

South County Senior News



February, 2012

The mission of the South County Senior Center is to identify and meet the nutritional, social, intellectual, health and safety needs of elders from Deerfield, Sunderland and Whately through the presentation of activities and services in a safe and comfortable environment.

South County Senior Center is yours to discover.

This newsletter is available online on the web sites of the towns of Deerfield, Sunderland and Whately. It is also available at the Town Halls and libraries of all three towns as well as at the senior center and at some local businesses. Any local elder not able to receive the newsletter by these means can call us to request other arrangements. Events are listed on Channel 15 and channel 12 in each of the towns as well as on the calendar page of this newsletter.

AARP TAXES

If you would like to have help doing your taxes you can sign up here at the senior center or call us at 665-9508 or 665-2141. Often people are surprised to find out they are eligible to receive significant amounts of money in tax credits they knew nothing about previously. Whether you think you need help or not it could be very much worth your while to get this free assistance with preparing your taxes. There will be appointments scheduled for Monday, February 13th and Monday, March 26th. There will be three AARP Tax volunteers here on each of those days. They will each be able to see 6 people for a total of 18 appointments each of those days. Call us ASAP.

NEED HELP UNDERSTANDING MEDICARE & OTHER HEALTH COVERAGE? GET HELP FROM SHINE

Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center (665-2141 or 665-9508) and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

(The senior center is likely to be closed during severe weather. Announcements are made on several TV & radio stations. You could also try calling us before venturing out in bad weather. Please stay home and stay safe when the roads are bad. Thanks.)

Board of Oversight

Jonathan Edwards, Selectman, Whately
Tom Fydenkevez, Selectman, Sunderland
Mark Gilmore, Selectman, Deerfield

Important Sr. Center Phone Numbers

Senior Center Director: Mary Wheelan 665-2141

Program Assistant: Susan Corey: 665-9508

Meal Site Coordinator: Pauline Wichowski: 665-5063

Hours of Operation/Location

South County Senior Center is located at 67 North Main Street in South Deerfield. We are open Mon., Wed., and Fri. from 9 a.m. – 1 p.m. To accommodate special events, the hours may be extended.



Lunch & Friendship

Every Mon., Wed., and Fri., a nutritious, hot lunch is served at noon in our dining room. Lunch is provided by Franklin County Home Care Corp. Monthly lunch menus are available at the Senior Center. To make a reservation for lunch, please call 665-5063 before 11 a.m. two days prior. Diabetic meals are always available if you inform us when you make a reservation. Lunch is a wonderful time to make new friends and to socialize with old ones. Please join us!



Doris Duguay and Doris Steir are pictured waiting for their holiday meal.



Pauline Wichowski, Mealsite Coordinator, wearing her festive holiday apron.



NEW IDEA

Plans are in the works for possible programming once a month or more in Sunderland and/or Whately. If you have an idea of what type of events you'd like to see happening in your community or would like to volunteer to help make it happen please call Mary at 665-2141 with your suggestion.

TRANSPORTATION FACTS

Deerfield & Whately – Call 774-2262 ext. 103 to reserve rides on Monday, Wednesday and Fridays. Call at least 48 hours in advance. Regular van trips to the Big Y are available on Monday mornings. Fixed routes on regular buses to Greenfield, Turners Falls, Athol/Orange, Shelburne Falls. For training or info. call 774-2262. If you need a medical ride outside of the FRTA service area you may be able to get a ride through MedRide at 772-1517, ext. 1.

Sunderland – Call 413-739-7436 to request an application or to schedule a ride, preferably 48 hours in advance. Discounted books of tickets are available at the Sunderland Town Offices. Call 665-1441 for more info. about discounted tickets. (People in Sunderland who need rides to Greenfield can apply to FRTA for transportation from Deerfield. Contact info. listed above under Deerfield & Whately.)

