

Northfield Senior Newsletter



AT THE CENTER OF IT ALL



Sponsored by the Northfield Council on Aging and EOEA September 2016

Mission Statement: The Northfield Council on Aging provides services to promote healthy aging of Northfield's citizens age 60 and older.

Turkey, with Ted Thornton



On September 22 at 11 am, join us for a trip to Turkey as we travel from Istanbul to Capadokia with a group of NMH students Ted led. This trip will take us to many historic sites and amazing landscapes. Please call to reserve your spot and lunch.



This is Your Town

On September 23, Sue Ross will share the history and stories about the monuments around town. We'll all want to go see them with our new-found knowledge! Join us at 9am for breakfast. Call 498-2186 to sign up. This series is co-sponsored with the Historical Society.



The Third Thursday Movie is moving! First Tuesday Movies (FTM)

We are changing the night and the time and hope to see you at the Library on the first Tuesday of the month from 6:30-9pm. We will be looking at themes this year, beginning with "Disaffected Youth" as viewed through the movies: "If" on 10/4; "The Loneliness of the Long Distance Runner" 11/1; and "West Side Story" on 12/6. Join us for a lively discussion following the movies as we look at the social issues surrounding the characters in these movies. January will have a new theme.



Flu Clinic



This year Walgreens will be supplying our Flu clinic on October 6 from 9-11. **You must bring your insurance card so it can be copied and your insurance company billed.** Please call and let us know you're coming: 498-2186. Walk-ins welcome.

Walking Club



Join Ruth Norton on Tues and Thurs mornings and Randy Foster on Monday mornings behind the Town Hall at 8 am for an invigorating start of the day. We have mapped walks of 1-2 miles through town. Walk as long as you like and as far as you like. Check in with Ruth or Randy to let us know!

Gay 90's Party! Invitations have gone out to our Nonagenarians for our first annual celebration. We will recognize those who are already in their 90th decade and those who will be by the end of the year with music and goodies at our afternoon Tea Party.



Trip to NYC for Radio City Music Hall for the Rocketts!

Friday Nov. 18, bus down to the Big Apple for \$179 to have lunch and see the 2:00 show with First Choice Tours. We have reserved 10 tickets and we must have money in hand by **10/28.** If more than 10, we need to know soon so we can reserve more tickets! Call 498-2186



MORE NEWS and INFORMATION

Med Rides: Do you need to see a doctor outside the county? Call FRTA at 774-2262 x 0 as soon as you know your appointment to schedule a ride. The cost is \$.25/mile, from the volunteer's home, billed at the end of the month.



Van Rides: Need to grocery shop? Every Tues and Thurs the bus goes to Stop and Shop. For all local medical needs, Call Betty at 834-4084.

GCC Senior Symposia begins September 29. Go on line or come in to see the fall schedule of these wonderful programs. For a mere \$10 per session, there is much to learn and explore. All held at the downtown campus. Our own Ted Thornton is on the program this year.

<http://www1.gcc.mass.edu/creditfree/Senior-Sym-brochure.pdf> or pick up a brochure at the downtown campus



Vets Representative: Mark Fitzpatrick will be in the Town Hall every 4th Tuesday from 9 am-11am. Please see him for any questions you may have about your benefits.



Jessie Cooley is Paul Mark's new aide. If you haven't met her yet, come to the town hall the 1st, 2nd, & 4th Thursday of the month from 9 am-11 am. She can answer questions and relay your concerns.

HEALTH and SAFETY PROGRAMS



WALKING: with Ruth and Randy! Come walk from at 8am Mon, Tues and Thurs. Meet behind the Town Hall.

YOGA with Libby Volkening: Thursdays at 9:30am, sponsored by FCHCC and the Executive Office of Elder Affairs. Donations gratefully accepted. This class is mostly chair yoga followed by a relaxing mediation. All levels are welcome.



HEALTHY BONES AND BALANCE: with Mary Lyle: Wed.'s at 11-11:45am. Hand weights, stretching and more.



PVRS GYM: Mon, Wed and Fri 6:30-7:30. Join the fun with Abby.



BLOOD PRESSURE: Walk-in clinic 1st and 3rd Tuesday of the month from 9am-11:30am



FOOT CLINIC: By appt.; 1st and 3rd Tuesday of the month. Please bring a towel. 498-2186



Check the calendar for this month's dates!!!

CAREGIVERS SUPPORT GROUP: Every 2nd Friday from 10-11am. Anyone caring for another, be it spouse, parent or other is welcome.

Confidentiality is very important to the group. Join us for mutual support and information. Facilitated by Heather, the group helps you feel less alone.

Home Caregivers Log: Call 498-2186 for a log to keep track of all your helpers.



MEDICARE OPEN ENROLLMENT: It's that time of year again; **Medicare Open Enrollment** is coming! *It is important to review, understand and save the information mailed to you in September from your Medicare Prescription Drug Plan or Medicare Advantage Plan!* **SHINE will be here in October to answer questions, and after, by appt.** Call Jeanette: 498-2186



Brown Bag re-certifications applications will be reviewed September 1 from 12-1:30. Please bring all necessary documents with you when you pick up your brown bag: 498-2186. Extend your food budget!



