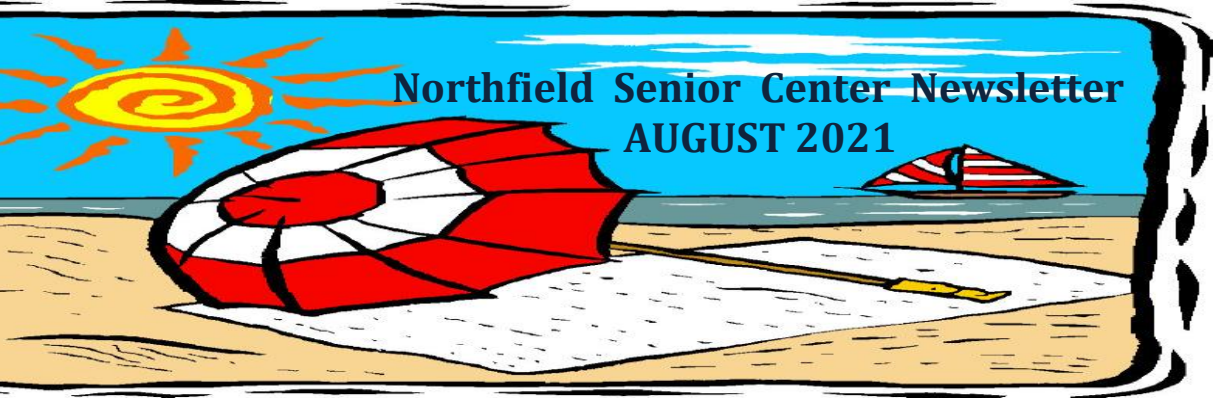




Northfield Senior Center Newsletter AUGUST 2021



The COA Mission: The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens age sixty and older

Senior Center Director: Colleen Letourneau
Program Coordinator: Linda Keech
Phone and Information Line: (413) 498-2901x114
Email: seniorcenter@northfieldma.gov
Website: www.northfieldma.gov/seniorcenter



Hello from the CoA Chair.

Colleen, our new Senior Center Director is on board and has plenty of activities planned. If you didn't get a chance to meet her at the coffee time in July, no worries, we are having two of them in August! That's right, the second and fourth Tuesday during August we will have our coffee times, so come on out and join us under the pavilion for some coffee, conversations and say Hi to Colleen.

I would also like to invite you to consider being part of the Council on Aging (COA) board. We have a few openings and are looking for some folks to help. We are a fun and energetic group. If you are interested, you can contact me (717-350-0171 or frank.froment@gmail.com) or call the Senior Center. Enjoy the rest of the Summer and come out and say Hi to us at the coffee time.

Frank Froment, Chair to the CoA Board



COFFEE HOURS - TWO Tuesdays
Stanley Wickey Pavillion behind the Town Hall

AUGUST 10th

**Guest LifePath speaker @ 9:00am – Hear about
“Age Friendly Communities Project”**

& AUGUST 24th

Join us! Both Days 9:00 - 11:00 am



Healthy Bones and Balance Classes Online Now Every Wednesday at 10:30 am! All Are Welcome

- ✓ COVID Safe – Comfort of your own home or backyard (wherever you get internet connection)!
- ✓ 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)!!**

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901x114;

seniorcenter@northfieldma.gov

I am hooked!



I have been taking the Healthy Bones & Balance class for several months now and I am hooked! There are two leaders, Dottie Parrill and Betty Whitcomb, who, like all HBB leaders, must complete several hours of training through RSVP and are required to attend refresher sessions twice a year. Dottie and Betty swap off each week to offer gentle, yet definitive exercises designed to strengthen our bones and improve our balance.

At this point class is remote via Zoom, so I can do this in my own home with ‘around my house equipment’. I only need a lightweight but sturdy chair, soup cans, socks rolled up in balls and an 8”+ ball. Our Senior Center does have the official items (hand weights, squeeze balls, and ankle weights) to lend out. The exercises are not only for all levels of interest, but all levels of fitness and they focus on all areas of the body, including some that most of us would not associate with balance. We learn to strengthen arms, wrists, and hands to help us grab something to prevent a fall. For the same reason we keep our shoulders flexible and work on the muscles that reach overhead. We work on facial and neck muscles to improve our awareness of the environment and possible hazards. We truly address all aspects of keeping ourselves safe from falls.

Please sign on through the Northfield Senior Center. Classes are Wednesday mornings 10:30-11:30. Our new Senior Center Director Colleen is happy to help sign you in....and it is all free. You do what you can, what feels good to you, and you have remote learning friends for now, to workout with.

Jinx Hastings, CoA Board Member & participant

AUGUST Backdoor Take and Go Lunch!

