



Northfield Senior Center NEWSLETTER DECEMBER 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

Neighbors at Home

Hello, my name is Reina Van Natta, and I am a newly elected board member of the Neighbors at Home organization. I am thrilled to be a member of an organization that provides such necessary and valued services to our wonderful community. Not only am I on the board, but I also have the privilege of being a volunteer. Volunteering has made it possible for me to meet and engage with members of this great town.

My husband and I have lived in Northfield for 44 years, and raised our two sons here. We love the community, the beauty, and the peacefulness of this town. During the time my children attended NES, I was active in the PTA and volunteered in their classrooms. I was a paraprofessional in Warwick, Bernardston and PVRs while my children were young. As they grew and became more independent, I turned my focus to completing my college education, which I had started many years before.

I enrolled in GCC and received my Associates Degree in Early Education, then continued on to Mount Holyoke College for my BA in Elementary Education with a minor in Psychology. I fell in love with psychology, and decided to pursue a Masters in Clinical Psychology at Smith School for social Work. I spent 21 years as a clinical Social Worker in Community Mental Health as well as having a private practice. I loved my job.

Upon retirement, I wanted to find volunteer opportunities that were meaningful and fulfilling for me. I became a CASA, Court Appointed Special Advocate for children in DSS custody, a volunteer for Neighbors at Home, and presently, I am raising a puppy to become a service dog for the organization, Dogs for Better Lives. All these opportunities have been greatly rewarding. Neighbors at Home embodies the values that I have held dear to my heart throughout my career; caring, empathy, acceptance and service. I am proud to be a part of this organization, and to be working with such dedicated and caring people.

Reina Van Natta
Board Member Neighbors at Home



BUZZ NOTES FROM COLLEEN:

- The NEW Hearing Loop has been installed and is ready for you to try, either through your own hearing aid's Telecoil or using one of our headphones we have here. Word is..., **IT WORKS GREAT!!**
- We have had three successful Happy Little Feet walks this Fall with two craft activities.
- We are starting our first **Memory Café on WEDNESDAY, December 27th**, 12:30 p.m. – 2:30 p.m. **Program details in newsletter.
- Call 413-498-2901 ext. 123, and speak to Robin to sign up for our programs, we would love to see you here at the center!



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 Director, ext. 123

FRTA (Franklin Regional Transit Authority) Senior Van Support (413) 768-1824

BERNARDSTON/NORTHFIELD TRAVEL CLUB (413) 768-1824

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.)

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

TRIAD (413) 774-4726 (resource for Wellness Checks, durable Medical Equipment loans)

COMMUNITY ACTION PIONEER VALLEY (413) 475-1570 (SNAP, Health Insurance, Heat, 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

Call the VAN SERVICE! (413)768-1824

48 Hours Notice

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! MASKS Suggested

MEDICAL APPOINTMENTS

BANK

PHARMACY

GROCERIES

HAIRDRESSER

ACTIVITIES AT THE SENIOR CENTER



SAND/SALT BUCKETS AVAILABLE

Contact the Senior Center 413-498-2901 X 123 to reserve your bucket for use during this winter season.



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DOING THE
MOST GOOD

Friends,

All of you support the Salvation Army's mission of providing immediate emergency assistance to the community. It is that time of year again to make certain that we have the funds to continue the great work that all of you are doing. The money that is collected in our Red Kettles every year goes towards your agencies and those you assist. The community is willing to give at the Kettle, but we need as many of you as possible to stand at those kettles. With your help I know we can bring in a lot more than we did last year.

I know today, the most valuable treasure that we have is our time. If I can get each of you to commit to just two hours during the whole season, I know we can make it worth your while. While time is the greatest commodity, cash donations are of course welcomed. The increased request for need in the Pioneer Valley has made this year even more critical. With your help I know we can make this a banner year. Please feel free to reach out to me if you have the ability to assist us this year. If you know someone who would like to volunteer their time, I am more than happy to accommodate them as well. While time is the greatest commodity, cash donations are of course welcomed. The increased request for need in the Pioneer Valley has made this year even more critical. With your help I know we can make this a banner year.

