

Tips for Healthy Aging

Provided by the Massachusetts Council on Aging

Sunday, March 14th:
Daylight Savings Time
Move your clocks forward
1 hour



Saturday, March 20th:
First day of Spring!

Attention Readers

The Senior Center is beginning to rebuild our newsletter emailing list. If you would prefer to receive this newsletter to your email instead of in the mail, please call us at 625-2502 to **provide us with your email address.**

1) **Stay social** – as we age, we forget how important it is to socialize. Socialization sharpens our memory and improves happiness. Feelings of isolation have increased due to COVID-19, but there are still options out there to keep in touch with your loved ones. Make a phone call or write a letter. For those who are more tech-savvy, engage in virtual programs in order to meet new people and keep your brain in shape.

2) **Keep active** – experts recommend walking and light weight training daily as a way to stay in shape. It is important to keep our bodies moving and get fresh air, even when it is cold out. Light weight training could be as easy as lifting a gallon of milk a few times a day to wake up your muscles.

3) **Prioritize mental health** – People experience a mix of emotions as they age. Ask for help when you are feeling sad. Talk to your healthcare provider if you are not feeling yourself. Give the Center a call at 625-2502 to talk with our Outreach Worker Leanne Dowd about local resources for mental/emotional health.



es for mental/emotional health.

4) **Find financial fitness** – engage in retirement planning if you have not done so already. Creating a budget that involves putting money into savings each month can help with financial freedom later on. Take advantage of money-saving opportunities out there for people age 60+. There are many local food pantries and community closets available for those who struggle financially. Arrange a SHINE meeting with Outreach Worker Leanne Dowd to see if your medical insurance costs can be reduced.

Navigating Vaccines

COVID-19 Vaccine Updates:

Walk-ins for vaccinations are NOT allowed anywhere in Massachusetts. Everyone is required to pre-register for their vaccine, regardless of age or priority group.

Senior Center staff are in the office Monday through Friday assisting those who need help registering for their COVID-19 vaccination. You can also visit our website the-senior-center.org and click on "COVID-19 Vaccine Registration" on the right for links to access local vaccine locations and available appointments.

Massachusetts Vaccine Registration Helpline: Dial 2-1-1 on your phone and follow the prompts.

LifePath's Vaccine Access Hotline is here to help if you do not have internet access or need assistance registering for the vaccine and/or transportation to your vaccine appointment. Call their voicemail line at (413) 829-9285 and leave your name, town and call back number so that they can follow up with you.

FRCOG'S COVID Vaccine Information Hotline can be accessed by calling (413) 774-3167 ext. 153. This hotline will feature a regularly updated message about current vaccine status in our region.

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

Amanda Joao, Director

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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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

Transportation The Senior Center's Transportation Program

We continue to 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. Drivers are wearing masks and gloves; vans are sanitized often, and ridership is limited to keep proper social distancing.

Please call the Center at 625-2502 to make an appointment at least 48 hours in advance or for information about reservations and fees. 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 information about 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.



Bad Weather Policy

The Center will follow Mohawk School District's delay and cancellation schedule. The Center will open 1 or 2 hours later, depending on the length of delay. Those scheduled for van service will be contacted directly regarding delays or cancellations. For details regarding scheduling changes, call the Center at 625-2502 after 7:00 a.m. the day of, and listen to the recorded voice-mail message.

A very special thank you

to the following people for donated goods or services for our seniors;