FEBRUARY, 2012

- **FOOT DOCTOR ON FEB. 1st** from 9 a.m. to noon. Call 665-9508 or 665-2141 to schedule an appt. Both private pay and insurance are accepted. Takes place at Deerfield Town Hall.
- **Brown Bag: THURSDAY, Feb. 2nd at 12:30 p.m. at the Deerfield Town Hall. BAGS WILL BE AVAILABLE ONLY UNTIL 1:30 P.M.**
- Every Friday at 9:30 a.m. is the new Martial Arts & Yoga for Health Class. We now have an alternative indoor location very near the senior center. Please come to the senior center first to sign in for the class. Osteoporosis Exercise has started up again as well on Fridays.. It takes place at 10:30 a.m. Led by certified instructor, Marcia Gobeil, these classes are offered at no cost to you (donations encouraged). Improve balance, flexibility, and concentration. Please call 665-9508 or 665-2141 to register for either of these classes.
- Bingo every Fri. at 9:30 a.m. to 11:45 a.m.
- Wii Bowling every Monday and most Wednesdays at 10:30 a.m. Come give it a try. Bowl with the champs!
- Cards on Mon., Wed, and Fridays.
- Informal Craft Circle meets occasionally on M, W, & F.
- Coffee, conversation and snacks on Mondays, Wednesdays and Fridays.
- TRIAD meetings are generally held the 3rd Thursday of the month at 10:30 a.m.



FEBRUARY BIRTHDAYS: WE WILL CELEBRATE BIRTHDAYS ON FRIDAY, Feb. 17th. Please call 665-5063 at least two days in advance to reserve a meal and please let us know if you have a birthday in February. The cake is donated by **Cozy Corner Nursing & Rehabilitation Center.** And, of course, we will have wonderful music by **Jay Stryker.** In addition to playing the piano Jay will involve elders in the program through audience participation and discussion.

NEED INFO. ABOUT MEDICAID?

Check out their website at www.medicaid.gov .

Whately Library Feb. Events

Movie: "Get Low" Mon. Feb. 27th at 3 p.m. & 6 p.m
Gentle Yoga Wed. at 6 p.m. Call 413-210-436 for more info.

Hours: M T W from 1-8 p.m. Sat. 10-3 p.m.

Safety is not a choice--it's a right! Elder Protective Services at Franklin County Home Care works to help elders who are experiencing neglect, self neglect, abuse or exploitation. Read more at <http://www.fchcc.org> or contact Elder Protective Services at 413-773-5555 or 978-544-2259 during normal business hours. The Elder Abuse Hotline is 1-800-922-2275.

WEBSITES & PHONE NUMBERS OF INTEREST

All Out Adventures www.alloutadventures.org 413-527-8980.
People with disabilities and seniors participate in healthy including such things as some upcoming snowshoeing for seniors.

Alzheimer's Association www.alz.org 800-272-3900

American Association of Retired Persons www.AARP.org
800-424-3410 MA chapter - www.aarp.org/MA

American Cancer Society 800 ACS-2345

American Heart Assoc. 800-242-8721

American Stroke Association 888-4STROKE

Benefits Check-up (NCOA) www.benefitscheckup.org

Children of Aging Parents 800-227-7294

Community Crisis Response Team 773-5090
c crt@communityaction.us , www.communitycrisis.info

Commonwealth Registry of Nurses www.cmhomecare.com

Community Legal Aid 800-639-1109

Cozy Corner Nursing & Rehabilitation Center 665-2740

Dept. of Veteran Affairs 800-827-1000

Elder Abuse Hotline 1-800-922-2275

Elder Care Locator 800-677-1116

Elder Hostel www.exploritas.org

Executive Office of Elder Affairs <http://www.mass.gov/elders/>
1-800-AGE-INFO

First Call for Help (Franklin County) 774-2318, ext. 108

Frontier Community Access Television www.fcat12.org

Franklin County Home Care Corporation www.fchcc.org
413-773-5555.

