

South County Senior News



May, 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.

NEW SENIOR CENTER SIGN



The above new sign for the South County Senior Center was made by Georgiy Sarkisyan. He is an artist who lives in Sunderland. He is also a member of the senior center. And, Stanley Stokarski installed the Plexiglas to protect it. Thanks to both for a job well done!

PAPER SHREDDING FUNDRAISER

The Knights of Columbus and Valley Green Shredding will hold a paper shredding event here at the South County Senior Center on Saturday, May 12th from 9 a.m. to noon. You can bring any paper you would like to have shredded and make a donation of any amount for the service. The senior center will benefit from the money raised by this event. Funds raised by this shredding event will be used to fund Healthy Choices (a fund that will help provide healthier snack options and health related classes). See what to bring inside.

MEALS ON WHEELS WALK

The South County Senior Center team for the Meals on Wheels Walk on May 5th has already been very active raising money, not only by getting donors to pledge money but also they held a bake sale on Saturday, April 28th to raise even more money. For more information or to pledge money call Sue at 665-9508.

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!



MAY BIRTHDAYS: WE WILL CELEBRATE BIRTHDAYS ON FRIDAY, May 18th. Please call 665-5063 at least two days in advance to reserve a meal and please let us know if you have a birthday during April. 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.

ESSENTIAL SKILLS SERIES For Family Caregivers

.It Starts with Communication May 9th at 1 p.m.

Understanding Behaviors May 23rd at 1 p.m.

Safety at Home June 13th at 1 p.m.

(Presented by the Alzheimer's Association and the South County Senior Center with partial funding from the Executive Office of Elder Affairs.)

Pre-registration required. Call 665-9508 or 665-2141 or 1-800-272-3900.



Mary Stokarski and Karen Mennard spoke at the center on 3/14/12.



Theresa Boron and Bev Welcome dance to music played by Richard Erikson. His lively music was very enjoyable.



Mac MacLeod, Director of the Cozy Corner Nursing & Rehabilitation Center in Sunderland, was dressed in green and wore his St. Patrick's Day tie when he brought the birthday cake for the March birthdays celebration. Cozy Corner donates a cake to the senior center every month.

THANK YOU for a donation in the amount of \$300 that was received in memory of James Petrovic. The donation was from his Aunt Betsy and his cousins Thomas and Tracy and their families.



Pictured are some of the many people who come to exercise Mondays and Wednesdays at 10 a.m.

May, 2012

- **FOOT DOCTOR ON May 2nd** 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, May 3rd 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 *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 try it and help get back the trophy!
- Cards on Mon., Wed, and Fridays.
- Weighty Issues meets Wednesdays at 9:15.
- Walking meets on Mondays at 9:30 a.m. If the weather is bad we'll do Wii Zumba indoors instead.
- 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.

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.)

TRAVEL OPPORTUNITY: BERMUDA TRIP

Nancy Rule of Sunderland is planning a trip to Bermuda for area seniors and their guests. The cruise will be on the Royal Caribbean Explorer of the Seas. It is scheduled for September 23rd with a return date of September 30th. A passport book or passport card is required. A \$500 deposit will be required. For more info. call Nancy at 413-687-7843 or e-mail her at nancy@cruisestore.com.

UPCOMING EVENTS OF INTEREST

Preventing Falls Among Older Adults

Free Educational Series Offered by Cooley Dickinson Hospital Rehabilitation Department and VNA & Hospice of Cooley Dickinson at the 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.

MORE ABOUT THE ESSENTIAL SKILLS SERIES:

The Alzheimer's Association will present a series of workshops for family caregivers. It will take place here at the senior center. Pre-registration is required. The workshops provide education and practical tools to those caring for someone with dementia. Covered in this educational series are communication techniques, strategies to manage difficult behavior, and safety in the home. This program is free of charge. Listed below are the dates of these workshops. All three workshops will last two hours each. Call 665-2141 or 665-9508 to register.

