



**Bob Szafran**, our dedicated Transportation Coordinator, has traveled countless miles over his 25-year tenure at The Senior Center. On an average Tuesday alone, his trips to Big Y total over 120 miles—enough to loop the planet a few times! As Bob bids farewell to his role, we celebrate his commitment and impact on our community.

Bob **began** his journey with The Senior Center in **2000** as a part-time driver, taking on the role of **coordinator in 2014**. Juggling responsibilities as a full-time pastor at Colrain Community Church, Bob seamlessly coordinated rides across

9 towns with just two buses and a small team of drivers. His dedication turned scheduling into an art, often achieving pick-up windows as precise as five minutes—a feat in transportation logistics.

*“It’s been a puzzle, but one I’ve enjoyed solving every day. The real reward was connecting with the people I drove. Their stories and friendships made this more than a job—it was a calling.”*

Reflecting on his time, Bob shared,

Bob really enjoyed driving his many Lunch Bunch excursions, helping to plan mystery Lunch Bunch trips and finding places to stop for ice cream on our way home!

Caring about and knowing people, **Bob has always gone above and beyond** for everyone. Passengers who ride with Bob say they

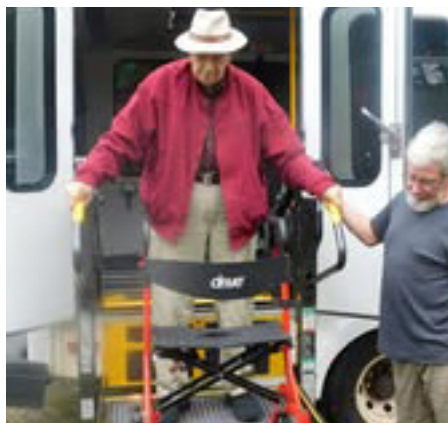
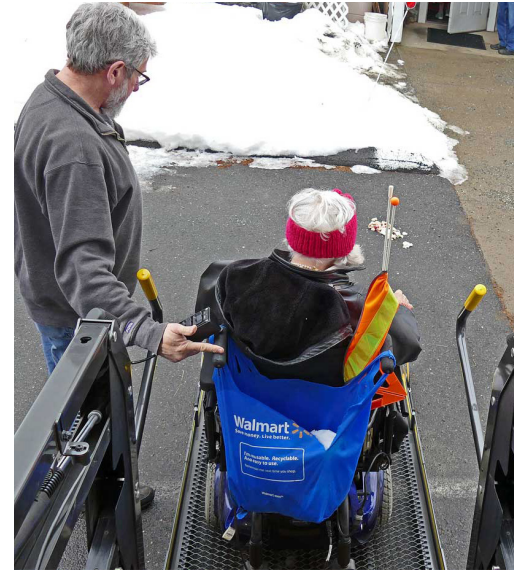
always feel safe and secure when riding with him, and that he always shows up when he says he will, unless a train crosses his van’s path, which has been known to happen. He also puts the nine-town ride and driver puzzle pieces together, creating consistency and a flow appreciated by his drivers and passengers.

As Bob **transitions to full-time pastoral work**, he leaves behind a legacy of efficiency, compassion, and community support. His ability to connect with people, coupled with his logistical prowess, has left an indelible mark on The Senior Center and the lives he touched.

*Farewell, Bob, and thank you for your decades of dedicated service.*

**Please join us on Wednesday, May 14, at an open house to celebrate Bob!**

*SeniorWise*  
**May - June 2025**

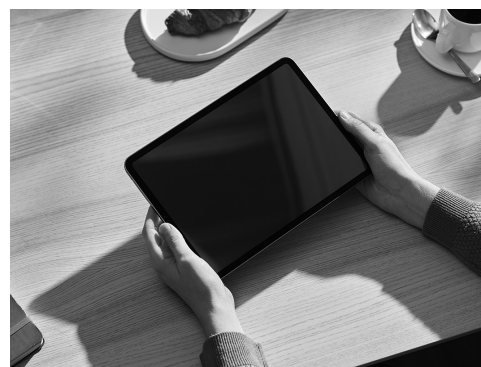


## Wheels of Friendship: A Volunteer Driver Initiative

### Bringing Seniors Together, One Ride at a Time



The Wheels of Friendship initiative is designed to help older adults access programs, social activities, and essential resources at The Senior Center by providing door-to-door transportation through a network of volunteer drivers. This initiative encourages community engagement by enabling active seniors to support their peers through safe, reliable transportation.



