

South County Senior Center Newsletter

September 2021

67 North Main Street, South Deerfield, MA 01373 www.deerfieldma.us
Senior Center is open on Monday, Wednesday, and Friday from 9:00 am - 2:00 pm.

Director
413-665-2141
scsc@town.deerfield.ma.us

Sue Corey,
Program Coordinator
413-665-9508
scpa@town.deerfield.ma.us

Catherine Carew–
Bednarski
LifePath
Dining Center Manager



Happy September,

Last month's newsletter asked if anyone had extra produce to share for our farm stand. The response was incredible. Local farms and individuals happily brought fruits and vegetables to share with everyone. We are truly blessed to live in such a wonderful community.

We are still holding programs under our tent until October but are excited to announce some new programs. In collaboration with Cadence Yoga Center and a grant from LifePath we will be offering **Healthy Bones and Balance** at the Old Whately Town Hall located at 194 Chestnut Plain Road, Whately every Wednesday beginning September 8th at 10 am. **Chair Yoga** will be Mondays beginning, September 13th at 1:00 pm at 289 Amherst Road (116) Sunderland.

For more information please contact Rebecca Zanvettor, instructor at becca@cadenceyogacenter.com or 413-265-5395.

Friday, September 10th at 10:30 am we welcome back Tim Van Egmond, Folksinger and Storyteller under our tent for a free concert. On Friday, October 1st at 10:30 am we will host Roger Tinknell playing 60s and 70s pop classics in for his program Beatles and Beyond. Both of these programs are supported in part by grants from the Cultural Councils of Deerfield, Sunderland and Whately, A State Agency.

The Franklin Area Survival Center Food Pantry will be delivering food to our Farm Stand on Wednesday, September 8th at 11:00 am.

Jayne Trosin, from the YMCA Blood Pressure Self-Monitoring Program will join us on Friday, September 24th at 11:00 am for a Nutrition Seminar. This free talk will address various ways of eating so that we can be mindful of staying healthy while effectively managing our blood pressure. Healthy snacks will be served and Blood Pressures can be checked.

Frontier Region Flu Clinics

Pre-Registration Required, Sept 30 Seniors *high dose available Oct 3 all ages *standard and child formulas, Paper Pre-Reg available for Seniors. Form pick up at Senior Center or Town Offices. Return forms to lockbox at Deerfield Town Office by Sept. 13th. Help Line: 413-665-9508 Check franklincountymavaccine.org for updates



This monthly Newsletter is made possible in part by our Formula Grant received by MCOA

BOARD OF OVERSIGHT

Jonathan Edwards
Selectman (Whately)
j.edwards@whately.org

Tom Fydenkevez
Selectman (Sunderland)
tfydenke@facil.umass.edu

Trevor McDaniel
Selectman (Deerfield)
tmcdaniel@town.deerfield.ma.us

Coffee With A Cop



TRANSPORTATION INFORMATION

Deerfield & Whately: Franklin Regional Transit Authority (FRTA) "Demand Response" Van available for seniors 60+ on Monday, Wednesday and Friday between 9-4 for pick up/drop off to your home address. Reserve ride for your destination by calling 413-774-2262 at least 48 hours in advance. Weekly van trips to Big Y are available on Monday mornings. Cost start at \$1.50. LifePath clients ride for free anywhere. Rides to South County Senior Center are 1/2 fare. Fixed Routes (large bus) have designated stops in Franklin and Hampshire County. Seniors show ID and pay 1/2 fare. Brochures available at Senior Center.

Sunderland: Provided by Pioneer Valley Transit Authority (PVTA) and Hulmes Transportation. Call 413-739-7436 preferably 2 days in advance or more. Services for seniors are Mon-Fri. 8:30-4:30. More days and times available with approval through Call Springfield for information at 413-732-6248 ext. 214. Fee \$2.50-\$3.50.

American's with Disability Act (ADA) The FRTA's ADA Paratransit Services are for disabled individuals who live within 3/4 mile of our fixed route and cannot navigate or access our fixed route service due to their disability. Transportation is provided from your point of origin to your destination point and is available only during regular operating hours. ADA service is available on a "next day basis", but costs twice the fare amount of our regular fixed route service. Please contact our office at (413) 774-2262 if you would like an application sent to you.