Ann Dobson-needlepoint materials

John Pollard-paper towels

Michael McCusker - foot clinic

Clare Converse-medical supplies

Ellen Jenkins-hand sanitizer

Pat Lowell-yard and puzzles

Sue Recos-raffle item

Valerie Utton-stamps

Peter Otten-sanitizing wipes

Sue Ekhardt-puzzles

Paula DeConing-Valentine masks for 2/16 meal

Ellen Villiani, Karen Herzog-making Tuesday lunches

Anne Mislak, Ace Mislak, Mary Brooks,

Steve Meyers-gifts and cards for Meals on Wheels patrons

Gift Fund

Muriel Shippee

Ned Wolf

Jessi Kennedy

Programs to do at Home

Zoom Programs

NEW Healthy Bones & Balance begins on Zoom

Beginning Wednesday, March 3, and every Wednesday thereafter from 10-11 a.m., the Senior Center will be offering the Healthy Bones & Balance program through Zoom. Jane Wagener and Honey Boyden will be the instructors as they have been in the past. People may participate by joining the Zoom program on their computers. If you have weights at home you can use them or improvise by using cans of sand, peanut butter or other food cans, or participate without weights. Make sure you have a sturdy chair to sit in and to use for balance. Call us at 625-2502 for Zoom connection questions.

Zoom Connection Instructions:

- 1) Open up the Zoom application on your computer.
- 2) Select "Join a Meeting"
- 3) Enter the following Meeting ID:
874 6615 1786

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Tai Chi on Zoom

Lois Bascom is teaching through Zoom every **Mon., Tues. Thurs. at 10 a.m.** She uses Dr. Liam's Tai Chi for arthritis and health. Tuesday's program is for people who have never participated before. Lois is charging \$20/month. If interested in joining or for more information, call Lois at 625-2970 or email her: lola621@comcast.net. **NOTE:** Beginning in April, Lois will use "Tai Chi for Energy" for her Monday/Thursday classes. Tuesday's class will remain the same. The Dr. Liam Tai Chi for Energy program builds a great energy in the body and is fun to do.

NEW Seated Tai Chi Zoom Class

Lois Bascom will offer a new seated Tai Chi class via Zoom on **Wednesdays at 10 a.m.** It involves the same movements as standing tai chi, but seated. Many people who participate in the seated class are able to recover strength in their legs and lower back and in time may be able to join a standing class. This class is appropriate for those who might be in a wheelchair, need to use a walker or just don't feel steady on their feet. Same cost, same information for registering as above.

FYI: Tai Chi is now being called a practice of Medicine in Motion. This is because the movements stimulate organs in the body, increase immunity, release stiff joints, increase oxygen in the body, among many other health benefits. You may register for any of the above options for Tai Chi.

Senior Learning Network

March Programs

Watch them from your home!

Our popular interactive programs offered through the Senior Learning Network (SLN) will continue in March. SLN is a nonprofit, membership organization that brings live programs di-

rectly to our Center through video conferencing technology. All participants can see and interact directly with the presenter in real time. See the calendar for dates and programs.

To register: Call Dot at the Senior Center for instructions one week before your program comes on. Every Monday I will email Senior Learning Network the numbers of people who want to watch any programs being offered that week. After that, no more people can be added. As soon as SLN gets the information they will issue the zoom room and in turn Dot will email that to people who have signed up. All **programs are shown at 2 p.m. eastern time.**

To watch:

- a) have your name on the screen;
- b) you will be asked which senior center you are with;
- c) Make sure to have your computer on mute until time to ask questions.

To remember: If you do not respond you will be removed from the zoom room. Do not share Zoom room IDs with any others.

Sad note: For multiple reasons the Senior Learning Network is taking a **pause in their programming after March.**

Hopefully the plan is to resume programming at the end of summer.

Other Programs

VITA Free Tax Assistance Program

Offered through Community Action. An IRS Certified Tax Preparer will prepare and file your taxes electronically at no cost. An email address and smart phone is required, since tax filing will occur virtually this year. To register, call 413-376-1136 or visit communityaction.us/vita

Bridgewater State University: College for Seniors

Bridgewater State University is delivering high quality, enrichment education virtually throughout the Spring 2021 semester. Those age 50+ pay just \$65.00 to access as many educational courses as they desire with guidance from academic advisors. Learning has no age limit! Contact Jennifer Reid at BSUseniorcollege@bridgew.edu or call 508-531-2570 for more information.

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resources

Alzheimer's Support

Caregiver Support Group

Monday, March 1, 2 p.m.

Monday, April 5, 2 p.m.