Marc D. Massey

Field Representative, Massachusetts Division

The Salvation Army | Divisional Headquarters



Joanne Lee (Hutchins) Balzarini

November 24, 1933 – November 3, 2023



DECEMBER



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

Monday	Tuesday	Wednesday	Thursday	Friday
	WEATHER CLOSINGS/DELAYS TV 22, 40 Radio: WHAI, Bear Country, Wizz			1. Senior Center & Town Hall CLOSED on Fridays
4.  Coffee Social 10 a.m.- Noon Gfld Savings Bank Speaker at 11 a.m. Bridge 1 p.m.	5. Foot and Blood Pressure Clinic – by reservation only Samba Game 1–4 p.m.	6. Bridge 9 a.m. Healthy Bones 10:30 a.m  Special Book Presentation/Coffee @ 1 p.m. Nursing Clinic 12:30 –2:30 p.m.	7. 60 + Yoga 9:30 a.m. In person & zoom BROWN BAG PICKUP 12 p.m. *RSVP FOR ART CLASS  TED TALKS 12:30 p.m.	8. Senior Center & Town Hall CLOSED on Fridays
11. Happy Feet 10 a.m. Tech Support Drop in 10–11 a.m. Bridge 1 p.m.	12. Art Class 10 a.m.–12 p.m. Samba Game 1–4 p.m.	13. Bridge 9 a.m. Healthy Bones 10:30 a.m 	14. 60 + Yoga 9:30 a.m. In person & zoom Knitting 1 p.m. *RSVP for lunch on 12/21/23	15. Senior Center & Town Hall CLOSED on Fridays Travel Club leaving at 9 a.m.
18.  Bridge 1 p.m.	19 Outreach  Coffee Social 9-11 a.m. Foot and Blood Pressure Clinic – 1 p.m. CoA Board Meeting Samba 1–4 p.m.	20. Bridge 9 a.m. Healthy Bones 10:30 a.m. *RSVP for Memory Café on 12/27/23	21. 60 + Yoga 9:30 a.m. In person & zoom Winter Holiday “Chili” Celebration/Yankee Swap 11:30 a.m. 	22. Senior Center & Town Hall CLOSED on Fridays
25.  HOLIDAY Senior Center Closed	26. Veteran’s Services 9:00-11:00 a.m.  Samba Game 1–4 p.m.	27. Bridge 9 a.m. Healthy Bones 10:30 a.m. Memory Café 12:30 – 2:30 p.m.	28. 60 + Yoga 9:30 a.m. In person & zoom Knitting 1 p.m. Tech Support Drop in 2-3 p.m.	29. Senior Center & Town Hall CLOSED on Fridays

COFFEE SOCIAL

MONDAY –DECEMBER 4th 10:00 a.m. – 12:00 p.m Speaker @11



The Grinch is After YOU!!
Ways to stay safe safe!!! Let's chat and not be fooled or foiled!!



FOOT & BLOOD PRESURE CLINICS

DECEMBER 5th and DECEMBER 19th

Foot Clinic open for LIMITED in-person appointments!

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

Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request.

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

IN-PERSON BOOK PRESENTATION

with Daniel Cantor Yalowitz, Ed.D.

WEDNESDAY, DECEMBER 6th 1:00 – 2:30 p.m.

Reflections on the Nature of Friendship

It is only with the heart that one can see rightly; what is essential is invisible to the eye.

-Antoine de St.

Please join us for this participatory program in which Dr. Yalowitz will present his research and insights focusing on the realities and nuances with regard to the (nearly) universal human experience of friendship. His recently published book, Reflections on the Nature of Friendship, will form the core of this presentation. Join us for a heartfelt and fascinating journey into the art and nature of friendship. Time will be set aside for questions, responses, and discussion.



DROP-IN NURSING HOURS

WEDNESDAY, DECEMBER 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, DECEMBER 7th @ 12:30 p.m.



- 1) Drawings that show the beauty and fragility of Earth- Zaria Forman
- 2) What's hidden under the Greenland ice sheet? - Kristin Poinar
- 3) Haunting photos of polar ice - Camille Seaman

Watch with us on our flat screen TV or receive the zoom link by emailing:

keeneassistant@americanhouse.com



"HAPPY FEET" WALKING GROUPS

In the event of severe weather, the walk will be canceled. Call the Senior Center if you are unsure of the status.

Monday, December 11th 10:00 a.m. Meet at Barton's Cove campground, located at 82 French King Highway (off Route 2) in Gill, MA.
Dogs on leashes, (dressed for winter) are welcome.



"HAPPY LITTLE FEET" recess activities will resume in the spring.

****NEW TECH SUPPORT HOURS****



MONDAY, DECEMBER 11TH 10:00 – 11:00 a.m. THURSDAY, DECEMBER 28TH 2:00 – 3:00 p.m.

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

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ART (PAINTING) CLASS

TUESDAY, DECEMBER 12TH 10:00 a.m. – 12:00 p.m.

Come join us for a **Negative Painting Workshop**. Negative painting is a method of painting where the object is not painted. It is the background around the object that is painted. We'll be working with watercolors, and there will be basic watercolor instructions. All materials will be provided, you may wish to bring a smock, and the **FEE IS FREE!** Both experienced painters and beginners are welcome. The workshop is accessible to all. **RSVP by December 7th.**

Taught by retired art teacher Ginny Rockwood. Class is limited to 10 participants; spaces fill up quickly.

"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."



