



Northfield Senior Center Newsletter October 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

Food Pantry and Neighbors at Home Volunteer

Hi, my name is Ashleigh Lovett!

I worked at the Greenfield Cooperative Bank in Northfield, for roughly 5 years. Getting to know folks from all over town with their wonderful smiles, stories, and jokes, I instantly wanted to get immersed in the community. Having been raised in Franklin County, I would come to Northfield often growing up. I loved the area and admired the small-town feel. It is such a beautiful community; I am fortunate to have settled here!

Three years ago, my better half Jake and I purchased his childhood home, on Warwick Road. I am thankful for his patience and guidance throughout learning American Sign Language. Having grown up with severe hearing loss, I had always depended on my hearing aids, and lip reading, until having met Jake to help me open new doors and show me an alternative way to communicate without depending on my depleting hearing. Life felt like it did a full circle!

I now sit on both the Food Pantry, and Neighbors at Home board. What great organizations we are fortunate to have. I truly enjoy and admire those I work with. They have and continue to teach me a lot about the value of community and history within Northfield. My wish is that I will be able carry on with such important work for many years to come.



Public Health

Prevent. Promote. Protect.

Cooperative Public Health Service

Franklin Regional Council of Governments

Drop-In Nursing Hours

Wednesday, October 4th, 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, October 12th @ 12:30 p.m.

1. Intelligent Floating Machines Inspired by Nature. – Anicka Yi

2. What Will the Dream Car of the Future Be Like? - Alex Koster

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 Center's TRAVEL CLUB

Friday, October 20th 9:00 a.m.

Leaf Peeping and lunch at Hager's Farm Market



RSVP BY THURSDAY, October 12th 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 413-768-1824 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 12:00 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: 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

*There is a **DRIVEWAY PAVING SCAM** and **MEDICARE/SOCIAL SECURITY SCAM** going around, be on the alert, and if approached, 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.



OCTOBER



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

Monday	Tuesday	Wednesday	Thursday	Friday
2  1:00 p.m. BRIDGE	3 1:00 – 4:00 p.m. Samba Game	4 9:00 a.m. BRIDGE 10:30 a.m. Healthy Bones and <i>in-person & Zoom</i> 12:30 – 2:30 p.m. Nursing Clinic	5 9:30 AM 60 + Yoga (Libby) In person & zoom BROWN BAG pickup 12:00 p.m.	6 Senior Center & Town Hall CLOSED on Fridays
9 COLUMBUS DAY Senior Center & Town Hall CLOSED	10 1:00 – 4:00 p.m. Samba Game	11 9:00 a.m. BRIDGE 10:30 a.m. Healthy Bones and <i>in-person & Zoom</i>	12 9:30 AM 60 + Yoga (Libby) In person & zoom 12:30 p.m. – TED TALKS 1:00 p.m. Knitting RSVP Travel Club	13 Senior Center & Town Hall CLOSED on Fridays
16 <u>SHINE BY APPOINTMENT ONLY</u> “Happy Feet”  10:00 a.m. 1:00 p.m. BRIDGE	17 Outreach worker’s clinic 9-11 a.m. Call to schedule 1:00 – 4:00 p.m. Samba Game	18 9:00 a.m. BRIDGE 10:30 a.m. Healthy Bones and Balance Class <i>in-person & Zoom</i>	19 9:30 a.m. 60 + Yoga (Libby) In person & zoom FLU/COVID CLINIC 11AM – 2PM Must Pre-register	20 Senior Center & Town Hall CLOSED on Fridays Travel Club  Leaf peeper trip to Hager’s Market
23 Coffee Social 10 a.m.-noon Speaker @11:00 a.m. 1:00 p.m. BRIDGE	24 9:00-11:00 a.m. Veterans Services 1:00 p.m. COA meeting 1:00 – 4:00 p.m. Samba Game	25 9:00 a.m. BRIDGE 10:30 a.m. Healthy Bones and Balance Class <i>in-person & Zoom</i>	26 9:30 a.m. 60 + Yoga (Libby) In person & zoom 1:00 p.m. Knitting	27 Senior Center & Town Hall CLOSED on Fridays
30 <u>SHINE BY APPOINTMENT ONLY</u> 1:00 p.m. BRIDGE	31 “Happy  Little Feet” walk 9:45 a.m. 1:00 – 4:00 p.m. Samba Game Last day to enter miles/steps in the MCOA Walk Challenge			



