

*It's* the season for pumpkin bread, cranberries, and hot cider. Following our very wet summer, we keep a nervous eye on the winter sky. Please check out our winter weather policy!

This holiday season will bring us opportunities to embrace community, good food, and connect with friends, new and old. The return of Conversa-

tion Cafes, sponsored by our local Council on Aging groups, have been well attended and full of needed information. In November the Buckland Council on Aging will be hosting a Conversation Café on ways to spend grant money through Mass in Motion. Special guest speakers and soup will make it a memorable evening. Speaking of memorable, how about having a cup of tea with Mrs. Claus? She'll tell us all about her duties, and she is more than Santa's sidekick! She'll be making time for us and sharing adventures and stories about her day-to-day

seniors who are homebound and alone. The winter and cold can make us all want to stay put and warm, but for those that are isolated, having a pen pal and asking, "How was your day?" can make a huge impact. Check out the information on the launch event in December.

## "WISE GUIDE"

This is Medicare-open enrollment season, so check out the information in the

SHINE and Outreach sections of the newsletter. Open enrollment is a great time to evaluate your insurance coverage and see what options may be available for you for the coming year.

Great news, Heart and Soles walkers are returning to Cowell Gym in November. Bring water and do some laps on a safe, flat surface, while enjoying the stroll with friends. Check out inside for times and dates. Create your own wellness routine with walking, Yoga, Tai Chi, and Aerobics. We've got them all!

## 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.

*SeniorWise*  
Nov-Dec 2023



business all year long.

We're lucky to have Peter Otten share his adventures rafting down the Colorado River, with a guided slide show for us to enjoy over soup and a dessert. Join us for cocoa and holiday magic on the first Friday in December as we create greeting cards for ourselves and others. There will be an array of options for creating one-of-a-kind cards, perfect for the holiday season.

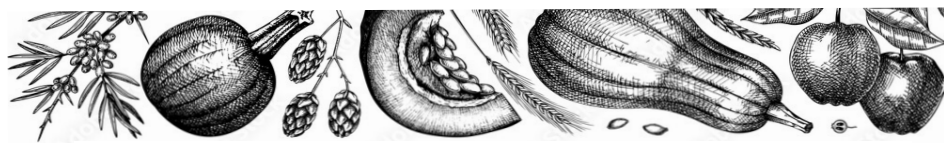
Have you ever been a pen pal? We're looking for those folks who would be interested in writing and receiving letters from those

The Senior Learning Network is a platform that allows field trips to some very interesting places across the United States. We connect with places like Acadia National Park, and tag along with a park Ranger as they walk some of the Lewis and Clark Trail. It's all done in real time, so check it out and travel while sitting with other adventurers. Thanks to all who make The Senior Center so full of community, opportunities, and rewards. May the holiday season bring you all happiness and comfort.

## DON'T FORGET!

**Daylight Savings Time ends Nov. 5.  
Turn your clocks back 1 hour**





## Butternut Squash Soup

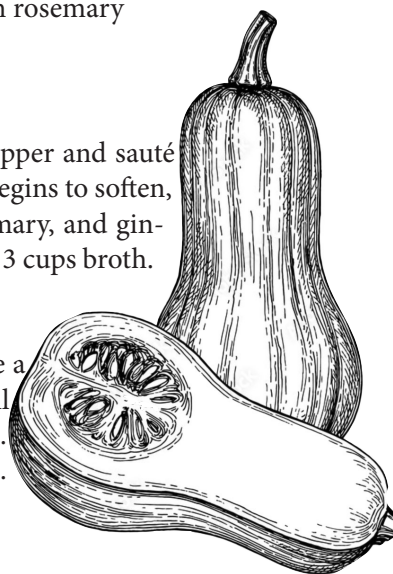


# SEASONAL RECIPES FROM THE SENIOR CENTER GUEST CHEFS

- |                          |                                     |
|--------------------------|-------------------------------------|
| 2 Tbs olive oil          | 1 large chopped yellow onion        |
| ½ tsp salt               | 1 3lb squash, peeled, seeded, cubed |
| 3 garlic cloves          | 1 Tbs Chopped fresh sage            |
| 1 tsp grated ginger      | ½ Tbs. Minced fresh rosemary        |
| 3-4 cups vegetable broth | pepper to taste                     |

