



Northfield Senior Center Newsletter

June 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

Program Assistant:

Linda Keech

Board Members:

Deb Lanou, Chair

Jim Whitcomb, Co-Chair

Betty Whitcomb,

Treasurer

Christine Harris,

Acting 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

Northfield CoA Board

I'm happy to be the newest member of the Northfield Council on Aging board of directors.

I grew up in Northfield at what is now 20 Main Street, and have landed just two houses down, at 12 Main Street! In between, I graduated from PVRs, Greenfield Community College and UMass and lived on Highland Avenue with my late husband, Ray Harris, a writer. After he passed in 2003, I was employed as an editor at The Recorder for 18 years, retiring last October. In my retirement, I have also joined the board of directors of the Friends of Schell Bridge and continue as music director at the Trinitarian Congregational Church.

I have been pleased to discover and participate in some of the many activities offered at the Northfield Senior Center: The crafts, the monthly lunches, the Self-Defense for Seniors classes, and the Happy Feet walks are the ones I've joined.

But most of all I value the new friends I have made at the Senior Center, and I look forward to working on its board to help create new opportunities for Northfield seniors of all ages.

Christine Harris

Northfield CoA Board Member; Acting Secretary



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

!!! TWO JUNE COFFEE SOCIALS !!!



Coffee Social
MONDAY – June 5th
10:00 a.m. – Noon



Speaker at 11:00 a.m.

We Care About our ELDERS

A joint presentation by Rachel Senecal of the
Northwestern District Attorney's Office and Linda
Ackerman of Greenfield Savings Bank.



Please come to find out how this translates into services, etc.

&



Coffee Social
with LIFE PATH
Meet their new Director Gary Yuhas!
1:00 p.m.



Additional staff members will join Gary to share all the resources that LifePath provides for Elders, Caregivers, and Persons with Disabilities in the Franklin County and North Quabbin areas. Check out their website for "The Silverline"
<https://lifepathma.org/>



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.

.....

NO JUNE Senior Center MEALS

PAUSING as we hire a new Administrative Program Assistant.

Watch this space for Future Plans for Meals.



shutterstock.com - 1471858232

FREE - Northfield Community Chicken Barbecue

Saturday, June 10th 4:30 – 6:30 p.m. -- Seatings at 4:30 p.m. & 5:30 p.m.

Fellowship Hall at the Trinitarian Congregational Church

(147 Main Street)

Rain or Shine! Onsite parking! Live Music!

*Sponsored by the Franklin County Community Meals Program and
hosted by the Trinitarian Congregational Church.*

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.



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.





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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall BROWN BAG pickup @ 11:30 AM	2 Senior Center & Town Hall CLOSED on Fridays
5 Speaker @ 11 AM 10:00 AM - Noon Coffee time snacks & knitting  1:00 PM BRIDGE	6 Foot & Blood Pressure Clinic By appointment only 1:00 – 4:00 PM Samba card game	7 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom & In-person @ Town Hall 12:30 – 2:30 PM Nurses Clinic with Covid Boosters	8 9 :30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 2:00 PM Intergenerational Singalong @NES 12:30 PM – TED TALKS	9 Senior Center & Town Hall CLOSED on Fridays
12 10:00 AM "Happy Feet"  1:00 PM BRIDGE	13 RSVP for SELF DEFENSE Classes 1:00 – 4:00 PM Samba card game	14 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom & In-person @ Town Hall 1:00 PM Coffee Time with LifePath 	15 9:30 AM 60 + Yoga (Louise) Zoom ONLY	16 Senior Center & Town Hall CLOSED on Fridays
19 JUNETEENTH HOLIDAY OBSERVED Town Hall and Senior Center CLOSED	20 Foot & Blood Pressure Clinic By appointment only 1:00 PM ANNUAL CoA Board Meeting 1:00 – 4:00 PM Samba card game	21 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom & In-person @ Town Hall 1:00 PM SENIOR SELF DEFENSE CLASS	22 9:30 AM 60+ Yoga (Louise) Zoom ONLY Senior Center CLOSED @ NOON for private event	23 Senior Center & Town Hall CLOSED on Fridays
26 10:00 AM "Happy Feet"  1:00 PM BRIDGE	27 9:00-11:00 AM Veterans' Services with Brian Brooks 1:00 – 4:00 PM Samba card game	28 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom & In-person @ Town Hall 1:00 PM SENIOR SELF DEFENSE CLASS	29 NO YOGA	19 Senior Center & Town Hall CLOSED on Fridays



"Happy Feet" Walking groups

In the event of steady rain, the walk will be canceled.

