



Northfield Senior Center Newsletter March 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

Friends of the Northfield Seniors!

I have lived in the Pioneer Valley for 43 years; the last 36 in Northfield. Civic involvement has been important to me since moving to town. Organizing an active downhill ski program for townspeople and leading Girl Scout troops for both of my girls allowed me to be engaged with many community members and their children.

Since my retirement from the Massachusetts Trial Court Probation Service 5 ½ years ago, I have been able to become more active with our Northfield Community in a variety of ways such as Loaves and Fishes, Neighbors at Home, the Town Trust fund committee, the Tree 50th committee, and cooking for the monthly Senior Center meal. Plus I've been participating on the board of the Friends of the Northfield Seniors to facilitate fundraising for the Senior Center's physical improvement which includes providing summer concerts for the public.

I look forward to many more opportunities to enjoy the benefits of volunteerism with you and our larger community.

Pam Eldridge
Friends of the Northfield Seniors member

Neighbors at Home

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

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

As of July 1, 2022, member fees will be \$60 for an individual and \$90 for a household.





Coffee Social
MONDAY – March 6th
10:00 a.m. – Noon



Speaker at 11:00 a.m.

Speaker, Shannon Manzi*, from GFLD Savings Bank



What's In a Title? Maybe, more than YOU think!

Let's talk about account titles. What's the difference between a Primary account and a Joint account? How many owners can an account have? Do you need a beneficiary on your account? One beneficiary? Two? What is the purpose of having a Power of Attorney on your account? What are their powers and can you change them? How might account titles impact your will? Come and find out!

**Shannon has worked for GSB in various positions since 1993. Starting as a teller, Shannon took a leave for Mom duties, then came back full force in various departments such as Customer Service, Branch Specialist, Assistant Manager and currently Deposit Account Processing Supervisor. All Shannon's past positions at GSB have only added to her wealth of retail banking products!*

&



SPECIAL SENIOR SAVVY QUIZ GAME

Coffee Social
THURSDAY, March 23rd
10:00 a.m. – Noon



Speaker at 11:00 a.m

A fun and interactive quiz game designed to test your knowledge about consumer issues, scams and protecting your finances.

In cooperation with the Massachusetts Attorney General's Office, brought to you by the Northwestern District Attorney's Greenfield Office: 56 Bank Row, Greenfield, MA 01301. 413-774-3186.

Our Presenter will be Anita Wilson, Consumer Protection Unit Director.

<https://www.northwesternda.org/>



Life Path is continuing to assist folks with Medicare questions by calling LifePath's main number (413) 773-5555 ask for *SHINE*.

***SHINE* - Servicing the Health Insurance Needs of Everyone**

MARCH BRUNCH Social Lunch!

We're trying something different, again.

Come into the Senior Center, sit and enjoy brunch with other Seniors!

Vegetarian Egg Bake OR Corned Beef Hash Casserole

Muffins and other goodies, beverages

Thursday, March 9th @ 11:00 a.m.

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

Reserved Seating - limited to 20

MUST RSVP by calling the Senior Center at 413-498-2901 x 114 or emailing seniorcenter@northfieldma.gov



By no later than 3:00 p.m. Monday, March 6th !