If you would like to **borrow an iPad for a week**, please call us or visit in person to complete the device checkout procedure. **Contact Juli at 413-625-2502 for more information.**

### How It Works

**Volunteer Drivers:** Seniors and other community members sign up to provide door-to-door rides for older adults needing transportation to The Senior Center.

**Eligibility:** Riders must be able to enter and exit a standard vehicle with minimal assistance (walkers and canes permitted; no wheelchairs or specialized mobility devices).

**Two-Way Service:** Drivers provide both pick-up and drop-off services to ensure riders can fully participate in activities.

**Scheduling:** Rides are arranged in advance through The Senior Center, coordinating availability between drivers and riders.

**Mileage Stipend:** Volunteers receive a small stipend to help cover the cost of fuel and vehicle use.

### Expected Impact

This initiative will increase social engagement, reduce transportation barriers, and foster a stronger sense of community by enabling more seniors to participate in Senior Center activities. Call us at 413-625-2502 to sign up as a volunteer, or as a potential participant in receiving rides.

### Thoughtful Gifts at the Senior Center

We are deeply grateful to our community for their generous donations, which make a significant difference in the lives of our seniors. Your thoughtfulness and support help us create a nurturing and supportive environment for all. Thank you for your continued generosity. **THANK YOU!**

### A Special Thank You To...

**Jeannie Bruffee** – spices, decorations, storage jars

**Beverly Neeley** – food

**Phyllis Garland** – tea

**Thea Costine** – coffee pods

### Gift Fund Donations

**Bill and Sharon Wilcox**

**Anonymous**

**Anonymous** – Home Repair

#### 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

Beverly Finnivan, 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

Roy Rudolph, Ashfield

Mary Mosley, Ashfield

Janice Wright, Ashfield, Board Vice Chair

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David Collins, Ashfield

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Nancy Brewer, Shelburne, Chair

Sue Bishop, Shelburne, Board Treasurer

Penny Spearance, Shelburne

Sylvia Smith, Shelburne

#### NEWSLETTER

SeniorWise is produced bi-monthly.

Content contributions are welcome

THE SENIOR CENTER - 413-625-2502 - sfsrctr@crocker.com

#### WEBSITE

the-senior-center.org

Like us on Facebook:

Mainstreetshelburne



# PROGRAMS

## Summer Picnics at Buckland Recreation

**Tuesday, June 24, 12-2 p.m.** – this prepackaged “to-go” meal will be served at the Buckland Rec at 12:00. There will be musical entertainment by Steve and Tom following lunch.

**Tuesday, August 12, 11 a.m.-2 p.m.** – this is the Annual Kiwanis Picnic. Music by Zydeco Connection.

## Reflexology is Here!

**1st Wednesday of every month. May 7, June 4, 9 a.m.-3:30 p.m.**

Susanne Recos, certified American Reflexologist, will return to The Senior Center for personal appointments. She will work on your hands for ½ hour or your feet for 1 hour. Massaging hands or feet stimulates the nervous system and relaxes the body. Cost for Ashfield, Buckland, and Shelburne members: \$20 for hands, \$35 for feet. Cost for others: \$25 for hands, \$40 for feet. Payment is made directly to Susanne Recos by check, cash or credit card. Pre-registration is required.

## More & More Paper Art

**Tuesday May 6, 13, 20, 27; June 3, 10, 17, 24, 2-3:30 p.m.**

Alan Young will lead another workshop involving weaving, gluing, cutting and otherwise transforming different types of paper into works of art. Explore this versatile medium in one and two dimensions, stationary and moving. Bring your creativity and sense of humor. Everything else will be provided. No prior experience is necessary. Pre-registration required.

## Memory Training Workshop

**Wednesdays June 4, 11, 18, and 25, 1-3 p.m.**

The Memory Training program is a four-week course (with a zoom practice session at the beginning) taught by Andi Waisman from Lifepath. It is one day a week for 2 hours. Trainer presentations are combined with group discussions, memory checks and skill builders. The course is designed to help participants acquire strategies for the top memory challenges that people complain about.

Students will learn simple strategies to help remember names, faces, where they put things, remember to do things in the future (appointments etc.) and improve one's ability to recall those frustrating “tip of the tongue” memory gaps. Research has shown that cognitive benefits from memory training have been found to last for years. Students receive a folder with printed handouts with exercises, summaries and quizzes.

