

SOUTH COUNTY SENIOR CENTER NEWSLETTER MARCH/APRIL 2023

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Our monthly Newsletter is made possible in part by our Formula Grant through MCOA.



Monthly Musings from the Director



Hello! As I sit and write our first bi-monthly edition of the newsletter I realize we're less than a month away from the beginning of Spring. The little kid in me would like to ask Winter where it's been. She misses the chance to build forts and snowmen. It feels like Winter took a vacation and left us behind. We haven't seen much snow this season compared to years past. I love the peace and quiet snow brings as it falls. The soft crunch it makes underfoot. It makes it easier to spot the colorful birds in the bushes and trees. It showcases all the magical things our planet has to offer. I'd like just a little bit more of the magic in my life; wouldn't you? I do know for some of you, you prefer the warmer weather - less aches and pains. Your weather will be here soon! And hopefully with it a group trip to the shore.

On **Wednesday, March 1st, 11 am**, 29 Sugarloaf St., S Deerfield, we are hosting a "Conversation with the Director." It's an opportunity for you to hear about what we're working on behind the scenes. There are many steps to make our Center a success and not all of them are seen. We hope you'll join us to learn about them. Be sure to bring any suggestions on where you'd like to see the Center head. We will have light refreshments available.

There are several positives to offering a double edition of our newsletter, but there are some gaps for certain information.

- April's Tuesday at the Movies information will be available 3/28 due to the Cinemark's schedule. We will have flyers at the Center, online, and via email when details are known.
- LifePath's April Lunch Menu will be available mid-March. We will have copies available at the Center, our website, and via email.

In staff news, I am happy to share our Outreach Coordinator, Chris Goudreau, will now be full time. He will be working 35 hours each week; Monday-Friday, 9am - 4pm. We are grateful to have the additional support.

Jennifer

Senior Center Programming: Monday, Wednesday, Friday 9am-12:30pm, 29 Sugarloaf St., S Deerfield
Administrative Offices Drop-in Hours: Monday & Wednesday 2-4pm, 22 Amherst Rd., Sunderland
Mailing Address: 22 Amherst Rd., P.O. Box 225, Sunderland, MA 01375

OUTREACH CORNER

With this outreach corner for our new bi-monthly newsletter, there's a lot to talk about. Firstly, I want to share with you all that the South County Senior Center continues to update information on all our members. If you have a new mailing or home address, decided to get an email account or have a new one as well as a new phone number, look at our member update form. You can fill it out and return it to either myself, Sue Corey or Jennifer Remillard at Center.

Next, to save funds on mailing, we're asking members if they'd like to save the stamp and switch to a digital newsletter through email. Want to go all digital? Talk to me at Center and I'll make sure you're taken off the mailing list and on our email list instead.

Also, another reminder about a program that could help you save money monthly on your internet bill. The Affordable Connectivity Program (ACP) provides a \$30 monthly credit once enrolled based on income eligibility.

Here's how the program works – if you have an existing internet provider plan, you can use your monthly credit without having to switch providers. If you don't have internet access, you can sign up for a plan that fits your needs. Depending on the option, your internet bill could be fully covered or partially funded through the program.

Additionally, I've also been helping several of our members with applications for part-time jobs. Unsure of how to apply for a job online? I can help with that as well as to give you some editing advice to improve your resume or cover letter.

Food Access and Local Food Pantries

One topic that's always an area of focus with our community partners is food access and making sure our members here at the South County Senior Center don't have to choose between paying bills or the rising cost of groceries. Besides our monthly Food Truck Day during the second Wednesday of the month at parish hall starting at 11 a.m., there's a variety of local food banks and food pantries to support you and your family.

- **Franklin County Community Meals Program & Montague Senior Center**, 62 5th St., Turners Falls, MA. 3rd Wednesday from 1:30 to 2:30 p.m.
(Continued on Page 6)

OUTREACH CORNER (Continued from Page 2)

- **Veterans' Food Bank**, Edward P. Boland Department of Veterans Affairs Medical Center, Building 22 (The Cottage), Leeds, MA. 3rd Wednesday from 9 a.m. to 3 p.m.
- **Center for Self-Reliance Food Pantry**, 156 Main St., Greenfield, MA. Monday, Thursday, and Friday from 11 a.m. to 4 p.m. Tuesday from 11 a.m. to 6 p.m.
- **Stone Soup Café**, pay-what-you-can hot luncheon, 399 Main St., Greenfield, MA. Every Saturday from 12 to 1:30 p.m.

To reiterate a point I made in last month's outreach column, the extra funds for SNAP, in response to the COVID-19 pandemic, are ending in March. For those with EBT cards, it's more important now than ever to utilize Healthy Incentive Program (HIP) credit on your EBT card monthly to purchase fruits and vegetables.