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 dollar 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
INCLEMENT WEATHER & CLOSINGS: Listen to TV Channel 22, Radio WHAI, Bear Country & Wizz radio		1 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class <i>Zoom ONLY</i> 12:30 – 2:30 PM Nurses Available	2 9:30 AM 60 + Yoga (Libby) <i>Zoom & In- person @ Town Hall</i> BROWN BAG pickup @ 11:30 AM	3 Senior Center & Town Hall CLOSED on Fridays
6 Last day to RSVP for Brunch Speaker @ 11 AM 10:00 AM - Noon Coffee time snacks & knitting  1:00 PM BRIDGE	7 1:00 – 4:00 PM Samba card game	8 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class <i>Zoom ONLY</i>	9 RSVP for Art Class 9:30 AM 60 + Yoga (Libby) <i>Zoom & In- person @ Town Hall</i> 10:30 AM Music with Ted & Joe 11:00 AM BRUNCH By reservation 12:30 PM – TED TALKS 1:00 PM Knitting	10 Senior Center & Town Hall CLOSED on Fridays
13 10:30 AM "Happy Feet"  1:00 PM BRIDGE	14 Foot & Blood Pressure Clinic By appointment only 1:00 – 4:00 PM Samba card game	15 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class <i>Zoom ONLY</i>	16 9:30 AM 60 + Yoga (Libby) <i>Zoom & In- person @ Town Hall</i> 11:00 AM – "Celtic Knots" ART CLASS 12:30 PM BYO Lunch 12:30 PM Celtic Music	17 Senior Center & Town Hall CLOSED on Fridays
20 1:00 PM BRIDGE	21 Foot & Blood Pressure Clinic By appointment only 1:00 PM CoA Board Meeting 1:00 – 4:00 PM Samba card game	22 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class <i>Zoom ONLY</i>	23 9:30 AM 60+ Yoga (Libby) <i>Zoom & In- person @ Town Hall</i> Speaker @ 11 AM 10:00 AM - Noon Coffee  time snacks 1:00 PM Knitting	24 Senior Center & Town Hall CLOSED on Fridays
27 1:00 PM BRIDGE	28 9:00-11:00 AM Veterans' Services with Brian Brooks 1:00 – 4:00 PM Samba card game	29 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class <i>Zoom ONLY</i>	30 9:30 AM 60+ Yoga (Libby) <i>Zoom & In- person @ Town Hall</i> 10 AM – Noon Internet Café 	31 Senior Center & Town Hall CLOSED on Fridays

"Celtic" THURSDAY
March 16th



2 Events – Come for one or both.

For Lunch: Cheese/Crackers/Snacks available or bring your own.

RSVP for the Art Class; Drop in for the Celtic Music Video & have lunch.

See Details below.



ART CLASS
"Celtic Knots"

11:00 a.m. – 12:30 p.m.



**Draw a Celtic Knot and then
Put your Celtic Knot on a scratch Board.**

New Participants are always welcome to come and learn. Everything will be provided.

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

PRE-REGISTRATION/ *RSVP DUE BY 3/9/23*

Call 413-498-2901 x 114

***Cost is \$5.00* for all materials and professional instructions.**

Minimum of 4 people and maximum of 12 people



LUNCH/SNACKS at 12:30 p.m.

Bring your own lunch; snacks & beverages provided.



**TRADITIONAL CELTIC MUSIC
VIDEO**

12:30 p.m.



An informal taping created by Tom Kennedy, Dave Foster, Cathy Kamil and Sheila Graziano (*members of the Band Banish Misfortune*). All four of the presenters, seniors from Chelsea, Michigan (*west of Ann Arbor*), have long been immersed in the world of traditional Celtic music including Scottish bag-piping and the North American clogging tradition that was developed by immigrants from Ireland and Scotland. You won't hear Danny Boy or Whiskey in the Jar, but you will learn about:

- two kinds of piping,
- Irish dance tunes that are nuts and bolts of the "seisun" or session tradition, and
- the 17th-18th century itinerant harper, Turloch O'Carolan.

60+ YOGA

Zoom and in-person at the Northfield Town Hall

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

***see statement below**

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 and federal grants administered by the Town of Northfield, MA.*

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 only

(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



Public Health

Prevent. Promote. Protect.

Cooperative Public Health Service

Franklin Regional Council of Governments

Drop-In Nursing Hours March 1st, 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**.

If you need help finding a COVID Vaccine or for more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 774-3167 x 156. Come and say hello!



"Happy Feet" Walking group

*** New meet up times for the winter ***

In the event of inclement weather or poor road conditions or steady rain or sleet/ice, the walk will be canceled.

Monday March 13th starting at 10:30 a.m.

Meet at Barton's Cove campground, located at 82 French King Highway (off Route 2) in Gill, MA.

Dogs on leashes (wearing warm sweaters) are welcome.