At present the group is conducted remotely for family members caring for a loved one with Alzheimer's disease or dementia and meets once a month. Outreach Coordinator Leanne Dowd and Social Worker Dianna Young facilitate the group. Please call Leanne prior to the group at 625-2502 for the specific remote log in information. There is no charge to attend.

The West County Memory Café

The Café is currently on hold during the pandemic.

Health

New Foot Care Policy Beginning

January 1st, 2021

- 1) All foot care check payments must be made out to The Senior Center.
- 2) If you do a no call / no show for your Foot Care appointment, the Center will charge you a no-show fee of \$10. This charge will be added to the cost of your next appointment.
- 3) The cost is now \$45.00 for anyone who does not live in the consortium towns of Ashfield, Buckland or Shelburne.

Foot Care Schedule

March 8, 8:30-3:30

March 22, 8:30-12:45,

April 12, 8:30-3:30,

April 26, 8:30-12:30

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. Cost is \$35.00 for Ashfield/Buckland/Shelburne residents and now \$45.00 for residents from other towns. Call the Center to book an appointment at 625-2502. For home visits, call 413-367-8369. Partial funding is provided by The Senior Center Foundation.



Reflexology

Tuesdays, March 9, 23

April 6, 20 9:30-3:30

Susanne Recos, who is certified by the American Reflexology Certification Board, is available for personal appointments here at The Senior Center. Please call to make a **half-hour** appointment for Susanne to work on your **hands**, or a **one-hour** appointment to work on your **feet**. Cost for members is \$10 for hands, \$25 for feet. Other residents pay \$15 for hands and \$30 for feet. Partial funding is provided by The Senior Center Foundation.

Outreach Services

Fuel Assistance

For those of you who may struggle with home heating expenses, this is the time of year 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 approximately 30% of your home heating expenses and can help stretch your budget. For those who have received fuel assistance in previous years, your recertification will arrive in the mail. If you need any 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 our Outreach Coordinator Leanne at 625-2502. Community Action in Greenfield will be closed to the public and is not accepting any in-person appointments for the time being. This program is funded in part by a grant from the Federal Administration for Community Living and the MA Executive Office of Elder Affairs.

SHINE Medicare Insurance Assistance

You can receive **free** and confidential information about your Health Insurance options from the 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 625-2502 to schedule a SHINE appointment.

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More Programs to do at Home

Virtual Entertainment on our Website

Visit our website the-senior-center.org and navigate to the "quick links" box on the right. Click on the light blue links in this box to access FREE virtual entertainment videos. These include cooking shows, tours of beaches, museums and other countries, as well as videos made by talented residents of West County.

Exercise Programs on Falls Cable

If you have access to Falls Cable Channel 17, check out their daily listing on your TV or their website fallscale.com. We have provided recordings of our video exercise program, which alternate weekdays at 9 a.m. with the RSVP Bones and Balance class airing every Wednesday at 9 a.m.

Pick Up Some Fun!

The Center has various exercise classes on CD or DVD for pick up. We also have exercise weights, puzzles, adult coloring pages and colored pencils available for pick up. Just call 625-2502 to arrange your pickup time.

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



Free West County Outdoor Wifi Hotspot Locations

For those of you without internet access here is a list of free WiFi 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

Important Phone Numbers

Ashfield Town Hall:
413-628-4441

Alzheimer's Association Helpline:
1-800-272-3900

Buckland Town Hall:
413-625-6330

Massachusetts Elder Abuse Hotline:
1-800-922-275

Shelburne Town Hall:
413-625-0300
Medicare: 1-800-633-4227

COVID-19 Distress Line:
1-800-985-5990

Social Security:
1-866-964-5061

resources

continued

Staying Connected

Discounted Internet or Phone Service through Lifeline

Lifeline is a federal program that provides low-cost phone or internet service to low-income households. You can qualify for this service if your income is below federal poverty guidelines or someone in your household currently participates in a federal assistance program. Only one discount available for internet or phone service (not both) each month per household. Those who are interested can call us at 625-2502 to receive an online application link or a paper application to mail in.

Webcam Loan Program

Call to schedule a **free** loan period and pickup time. Deliveries available upon request.