Heat oil, add onion, salt and several grinds of pepper and sauté until soft 5 to 8 minutes. Add squash, cook until begins to soften, stirring, for 8-10 minutes. Add garlic, sage, rosemary, and ginger. Stir and cook 30 sec to 1 minute and then add 3 cups broth. Bring to boil, cover and reduce heat to a simmer.

Cook until squash is tender 20 to 30 minutes. Use a blender or hand blender in the pot and blend until smooth. If too thick add up to 1 more cup broth. Sprinkle with chopped parsley or crusty croutons. Serves 6



## Volunteer Corner

Needing folks for our Home Repair Volunteer Program, where we specialize in providing much-needed small home repair assistance to those in need. We are currently seeking new volunteers who are eager to lend a helping hand to people requiring our services. Whether you, your family, or a friend possess repair skills or simply have the willingness to learn, we warmly welcome you to join our program.

We genuinely need compassionate individuals like you to keep this program

running and to continue making a positive impact on the lives of those in our community. If you feel motivated to be part of our volunteer family, please don't hesitate to reach out to Teddy or Juli at The Senior Center by calling 413-625-2502. They will be more than happy to discuss the available opportunities and guide you through the process. Together, let's make a difference and spread the joy of assistance and support to those who truly need it. Join us today, and let's embark on this meaningful journey together.

## 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

## SENIOR CENTER BOARD

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 Penny Spearance, Shelburne  
 Sylvia Smith, Shelburne

## 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



## To Perfume or To Not Perfume

In our quest to create an inclusive and comfortable environment for all, we kindly ask for your cooperation in keeping our cherished space fragrance-free.



# PROGRAMS

## Armchair Travel and Lunch

**Wednesday December 6, 12:30 p.m.**

Join us for a soup, bread and dessert luncheon followed by armchair travel "Rafting down the Colorado River in the Grand Canyon." The program will be led by Peter Otten, as he shares pictures of his trip down the river. Cost: \$3. Pre-registration required by 12/6. Limit 30.

## Holiday Card Creation and Cocoa

**Friday, Dec. 1, 11 a.m.-1 p.m**

Join us for the creation of an array of holiday greeting cards. Choose from antique style, modern contemporary, or mix and match. We'll supply card stock, ribbons, paint, foliage, pens and much more! Cocoa and a light lunch will be provided. Supplies and food a holiday gift from The Foundation.

## How Was Your Day? Homebound PenPal Project Launch Meeting

**Friday Dec. 8, 1-3 p.m.**

Join us to discuss our new penpal project aimed at connecting homebound elders to the wider community. Looking for volunteers who like to write letters and share small moments of joy! Snacks and drinks will be provided.

## Ashfield Social History Project

**Monday Nov. 13, 2-4 p.m.**

**Belding Memorial Library**

**TO ALL WRITERS AND THOSE WITH TALES TO TELL** The Social History Project will hold an introductory brainstorming session at The Belding Memorial Library. Looking for people who enjoy writing and are willing to work on a presentation to be held in the Spring near Ashfield Center. Our project's goal is to provide a meaningful forum to show how the world worked in practical, hands on, material ways. It can be a nice way to spend winter days inside, writing and creating, with the collaboration of like-minded folks.