LGBT Aging Project www.lgbtagingproject.com

Mass Home Care www.masshomecare.org

Massachusetts Councils on Aging www.mcoaonline.org

Medicaid www.medicaid.gov

Medicare Call Center 800-MEDICARE, 800-633-4227

Medicare Rights Center www.medicarerights.org
Mesothelioma Web www.mesotheliomaweb.org

National Alliance for the Mentally Ill 800-950-NAMI

Real Age www.realage.com

Northwestern District Attorney's Consumer Protection Division
www.northwesterndistrictattorney.com 774-3186

RSVP of Hampshire & Franklin Counties 584-1300
www.rsvphf.org

SAGEWM – services for gay, lesbian, bisexual & transgender
elders – Western MA chapter www.sagewm.org

S.A.L.T Council (TRIAD) 413-475-3520,
saltcouncil301@gmail.com

Senior Helpline 866-778-0939

Senior Job bank www.seniorjobbank.org

SHINE (Serving the Health Information Needs of Elders) 1-
800-243-4636

Social Security Retirement Estimator www.ssa.gov/estimator

Town of Deerfield www.deerfield.ma.us

Town of Sunderland www.townofsunderland.us

Town of Whately www.whately.org

Veterans Benefits Information
<https://www.ebenefits.va.gov/ebenefits-portal/>

Western MA Eldercare Professionals Association
www.wmepa.com

Sugarloaf Adult Day Health Merging With Elite Home Health

The Sugarloaf Adult Day & Respite Program at the Sunderland Center for Positive Change on North Main Street in Sunderland is merging with Elite Home Health. The program will be called Elite Home Health and will be located, as of an expected date of February 6th, at 10 West Street in West Hatfield. The phone number is 413-256-4663.

Elderly Tax Deferrals

Eligible elders over the age of 65 who may need more time to pay their property taxes can contact their local Board of Assessors for an application for possible deferment. Certain eligibility requirements apply like length of residency and income limits.

Preventing Falls Among Older Adults

Free Educational Series Offered by Cooley Dickinson Hospital Rehabilitation Department and VNA & Hospice of Cooley Dickinson South County Senior Center, 67 North Main Street, South Deerfield, on **Fridays from 1:30pm -2:30pm on May 4, 11, 18, 25, June 1, and 8.** CDH and VNA physical and occupational therapists will lead sessions on determining your own risk of falling, strengthening exercises, balance activities, managing your medications, visual concerns, and home safety recommendations. Call 665-2141 or 665-9508 to register.

☺FEBRUARY HIGHLIGHTS☺

MONDAY	WEDNESDAY	FRIDAY
1/30 – 9:30 Zumba 10: Exercise 10:30 Wii Bowling 11 Song/Poem/Story (Smoke Detectors re-scheduled to 2/27) 12 fish sticks 5 & 10:30 pm: <i>From the Center – FCAT Ch. 12</i> 5 & 10:30 p.m.	1) 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11: Travel Opportunities 12 bagel bites 12:30 Avada <u>Nurse: Town Hall</u> <u>From 10-2 pm.</u> FOOT CLINIC	3 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: breaded chicken cutlet Cards/crafts, snacks
6 9:30 WiiZumba 10: Exercise 10:30 Wii Bowling 11: Dental Health 12: beef stew 12:30 Movie <i>From the Center</i> 5 & 10:30 p.m. FCAT ch. 12	8) 9:15 Weighty Issues 10 Exercise 10:30WiiBowling 11: Medicaid & Estate Planning 12: baked chicken <u>Nurse: town hall</u> <u>from 10-2p.m.</u>	10 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: turkey Cards/snacks
13 9:30 WiiZumba 10: Exercise 10:30 Wii Bowling 11: Love songs / Ruth Fairman 12 Roast Pork 5 & 10:30 p.m. <i>From the Center</i> FCAT – ch.12 AARP TAXES BY APPT.	15) 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11 The Grange Experience 12: Ravioli <u>Nurse at town hall</u> <u>10-2pm.</u>	17 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: teriyaki chick. Birthday Cake – Music by Jay Stryker
20 CLOSED PRESIDENT’S DAY <i>From the Center</i> FCAT – ch. 12	22) 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11: Funeral Consumers All. 12: Broccoli Bake <u>Nurse at Town Hall</u> <u>10-2.</u>	24 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: Tuna Salad
27 9:30 WiiZumba 10: Exercise 10:30 WiiBowling 11: Smoke Detectors 12: Salisbury Steak 5 & 10:30 p.m. <i>From the Center</i>	29) 9:15 Weighty Issues 10 Exercise 11: Bring & Boast 12: Shepherd’s Pie <u>Nurse at Town Hall</u> <u>10-2 p.m.</u>	3/2 9:30 Bingo 9:30 Martial Arts & Yoga 10: Osteo Exercise 12: Butternut Mac & Cheese

