



Northfield Senior Center NEWSLETTER NOVEMBER 2023



The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

Meet Steve Roberto

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

I grew up in a small island northeast of Boston, Nahant. My love of the sea is deep and shaped my experiences in life.

I am an Air Force veteran of the Vietnam War era and proudly served 6 years as a Staff Sergeant, leaving to attend UMass, where I met and married my beautiful wife of 44 years, Deb. We worked hard in a computer company and then massive layoffs in tech lead me into construction, securing my Construction Supervisor license.

I formed my remodeling company and successfully ran this operation for over 25 years. Deb and I decided to relocate to Western Mass, where we fell in love with an Arts and Craftsman, shingle-style design, dubbed Maple Forest Cottage in Northfield. We found a seasonal rhythm of owning 50 acres with blueberries and then bees and gardening all-consuming.

To give back, I have focused on town boards and committess. I was co-executor for the Northfield Town Hall Master Plan committee. In this capacity, I designed, permitted & project managed the Stanley Wickey Senior Center Pavillion. I have served multiple years on both the Energy Committee and Northfield Kiwanis, serving as a board member.

I joined the Northfield Food Pantry as a restart founding board member and now serve as the chair. I am deeply proud of our board & pantry success serving Bernardston, Northfield, Leyden & Warwick.

I was approached to join the Northfield Neighbors at Home Board as an early founding member. We have built this group into an impressive organization. I serve as board member and Project Lead of our Lend a Hand project service offering. It is rewarding helping neighbors,

Northfield just had its 350th anniversary parade. I was involved with 7 organizations, helping design & build three parade floats, and we entered our 1929 Green Model A driven by Deb, with Bill Kkilpatrick and Julie Celenti riding.



Public Health

Prevent. Promote. Protect.

Cooperative Public Health Service

Franklin Regional Council of Governments

Drop-In Nursing Hours

Wednesday, November 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.



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.



Thursday, November 9th @ 12:30 p.m.

Theme: **The Magic of Music**

1. What if you could sing in your favorite musician's voice? - Holly Herndon
2. The hidden power of sad songs and rainy days - Susan Cain and Min Kym

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.



Bernardston/Northfield Senior Centers TRAVEL CLUB

FRIDAY, NOVEMBER 17th

9:30 a.m. Pick-Up

**YANKEE CANDLE and
PETE'S FISH MARKET**



MONDAY, NOVEMBER 20th

9:00 a.m. Pick-Up

**ATHOL WALMART and
LUNCH**

RSVP BY November 9th

Sign-ups 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.

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: 413-498-2901x114 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 at 11:30 a.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: 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.



SCAMS are UP-TICKING!!!!

***NEW SCAM** is advising residents that their bank accounts and information has been stolen, be on the alert, and if contacted, check with the Police Department *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. 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.

SCAM ALERT! Free COVID Test Kits



WHAT TO LOOK FOR

- You get a call, email, or text message from someone offering free COVID-19 test kits.
- They say they need your Medicare number to process the order.

WHAT TO DO

- **Do not respond!** It's a scam.
- Do not give out your Medicare number to anyone who calls, emails, or sends a text message.
- Call 800-232-0233 to order free COVID-19 test kits.