## Conversation Cafe

**Tuesday, Nov. 7, 5:30 p.m. to 7:00 p.m.**

Join us for a Conversation Café hosted by the Buckland Council on Aging. The event will take place at the Senior Center. The theme is "Spending Grant Money on Ourselves." The guest speakers are Rachel Stoler, FRCOG Community Health Program Manager and Meg Ryan, Regional Public Health Nurse. Rachel and Meg, the dynamic team behind the Mass-in-Motion Grant Initiative, will be sharing their insights. This initiative recently enabled Buckland to purchase benches for four walkways in our community, greatly benefiting our seniors. Now, they will

guide us into the next round of Mass-in-Motion grants, which we can utilize for the betterment of our town's senior citizens. Don't miss this opportunity to learn and engage! We'll also be serving soup and desserts. RSVP: Please sign up at The Senior Center by November 1 to secure your spot.

## Lunch Bunch travels

**No lunch bunch trips November and December**

## 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. **November 8 – Floodwater Brewery, 5:30 p.m.; December 13–Real Pickles, 5:00 p.m.**

## 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!

## Tea with Mrs. Claus

**Tuesday, December 12, 1:00 p.m.**

Meet Mrs. Claus and learn what her job entails (certainly a lot more than riding with Santa in his sleigh for Moonlight Magic!) Santa and Mrs. Claus are busy throughout the year. We will have tea (or coffee) and of course Christmas cookies. A great way to bring in the Christmas season. Please pre-register



## PROGRAMS *cont'd*

### Senior Learning Network Virtual Programs

SLN programs are Zoom, interactive programs held inside The Senior Center. If you wish to attend, please **pre-register by calling 625-2502.**

**Tues. Nov. 14-** *Acadia National Park: What makes Acadia...Acadia?*

**Tues. Nov. 21-** *Lewis and Clark National Historic Trail*

**Tues. Dec 5** – *Marching Together Along the Path of the American Revolution: Boston National Historic Park*

### Game Afternoons Cribbage Players Wanted

Many people indicated that they would like to play Cribbage again. Therefore, we will offer cribbage one Tuesday per month from 1:30-3:00 at the Center. Please pre-register so we will know if we have enough people to play **Nov 7, Dec. 19**

**Bridge** – Some people have indicated that they would like to play Bridge. As you know it takes 4 players for a Bridge game. If we have at least 4 dedicated players, we will offer Bridge once a month. Please **pre-register by Nov. 6** if you are interested in starting a Bridge group.



**Come for Bingo!**  
Thursdays at 12:30 p.m.

### Movies

Movies are **FREE** at The Senior Center. Please call 625-2502 to pre-register by the Thursday before each showing. Shows begin at 1 p.m.

**Tuesday, Nov. 27**

– call for movie information.

**Tuesday, Dec. 26**

– call for movie information.

## HEALTH

### “Ask the Nurse”

**Tuesdays Nov. 27, Dec. 26, 10:30 a.m. – 12 noon.**

We are delighted to inform you that a dedicated FRCOG nurse is available at The Senior Center. 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. Each month, our nurse will focus on a specific health-related topic and provide valuable information and resources to help you maintain optimal health. These resources, tips, and guidance can prove invaluable in enhancing your overall well-being and improving your quality of life. She will also bring flu vaccines, both high-dose and regular.

*This outstanding service is made possible through Buckland and Shelburne's Cooperative Public Health Service membership with FRCOG, ensuring you have access to quality healthcare right at The Senior Center. We are proud to have Nurse Lisa White as part of our team, bringing her expertise and care to serve the community. For further details and to schedule an appointment or inquire about upcoming health topics, please **don't hesitate to contact Nurse Lisa White at (413) 774-3167 x 156.** Embrace this opportunity to take charge of your health and let our dedicated nurse support you on your wellness journey. We look forward to seeing you at The Senior Center!*

### THE BAKER PHARMACY

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



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## Foot Care Clinics

**Mondays, November 13, 27,  
Dec. 11, 18, 8:30 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 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 of 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, Ashfield**  
Jane Wagener and Honey Boyden are the instructors for a program designed to increase participants' strength, mobility, flexibility, and balance.

