

South County Senior Center Newsletter

May 2018

67 North Main Street, South Deerfield, MA 01373 www.deerfieldma.us
Senior Center is open 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

Outreach Coordinator
Margaret Ryan
413-665-2562

Elaine Culver: LifePath
Dining Center Manager:
413-665-5063.

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.

Discover a world of possibilities at South County Senior Center.

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

Board of Oversight

Jonathan Edwards
Selectman (Whately)
Tom Fydenkevez
Selectman (Sunderland)
Trevor McDaniel
Selectman (Deerfield)



On March 30 we said good bye and good luck to our director, Marlene Johnson.

We wish her well at her new position at the Palmer Senior Center.



About Town

Shred Fest- Saturday May 5th, 9 am– 12 noon

Greenfield Savings Bank, 61 North Main Street, South Deerfield. 774-3191 for more information

South Deerfield Rod & Gun Club's **Annual Fishing Derby** Sunday, May 6th, 10 am – 12 noon for children ages 12 and under. Trzcienski's Pond. For more information call 665-2545.

Free **“Lunch & Learn”** event Tuesday, May 22nd at 12:pm. An informative session about hearing loss. Also scheduling free hearing screenings or hearing aid checks. Elks Lodge in Greenfield. RSVP by Friday, May 11th to 774-0100.

Daniel Clark, the Singing Trooper, will be at Schuetzen Verein on Tuesday, June 12. Lunch at 11:30 am and the show at 12:30pm. \$10.00 per ticket, includes lunch. For tickets contact Franklin TRIAD Office at 774-4726 or Nancy Paciorek at 665-2511.

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. Franklin City Home Care 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 (PVRTA) 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 are 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- 655-2141.

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 identification 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.

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.

Congregate Meals

For lunch reservations call before 10:45 am two days prior, or sign up by the first Monday of the week by 10:30 AM. 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.

Many thanks for recent donations from:

Reenie Clancy, Diane Kolakoski, Ruth & Walter Sadowsky, Chuck Dougherty, Fran York, Wendi Rose (new owner of the Dove's Nest), Kay Demers, Pat Blakeslee, Sharyn Paciorek, Nancy Paciorek, Barbara Warden, Bob Gosselin, Atlas Farms.

May Cribbage Champion Sylvia Nye



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, sponsored locally by the Hampshire Council of Governments, working with 58 non-profits and over 600 volunteers in Hampshire and Franklin Counties.

If interested please contact

Pat Sicard, at psiard@hampshirecog.org or call 413-584-1300 x183 to discover your perfect match.

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

Outreach Coordinator Information

Thank you to the Arbors in Greenfield for donating a monthly wellness basket.

As outreach coordinator, I have spent some time looking at how we can help our wonderful group of seniors from Deerfield, Sunderland & Whately. You all give us so much, I thought it was time to give back to you.

Starting in may, we are going to be giving away a Wellness Basket to a lucky winner. Each month we will hold a raffle at the center. One month it could be for our volunteers. Another month, could be for Outreach clients. The next month it could be for seniors that come to the center. Members need to sign in with their key card to be entered. If Outreach clients want to enter, I can sign you in here at the center. If you are not a member, please see Sue or Meg. Just think, you could win a bunch of great things you can use. In the future, I will be looking for more companies to donate baskets to us. The more baskets, the more fun we can have raffling them off. Remember it is free to enter.

Rest easy if the basket needs to be dropped off at a client's home. We can do that. I would love suggestions as to what you folks think could be of use for you. As always we are talking about small things and perhaps even fun things. Just make a list and I will see what we can do. As the Arbors donate the basket each month, I will pass the ideas onto them and see what they come up with.

Remember we all spend a good amount of time here. We enjoy each other's company and all our activities. Thank you. I can't wait to see who the first winner is.