SNAP clients receive \$1 back on their EBT card for each dollar spent on HIP eligible food items for a monthly limit of about \$40. HIP retailers include farmers markets, farm stands, mobile markets, and community supported agriculture (CSA) farm share programs. Local SNAP & HIP authorized retailers include:

- Red Fire Farm, 485 Federal St., Montague, MA. **HIP CSA Program**
- Mycoterra Farm, 75 Stillwater Rd., Deerfield, MA. **HIP Farm Stand**
- Atlas Farm Store, 218 Greenfield Rd., Deerfield, MA. **HIP Farm Stand**
- Clarkdale Fruit Farms, 303 Upper Rd., Deerfield, MA. **HIP Farm Stand**
- Simple Gifts Farm, 1089 N. Pleasant St., Amherst, MA. **HIP Farm Stand/ CSA**
- Natural Roots, 888 Shelburne Falls Rd., Conway, MA. **HIP Farm Stand**
- Hart Farm, 585 S. Shirkshire Rd., Conway, MA. **HIP Farm Stand**
- Crimson & Clover Farm, 215 Spring St., Northampton, MA. **HIP Farm Stand**
- Just Roots, 34 Glenbrook Drive, Greenfield, MA. **HIP Farm Stand**
- Upinngil, 411 Main Rd., Gill, MA. **HIP Farm Stand**

For more information, you can speak with me, Outreach Coordinator Chris Goudreau – at the center. You can also reach me via phone at (413) 768-1066 or email at scoc@town.deerfield.ma.us to schedule an appointment for applying to ACP, to sign-up for SNAP, or if you have any other questions.

Celebrating Black History Month

Since some folks missed the first episode of this informative docu-series, we've continued the showing to March & April. Each episode is about an hour long. We will be showcasing *The 1619 Project* at our 22 Amherst Road, Sunderland location on the following days:

- **Thursday, March 2nd at 2 pm for Episodes 1**
- **Thursday, March 16th at 2 pm for Episode 2**
- **Thursday, March 23rd at 2 pm for Episode 3**
- **Thursday, March 30th at 2 pm for Episode 4**
- **Thursday, April 6th at 2 pm for Episode 5**
- **Thursday, April 20th at 2 pm for Episode 6**



We will have the opportunity for discussion after each episode. Viewing is free. We will offer light refreshments. Please RSVP by calling 413.665.2141. Need a ride? Call 413.768.1066 to schedule transportation to any of these events.

We look to continue to foster the discussion and education of African American culture, and other cultures, throughout the year. In addition to watching the docu-series, we will be reading *The 1619 Project* book over the summer.

If you're unable to join us during the above dates/times, we are happy to share the information on where to watch this series and find more information.



Cribbage Tourney

Our Cribbage winner for February is Matt Jakutowicz! Congrats, Matt.

Be sure to join us on **3/24 and 4/21 at 10 AM** sharp for our monthly cribbage tourneys.

Beginners welcome!

Will you be our next winner?



Are you a basketball fan? This year we will be celebrating Basketball during March Madness! We'll even join in on the bracket fun. There will be a prize for the bracket winner - a \$25 gift card to Holiday Pizza.

Join us on **Friday, 3/10 at 10:30 am, 29 Sugarloaf St., S Deerfield**, to play games, enjoy food, complete your provided brackets, watch highlights from college games, and of course trivia! Did we mention there will be prizes?!

RSVP by 3/6 with SCSC Staff at Center, by calling Jen at 413.665.2141 or Sue at 413.665.9508.

March Arts & Crafts

Please join us **Wednesday, 3/15, 11 am**, 29 Sugarloaf St., S Deerfield, for crafting fun. We will be creating Terrariums. We will use glass containers to grow & display plants. Enjoy nature indoors! Space is limited to 15 participants.

Please **RSVP by 3/10** at Center or call Sue at 413.665.9508.

Suggested Donation is \$1.00.



St. Patrick's Day is on a Friday this year. Join us for a traditional Irish meal of Corned Beef & Cabbage with Irish Soda Bread, and delicious desserts as we celebrate St. Patrick's Day. Our Director will be making the soda bread from scratch according to her Nana's recipe. Wear your green!

This shindig will take place on **Friday, 3/17 at 11 am**, 29 Sugarloaf St., S Deerfield.

Tickets are \$5.

To ensure we have enough food, please **RSVP by 3/13** with Staff at Center or by calling Jen at 413.665.2141 or Sue at 413.665.9508.

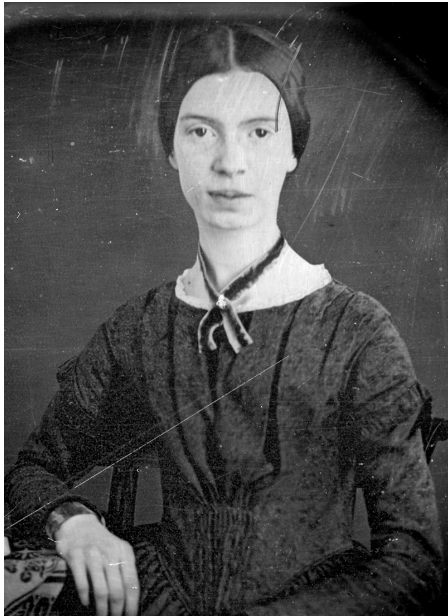
Pet Day Pictures

Celebrate Your Pet with Pet Pictures on **Monday, 4/10, 10 am - 1pm**. Submit your furry friend's picture by **4/5** at Center. Be sure to include a brief paragraph sharing all their quirks which make you love them. We'll try & guess which pet belongs to you!