FUEL ASSISTANCE

If you were on the program last year you should have received your re-certification paperwork in September. First time applicants must schedule an intake appt. with Jeanette any time after Nov. 1. Benefit period runs from Nov. 1st through April 30. You can prepay and still qualify for the program. Remember that these funds are limited and it is first-come, first-served. Get your applications in early. Call us in October to schedule an intake for new applications. 498-2186

Contacting Center Staff & services

Heather Tower, Director 498-2901 x114
Amy Hall Meal site mngr. 498-2186
Jeanette Tessier, Outreach, 498-2186
FCHCC- Homecare, SHINE, Meals on Wheels
773-5555
Transportation- Betty Stafursky, 413-834-4084

Council on Aging Board

Gwen Trelle-Chair; Gen Clark-Vice Chair
Linda Hescocock - Secretary; Sue
McGowan-Treasurer; Gail Bedard, Lloyd
Parrill, Randy Foster, Ted Thornton,
Carol Pike, Bill McGee, Rhoda Yucavich.



September 2016 Menu

Menu is subject to change.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE: 1% MILK 110 calories 125 mg sodium	<u>ALTERNATIVE MENUS</u> SEP 1 - Ham Salad, Kidney Bean Salad, Beet Salad. SEP 8 - Egg Salad, Broccoli Salad, Kidney Bean Salad. SEP 15 - Seafood Asian Slaw, Hoisan Black Bean Salad, Cucumber Salad. SEP 22 - Tuna Salad, Mixed Veg Salad, Chick Pea Salad.	<u>ALTERNATIVE MENUS</u> Continued SEP 29 - Chicken Breast with Red Pepper Pesto, Mac Salad, Peaches.	1 mg Sodium Lasagna Roll Ups 290 Marinara Sauce 76 Tossed Salad 5 Rye Bread 150 Almond Cookie 181 Diet: Gingerboy 60	2 mg Sodium Chicken Ala King* 547* Penne Pasta 1 Mixed Vegetables 28 Whole Wheat Bread 160 Chocolate Pudding 135 Diet: SF Chocolate Pudding 156
			Total Sodium (mg): 827 Calories: 725	Total Sodium (mg):1055 Calories: 704
5 LABOR DAY NO MEALS SERVED	6 mg Sodium Salisbury Steak 201 Jardiniere Gravy 64 Red Bliss Potatoes 1 Carrots 64 Dinner Roll 132 Fresh Fruit w/C 0	7 mg Sodium Corn Chowder 172 Grilled Chicken 320 Pico de Gallo 141 CousCous w/carrots 24 Whole Wheat Bread 160 Mixed Fruit 10	8 mg Sodium COLD PLATE Chef Salad with Turkey, Egg, Cheese 245 Pasta Salad with Red Peppers 231 Italian Bread 230 Vanilla Yogurt 50	9 mg Sodium Marinated Beef Tips w/Peppers and Onions 429 Herbed Egg Noodles 4 Tossed Salad 5 Wheat Dinner Roll 105 Straw Apple Crisp 9 Dt: Apple Cinn Graham 85
	Total Sodium (mg): 587 Calories: 581	Total Sodium (mg): 952 Calories: 635	Total Sodium (mg): 885 Calories: 630	Total Sodium (mg): 677 Calories: 691
12 mg Sodium Sweet and Sour Meatballs 228 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Fortune Cookie 6 Mandarin Oranges 7	13 mg Sodium Veg Gumbo Soup 50 Chicken w/Lemon 320 Piccata Sauce 81 Cavatappi Pasta 1 Wheat Bread 160 Applesauce 15	14 mg Sodium Potato Pollock Filet 273 Scalloped Potatoes 25 Tossed Salad 5 Multigrain Bread 164 Pineapple 1	15 mg Sodium Chicken Corn Stew 141 Peas and Carrots 72 Wheat Dinner Roll 105 Fresh Orange 0	16 mg Sodium Sliced BBQ Pork 180 Sweet Potato Coins 190 Cole Slaw 101 Hamburg Roll 230 Apple Streusel Cake 181 Diet: Sliced Apples 4
Total Sodium (mg): 545 Calories: 632	Total Sodium (mg): 752 Calories: 577	Total Sodium (mg): 593 Calories: 613	Total Sodium (mg): 442 Calories: 512	Total Sodium (mg): 1016 Calories: 770
19 mg Sodium Macaroni & Cheese 488 Stewed Tomatoes 150 Italian Bread 230 Snack n Loaf 115 Diet: Gingerboy 60	20 mg Sodium Beef and Lentil Chili 260 Brown Rice 5 Carrots 64 Multigrain Bread 164 Mandarin Oranges 7	21 mg Sodium Grilled Chicken 320 Florentine Sauce 18 Mashed Potatoes 66 Ratatouille 107 Whole Wheat Bread 160 Choc Chip Cookie 160 Diet: Choc Grahams 95	22 mg Sodium Roast Pork 70 Apple Cider Gravy 23 Yams 31 Green Beans 3 Dinner Roll 132 Applesauce 15	23 mg Sodium Chicken and Rice Casserole 327 Tossed Salad 5 Whole Wheat Bread 160 Tropicall Fruit Salad 10
Total Sodium (mg): 1108 Calories: 835	Total Sodium (mg): 623 Calories: 635	Total Sodium (mg): 957 Calories: 809	Total Sodium (mg): 399 Calories: 559	Total Sodium (mg): 627 Calories: 573
26 mg Sodium Sloppy Joes 259 Tater Tots 29 Spinach 65 Hamburger Roll 230 Blueberry Yogurt 75	27 mg Sodium Kielbasa Cabbage Casserole 364 Diced Red Potatoes with Dill 1 Rye Bread 150 Peaches 5	28 mg Sodium Roast Turkey 456 Cran Orange Sauce 71 Butternut Squash SE Tossed Salad 5 Italian Bread 230 Fruit n Snack Loaf 115 Diet: Lorna Doons 100	29 mg Sodium Grilled Chicken 320 Coq Au Vin 67 Rice Pilaf 141 Brussels Sprouts 12 Multigrain Bread 164 Lemon Cake 95 Diet:Lemon Grahams 95	30 mg Sodium Portuguese Kale Soup 281 Meatloaf with Mushroom Gravy 216 Mashed Potatoes 66 Wheat Dinner Roll 105 Mixed Fruit 10
Total Sodium (mg): 783 Calories: 707	Total Sodium (mg): 646 Calories: 516	Total Sodium (mg): 1001 Calories: 639	Total Sodium (mg): 923 Calories: 558	Total Sodium (mg): 857 Calories: 699

