



Northfield Senior Center, COA NEWSLETTER APRIL 2024



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

Board Members:

Deb Lanou, Chair

Jim Whitcomb, Co-Chair

Betty Whitcomb,

Treasurer

Christine Harris,

Secretary

Margaret Livingstone

Peter Vearling

Phone & Information:

(413) 498-2901 x 114

Email:

seniorcenter@northfieldma.gov

Website:

www.northfieldma.gov/seniorcenter

Address:

69 Main Street
Northfield, MA 01360

VOLUNTEERS BETTY AND JIM WHITCOMB WEAR MANY HATS!!

Hi, I'm Betty Whitcomb. I am currently serving my second full term on the Council on Aging board and serve as its treasurer. I wear a few other hats at the senior center as well. I help with the Brown Bag distribution each month. I teach Healthy Bones and Balance classes once a week, along with Dottie Parrill. Twice a month, I lead a group of knitters, providing some instruction and encouragement. In the past, our knitters made dozens of hats for Warm the Children. This year, we decided to knit hats and mittens for Northfield's Clothing Closet, which provides free clothing for children and teens. I became involved with the RSVP program after I retired and was looking for meaningful ways to spend my time. When the Food Bank of Western Massachusetts was looking for warehouse volunteers, I signed up. I enjoyed working there but wanted to help more locally. Joining the Northfield Council on Aging exposed me to numerous ways that I could volunteer within my own community through RSVP. One way that I am particularly grateful for is the training to become a Healthy Bones and Balance instructor. This program is very helpful to seniors who want to maintain their strength and improve their balance. Since I began working with the program five years ago, both my bone density and my balance have improved.

I am Jim Whitcomb. I try to help the Northfield Senior Center any way that I can. I have been on the Council on Aging board for two terms and currently serve as its vice chair. I help with the monthly Brown Bag distribution and often perform small handyman tasks around the center. My crowning achievement was working on the construction of the storage shed that stands near the Stan Wickey Pavilion. I knew nothing about RSVP until I joined the Council on Aging. Through the COA, I learned of the many volunteer options available to seniors through RSVP. I truly appreciate all that they do to organize volunteerism in Western Massachusetts. I am especially grateful for becoming more aware of how I can help my neighbors here in Northfield through their programs.



BUZZ NOTES FROM COLLEEN:

- **Program registration:** PLEASE call Robin at 413 498-2901 x123 to register for upcoming programs. It is very important to call and register for programs advertised in our newsletter as soon as you can, so we may plan accordingly. If an R.S.V.P is required, make sure you pay attention to that cut-off date.
- **The Memory Café Lending Library.** Stop by and check out our “NEW” Memory Cafe Lending Library for caregivers. These books are available for you to borrow, covering a wide range of topics dealing with and caring for loved ones. We also have puzzles and activities to check out too! They are located on the top shelf of our bookcase, and there is a sign-out system. **If you have any questions, call Colleen**
- *The Northfield Council on Aging will be looking to fill vacancies on our Council on Aging Board. If you or someone you know is interested, please call Colleen Letourneau (Director) at 413-498-2901 ext. 114.*



PHONE DIRECTORY



NORTHFIELD SENIOR CENTER (413) 498-2901

Colleen Letourneau, Director ext. 114

Robin Jenkins, Administrative Program Assistant, ext. 123

BERNARDSTON/NORTHFIELD TRAVEL CLUB (413) 768-1824 FRTA Senior Van social program and excursions

NEIGHBORS AT HOME (413) 200-8183 (a local Northfield based organization dedicated to helping people stay in their homes by providing support with home maintenance tasks, rides to appointments, tech support, social events and more.) Call them to register as a new member.

NORTHFIELD REGIONAL FOOD PANTRY (413) 225-3038 nfldfoodpantry.com (2nd & 4th Sat. 10 a.m. – 1 p.m.) at the Dickinson Memorial Library's Food Pantry drive-up area.