**Week 1:** Introduction to memory enhancement techniques and strategies

**Week 2:** Focus on the strategy of “grouping” and memory places and strategies for remembering faces and names and a word or name of someone that is on the “tip of the tongue”

**Week 3:** Focus on the strategies of sentence and link/story method, remembering what you did in the past, fighting distraction, and reducing your memory burden.

**Week 4:** Focus on Body Part memory technique, managing multi-tasking, and reducing stress and anxiety.

## Birthday Card Making Workshop

**Tuesday, May 6, 1-3 p.m.**

This workshop will be led by Barbara Schauer. Bring your ideas, creativity and willingness to design birthday cards. Barbara sends birthday cards to our seniors every month and needs to replenish her supply. A good time to socialize as well as share your creativity. No experience necessary. Bring with you any used birthday greeting cards or other materials that might be used in this workshop. Please pre-register.

## A Novel Idea Book Club

**Wednesday May 21, June 11, 2:30- 4:00 p.m.**

The Book Club meets on the second Wednesday of each month except for May. The group will meet on the third Wednesday in May (May 21). Favorite books, authors and genres are shared by all in the group. Notes of the meeting make it possible for members to read books and authors they had not previously considered, especially after another member's sharing about what it meant to them. The novel idea is to bring one of your favorite books, a book you've just read, or information on your favorite author. If someone shares a book or

author that interests you, the book may be shared or can be found at the library, which is open at the same time as Book Club! Come one, come all, it's a Novel Idea.

## Never Alone

**Friday, May 9; June 13 and 27, 1:30-3 p.m.**

Every second and fourth Friday, The Senior Center offers a support group called Never Alone. On the second Friday of each month, there is usually a guest speaker we invite to sit in the circle with us and share an area of specialty, like nutrition, meditation, volunteerism, to name a few. May 9 and June 13th, we will have an invited guest, so call for more information on who may be visiting! The fourth Friday we focus on fun and laughs, and the independence of solo aging.

## Drumming Group

**Mondays at 1:00 p.m.**

**(12:30 first Monday of the month)**

Taught by Irene Baird. A group of drummers gathers 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 **second Wednesday of the month**. Call Don Bascom if you would like to attend (625-2970). Meet at The Senior Center and carpool. **May 14, 3 p.m.**-Willis Farm Tour; **June 11, 3 p.m.** – Morrell Metalsmiths.

## Knitting Group

**Thursdays at 10:00 a.m.**

If you enjoy knitting, crocheting or doing other handwork, come and do it with the group. There is no telling how many scarves, dishcloths, socks and Afghans have been finished. The conversation is good too!

## Bingo!

**Thursdays at 12:30 p.m.**

## Game Afternoon (Cribbage)

**May 13, June 10, 1:30-3:00 p.m.**

This group started with us playing cribbage and bridge. As people asked to play other games too, we included Scrabble, Backgammon, Bananagrams, and a bunch of others.



*Mike, Penny and Kim at the Potato Bar lunch*

## Movies

The show begins at 1 p.m. Movies and popcorn are free at The Senior Center. Please call 625-2502 to pre-register by the Thursday before each showing



**Tuesday, May 20**

**“Glass Onion -  
Knives Out”**



**Tuesday, June 17**

**“Liar Liar”**

*starring Jim Carrey*



# HEALTH

## “Ask the Nurse”

**Tuesdays, May 27, June 24, 10:30 a.m.-12 p.m.**

We are delighted to inform you that a dedicated FRCOG nurse is available at The Senior Center every 4th Tuesday of the month, from 10:30 a.m. to 12:00 p.m. Our nurse is here to address your health-related inquiries, provide essential medical services, and support your overall well-being. During your visit, the nurse can assist you with health-related questions, check your blood pressure, and monitor blood glucose levels. Additionally, for your convenience and safety, the nurse will collect used needles and supply secure collection boxes for proper needle disposal.

## Happy Feet

Proper footcare is essential for our health and well-being. This help often prevents common issues such as falls, infections, and complications related to chronic conditions like diabetes. We are happy to partner with Foot Care by Nurses to provide foot care services by appointment. This program is partially funded by The Senior Center Gift Fund and a grant from the Fred W. Wells Trust.