Webcams boost the video chat experience, enabling you to be seen and heard by others that you are video chatting with. We hope that this will encourage seniors to engage more in Zoom programs and virtual communication, as it is the safest option right now. Loan periods start at 1 week. Call 625-2502 to request a webcam loan. This program is free of cost.

Chromebook Computer Loan Program

Call to schedule a **free** loan period and pickup time. Deliveries available upon request.

We have received a grant to purchase two Chromebooks to loan out to members for 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. Call 625-2502 to request a Chromebook loan. This program is free of cost. Made possible by LifePath's Emergency Fund program.



Library Book Delivery Service

Buckland Library-call in by Fri. or Sat.
625-9412 for delivery on March 9, 23, April 6, 20

Arms Library-call in by Mon. or Tues.
625-0306 for delivery on March 10, 24, April 7, 21

Ashfield Library-call in by Mon. or Tues.
628-4414 for delivery on March 10, 24, April 7, 21

The Senior Center and local libraries have partnered up to make library books more accessible for homebound residents of Ashfield, Buckland and Shelburne. Homebound residents can now call in their book orders to participating libraries and have them picked up and delivered to their homes by Senior Center volunteers. If you are interested in becoming a delivery driver for this program, please call 625-2502. If you are a senior who would like to take advantage of this free service, please call The Senior Center so we can put you on our list.

Recording Space for Zoom Instructors

The Center has been approved to allow Zoom instructors to record their classes live from our large activity room space. We appreciate your commitment to keeping virtual classes going during COVID-19 and we want to make it more convenient for you to stream your classes. Instructors will be required to wear masks while recording in our building. Please call 625-2502 to make your space reservation.

ESTATE PLANNING AND ELDER LAW

Kate Downes

Attorney at Law

11 Main Street (413) 625-2482
Shelburne Falls, MA 01370 katedownes@comcast.net

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

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

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

Recipe

Warm up with Chicken Marsala Wild Rice soup!

Prep -15 minutes Cook -20 minutes
Yields - 2 quarts soup

- 1 cup cooked rotisserie chicken meat, shredded
- 1 (6.2oz) box Fast Cook long grain and wild rice
- 1 small onion, diced
- 4 ribs celery, diced
- 1 cup fresh shredded carrots
- 8oz mushrooms, chopped
- 1/4 cup butter
- 2 tbsp flour
- 6 cups chicken stock
- 1/2 cup Marsala wine
- 1/2 cup milk
- salt and pepper to taste

- 1) Prepare wild rice as directed on box.
- 2) In a large pot, sauté onion, celery, carrots



and mushrooms in butter for 5 minutes adding carrots, celery and mushrooms first then adding onions 1 minute later. Cook until translucent.
3) Whisk in flour. Cook for 1 minute, stirring frequently, to eliminate floury taste.
4) Add shredded chicken, chicken stock and Marsala then bring to a boil. Reduce and simmer for 5 minutes.
5) Stir in cooked rice and milk and bring to a boil. Reduce heat and let simmer 5 more minutes then it is ready to serve.
Salt and pepper to taste

Meals

Drive Thru Tuesday Lunches

Our drive through lunches have been a great success. We will offer three lunches in March and two in April. See the calendar for days and times. This gives us all a chance to see each other a little bit more! (See calendar for details and menu). Preregistration is required because meals are prepackaged. 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. Cost: \$3

Drive Thru Wednesday Weekly Life-path Lunches – monthly menus available. Pre-registrations are required no later than 3:30 p.m. on Monday for the Wednesday

lunch by calling 625-2502. Suggested donation: \$3. 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.

Sweet Treats for Ashfield Residents

The Ashfield Police Department is helping to lift spirits during this difficult year. Outreach Officer Gerstner will be delivering homemade treats on Tuesdays throughout winter to Ashfield seniors. All treats are made in a certified kitchen. You can sign up for a treat every Tuesday or schedule specific Tuesdays. Give them a call at 628-4441 ext. 1 to schedule your delivery. Free for Ashfield seniors. Donations are accepted to support this effort.