Med-Ride Program: Available to medical apt. outside the county for ambulatory elders 60+ who reside in Franklin County (not Sunderland). Volunteer drivers provide transportation using their own vehicles. Available Mon-Fri. 8am-5pm. For more information and to schedule ride, please call 413-774-2262 or 1-888-301-2262 dial O for customer service.

If you or someone you know in Hampshire or Franklin County has a consumer problem or question, please contact:

The Northwestern District Attorney's
Consumer Protection Unit



(413) 774-3186 Franklin County
(413) 586-9225 Hampshire County
Northwesternda.org

Working in cooperation with the Office of the Attorney General

*** Health Information ***

NURSE is available at the Deerfield Town Hall on Wednesdays from 10-2. No appointment needed.

SHINE Serving Health Information Needs of Everyone counselor from LifePath is available for appointments in Greenfield. Please call 773-5555 or SCSC 413- 665-2141.

Free Collection of Drugs: Safely dispose unwanted medications at the Police Stations in Deerfield and Sunderland. No questions asked.

Amherst Survival Center Free Health Clinic, 138 Sunderland Rd (just off 116) is open to everyone on Mon. 12:30 - 1:30 pm and on Thurs. from 5- 6 pm. Ph.: 549-3968. Many more programs too!

AEIOU Urgent Medical Care for minor illness and injury. Most insurances accepted and self-pay fee starts at \$135. Located at 170 University Dr. in Amherst, Phone 461-3530 and 489 Bernardston Rd. in Greenfield, Phone 773-1394

Triad of Franklin County has many assistive programs for seniors including: 911 emergency cell phones, medical equipment loans, house id numbers, smoke and carbon monoxide detectors, food and pet food needs, File of Life information cards, wellbeing checks and patrol stops to your home, and more. Call 774-4726 or Sharyn Paciorek at 665-3017.

Community Health Center: offers medical and dental care to all ages, regardless of insurance status or income. Located in Turners Falls, Orange, and Greenfield. Call: 413-325-8500

LifePath Inc. offers assistance through the Benefits Counseling program for income eligible seniors age 60 and up. Also, they can help file applications for fuel assistance and find additional ways to save you money. Call 413-773-5555 or email: info@LifePathMA.org.

Grab and Go Meals

For lunch reservations call before 10:00 am two days prior. For more information about menu you can call 773-5555 or

email info@lifepathma.org. Dining Centers welcomes those who are 60 years and above with their spouses of any age. A donation of \$3.00 per meal is suggested.

Regional Emergency Dispatch
1-413-625-8200



Coffee with a Cop



Singing
with Sara



Rainbow Elders Luncheon at SCSC on September 2!

The Rainbow Elders of LifePath are excited to return to SCSC on Thursday, September 2 for an outdoor in-person luncheon. We will enjoy use of the large tent, tables, and chairs.

Folks are welcome to arrive by noon, and we plan to share food together around 12:30 p.m. We request that folks who are unvaccinated for COVID wear a mask and socially distance.

A cold meal will be provided by LifePath's Nutrition Program. The menu will consist of Chicken Breast with Red Pepper Pesto, Italian Pasta Salad, Pears, Bread, and Dairy Milk. Alternate menu items will be provided if requested in advance, and we can manage to do so. You are also welcome to bring your own lunch. Please register by the end of the day on Tuesday, August 31 at:

<https://www.eventbrite.com/e/rainbow-elders-luncheon-club-sept-2021-tickets-168452781805>

A suggested donation for those 60 years old and over will be \$3. For those younger than 60, we request \$8. No one will be turned away for lack of funds. Heavy rain will cause us to postpone one day to Friday, Sep. 3 at the same time. We will notify you by email if this is the case.

We are looking into a way for folks to join us for part of the time on line but have not yet determined if we can do that. Stay tuned!

For more info, you may contact the Rainbow Elders at rainbowelders@lifepathma.org or 413-773-5555 X1242 or 978-544-2259 X1242.

The Rainbow Elders serve the LGBTQIA+ community and friends. L = Lesbian, G = Gay, B = Bisexual, T = Transgender, Q = Questioning and Queer, I = Intersex, A = Asexual, Aromantic, Agender, and Allies!