Congregate Meals are served Monday, Tuesday and Thursday 11:30am. Please call 498-2186 to sign up for, or cancel, a congregate meal by 11am, at least one day in advance. A suggested donation of \$2.50 a meal is appreciated. For those under 60 the cost is \$3.00. To sign up for Meals on Wheels call 773-5555, to cancel 773-7702



September 2016 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Flu Clinic <u>Oct. 6</u> 9 am-11  Bring your insurance card! Call 498-2186</p>	<p>“This is Your Town” returns Sept 23rd!  Check out our exercise classes this month! </p>	<p> <i>Check out our trips this month! And, every Tues. and Thurs. after lunch, you can go to Stop & Shop!</i></p>	<p>1 8 Walking  9:30 Yoga  Brown Bag  10:30 unload  11 Betsey L  11:30 Lunch  12:15 Bagging  12:30 Pickup  12 recertification</p>	<p>2 10 am Pitch Come learn if you don't know the game and come have fun if you do! </p>
<p>5 Labor Day  Center Closed</p>	<p>6 8:00 Walking   9:30 Blood Pressure and Foot clinic (by appt.; bring a towel)  11am ROMEOs  11:30 Lunch </p>	<p>7 9am Bridge Lessons  11:00 Healthy Bones and Balance </p>	<p>8 8:00 Walking  9:30 Yoga  11:30 Lunch </p>	<p>9 12:00 Lunch Bunch: Johnson's Farm Restaurant  10-11 Caregivers Support Group </p>
<p>12 8:00 Walking  9:00 Bridge  9:30 Hinsdale Walmart; 99  11:30 Lunch 12:30 Hand and Foot </p>	<p>13 8:00 Walking   9:30 Blood pressure and Foot clinics (by appt.; bring a towel)  10:30 Romeos  11:30 Lunch  12 Senior Meeting 12:30 Bingo</p>	<p>14 9 Bridge Lessons  11:00 Healthy Bones and Balance </p>	<p>15 8:00 Walking  9:30 Yoga  11:30 Shirley  11:30 Lunch </p>	<p>16 9:00 am COA meeting </p>
<p>19 8:00 Walking  9:00 Bridge  9:30 Atkins Farm, Hadley Walmart's, Paper Store; Applebee's  11:30 Lunch 12:30 Hand and Foot </p>	<p>20 8:00 Walking  9-11 Vets Rep  10:30 ROMEOs  11:30 Lunch  12:30 Bingo</p>	<p>21 9 Bridge  11:00 Healthy Bones and Balance </p>	<p>22 8:00 Walking  9:30 Yoga  11:00 Ted: Turkey  11:30 Lunch </p>	<p>23 9-11 am ‘This is Your Town: The Monuments of Northfield’  12:00 Opa Opa Steakhouse, Southampton </p>
<p>26 8:00 Walking  9:00 Bridge  9:30 Keene Walmart: The Pub  11:30 Lunch 12:30 Hand and Foot </p>	<p>27 8:00 Walking   10:30 ROMEOs 11:30 Lunch  12:30 Bingo</p>	<p>28 9 Bridge  11:00 Healthy Bones and Balance  12 Potluck  </p>	<p>29 8:00 Walking  9:30 Yoga  11:30 Lunch  2-4 Gay 90's Party! By invitation. </p>	<p>30  Remember: FTM is on 10/4! We will show “If” at 6:30 at the Library</p>