

SOUTH COUNTY SENIOR CENTER NEWSLETTER SEPTEMBER/OCTOBER 2023

Monthly Musings from the Director

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

This year I have been busy writing multiple grant applications for funding to continue current programs and expand opportunities for older adults within South County. I am happy to announce since June, the South County Senior Center has been awarded **\$130,748.01** in competitive grant funds and **\$12,690** in noncompetitive grant funds, for a total of **\$143,438.01!**

\$1,000 was awarded in June by the Fred G. Wells Trust to be used towards the betterment of older adults health. We are using these funds to provide Tai Chi and our Healthy Bones & Balance in Motion Classes.

\$13,135.05 was awarded in July through the MCOA and EOEA Service Incentive Grant for Outreach. These funds will partially fund Chris Goudreau's position as our Outreach Coordinator.

\$16,612.96 was awarded in July through the MCOA and EOEA Service Incentive Grant for Transportation. See page 2 of this newsletter for more details.

\$12,690 was awarded in July through a partnership of Deerfield, Sunderland and Whately with FRCOG. By signing on to take part of their Mass in Motion project, we are able to receive these funds. It is a noncompetitive grant, not requiring an application, but a partnership. It is a grant with a specific focus on how the money is spent, requires specific deliverables, and mandatory reports.

\$100,000 was awarded in August to enhance digital literacy for older adults through EOEA (Executive Office of Elder Affairs), aged 60+, who reside in Deerfield, Sunderland and Whately. These funds will be used to purchase 131 iPads, 3 MacBook Air Laptops, and provide a reimbursement stipend for up to 52 older adults. 2 iPads and 3 Laptops will be available for use at the SCSC; 129 iPads and the 52 stipends will be awarded via a lottery. See page 4 of this newsletter for more details.

We're doing great things at the South County Senior Center and invite you to join us! Read the newsletter for all the activities and events for September and October.

Jennifer

Deerfield: Monday, Wednesday, Friday 9am-12:30pm, 29 Sugarloaf St., S Deerfield
Sunderland: Monday & Wednesday 2-4pm or by appointment, 22 Amherst Rd., Sunderland
Mailing Address: 22 Amherst Rd., P.O. Box 225, Sunderland, MA 01375



OUTREACH CORNER

One of our goals this year at the South County Senior Center has been connecting our members with access to transportation. As part of that initiative, SCSC partnered with the Franklin Regional Council of Governments for the Mass in Motion initiative.

During the spring, we hosted meetings with South County residents who have a vested interest in issues surrounding public transportation in South County. Some are without vehicles of their own and rely on public transportation, while others believe that transportation is a vital aspect of everyday life, whether that's access to food, medical care, social services, or daily social events.

One of the biggest barriers that we learned about was a gap in public transportation for Sunderland area residents to receive transportation to Franklin County and back and Franklin County residents reaching Hampshire County communities.

This series in recent months culminated with meetings with the Franklin Regional Transit Authority (FRTA) and the Pioneer Valley Transit Authority (PVRTA), respectively in which members were able to gain insight, ask questions of our regional transportation agencies, and ultimately figure out creative solutions together.

Shortly after that meeting, the SCSC was approved for the SIG Transportation Grant in the amount of \$16,612.96. This grant will be used to fund fares for seniors traveling from Whately/Deerfield to PVRTA areas and fares for seniors traveling from Sunderland to Franklin County. In addition to the fares, the grant will also fund the salary of a driver for up to 6 hours a week.

That said, what are some of the next steps we're working on? On Tuesday, Oct. 3, we're planning a "Ride the Route" with PVRTA to provide travel training services for people looking to learn more about utilizing our local public transportation system. The goal for the event will be to ride the bus to a shopping area in Hadley and then return to our Sunderland office – with the understanding gained of how to use the bus services.

We plan to depart from the Sunderland office at 10 a.m. and arrive at the Mountain Farms Mall at 11 a.m. We will depart the mall at 1 p.m. and arrive back in Sunderland at approximately 2 p.m.

Another important topic that goes hand in hand with transportation is food accessibility. Not only can you schedule transportation to the Senior Center (where we

OUTREACH CORNER (Continued)

have our monthly Food Truck pop-up and Wednesday farm table donations), but I can also assist you with signing up for the Supplemental Nutrition Assistance Program, better known as SNAP.