We will resume our Happy "Little" Feet recess activities in the warmer springtime weather.

See you soon 😊



Foot & Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

2 Clinic this month: March 14th & 21st

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

(Slots fill up fast)

Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates are posted on the monthly calendar. Mask required.

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



Knitters and Crocheters!

2nd & 4th Thursday each month @ 1:00 – 2:00 p.m. and at coffees



THIS MONTH:

March 9th @ 1:00 p.m.

March 23rd @ 1:00 p.m.

Our current project is learning to knit **SWEATERS!** Bring your yarn, patterns and supplies. If interested in knitting sweaters from your home, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Please note that on the second Thursday of each month, the Senior Center airs TED talks starting at 12:30. Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00 when TED Talks ends.

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.



**COMMUNITY ACTION
VITA FREE TAX
ASSISTANCE PROGRAM**

We are scheduling in-person
appointments January 30 – April 11.
Income limits apply.

Tax clinics in Greenfield, Northampton, and Orange.

VITA helps taxpayers with lower income maximize their tax refund and reduce their taxes due. Taxes are prepared by IRS-certified volunteers, and then filed electronically.



Over 65 and paying too much for your rent or mortgage? You could be eligible for the MA Senior Circuit Breaker Credit!

You might not be required to file a federal return, but don't miss out on this state money! Get up to a \$1,200 refund when you file with our IRS-certified volunteers.

**Schedule an appointment by phone (413) 376-1136
or online www.communityaction.us/taxes**



SPECIAL – BRUNCH & MUSIC & TED TALKS

Thursday, March 9th

MUSIC with Ted & Joe!

Join us at 10:30 a.m., they'll be playing through Brunch

BRUNCH Lunch @ 11:00 a.m.



Come into the Senior Center, sit and enjoy
brunch with other Seniors!

*Vegetarian Egg Bake OR Corned Beef Hash Casserole
Muffins and other goodies, beverages*



Suggested Donation of **\$6** per meal is appreciated to help cover our costs.

Reserved Seating - limited to 20

MUST RSVP by calling the Senior Center at 413-498-2901 x 114 or emailing
seniorcenter@northfieldma.gov **By no later than 3:00 p.m. Monday, March 6th !**

& Then Stay for . . .



TED TALKS

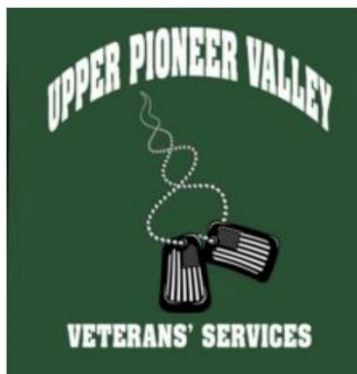
hosted by

American House Senior Living Communities Keene N.H.

Thursday, March 9th @ 12:30 p.m. - "MAPPING"



1. Happy Maps – Daniele Quercia
 2. Maps that show us who we are (not just where we are) – Danny Dorling
- 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
March 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.



Continuing ** INTERNET CAFÉ **Continuing
Thursday, March 30th
10:00 a.m. – Noon
Free Wi-Fi



DROP IN bringing your own tech devices (laptops, tablets, smartphones).

OR

RSVP (413-498-2901 X 114) for instructions on using our iPads. The four iPads that we have are also available for short-term loans, after completing an application. iPads were purchased through a grant from Life Path.

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.



Franklin Regional Transit Authority
FRTA
Senior Van support

Call the VAN SERVICE! (413)768-1824
48 Hours Notice

Leave a MESSAGE with a call back number.

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! MASKS REQUIRED

Medical Appointments
Hairdresser

Groceries
Bank

Pharmacy
Coffee



SAND/SALT BUCKETS STILL AVAILABLE

Contact the Senior Center 413-498-2901 X 114 to reserve your bucket for use during this winter season.



Robert Dixon Hall, Jr.

October 25, 1927 – January 20, 2023

Anna Cullen

November 22, 1946 – February 18, 2023