



## Northfield Senior Center Newsletter July 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:

TBA

##### 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](mailto:seniorcenter@northfieldma.gov)

#### Website:

[www.northfieldma.gov/seniorcenter](http://www.northfieldma.gov/seniorcenter)

#### Address:

69 Main Street  
Northfield, MA 01360

### Program Assistant's Reflections & Goodbye!

As we're preparing our July 2023 Newsletter, I'm pausing to reflect on my four wonderful years with everyone here at the Northfield Senior Center, CoA.

In 2019, I was initially hired as a three month temporary Senior Center staff member by Heather Tower, the Director at that time. This was a perfect fit for me. I had retired from my careertrack in 2013 with the Cooperative Extension system (23 years with UMass Extension as a 4-H Youth Development Educator and 12 years with Cornell Cooperative Extension as a county Executive Director). In 2019 I was looking for a part-time job for a variety of reasons.

When Heather retired, I was offered an ongoing Program Assistant position – and happily accepted. After beginning 2020 with our new Director Becky Sommers- - everything changed! COVID-19! We closed the Senior Center in March that year and began working from home. ZOOM was utilized for Yoga, Healthy Bones and Balance and Board meetings. Plus I made a lot of calls to Seniors each day to check how they were doing. In August (2020) we launched "Take & Go" Lunches – which became very successful.

After Becky left, I did my best to "hold the fort", until our newest Director Colleen Letourneau was hired in 2021. A new phase for the Senior Center began as we slowly moved toward reopening. Colleen's vision and energy are invaluable. After refurbishing the Center, we held an Open House in October 2021 and a Volunteer Recognition Event in 2022. A variety of new Programs were created and offered. And this past year we successfully tested Souper Soups and Brunches – inviting seniors to enjoy those meals inside the Center. What a joy to see everyone again. There's so much more – too numerous to mention here.

I'll miss you all! You – the Seniors of Northfield – are the heart of this Center. A special thank you to the three directors I've worked with. And a huge thank you to YOU - our seniors and volunteers.

"Caring about others, learning the risk of feeling, and leaving an impact on people, brings happiness." (Harold Kushner)

Linda Keech

Northfield CoA Program Assistant  
July 2019 – June 2023



## Public Health

Prevent. Promote. Protect.

**Cooperative Public Health Service**

Franklin Regional Council of Governments

**Governments.**

### Drop-In Nursing Hours July 5<sup>th</sup> , 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**



**Coffee Social**  
**MONDAY – July 10<sup>th</sup>**  
**10:00 a.m. – 11:00 a.m.**



**Join us for snacks, coffee and tea and meet a surprise guest.**

### **HAPPY BIRTHDAY!!!**



William and Pat Messer

*Greenfield Recorder*

STAFF PHOTO/JULIAN MENDOZA

*An excerpt from The Recorder - Published: 6/19/2023*

Having touched countless lives as a World War II veteran and longtime Pioneer Valley Regional School educator, William Messer has made an impact over his century of life.

Messer, a Bernardston native who has lived in Northfield with his wife, Pat Messer, for 61 years, turned 100 years old on Monday. Gathered around him as he sat in his living room on Sunday, Messer's family members commended not only his personal achievement, but his century of service to his community.

While Pat Messer said staying active has been key to her husband living such a long life, William Messer laughed, confessing that he hasn't "any idea" what has enabled him to live this long. What matters most to him, he said, is that life is a gift that keeps on giving.

## NO JULY Senior Center MEALS

PAUSING . . . .

Watch this space for Future Plans for Meals.

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### 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](https://ftc.gov/scams).

To report a scam, or a deceptive or unfair business practice, go to [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov). The FTC enters complaints into a secure online database used by hundreds of law enforcement agencies.

**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](mailto: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.



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](mailto:ldewitt@fccmp.org) OR online at [fccmp.org/rsvp](https://fccmp.org/rsvp).

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2<sup>nd</sup> and 4<sup>th</sup> 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

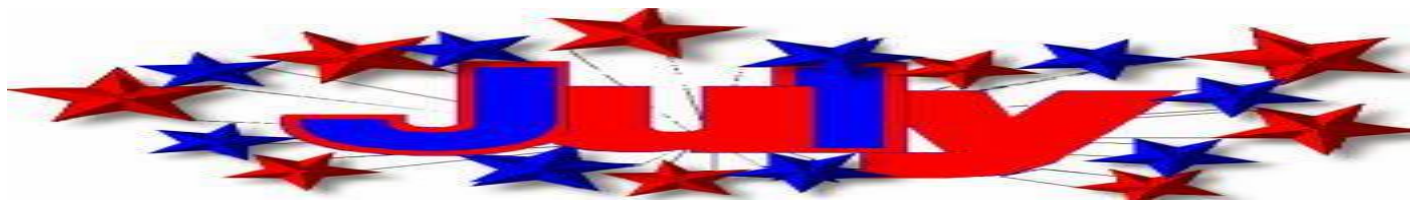
and to apply CALL The Food Bank of Western Massachusetts – SNP Department at 413-992-6204 for more information.