It only takes about 20 minutes to SNAP, but the benefits of being approved for SNAP can last for years with monthly funds to help offset grocery bills.

In addition, SNAP also includes access to the Healthy Incentive Program (HIP), which grants an additional \$40-80 through purchasing produce such as fruits and vegetables at farmers markets, community supported agriculture (CSA) farm share programs, local farm stands and mobile markets.

Here's a few places locally that accept SNAP & HIP:

- 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**

For a household of two people, the SNAP requirements are a maximum gross income of \$3,287 a month. The maximum amount of funds that a two-person household could be awarded for SNAP is \$516, according to the Department of Transitional Assistance's website.

When it comes to enrolling for SNAP, you'll need a Social Security Number (SSN), proof of Massachusetts residency (utility bill, rental receipt, or mortgage statement), proof of earnings and number of hours worked (pay stubs or letter from employer) and a listing of other income such as workers' compensation, pension, or Veterans' benefits.

For more information, you can speak with me, Outreach Coordinator Chris Goudreau, at the Senior Center. You can also reach me via 413.768.1066 or scoc@town.deerfield.ma.us.

Enhancing Digital Literacy for Older Adults

This year the South County Senior Center applied for and was awarded a grant from the Executive Office of Elder Affairs in the amount of **\$100,000**. We are so grateful! This grant will allow us to provide technology and internet connection for many members of our community.

The focus of this grant is to enhance digital literacy for older adults who reside within South County (Deerfield, Sunderland, and Whately). The goal of this grant is to increase access to and knowledge of technology by removing cost prohibitive barriers, such as the cost of new technology, training on how to use the new technology, and access to the internet.

So, how will we provide the technology and connection? The SCSC will use the grant funds to purchase 131 iPads, 3 MacBook Air Laptops, provide technology training, and provide a monthly stipend for up to 52 older adults. 2 iPads and 3 Laptops will be available for use by our community mainly at our Sunderland location, and Deerfield location by request. This will allow us to offer an updated computer lab for our members to use at no cost to users.

The SCSC will be holding two lotteries - one for the iPads and the other for the monthly stipend. To be eligible for these lotteries you must: live within Deerfield, Sunderland or Whately, be aged 60+, and be screened for the Affordable Connectivity Program (ACP). If you are found to be eligible to receive the ACP benefit of \$30 a month, you will not be eligible for the stipend lottery through this grant (per the EOEI guidelines of this grant). You would receive the monthly ACP benefit instead (which is more than the \$500 stipend you would receive through us). You may, however, enter the iPad lottery. There are no income guidelines for either lottery. It is open to everyone who meets the residential, age, and ACP screening requirements. Please note: only one member per household may win either lottery (i.e. you can only win an iPad **or** a digital stipend, not both) as this grant allows for up to \$500 value per household.

We will lottery off 129 iPads. If you are chosen to receive an iPad, you must participate in the 2 one hour training classes provided through the SCSC at our Sunderland location at no cost to you (it is funded through this grant). Free transportation will be provided if it is needed. Once the technology training is completed, the iPad is yours to keep. *(continued on Page 5).*

Enhancing Digital Literacy for Older Adults (Continued)

We will follow up with you at a 6 month and 12 month intervals after the training is completed to see if you could benefit from further training. We are working with local schools to implement technology support.

We will lottery off 52 digital stipends for up to \$500 per household over 12 months. If you are chosen to receive the stipend, you will need to provide a copy of your monthly internet bill, quarterly, to be reimbursed. Reimbursement will be done quarterly (every 3 months) for the duration of the grant

To apply for either lottery, pick up an application at Center, call 413.768.1066 to request one by mail, email scsc@town.deerfield.ma.us or come to our **Lottery Informational Session on 9/1 at 10:30 am** at 29 Sugarloaf St., S Deerfield or **10/17 at 10:30 am** at 22 Amherst Rd., Sunderland. If you need transportation to the Informational Session, please call Chris at 413.768.1066 to schedule a free ride.