## Heart and Soles Walking Club Returns

**Mondays, Wednesdays, and Fridays, 9-10 a.m.**

Starting Monday November 6, the Heart and Soles walking club will meet again at the Cowell Gym Mondays, Wednesdays, and Fridays, 9-10 a.m. It's a great way to connect with others while taking many steps in a comfortable and safe setting. Bring water and discover how many laps meet a mile. Pre-registration not required. Show up and walk!

## Yoga

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

Louise Legouis will be instructing this class. Bring your own exercise mat. For Seniors only. The cost is \$20 per month

## Aerobics

**Tuesdays. Nov-Dec., 4:30-5:30  
at The Senior Center**

This exercise class will be led by Kathy Steinem. There will be a warm-up and fun aerobic movement, ending with a cool-down and stretch, all the while enjoying international music and dance movements. Pre-registration required. Cost \$20/month. Note: the Nov. 7 class will be held 3:30-4:30 p.m.

## Tai Chi for Arthritis Rehabilitation

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

Taught by Lois Bascom. This is a short program suitable for a person recovering from an operation, illness or an injury or just for the interest of it. It helps to build the immune system, which is so important at this time of year with covid, flu and other viruses present. It can be done seated or standing. The class will emphasize the caring of self with affirmations and special moves designed to bring harmony into the mind and body, this program is safe and easy to do. The Qigong feature aids in relaxation, reducing stress and was designed by medical doctors, physiologists, and tai chi experts. If interested in joining or for more information, call The Senior Center at 625-2502. Preregistration necessary. Cost: \$20/month Limit: 10

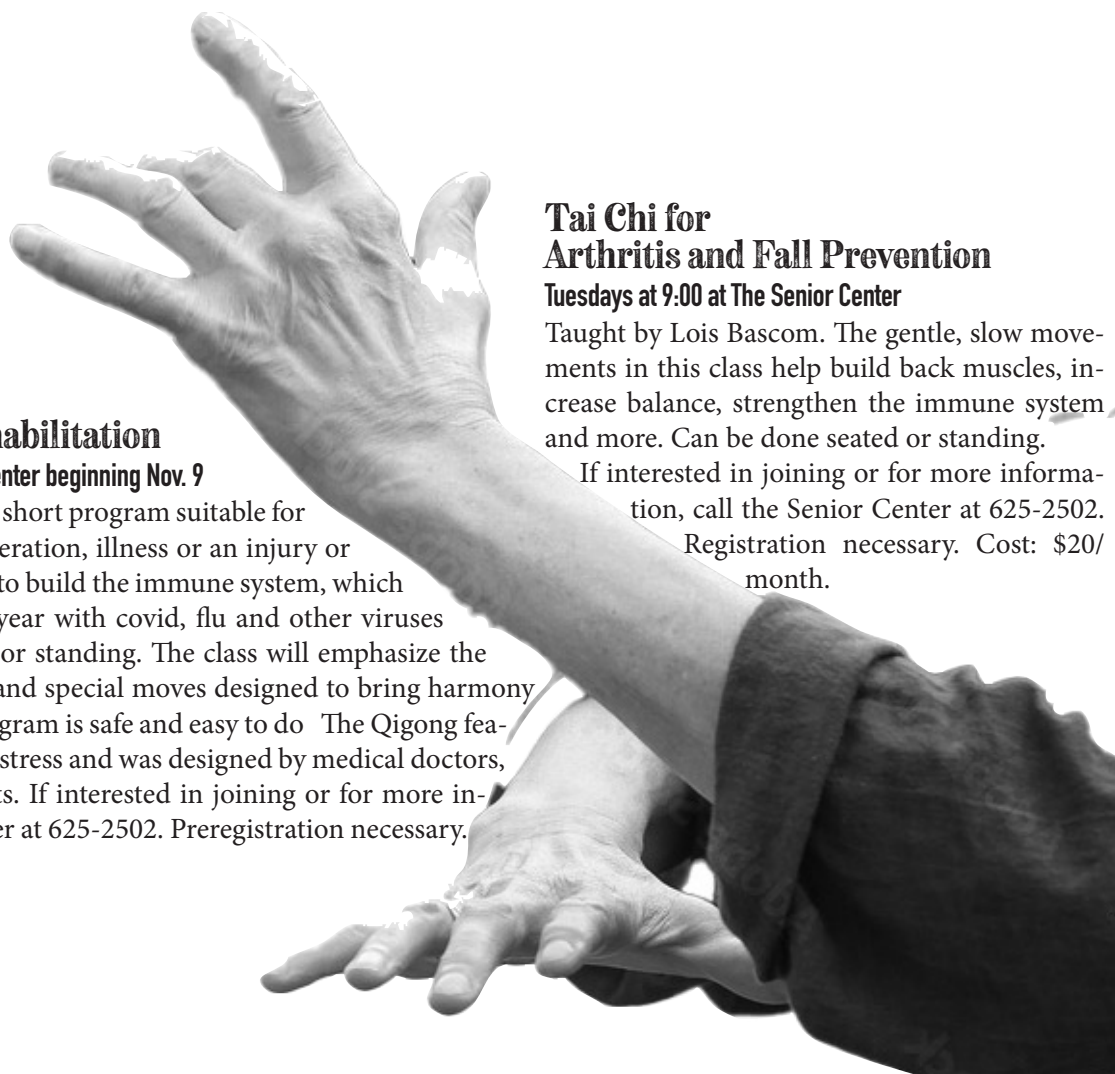
## Tai Chi for Arthritis and Fall Prevention