- **It Starts With Communication**, Wed. May 9th, 1 p.m.
- **Understanding Behaviors**, Wed. May 23rd, 1 p.m.
- **Safety at Home**, Wed. June 13th, 1 p.m.

WHAT TO & WHAT NOT TO BRING FOR SHREDDING

When you come to the Paper Shredding Fundraiser here at the senior center on Saturday, May 12th there are some do's and don'ts about what to bring. Event takes place from 9 a.m. to 12 noon. Protect yourself from identity theft by having your confidential papers shredded and help the environment by recycling. **DO BRING:** office paper, newspapers, magazines (no need to remove staples or paper clips) **DO NOT BRING:** garbage, electronics, cardboard, metals other than staples or paper clips, binders.

TRIAD SPRING LUNCH – call 774-4726 or 665-2511 for tickets for chicken dinner. \$6 each. Wed. 5/16/12.

SAGEWM – Mtgs. 5/3 1 p.m. Bangs Com. Center, Amherst and 5/16 2:30 p.m. HVES, 320 Riverside Dr. in Florence. SAGE will have a banner at the Pride March in Northampton on 5/12.

MONDAY

WEDNESDAY

FRIDAY

☺MAY HIGHLIGHTS☺

<p>4/30 9:30 Walking 10: Exercise 10:30 Wii Bowling 11 Jason Dorval 12 teriyaki chick. 1 Belly Dancing</p>	<p>2) 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11: Khan Acad. 12 Pork rib <u>Nurse: Town Hall From 10-2 pm.</u> FOOT CLINIC BY APPT.</p>	<p>4 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: Turkey salad Cards/crafts, snacks 1:30 Falls Prev.</p>
<p>7 9:30 Walking 10: Exercise 10:30 Wii Bowling 11: Prom Planning 12 shredded beef 1 Belly Dancing</p>	<p>9) 9:15 Weighty Issues 10 Exercise 10:30WiiBowling 11:MASS SAVE 12: Salisbury steak <u>Nurse: town hall from 10-2p.m.</u> 1 Essential Skills</p>	<p>11 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: Chicken cordon bleu Cards/snacks 1:30 Falls Prev.</p>
<p>14 9:30 Walking 10: Exercise 10:30 Wii Bowling 11: Annie Hassett 12: Ground beef taco w/ beans 1p.m. Belly Dancing</p>	<p>16) 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11-Aging with Dignity 12 – stuffed shells 12:30 Movie: Iron Lady <u>Nurse at town hall 10-2pm.</u></p>	<p>18 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: ham & cheese bake Birthday Cake – Music by Jay Stryker 1:30 Falls Prev.</p>
<p>21 9:30 Walking 10: Exercise 10:30 Wii Bowling 11: Jason Dorval Safety Issues 12 liver & onions 1 p.m. Belly Dancing</p>	<p>23) 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11: Bring & Boast 12: Sliced turkey 1 Essential Skills <u>Nurse at Town Hall 10-2.</u></p>	<p>25 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: crunchy potato fish 1:30 Falls Prevention</p>
<p>28 HOLIDAY 12: <i>From the Center</i> on FCAT ch.12</p>	<p>30) 9:15 Weighty Issues 10 Exercise 11: Lenny Zarccone / music 12: chicken chili <u>Nurse at Town Hall 10-2 p.m.</u></p>	<p>6/1 9:30 Bingo 9:30 Martial Arts & Yoga 10: Osteo Exercise 12: roasted chicken 1:30 Falls Prevention</p>

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

TV PROGRAM - FROM THE CENTER New times: **Mon. 12 p.m. Wed. 7 p.m. and Sun. 2 p.m. on FCAT, channel 12.** Some past episodes can be seen at www.fcat.12.org . Click on “videos on demand.”

WALK FOR MEALS ON WHEELS : Sat. May 5th the SCSC team will be at the Walk for Meals on Wheels. For more info. or to donate call Sue at 665-9508..

KHAN ACADEMY OVERVIEW: Mon. 5/2 at 11 a.m. Not just for kids, this website provides a world class education free of charge to millions of people. Learn how to use this site.