Lottery applications must be received, in hand, by Noon on Friday, December 29th at the South County Senior Center. We will accept them on Friday, 12/29 from 9:30 am until Noon at the 29 Sugarloaf St., S Deerfield location. If applications are not received by **12/29**, they will not be accepted. The lottery will be held on **1/3/24** and winners will be notified by January 10th.

If you have any questions or need additional information, please call Jennifer at 413.665.2141, or Chris at 413.768.1066.

Flu Shot Clinic

It's that time of year to prepare for the upcoming flu season! The Deerfield Board of Health will be offering a flu shot clinic at our 29 Sugarloaf St., S Deerfield location on **Wednesday, 9/13** from 9am-12pm. **Sign up at Center or call 413.665.2141 to schedule your appointment.**

We are currently providing two classes with funding through LifePath and EOE - **Enhanced Fitness & Chair Yoga**. These classes are funded through 9/30/23. Thank you for completing the paperwork we've been providing. It goes for grant reporting as part of receiving this funding. We will keep you posted. We will be notified before the end of September if we are approved for a second year of this grant to fund the classes. If we are not approved, the classes will continue with the cost being passed on to participants. Stay tuned for more details! (Information was not available as of the printing of this newsletter).



In collaboration with Cadence Yoga Center, we continue to offer **Chair Yoga** on **Mondays** at **1pm** and **Healthy Bones and Balance in Motion** on **Wednesdays** at **11 am** at 289 Amherst Road (RTE 116) Sunderland. As of the writing of this newsletter, we have not heard if funding for **Chair Yoga** will continue to be funded by grants through LifePath and the EOE. When we are notified, you will be updated. Chair Yoga is currently free through September 30, 2023.

Thanks to Mass in Motion through FRCOG, the Healthy Bones & Balance in Motion class is free through December 31st. For more information on classes, 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**). **Thanks to Mass in Motion through FRCOG, Tai Chi is free through December 30th.** All are welcome! Contact Mari at 978.544.7693 or 413.522.7792 for details.

By the Seat of Your Dance

Our Seated Dance classes with Kathy Steinem will be going back to Mondays only at 10 am at the 29 Sugarloaf St., S Deerfield location. What is seated dance? It 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.

Donation Policy Posting

Enhanced Fitness & Chair Yoga which you are taking part in is funded in whole or in part with funds from the federal Older Americans Act. The Act maintains that elders be provided an opportunity to donate for services. Your program instructor will provide you with a container in a private location to use for voluntary and confidential donations or send you a letter with instructions about how to donate, if you choose to do so. Your services shall in no way be affected by your choices in regard to voluntary donations. Any donations received will remain with the program, for expansion of services. Participant contributions are the largest source of program income. We wish to thank you in advance for any support you might choose to provide. Any questions regarding the policy stated above may be directed to Lynne Feldman, Planner, LifePath, at 413.773.5555, ext. 2215.

Join us for a morning movie to get you into a spooky mood for Halloween. We're showing Beetlejuice on **Wednesday, 10/25, at 10:30 am**, 29 Sugarloaf St., S Deerfield. We'll have movie snacks for you to enjoy!

This event is free.



Men's Social Hour

Get together with friends at the South County Senior Center for a Men's Social Hour on **Wednesday, 9/27 & Friday, 10/6, 10:30am**, 29 Sugarloaf St., S Deerfield. Light refreshments will be served. Topics of conversation will be self directed.



Grievance Notice

All persons who feel they have wrongly been denied services under the Older Americans Act, Title III Programs funded in full or in part by LifePath/Area Agency on Aging and by the Executive Office of Elder Affairs have the right to file a grievance. Please contact Jennifer Remillard at 413.665.2141.

If your issue cannot be resolved with Jennifer, please call Lynne Feldman, Planner, LifePath, at 413.773. 5555, ext. 2215 for details on how to file.

The Older Americans Act Title III Programs offered at the South County Senior Center are Enhanced Fitness & Chair Yoga.

Arts & Crafts

Join us **Wednesday, 9/6, 10:30 am**, 29 Sugarloaf St., S Deerfield, to create friendship mums! **RSVP by 9/1.**

Join us on **Wednesday, 10/13, 10:30 am**, 29 Sugarloaf St., S Deerfield to create fall wreaths. **RSVP by 10/6.**

RSVP with Staff at Center or by calling Sue at 413.665.9508

Donations are welcome for supplies.