**Tuesdays 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.

If interested in joining or for more information, call the Senior Center at 625-2502.

Registration necessary. Cost: \$20/month.





MONDAY	TUESDAY	WEDNESDAY Meals on Wheels	THURSDAY	FRIDAY
<b>NOVEMBER 2023</b> Senior Center in Shelburne	☞ Must make reservation or appointment by calling 625-2502  Pre-registration needed for ALL activities No walk-ins at this time	1 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal.	2 Greenfield Shop Trip ☞ 9:00 Tai Chi. 9-3 SHINE counselor 10:00 Healthy Bones/Bal in Ashfield 10:00 Knitting Group 11:30 Lifepath meal ☞ 12:00 Ashfield COA Thanksgiving Potluck lunch 12:30 Bingo	3 Staff available by phone 9 - 3  10-12 Matter of Balance Workshop  Pre-register for Conversation Cafe
6  12:30 Drumming  2:00 Caregivers Support Group	7 Greenfield Shop Trip ☞  9:00 Tai Chi 9-3 SHINE counselor 1:30-3 Cribbage 3:30-4:30 Aerobics exercise 5:30-7 Conversation Café "Spending Grant Money on ourselves" – light supper provided, Sponsored by Buckland COA	8 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal. 2:30 A Novel Idea book club 5:30 Men's Nite to Floodwater Brewery  Arms Library Book Delivery Ashfield Library Book Delivery	9 Greenfield Shop Trip ☞  9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy Bones/Bal in Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo 3:00 Board of Directors mtg  Pre-register for Nov. 14 meal	10  <b>Senior Center Closed in honor of Veteran's Day</b>
13  8:30-3:30 Foot Clinic ☞  1:00 Drumming  2-4 Ashfield Social History Project at Belding Library	Buckland Library Book Delivery 14 Greenfield Shop Trip ☞  9:00 Tai Chi 12-1:30 Thanksgiving To Go Meal ☞ 2:00 SLN "Acadia National Park- Learn about the beauty and importance of the park 4:30-5:30 Aerobics exercise	15 In-town Shop ☞  8:30 Yoga ☞ 10:00 Healthy Bones&Bal 1:15-3:00 Brown Bag	16 Greenfield Shop Trip ☞  9:00 Tai Chi 9-3 SHINE counselor ☞ 10:00 Healthy Bones/Bal in Ashfield 10:00 Knitting Group 11:30 Lifepath meal ☞ 12:30 Bingo	17 Staff available by phone 9 – 3  <b>Wal-Mart Shop ☞</b> <b>12-1:30 Memory Cafe ☞</b>
20  1:00 Drumming	21 Greenfield Shop Trip ☞  9:00 Tai Chi 9-3 SHINE counselor ☞ 2:00 SLN "Lewis and Clark Nat. Historic Trail"-learn about the legacy of the expedition of 1803-1806 4:30-5:30 Aerobics exercise	22 In-town Shop ☞ 8:30 Yoga ☞ 10:00 Healthy Bones&Bal 10-12 Veteran's Agent  Arms Library Book Delivery Ashfield Library Book Delivery	23  <b>Thanksgiving Center closed</b>	24  <b>Senior Center Closed</b>
27  8:30-3:30 Foot Clinic ☞  1:00 Drumming	Buckland Library Book Delivery 27 Greenfield Shop Trip ☞  9:00 Tai Chi 10:30-12 Ask the Nurse 1:00 Movie-call for information 4:30-5:30 Aerobics exercise	29 In-town Shop ☞  8:30 Yoga ☞ 10:00 Healthy Bones&Bal.	30 Greenfield Shop Trip ☞  9:00 Tai Chi 9-3 SHINE counselor ☞ 10:00 Healthy Bones/Bal in Ashfield 10:00 Knitting Group 11:30 Lifepath meal ☞ 12:30 Bingo	