### 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.





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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  Senior Center & Town Hall CLOSED	<b>4</b>  <b>JULY 4<sup>th</sup></b> <b>HOLIDAY</b> <b>OBSERVED</b> Town Hall and Senior Center CLOSED	<b>5</b>  <b>9:00 AM BRIDGE</b> <b>10:30 AM Healthy</b> <b>Bones and Balance</b> <b>Class Zoom &amp; In-</b> <b>person @ Town Hall</b>  <b>12:30 – 2:30 PM</b> <b>Nurses Clinic</b>	<b>6</b>  <b>9:30 AM 60 + Yoga</b> <b>(Libby) Zoom &amp; In-</b> <b>person @ Town Hall</b> <b>BROWN BAG pickup</b> <b>@ 11:30 AM</b> <b>Senior center</b> <b>CLOSED @ 1:00 PM</b> <b>for private event</b>	<b>7</b>  Senior Center & Town Hall CLOSED on Fridays
<b>10</b>  10:00 AM – 11:00 AM Coffee time snacks   <b>1:00 PM BRIDGE</b>	<b>11</b>    <b>1:00 – 4:00 PM</b> <b>Samba card game</b>	<b>12</b>  <b>RSVP for Art Class</b>  <b>9:00 AM BRIDGE</b> <b>10:30 AM Healthy</b> <b>Bones and Balance</b> <b>Class Zoom &amp; In-</b> <b>person @ Town Hall</b>	<b>13</b>  <b>9:30 AM 60 + Yoga</b> <b>(Libby) Zoom &amp; In-</b> <b>person @ Town Hall</b>  <b>12:30 PM – TED TALKS</b> <b>1:00 PM Knitting</b>	<b>14</b>  Senior Center & Town Hall CLOSED on Fridays
<b>17</b>  <b>10:00 AM</b> <b>"Happy</b> <b>Feet"</b>   <b>1:00 PM BRIDGE</b>	<b>18</b>  <b>1:00 PM CoA Board</b> <b>Meeting</b>  <b>1:00 – 4:00 PM</b> <b>Samba card game</b>	<b>19</b>  <b>9:00 AM BRIDGE</b> <b>10:30 AM Healthy</b> <b>Bones and Balance</b> <b>class Zoom &amp; In-</b> <b>person @ Town Hall</b>  <b>1:00 PM ART CLASS</b>	<b>20</b>  <b>RSVP with payment</b> <b>for August River</b> <b>Cruise</b>  <b>9:30 AM 60 + Yoga</b> <b>(Libby) Zoom &amp; In-</b> <b>person @ Town Hall</b>	<b>21</b>  Senior Center & Town Hall CLOSED on Fridays
<b>24</b>  <b>1:00 PM BRIDGE</b>	<b>25 9:00-11:00 AM</b> <b>Veterans' Services</b> <b>with Brian Brooks</b> <b>Foot &amp; Blood</b> <b>Pressure Clinic By</b> <b>appointment only</b> <b>1:00 – 4:00 PM</b> <b>Samba card game</b>	<b>26</b>  <b>9:00 AM BRIDGE</b> <b>10:30 AM Healthy</b> <b>Bones and Balance</b> <b>class Zoom &amp; In-</b> <b>person @ Town Hall</b>	<b>27</b>  <b>9:30 AM 60 + Yoga</b> <b>(Louise) Zoom ONLY</b>	<b>28</b>  Senior Center & Town Hall CLOSED on Fridays
<b>31</b>  <b>10:00 AM</b> <b>"Happy</b> <b>Feet"</b>   <b>1:00 PM BRIDGE</b>	<div> <div>  </div> <div> <p><b>LOOKING AHEAD to the FIRST TWO WEEKS in AUGUST</b></p> <p><b>BACK PARKING LOT CLOSED DUE TO PAVING</b>  <b>We'll have a great new Parking Lot with New Lights!!!!</b></p> <p><i><b>BUT during that time:</b></i></p> <p><b>LIMITED Senior Center Programs</b>  <b>ZOOM ONLY for Healthy Bones &amp; Balance and Yoga</b>  <b>NO Bridge or Samba</b>  <b>NO BACK DOOR access to Town Hall/Senior Center</b></p> </div> </div>			



## "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, July 17<sup>th</sup> starting out at 10:00 AM.**

**Meet at the Turners Falls canal-side walking path. Take a right on 11<sup>th</sup> Street. Park on the right-hand side of the street across from Brick & Feather Brewery.**

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

*Dogs on leashes are welcome.*

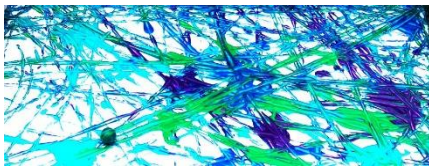
**Walk # 2: Monday, July 31<sup>st</sup> starting out at 10:00 AM.**

**Meet at Northfield Mountain Recreation and Environmental Center 99 Millers Falls Road (Route 63) and we will choose a trail to tackle. This walk has uneven surfaces.**

*Dogs on leashes are welcome.*

## Art Class

New participants are always welcome to come and learn.