Everyone will be able to vote for their favorite pet pic!



What is Women's HERstory month? It is a celebration of women's contributions to history, culture, activism, science and to global communities. While we refer to it as Women's HERstory month, it is traditionally known as Women's History Month and has been observed annually in the month of March in the United States since 1987. If you'd like to learn more about this month long celebration, visit the US website at <https://womenshistorymonth.gov>. There you can find audio and video presentations as well as other information relating to important women in our history.



Celebrate Women's HERstory month with the South County Senior Center. We will be hosting our Second Annual Women's HERstory Tea on **Wednesday, 3/22, 11am-1pm**. Join us to listen to Melissa, a guide from the Emily Dickinson Museum, with a presentation on the life and works of Emily Dickinson. Enjoy assorted hot teas and hors d'oeuvres. Tea and hors d'oeuvres will be served at 11am. The presentation begins at 11:30 am, with time for questions.

Please **RVSP by 3/17** by signing up at Center with Staff, or by calling Jen at 413.665.2141 or Sue at 413.665.9508 to ensure we have plenty of refreshments.

This event is free. Donations welcome.

"Dogs are better than human beings because they know but do not tell."

Emily Dickinson

Winter Birding

Join us for the continuation of our birding lecture series with Lesley Farlow, Co-Chair of the Education Committee for the Hampshire Bird Club, on **Wednesday, 4/19, 11 am**, 29 Sugarloaf St., S Deerfield.

We'll continue to learn about local birds and, weather depending, adventure outside to see how many we can find. Ask Lesley if you'd like to learn more about specific birds!

April Arts & Crafts

Please join us **Wednesday, 4/5, 11 am**, 29 Sugarloaf St., S Deerfield, to create bunny planters just in time for Spring. **RSVP by 4/3.**

Join us on **Wednesday, 4/26, 11 am**, 29 Sugarloaf St., S Deerfield to create wild flower terra cotta planters to celebrate Earth Day. **RSVP by 4/24.**

RSVP with Staff at Center or by calling Sue at 413.665.9508

Suggested Donation for each event is \$1.00.



Join us for our **Second Annual Volunteer Appreciation Luncheon** at The Whately Inn on **Thursday, 4/27**. Doors open at 11:30 am. Lunch will be served at 12pm. We invite you to attend to help us honor our volunteers who are actively engaged at the

South County Senior Center. It is our way of saying thank you for all they do. *Tickets are \$15 and includes your entire meal, a soda, and more!*

Our buffet style menu includes the following items:

- Fresh Garden Salad, Rolls & Butter, Hot Coffee & Tea
- Chicken Française
- Tortellini Rosa
- Baked Stuffed Boston Scrod w/Herb Crumb Topping
- Au Gratin Potatoes & Vegetable du Jour
- Chef's Dessert



Tickets will be on sale at both the South County Senior Center locations (during Program and Drop-In hours) until 4/17. If you have any questions, please contact Jennifer at 413.665.2141. We look forward to seeing you!

I recently read an article about antibiotic resistant cases of gonorrhea being documented in Massachusetts. Over the last few years studies have shown an increase in STIs and STDs amongst older adults, including those in nursing homes. I thought this was an important topic to be addressed. To help us talk about this taboo topic, Tapestry Health will be here on **Friday, 4/7, 11 am**, 29 Sugarloaf St., S Deerfield, for a discussion and to provide free condoms.

As we get older, many people still have an interest in sex. It's part of being human. So why is talking about sex still taboo? An NCOA article shares "A big reason is that sexual health tends to be a taboo topic. Not only that, it's often surrounded by feelings of fear and anxiety. The problem is that when we avoid discussing a topic, it can become plagued with misconceptions and stereotypes. It can also be harmful to our health. For example, not sharing your sexual struggles with your doctor could cause a serious underlying medical condition to be overlooked. And not communicating openly with your partner can put you both at risk for sexually transmitted diseases (STDs) like genital herpes, hepatitis B, syphilis, and gonorrhea. (Read more <https://www.ncoa.org/article/how-do-you-maintain-sexual-health-after-50>).

SHINE Presentation

Please join us on **Friday, 4/14, 10 am**, 29 Sugarloaf St., S Deerfield to learn about SHINE (Serving Health Insurance Needs of Everyone) through our ASAP (Aging Services Access Point) LifePath representative, Lorraine York-Edberg. We hope you'll join us. There will be time for questions!

What is the SHINE Program?

