

South County Senior Center Newsletter

October 2021

67 North Main Street, South Deerfield, MA 01373 www.deerfieldma.us
Senior Center is open on Monday through Friday from 9:30 am - 2:30 pm.

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

Sue Corey,
Program Coordinator
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This monthly Newsletter is made possible in part by our Formula Grant received by MCOA

BOARD OF OVERSIGHT

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September Cribbage Champ
Sylvia Nye



Happy Fall to All!

We are still holding programs under our tent until October 31st. As of November 1st we will be temporarily moving our daily programming inside to the Pope John Paul II Center located at 29 Sugarloaf Street, South Deerfield. The November Newsletter will contain information regarding the new schedule of programs.

Grab and Go meals will still continue and available to all.

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. On Friday October 8th we will host Ed the Wizard. Please join us for this Mystical Magical Mayhem event. These programs are supported in part by grants from the Cultural Councils of Deerfield, Sunderland and Whately, A State Agency.

In collaboration with Cadence Yoga Center and a grant from LifePath we will be offering Chair Yoga on Mondays at 1:00 pm and Healthy Bones and Balance on Wednesdays at 10 am at 289 Amherst Road (116) Sunderland.

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

The Franklin Area Survival Center Food Pantry will be delivering food to our Farm Stand on Wednesday, October 13th at 11:00 am.

Jayne Trosin, from the YMCA Blood Pressure Self-Monitoring Program will join us on Friday, October 22nd at 11:00 am for a Nutrition Seminar rescheduled from September 24th. 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.

On Friday, October 29th starting at 10:30 am, we will be having a Halloween Party. This will be our last hoorah under our tent. We will have Haunted BINGO, a Costume Contest, coffee and snacks.

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



Singer and Storyteller Tim Von Egmond



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.

Rainbow Elders Luncheon at SCSC on October 7th!

The Rainbow Elders of LifePath are excited to return to SCSC on Thursday, October 7th 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. 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!



Many Thanks for Recent Donations From:

Bars Farm, Atlas Farm, Diane Kolakoski, Ruth & Wally Sadowsky, LaSalle Florists, Nancy Winter, Patty Zoly, Judy Targhetta, Diane Birdsong, Bob Archambeault, Marie and Bruce St. Peters, Camille Maslanka, Pat Graves, Paul & Joanne Jaszek, Lynne & Ed Dorshow, Galenski's Farm, Tom Stone, South County TRIAD, John and Nancy Howell, Kay Demers, The Wolfram Family, Bobbi Marguet, Mary and Stanley Stokarski, Pedruczy Family and Farm, Joe and Rosemary Charnley, Lou Misiun

SCSC October 2021 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Cathy Carew- Bednardski LifePath Dining Center Manager 413-665-5063 Suggested Voluntary Confidential Donation is \$3.00 per meal</i></p>	<p><i>Please call 665-5063 2 days in advance to reserve your meal.</i></p>			<p>1) FREE CONCERT <u>Beatles and Beyond</u> With Roger Tincknell 60s and 70s pop classics 10:30 am</p>
<p>4) BINGO 10:00am-12:00pm Chair Yoga -1pm Sunderland</p>	<p>5) Knitting Circle And Cards 10:00am-12:00 pm</p>	<p>6) Farm Stand 10:30-11:30 Balance in Motion 10 am Sunderland Town Nurse 10-2</p>	<p>7) Tai Chi 10:00 am-11:00 am <u>Rainbow Elders Luncheon</u> 11:30am-3:00 PM <u>Foot Clinic</u> <u>Brown Bag</u></p>	<p>8) Entertainment By Ed The Wizard 10:30 AM</p>
<p>11) CLOSED COLUMBUS DAY </p>	<p>12) Knitting Circle And Cards 10:00am-12:00 pm</p>	<p>13) Farm Stand 10:30-11:30 Franklin Area Survival Center Food Delivery 11:00 pm Balance in Motion 10 am Sunderland Town Nurse 10-2</p>	<p>14) Tai Chi 1:00 pm-2:00 PM</p>	<p>15) Cribbage Tourney 10:00 am-12:00 pm</p>
<p>18) BINGO 10:00am-12:00pm Chair Yoga -1pm Sunderland</p>	<p>19) Knitting Circle And Cards 10:00am-12:00 pm</p>	<p>20) Farm Stand 10:30-11:30 Balance in Motion 10 am Sunderland Town Nurse 10-2</p>	<p>21) Tai Chi 1:00 pm-2:00 PM</p>	<p>22) FREE Nutrition Seminar <u>Eating for a Healthy Heart</u> Healthy snack and Blood Pressures can be checked 11:00am</p>
<p>25) BINGO 10:00am-12:00pm Chair Yoga -1pm Sunderland</p>	<p>26) Knitting Circle And Cards 10:00am-12:00 pm</p>	<p>27) Farm Stand 10:30-11:30 Balance in Motion 10 am Sunderland Town Nurse 10-2</p>	<p>28) Tai Chi 1:00 pm-2:00 PM</p>	<p>29) Halloween Party 10:30 am-12:00 pm Bingo Snacks Costume Contest</p>


Our Free Concert performed by Roger Tincknell and Magical Mayhem by Ed the Wizard 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 - OCTOBER 2021

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

PLEASE CALL YOUR SENIOR CENTER BEFORE 9:30AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL .

PLEASE WEAR A MASK WHEN PICKING UP YOUR MEAL.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>ALL MEALS INCLUDE:</p> <p>1% MILK 125 mg SODIUM 110 CALORIES</p> 			<p>1 mg Sodium</p> <p>Grilled Chicken</p> <p>Picatt: 324</p> <p>Chantilly Potatoes 238</p> <p>Glazed Carrots 81</p> <p>Wheat Dinner Roll 105</p> <p>Dessert 160</p> <p>Diet: Grahams 85</p> <p>Total Sodium (mg): 1033 Calories: 800</p>
<p>4 mg Sodium</p> <p>Roast Pork</p> <p>with Herb Gravy 156</p> <p>Brown Rice Pilaf 149</p> <p>Brussels Sprouts 12</p> <p>Pumpnickel Bread 155</p> <p>Fresh Fruit (Apple) 2</p> <p>Total Sodium (mg): 599 Calories: 572</p>	<p>5 mg Sodium</p> <p>Baked Cod with</p> <p>Lemon Dill Sauce 188</p> <p>Yukon Gold Potatoes 5</p> <p>Creamed Spinach 55</p> <p>Wheat Bread 170</p> <p>Cookie (all) 105</p> <p>Total Sodium (mg): 648 Calories: 634</p>	<p>6 mg Sodium</p> <p>Beef & Broccoli</p> <p>Stir Fry 108</p> <p>White Rice 4</p> <p>Multigrain Bread 164</p> <p>Fortune Cookie 6</p> <p>Fresh Pear 1</p> <p>Total Sodium (mg): 408 Calories: 674</p>	<p>7 mg Sodium</p> <p>Chicken Francaise 592*</p> <p>Garlic Mashed</p> <p>Potatoes 66</p> <p>French Green Beans 3</p> <p>Wheat Dinner Roll 105</p> <p>Fruit Cup (Peaches) 10</p> <p>Total Sodium (mg): 901 Calories: 633</p>	<p>8 mg Sodium</p> <p>Chicken Rice</p> <p>Casserole 429</p> <p>California Veg Blend 22</p> <p>Rye Bread 150</p> <p>Fruited Yogurt 75</p> <p>Total Sodium (mg): 802 Calories: 553</p>
<p>11</p> <p>COLUMBUS DAY HOLIDAY</p> <p>NO MEALS SERVED</p>	<p>12 mg Sodium</p> <p>Salisbury Steak with</p> <p>Onion Gravy 235</p> <p>Au Gratin Potatoes 132</p> <p>Glazed Carrots 81</p> <p>Wheat Bread 170</p> <p>Fruit Cup (Mixed) 5</p> <p>Total Sodium (mg): 747 Calories: 834</p>	<p>13 mg Sodium</p> <p>Chicken Drummer 450</p> <p>Roasted Butternut 0</p> <p>Squash w/Turmeric</p> <p>Mixed Vegetables 88</p> <p>Wheat Dinner Roll 105</p> <p>Fruit Cup (Pears) 5</p> <p>Total Sodium (mg): 773 Calories: 576</p>	<p>14 mg Sodium</p> <p>Shepherd's Pie</p> <p>with Gravy 166</p> <p>Broccoli 10</p> <p>Wheat Bread 170</p> <p>Dessert 180</p> <p>Diet: Choc Grahams 85</p> <p>Total Sodium (mg): 651 Calories: 748</p>	<p>15 mg Sodium</p> <p>BBQ Sliced Pork 223</p> <p>Baked Beans 152</p> <p>Scandinavian Veg</p> <p>Blend 61</p> <p>Corn Bread 80</p> <p>Flav Applesauce 10</p> <p>Total Sodium (mg): 651 Calories: 730</p>
<p>18 mg Sodium</p> <p>Sweet & Sour</p> <p>Meatballs 241</p> <p>Veg Fried Rice 98</p> <p>Asian Veg Blend 21</p> <p>Multigrain Bread 164</p> <p>Clementine 1</p> <p>Total Sodium (mg): 650 Calories: 672</p>	<p>19 mg Sodium</p> <p>Grilled Chicken</p> <p>Coq Au Vin 349</p> <p>Sour Cr & Chive</p> <p>Mashed Potatoes 89</p> <p>Capri Veg Blend 15</p> <p>Wheat Bread 170</p> <p>Fruit Cup (Pears) 5</p> <p>Total Sodium (mg): 753 Calories: 644</p>	<p>20 mg Sodium</p> <p>Potato Pollock 273</p> <p>Tartar Sauce 100</p> <p>Potato Wedges 273</p> <p>Green Beans 3</p> <p>Rye Bread 150</p> <p>Fresh Apple 2</p> <p>Total Sodium (mg): 925 Calories: 711</p>	<p>21 mg Sodium</p> <p>Diced Chicken</p> <p>Cacciatore 108</p> <p>Penne Pasta 1</p> <p>Italian Veg Blend 41</p> <p>Italian Bread 230</p> <p>Fruited Yogurt 75</p> <p>Total Sodium (mg): 580 Calories: 480</p>	<p>22 mg Sodium</p> <p>Pot Roast with</p> <p>Jardiniere Gravy 122</p> <p>Rosemary Roasted</p> <p>Potatoes 5</p> <p>Broccoli Au Gratin 133</p> <p>Wheat Dinner Roll 105</p> <p>Dessert 350</p> <p>Diet: Apple Grahams 85</p> <p>Total Sodium (mg): 851 Calories: 830</p>
<p>25 mg Sodium</p> <p>Macaroni & Cheese 498</p> <p>Stewed Tomatoes 251</p> <p>Multigrain Bread 164</p> <p>Fruit Cup (Peaches) 10</p> <p>Total Sodium (mg): 1047 Calories: 718</p>	<p>26 mg Sodium</p> <p>Beef & Cabbage</p> <p>Casserole 477</p> <p>Red Bliss Potatoes 5</p> <p>Carrots 64</p> <p>Rye Bread 150</p> <p>Apple Cinn Muffin 190</p> <p>Diet: Lorna Doones 147</p> <p>Total Sodium (mg): 1010 Calories: 892</p>	<p>27 mg Sodium</p> <p>Grilled Chicken with</p> <p>Mediterranean Sauce 518*</p> <p>Orzo Pilaf w/Spinach 57</p> <p>Broccoli and</p> <p>Cauliflower 31</p> <p>Multigrain Bread 164</p> <p>Fruit Cup (Mixed) 5</p> <p>Total Sodium (mg): 899 Calories: 678</p>	<p>28 mg Sodium</p> <p>Roast Pork with 73</p> <p>Apple Cranberry</p> <p>Compote 222</p> <p>Cinnamon Sweet</p> <p>Potatoes 36</p> <p>Peas & Onions 42</p> <p>Pumpnickel Brd 155</p> <p>Fresh Orange 0</p> <p>Total Sodium (mg): 652 Calories: 630</p>	<p>29 mg Sodium</p> <p>Chicken Brunswick</p> <p>Stew 482</p> <p>Brussels Sprouts 12</p> <p>Wheat Dinner Roll 105</p> <p>Dessert 160</p> <p>Diet: Grahams 85</p> <p>Total Sodium (mg): 723 Calories: 422</p>