If you have a consumer problem or question, contact the

**Northwestern
District
Attorney's
Consumer
Protection Unit**

Greenfield
(413) 774-3186
Northampton
(413) 586-9225

*Working in cooperation
with the Office of the MA
Attorney General*





NOVEMBER



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Remember to make your SHINE appointment**</p>		<p>1. 9:00a.m. Bridge 10:30 a.m. Healthy Bones & Balance <i>in-person & Zoom</i> 12:30 – 2:30 p.m. Nursing Clinic</p>	<p>2. 9:30 AM 60 + Yoga (Libby) <i>In person & zoom</i> BROWN BAG pickup 12:00 p.m.</p>	<p>3. Senior Center & Town Hall CLOSED on Fridays</p>
<p>6. Coffee Social  10 a.m.- Noon Greenfield Savings Bank Speaker @ 11a.m. 1:00 p.m. Bridge</p>	<p>7. Foot and Blood Pressure Clinic – by reservation only 1:00 – 4:00 p.m. Samba Game</p>	<p>8. 9:00 a.m. Bridge 10:30 a.m. Healthy Bones & Balance <i>in-person & Zoom</i> RSVP for 11/14 Art Class</p>	<p>9. 9:30 AM 60 + Yoga (Libby) <i>In person & zoom</i> 12:30 p.m. – TED TALKS 1:00 p.m. Knitting RSVP TRAVEL CLUB TRIPS</p>	<p>10. Senior Center & Town Hall CLOSED on Fridays</p>
<p>13. Senior Center & Town Hall CLOSED VETERANS HOLIDAY OBSERVED</p>	<p>14. Art Class 10:00 a.m. – 12:00 p.m. 1:00 – 4:00 p.m. Samba Game</p>	<p>15. 9:00 a.m. Bridge 10:30 a.m. Healthy Bones & Balance <i>in-person & Zoom</i></p>	<p>16. 9:30 a.m. 60 + Yoga (Libby) <i>In person & zoom</i></p>	<p>17. Senior Center & Town Hall CLOSED on Fridays TRAVEL CLUB – YANKEE CANDLE & PETE'S FISH MARKET</p>
<p>20. Happy Feet  walk 10:00 a.m. TRAVEL CLUB – ATHOL WALMART & LUNCH 1:00 p.m. Bridge</p>	<p>21. Outreach clinic 9-11 a.m. SHINE BY APPOINTMENT 1:00 p.m. CoA Board Meeting 1:00 – 4:00 p.m. Samba Cards</p>	<p>22. 9:00 a.m. Bridge 10:30 a.m. Healthy Bones & Balance <i>in-person & Zoom</i></p>	<p>23. Senior Center & Town Hall CLOSED</p>  <p>THANKSGIVING</p>	<p>24. Senior Center & Town Hall CLOSED on Fridays</p>
<p>27. Happy "Little" Feet recess walk 10:00 a.m.  SHINE BY APPOINTMENT ONLY 1:00 p.m. Bridge</p>	<p>28. Foot and Blood Pressure Clinic – by reservation only 9:00-11:00 a.m. Veteran's Services 1:00 – 4:00 p.m. Samba Game</p>	<p>29. 9:00 a.m. Bridge 10:30 a.m. Healthy Bones & Balance <i>in-person & Zoom</i></p>	<p>30. 9:30 a.m. 60 + Yoga (Libby) <i>In person & zoom</i> 1:00 p.m. Knitting</p>	



"Happy Feet" Walking groups

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

Walk # 1: MONDAY, NOVEMBER 20th at 10:00 a.m. 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 CT. 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".

This is mostly a dirt road with some sections of pavement.



Dogs on leashes are welcome.

Walk #2: MONDAY, NOVEMBER 27th at 10 a.m. pick up the children for 10:15 a.m. Meet at the

Senior Center for our HAPPY "LITTLE" FEET recess time activity. This is a fun intergenerational program with our new kindergarten class.



**Seniors with a walker or wheelchair encouraged to attend*



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

Groceries

Pharmacy

Hairdresser

Bank

Activities at the Senior Center



Foot & Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

WE ARE ABLE TO HAVE CLINICS this month after all: November 7th & November 28th.

***Call to sign up 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. Masks encouraged.

***No clinics in December; call Bernardston Senior Center for one of their clinics.**

Service is free, donations greatly appreciated for foot clinic supplies and for Council on Aging programs.



ON GOING WEEKLY PROGRAMS

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



WEDNESDAY MORNINGS 9:00 a.m. – 12:00 p.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 10:30 a.m. – 11:30 a.m. All are welcome In-person (Northfield Town Hall) and Zoom (link sent to registered participants).

➔ *New students must register in advance and complete a Waiver prior to attending first class.

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 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:



balance with greater confidence.



move with more ease.



breathe more deeply.



Sleep more soundly.



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.*

MONTHLY PROGRAMS

DROP-IN NURSING HOURS--- FIRST WEDNESDAY OF EACH MONTH 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---SECOND THURSDAY OF EACH MONTH 12:30 p.m.

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

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



OR

If interested in receiving the zoom link, email: keeneassistant@americanhouse.com

OUTREACH CLINIC---THIRD TUESDAY OF EACH MONTH 9:00-11:00 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. This Outreach position has been provided by a grant awarded to the Bernardston Senior Center from the Massachusetts Councils on Aging and from the Massachusetts Executive Office of Elder Affairs.