Walk # 1: Monday June 12th starting out at 10:00 AM

Meet at Satan's Kingdom parking area (Old Vernon Rd. Nfld.) to walk on the paved road and observe birds and ponds created by beaver dams. The Blue Herons are visible so bring your cameras or binoculars.

**Seniors with a walker or wheelchair and who have a caregiver, friend, or family member to assist them, are encouraged to attend.*

Dogs on leashes are welcome.



Walk # 2: Monday June 26th @ at 10:00 AM

Meet at the First Light's Boat/Recreation/Pavilion Parking lot off Route 63 in Northfield. We will walk on Pine Meadow Rd. abutting the Conn. River to eventually walk right under the French King Bridge (approx. 4 miles R/T). Then we'll take the foot bridge to a special river's edge area called "Cabot Camp".

Dogs on leashes are welcome.

SELF DEFENSE for SENIORS

This is a two-session workshop designed to provide seniors with strategies and tactics that can help keep them safer. This workshop was previously offered in April and May.



There are two options for these workshops. If the majority of those signing up took the class in April or May, we can extend the lessons taught then. If the majority are new to the class, we will offer a repeat of the April and May classes.

Repeated Workshops: June 21 and June 28 at 1:00 PM

PRE-REGISTRATION/ RSVP DUE BY June 13th

Call 413-498-2901 x 114

A minimum of 4 people are needed for this class.

The class is free, but donations to support programs offered by the Senior Center are welcome. **This class will be taught by Betty Whitcomb, who holds a fifth-degree black belt in Tae Kwon Do.**

Bernardston/Northfield Senior Centers
TRAVEL Club
Friday, June 30th



**Athol/North Quabbin Commons; Market
Basket, Marshalls, Hobby Lobby**

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 Helena at 768-1824 to reserve a space!

CALL BY June 26th to reserve a Spot!
And... if you need a Van ride to Bernardston.



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
Coffee

60+ YOGA

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.



Zoom *and* in-person at the Northfield Town Hall
(See Calendar for June 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.

"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

(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



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.

Thursday, June 8th @ 12:30 p.m.



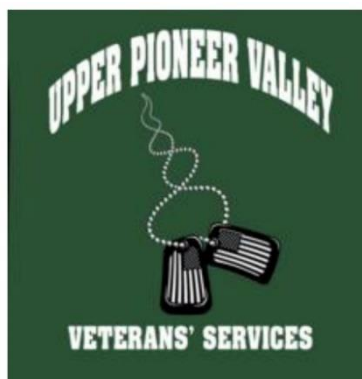
1. Beau Lotto - Optical Illusions Show How We See

2. A Magical Search For a Coincidence

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.



Veterans' Agent Hours

June 27th 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!

2 Clinic this month: June 6th & June 20th

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

(Slots fill up fast)

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

Community Concert with

Roger Tincknell



Northfield
Elementary School
Thursday
June 8
2:00 PM

Songs for All Ages!

Sponsored by the Northfield Council on Aging and
the Northfield Cultural Council

For more information, please call (413) 498-2901 x 114

Sponsored in part by a grant from the Northfield Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



As of April 2023, some people may get additional doses of COVID-19 vaccines:

- People aged 65 and over may get one additional dose of COVID-19 vaccine 4 or more months after the 1st updated (bivalent) vaccine.
- People who are moderately or severely immunocompromised may get 1 additional dose of COVID-19 vaccine 2 or more months after the last updated COVID-19 vaccine. Talk to your healthcare provider about additional updated doses.

Please call Lisa White (413) 774-3167 x 156 to reserve your dose for June 7th nursing hours.

Drop-In Nursing Hours June 7th, 12:30-2:30 p.m.



Public Health

Prevent. Promote. Protect.

Cooperative Public Health Service

Franklin Regional Council of Governments

Governments.

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**



Marilyn Burns

January 21, 2054 – April 18, 2023

Bernice Holloway

February 19, 1929 – May 20, 2023

Lawrence Loughrey

September 10, 1945 – May 1, 2023