Center Wish List

Fresh fruits and vegetables, cheese, salad dressings, 6 oz. paper cups, healthy snacks, parmesan cheese, large print books, coffee K-cups, hot cocoa.
hummus.

May 2018 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
30) 9:00 Card Games 10: 00 Exercise 10:45 May Day Baskets 12:00 Roast Pork 1-3 Water Color Painting with Nancy Howell	1) 1:30– Seated Yoga	2) 9:00 Card Games 10:00 Exercise 10:45 Frontier Students Technology Assistance 12:00 WW Lasagna Rollup 1:00 Social Hour 3-4 Movement & Meditation 4:00 Walking club	3) Brown Bag 12:30-1:30 AT TOWN HALL 10:30– Seated Yoga	4) 9:00 Card Games 9:30 Bingo 9:30 Balance Exercise “Polish Club” 12:00 S&S Meatballs 1:00 Social Hour
7) 9:00 Card Games 10:00 Exercise 10:45 Pokeno 12:00 Sloppy Joes 1-3 Water Color Painting with Nancy Howell	8) 1:30– Seated Yoga	9) 9:00 Card Games 9:30 Cribbage Tourney 10:00 Exercise 10:45 Hook & Needle 12:00 Chicken Piccata 1:00 Social Hour 3-4 Movement & Meditation 4:00 Walking club <i>Nurse– Town Hall 10-2</i>	10) 10:30– Seated Yoga	11) 9:00 Card Games 9:30 Bingo 9:30 Balance Exercise “Polish Club” 12:00 Veal Parmesan 1:00 Social Hour
14) 9:00 Card Games 10:00 Exercise 10:45 Garden Preparations 12:00 Meat Pie 1-3 Water Color Painting with Nancy Howell	15) 1:30– Seated Yoga	16) 9:00 Card Games 10:00 Exercise 11:00 Singing with Sara 12:00 Potato Pollock 3-4 Movement & Meditation 4:00 Walking club <i>Nurse- Town Hall 10-2</i> Veteran’s Hours 12:30-2:00 pm	17) 10:30– Seated Yoga	18) 9:00 Card Games 9:30 Bingo 9:30 Balance Exercise “Polish Club” 12:00 Beef Stew Birthday Party 1:00 Social Hour
21) 9:00 Card Games 10:00 MOVIE- The Blind Side 12:00 Broccoli Bake 1-3 Water Color Painting with Nancy Howell	22) 1:30 Seated Yoga	23) 9:00 Card Games 10:00 Exercise 10:45 Game Day 12:00 Gr. Chicken 1-3 Hook & Needle 3-4 Movement & Meditation 4:00 Walking club <i>Nurse– Town Hall 10-2</i>	24) 10:30 Seated Yoga Foot Doctor at Town Hall Call 665-9508 For appointment	25) 9:00 Card Games 9:30 Bingo 9:30 Balance Exercise “Polish Club” 12:00 Cold Plate 1:00 Social Hour
30) CLOSED Memorial Day Holiday	29) 1:30 Seated Yoga	30) 9:00 Card Games 10:00 Exercise 10:45 Entertainment by Mary Wheelan 12:00 BBQ Pork Rib 1:00 Social Hour 3-4 Movement & Meditation 4:00 Walking club <i>Nurse– Town Hall 10-2</i>	31) 10:30– Seated Yoga	Elaine Culver: LifePath Dining Center Manager 413-665-5063 <i>Suggested Voluntary Confidential Donation is \$3.00 per meal</i>

May Highlights 2018

Water Color painting Classes with Nancy Howell are every Monday from 1-3pm. All levels of ability are welcome. \$ 1.00 session.

Seated Yoga with Marcia Gobeil for seniors is held at the Center on **Tuesdays at 1:30 and Thursdays at 10:30** am. \$8 a class or \$36 for 6 classes. Call 665-2141 for more info.

The **Town Nurse** is available at the Town Hall from 10-2 every Wednesday for all residents of Deerfield.