**NEXT LEVEL**

**MARBLING**

**Art Class**

**Wednesday, July 19<sup>th</sup>**

**Starting at 1:00 p.m.**



Marbling is a form of surface design where color is floated onto water, manipulated, and then transferred to paper or fabric. It's easy, fun, and accessible to all. If you like creating with color and decorating paper, come join us to learn this centuries old art.

This is similar to the suminigashi that we made previously, and since a few people thought that doing that again would be fun, we'll take this to another level and add color.

If the weather cooperates, we may do this outside. **Please bring a smock if you have one.**

Come join our Art Class by retired art teacher Ginny Rockwood.

**PRE-REGISTRATION/ RSVP DUE BY 7/12/23**

**Call 413-498-2901 x 114**

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

**Minimum of 4 people and maximum of 12 people**



**Bernardston/Northfield Senior Centers  
TRAVEL Club**

**Friday, July 21<sup>st</sup>**

**Bridge of Flowers in Shelburne Falls & Lunch**

**RSVP BY July 13<sup>th</sup>**

**Friday, July 28<sup>th</sup>**

**Hadley Walmart & Lunch**

**RSVP BY July 20<sup>th</sup>**

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.**



**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**

**Neighbors at Home**

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

**Contact:** [info@neighborsathome.org](mailto:info@neighborsathome.org) or

[service@neighborsathome.org](mailto:service@neighborsathome.org)

[www.neighborsathome.org](http://www.neighborsathome.org).

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





## **TED TALKS**

*hosted by*

*American House Senior Living Communities Keene N.H.*

**Thursday, July 13<sup>th</sup> @ 12:30 p.m.**

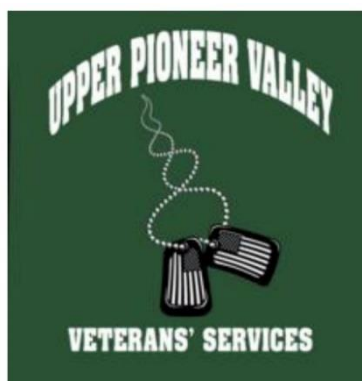
**Theme: Art & Unusual Sculpture**

- 1. Lonneke Gordijn --Nature, art and magical blocks of flying concrete**
- 2. Wangechi Mutu - The timeless, ancient language of art**

**If interested in receiving the zoom link, email:** [keeneassistant@americanhouse.com](mailto:keeneassistant@americanhouse.com)

**OR better yet,**

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



### **Veterans' Agent Hours**

**July 25<sup>th</sup>**

**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.



### **Foot & Blood Pressure Clinics**

**Foot Clinic open for LIMITED in-person appointments only!**

**July 25<sup>th</sup>**

**Please call for availability 413-498-2901, ext. 114.**

**(Slots fill up fast) No clinics in August-call Bernardston Senior Center for one of their clinics: 413- 648-5413**

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

## 60+ YOGA

**Zoom and in-person at the Northfield Town Hall**

**(See Calendar for July Zoom-Only Dates)**

**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](mailto:libby@yogalibre.net).

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

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## 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](mailto:seniorcenter@northfieldma.gov)

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



## FANTASTIC OPPORTUNITY

Heritage River Cruise

Thursday, August 17<sup>th</sup>

11:00 a.m.

**RSVP with \$13 PAYMENT by July 20<sup>th</sup> !!**

For Bernardston and Northfield Seniors ~ then have a LifePath lunch at the Bernardston senior center for a \$3.00 donation.

While aboard Northfield's scenic riverboat, up to 44 guests can take in the picturesque sites and fascinating history of New England's great river, the Connecticut River.

Climb aboard Northfield's scenic riverboat, *The Heritage River Boat*, to enjoy a relaxing and informative journey down the Connecticut River. The French King Gorge is one of the most scenic stretches of the Connecticut River in Massachusetts. This 12-mile narrated cruise takes 1.5 hours seating for 44 people.

**Need help buying groceries?  
SNAP can help!**



**SNAP can help you buy healthy food.**

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a "public charge" test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

### Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount**
1	\$2,430	\$281
2	\$3,287	\$516
3	\$4,143	\$740
4	\$5,000	\$939
5	\$5,857	\$1,116
8+	+\$857	+\$211

\*Effective 2/1/2023

\*\*Effective 10/1/2022

**For more information/ apply for SNAP:**



Scan code with phone camera to apply online



[DTAConnect.com](https://DTAConnect.com)



877-382-2363 Mon – Fri 8:15 am–4:45 pm



Mail or Fax a paper application

Get a paper application: [Mass.gov/SNAP](https://Mass.gov/SNAP)



In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: [Mass.gov/ContactDTA](https://Mass.gov/ContactDTA)

## CARD GAMES



### 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.

## 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](https://www.facebook.com/HIP.PioneerValley) or contact Clarissa at [clarissa@buylocalfood.org](mailto: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**