Emily Dickinson Museum Field Trip

We're taking a field trip to the Emily Dickinson Museum on **Wednesday, 10/18**. We'll leave the 22 Amherst Rd., Sunderland location at 9:45 am to arrive at the museum for 10 am. Enjoy a guided tour of the poet's restored homestead. After the tour, we will venture to Black Sheep Deli for you to purchase your own lunch. The tickets for the museum are \$17. Transportation is free.

RSVP by 10/6 at Center or by calling Sue at 413.665.9508. Please note the The museum does not have a lift.

SC TRIAD Spaghetti Dinner Fundraiser

Join the SC TRIAD on **Thursday, 10/19, 5:30 pm**, at the South Deerfield Polish American Club. They will be raising funds with their annual Spaghetti Dinner. Tickets are \$10. Tickets will be sold on Fridays at the South County Senior Center, 29 Sugarloaf St., S Deerfield location by a SC TRIAD representative. For questions regarding this event, please contact Sharyn Paciorek at 413.665.3017.



Walking Group & Support the Walk MA Challenge

Beginning May 1st, the Walk MA Challenge website & competition was up and running. Last year, the South County Senior Center won \$500 towards fitness programming. Will you help us win again? Visit walkmachallenge.org to register. Enter your town for your COA (Deerfield, Sunderland, or Whately). Select the challenge you wish to completed.

To help keep up with your miles & steps, join our **Walking Group** on **Monday, Wednesday & Friday, 10 am**, 29 Sugarloaf St., S Deerfield. Staff will lead the walk.



Campfire Stories

Join us as we welcome Story Teller Todd Goodwin on **Wednesday, 9/20 at 10:30 am**, 29 Sugarloaf St., S Deerfield. Todd will be sharing fall campfire stories, songs, and other great tales! We will provide the campfire and s'mores. This program is free and open to all ages.

Please RSVP at Center or with Sue at 665.9508 by **9/18** to ensure we have enough snacks for all to enjoy.



We are so grateful to all in our community who help support the SCSC. Whether your donation is monetary, time, supplies, or another type of contribution, we **thank you!** Our Center continues to be successful because of the amazing support we receive. We would like to thank the following organizations, businesses and individuals: SD PACC, Atlas Farm Store, Leo's Table, Deerfield Park & Rec together with Northfield Park & Rec players for a donation from the 350th Softball Game, Fran Nadeau, Betty Niedzwiecki, Irene Jordan, Gina Deschaine Stone & Tom Stone, LaSalle's Florist, Nancy Winter, Carol Ryan, Kay Demers, Joan Gabriel, Maxine Young, Louis Misiun, Pat Misiun, Sandra Connor Misiun, Terry Misiun, David Rohrs, Rodney Patten, Hank Pydych, Sharyn Paciorek, Peg Warner, Ruth & Wally Sadowsky, Steve Helgersen, Jennie Allard, Ann Komanski, Pat Graves, Carol Steele, Muriel Stundis and to everyone who has been generous with their time.

Cribbage Tourney

Our Cribbage winner for July is Matt Jakutowicz.
Congrats, Matt! Our winner for August is Sylvia Nye.
Congrats, Sylvia!

Be sure to join us on **9/8 and 10/20 at 10 AM** sharp for our monthly cribbage tourneys. Beginners welcome!

Bring a friend and play!

Halloween Party

Join us dressed in your best Halloween costume for a festive SCSC style Halloween party on **Friday, 10/27, 10:30 am**, 29 Sugarloaf St., S Deerfield.

We'll play spooky tunes, serve delicious Halloween themed lunch, and of course delicious sweets!

Please RSVP at Center or with Sue at 665.9508 by **10/23** to ensure we have enough food for all to enjoy.

This event is free. All are welcome!



Informational Highlights

Standing Weekly Programs

• **Mondays**

- 9 am - **Enhanced Fitness**, 29 Sugarloaf St., S Deerfield
- 10 am - **Bingo**, 29 Sugarloaf St., S Deerfield
- 10 am - **Walking Group**, 29 Sugarloaf St., S Deerfield
- 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 - **Walking Group**, 29 Sugarloaf St., S Deerfield
- 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
- 10am - **Walking Group**, 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.