*Three Summer Salads on beds of lettuce with local tomatoes
Turkey Waldorf, Ham/Shells/peas & Black Bean/Corn
Brownie for dessert!*

Friday, August 27th @ 11:30 am

Available for pickup at the Senior Center Kitchen Back Door.

Suggested Donation of \$3-5 is appreciated to help cover our costs

Reservations MUST be made by calling the Senior Center at 413-498-2901x114 or emailing seniorcenter@northfieldma.gov By Monday, August 23rd!



Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the 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.**

[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 am-1:00 pm. Please Follow COVID-19 Posted Rules.

Northfield Farmers Market occurs every Thursday from 3:00 – 6:00 pm in front of the DVAA/Community Bible Church on Main Street in Northfield.

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.**



August

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>National Ice Cream Sandwich Day</p>	<p>3</p> <p>*Foot Clinic by appointment</p>	<p>4</p> <p>9:00 AM BRIDGE</p> <p>10:30 AM! Healthy Bones and Balance Zoom</p>	<p>5</p> <p>9:30 AM Zoom Yoga</p> <p>11:30 Brown Bag</p> <p>11:30AM – 1:00PM Farmers' Market</p> <p>Coupons distribution</p> <p><i>(details in Newsletter)</i></p>	<p>6</p> <p>National Wiggle Your Toes Day</p> 
<p>9</p> <p>9:30 AM</p> <p>"Happy Feet"</p>  <p><i>(details in Newsletter)</i></p>	<p>10</p> <p>9:00-11:00AM</p> <p>Coffee Hours in the Pavilion – Speaker @ 9:00AM</p>	<p>11</p> <p>9:00 AM BRIDGE</p> <p>10:30 AM! Healthy Bones and Balance Zoom Class!</p>	<p>12</p>  <p>9:30 AM!</p> <p>Zoom Yoga</p> <p>(email to libby@yogalibre.net)</p>	<p>13</p> 
<p>16</p> 	<p>17</p> <p>1:00PM</p> <p>CoA Board Meeting</p>	<p>18</p> <p>9:00 AM BRIDGE</p> <p>10:30 AM! Healthy Bones and Balance Zoom Class!</p>	<p>19</p> <p>9:30 AM!</p> <p>Zoom Yoga (Libby)</p> <p>To join please send email to: libby@yogalibre.net</p>	<p>20</p> <p>6:30-9:30PM FREE CONCERT</p> <p>@ the Beech House</p> <p>Life on Venus Band</p> <p><i>Sponsored by Friends of Northfield Seniors</i></p>
<p>23</p> <p>9:30 AM</p> <p>"Happy Feet"</p>  <p>Last Day to order Take and Go Lunch for Friday (25th)!</p>	<p>24</p> <p>9:00-11:00AM</p> <p>Coffee Hours in the Pavilion</p>	<p>25</p> <p>9:00 AM BRIDGE</p> <p>10:30 AM! Healthy Bones and Balance Zoom Class!</p>	<p>26</p> <p>9:30 AM!</p> <p>Zoom Yoga (Libby)</p> <p>To join please send email to: libby@yogalibre.net</p>	<p>27</p>  <p>Lunch is Served!</p> <p>Pick up at 11:30AM Senior Center kitchen back door</p>
<p>30</p> <p>National Beach Day</p> 	<p>31</p> <p>National Diatomaceous Earth Day</p> <p><i>(Curious? Look elsewhere in this newsletter.)</i></p>	<p>Stay tuned for our September Newsletter for details regarding our Senior Center "facelift" and Fall reopening plans.</p>		<p>To participate in virtual programs on Zoom, please contact COA office (see front page for information)</p>

Hello Northfield:

Well, we made it through the month of July...a bit waterlogged, mushrooms popping up everywhere, but happy that more of this summer remains.



Since my start date on July 6, 2021, I have been meeting many Northfield seniors and citizens and have been struck by their welcoming and supportive vibe that has come my way. Keeping in mind that Covid remains a threat (especially with the new Delta variant) we feel that fully opening for inside programs will take place in the early fall. We will continue with the current programs by appointment and using the hybrid model which has been successful.

However, we are adding additional programs that can take place outside in the pavilion area and will start a new program of walking and/or hiking some of Northfield's beautiful and natural pathways. There is going to be music and additional opportunities for new programs that I hope you will find enjoyable.

I wish to thank the COA members and my program assistant Linda for all of their assistance in keeping our Seniors health and wellbeing at the forefront and their priority.