New Walking Club. Every Wednesday. Deerfield's Town Nurse, Lisa White in conjunction with the South County Senior Center, invite all who are interested in increasing your walking activity safely and with the support of a group. Sign in from 4-4:30 pm. For questions call Lisa at 665-1400 ext. 114.

NEW Movement and Meditation Class EVERY WEDNESDAY from 3-4pm. If you have tried Tai Chi & Yoga, you will enjoy this new class inspired by Shintaido. Develop strength, balance and a strong mind & body connection. This class is free and open to everyone 55 and above. Donations greatly appreciated. For questions please call Bela or Stephen at 413-350-5182 or 665-2141.

Balance in Motion exercise EVERY FRIDAY at 9:30am. Classes are with Marcia Gobeil at the Polish Club in South Deerfield.

Bingo every Friday starting at 9:30. All seniors welcome.

Wednesday, May 2nd at 10:45, Frontier students will be available to help with your technology questions. Bring in your phones, laptops and any other technology if you have questions or need assistance.

Brown Bag will be Thursday, May 3rd 5th. Pick up from 12:30-1:30 **at the Town Hall.**

Monday, May 7th at 10:45, we will be playing **Pokeno**, a bingo game played with cards.

Cribbage Tournament, Wednesday, May 9th. Everyone plays each person once. The person with the most wins takes the crown and monthly prize. Sylvia Nye was our cribbage champ for April.

Our **Hook & Needle** group will meet on Wednesday, May 9th at 10:45 and May 23rd from 1-3pm. Anyone who enjoys **knitting** or **crocheting** is invited to meet and share their project ideas.

Monday, May 14th at 10:45 we will be preparing our garden outside and enjoy some planting. We will gladly accepted any veggies or flowers people have started for our garden.

Singing with Sara! Wednesday, May 16th 11:00 am. Sara Snyder has a MA in music specializing in vintage tunes. This program is made possible through generous grants from the Deerfield, Whately and Sunderland Cultural Councils.

Veterans Agent Hours every third Wednesday from 12:30-2pm. A veteran service officer will be available **Wednesday**, May 16th for all veterans and beneficiaries. No appointment necessary.

A **Birthday Celebration** for all May Birthdays will be on Friday, May 18th. Birthday cake provided by NE Health Center & music by Jay Stryker.

We will be showing the movie "**The Blind Side**" starring Sandra Bullock on Monday, May 21st at 10:00 am.

Game Day will be on Wednesday, May 23rd at 10:45. Come in and enjoy your favorite game with some great company.

Dr. Coby will be in the town nurse's office for the **Foot Clinic** on **Thursday, May 24th**. Please call Sue at the senior center at 665-9508 in advance for appointment.

We will be **CLOSED** Monday, May 28th in observance of Memorial Day.

Wednesday, May 30th at 10:45, Mary Wheelan will be at the center to entertain us. Mary sings and writes her own music and is the host of the show "The Song". All are welcome.



Visioning BEAR Singing came to entertained us and celebrate Earth Day on April 18th. Funding made available through grants from the Massachusetts and Deerfield Cultural Councils.



Picture perfect puzzles are one of our many passions at the center. We have many available to swap and new ones are always appreciated.



South County Senior Center Travel Club Presents

Lake Champlain "Spirit of Ethan Allen Luncheon Cruise"

Monday, July 16, 2018

\$139 per person; \$50 deposit per person due at time of reservation. Balance due by June 18, 2018.

"Jekyll & Hyde" the Musical

Wednesday, September 26, 2018

Luncheon is at the famous Danverport Yacht.

\$158 per person(based on 30 paying people)

\$50 deposit per person is due at time of reservation. Balance due by August 21, 2018.

Please call or stop by for more information on trips.

Make checks payable to First Choice Tours.

To reserve your seats, please call:

South County Senior Center and ask for Sue Corey at 413-665-9508.