<b>MONDAY</b> Meals on Wheels	<b>TUESDAY</b> Meals on Wheels / Lunch served	<b>WEDNESDAY</b> Meals on Wheels	<b>THURSDAY</b> Meals on Wheels / Lifepath Lunch	<b>FRIDAY</b> Meals on Wheels
<b>DECEMBER 2023</b> The Senior Center in Shelburne		☞ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events		<b>1</b> Staff available by phone 9-3 11-1 Holiday card making workshop  Pre-register for 12/6lunch/program
<b>4</b>  12:30-1:30 Drumming 2:00 Caregivers Support Group	<b>5</b> Greenfield Shop Trip ☞ 9:00 Tai Chi 9-3 SHINE counselor 2:00 SLN "Marching Together Along the Path of the American Revolution: Boston National Historic Park" Learn about Boston History and its changes through time. 4:30-5:30 – Aerobics exercise  Buckland Library Book Delivery	<b>6</b> 8:30 Yoga 10:00 Healthy Bones & Bal 12:30 Armchair Travel & light lunch- presentation by Peter Otten "Rafting the Colorado River in the Grand Canyon" ☞ (limit 30)  Arms Library Book Delivery Ashfield Library Book Delivery	<b>7</b> Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:00 Ashfield COA Holiday Lunch-food provided – Steve & Tom entertainment 12:30 Bingo	<b>8</b> Staff available by phone 9-3 1-3 Homebound Pen Pal Project Launch meeting
<b>11</b>  8:30-3:30 Foot Clinic  1:00 Drumming	<b>12</b> Greenfield Shop Trip ☞ 9:00 Tai Chi  1:00 Tea with Mrs. Claus ☞ 4:30-5:30 – Aerobics exercise	<b>13</b> In-town Shop ☞  8:30 Yoga 10:00 Healthy Bones & Bal 2:30 Novel Idea Book Club at Ctr. 5:00 Men's Nite to Real Pickles ☞	<b>14</b> Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Holiday Bingo 3:00 Board of Directors mtg  Pre-register for 12/19 meal	<b>15</b> Staff available by phone 9-3  Wal-Mart Shop Trip ☞  12-1:30 Memory Café ☞
<b>18</b> 8:30-3:30 Foot Clinic ☞ 1:00 Drumming	<b>19</b> Greenfield Shop Trip ☞ 9:00 Tai Chi 12-1:30 Holiday to go lunch ☞ 1:30-3 Cribbage 4:30-5:30 – Aerobics exercise  Buckland Library Book Delivery	<b>20</b> In-town Shop ☞  8:30 Yoga 10:00 Healthy Bones & Bal. 1:15-3 Brown Bag  Arms Library Book Delivery Ashfield Library Book Delivery	<b>21</b> Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo	<b>22</b> Staff available by phone 9-3
<b>25</b>  Christmas Center closed	<b>26</b> Greenfield Shop Trip ☞ 9:00 Tai Chi 10:30-12 Ask the Nurse 1:00 Movie – call for info.  4:30-5:30 – Aerobics exercise	<b>27</b> In-town Shop ☞  8:30 Yoga 10:00 Healthy Bones & Bal. 10-12 Veteran's Agent	<b>28</b> Greenfield Shop Trip ☞ 9:00 Tai Chi 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo-New Year's Toast	<b>29</b> Staff available by phone 9-3