Bernardston/Northfield Senior Centers TRAVEL CLUB

FRIDAY, DECEMBER 15TH

9 a.m. Departure from BSC

WALMART HADLEY & LUNCH



THE TWINKLING LIGHTS, THE FESTIVE MUSIC, THE SCENT OF PINE AND PEPPERMINT, ALL SIGNS THAT THE SEASON IS UPON US, AND WITH IT, THE TRADITION OF CHRISTMAS SHOPPING!

THIS TRIP IS FREE!! RSVP BY December 11th

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.

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.

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TED TALKS---ONE THURSDAY/MONTH 12:30 p.m. check calendar for dates



hosted by American House Senior Living Communities Keene N.H.

Watch on our flat screen TV. OR email: keeneassistant@americanhouse.com for ZOOM link

OUTREACH CLINIC---THIRD TUESDAY 9 - 11 a.m. **CALL** to make an appointment. Our



Outreach Coordinator will be available to answer questions on fuel assistance, SNAP, electric bills, outreach, veterans' questions, home visits, SHINE and other information/referrals.

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

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield has a veterans' agent conducting outreach hours at our Senior Center. They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed.



COFFEE SOCIAL WITH SPEAKER---USUALLY THE FIRST MONDAY 10 a.m. - 12 p.m. SPEAKER AT 11 a.m.

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

ART CLASSES---ONCE A MONTH, CHECK CALENDAR FOR DATES

FOOT CLINICS---TWO CLINICS EACH MONTH, CHECK THE CALENDAR FOR DATES

HAPPY FEET WALKING GROUP--- USUALLY TWO WALKS A MONTH, "LITTLES AND BIGS"

MEMORY CAFÉ---FOURTH WEDNESDAY 12:30 – 2:30 p.m.

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

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

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: 413-498-2901x 123 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. 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 – 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



CHECK OUT THE NEWEST SCAM

MOST RECENT SCAM Criminals are sending out text messages and emails pretending to be from well-known delivery services and even the US Postal Service. These messages often include a "tracking link" to update your delivery or payment preferences. You might also get a voicemail message with a call-back number, or a "missed delivery" tag on your door with a number to call. While these messages often look or sound legitimate, you should never click a link or call back the number from an unexpected delivery notice. Instead, contact the delivery service or seller directly using a verified number or website. If you have placed an order, keep the tracking numbers so that you can follow the delivery process. Ask friends and family to provide you with tracking information if they are sending a package to you. Watch out for these signs of a delivery scam:

- Urgent, unexpected requests for money in return for a package delivery
- Requests for personal and/or financial information
- Links to websites with misspellings of the company name

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.



****SPECIAL COFFEE SOCIAL****

HOW TO SURVIVE THE HOLIDAYS

-with Matt Aversa, LICSW

TUESDAY, DECEMBER 19th 9:30- 11:00 a.m.

A holiday season full of high expectations for joy and happiness can cause feelings of loneliness and social isolation. We will discuss ways to redefine those expectations and be proactive about making connections with others. Remember, you are not alone, and talking helps.





WINTER WELCOME "CHILI" CELEBRATION!!! **AND YANKEE SWAP!!**

THURSDAY, DECEMBER 21st 12:30 p.m.

Come warm up with us, and "Welcome in Winter" on the Winter Solstice with some delicious Chili, (White Chicken Chili or Butternut Squash Chili), vegetable platter, rolls & breads, along with gingerbread for dessert ! Reservations required, along with your desired Chili preference.

Suggested Donation of \$6 is appreciated to help cover costs.

Reserved seating – limited to 25

MUST RSVP no later than 3 p.m., Thursday, December 14th, by calling the Senior Center at 413 498-2901 x 123.

****For those who would like to participate in a YANKEE SWAP gift exchange after the meal, bring a wrapped gift, (\$5.00 limit), with you to share in the exchange. ****



VETERAN'S AGENT HOURS

TUESDAY, DECEMBER 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.



****** INTRODUCING OUR NEW ******

MEMORY CAFÉ PROGRAM

WEDNESDAY, DECEMBER 27TH 12:30 – 2:30 p.m.

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.

December's musical entertainment will be provided by Dave Herrera, BOW TIE Studios.

Care partners and care recipients from any Town are most welcome to attend.

A light lunch will be included. **RSVP by DECEMBER 20th**

To register or for more information, call the Senior Center 413 498-2901 x 114.

ON GOING WEEKLY PROGRAMS

SAMBA---TUESDAYS 1:00p.m. – 4:00p.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 1:00p.m. – 4:00p.m.



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

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

HEALTHY BONES AND BALANCE---WEDNESDAYS 10:30a.m. – 11:30a.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)
- ➔ Low Impact (provide your own steady 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!)



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:
soundly.



move with more ease.



Sleep more



balance with greater confidence.



breathe more deeply.



think more clearly.

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 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.*



****During inclement weather, check your local radio/news stations for program cancellations. ****