The SHINE Program is a state health insurance program that provides free, one-on-one health insurance information, counseling, and assistance to Medicare beneficiaries of all ages. The SHINE Program can help with questions on:

- Medicare Advantage plans (Medicare HMOs, PPOs)
- Insurance claim forms
- Medicare supplements ("Medigap")
- Medicaid/MassHealth
- Senior Care Options
- Prescription Advantage
- Medicare prescription drug plans
- One Care plans
- Health insurance options
- Prescription drug options
- Long-term-care insurance



Donations come in many forms. Whether your donation is monetary, time, supplies, or another type of contribution, we are very grateful to you! A successful Senior Center is based upon community participation in addition to participation in our programming. A heartfelt thank you goes out to: Atlas Farm Store, Leo's Table, Betty & Tom Niedzwiecki, Irene Jordan, Erica Franks, Nancy Winter, Nancy & Gerry Paciorek, Carol Ryan, Kay Demers, Stan Adams, Louis Misiun, Terry Misiun, David Rohrs, Deacon Rodney Patten, Hank Pydych, Marcia Gobiell, Sharyn Paciorek, Peg Warner, Ruth & Wally Sadowsky, Tom Stone and to everyone who has been generous with their time.

Tuesday at the Movies

Join us on **Tuesday, 3/14** for a 1:25 pm showing of *Champions* at Cinemark in Hadley. We'll leave with the SCSC van from 22 Amherst Rd., Sunderland at **11:30 am**. We'll have lunch at Arizona Pizza. Space is limited to 7 passengers - first come, first serve. You can meet us there if you drive. **RSVP to 413.665.2141 by 3/10** to register.

Movie Tickets are \$6.25. Suggested donation for van ride \$1.00.

Exercise Classes

In collaboration with Cadence Yoga Center and grants from the Wells Trust & LifePath we continue to offer **Chair Yoga on Mondays at 1pm** and **Healthy Bones and Balance on Wednesdays at 11 am** at 289 Amherst Road (RTE 116) Sunderland. For more information please contact Alison at 413.265.5395.

Tai Chi classes are ongoing through our instructor, Mari Rovang. Join us every **Thursday at 1pm**, at the Whately Town Hall (**194 Chestnut Plain St., Whately**). All are welcome! Contact Mari at 978.544.7693 or 413.522.7792 for details.

Suggested Donation for Tai Chi is \$1/per class.

By the Seat of Your Dance

Seated Dance is a form of dance where participants warm-up their bodies, Dance and stretch all in the security of their chair. We start each class with a pun, joke or riddle. *Laughter is essential.*

This approach to dance was originally designed for people with mobility issues. Although, anyone can enjoy this type of Dance form for their own enjoyment.

It is a wonderful, fun way to exercise! Join Kathy Steinem on **Mondays at noon & Wednesdays 10 am (No Class 2nd Wednesdays)** at 29 Sugarloaf St., S Deerfield.

Suggested Donation: \$1/per class.

Informational Highlights

Standing Weekly Programs

• **Mondays**

- 9 am - **Enhanced Fitness**, 29 Sugarloaf St., S Deerfield
- 10 am - **Bingo**, 29 Sugarloaf St., S Deerfield
- *** **NEW CLASS***** 12 pm - **By the Seat of Your Dance**, 29 Sugarloaf St., S Deerfield
- 1 pm - **Chair Yoga**, 289 Amherst Rd., Sunderland, Cadence Yoga
- 2-4 pm - **Drop In**, SCSC, 22 Amherst Rd., Sunderland

• **Wednesdays**

- 9 am - **Enhanced Fitness**, 29 Sugarloaf St., S Deerfield
- 10 am - **Farm Stand**, 29 Sugarloaf St., S Deerfield
- 10 am - **By the Seat of Your Dance**, 29 Sugarloaf St., S Deerfield (**NO CLASS 2nd Wednesdays**)
- 11 am - **Healthy Bones & Balance in Motion**, 289 Amherst Rd., Sunderland, Cadence Yoga
- 2-4 pm - **Drop In**, SCSC, 22 Amherst Rd., Sunderland

• **Thursdays**

- 1 pm - **Tai Chi**, 194 Chestnut Plain Road, Whately. For more info call Mari at 978.544.7693.

• **Fridays**

- 9 am - **Enhanced Fitness**, 29 Sugarloaf St., S Deerfield

Standing Monthly Programs

First Thursdays

- **Brown Bag**, Deerfield Town Hall, 8 Conway St., S Deerfield. Are you interested in becoming a new recipient or learning more about the program? Call 413.665.2141.
- **Foot Clinic**, Deerfield Town Hall, 8 Conway St., S Deerfield, by appointment only. To make an appointment please call 413.665.9508.

First and Third Fridays

- **YMCA Blood Pressure Self-Monitoring Program**, 29 Sugarloaf St., S Deerfield. No appointment necessary.

Second Wednesdays

- **Franklin Area Survival Center Food Pop Up Pantry, March 8th & April 12th, 11 am**, 29 Sugarloaf St., S Deerfield

March/April Programs

- **Grab and Go meals** continue daily from **11-11:45 am**, 29 Sugarloaf St., S Deerfield. Place your order 2 days in advance by calling Cathy at 413.665.5063. Unable to pick up your order? Please call 413.665.5063.
- **Conversation with the Director, March 1st, 11 am**, 29 Sugarloaf St., S Deerfield
- **YMCA Nutrition Talk, March 3rd, 10 am**, 29 Sugarloaf St., S Deerfield
- **Tuesdays at the Movies, March 14th, 1:25 pm Movie**, Cinemark, Hampshire Mall, Hadley
- **Create a Terrarium, March 15th, 11:15 am**, 29 Sugarloaf St., S Deerfield
- **St. Patrick's Day Celebration, March 17th, 10:30 am**, see Page ____ for more Info.
- **Birds of Prey with Tom Richard, March 31st, 10:30 am**, 29 Sugarloaf St., S Deerfield (rescheduled from January).