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. Open enrollment is October 18 – December 6. Counselor is at the Center: Thursdays, Nov. 2, 9, 16, 30; Tuesdays, Nov. 21, Dec. 5. If you are on Medicare or approaching the time where you will be, the SHINE Counselors highly recommend you register on this web site: [Medicare.gov](https://www.medicare.gov).

Good news for elders! The Massachusetts Medicare Savings Program (MSP) has expanded eligibility guidelines by 60% in 2023. That's a big win!

#### Income and Asset Limits Effective in 2023

MONTHLY INCOME	ASSETS
Single \$2,734	\$18,180
Married \$3,698	\$27,260

FYI: **TO HELP PREVENT FRAUD**, there are limits on how Medicare can contact you: 1) Medicare can't call you if you don't have a relationship with their company. 2) Medicare can't send you emails if you haven't agreed to this form of contact. 3) Medicare can't come to your home to sell Medicare products without an invitation. 4) Medicare can't leave flyers, door hangers or leaflets on your car or at your home unless you missed a scheduled appointment.

**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, 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, 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 from the Federal Administration for Community Living and the Massachusetts Executive Office of Elder Affairs.*

### Alzheimer's and Dementia Support Services

#### Caregiver Support Group

**Mondays, Nov. 6, Dec. 4 at 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 at 625-2502 prior to your first group attendance. There is no charge to attend.

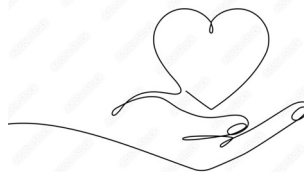
### The West County Memory Café

**Fridays, Nov. 17, Dec. 15**

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, 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.*

### A SPECIAL THANK YOU TO...



**Jan Ellis, Valerie Utton** – food items  
**Lynne Mathewson** – food items  
**Amelia Maloney** – art supplies  
**Pauline Mills** – books  
**Sylvia Smith, Becky Stratton** – cards

**Bridge of Flowers community** – plates and cups  
**Jean Bruffee, Chris Counelis-Jackson** – vegetables  
**Pauline Mills** – turkey and stuffing

#### GIFT FUND DONATIONS:

**Candace Curran**  
**Rita Jaros** – Home Repair  
**Sharon Glazer** – Home Repair





## 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 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.

**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.

**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.

## MEALS

### "To Go" Tuesday Lunches

There will be one drive-thru lunch in both Nov. and Dec. (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 20 people to enjoy a hot plated meal, in the company of others, with a safe distance guaranteed! Monthly menus are available at the Center. Pre-registration is required by Mondays, 3:30p.m. by calling 625-2502. Suggested donation: \$3.