LIFEPATH (413) 773-5555 (resource for Elders, Caregivers, and persons with disabilities)

TRIAD Franklin County Sheriff's Department (413) 774-4726 (resource for Wellness Checks, Durable Medical Equipment loans, Lock Boxes & fundraising for senior programs such as the Easter Ham and Turkey Baskets.)

COMMUNITY ACTION PIONEER VALLEY (413) 475-1570 (SNAP, Health Insurance, Fuel Assistance, RSVP, Older Adult Home Modification, Housing Assistance, Utilities, VITA Tax Assistance & more)

NORTHWESTERN DISTRICT ATTORNEY'S CONSUMER PROTECTION UNIT (SCAM ALERT) and Older Adult Unit Advocacy GREENFIELD OFFICE (413) 774-3181

FRANKLIN REGIONAL TRANSIT AUTHORITY (FRTA) SENIOR VAN SUPPORT (413) 768-1824

48 Hours' Notice. Medical appointments, bank, pharmacy, groceries, hairdresser, activities at the senior center Safe, easy, affordable! Vans are sanitized and accessible! MASKS suggested. Must complete an application first.

****SAVE THE DATE: SATURDAY, APRIL 27th 10am – 2pm****

National Prescription Drug Take Back Day

Drop Drugs at these Police Stations: Amherst, Ashfield, Athol, Belchertown, Bernardston, Buckland, Cummington, Deerfield, Easthampton, Erving, Goshen, Granby, Hadley, Hatfield, Leverett, Montague, Northampton, Orange, South Hadley, Southampton, Sunderland, Ware, Whatley, Williamsburg.

*Medicines can remain in original containers with labels. NO liquids, syringes, IV equipment or chemotherapy drugs. Prescription and non-prescription drugs, vitamins and veterinary meds are accepted.



YOU GET A CALL FROM YOUR GRANDCHILD, AN ATTORNEY, OR THE POLICE SAYING YOUR GRANDSHILD IS IN TROUBLE & THEY NEED YOUR HELP. THERE'S BEEN AN ACCIDENT. THEY'VE BEEN ARRESTED & NEED MONEY FOR BAIL OR MEDICAL BILLS.

WHAT SHOULD YOU DO????

- Hang up!
- Call or Text your grandchild or their parents to verify their location.
- Slow down. No matter how real the call sounds, verify the information. Don't send money!
- Ask for help. If you can't reach your grandchild or their parents, call the local police department.

If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit.

Greenfield (413) 774-3185

Northampton (413) 586-9225

Working in cooperation with the Office of the MA Attorney General



Lois Stearns

July 22, 1930 – March 4, 2024



APRIL



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

Monday	Tuesday	Wednesday	Thursday	Friday
1. Senior Center CLOSED EASTER HOLIDAY OBSERVED 	2. Art Class 10 a.m. Samba 1–4 p.m.	3. Bridge 9 a.m. Healthy Bones & Balance 10:30 a.m Nurses clinic 12:30-2:30 p.m.	4. 60 + Yoga 9:30 a.m. In person & zoom BROWN BAG PICKUP 12:30p.m. Wii Sports Games 11:30a.m.– 12:30 p.m. LAST DAY to RSVP for Monthly Meal	5. Senior Center & Town Hall CLOSED on Fridays
8. Tech Support Drop in 10–11 a.m. Bridge 1 p.m.	9. Foot & Blood Pressure Clinic- By Reservation only Samba 1–4 p.m. LAST DAY to RSVP for Men's Breakfast	10. Bridge 9 a.m. Healthy Bones & Balance 10:30 a.m Monthly Meal 12:30 p.m. by reservation	11. 60 + Yoga 9:30 a.m. In person & zoom Wii Sports Games 11:30a.m.– 12:30 p.m. Knitting 1 p.m. LAST DAY to RSVP for Memory Café	12. Senior Center & Town Hall CLOSED on Fridays
15. Senior Center CLOSED PATRIOTS DAY	16. Men's Breakfast Social 9:30 -11 a.m. by Reservation only COA mtg. 1 p.m. Samba 1–4 p.m.	17. Bridge 9 a.m. Healthy Bones & Balance 10:30 a.m	18. 60 + Yoga 9:30 a.m. Wii Sport Games 11:30a.m. Ask the Audiologist 1 p.m. presentaion	19. Senior Center & Town Hall CLOSED on Fridays
22. Happy Feet  11:30 a.m. Historic Main Street Stroll Bridge 1 p.m.	23. Foot & Blood Pressure Clinic- By Reservation only Veteran's Services 9 – 11 a.m. Samba 1–4 p.m.	24. Bridge 9 a.m. Healthy Bones & Balance 10:30 a.m Memory Café 12:30 – 2:30 p.m. by Reservation only	25. 60 + Yoga 9:30 a.m. In person & zoom Wii Sport Games 11:30a.m Knitting 1 p.m. Tech Support 2 - 3	26. Senior Center & Town Hall CLOSED on Fridays Travel Club to Walmart
29. Happy "Little" Feet @ 9:30 a.m.  with the Davis Bates performance @ 10 a.m. Bridge 1 p.m.	30. Samba 1–4 p.m.			