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413-625-6324

HOURS:

Monday-Friday 8:30am-8pm
Saturday 8:30am-3pm
Sunday Closed

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

Senior Center Foundation News

By: Margaret G. Payne
President of the Senior Center Foundation

Despite the pandemic, gifts to the Foundation in support of the Senior Center have not only continued, but increased! Last spring we took a risk and asked for contributions to help complete a computer and security upgrade for the Senior Center, and donors' response was awesome. We received over \$10,000 and the Center now has a greatly improved and secure system.

We wondered how our annual fall appeal would do with the ongoing tension of COVID,

political upheavals, and the loss of income for so many people. But again our donors outdid themselves. Gifts totaling \$29,625.94 came in, surpassing any appeal response since we began in 2014. A portion of these funds will be available for programming at the Center, and the rest will be put into our fund that is growing in preparation for a major capital campaign when the time is right to move closer to the vision of an expanded Senior Center. And another piece of good news: this year there were 48 new donors added to the community of people committed to our vision. *Will you join us?*

food and clothing

The Hilltown Churches Food Pantry, traditionally located downstairs at the Congregational Church on Main Street in Ashfield, is open **every other Tuesday from 2-6 p.m.** and now functions as a drive through pantry (follow signs when you enter the driveway) with pre-made bags of groceries. 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 eleven hilltowns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. There are no income requirements.

The West County Food Pantry - at Cowell Gym in Shelburne is open the **2nd, 3rd and 4th Wednesdays from 11-4 p.m.** and now functions as a drive through pantry. Follow the signs to the back of the building where you will be given pre-packaged bags of groceries based on your family size. Call Community Action at 773-5029 ext.2 for more information.

You Might Qualify for SNAP Benefits:

1 person household	\$2,127 gross income
2 person household	\$2,873 gross income

call Leanne at 625-2502 for SNAP benefit questions and application assistance.

The Brown Bag program is a bag of groceries specifically for low-income adults who are 55 years and older (or younger with a documented disability) and is distributed on the **third Wednesday of the month at the Center from 2-3:30 p.m.** To apply for the monthly bag of groceries, call the Food Bank of Western Massachusetts at **800-247-9632** or you can contact Leanne at The Senior Center for help with the application.

Community Meal at Trinity Church

The West County Community Meal at Trinity Church is back up and running! A hot nutritious meal is served **every Friday night 5:30-6p.m.** During the pandemic meals are being served outside the front door of the church at 17 Severance Street. It is a to-go drive up meal and as always, all are welcome including walkers with no reservation needed. Donations are accepted but not expected! Questions? Call 413-625-2341

Clothes Closet at Cowell Gym

The Clothes Closet is presently closed during the pandemic for the safety of volunteers. The clothing donation shed at the Cowell Gymnasium is still open for donations.



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



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Expansion News

The District Agreement and the Pandemic – Where to Now?

*By: Sylvia Smith, Chair of Expansion Committee and
Dan Pallotta, P-Three Project Consultant*

Time to pause for a bit.....but we're not abandoning the ship!

In the last update we noted the West County Senior Services District was undergoing review by municipal officials in hopes of bringing a warrant article to this year's town meetings. In the course of this work three things became clear to the Expansion Committee:

- 1) that more time would be needed to review the concept and details of such an agreement;
- 2) that the pandemic was hampering our ability to effectively engage with municipal officials and the general public to clarify and respond to comments and ideas;
- 3) and that the needs of the elder population in our communities remain and continue to grow.

We continue to believe in our efforts and are especially delighted with the additional state interest and support in our regional approach. **The state's FY21 economic development legislation approved in January included a \$50,000 earmark to the Senior Center Consortium for the project management and design of the renovation and expansion of the senior center. We look forward to continuing our work with Daniel Pallotta, P-Three, Inc. over the course of the next year.** His experience as a former Selectboard member and County Commissioner coupled with his professional services bringing municipal projects – including 6 senior centers throughout the Commonwealth – to completion is greatly appreciated. We are fortunate to have his experience and professionalism guiding our mission