## Foot Care Clinics

**Mondays, May 5, June 2, 9 a.m.-1 p.m.**

**Mondays, May 12, 19, June 16, 30, 9 a.m.-3:30 p.m.**

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 relaxing foot massage. Call the Center to book a private appointment at 625-2502. Ashfield, Buckland and Shelburne seniors are charged \$40, and a new rate of \$50 for residents of other towns. (Note: If you can't keep your appointment, please call 413-625-2502 and cancel because if you do not call and do not show up for the appointment you 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**



*St. Patrick's Day Fun!*

**Thursdays 10:00 a.m. at St. John's Corner, Ashfield**  
Jane Wagener and Honey Boyden are the instructors for this program designed to increase participants' strength, mobility, flexibility, and balance.

## Live Standing Dance Class - Aerobics

**Every Tuesday, 4:30-5:30 p.m.**

This class will again be led by Kathy Steinem and meets every Tuesday from 4:30-5:30 at The Senior Center. The cost is \$20/month. We need a minimum of 6 people to offer the class. Pre-register by calling the Center at 625-2502.

## Yoga

**Wednesdays, 8:30-9:30 a.m.**

Whether a beginner or expert, yoga can greatly improve your quality of life. From improving your balance, reducing pain, increasing flexibility, and improving your mood, yoga might be your new favorite exercise that doesn't even feel like exercise (but indeed, it is). Louise Legouis is instructing this class. Bring your own exercise mat. For Seniors only. The cost is \$20 per month.

## Tai Chi for Arthritis and Fall Prevention

**Thursdays at 9:00 a.m. at The Senior Center**

Taught by Beth 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. If interested in joining or for more information, call The Senior Center at 625-2502. Pre-registration necessary. Cost: \$20/month.

Please note: **NO Tai Chi during the month of June**



Brattleboro, VT  
130 Austine Drive  
(802) 254-3922

**Greenfield, MA**  
329 Conway Street  
(413) 773-5119

Swansey, NH  
217 Old Homestead Hwy  
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# May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAY 2025</b> The Senior Center in Shelburne		<i>Library Book Delivery Dates</i> <i>Buckland – 5/6, 5/20</i> <i>Arms – 5/7, 5/21</i> <i>Ashfield – 5/7, 5/21</i>	Meals on Wheels / Lifepath Lunch  <b>1 Greenfield Shop Trip</b> ☞ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:00 Ashfield COA lunch 12:30 Bingo	<b>2</b> Staff available by phone 9-3  <b>10-12 Internet Café at Ctr.</b>
<b>5</b> 9-1 Foot Clinic 12:30 Drumming 2:00 Caregivers Support Group	<b>6 Greenfield Shop Trip</b> ☞  1-3 Birthday Card Making Workshop 2-3:30 More & More Paper Play 4:30-5:30 Aerobics	<b>7 In-town Shop</b> ☞ 8:30 Yoga 9-3:30 Reflexology ☞ 10:00 Healthy Bones & Bal	<b>8 Greenfield Shop Trip</b> ☞ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo 3:00 Board of Directors mtg. Pre-register for 5/13 meal	<b>9</b> Staff available by phone 9-3  <b>1:30-3 Never Alone- Peer Support</b>  <b>May 11 – Mother's Day</b>
<b>12</b> 9-3:30 Foot Clinic ☞ 1:00 Drumming 1-4 Clark Museum Trip for Memory Cafe ☞	<b>13 Greenfield Shop Trip</b> ☞ 12-1:30 TO GO Meal-Menu : Lemon ricota pasta, Italiana salad, bread, dessert 1:30-3 Game Afternoon 2-3:30 More & More Paper Play 4:30-5:30 Aerobics	<b>14 In-town Shop</b> ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 2-4 Open House for bus driver Bob ☞ 3:00 Men's Nite tour of Willis Farm	<b>15 Greenfield Shop Trip</b> ☞ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo	<b>16</b> Staff available by phone 9-3  <b>Wal-Mart Shop Trip</b> ☞ <b>12-1:30 Memory Cafe</b> ☞
<b>19</b> 9-1 Foot Clinic 12:30 Drumming	<b>20 Greenfield Shop Trip</b> ☞ 1:00 Movie: <i>The Glass Onion: The Second Knives Out</i> 2-3:30 More & More Paper Play 4:30-5:30 Aerobics	<b>21 In-town Shop</b> ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag 2:30 Novel Idea Book Club	<b>22 Greenfield Shop Trip</b> ☞ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo	<b>23</b> Staff available by phone 9-3  <b>1:30-3 Never Alone- Peer Support</b>
<b>26</b> Memorial Day Senior Center Closed	<b>27 Greenfield Shop Trip</b> ☞ 10:30-12:00 Ask the Nurse ☞ 2-3:30 More & More Paper Play 4:30-5:30 Aerobics	<b>28 In-town Shop</b> ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 10:45-12:30 Ashfield/Plainfield Seniors to Sanderson Acad ☞ 10-12 Veteran's Agent	<b>29 Greenfield Shop Trip</b> ☞ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo Pre-register for 4/3 meal	<b>30</b> Staff available by phone 9-3