ART CLASS

TUESDAY, April 2nd

10:00 a.m. – 12:00 p.m.

Come join retired art teacher Ginny Rockwood on Tuesday, April 2nd, from 10:00 a.m. -12:00 p.m., to create an embellished quote. You will use a resist and watercolors to make a layered background upon which you will attach a decorated, meaningful quote. Send your meaningful quote to: ginnyrockwood@gmail.com for preparation, however, ready-to-use quotes will be available. All materials will be provided.

The fee is \$6.00.

Limited to 10 participants.

Need to **RSVP** ASAP!!

DROP-IN NURSING HOURS

WEDNESDAY, APRIL 3RD

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**.



Wii SPORTS!!

EVERY THURSDAY 11:30 a.m. – 12:30 p.m.

April 4th, 11th, 18th, 25th



Stop by the Senior Center and enjoy some friendly competition through bowling, golf, tennis, frisbee, (just to name a few), with our new Nintendo Wii and large screen TV. This is a great way to get a little exercise, enjoy an activity with others and have some laughs!

Come on down and join the fun!!

** TECH SUPPORT HOURS **

MONDAY, APRIL 8th 10:00 – 11:00 a.m.

THURSDAY, APRIL 25th 2:00 – 3:00 p.m.



Drop in, bring your device, (tablet, cell phone) along with any questions you have, and we will assist you in trying to figure out the issues and hopefully find solutions!!



FOOT & BLOOD PRESSURE CLINIC

APRIL 9th & APRIL 23rd

Foot & Blood Pressure Clinics open for LIMITED in-person appointments!

Call **413-498-2901, ext. 123**. (Slots fill up fast)

Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates posted on the monthly calendar. Mask required. Service is free; **donations appreciated for supplies and for Council on Aging programs**.



APRIL MONTHLY MEAL

WEDNESDAY, APRIL 10th at 12:30 p.m.

Italian Pasta Bake (choice of vegetarian or sausage),
Spring mix salad, garlic bread and dessert.



Reservations required, limit 25 people.

When calling, let us know your pasta choice.

Cost is \$7.00

Call the Senior Center at 413 498-2901 x 123

MUST RSVP no later than 3 p.m., Thursday, April 4th.

**** MEN'S Breakfast Social ****

TUESDAY, APRIL 16th

9:30 a.m. – 11:00 a.m.

Stop by and enjoy breakfast, meet new friends, pick a topic to talk about or
just enjoy conversation and comradery with your fellow man

Suggested donation of \$5.00 to help cover costs.

RSVP by April 9th





ASK THE AUDIOLOGIST

THURSDAY, APRIL 18th

1:00 p.m. – 3:00 p.m.

Join us for a questions and answer period, free hearing screenings and a talk regarding
hearing loss, hearing evaluation and treatment with a focus on current developments in hearing healthcare.