BROWN BAG, Thurs. 5/3 at 12:30 Deerfield Town Hall.

PROM PLANNING: Mon. May 7th at 11 a.m. we will meet to discuss plans for a Senior Prom for elders to take place in June.

MASS SAVE: Learn about this program Wed. 5/9 at 11 am.

PAPER SHREDDING FUNDRAISER: Sat. May 12th from 9 a.m. to 12 p.m. Organized by Valley Green Shredding and the Holy Family Council 15197 of the Knights of Columbus, this event to be held here at the senior center will benefit are Healthy Choices Fund.

ANNIE HASSETT, Singer/songwriter Mon. 5/14 at 11 a.m.

AGING WITH DIGNITY Wed. May 16th at 11 a.m. Be informed about care and financial options for aging at home for when you can no longer manage on your own. This presentation will dispel common myths and provide strategies for elders concerned about long-term care. Attorney Seunghee Cha.

LENNY ZARCONE, musician performs Wed. 5/30 at 11 a.m.

BIRTHDAY CAKE & MUSIC/TALK BY JAY STRYKER: Fri. May 18th at 12 noon. Sponsored by the S. County Elder Arts Project. Cake provided by Cozy Corner.

SAFETY ISSUES: Jason Dorval: Mon. 5/21 at 11 a.m.

BELLY DANCING CLASS: 4/30, 5/7, 5/14, 5/21 Instructor: Ann Marie Meltzer. Partial funding from Deerfield Cultural Council.

FALLS PREVENTION begins May 4th. Call to register.

ESSENTIAL SKILLS TRAINING 5/9, 5/23, 6/13. Call to register.

May, 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.)

ALL ARTS EVENTS THIS MONTH ARE SPONSORED BY THE SOUTH COUNTY ELDER ARTS PROJECT, a program funded by the Sunderland, Whately and Deerfield 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

Need help with prescription drug costs?

Prescription Advantage may be your answer!

Prescription Advantage is the state prescription drug assistance program for seniors and people with disabilities in Massachusetts.

Who can join?

Prescription Advantage is available to Massachusetts residents who are:

- 65 years of age or older and eligible for Medicare or;
- 65 years of age or older and not eligible for Medicare or;
- Under age 65 and meet disability guidelines.

Note: Income limits may apply. Call Prescription Advantage or SHINE for more details.

How can Prescription Advantage help you?

- If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).
- If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan **now**, instead of waiting for Open Enrollment in October.
- If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan **now**, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Also, help is available from the SHINE program. Call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. 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.



Doris Stier, Helen Petrovic, Helen Demko, and Sophie Sacco keep time with the music.



Helen Ostrowski sets tables in the dining room.

LATE BREAKING NEWS

Wii Bowling Tournament Results

The Wii Bowling Tournament was held here at the South County Senior Center on Monday, April 23rd. Our team, The Hawaiian Tourists, who won the trophy last year, came in second this year. This year's winners were from the Shelburne Senior Center. The tournament had four teams from the Shelburne Senior Center, the Greenfield Senior Center and the South County Senior Center. The fourth team was made up of extra players from SCSC and Shelburne.

Something different this year was the addition of "turkey awards" a certificate given to anyone getting 3 strikes in a row. Theresa Boron got 4 turkeys. Photos and more details in the June issue.

ESSENTIAL SKILLS SERIES

Education and practical tools for people caring for someone with dementia.

- **It Starts With Communication,** Wed. May 9th, 1 p.m.-3p.m.
- **Understanding Behaviors,** Wed. May 23rd, 1 p.m.-3p.m.
- **Safety at Home,** Wed. June 13th, 1 p.m. – 3 p.m.

Location:

South County Senior Center,

67 North Main St.,
South Deerfield, MA

Free of charge. Pre-registration required at 413-665-2141 or 413-665-9508 or 1-800-272-3900.

Presented by Alzheimer's Association and South County Senior Center with partial funding from the Executive Office of Elder Affairs.