# June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>8:30-1 Foot Clinic</b> ☞ <b>12:30-1:30</b> Drumming <b>2:00</b> Caregivers Support Group	<b>3</b> <b>Greenfield Shop Trip</b> ☞ <b>12-1:30</b> To Go Meal Menu: Taco salad bowl, tortilla chips, dessert <b>2:00-3:30</b> More & More Paper Play <b>4:30-5:30</b> Aerobics	<b>4</b> <b>In-town Shop</b> ☞ <b>8:30</b> Yoga <b>9-3:30</b> Reflexology <b>10:00</b> Healthy Bones & Bal <b>1-3</b> Memory workshop	Meals on Wheels / Lifepath Lunch <b>5</b> <b>Greenfield Shop Trip</b> ☞ <b>NO</b> Tai Chi for Arthritis & Bal <b>10:00</b> Knitting Group <b>10:00</b> Healthy B&B-Ashfield <b>11:30</b> Lifepath meal☞ <b>12:00</b> Ashfield COA lunch <b>12-2:30</b> Buffet/music for Buckland Seniors at Rec. Pavilion☞ <b>12:30</b> Bingo	<b>6</b> Staff available by phone 9-3 <b>10-12</b> Internet Café
<b>9</b> <b>1:00</b> Drumming	<b>10</b> <b>Greenfield Shop Trip</b> ☞ <b>1:30-3</b> Game Afternoon (Cribbage) <b>2:00-3:30</b> More & More Paper Play <b>4:30-5:30</b> Aerobics	<b>11</b> <b>In-town Shop</b> ☞ <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal. <b>1-3</b> Memory workshop <b>2:30</b> Novel Idea Book Club at Ctr <b>3:00</b> Men's Nite to Morrell Metal-Works	<b>12</b> <b>Greenfield Shop Trip</b> ☞ <b>NO</b> Tai Chi for Arthritis & Bal <b>10:00</b> Knitting Group <b>10:00</b> Healthy B&B-Ashfield <b>11:30</b> Lifepath meal☞ <b>12:30</b> Bingo <b>3:00</b> Board of Directors mtg.	<b>13</b> Staff available by phone 9-3 <b>1:30-3</b> Never Alone- Peer Support <i>June 15 - Father's Day</i>
<b>16</b> <b>8:30-3:30</b> Foot Clinic ☞ <b>1:00</b> Drumming	<b>17</b> <b>Greenfield Shop Trip</b> ☞ <b>1:00</b> Movie "Liar Liar" with Jim Carrey <b>2:00-3:30</b> More & More Paper Play <b>4:30-5:30</b> Aerobics	<b>18</b> <b>In-town Shop</b> ☞ <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal. <b>1-3:00</b> Brown Bag <b>1-3</b> Memory workshop <i>Pre-register for 6/24 meal</i>	<b>19</b> Juneteenth Independence Day Senior Center Closed	<b>20</b> Staff available by phone 9-3 <b>Wal-Mart Shop Trip</b> ☞ <b>12-1:30</b> Memory Cafe☞
<b>23</b> <b>1:00</b> Drumming	<b>24</b> <b>Greenfield Shop Trip</b> ☞ <b>10:30-12</b> Ask the Nurse☞ <b>12-1:30</b> To Go Meal Picnic at Buckland Rec -entertainment by Steve & Tom - Menu: ham and egg salad finger rolls, pasta salad, chips, dessert ☞ <b>2:00-3:30</b> More & More Paper Play <b>4:30-5:30</b> Aerobics	<b>25</b> <b>In-town Shop</b> ☞ <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal. <b>10-12</b> Veteran's Agent <b>1-3</b> Memory workshop	<b>26</b> <b>Greenfield Shop Trip</b> ☞ <b>NO</b> Tai Chi for Arthritis & Bal <b>10:00</b> Knitting Group <b>10:00</b> Healthy B&B-Ashfield <b>11:30</b> Lifepath meal☞ <b>12:30</b> Bingo	<b>27</b> Staff available by phone 9-3 <b>1:30-3</b> Never Alone- Peer Support
<b>30</b> <b>8:30-3:30</b> Foot Clinic☞ <b>1:00</b> Drumming	<i>Library Book Delivery Dates</i> Buckland – 6/10, 6/24 Arms – 6/11, 3/25 Ashfield – 6/11, 6,25		☞ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events	<b>JUNE 2025</b> The Senior Center in Shelburne