Second Wednesdays

- **Franklin Area Survival Center Food Pop Up Pantry, September 13th & October 11th, 10:30 am**, 29 Sugarloaf St., S Deerfield ****The truck arrives between 10:30-11AM****

September/October 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.
- **Enhancing Digital Literacy for Older Adults Lottery Info Session, September 1st, 10 am**, 29 Sugarloaf St., S Deerfield
- **Arts & Crafts, September 6th & October 13th, 10:30 am**, 29 Sugarloaf St., S Deerfield
- **Cribbage Tourney, September 8th & October 20th, 10 am**, 29 Sugarloaf St., S Deerfield
- **Flu Shot Clinic, September 13th, 9-12pm (by appointment)**, 29 Sugarloaf St., S Deerfield

Informational Highlights

September/October Programs (continued)

- **Field Trip to The Big E, September 15th, 9:30 am**, 22 Amherst Rd., Sunderland departure. Leave the fair at 4pm for return.
- **Campfire Stories & Songs with Todd Goodwin, September 20th, 11 am**, 29 Sugarloaf St., S Deerfield
- **Financial Planning with Linda Ackerman, September 22nd, 10:30 am**, 29 Sugarloaf St., S Deerfield
- **Hip Hop Dance with Rondae, September 29th, 11 am**, 29 Sugarloaf St., S Deerfield
- **Men's Social Hour, September 27th, 10:30 am**, 29 Sugarloaf St., S Deerfield
- **Ride the Route, October 3rd**, 22 Amherst Rd., Sunderland
- **Northwestern DA's Office Presentation on Scams, October 4th, 11 am**, 29 Sugarloaf St., S Deerfield
- **Emily Dickinson Museum Field Trip, October 18th, 10:30 am** leave 22 Amherst Rd., Sunderland
- **Movie Day Showing of Beetlejuice, October 25th, 10:30 am**, 29 Sugarloaf St., S Deerfield
- **Halloween Party, October 27th, 10:30 am**, 29 Sugarloaf St., S Deerfield



VALLEY NEIGHBORS AUTUMN EVENTS 2023

All events are free (except Historic Deerfield) and open to the public.

Friday, September 22, 10:30-12:30 -- Historic Deerfield

Tour of Historic Deerfield, with a talk by Annie Rubel, their Historic Preservationist, on preserving and restoring old houses; choose between a walking tour to discuss slavery in Deerfield or an open-hearth cooking demonstration; and tour of the newly restored Barnard Tavern.

Meet at the **Historic Deerfield Visitor's Center at Hall Tavern, 80 Old Main Street, at 10:30 am**. Parking nearby. Free Historic Deerfield one-day passes for Valley Neighbors members and volunteers. Lunch option afterwards at Champneys Restaurant, in the Deerfield Inn, with a 10% discount. Passes good for the whole day. Co-sponsored by the Whately Historical Society.

Tuesday, October 17, 2:00 pm – All about Dementia

Join us at the **Sunderland Library Community Room** to learn about Alzheimer's and dementia, including the warning signs, risk factors, current treatments, and local resources for those dealing with the disease and for their caregivers. Presented by Meghan Lemay, M.S., Regional Manager of Western MA Alzheimer's Association, Springfield, MA. **Registration required. Please call 413-453-9057 by October 15 and leave a message that you plan to attend.**

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, 2024.* 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: 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.