Informational Highlights

March/April Programs (continued)

- **Tuesdays at the Movies, April 4th, Movie & Showtime will be issued March 28th** (*Info not available as of the printing of this newsletter*), Cinemark, Hampshire Mall, Hadley
- **Celebrate Your Pet with Pet Pictures, April 10th, 10 am - 1pm**, *Deadline for Submitting Your Furry Friend's Picture for Pet Day is April 5th at Center. Be sure to include a brief paragraph sharing all their quirks which make you love them. We'll guess which pet belongs to you!*
- **Arts & Crafts, April 5th, 11 am**, 29 Sugarloaf St., S Deerfield
- **YMCA Nutrition Talk, April 7th, 10 am**, 29 Sugarloaf St., S Deerfield
- **Tapestry Health, April 7th, 11 am**, 29 Sugarloaf St., S Deerfield
- **Celebrate Pet Day Photo Display, April 10th, 10-11 am**, 29 Sugarloaf St., S Deerfield
- **SHINE Presentation with Lorraine York-Edberg, April 14th, 10 am**, 29 Sugarloaf St., S Deerfield
- **Birding with Lesley, April 19th, 11:10 am**, 29 Sugarloaf St., S Deerfield
- **Volunteer Appreciation Luncheon, April 27th, 12pm**, The Whately Inn, 193 Chestnut Plain Road, Whately. See page 5 for more details.



Membership Update



We're updating our records and we need your help! Please fill out the information below and return it to the SCSC during program hours or mail it to us at South County Senior Center, PO Box 225, Sunderland, MA 01375. Can't mail it or drop it off? Call in your informational changes to Chris Goudreau at 413.768.1066 or email it to scoc@town.deerfield.ma.us. Not a member? Call and sign up. Membership is free!

Name: _____

Address: _____ Town: _____

House Phone: _____ Cell Phone: _____

Email Address: _____

Emergency Contact Name: _____ Relationship: _____

Address: _____ Phone: _____

Do you live alone: Yes _____ No _____ Have Transportation: Yes _____ No _____

Have a pet(s): Yes _____ No _____ Name and Type of pet(s): _____

Do you use a: Wheelchair _____ Cane _____ Walker _____

New Member: _____ Existing Member: _____ Scanner Card _____

(SCSC Staff to complete)

TRANSPORTATION INFORMATION

Deerfield & Whately: Franklin Regional Transit Authority (FRTA) "Demand Response" Van available for seniors 60+ on Monday, Wednesday and Friday between **9am-4pm Monday through Friday from 5:30am to 7:30pm** and on **Saturday and Sunday from 9:30am to 5:30pm** for pick up/drop off to your home address. Reserve ride for your destination by calling 413.774.2262 Monday through Friday 8am to 3pm. Weekly van trips to Big Y are available on Monday mornings. Cost start at \$1.50. *LifePath clients ride for free anywhere. Rides to South County Senior Center are 1/2 fare.* Fixed Routes (large bus) have designated stops in Franklin and Hampshire County. Seniors show ID and pay 1/2 fare. *Fixed routes are now fare free through June 30, 2023.* Brochures available at Senior Center.

Sunderland: Provided by Pioneer Valley Transit Authority (PVTa) and Hulmes Transportation. Call 413.739.7436 preferably 2 days in advance or more. Services for seniors are Mon-Fri. 8:30am-4:30pm. More days and times available with approval. Call Springfield for information at 413.732.6248 ext. 214. Fee \$2.50-\$3.50.

American's with Disability Act (ADA) The FRTA's ADA Paratransit Services are for disabled individuals who live within 3/4 mile of our fixed route and cannot navigate or access our fixed route service due to their disability. Transportation is provided from your point of origin to your destination point and is available only during regular operating hours. ADA service is available on a "next day basis," but costs twice the fare amount of our regular fixed route service. Please contact our office at 413.774.2262 if you would like an application sent to you.

Med-Ride Program: Available to medical apt. outside the county for ambulatory elders 60+ who reside in Franklin County (not Sunderland). Volunteer drivers provide transportation using their own vehicles. Available Mon-Fri. 8am-5pm. For more information and to schedule ride, please call 413.774.2262 or 1.888.301.2262 dial O for customer service.

Valley Neighbors, serving Whately, Deerfield and Sunderland. Now offering rides and friendly support services to resident members 60 years plus. For more information please call: 413.453.9057, or visit: valleyneighbors.org

South County Senior Center Van: ***New Info*** To the Movies on March 14th & April 4th. Available Monday, Wednesday, Friday to Deerfield location Center (no transportation offered on Second Wednesdays). To Sunderland location Tuesday & Thursday. Call 413.768.1066 at least 2 days ahead to make your reservation.