## 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.

**NOV. 2**

### THANKSGIVING POTLUCK LUNCH

**DEC. 7**

**HOLIDAY LUNCH**-food provided, Steve & Tom provide music

### Buckland Council on Aging

Ellen Eller, Joanne Soroka, Janice Fluieriel

The Buckland Council on Aging will host a Conversation Café on Tuesday, November 7, from 5:30 to 7:00 p.m. at The Senior Center. "Spending Grant Money on Ourselves" is the theme, and our guest speakers will be FRCOG Community Health Program Manager Rachel Stoler and Regional Public Health Nurse Meg Ryan.

### Shelburne Council on Aging

Nancy Brewer, Sue Bishop,  
Sylvia Smith and Penny Spearance

## RESOURCES

**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: Nov. 15, Dec. 20

**The West County Food Pantry** located at Cowell Gym in Shelburne is open every Wednesday from 11-4. Participants are welcome to come twice a month for a grocery 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, rail-

ings, 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 10-12p.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.

### 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**

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



### At Brattleboro Hearing Center your hearing healthcare is our top priority.

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## The Foundation.... Coming Soon

Margaret Paine

The Senior Center has been a busy place over the past months - new programs, new people, a face-lift for the building, and more freedom from pandemic constraints. The Senior Center Foundation, the fund-raising arm of the Center, has also been busy. Many of the new programs and improvements for the building have been made possible by your donations, and our board continues to seek ways to provide support for the growing needs of seniors in our towns.

This is the time of year for our Fall Appeal - a gathering of gifts to provide extra funds for the Center, and funds to

keep alive the vision of a bigger and better building. There will no longer be a Spring Appeal, so this will be your only opportunity before next fall to give a donation to support these needs and dreams.

Please be on the lookout for our annual letter; it goes to all the residents of Ashfield, Buckland and Shelburne. This year it will describe a brand new and intriguing idea that we believe will capture the interest of the residents of our towns. Whether senior, relative of a senior, friend of a senior, up-and-com-

ing senior, or just someone who cares about seniors and wants to support their well-being, we believe that this idea will underpin a growing awareness and commitment to an often misunderstood demographic in our towns.

Curious? Watch your mail in November for an envelope with the return address featuring the familiar green logo of the hills of our county.... and learn about the plan.

## Pet Corner: The Enduring Importance of Pets as We Age

Introducing Ellie Mae, the heartwarming star of our family story. Nestled in the cozy embrace of our home, Ellie Mae shares her life with her loving humans, Nancy and Marc Dodson, alongside her "brother" Lunar, a wise 12-year-old mixed lab, and a charming flock of five chickens.

At 8 years old, Ellie Mae has graced our lives for half a decade, making the journey all the way from North Carolina. Despite her initial reluctance towards snowflakes, she's found warmth and joy in our family's affection.

But Ellie Mae isn't just a beloved pet;

she's a certified therapy dog with a heart as big as her gentle soul. Her passion for spreading happiness knows no bounds, as she eagerly embraces every soul she encounters. Together, we embark on heartwarming visits to local nursing homes, where Ellie Mae's presence works wonders for the residents and their spirits. This sweet girl knows how to savor life's simple pleasures, cherishing treats and showering us with boundless love. Ellie Mae has truly become a blessing in our lives, filling our days with warmth, laughter, and the undeniable magic of unconditional love. Join us on our journey as we celebrate the enchanting tale of Ellie Mae, our extraordinary furry companion.



Ellie Mae



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*Our New Website! Check It Out!*

### Holiday Gift Basket Raffle

We will be raffling off various themed gift baskets made by staff. Winners will be alerted by phone. To submit your entry for the raffle, please cut out and complete the ticket below. Submissions can be mailed or dropped off at the Center. Only 1 entry per person. If you need another raffle ticket for someone else in your household, call us at 625-2502 or stop in. The drawing will take place on December 18



### 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 14      Drawing date: December 18

★ 486242389 ★