



Northfield Senior Center Newsletter September 2023



The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

COUNCIL ON AGING STAFF & BOARD MEMBERS

**Senior Center /CoA
Director:**
Colleen Letourneau, LSW

**Administrative
Program Assistant:**
Robin Jenkins

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Deb Lanou, Chair
Jim Whitcomb, Co-Chair
Betty Whitcomb,
Treasurer
Christine Harris,
Secretary
Margaret Livingstone
Peter Vearling
Debby Wiesen Kelly

Phone & Information:
(413) 498-2901 x 114

Email:
seniorcenter@northfieldma.gov

Website:
www.northfieldma.gov/seniorcenter

Address:
69 Main Street
Northfield, MA 01360

Introducing Shirley Keech, newly elected Neighbors at Home President

I was raised in Greenfield, having moved there in grammar school when my dad accepted the pastorphism of First Baptist Church. I attended Greenfield public schools, Greenfield Community College and UMass Amherst.

Throughout my twenties, I struggled with alcohol addiction and entered a residential recovery program at age 28. I have been grateful for that opportunity every day for over 40 years!

I enjoyed a 30 year career in the library world beginning as a bookmobile driver. In fact, Northfield was one of my first...and favorite...bookmobile stops. Over the years. I moved into the richly rewarding fields of reference and research.

When my partner, Mary, and I were looking to buy a home, the beautiful town of Northfield provided everything we were looking for including the rich soil in which we grew most of our food. We moved here over 30 years ago, buying "the old Mitchell place" on Hinsdale Road. When we aren't gardening, we enjoy hiking, biking and kayaking. Eleven years ago, I started the Northfield Tool Lending Library, located at the Transfer station. Three years ago, I joined Neighbors at Home, and eventually served on the Board of Directors, and became the President of the Board in June. I have found Neighbors at Home to be a wonderful organization that embodies the spirit of Northfield through its mission of caring for one another.

Shirley Keech
Neighbors at Home president



Public Health

Prevent. Promote. Protect.

Cooperative Public Health Service

Franklin Regional Council of Governments

Drop-In Nursing Hours

Wednesday, September 6th, 12:30-2:30 p.m.

Everyone is welcome, no appointment is needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided on the first Wednesday each month by nurses **Meg Ryan** or **Lisa White** from the **Cooperative Public Health Service of the Franklin Regional Council of Governments**.



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.

Thursday, September 14th @ 12:30 p.m.



Theme: Solar Power

1. The Beautiful Future of Solar Power
2. How to Air-Condition Outdoor Spaces

If interested in receiving the zoom link, email: keeneassistant@americanhouse.com

OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.



Bernardston/Northfield Senior Centers TRAVEL CLUB

Tuesday, September 12th 9:30 a.m. – 2:00 p.m.

TRIAD Expo

TRIAD is hosting a Senior Service Health & Safety Expo at Schuetzen Verein in Gill. There is no cost for this event and there is a free luncheon for anyone attending.

Friday, September 15th 9:00 a.m.

Hadley Walmart & Lunch

RSVP BY September 7th Sign-ups limited to 6 people from each town.

There will be a wait list in case one town has spaces open.

The cost is \$6.00 for a round trip. Pick up is at the Bernardston Senior Center.

Call Shannon at 768-1824 to reserve a space!

And... if you need a Van ride to Bernardston, call Shannon ASAP.

Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the Northfield COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program).

Pick up is available on the FIRST THURSDAY of every month at 11:30 a.m.



FCCMP

Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6 p.m.

for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield). *RSVP the week before by Calling: 334-663-6541 OR e-mailing ldewitt@fccmp.org OR online at fccmp.org/rsvp.

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 a.m.-1:00 p.m. Please Follow COVID-19 Posted Rules.



The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as the Food Stamp Program, helps you stretch your food dollars to buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses. + To find out if you're eligible and to apply **CALL The Food Bank of Western Massachusetts – SNP Department at 413-992-6204** for more information.

LOAVES & FISHES

Administered by the TCC Mission Committee, this Emergency Food Project assures applicants of confidentiality. This local non-profit also has funding available to assist with paying a portion of utilities and essential bills for those who have been furloughed, laid off or simply need emergency assistance. Call Cathy Hawkins Harrison at 413-498-2038 for more information.



SCAMS are UP-TICKING



*There is a **PAVING SCAM** going around, be on the alert, and if approached, check with the Police Department.* The FTC works to stop deceptive and unfair business practices and scams, and to help consumers like you recognize and recover from them. You can sign up for e-mail updates at ftc.gov/scams. To report a scam, or a deceptive or unfair business practice, go to ReportFraud.ftc.gov. The FTC enters complaints into a secure online database used by hundreds of law enforcement agencies.