If you or someone you know in Hampshire or Franklin County has a consumer problem or question, please contact:

The Northwestern District Attorney's
Consumer Protection Unit

413.774.3186 Franklin County
413.586.9225 Hampshire County www.Northwesternda.org

Working in cooperation with the Office of the Attorney General



HEALTH INFORMATION

NURSE (Cindy) is available at the SCSC Mondays: 11am-12pm, Wednesdays: 9-12pm, 2nd & 4th Fridays: 9am-12pm. Call 665.1400 ext.8.

SHINE Serving Health Information Needs of Everyone counselor from LifePath is available for appointments in Greenfield Please call 413.773.5555 or SCSC 413.665.2141.

Free Collection of Drugs: Safely dispose unwanted medications at the Police Stations in Deerfield and Sunderland. No questions asked.

Amherst Survival Center Free Health Clinic, 138 Sunderland Rd (just off 116) is open to everyone on Mon. 12:30 - 1:30 pm and on Thurs. from 5- 6 pm. Ph.: 413.549.3968. Many more programs too!

AEIOU Urgent Medical Care for minor illness and injury. Most insurances accepted and self-pay fee starts at \$135. Located at 170 University Dr. in Amherst, Phone 461.3530 and 489 Bernardston Rd. in Greenfield, Phone 413.773.1394.

TRIAD of Franklin County has many assistive programs for seniors including: 911 emergency cell phones, medical equipment loans, house id numbers, smoke and carbon monoxide detectors, food and pet food needs, File of Life information cards, well-being checks and patrol stops to your home, and more. Call 413.774.4726 or Sharyn Paciorek at 413.665.3017.

Community Health Center: offers medical and dental care to all ages, regardless of insurance status or income. Located in Turners Falls, Orange, and Greenfield. Call: 413.325.8500

LifePath Inc. offers assistance through the Benefits Counseling program for income eligible seniors age 60 and up. Also, they can help file applications for fuel assistance and find additional ways to save you money. Call 413.773.5555.

Grab and Go Meals

For lunch reservations call before 10:00 am two days prior. For more information about menu you can call 413.773.5555 or email info@lifepathma.org. Dining Centers welcomes those who are 60 years and above with their spouses of any age. A donation of \$3.00 per meal is suggested.

MON	TUE	WED	THU	FRI
		1	2	3
		Enhanced Fitness 9 AM <u>Seated Dance 10 AM</u> Conversation with the Director 11 AM	Foot Clinic By Appointment <u>Brown Bag</u> Tai Chi 1 PM <u>The 1619 Project 2PM</u>	Enhanced Fitness 9 AM <u>Nutrition Talk with Grayson 10 AM</u> <u>Pictionary 11 AM</u>
6	7	8	9	10
Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u> Drop In 2-4 PM		Enhanced Fitness 9 AM <u>Franklin County Survival Center Food Pop-Up 11 AM</u> Drop in 2-4 PM	Rainbow Elders Luncheon 12PM Tai Chi 1 PM	Enhanced Fitness 9 AM <u>Basketball March Madness Party & Brackets 10:30 AM</u>
13	14	15	16	17
Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u> Drop In 2-4 PM	Tuesday at the Movies	Enhanced Fitness 9 AM <u>Seated Dance 10 AM</u> Arts & Crafts 11 AM <u>Drop In 2-4 PM</u>	Tai Chi 1 PM The 1619 Project 2PM	Enhanced Fitness 9 AM <u>St. Patrick's Day Celebration & Luncheon w/Birthday Celebration 10:30 AM</u>
20	21	22	23	24
Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u> Drop In 2-4 PM		Enhanced Fitness 9 AM <u>Seated Dance 10 AM</u> Women's HERstory Tea & Presentation 11 AM <u>Drop In 2-4 PM</u>	Tai Chi 1 PM The 1619 Project 2PM	Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u>
27	28	29	30	31
Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u> Drop In 2-4 PM		Enhanced Fitness 9 AM <u>Seated Dance 10 AM</u> Are you Smarter than a 5th Grader? <u>Drop In 2-4 PM</u>	Tai Chi 1 PM The 1619 Project 2PM	Enhanced Fitness 9 AM <u>Birds of Prey 10:30 AM</u>