Julie Fisher, AU.D., CCC-A

Audiologist, Baystate Franklin Medical Center



WALKING GROUPS



"HAPPY FEET" and the return of our HAPPY "LITTLE" FEET- kindergarten class

***MONDAY, April 22nd , @ 11:30 a.m.**

Meet at the Senior Center and we will walk the Historic Main Street for social time, fresh air, and an easy
stride. Dogs on leashes are welcome.



***MONDAY, April 29th leave from the Senior Center at 9:30 a.m. , to walk up to gather our Happy "Little" Feet
NES Kindergarten class for a SPECIAL Intergenerational performance by Davis Bates back at the Town Hall
starting at 10:00 a.m. Anyone is welcome including parents and at-home siblings.**



MONTHLY PROGRAMS

DROP-IN NURSING HOURS--- FIRST WEDNESDAY 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 each month by nurses Meg Ryan or Lisa White from the Cooperative Public Health Service of the Franklin Regional Council of Governments.

MEN'S BREAKFAST SOCIAL---THIRD TUESDAY 9:30 a.m. – 11:00 a.m. Northfield's and surrounding Towns come enjoy breakfast, conversation and companionship, Matt Aversa, our outreach coordinator will also be present. **MUST RSVP** one week in advance, for food planning purposes. \$5.00 suggested donation



OUTREACH OFFICE HOURS---FOURTH THURSDAY 9:00 a.m. – 2:00 p.m. *(located at the Bernardston Senior Center), with Matt Aversa -he will help answer questions on fuel assistance, SNAP, electric bills, outreach, veterans' questions, home visits, SHINE and other information/referrals.*



For Outreach Appointments, reserve your time by calling 413-648-5413 and ask for Matt.

VETERAN'S AGENT HOURS---FOURTH TUESDAY 9:00 a.m. – 11:00 a.m.

A veterans' agent will conduct outreach hours at our Senior Center.



COFFEE SOCIAL WITH SPEAKER---FIRST MONDAY 10:00 a.m. – 12:00 p.m. **GSB** SPEAKER AT 11 a.m.

KNITTING GROUP---SECOND & FOURTH THURSDAYS 1:00 p.m. – 2:00 p.m.

ART CLASSES---ONCE A MONTH, CHECK CALENDAR FOR DATES - **MUST RSVP**

FOOT CLINICS---TWO CLINICS/ MONTH **by reservation only**

HAPPY FEET WALKING GROUP--- USUALLY TWO WALKS A MONTH

MEMORY CAFÉ---FOURTH WEDNESDAY 12:30 – 2:30 p.m. **MUST RSVP** two weeks in advance, limited to 20 participants.

TECH SUPPORT---SECOND MONDAY 10:00 a.m. – 11:00 a.m. /FOURTH THURSDAY 2:00 p.m. – 3:00 p.m.

BERNARDSTON/NORTHFIELD SENIOR CENTER'S TRAVEL CLUB--- CHECK CALENDAR FOR DETAILS

MONTHLY MEAL---SECOND WEDNESDAY 12:30 p.m. **MUST RSVP** one week in advance, limited to 25 participants.



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 the FIRST THURSDAY of every month between 12:30 p.m. – 1:30 p.m.**

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: (978) 544-2149 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.

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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 – SNAP 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 furloughed, laid off or in need of emergency assistance. Call 413-498-2038 Cathy Harrison for more information.



The Northfield Clothing Closet

The Northfield Clothing Closet, a free children's clothing closet, is looking for volunteers! Volunteer hours are flexible, based on your schedule. We need people who can sort clothing, clean/tidy our space, and/or possibly staff during our open hours. We are entirely volunteer-run and donation-based.

We're located at the Field Library at 243 Millers Falls Rd Northfield, MA 01360. We're open Mondays 4-6pm and the First Saturday of the Month 9am-1pm. However, you can also volunteer during other hours! Interested? Please call or text 413-239-4990.