## COUNCILS ON AGING

A Council on Aging (COA) in Massachusetts is a municipal agency dedicated to supporting and enhancing the quality of life for older adults within the community. COAs provide a wide range of services, including social, recreational, health, and educational programs, as well as resources and advocacy to help seniors maintain independence and well-being. Each COA works closely with local, state, and federal organizations to address the diverse needs of the aging population.

### Shelburne Council on Aging

Nancy Brewer  
Sue Bishop  
Sylvia Smith  
Penny Spearance

### Buckland Council on Aging

Ellen Eller  
Joanne Soroka  
Janice Fleuriel

### Ashfield Council on Aging

Roy Rudolph  
Wayne Wickland  
Janice Wright  
Mary Mosley  
David Collins



*Ashfield Council on Aging luncheon at Elmer's*

## MEALS

### "To Go" Tuesday Lunches –

There are drive- thru lunches each month – **May 13, June 3, 24** (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! \$4. Note: The June 24 meal will be a prepackaged picnic lunch at Buckland Rec with music by Steve and Tom.

### Thursday Weekly Lifepath Lunches – Meals are Thursdays at 11:30.

Inside dining will allow up to 20 people to enjoy a hot plated meal, in the company of others. Menus are available at the Center. Pre-registration is required by Mondays before 3:30 p.m. by calling 625-2502. Suggested donation: \$3.50

## 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 needs to be pre-approved for ridership. Fares are free through June 30.

Big Y shopping (on Tuesdays for Rowe, Heath, Charlemont, Buckland, Hawley, Colrain and Shelburne and on Thursdays for Ashfield, upper Buckland and Conway), is FREE.

Once a month there is a shopping trip to Wal-Mart in Hadley. **Fridays, May 16, June 20.**

**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.

**THE BAKER PHARMACY**  
 413-625-6324  
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# OUTREACH

**Outreach Services:** The Outreach Coordinator, Teddy Doucette, 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 Teddy 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, homecare, housing searches, connecting to local resources, or registering for Meals on Wheels can contact Lifepath at (413) 773-5555.

## Outreach Coordinator Ashfield Sweet Treats

The Outreach Coordinator will be in Ashfield once monthly on a Tuesday delivering baked goods to homebound and other seniors in the area.

## Outreach Coordinator Buckland Sweet Treats

The Buckland Council on Aging has agreed to make cookies once monthly and help Teddy visit homebound seniors to deliver Sweet Treats and check in with seniors in Buckland. Stay tuned!

## 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, however, 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 through Lifepath from the Federal Administration for Community Living and the Massachusetts Executive Office of Aging and Independence.*

## Alzheimer's and Dementia Support Services

### Caregiver Support Group

**Mondays, May 5, June 2, 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. 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, May 16, June 20, 12-1:30 p.m.**  
The Café 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, but donations are always welcomed.

*Both support programs are funded in part by a grant through Lifepath from the Federal Administration for Community Living and the Massachusetts Executive Office of Aging and Independence.*

## West County Senior Services *Our first Budget as a Regional District*

This is the time of year when we ask the towns of Ashfield, Buckland and Shelburne to support the programs, services and activities offered by The Senior Center. The Senior Center will be staying where we are, offering some of the old favorite activities and introducing new programs and ideas. Our expenses are higher this year with our new structure as we become more independent and welcome other communities in west county to join in the work we do.