Interested in volunteering?

Join **RSVP** (the Retired and Senior Volunteer Program) and help to support non-profits in your community.

If you are over 55 and have a few hours each week or month to volunteer your time, experience, interests and talents, we have dozens of opportunities with area organizations that need you.

RSVP is a federal Senior Corps program working with 58 non-profits and over 600 volunteers in Hampshire and Franklin Counties.

If interested please contact Pat Sicard at psicard@communityaction.us or (413) 387-1286 to discover your perfect match.

RSVP offers free liability insurance to all volunteers, mileage reimbursement if needed and other benefits.

Many Thanks for Recent Donations From:

Atlas Farm, Ruth & Wally Sadowsky, Sunderland Library, LaSalle Florists, Nancy Winter, Patty Zoly, Judy Targhetta, Diane Birdsong, Bob Archambeault, Ray & Lisa Cicia, Marie and Bruce St. Peters, Camille Maslanka, Pat Graves, Greenfield Savings Bank, Mary Ann Kowaleck, Paul & Joanne Jaszek, Lynne & Ed Dorshow, Galenski's Farm, Bars Farm, Baronas Farm, Tom Stone, South County TRIAD, John and Nancy Howell, Maple Ridge Church, Butynski Farm

SCSC September 2021 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Cathy Carew- Bednardski</i></p> <p><i>LifePath Dining Center Manager</i></p> <p><i>413-665-5063</i></p> <p><i><u>Suggested Voluntary Confidential Donation is \$3.00 per meal</u></i></p>	<p><i>Please call 665-5063 2 days in advance to reserve your meal.</i></p>	<p>1)</p> <p>Farm Stand 10:30-11:30</p> <p>Town Nurse 10-2</p>	<p>2) Tai Chi 10:00 am-11:00am</p> <p><u>Rainbow Elders Luncheon</u> 11:30am-3:00 PM</p> <p><i>Brown Bag</i> 12:30-1:30</p> <p><u>Foot Doctor</u> By appointment</p>	<p>3)</p> <p>Deerfield COA Meeting 10:00 am At SCSC</p>
<p>6)</p> <p>CLOSED</p> <p>Happy Labor Day!</p> 	<p>7)</p> <p>Knitting Circle And Cards</p> <p>10:00am-12:00 pm</p>	<p>8) Farm Stand 10:30-11:30</p> <p>Franklin Area Survival Center Food Delivery 11:00 pm</p> <p>Balance in Motion 10 am Whately Town Nurse 10-2</p>	<p>9)</p> <p>Tai Chi 10:00 am-11:00am</p>	<p>10)</p> <p>FREE CONCERT</p> <p>Tim Van Egmond Folksinger & Storyteller <u>"Leaf Peeper's Fancy"</u> 10:30 am</p>
<p>13)</p> <p>BINGO 10:00am- 12:00pm</p> <p>Chair Yoga -1pm Sunderland</p>	<p>14)</p> <p>Knitting Circle And Cards</p> <p>10:00am-12:00 pm</p>	<p>15)</p> <p>Farm Stand 10:30-11:30</p> <p>Balance in Motion 10 am Whately Town Nurse 10-2</p>	<p>16)</p> <p>Tai Chi 10:00 am-11:00am</p>	<p>17)</p> <p>Cribbage Tourney 10:00 am-12:00 pm</p>
<p>20)</p> <p>BINGO 10:00am- 12:00pm</p> <p>Chair Yoga -1pm Sunderland</p>	<p>21)</p> <p>Knitting Circle And Cards</p> <p>10:00am-12:00 pm</p>	<p>22)</p> <p>Farm Stand 10:30-11:30</p> <p>Balance in Motion 10 am Whately Town Nurse 10-2</p>	<p>23)</p> <p>Tai Chi 10:00 am-11:00am</p>	<p>24) FREE Nutrition Seminar <u>Eating for a Healthy Heart</u> Healthy snack and Blood Pressures can be checked 11:00am</p>
<p>27)</p> <p>BINGO 10:00am- 12:00pm</p>	<p>28)</p> <p>Knitting Circle And Cards</p> <p>10:00am-12:00 pm</p>	<p>29)</p> <p>Farm Stand 10:30-11:30</p> <p>Balance in Motion 10 am Whately Town Nurse 10-2</p>	<p>30)</p> <p>Tai Chi 10:00 am-11:00am</p> <p>Senior Flu Clinic Town Highway Garage</p>	<p><u>October 1st</u></p> <p>FREE CONCERT <u>Beatles and Beyond</u> With Roger Tincknell 60s and 70s pop classics 10:30 am</p>

Our Free Concerts performed by Tim Van Egmond and Roger Tincknell are sponsored in part from the Deerfield, Sunderland and Whately Cultural Councils, local agencies, which are supported by the Massachusetts Cultural Council, a state agency.