MON	TUE	WED	THU	FRI
				
3	4	5	6	7
Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u> <u>Drop In 2-4 PM</u>	Tuesday at the Movies	Enhanced Fitness 9 AM <u>Seated Dance 10 AM</u> <u>Arts & Crafts 11 AM</u> <u>Drop in 2-4 PM</u> Pet Pic Deadline	Foot Clinic By Appointment <u>Brown Bag</u> Tai Chi 1 PM <u>The 1619 Project 2PM</u>	Enhanced Fitness 9 AM <u>Nutrition with Grayson 10 AM</u> Tapestry Health 11 AM
10	11	12	13	14
Enhanced Fitness 9AM <u>BINGO 10AM</u> Pet Day Photo Display <u>Seated Dance 12 PM</u> Chair Yoga 1PM <u>Drop In 2-4 PM</u>		Enhanced Fitness 9 AM <u>Franklin County Survival Center Food Pop-Up 11 AM</u> <u>Drop In 2-4 PM</u>	Tai Chi 1 PM	Enhanced Fitness 9 AM <u>SHINE Presentation 10 AM</u>
17	18	19	20	21
<u>Patriots' Day</u> No Center Programming <u>Chair Yoga 1 PM</u>		Enhanced Fitness 9 AM <u>Seated Dance 10 AM</u> Birding with Lesley 11:15 AM <u>Drop In 2-4 PM</u>	Tai Chi 1 PM The 1619 Project 2PM	Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u>
24	25	26	27	28
Enhanced Fitness 9AM <u>BINGO 10AM</u> <u>Seated Dance 12 PM</u> Chair Yoga 1PM <u>Drop In 2-4 PM</u>		Enhanced Fitness 9 AM <u>Seated Dance 10 AM</u> Earth Day Celebration 11:15 AM <u>Drop In 2-4 PM</u>	Volunteer Appreciation Luncheon - Whately Inn 12 PM Tai Chi 1 PM	Enhanced Fitness 9 AM Pictionary - Come Dressed as your Favorite Super Hero Day - 10 AM

LIFEPATH - MARCH 2023

CONGREGATE LUNCH MENU - Suggested Voluntary Confidential Donation is \$3.00 per meal

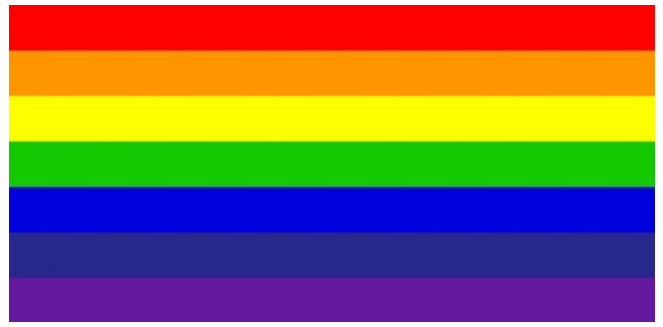
PLEASE CALL YOUR MEAL SITE BEFORE 9:30AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL. Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-834-7413, Greenfield 413-772-1517, Ext 2, New Salem 978-575-0116, Petersham 978-821-5549, Phillipston 978-652-5797, Royalston 978-249-9556, Shelburne 413-525-6286, South County 413-685-5063.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE: 8 OUNCES 2% MILK containing 125 mg SODIUM 130 CALORIES Sodium & Calories incl in totals for each meal.		1 mg Sodium French Meat Pie 121 Rst. Brussels Sprouts 12 Pumpernickle Bread 134 4 ct Oreo Cookies 170	2 mg Sodium Chicken Breast w/ 420 Mediterranean Sauce 198 Orzo Pilaf w/ Spinach 57 Capri Veggie Blend 15 Multigrain Bread 223 Fresh Fruit 1	3 mg Sodium Roast Turkey w/ 330 Rosemary Gravy 27 Bread Stuffing 316 Glazed Carrots 81 Wheat Dinner Roll 105 Flavored Applesauce 10
		Total Sodium (mg): 562 Calories: 783	Total Sodium (mg): 1039 Calories: 778	Total Sodium (mg): 994 Calories: 642
6 mg Sodium Potato Pollock 273 w/ Tartar Sauce 100 Scalloped Potatoes 125 Scandinv. Veg Blend 61 Wheat Bread 124 Assorted Fruit Cup 5	7 mg Sodium Cheese Omelet 210 w/ Shredded Cheese 185 Sausage Patty 217 O'Brien Potatoes 34 Spinach 65 Wheat Bread 124 Fruit Cup 5	8 mg Sodium Chicken Teriyaki 436 Vegetable Fried Rice 98 Asian Veggie Blend 21 Multigrain Bread 223 Yogurt 75	9 mg Sodium Lasagna Roll 340 w/ Meat Sauce 41 Italian Veggie Blend 230 Fudge Round Cookie 85	10 mg Sodium Chicken Breast 424 w/ Picatta Sauce 5 Yukon Gold Potatoes 31 Broccoli & Cauliflower 170 Wheat Bread 170 Fresh Fruit 1
Total Sodium (mg): 813 Calories: 757	Total Sodium (mg): 965 Calories: 744	Total Sodium (mg): 979 Calories: 706	Total Sodium (mg): 821 Calories: 628	Total Sodium (mg): 756 Calories: 606
13 mg Sodium Roast Pork 97 w/ Apple Gravy 66 Whipped Potatoes 72 Peas & Carrots 105 Wheat Dinner Roll 75 Yogurt	14 mg Sodium Potato Pollock 273 w/ Cheese & Tartar 284 Au Gratin Potato 132 Broccoli 10 Hamburger Bun 230 Assorted Fruit Cup 5	15 mg Sodium Beef & Lentil Chili 262 Brown Rice 4 Carrots 64 Dinner Roll 105 Fresh Fruit 1	16 mg Sodium Chicken Breast 420 w/ Florentine Sauce 27 Wild Rice Pilaf 140 Capri Veggie Blend 15 Wheat Bread 124 Applesauce 10	17 mg Sodium Corned Beef Hash* 852 Braised Cabbage 25 California Veggie Blend 22 WW Dinner Roll 105 Assorted Fruit Cup 5
Total Sodium (mg): 540 Calories: 642	Total Sodium (mg): 1059 Calories: 948	Total Sodium (mg): 561 Calories: 611	Total Sodium (mg): 861 Calories: 614	Total Sodium (mg): 1134 Calories: 615
20 mg Sodium Meatloaf w/ Gravy 234 Garlic Mashed Potatoes 66 Green Beans 3 Dinner Roll 132 Fruit Cup 5	21 mg Sodium Shepherd's Pie w/ Gravy 166 California Veggie Blend 22 Wheat Bread 124 Yogurt 75	22 mg Sodium Chicken Thigh 90 w/ Cacciatore Sauce 36 Cavatappi Pasta 1 Italian Veggie Blend 41 Italian Bread 230 Cran Og Snack n Loaf 120	23 mg Sodium Macaroni & Cheese 498 Stewed Tomatoes 251 Dinner Roll 132 Applesauce 10	24 mg Sodium Roast Pork Jardiniere 121 Yukon Gold Potatoes 5 Peas 66 Multigrain Bread 223 Fresh Fruit 1
Total Sodium (mg): 565 Calories: 724	Total Sodium (mg): 576 Calories: 591	Total Sodium (mg): 643 Calories: 690	Total Sodium (mg): 1016 Calories: 750	Total Sodium (mg): 541 Calories: 702
27 mg Sodium Chicken & White Bean Chili 260 Brown Rice 4 Corn 1 Wheat Bread 124 Yogurt 75	28 mg Sodium Baked Cod 220 w/ Dill Sauce 63 Couscous w/ Carrots 24 Spinach 65 Marbled Rye 127 Cinnamon Swirl Roll 105	29 mg Sodium Meatball Marin. Grinder 304 O'Brien Potatoes 34 Rst. Brussels Sprouts 12 Grinder Roll 218 Mixed Fruit Cup 10	30 mg Sodium Broccoli Cheese Bake 475 Home Fries 5 Stewed Tomatoes 251 Wheat Bread 124 Fresh Fruit 1	31 mg Sodium Beef Teriyaki 455 Veg. Fried Rice 98 Stir Fry Veggie Blend 23 Fortune Cookie 6 Multigrain Bread 223 Fruit Cup 5
Total Sodium (mg): 589 Calories: 639	Total Sodium (mg): 730 Calories: 705	Total Sodium (mg): 703 Calories: 695	Total Sodium (mg): 982 Calories: 697	Total Sodium (mg): 935 Calories: 650