### COME TO YOUR TOWN MEETING AND VOTE

#### ASHFIELD

**Saturday, May 3, 2025  
10:00 a.m. Upper Hall**

#### BUCKLAND

**Saturday, May 3, 2025  
10:00 a.m. Mohawk Trail Regional Auditorium**

#### SHELBURNE

**Tuesday, May 6, 2025  
6:30 p.m. Buckland Shelburne Elementary School**

### Western Mass Estate Planning

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**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 1-3:00. 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. **May 21, June 18**

**The Clothes Closet at Cowell Gym** is open on the 2nd and 4th Wednesdays of the month from 11-3:30 p.m. In addition, the Community Closet is now open the 2nd and 4th Saturdays of each month.

## You May Qualify for

### SNAP Benefits!

If your 1-person household has a gross monthly income of \$2,430 or less

If your 2-person household has a gross monthly income of \$3,287 or less

**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 eleven 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 aged 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](mailto:homerepairs@communityaction.us).**

### Veterans' Support Services

A Veteran's Agent will be in the Senior Center on the 4th Wednesday of each month from 10-12 p.m. Please call The Senior Center if you would like to see the agent here. There is also 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. **May 28 and June 25**



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**The West County Food Pantry** located at Cowell Gym in Shelburne is open every **Wednesday from 11-3:30 p.m.** 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.

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## Pet Corner: The Enduring Importance of Pets

### *Meet Danny, Beverly Finnivan's wonderful feline!*

A quick check with google shows about one in four US homes have a pet cat, and about two thirds of those have multiple cats. As someone who has had cats for most of her life, I can understand the attraction. At the most, I had four cats and two dogs in my house. Just for the record, cats always rule. If an eleven-pound cat wanted the dog bed, the eighty-five-pound dog had to move. All the cats got along despite their very different personalities. What I have found is that if you respect a cat's space, they will usually decide that they want to be in yours. That means on your keyboard, the book you are trying to read, or just settling on your lap.

Right now, I have only one cat and that is Danny. Danny's sixteenth birthday is coming up this July and he is ready for it. For a geriatric animal he is astounding. Going up a flight of stairs must always be taken at a run. He still gets the "zoomies" and tears around the house,

sometimes all puffed up, for absolutely no reason at all. His favorite game is to lie down on a sheet while two people pick up the corners and swing him.

So, what is the attraction beyond watching a cat's silly antics? For one thing, they are wonderful companions. Cats are independent animals so when they choose to socialize with us, it really is their choice. They come to us not out of need or subservience, but because our presence is something they want. That is a companion. To have a cat, even a sedentary elder cat, is to have a warm life to share your time with. Cats can bring a sense of peace into a house. Seeing a soft, beautiful animal doing in a sunny spot is relaxing. Stroking that silky fur helps our tension go away. Listening to a cat's purr can unwind stresses of the day.

To me the best thing is getting to love the cat. Sure, Danny is a pest, ruins fur-



*Danny*

niture, meows loudly before it is time to get up, sits in front of the TV, and throws up fur balls. But he is a living stuff toy with an endearing personality. He even purrs at the vets. I have no expectations that he will be anything but a cat. I can hug him, play with him, and adore him. Danny goes through life thinking everyone loves him, and he's right. .

## The Senior Center Foundation

### **THE FOUNDATION**

An important word in our name is "foundation." The Senior Center is amazing, our seniors are awesome, and the three towns of Ashfield, Buckland and Shelburne are generous in their financial support of the Center. However, there are big gaps that need to be filled by other kinds of financial support. In 2014 when Marion Taylor realized that the towns were struggling to provide enough services for a rapidly growing elder population, she laid the groundwork for a new nonprofit to meet that need: The Senior Center Foundation, which has grown to become the fund-raising arm of the Senior Center.

On the tenth anniversary in 2024, our annual Fall Appeal raised over \$18,000 - the largest amount in several years! Thank you to all who were donors, and to the many new donors who joined the growing number of people who help us

prove that "Donors Make the Difference."

A strong foundation is critical for the strength and growth of any building or organization, and our Foundation is strong and growing. We are looking ahead to demanding times in the years to come and preparing ourselves for the challenges as well as exciting future plans. So please tell your friends about our Foundation and suggest to them that they consider a tax deductible gift through the Foundation to support The Senior Center. When anyone does that, they are paving a path to a better future for our elders.