NURSE AT TOWN HALL ON WEDNESDAYS 10 - 2 p.m.

TV PROGRAM - FROM THE CENTER Mon.5 p.m. and 10:30 p.m. on FCAT, channel 12. Some past episodes can be seen at www.fcat.12.org.

Wii ZUMBA – begins weekly in Feb. on Mondays at 9:30 a.m.

FREE HEARING SCREENINGS provided by Avada Hearing here at the senior center on Wed. Feb. 1st by appt. Scheduled between 12:30 p.m. and 2 p.m. Call 665-9508.

TRAVEL OPPORTUNITIES: Learn about travel opportunities offered by the Northampton Senior Center’s travel group - Wed. Feb. 1st at 11 a.m.

BROWN BAG, Thurs. 2/2, 12:30 Deerfield Town Hall.

DENTAL HEALTH: Dr. James Reid, a Deerfield dentist, will be here to speak about dental health for elders and answer your questions on Mon. Feb. 6th at 11 a.m.

MEDICAID & ESTATE PLANNING: Attorney Jennifer Snyder will be here on Wed. Feb. 8th at 11 a.m. to speak about this important subject.

VALENTINE’S DAY MUSIC WITH RUTH FAIRMAN
 Mon. Feb. 13th at 11 a.m. Ruth will play love songs for us to sing along and will also give us some history of the music.

AARP TAXES: Call 665-9508 or 665-2141 for an appointment to have AARP tax volunteers help you prepare your taxes. Returns are filed online for faster processing. There will be 3 volunteers here on Feb. 13th and on March 26th. Call ASAP.

THE GRANGE EXPERIENCE: Wed. Feb. 15th at 11 a.m. Ruth Fairman of the Whately Grange will be the guest speaker.

BIRTHDAY CAKE & MUSIC/TALK BY JAY STRYKER
 Fri. Feb. 17th at 12 noon. This event is sponsored in part by the South County Elder Arts Project. Cake provided by Cozy Corner Nursing & Rehabilitation Center.

FUNERAL CONSUMERS ALLIANCE: Learn about ways to plan a funeral without going broke. Also, learn about green funerals. Wed. Feb. 22nd at 11 a.m.

SMOKE DETECTORS: Originally scheduled in Jan. this has been re-scheduled for Monday, Feb. 27th at 11 a.m. Jason Dorval of the Whately Fire Dept. will speak.

ALL ARTS EVENTS THIS MONTH ARE SPONSORED BY THE SOUTH COUNTY ELDER ARTS PROJECT, a program funded by the Deerfield, Sunderland and Whately Cultural Councils, local agencies that receive funding from the Massachusetts Cultural Council, a state agency.

Franklin County Home Care Corporation provides partial funding for the Martial Arts & Yoga for Health program. While there is no fee for this class, donations are encouraged and will help to keep this program going beyond the current fiscal year.

**February 2012 South County Senior Center,
 67 North Main St., South Deerfield, MA**

413-665-2141, 413-665-9508, Meals: 665-5063

Events are subject to change. Meals may change as well. For full menu check www.fchcc.org .We list events on town websites, Channel 15, ch. 12 and in newspapers.)

This newsletter is published with partial funding from the Executive Office of Elder Affairs. Donations are welcome to help defray costs.

