



Northfield Senior Center Newsletter

August 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

Board Members:

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

Hello Northfield!

My name is Robin Jenkins, and I am the new Administrative Program Assistant for the Senior Center. I am very excited to be here!

I grew up in Franklin County, attended local schools and received an associate degree from Greenfield Community College in the Human Services field.

My career path began as an Assistant Recreation Director in Hampshire County. Five years later, I moved to Cape Cod and became the first full-time Recreation Director for the Town of Sandwich. After twenty-one years, and relocating back to West County, I began my second career with the Mohawk Trail Regional School district as a Special Education Paraprofessional. The opportunity to work with the Northfield Senior Center presented itself and now I'm on my journey to pursue yet another career!

Personally, I am presently downsizing and building a new house, close to where my husband and I built our first home and raised our son. This is a daunting undertaking, but I'm ready for this new chapter! I enjoy working in my yard, walks with my dog, morning coffee on my deck, swimming, kayaking, traveling, and sharing life with my wonderful family and friends.

I'm looking forward to working with our director, Colleen, and meeting all of you! Please make sure you stop by, introduce yourself and say "Hello".

Robin Jenkins

Northfield CoA / Senior Center's Administrative Program Assistant



Public Health
Prevent. Promote. Protect.
Cooperative Public Health Service
Franklin Regional Council of Governments
Governments.

Drop-In Nursing Hours August 2nd , 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**



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.

Thursday, August 10th @ 12:30 p.m.



Theme: Wild Animals

- 1. Are Wild Animals Really "Wild"?**
- 2. How Life on Earth Adapts to You and Me**

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**

**Friday, August 11th
Hadley Walmart & Lunch
RSVP BY August 8th**

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 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 AM**.



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



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.



August



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

Monday	Tuesday	Wednesday	Thursday	Friday
Town Hall's parking lot is under construction for the first 2 weeks of August.	1 Limited parking with uneven surfaces	2 10:30 AM Healthy Bones and Balance (class is Canceled) 12:30– 2:30 PM Nursing Clinic	3 9:30 AM 60 + Yoga (Libby) Zoom Only BROWN BAG pickup @ 11:30 AM. 11-3 Farmers Market coupons	4 Senior Center & Town Hall CLOSED on Fridays
7 9:30 AM "Happy Feet" See newsletter	8 RSVP deadline for Travel Club outing-call Bernardston Senior Center	9 10:30 AM Healthy Bones and Balance Zoom only *RSVP for 8/16 Art Class	10 9:30 AM 60 + Yoga (Libby) Zoom Only 12:30 PM – TED TALKS 1:00 PM Knitting	11 Senior Center & Town Hall CLOSED on Fridays Travel Club's outing to Hadley
14 *RSVP deadline for 8/22 GFLD Savings Bank lunch & speaking event 1:00 PM BRIDGE	15 *NEW Outreach worker's clinic 9-11AM 1:00 PM CoA Board Meeting 1:00 – 4:00 PM Samba Game	16 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class in-person & Zoom 1:00 PM ART CLASS	17 Heritage River Cruise Meet at 10:30 AM Senior Center closed 10:15- 1 PM	18 Senior Center & Town Hall CLOSED on Fridays
21 9:30 AM "Happy Feet" See newsletter 1:00 PM BRIDGE	22 9:00-11:00 AM Veteran's Services 11:45 -12:45 PM GFLD Savings bank Luncheon 1:00 – 4:00PM Samba Cards	23 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class in-person & Zoom	24 1:00 PM Knitting	25 Senior Center & Town Hall CLOSED on Fridays
28 1:00 PM BRIDGE	29 1:00 – 4:00 PM Samba Card Game	30 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class in-person & Zoom	31	



"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, August 7th starting out at **9:30 AM** (*earlier time to avoid the heat*). Meet at the Dickinson Memorial Library's parking lot (115 Main St.) to stroll down Historic Main Street. Cross over at Maple Street and walk back to the Library. This is a nice flat loop with even surfaces. Perfect for easy walking.

**Seniors with a walker or wheelchair are encouraged to attend.*

Dogs on leashes are welcome.



Walk # 2: Monday, August 21st starting out at **9:30 AM** (*earlier time to avoid the heat*). Meet at Barton's Cove campground off Route 2 in Gill. This walk has uneven surfaces. Wear bug repellent and bring some water.

Dogs on leashes are welcome.