There are two easy ways to send a gift. If you like paper, you can send a check made out to 'The Senior Center Foundation', and send it to: Box 464, Shelburne Falls, MA 01370. If you'd rather do it on a device, go to [the-senior-center.org](http://the-senior-center.org) and look for the DONATE button.

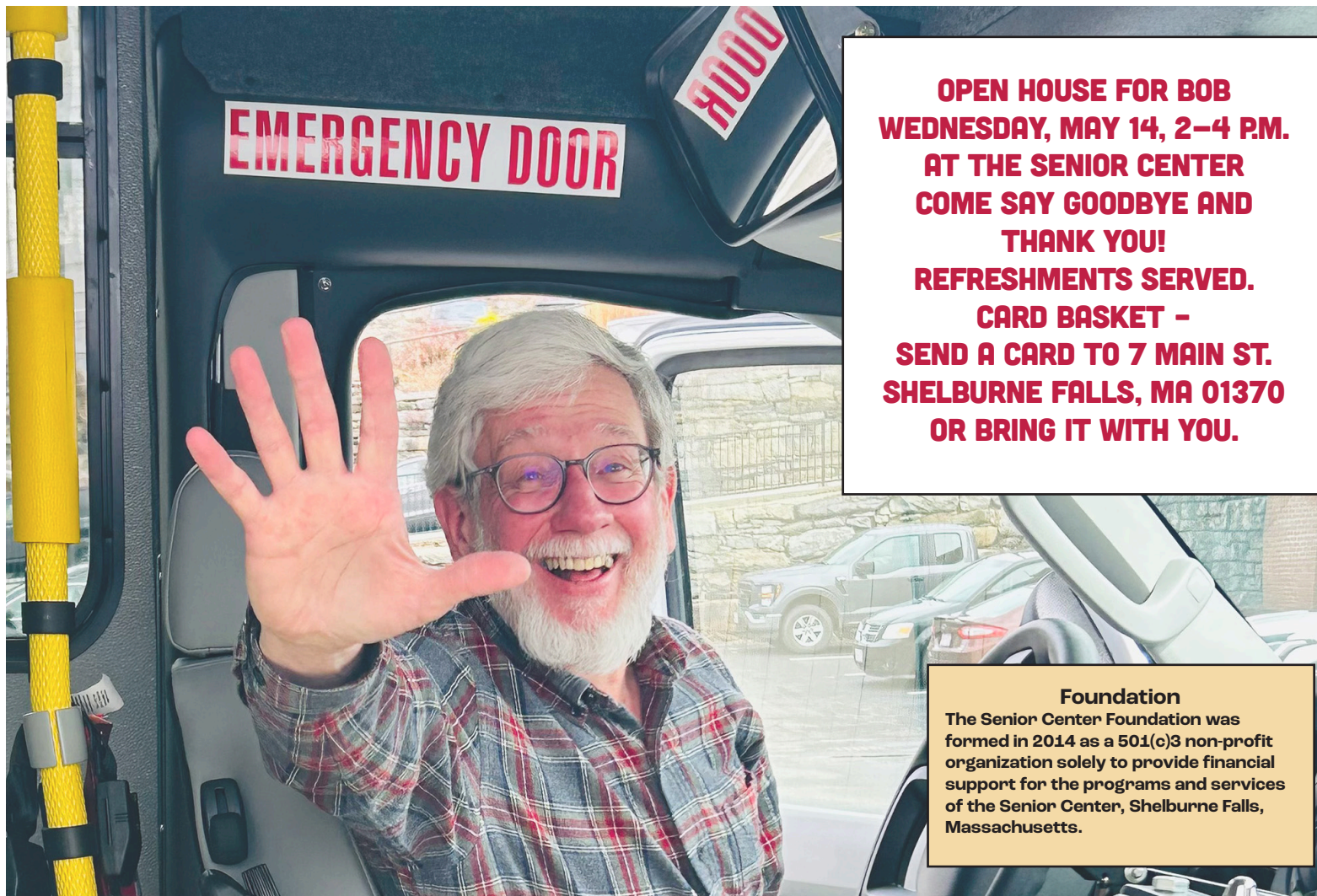
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SEND A CARD TO 7 MAIN ST.  
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OR BRING IT WITH YOU.**

#### Foundation

The Senior Center Foundation was formed in 2014 as a 501(c)3 non-profit organization solely to provide financial support for the programs and services of the Senior Center, Shelburne Falls, Massachusetts.