"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, October 16th 10:00 a.m. Meet at the Marina Restaurant's (Trailhead) Brattleboro VT. Park at the lower parking lot to walk along the West River Trail Lower Section in Brattleboro VT. **The foliage should be beautiful against the river (7 miles round trip).**

BYOB Picnic Lunch or snacks and we'll stop at one of the scenic picnic areas to munch. WestRiverTrail.org www.Facebook.com/WestRiverTrail .

Dogs on leashes are welcome.



Walk #2: Tuesday, October 31st (new time) 9:45 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 are 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**



There will be NO Foot Clinics here in Northfield during October and November.

****Please call the Bernardston Senior Center to reserve a spot in one of their clinics. 413 648-5413****



FREE CLOTHING STORE - - TUESDAY, OCTOBER 3RD 10 a.m. – 6:00 p.m.
Franklin County's YMCA is holding its annual Free Clothing Store to help area children & adults in need.

**451 Main St. Greenfield
Use the Main Street entrance.**

60+ YOGA

Zoom and in-person at the Northfield Town Hall

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



**Your miles are due by
October 31st ! Thank you!**

Weekly --- SAMBA

Tuesdays 1 p.m. – 4 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.



Weekly---BRIDGE **Monday afternoon 1p.m. - 4p.m./ Wednesday morning 9a.m. – 12p.m**



Franklin County Solid Waste Management District

117 Main Street., 2nd Floor, Greenfield, MA 01301 • (413) 772-2438 • Fax: (413) 772-3786
www.franklincountywastedistrict.org • info@franklincountywastedistrict.org

FALL 2023 “CLEAN SWEEP” BULKY WASTE RECYCLING DAY

Franklin County Solid Waste Management District is holding the Fall 2023 “Clean Sweep” Bulky Waste Recycling Day on Saturday, October 21 from 9 a.m. to noon. The three drop-off sites are: Mohawk Trail Regional School at 26 Ashfield Rd. (Route 112 South); Northfield Highway Garage at 49 Caldwell Rd; and Whately Transfer Station at 73 Christian Lane.

Residents from any of the district's 21 member towns may bring bulky items such as tires, appliances, scrap metal, furniture, carpeting, construction debris, computers, televisions, propane gas tanks, and other large items. Materials will be recycled whenever possible.

There are charges for most items. Disposal fees, cash only, will be collected during check-in at each site. A complete list of prices for the most common items is at: franklincountywastedistrict.org. The price list will also be provided to participating town halls and transfer stations. Residents and businesses do not need to pre-register for the collection.

Mattresses and box springs will not be accepted at this event. There are 6 regional mattress recycling locations across Franklin County. These sites are open various hours year-round. See this webpage for locations, pricing, and hours: franklincountywastedistrict.org/mattress-recycling. If you are unsure if your mattress and box spring can be recycled, call the district office at 413-772-2438.

Electronics are accepted at the event, but residents are also encouraged to recycle computer equipment and televisions at their town's transfer station, or at Greenfield Transfer Station. Staples stores accept computer equipment (no TVs) free of charge: call store for details.

Clean, dry textiles and books will be accepted for free reuse or recycling. Textiles must be contained inside a sturdy plastic bag. Textiles are now banned from the trash in Massachusetts. Textile recycling accepts 95% of all textiles and shoes, including clothing or linens that are torn, stained, with missing buttons or broken zippers. Damaged textiles can be sold to manufacturers that make insulation or shop rags. Acceptable items include CLEAN & DRY clothing, shoes, and accessories; plus, curtains, sheets, towels and stuffed animals in any condition (except moldy or wet). Books can be in any condition (except moldy or wet) and can be hardcover or paperback. No encyclopedias.

Bulky Rigid Plastics will be collected separately for a special recycling program; \$5 per load of acceptable items. This special recycling program only accepts these items: 5-gallon pails, plastic lawn furniture, plastic trash barrels, recycling bins, laundry baskets, storage totes, and milk crates. Bulky rigid plastic items must be empty.