Backyard Oasis Pod Cast
By Greenfield Community College
Check it out!
gccfor.me/backyard-oasis



Backyard Oasis is a podcast designed by and for Older Adults living in the beautiful Pioneer Valley of Western Massachusetts and produced in the multimedia studios at Greenfield Community College. Backyard Oasis reaches out to older adults who seek knowledge to help them live more thoughtfully, healthy, and happily: who hope to inspire others with their ideas: and who serve their communities in the interest of greater good. Join us frequently in the Backyard Oasis for wide-ranging conversations with a diversity of people who are growing older...and want to talk about it!

Created by Dennis Lee, Denise Schwartz, Chad Fuller, Christine Copeland, and Judy Raper
Produced by Alex Audette at Greenfield Community College's Teaching and Learning Innovation Center

VETERAN'S AGENT HOURS

TUESDAY, APRIL 23rd

9:00 a.m. – 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.

MEMORY CAFÉ PROGRAM



WEDNESDAY, APRIL 24th 12:30 – 2:30 p.m. All Towns Welcome

This program will provide support and socialization for adults dealing with memory related issues and their caregivers. We will meet on the fourth Wednesday of each month in our hearing-enhanced Senior Center where there will be an activity or entertainment.

April's activity:

Soothing piano music provided by Christine and Lynne

A light lunch will be included. **RSVP by** April 11th limited to 20 participants.
To register or for more information, call the Senior Center 413 498-2901 x 114.



Bernardston/Northfield Senior Centers

TRAVEL CLUB

FRIDAY, APRIL 26th

Hadley Walmart & Lunch



Sign-ups are limited to 6 people from each town. There will be a wait list in case one town has spaces open. The cost for the van is \$6.00 for a round trip. Pick up is **9:00 a.m.** at the Bernardston Senior Center. Pick up at home is also available if needed. Lunch is paid for on your own.

Deadline to reserve a space is 4/23

Call Shannon at 768-1824 to reserve a space!

HAPPY LITTLE FEET with DAVIS BATES: Songs and Stories for Everyone

Monday, April 29th starting at 9:30 a.m.

Come join our **Happy "Little" feet** walkers as we meet at the senior center at 9:30 a.m., walk to the elementary school, pick up our buddies, walk back for the 10:00 a.m. performance and then walk back to the school in time for their lunch. **Cuteness overload !** Their parents and younger siblings are welcome to join us.

This program is sponsored by the Northfield Cultural Council Grant and the Northfield COA



ON GOING WEEKLY PROGRAMS

SAMBA---TUESDAYS 1:00 p.m. – 4:00 p.m. Come join the fun! Samba is a variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when participants are interested.

BRIDGE---MONDAY AFTERNOONS 1:00 p.m. – 4:00 p.m.

WEDNESDAY MORNINGS 9:00 a.m. – 12:00 p.m.



Are you an avid bridge player or do you want to learn? Come on out and check us out.

Wii SPORTS---THURSDAYS 11:30 a.m. – 12:30 p.m.

HEALTHY BONES AND BALANCE---WEDNESDAYS 10:30 a.m. – 11:30 a.m. All are welcome In-person (Northfield Town Hall) and Zoom (link sent to registered participants).

- ➔ COVID SAFE (comfort of your own home via Zoom invitation if preferred)
- ➔ Low Impact (provide your own steady chair if at home)
- ➔ 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!)



Call the Senior Center at (413) 498-2901 x 114 to register.

60+YOGA--- THURSDAY 9:30 a.m. – 10:30 a.m. (Northfield Town Hall & Zoom) 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:



balance with greater confidence.



breathe more deeply.



move with more ease.



think more clearly.



Sleep more soundly.

Open to anyone 60+ living in Northfield and surrounding towns. *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.

This program is funded by a combination of the Fred W. Wells Health Grant, administered by the COA Director, other COA funding 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.*

****TO SIGN UP FOR SENIOR CENTER PROGRAMS, CALL ROBIN (413) 498-2901, ext. 123***