LIFEPATH - SEPTEMBER 2021

SOUTH COUNTY GRAB n GO MEAL - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL BEFORE 9:30AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL . Please wear mask when picking up meal.

CALL (413) 665-2141

YOU MAY ORDER MULTIPLE DAYS AT A TIME.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE: 1% MILK 125 mg SODIUM 110 CALORIES		1 mg Sodium Grilled Chicken with Tarragon Gravy 348 Chantilly Potatoes 238 Capri Veg Blend 15 Multigrain Bread 164 Dessert 300 Diet: Cookie 105	2 mg Sodium Turkey Corn Stew 464 Green Beans 3 Wheat Dinner Roll 105 Fruit Cup (Peaches) 10	3 mg Sodium Roast Pork with Apple Gravy 97 Cinnamon Sweet Potatoes 36 Mixed Vegetables 88 Rye Bread 150 Applesauce 10
		Total Sodium (mg): 1190	Total Sodium (mg): 706	Total Sodium (mg): 506
		Calories: 798	Calories: 456	Calories: 654
6 LABOR DAY HOLIDAY NO MEALS SERVED	7 mg Sodium Meatballs with Tomato Basil Sauce 268 Cavatappi Pasta 1 California Veg Blend 22 Italian Bread 230 Lorna Doones 147	8 mg Sodium Chicken Leg Quarter with BBQ Sauce 236 Side Mac & Cheese 249 Broccoli & Cauliflower 10 Wheat Dinner Roll 105 Dessert 300 Diet: Grahams 85	9 mg Sodium COLD PLATE Chicken Salad over Lettuce 389 Potato Salad 95 Green Bean Salad 118 Multigrain Bread 164 Fresh Fruit (Pear) 1	10 mg Sodium Beef Stew 200 Brussels Sprouts 12 Cornbread 90 Assorted Fruit (cup) 5
	Total Sodium (mg): 793	Total Sodium (mg): 1025	Total Sodium (mg): 892	Total Sodium (mg): 432
	Calories: 667	Calories: 1010	Calories: 564	Calories: 786
13 mg Sodium Broccoli Bake 475 Home Fries 5 Stewed Tomatoes 251 Wheat Bread 170 Fruited Yogurt 75	14 mg Sodium American Chop Suey 288 Italian Veg Blend 41 Wheat Dinner Roll 105 Fresh Fruit (apple) 2	15 mg Sodium Chicken Marsala 346 Egg Noodles 1 Spinach 65 Multigrain Bread 164 Assorted Fruit (cup) 5	16 mg Sodium Sliced BBQ Pork 223 Red Bliss Potatoes 5 California Veg Blend 22 Wheat Bread 170 Dessert 300 Diet: Applesauce 10	17 mg Sodium Chicken Jambalaya 249 Brown Rice 4 Mixed Vegetables 88 Dinner Roll 132 Mandarin Orange Cup 5
Total Sodium (mg): 1101	Total Sodium (mg): 561	Total Sodium (mg): 709	Total Sodium (mg): 845	Total Sodium (mg): 604
Calories: 705	Calories: 647	Calories: 561	Calories: 813	Calories: 654
20 mg Sodium Baked Meatloaf with Mushroom Gravy 287 Garlic Mashed Potatoes 66 Herbed Carrots 64 Wheat Bread 170 Assorted Fruit (cup) 5	21 mg Sodium Diced Chicken Fajita 275 Red & Green Peppers 27 Corn 1 Flour Tortilla 220 Snack n Loaf 115 Diet: Maple Grahams 115	22 mg Sodium Beef & Lentil Chili 262 Brown Rice 4 Broccoli 10 Wheat Bread 170 Fruit Cup (Pears) 5	23 mg Sodium Grilled Chicken with Pesto Cream Sauce 364 Multicolor Rotini 1 Spinach 65 Multigrain Bread 164 Assorted Fruit (cup) 5	24 mg Sodium COLD PLATE Salmon over Greens 84 Cous Cous Salad 42 Cauliflower & Red Pepper Salad 116 Marble Rye 127 Fresh Clementine 1
Total Sodium (mg): 716	Total Sodium (mg): 763	Total Sodium (mg): 576	Total Sodium (mg): 723	Total Sodium (mg): 494
Calories: 738	Calories: 615	Calories: 627	Calories: 570	Calories: 664
27 mg Sodium Roast Turkey with CranOrange Sauce 350 Sour Cream & Chive Mashed Potatoes 89 Peas & Onions 42 Wheat Dinner Roll 105 Cookie (all) 105	28 mg Sodium Lasagna Roll Up with Cheese Sauce 501* Italian Green Beans 3 Dinner Roll 132 Applesauce 10	29 mg Sodium Diced Chicken Teriyaki 499 Veg Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Fortune Cookie 6 Mandarin Oranges 7	30 mg Sodium Beef Burgundy 159 Egg Noodles 1 Mixed Vegetables 88 Italian Bread 230 Assorted Fruit (cup) 5	
Total Sodium (mg): 817	Total Sodium (mg): 771	Total Sodium (mg): 920	Total Sodium (mg): 611	
Calories: 687	Calories: 620	Calories: 664	Calories: 728	