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 REQUIRED

Medical Appointments
Hairdresser

Groceries
Bank

Pharmacy
Activities at the Senior Center



Foot & Blood Pressure Clinics

No clinics in Northfield in August, Sign up for September appointments by August 29th

CALL Bernardston Senior Center for one of their clinics: 413- 648-5413

(Slots fill up fast)

60+ YOGA

Zoom and in-person at the Northfield Town Hall

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

August classes are Zoom-Only August 3rd & August 10th

NO CLASSES August 17th, 24th, and August 31st.



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 Zoom only on 8/9

(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

Ongoing ~ 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.



Ongoing ~ BRIDGE

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



NO BACK DOOR access to Town Hall/Senior Center

**THE FIRST TWO WEEKS OF AUGUST
BACK PARKING LOT CLOSED DUE TO PAVING**

During this time:

LIMITED Senior Center Programs

ZOOM ONLY for Healthy Bones & Balance and Yoga

NO Bridge or Samba in the Senior Center

Check out the August calendar for programming information.

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Look at the progress made on the COA recreation shed !

Our wonderful volunteers Jim Whitcomb, Steve Roberto, Frank Froment, Pete Vearling , Betty Whitcomb , Debby Wiesen Kelly and David Kelly are working hard in the summer's heat to get this CPC grant and COA project completed. Carol Pike is our Master gardener getting the flowers planted, weeding the pathway to enter the pavilion in preparation for the BBQ's and outings we are planning soon. **We can't wait to gather in the pavilion and enjoy some BBQ with you.**

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



Dorothy Arsenault

August 27, 1929 – June 22, 2023

Eugene Murray

May 1, 1949 – June 27, 2023

Shirley Parker

September 20, 1930 – June 30, 2023

Cynthia J. Persons

October 5, 1952 – July 3, 2023

OUTREACH COORDINATOR MEET & GREET

Welcome

Tuesday, August 15th



9:00- 11:00 A.M.

Come meet our new Outreach Coordinator who will be able to help with fuel assistance, SNAP, electric bills, SHINE and other information and referral. This Outreach has been produced in full from a grant awarded to the Bernardston Senior Center from the Massachusetts Councils on Aging and from the Massachusetts Executive Office of Elder Affairs.

Art Class

New participants are always welcome to come and learn.



MAKING AND BINDING TWO BOOKS

Wednesday, August 16th
Starting at 1:00 p.m.



Come join us in August when we will be making and binding two books. You will receive instructions for two different bindings: the pamphlet binding and the stab binding. You will be sewing with tapestry needles (so no tiny eyes to worry about!) If you have any, bring decorative paper and wrapping paper with you to serve as covers. I will bring some to share. These books are quite useful. They can be used as journals, small photo albums, mini cookbooks (to share favorite recipes), and so much more! **Come join our Art Class by retired art teacher Ginny Rockwood.**

PRE-REGISTRATION/ RSVP DUE BY 8/9/23

Call 413-498-2901 x 114

Cost is \$6.00 for all materials and professional instructions.

Minimum of 4 people and maximum of 8 people



Heritage River Cruise

Thursday, August 17th

11:00 a.m.

Arrive at 10:30 AM to get down to the dock, park in the provided parking area at 144 Pine Meadow Rd. Northfield MA.

RSVP has been extended to August 10th

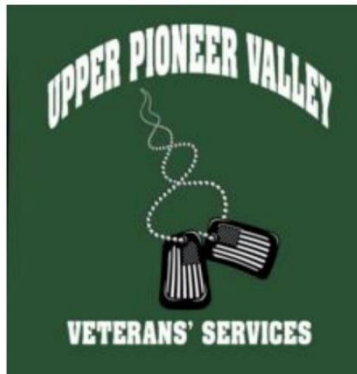
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Come Join Us For A
Light Lunch
TUESDAY, AUGUST 22, 2023
11:45 a.m. – 12:45 p.m.



This will be a chance to recap on topics that we have previously discussed and test our knowledge of what we learned! **Please RSVP for lunch by Monday August 14th.**



Veterans' Agent Hours
Tuesday, August 22nd 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.

Neighbors at Home

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

Contact: info@neighborsathome.org or
service@neighborsathome.org
www.neighborsathome.org.

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



\$50 Worth of Farmer's Market Coupons for Free!

To be eligible for this coupon booklet, you must be at least 60 years old and reside in Franklin County or the North Quabbin area and earn \$2,248 per month or less as an individual, or \$3,041 per month or less as a couple.

Each person can only receive *one coupon* booklet per year.

Booklets will be available on August 3rd, from 11:00AM – 3PM at a table outside by the front sidewalk at the Northfield Town Hall, 69 Main St. Northfield.