LIFEPATH CONGREGATE LUNCH MENU- SEPTEMBER 2023

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 978-249-9656,

Shelburne 413-625-6266, South County 413-665-5063.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ALL MEALS INCLUDE: 8 oz 2% MILK containing 130 mg Sodium & 130 Cal AND 1 pat of MARGARINE containing 30 mg Sodium & 30 Cal Sodium & Calories included in totals for each meal		1 mg Sodium Baked Ziti* 9oz 744 Chicken Meatball 70 Green Beans 3 Wheat Bread 90 Peaches 8 Total Sodium (mg): 1075 Calories: 771
4 Labor Day Holiday NO MEALS SERVED 	5 mg Sodium Spinach & Red Pepper Frittata 8oz 175 O'Brien Potatoes 32 Zucchini 5 Wheat Bread 90 Fresh Fruit (Orange) 0 Total Sodium (mg): 461 Calories: 577	6 mg Sodium American Chop Suey 10oz 449 Tuscan Blend Veg 47 Dinner Roll 180 Mandarin Oranges 7 Total Sodium (mg): 842 Calories: 954	7 mg Sodium Oven Baked Breaded Chicken* 619 Macaroni and Cheese 4oz 199 Summer/Spring Blend Veg 67 Wheat Bread 90 Watermelon 2 Total Sodium (mg): 1107 Calories: 744	8 mg Sodium Alaskan Breaded Pollock 190 Lemon Wedge 0 Tartar Sauce 70 Rice Pilaf 99 Green Beans & Red Peppers 4 Wheat Bread 90 Applesauce 14 Total Sodium (mg): 597 Calories: 752
11 mg Sodium White Bean & Spinach Stew* 11oz 637 Green Beans 3 Wheat Bread 90 Fresh Fruit 1 Total Sodium (mg): 892 Calories: 745	12 mg Sodium Macaroni & Cheese* 11oz 548 Broccoli 12 Multigrain Bread 150 Fig Bar 149 Total Sodium (mg): 1020 Calories: 875	13 mg Sodium Chicken Scallopini 7oz 289 over Seasoned Noodles 40 Zucchini & Cauliflower 6 Dinner Roll 180 Tropical Fruit 0 Total Sodium (mg): 675 Calories: 676	14 mg Sodium Cod w/ Lemon Dill Sauce 6oz 206 Herbed White Rice 98 Brussels Sprouts 17 Multigrain Bread 150 Chocolate Pudding 195 Total Sodium (mg): 825 Calories: 680	15 mg Sodium Beef Meatloaf 4oz 116 w/ Mushroom Gravy 3oz 122 Mashed Potatoes 68 Carrots 77 Wheat Bread 90 Peaches 8 Total Sodium (mg): 641 Calories: 878
18 mg Sodium Mediterranean Chicken 5oz 489 Italian Roasted Red Potatoes 4 California Blend Veg 30 Dinner Roll 180 Pears 5 Total Sodium (mg): 868 Calories: 623	19 mg Sodium Beef Meatball Stroganoff* (3) 587 Garlic Mashed Potatoes 53 Carrots 77 Multigrain Bread 150 Apple Raisin Compote 9 Total Sodium (mg): 1036 Calories: 765	20 mg Sodium Salmon 3oz 67 w/ Teriyaki Sauce* 4oz 629 Lo Mien Noodles 4oz 58 Asian Blend Veg 9 Dinner Roll 180 Fresh Fruit 1 Total Sodium (mg): 1105 Calories: 669	21 mg Sodium Roasted Turkey w/ Gravy* 5oz 617 Mashed Potatoes 68 Green Beans 3 Oatmeal Bread 140 Tapioca Pudding 183 Total Sodium (mg): 1171 Calories: 788	22 mg Sodium Black Bean & Barley Chili* 6oz 614 Cauliflower 17 Tossed Garden Salad 168 Wheat Bread 90 Chocolate Chip Cookie 60 Total Sodium (mg): 1109 Calories: 833
25 mg Sodium Alaskan Breaded Pollock 190 Lemon Wedge 0 Quinoa Pilaf 56 Zucchini & Cauliflower 6 Multigrain Bread 150 Yogurt 75 Total Sodium (mg): 637 Calories: 725	26 mg Sodium Chicken Diane 5oz 302 Seasoned Orzo 4oz 38 Brussels Sprouts 17 Oatmeal Bread 140 Fresh Fruit 1 Total Sodium (mg): 658 Calories: 739	27 mg Sodium Broccoli Egg Bake 6oz 475 Home Fries 4oz 33 Stewed Tomatoes 251 Wheat Bread 90 Cupcake 170 Total Sodium (mg): 1179 Calories: 896	28 mg Sodium Beef Pot Roast w/ Gravy 120 Garlic Mashed Potatoes 53 Butternut Squash 32 Dinner Roll 180 Applesauce 14 Total Sodium (mg): 558 Calories: 795	29 mg Sodium Beef Hot Dog* 540 Ketchup, Mustard, & Relish 218 Hot Dog Roll 165 Baked Beans 140 Coleslaw 45 Peaches 8 (no margarine) Total Sodium (mg): 1246* Calories: 872

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.