Sodium Levels are listed next to each individual menu item. Meals are based on a No Added Salt (3000 - 4000mg sodium diet) for healthy older adults. If you have a concern regarding the sodium, contact the Nutritionist for guidance on managing your intake to meet your diet requirements at 413-773-5555, Ext. 2233.

*Indicates higher sodium items greater than 500mg.

Due to availability, menu subject to change without notice.

About Town

The 172nd Franklin County Fair September 9-12, 2021

Theme: "Franklin County Fair: It's the Bee's Knees"
[89 Wisdom Way, Greenfield, MA 01301](#)

- **Thursday:** Gate opens at 3:00 pm
- **Friday:** Gate opens at 1:00 pm - Senior Bingo starts at 1:30 pm
- **Saturday:** Gate opens at 8:00 am
- **Sunday:** Gate opens at 8:00 am

There is no set closing time for the fair, though generally its open until at least 9pm on Thursday and Sunday, and at least 10pm on Friday and Saturday. Poor weather may result in an earlier closing time.

Hatfield Senior Center Presents "EDDIE FORMAN ORCHESTRA"

Best Polka Band in Western Massachusetts! "MAY POLKA MUSIC FILL YOUR HEARTS!!!"

Thursday, September 23rd , 5:30pm-7:00pm Location: Town Hall Lawn (In the event of rain, the concert will be held in the Senior Center) Call the COA Office at 247-9003 to sign-up!

Polish Plate \$13.00

available for purchase at the event!



TRAVEL CORNER

Bus Trips are Back!!



We are planning a bus trip. The Green Mountain Getaway package includes round trip transportation on a Travel Kuz motorcoach equipped with lavatory and DVD, 4 course dinner at the Roadhouse Restaurant, "Peaches" one woman cabaret, shopping at Hogback Mountain Country Store and sightseeing during the Fall Foliage. Tuesday, October 5th. \$126 p/p. More information to follow. Call 665-2141 for more information or to RSVP.

Landscape Painting Workshop

With Jocelyn Glabach hosted by Friends of Deerfield

The Friends of deerfield is hosting a landscape painting workshop on Sunday, September 26th at 3 pm on the lawn behind the Tilton Library in South Deerfield. This 90-minute class is open to all ages. No experience necessary! Cost is \$ 36.00 per person. Includes everything you need. Your entry fee benefits the Deerfield 350th Anniversary celebration!

Participants will get the chance to display their work at the 350th Anniversary Arts Night Out event in 2023. To register, sign up at <https://www.eventbrite.com/e/painting-landscape-of-deerfield-tickets-167116286311>.

For more information email info@friendsofdeerfield.org