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

TOWN WIDE TAG SALE DAY – THIS SATURDAY!

GET YOUR PERMIT NOW! Questions? Call 665-1400 x111 Pat Kroll

Permits are Available at Town Hall, Room 125

9:00 - 4:00 Monday - Friday

Permits are REQUIRED Permit Fee is \$5.00 [cash or check only]

NO RAIN DATE

PERMITS SOLD

5 West Street

622 Greenfield Road

5 Graves Street

29 Eastern Avenue

2A Crestview Drive

96 North Hillside Road

297 Lower Road

86B North Main Street

228 Lower Road

3 Whately Road

136 North Hillside Road

59 Hillside Road

12 Mountain Road

3 Bloody Brook

18 West Street

7 Pleasant Street

20 South Main Street

88 Hillside Road

154 North Main Street

13 Gromacki Avenue

51 Sugarloaf Street

68 Lee Road



Hatfield Legion Post #344 Spaghetti Dinner **October 16th 4-7 pm \$12/ Dinner.** Meal includes spaghetti dinner, salad, roll and apple crisp. RSVP by October 11th. Take out and Curbside Pick Up. Tickets available at South County Senior Center or Call for tickets: Lorrie Motyka-413-687-7266, Mike Paciorek 413-336-0900, Judy Zahn 413-626-5531, Laurie Banas 413-244-3606 or pick up at the Legion on October 11th from 4-8 pm.

Holy Family Parish , through the Ministry of Take and Eat, provides a hot, home cooked meal on the third Saturday of each month to local area homebound seniors . These meals are delivered right to your door ! Please call Jayne 413-374-8020 or Holy Family parish office 665-3254 if you are interested in receiving a meal.