Colleen Letourneau LSW
Director of the Northfield Senior Center
413-498-2901 x 114



Introducing "Happy Feet" - Seniors who like to walk together on easy terrain. Meet at the Senior Center's pavilion prepared to stroll the historic main streets of Northfield. 2nd and 4th Monday of the month @ 9:30 AM. Wear comfortable shoes and bring a bottle of water. Future events could include easy trails at the Northfield Mountain Recreational Center.



Free \$25.00 Farmer's Market Coupons will be given out to income eligible Seniors outside in the pavilion at the Northfield Senior Center on **Thursday August 5, 2021 from 11:30 a.m. to 1:00 p.m.** Coupons will be accepted by participating farmers at farmer's markets and farm stands. Each booklet contains 10 coupons worth \$2.50 each. You can use the coupons to buy fruits, vegetables, fresh-cut herbs and honey only.

60+ Yoga via Zoom
Thursdays 9:30 - 10:30 am

Join us from the comfort of your home and explore how yoga can help you:

- * Move with more ease
- * Balance with greater confidence
- * Breathe more deeply
- * Think more clearly
- * Sleep more soundly

Beginners welcome!



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.*

Free and open to anyone 60+ living in Northfield and surrounding towns.

To join please send email to: libby@yogalibre.net

Join us by computer (or by phone if your internet connection is sketchy).

Hope to "see" you soon ☰ **Libby**

Foot Clinic is open for LIMITED in person appointments!

Please call for dates and availability

(413) 498-2186 or (413) 498-2901x114



Curious? What is Diatomaceous Earth?

On August 31st, National Diatomaceous Earth Day recognizes the diatom and the remarkable mineral it creates.

Most people know of diatomaceous earth because they use it around their homes. Sometimes they use it as a filter for swimming pools or as a natural insecticide. Biologists understand diatoms, the single-celled plants. They form diatomaceous earth and are indeed the lungs of the earth. Amazingly, diatoms produce about 3/4 of the world's new oxygen supply. They are known to be the most durable naturally-occurring substances in the world.

Diatomaceous earth, also known as DE, is a sedimentary rock. DE mines unearth large deposits worldwide. Lots more information can be found by searching on the web....

August FUN FACTOIDS!



The date of the August Full Moon is 8/22/21. It's named the "Sturgeon Moon". The North American fishing tribes called August's full moon the sturgeon moon since the species appeared in numbers during this month. Also called the green corn moon, the grain moon and the red moon for the reddish hue it often takes on in the summer haze.

August is the time to reap what you've sown, quite literally even, as most summer vegetables are ready to be harvested.

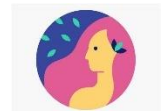
August's Birthstone is Peridot which is a unique gem and quite rare as they can only be found in two very different sources-they can be formed deep in the earth and expelled to the surface with lava and they can be found in meteorites. It is claimed that Peridots have healing powers and can protect the bearer from evil!



August is considered the last month of the summer in the northern hemisphere and the last month of winter in the southern hemisphere.



August Zodiac sign is Leo if born (7/22 - 8/22) and Virgo (8/23-9/22).



August is the National Goat Cheese Month, National Panini Month, Peach Month and Sandwich Month.



August has two birth flowers: The gladiolus which was discovered in Africa but is now locally grown and is said to represent generosity, strength of character and the deep crimson poppy is a sign of imagination, eternal sleep and oblivion!



Famous people born in August are Barack Obama, Sean Connery, Jennifer Lawrence and Whitney Houston. Elvis Presley died in August.

Save Your Back...Call the VAN SERVICE! (413) 834-4084

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and Accessible!**

48 Hours Notice For:

- ❖ **Medical Appointments**
- ❖ **Groceries**
- ❖ **Pharmacy**
- ❖ **Hairdresser**
- ❖ **Bank**
- ❖ **Coffee Shop**



**Neighbors at Home
Services Resuming Right Now**
Call in all those pent-up service requests



Neighbors at Home is restarted services on July 15, 2021. Call **413-225-1029** to make your requests. Volunteers are standing by to drive you to medical appointments, to replace a burned out bulb, to keep you company for a hour or two, and to answer your questions about your smart phone, and all similar kinds of service.

Neighbors at Home will make every effort to protect both members and volunteers from the coronavirus. All volunteers have been vaccinated, and it is organizational policy, at least in the interim, that all volunteers will be masked when servicing requests.

Helpful Hint

When Making a service request, the call manager will contact you to discuss the service you want. At that time tell the call manager if anyone in your household has not been vaccinated.

No dues for current members until July 1, 2022

Note that Neighbors at Home will not renew dues for another year. New members during the year will be charged a flat single fee of \$25 until July 1, 2022. At that time the fee will be \$60 for an individual and \$90 for a household.

Contact: nfldneighbors@gmail.com or 413-225-1029 or www.neighborsathome.org.