Consider reuse: before sending items for disposal or recycling, see if someone else can use them. Various charities and non-profits accept donations of working electronics, including local Salvation Army and Goodwill stores. Always call ahead to ask if they can accept your item. Or, offer items for reuse on a local “Buy Nothing” Facebook group, Freecycle group, or local town groups such as NextDoor.

For more information, see franklincountywastedistrict.org, or contact the District office at info@franklincountywastedistrict.org or 413-772-2438. MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD). The District is an equal opportunity provider.

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 or contact Clarissa at 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

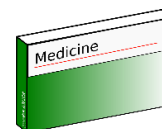


Donna Bassett

August 23, 1938 – August 22, 2023

MEDICARE PRESCRIPTION DRUG ANNUAL OPEN ENROLLMENT APPOINTMENTS ARE AVAILABLE FOR MEDICARE BENEFICIARIES

Medicare's Annual Open Enrollment runs from Oct. 15 – Dec. 7, 2023 and it is more important than ever during these tight economic times for people with Medicare to review their Drug coverage and make sure they have the right coverage for 2024.



Make your appointment with Chris Maguire, our trained **SHINE** counselor, to review your plans and make sure you are getting the most value and right coverage for your medical needs.

Appointment dates and times:

Monday, October 16th

Monday, October 30th

Monday, November 13th

Monday, November 27th

Appointment time slots:

9:00 a.m., 10:15 a.m. & 11:30 a.m.

Chris Maguire, **SHINE** (**S**erving **H**ealth **I**nformational **N**eeds of **E**veryone) counselor will be available to provide one on one SHINE counseling to review your Medicare Prescription Drug Coverage. **To schedule your appointment, please call the Senior Center, 413 498-2901 x 123.** When you come for your appointment - Please bring your Medicare card, list of medications and any recent communication from your current plan. If you have a Medicare account – please bring your username and password.

OUTREACH CLINIC



Tuesday, October 17th 9:00- 11:00 a.m. CALL to make an appointment.

Our Outreach Coordinator 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 x 114.



FLU AND COVID CLINIC SAVE THE DATE!!

THURSDAY, OCTOBER 19th 11:00a.m. – 2:00p.m.

We need to have as many people as possible to register ahead of time. This helps set up appointment times, reduce clinic lines, and necessary for the correct amount of vaccine brought out to the clinic. **As soon as the registration link is available, it will be posted on the [frcog.org/covid](https://www.frcog.org/covid) website. You must register online.** If you have trouble registering online, call the senior center and Colleen and Robin will assist.



COFFEE SOCIAL

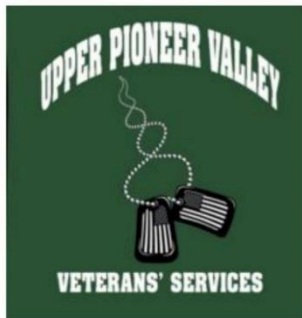
MONDAY –October 23rd

10:00a.m. – 12:00p.m.



SPEAKER 11:00a.m.

Scott Simundza, from Massachusetts Senior Medicare Patrol Program (SMP) will join us to discuss Healthcare Fraud and Healthcare Errors and Abuses. The SMP program works in partnership with government, non-governmental and “grassroots” community-based organizations across the state to raise awareness about protecting, detecting, and reporting healthcare errors, fraud, and abuse. *According to the Centers for Medicare and Medicaid Services, healthcare errors, fraud, and abuse cost American taxpayers billions of dollars annually.



Veterans' Agent Hours

Tuesday, October 24th 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.

NORTHERN FRANKLIN COUNTY DIGITAL DISCOVERY

A great BIG SHOUT OUT to Bernardston Senior Center Director, Jennifer Renyolds for securing this wonderful grant to bring technology to our seniors!



TECH TRAINING

Do you want to: **Learn how to use technology?**
Learn how to check email?
Learn how to use a smart phone?

CONTACT COLLEEN @ 413-498-2901x114 FOR MORE INFORMATION

Neighbors at Home

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

Contact: new web site coming soon, so call the above number to reach us during this time.

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