VETERAN'S AGENT HOURS---FOURTH TUESDAY OF EACH MONTH 9:00- 11:00 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---FIRST MONDAY OF EACH MONTH 10:00 a.m.-12:00 p.m.

Various Topics, Coffee and Goodies, Speaker @ 11:00a.m.



KNITTING GROUP---SECOND AND FOURTH THURSDAYS OF EACH MONTH @ 1:00 – 2:00 PM

* For November, knitting is 11/9/23 and 11/30/23 (due to the holiday).

ART CLASSES---ONCE A MONTH. Taught by retired Art teacher, Ginny Rockwood.

FOOT CLINICS---TWO CLINICS EACH MONTH, CHECK THE CALENDAR FOR DATES. **CALL** THE SENIOR CENTER TO RESERVE YOUR SPOT. **There are no clinics in December.**

HAPPY FEET WALKING GROUP--- TWO WALKS A MONTH, AND OCCASIONALLY "HAPPY LITTLE FEET" WALKS. CHECK OUT THE CALENDAR FOR DETAILS ON EACH WALK.

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



HIGHLIGHTING OUR KNITTERS

Whether you are an experienced knitter/crocheter, a complete novice, or somewhere in between, please consider joining our knitting group. We meet on the second and fourth Thursday of each month, from 1:00 to 2:00. Come enjoy the camaraderie of fellow needle workers as we share ideas, give, or receive advice, and encourage one another with our projects. And, while doing all this, you may wish to help us as we knit mittens and hats for Warm the Children. Last year we donated over 50 handmade hats to this worthy cause serving Franklin County families.



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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.) Membership is required.

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, R.S.V.P. of Pioneer Valley & more).

NORTHWESTERN DISTRICT ATTORNEY'S CONSUMER PROTECTION UNIT (SCAM ALERT) GREENFIELD OFFICE (413) 774-3181



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

**Please call Colleen @ the Northfield Senior Center to get additional information. 413-498-2901 x 114*



Edwin Willis Finch

April 20, 1928 – September 19, 2023

Sophie H. Fritz

April 21, 1926 – October 7, 2023

Patrick J Cusack

December 6, 1959 – October 17, 2023



COFFEE SOCIAL



MONDAY – NOVEMBER 6th

10:00 a.m. – 12:00 p.m.

Speaker 11-noon

FRAUD TRENDS AND HOW TO PROTECT YOURSELF

Come join our discussion on fraud, as new frauds are **ALWAYS** evolving. We will highlight how Greenfield Savings Bank's Compliance Department serves to protect.

ART CLASS



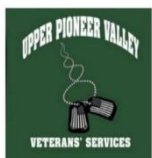
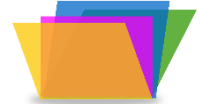
TUESDAY, NOVEMBER 14TH 10:00a.m. – 12:00p.m. Come join us on Tuesday, November 14th, from 10:00 a.m. – 12:00 p.m. to create Japanese Kusudama with origami. Kusudama means medicine ball and they were originally made from flowers and served as holders for incense or potpourri. They were also hung in the home to protect the inhabitants from illness or misfortune. Today, they are used primarily as decorations or gifts. We'll be using decorative Japanese papers to create our Kusudama. If time allows, we can make origami boxes too, (bring any leftover marbled paper!) **FREE!**

"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."

Taught by retired art teacher Ginny Rockwood. PRE-REGISTRATION/ RSVP DUE BY 9/5/23 Call 413-498-2901 x 114 Class is limited to 10 participants; spaces fill up quickly!

OUTREACH CLINIC

TUESDAY, NOVEMBER 21st 9:00- 11:00 a.m. **CALL** to make an appointment. Our Outreach Coordinator Matt Aversa will be available on the third Tuesday, 9:00a.m. – 11:00a.m. to help with fuel assistance, SNAP, electric bills, outreach, veterans' questions, home visits, SHINE and other information and referrals. This Outreach position has been provided by a grant awarded to the Bernardston Senior Center from the Massachusetts Councils on Aging and from the Massachusetts Executive Office of Elder Affairs. Call Colleen to make your appointment, 413-498-2901 x114.



Veterans' Agent Hours

TUESDAY, NOVEMBER 28th 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.