SEPTEMBER



Further details for Programs on our Calendar are posted elsewhere in this Newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
			NORTHFIELD'S 350 ANNIVERSARY PARADE SEPTEMBER 30!!	1 Senior Center & Town Hall CLOSED on Fridays
4 Senior Center & Town Hall CLOSED	5 Foot and Blood Pressure Clinic-by reservation only 1:00 – 4:00 p.m. Samba Game *RSVP for 9/12 Art Class	6 9:00 a.m. BRIDGE 10:30 a.m. Healthy Bones and <i>in-person & Zoom</i> 12:30 –2:30 p.m. Nursing Clinic	7 9:30 AM 60 + Yoga (Libby) In person & zoom BROWN BAG pickup @ 11:30 a.m. RSVP deadline for Travel Club trips	8 Senior Center & Town Hall CLOSED on Fridays
11 9:30 a.m. "Happy Feet"  See newsletter 1:00 p.m. BRIDGE	12 Travel Club – TRIAD Expo 9:30am – 2:00pm Art Class 10a.m. - 12:00 p.m. 1:00 – 4:00 p.m. Samba Game	13 9:00 a.m. BRIDGE 10:30 a.m. Healthy Bones and Balance Class <i>in-person & Zoom</i>	14 9:30 a.m. 60 + Yoga (Libby) In person & zoom 12:30 p.m. – TED TALKS 1:00 p.m. Knitting	15 Travel Club – Hadley Walmart 9:00a.m. Senior Center & Town Hall CLOSED on Fridays
18 Coffee Social  10 a.m.- 12 p.m. Greenfield Savings Bank Speaker @ 11- noon 1:00 p.m. BRIDGE	19 Outreach worker's clinic 9-11 a.m. Call to schedule 1:00 p.m. CoA Board Meeting 1:00 – 4:00 p.m. Samba Cards	20 9:00 a.m. BRIDGE 10:30 a.m. Healthy Bones and Balance Class <i>in-person & Zoom</i>	21 9:30 a.m. 60 + Yoga (Libby) In person & zoom No Director	22 Senior Center & Town Hall CLOSED on Fridays
25 10:45 a.m. "Happy Feet"  See newsletter No Director 1:00 p.m. BRIDGE	26 Foot and Blood Pressure Clinic-by appointment only 9:00-11:00 a.m. Veteran's Services 1:00 – 4:00 p.m. Samba Game	27 9:00 a.m. BRIDGE 10:30 a.m. Healthy Bones and Balance Class <i>in-person & Zoom</i>	28 9:30 a.m. 60 + Yoga (Libby) In person & zoom 1:00 p.m. Knitting	29 Senior Center & Town Hall CLOSED NORTHFIELD'S 350 ANNIVERSARY PARADE 1:00 p.m. TOMORROW!!



"Happy Feet" Walking groups

In the event of steady rain and /or lightning the walk will be canceled. Call the Senior Center if you are unsure of the status.

Walk # 1: Monday, September 11th 9:30a.m. Meet at Satan's Kingdom parking area (Old Vernon Rd. Nfld.) to walk on the paved road and observe birds and ponds created by beaver dams.

Seniors with a walker or wheelchair are encouraged to attend.

Dogs on leashes are welcome.



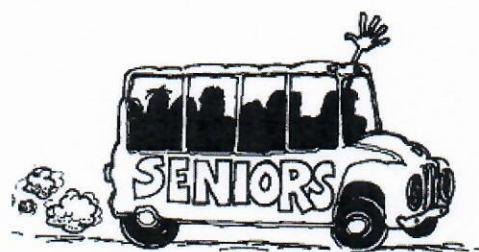
Walk #2: Monday, September 25th 10:45 a.m. Meet at the Senior Center for our HAPPY "LITTLE" FEET recess time activity. This is a fun intergenerational program with our *new* kindergarten class. This is a tentative activity-checking with the new kindergarten teacher: Call the Senior Center if interested to check on the status of this activity. If the children are unavailable, we can simply walk the Main Street instead.

Seniors with a walker or wheelchair are encouraged to attend.

Franklin Regional Transit Authority

FRTA

Senior Van support



Call the VAN SERVICE! (413)768-1824

48 Hours Notice

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! **MASKS Suggested**

Medical Appointments
Hairdresser

Groceries
Bank

Pharmacy
Activities at the Senior Center



Foot & Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

2 Clinics this month: September 5th. and September 26th.

Please call for dates and availability 413-498-2901, ext. 114. (Slots fill up fast)

Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates are posted on the monthly calendar. Mask required.

Service is free; donations greatly appreciated for supplies and for Council on Aging programs.

60+ YOGA

Zoom and in-person at the Northfield Town Hall

Thursdays 9:30 - 10:30 a.m.



Based on the gentle **Viniyoga™** approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated. *Beginners welcome!* Explore how the tools of yoga can help you

- move with more ease,
- balance with greater confidence,
- breathe more deeply,
- think more clearly, and
- sleep more soundly.

Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state grants administered by the Town of Northfield, MA and your donations.*

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360.*

Donations ensure the continuation of this valuable program.

*New students must register in advance and complete a Waiver prior to attending first class.

To register/ for more info: call or text 413-834-4524 or email libby@yogalibre.net.

"Class via Zoom only when the Senior Center is closed due to inclement weather causing hazardous road conditions.



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 a.m.

Zoom and in-person at the Northfield Town Hall

(An email with the Zoom link will be sent to registered participants.)

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy chair)
- ✓ Focused on Improving Balance and Core Strength
- ✓ Adaptive ("weights" = canned goods; "exercise balls" = rolled socks)
- ✓ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program)!!

To register/for more information email seniorcenter@northfieldma.gov

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114



Weekly --- SAMBA

Every Tuesday each month 1:00 – 4:00 p.m.

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.



Weekly --- BRIDGE

Every Monday afternoon 1:00 - 4:00 p.m. and Wednesday morning 9:00 a.m. – Noon.

Lifepath's Healthy Living 2023 Fall Workshops

(FREE workshops you can access in person, on your computer, or your phone!)

Living Well with Long-Term Health Conditions (In Person at Athol Hospital) Techniques to improve symptoms of chronic conditions such as healthy eating, relaxation techniques, communicating, goal setting, problem-solving, and more. Mondays, October 2nd – November 14th, 2:00 p.m. – 4:30 p.m.

A Matter of Balance-Managing Concerns About Falls (In Person at The Senior Center, Shelburne Falls) Teaches practical strategies to reduce the fear of falling and explores medical, behavioral, and environmental risk factors for falls, while stressing the importance of developing an exercise plan. Fridays, September 1st – November 4th, 10:00 a.m. – 12:00 p.m.

Living well with Persistent Pain (Live Video Conference) Provides information and practical skills that build self-confidence and help participants assume an active role in managing problems specific to chronic pain, including fatigue, frustration, and poor sleep. Tuesdays, October 3rd – November 14th, 6:00 p.m. – 8:30 p.m.

Healthy Eating for Successful Aging (Live Video Conference) For adults hoping to improve their nutrition in order to lose/gain weight, lower cholesterol, manage blood sugar levels, or live well with any chronic condition, this workshop teaches the "My Plate" guidelines, nutrition basics, label reading, meal planning, goal setting, and problem solving. Wednesdays, October 4th – November 15th, 3:00 p.m.- 5:00 p.m.

UCLA Memory Training (In Person at the Greenfield Senior Center) For people with mild age-related memory challenges. Memory Training teaches memory enhancing techniques and practical strategies to boost memory functioning. Wednesdays, October 4th – October 25th, 10:00 a.m. - 12:00 p.m.

In order to overcome barriers to healthy eating and exercise, the Healthy Living Program is offering **\$50 gift certificate for farm-fresh food delivered to your door, or walking equipment, when you complete a Fall 2023 workshop**, thanks to funding from Massachusetts Rural Vaccine Equity Initiative!

For more information or to register, contact Andi Waisman, Healthy Living Program Manager at (413) 773-5555 x2297, (978) 544-2259 x2297, or awaisman@LifePathMA.org

Open HIP Locations: Franklin County

Pioneer Valley 2023

¿Quiere información en español? Visita a <https://www.buylocalfood.org/buy-local/use-snapebt-for-local-food/programa-de-incentivos-saludables/>



What is HIP?

The **Healthy Incentives Program (HIP)** is a Massachusetts state program where SNAP recipients get at least \$40 of extra SNAP money every month to spend on local fruits and vegetables. That means if you have SNAP, you automatically have HIP! Shop at these farm locations with your SNAP/EBT card, and get at least **\$40** extra to spend through the HIP program. **Note: you must have at least \$1 on your SNAP/EBT card when you go and shop; in other words, you need to have a balance on your EBT card in order to earn the HIP incentive.**

How to find a HIP location near you:

Addresses are listed for each location, including zip codes. To search by zip code and find the location closest to you, visit [buylocalfood.org/hip-map](https://www.buylocalfood.org/hip-map) to view our map! Updated every month with open locations!

Visit the Mass Food Delivery website to see if they offer delivery or pickup near your home!

Information about open locations can change from month to month. For up-to-date information on locations, as well as other locations in the rest of the Pioneer Valley, see www.facebook.com/HIP.PioneerValley or contact Clarissa at clarissa@buylocalfood.org.

A **printed list of Franklin County locations** are available at the Northfield Senior Center, CoA. Stop in or call Colleen at 413-498-2901 ext 114.



Life Path is continuing to assist folks with Medicare questions. Call LifePath's main number (413) 773-5555 and ask for **SHINE**.