MON	TUE	WED	THU	FRI
				1
				Enhanced Fitness 9 AM <u>Walking Group 10AM</u> <u>Digital Literacy Lottery Information Session</u> <u>10:30 AM (S Deerfield)</u>
4	5	6	7	8
Closed to Celebrate Labor Day		Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Arts & Crafts 10:30AM	<u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM Walking Group 10AM <u>Cribbage Tourney 10AM</u>
11	12	13	14	15
Enhanced Fitness 9AM <u>BINGO 10AM</u> Walking Group 10AM <u>Seated Dance 12 PM</u> Chair Yoga 1PM	FCSO TRIAD Senior Expo 10AM Barton's Cove	Enhanced Fitness 9 AM Flu Shot Clinic 9-12pm (by appointment) <u>Walking Group 10AM</u> <u>Pop Up Food Truck 10AM-11:30AM</u>	<u>Tai Chi 1 PM</u> Rainbow Elders Luncheon 12PM	Enhanced Fitness 9 AM THE BIG E TRIP (Center Closed after Enhanced Fitness)
18	19	20	21	22
Enhanced Fitness 9AM <u>BINGO 10AM</u> <u>Walking Group 10AM</u> Seated Dance 12 PM Chair Yoga 1PM		Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Campfire Stories & Songs with Todd Goodwin 11AM	<u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Financial Planning with Linda Ackerman 10:30AM
25	26	27	28	29
Enhanced Fitness 9AM <u>BINGO 10AM</u> <u>Walking Group 10AM</u> Seated Dance 12 PM Chair Yoga 1PM		Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Men's Social Hour 10:30AM Birthday Celebration 10:30AM	<u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Hip Hop Dance with Rondae 11AM

MON	TUE	WED	THU	FRI
2	3	4	5	6
Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u>	<u>Ride the Route 10AM</u>	Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Seated Dance 10AM <u>NWDA Scam Presentation 11 AM</u>	Foot Clinic By Appointment <u>Brown Bag</u> Tai Chi 1 PM	Enhanced Fitness 9 AM (No Walking Group today) Men's Social Hour 10:30AM
9	10	11	12	13
<u>Closed for Indigenous Peoples Day</u>		Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Franklin County Survival Center Food Pop-Up 11 AM	<u>Rainbow Elders Luncheon 12PM</u> <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Arts & Crafts 10:30AM
16	17	18	19	20
Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM Chair Yoga 1PM	<u>Digital Literacy Lottery Information Session 10:30 AM (Sunderland)</u>	Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Emily Dickinson Museum Trip 10:30AM	<u>Tai Chi 1 PM</u> SC TRIAD Spaghetti Dinner 5:30 PM	Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u>
23	24	25	26	27
Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u>		Enhanced Fitness 9 AM <u>Walking Group 10 AM</u> <u>Beetlejuice Movie Screening 10:30AM</u>	<u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Halloween Party 10:30AM</u>
30	31			
Enhanced Fitness 9AM <u>BINGO 10 AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u>				



Join the SCSC on a bus trip to The BIG E on Opening Day, Friday, September 15th. We'll leave our Sunderland location at 9:30 am, leaving the Fair at 4pm.

Tickets are \$15 each. Ticket includes admission and transportation. If you're a Veteran with a DD214 or retiree ID admission is free & transportation is \$3.



Purchase your ticket at Center or by calling Jennifer at 413.665.2141. Please note there is limited accessible seating.





Rainbow Elders September 14th, 2023 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, September 14th**. 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 encouraged, except when eating or drinking—and please feel free to practice as much social distancing as you need. Thanks!

We will offer beverages 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, September 10th**, at: [Rainbow Elders Luncheon Club Tickets, Multiple Dates | Eventbrite](#)

The menu this month is deli roast beef, provolone cheese, lite mayo, orzo vegetable salad, coleslaw, multigrain bread, and mixed fruit!

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 413.773.5555, X1242 or 978.544.2259 X1242. You may also contact scsc@town.deerfield.ma.us or 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

