia Bunk – home repair donation

Joanne Ostrowski – home repair donation

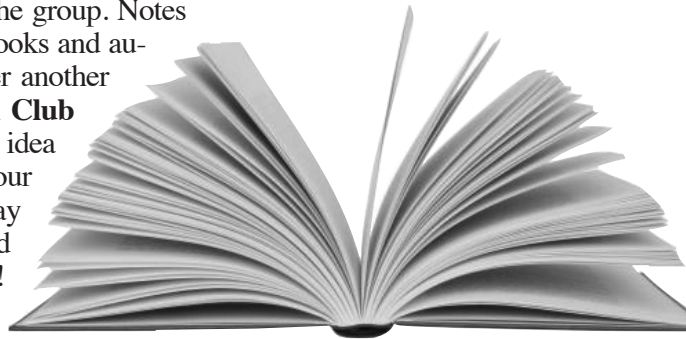
Candace Field – cards and pens

Chef Bret Bourman – food supplies

Book Club A Novel Idea **NEW**

Wed., Nov. 9, 2:30 p.m., Wed., Dec. 14, 2:30 p.m.

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



Senior Learning Network Virtual Programs ☎

SLN programs are shown inside of The Senior Center. Spots are limited, pre-registration required.

Tues., Nov. 1st, 2 p.m. – Everglades 101-LIVE from Everglades National Park – A live tour with a park ranger to an important habitat for numerous rare and endangered species.

Tues. Nov. 29, 2 p.m. – The Printing Museum – explore the earliest examples of as well as modern-day machines and learn the integral role printing had in transforming societies.

Tues., Dec. 6, 2 p.m. – FDR Presidential Library and Museum-Christmas at the White House – Jeff Urbin shares about Christmas at the Roosevelt White House.

Fall Prevention Series- A Matter of Balance ☎

Mondays at The Senior Center 10-11 a.m., Nov. 7, 14, 21, 28, Dec 5, 12

Thursdays in Ashfield at St. John's Corner 11-12 p.m., Nov. 10, 17 Dec. 8, 15, 22, 29

Matter of Balance is specifically designed to reduce the fear of falling and improve activity levels among older adults. The program includes six, one-hour sessions. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely. Class size is between 8-12 participants. Preregister by calling 625-2502.



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. Movies begin at 1 p.m.

Tuesday, Nov. 15
**“Knives Out 2-
 The Glass Onion”**

Tuesday, Dec. 20
**“Christmas on
 the Square”**

Men's Night Meetings

The Men's Night Meetings are held the 2nd Wednesday of the month. Call Don Bascom at 625-2970 to register.

Nov. 9 - Trip to Alex Mead Bikeworks

Dec. 14 - Trip to Mark Leue, the Luthier

Knitting Group

Thursdays at 10:00 a.m.

Whatever your project, come join the group if you enjoy knitting (or other hand work) and great conversation!

BINGO ☎

Thursdays at 12:30 p.m.

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

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.



health services

"Ask the Nurse"

Tues., Nov. 22, Dec. 27, 10:30-12

A FRCOG nurse is available at The Senior Center every 4th Tuesday of the month from 10:30-12. They can answer your health questions, take your blood pressure, check blood glucose levels, collect used needles and provide safe collection boxes for needle disposal. Each month the Nurse will provide information and resources on a specific health related topic. The resources, tips, and guidance can be invaluable to your overall health and wellbeing. This service is provided through Buckland and Shelburne's Cooperative Public Health Service membership with FRCOG. For more information, contact Nurse Lisa White at (413) 665-1400, ext. 114.

Tai Chi for Arthritis and Fall Prevention

Tuesdays at 10:00 at Trinity Church ☎

Thursdays at 9:00 at The Senior Center

Taught by Lois Bascom. The gentle, slow movements in this class help build back muscles, increase balance, strengthen the immune system, and more. Can be done seated or standing. Lois charges \$20/month for the program. Pre-registration necessary. Limit: 10.

Free! Healthy Bones and Balance

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

Thursdays 10:00 a.m. at St. John's Corner
Jane Wagener and Honey Boyden are the instructors as they have been in the past. This program is designed to increase participants' strength, mobility, flexibility, and balance.

Foot Care Clinics

Nov. 14, 28, Dec. 12, 19, Time Change: Beginning in November the hours will be 9 a.m. to 4 p.m.)