SHINE - Servicing the Health Insurance Needs of Everyone



Samuel Browning

January 28, 1950 – August 18, 2023

Margaret Verdery

May 31, 1941 – July 4, 2023

OUTREACH CLINIC

Tuesday, September 19th, 9:00- 11:00 a.m. **CALL to make an appointment.** Our Outreach Coordinator will be available on the third Tuesday, 9:00a.m. – 11:00a.m. to help with fuel assistance, SNAP, electric bills, outreach, veterans' questions, home visits, SHINE and other information and referrals. This Outreach position has been provided by a grant awarded to the Bernardston Senior Center from the Massachusetts Councils on Aging and from the Massachusetts Executive Office of Elder Affairs. Call Colleen to make your appointment, 413-498-2901 x114



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ART CLASS



Tuesday, September 12th 10:00a.m. – 12:00p.m. Come join us on Tuesday, September 12, from 10:00 a.m. – 12:00 p.m. to create Japanese Kusudama with origami. Kusudama means medicine ball and they were originally made from flowers and served as holders for incense or potpourri. They were also hung in the home to protect the inhabitants from illness or misfortune. Today, they are used primarily as decorations or gifts. We'll be using decorative Japanese papers to create our Kusudama. If time allows, we can make origami boxes too, (bring any leftover marbled paper!) **FREE!** **"THIS PROGRAM IS SUPPORTED IN PART BY A GRANT FROM THE NORTHFIELD CULTURAL COUNCIL, A LOCAL AGENCY WHICH IS SUPPORTED BY THE MASS CULTURAL COUNCIL, A STATE AGENCY."**

Taught by retired art teacher Ginny Rockwood. PRE-REGISTRATION/ RSVP DUE BY 9/5/23
Call 413-498-2901 x 114 Class is limited to 10 participants; spaces fill up quickly!

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COFFEE SOCIAL

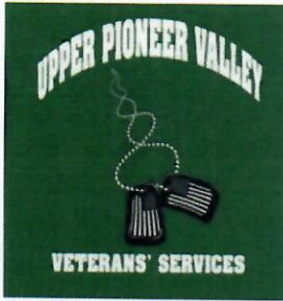
MONDAY –September 18th
10:00 a.m. – 12:00 p.m.
Speaker 11-noon



"LEARN TO SPOT THE WOLF"

A 'Wolf in sheep's clothing' is an excellent way to describe most scams. Someone pretending to be a good guy when they are nothing but a bad guy. These tricksters ultimately want enough of your personal information to 'fleece' you.

Please join us, along with Seth Goldstein, an Information Security Risk Analyst at Greenfield Savings Bank, who will explain how several popular financial scams work and share some simple steps you can take to protect yourself from these clever imposters.



Veterans' Agent Hours

Tuesday, September 26th 9:00 – 11:00 a.m.

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield now has a veterans' agent conducting outreach hours at the Northfield Senior Center - the **Fourth Tuesday of every month.**

They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed. Please call the Veterans' Services office at 1-413-772-1571 for more information or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.

NORTHERN FRANKLIN COUNTY DIGITAL DISCOVERY



A great **BIG SHOUT OUT** to Bernardston Senior Center Director, Jennifer Renyolds for securing this wonderful grant to bring technology to our seniors!

TECH TRAINING: Do you want to: Learn how to use technology?
Learn how to check email?
Learn how to use a smart phone?

We have recently partnered with the Executive Office of Elder Affairs and COA's from Bernardston, Charlemont, Colrain, Heath, Leyden, Rowe and Warick to bridge the digital divide in Northern Franklin County. We will be providing seniors through a "lottery" access to a Claris Companion tablet. The tablets have many features like messaging, video calling, games, photo albums, news, and many other apps. Each Claris tablet will come with in-person instruction and access to Cyber-Seniors. Cyber Seniors is a web-based learning platform that has one on one tech help, many daily webinars, fitness and wellness, virtual tours, cyber security classes and much more! If you would like to participate in this program, please call the **COLLEEN @ 413-498-2901x114 FOR MORE INFORMATION.**



The 350th Anniversary Parade

Saturday September 30th, 2023.

1:00 p.m.

We have reserved our ride behind draft horses. Limited seating so please RSVP to 413-498-2901 x 114 by 9/18/23. This wagon ride unfortunately is not handicapped accessible, but if you would like to be part of the parade, we can accommodate, call Colleen for more details about when to arrive and where to meet up. Please join us if you can and if you wish to buy a T Shirt to wear, we need your order with size by September 5th.

Neighbors at Home

Call in your service requests – New # 413-200-8183

Contact: [\(new website\) www.neighborsathome.org](#) (or just [neighborsathome.org](#))
service@neighborsathome.org and info@neighborsathome.org

Member fees are \$60 for an individual and \$90 for a household.