Sodium Levels are listed next to each individual menu item. Meals are based on a No Added Salt (3000 - 4000mg sodium diet) for healthy older adults. If you have a concern regarding the sodium, contact the Nutritionist for guidance on managing your intake to meet your diet requirements at 413-773-5555, Ext. 2415.

*Indicates higher sodium items greater than 500mg.

Due to availability, menu subject to change without notice.



Rainbow Elders March 9th Luncheon in Sunderland

The Rainbow Elders of LifePath will gather for a meal and conversation at SCSC's accessible space at 22 Amherst Road (Rte. 116) in Sunderland on **Thursday, March 9**. *The snow date is March 10*. Folks are welcome to arrive by noon, and we will share food together around 12:30 p.m. Feel free to inquire if you need directions.

We will offer as safe a setting as possible. HEPA air purifiers will be in use, and windows can be opened if needed. We'll provide test kits, masks, and hand sanitizer, but we won't inquire about vaccination status. We ask that you monitor your health in advance by testing (if you can) and staying home if you do not feel well. Mask wearing while we are together will be strongly encouraged except when eating or drinking.

Please feel free to practice as much social distancing as you need. Thanks!

We will offer beverages, hot soup, and a meal that will be provided by LifePath's Nutrition Program. We will be happy to provide alternate menu items, if they are requested in advance and we can manage to obtain them. You are also welcome to bring your own lunch. **Please register by the end of the day Sunday, March 5**, at:

[Rainbow Elders Luncheon Club Tickets, Multiple Dates | Eventbrite](#)

A suggested voluntary donation for those 60 years and over will be \$3. For those younger than 60, we request \$8. No one will be turned away for lack of funds.

For more information, contact rainbowelders@lifepathma.org or 413.773.5555, X1242 or 978.544.2259 X1242. You may also contact scsc@town.deerfield.ma.us and 413.665.2141. To sign up to receive weekly Rainbow Elders updates, visit <https://lifepathma.org/rainbowelders>.

The Rainbow Elders serve LGBTQIA+ elders (50+) and friends in the Franklin-North Quabbin region and beyond with in-person and virtual programming.

L = Lesbian, G = Gay, B = Bisexual, T = Transgender, Q = Questioning or Queer, I = Intersex, A = Agender, Asexual, Aromantic, and Allies + represents other wonderful people sharing this umbrella!