Registered Nurses from Foot Care by Nurses are providing foot care clinics at the Center. Appointments take up to 30 minutes and include nail clipping, callous removal, and a foot massage. Call the Center to book an appointment at 625-2502. Cost for A/B/S residents is \$35, and \$45 for residents from outside towns. This program is partially subsidized by The Senior Center Foundation. (Reminder: No-call no-shows will be billed a fee of \$10, as we are still billed for your time slot). For home visits, *which are the financial responsibility of the client,* call 413-367-8369.



Yoga

Every Wednesday at 8:30

Temporarily, yoga is using a tape program. Bring your own exercise mat. Free to Ashfield, Buckland, Shelburne seniors; others \$10/month.

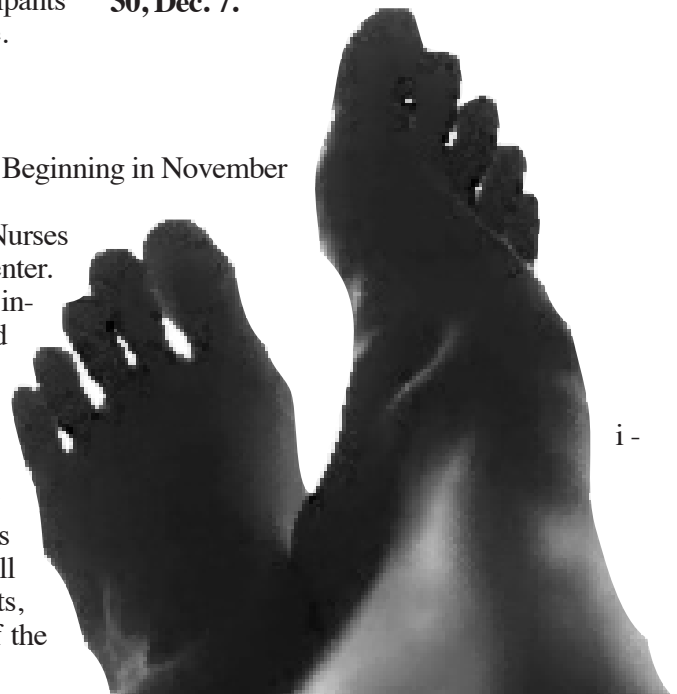
SHINE

This is a good time to review your present plan, determine if it is working for you and if not, make changes. If you need assistance,



Leanne is ready to be helpful 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. **Nov. 2, 9, 16, 23, 30, Dec. 7.**



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outreach services



Ellen, one of the To Go Meal Chefs who make magic.

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 to request an appointment. ☎

Reminder: The Senior Center provides Outreach Services for residents of Ashfield, Buckland and Shelburne (A/B/S) only. Residents from other towns who need help with Fuel Assistance, benefits applications, home care, housing searches, connecting to local resources, or registering for Meals on Wheels can contact LifePath at (413) 773-5555.

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 Ted.

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.



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

Alzheimer's and Dementia Support Services

Caregiver Support Group

Mon., Nov. 7, Dec. 5, 2 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 ☎ prior to your first group attendance. You must sign up in advance to be assured there is adequate respite support available. There is no charge to attend.

The West County Memory Café ☎

Fri., Nov. 18, Dec. 16, 12-1:30 p.m.

The Cafe 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. Call Teddy to sign up. 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



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resources

No-Cost Home Modifications Available

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

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

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*

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.

meals

"To Go" Tuesday Lunches- There will be two drive-thru lunches offered in November and one in December. (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. Suggested donation: \$3.

Ashfield Council on Aging

The Ashfield Council on Aging will meet again for lunch at noon at the First Congregational Church Friendship Hall. Please call Charlotte Clement at 625-6270 if planning to attend. This will be a great time to see each other again and to plan for future gatherings. **Thurs., Nov. 3-Thanksgiving potluck lunch; Thurs., Dec. 1-lunch provided, music by Steve and Tom.**



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food and clothing

You May Qualify for SNAP Benefits!

If your 1-person household has a gross monthly income of \$2,265 or less

If your 2-person household has a gross monthly income of \$3,052 or less

Call Ted at 625-2502 for more information on SNAP income guidelines, benefits, and application assistance.

The Brown Bag program is a bag of groceries for low-income adults who are age 55+ (or younger with a documented disability) and is distributed on the **3rd Wednesday of the month at the Center from 1:30-3:00**. 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: **Nov 16, Dec 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 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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Saturday 8:30am–3pm

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**Senior Center Holiday Gift Basket Raffle
Entry Submission**

Name: _____

Phone#: _____

Town: _____

Raffle entries can be filled out and dropped off or mail to The Senior Center (7 Main St, Shelburne Falls, MA 01370) 1 entry per person

Submission Deadline: December 12

Drawing December 15

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