

SOUTH COUNTY SENIOR CENTER NEWSLETTER JANUARY/FEBRUARY 2024

Monthly Musings from the Director

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

We're on to 2024! As I write this edition of our newsletter, I look back on the last two years as your Director. Despite the challenges of not having a permanent space to call our own, I think we've made some phenomenal strides. Over these two years we've increased membership by 269 individuals, with more than 385 coming to Center in 2023! This year will be no different. Stop by our **Lunch & Conversations with the Director** events to learn more.

On **Wednesday, January 3rd**, our new Program Coordinator, Tom Patria, will join the SCSC Staff. Tom comes to us from a higher education background, working with all ages, and brings experience working with COAs as a community partner to support new opportunities. You'll be able to meet Tom at our Center in S Deerfield starting January 8th. Please be sure to give him a warm welcome.

Starting **Tuesday, January 9th**, our Sunderland office will now be open on **Tuesdays from 10am to 4pm (We're open on Mondays & Wednesdays from 2-4 pm too)**. We will offer some directed classes, but the space will be open for anyone to drop in to take advantage of any of our spaces: our art center, our lending library, our computer lab, our TV center, our puzzle area, our game area, and our sitting space. We hope to see you there!

Each year, instead of working on a resolution, I choose a word to bring meaning during the new year. Last year my word was magical. **My word for 2024** is creativity. Over the next year, I will work on my creativity - whether it's for work or pleasure. Do you have a word for your new year? I'd love it if you'd share it with me.

At the end of November, we were awarded another grant. This grant is for \$119,953.94 to be used for Hybrid Programming. This will allow those who prefer to remote in, to be able to access our programs online. This brings our grant total during calendar year 2023 (for fiscal years 2024 & 2025) to **\$272,993.95**. We're doing great things at the SCSC. Come be a part of it!

Jennifer

Deerfield: Monday, Wednesday, Friday 9am-12:30pm, 29 Sugarloaf St., S Deerfield
Sunderland: Monday & Wednesday 2-4pm, Tuesday 10am-4 pm or by appointment,
22 Amherst Rd., Sunderland

Mailing Address: 22 Amherst Rd., P.O. Box 225, Sunderland, MA 01375

OUTREACH CORNER

By Chris Goudreau

Food access is a topic that's relevant year-round, not just during the winter months. But this time of year does add more stressors when it comes to paying heat or electrical bills. It's important to make sure no one is struggling with food insecurity and having to choose between a meal or paying a bill.

If you find yourself in this situation or unable to keep up with the rising cost of groceries, here's a list of resources that can help.

The South County Senior Center hosts two monthly events that focus on providing older adults with food assistance.

The first is the Brown Bag – organized by the Food Bank of Western Massachusetts. This program takes place during the first Thursday of the month at Deerfield Town Hall, providing a free bag of healthy groceries to eligible seniors. Pick-up time is between 12:30 p.m. and 1:30 p.m. Pre-registration through the Food Bank of Western Mass is required. Contact them at Brown Bag Program: Food for Elders the Food Bank of Western Massachusetts Tel: (413) 247-9738, Toll Free: (800) 247-9632 Fax: (413) 247-9577 or email: brown_bag_group@foodbankwma.org.

We also have a group of volunteers that meets typically at 11:30 a.m., who assist us every month with Brown Bag. If you'd like to join us as a volunteer, reach out to Outreach Coordinator Chris Goudreau at (413) 768-1066 or via email at scoc@town.deerfield.ma.us.

Next is our monthly Food Truck Day at the South County Senior Center (29 Sugarloaf St., Deerfield), which takes place the 2nd Wednesday of each month. Sign-up begins at around 11 a.m. Food distribution typically begins at noon. Food offerings often include fresh fruits and vegetables, frozen meats, dairy products, and shelf stable food from the Franklin Area Survival Center in Turners Falls.

There's also LifePath Grab and Go Meals from Monday through Friday, which are available to pick-up from 11 to 11:40 at 29 Sugarloaf St., S. Deerfield. Place your order two days in advance by calling Cathy at (413) 665-063.

The South County Senior Center's Sunderland location at 22 Amherst Rd hosts a food pantry. If you need a bag of groceries, visit our site on Monday or Wednesday from 2 to 4 p.m.

OUTREACH CORNER (Continued)

- **LifePath - Meals on Wheels:** Meals are delivered hot, five days a week, in the late morning to people ages 60 or over. A second daily meal and frozen weekend meals are available. *LifePath, 101 Munson St., Suite 201, Greenfield, MA, 01301. Phone: (413) 773-5555.*
- **Amherst Survival Center Food Pantry:** The food pantry at the Amherst Survival Center offers free groceries (14+ days' worth) for all household members, including produce, frozen meat, milk, eggs, and shelf stable food. There is no income cap, and you can register to take home food the same day. Available to residents of Amherst, Belchertown, Deerfield, Granby, Hadley, Leverett, Pelham, Shutesbury, South Deerfield, South Hadley, Sunderland, Ware, and Whately. In-person shopping, Monday & Friday (12 to 3 p.m.) Tuesday & Thursday (12 to 7 p.m.) and the 3rd Saturday of each month from 9 a.m. to 12 p.m. *Amherst Survival Center, 138 Sunderland Rd., Amherst, MA, 01002. (413) 549-3968.*
- **Franklin Area Survival Center Food Pantry:** The Franklin Area Survival Center in Turners Falls also operates its food pantry weekly from 10 a.m. to 1:30 p.m. Monday through Friday. To sign-up for services, visit the food pantry and complete a client application and bring a form of ID. *Franklin Area Survival Center, 96 Fourth St., Turners Falls, MA, 01376. (413) 863-9549.*
- **Stone Soup Cafe, Greenfield:** The Stone Soup Café offers a pay-what-you-can model for fresh congregate luncheon meals every Saturday afternoon from 12 to 1:30 p.m. in downtown Greenfield. *All Souls Church, 399 Main St., Greenfield, MA. (413) 422-0020.*

As a reminder, the South County Senior Center also offers enrollment for Supplemental Nutrition Assistance Program (SNAP). To sign up, you will need to schedule an appointment with me. Please bring all documentation regarding all your income, yearly medical costs, forms of ID, and social security information.

In addition, enrollment is still taking place for fuel assistance (also known as the Low-Income Home Energy Assistance Program). The SCSC serves as an application site for fuel assistance. Please give me a call or send me an email to schedule an appointment if you need help with your fuel assistance application or re-certification.

Thank You So Much

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: SC TRIAD, Leo's Table, the Sunderland Men's Club, Sunderland Congregational Church, Crystal Drake Trembly, Plainville Farm, Wally Czajkowski, Jeff Hubbard, Joe Hubbard, Tiffany Gocenski, Rose O'Hagan, Charlene Vinton, Jessie, Jackie Fydenkevez, Mary Ellen Fydenkevez, Tom Fydenkevez, Mary Ellen Ahearn, Bob Ahearn, Terry Misiun, Carol Kushi, Betty Niedzwiecki, Irene Jordan, Tom Stone, Tim and Joanne Kuzdzal, Nancy Winter, Carol Ryan, Gale Mason, Anne Smith, Maxine Young, Louis Misiun, Pat Misiun, Sandra Connor Misiun, Terry Misiun, Fred Beckta, David Rohrs, Rodney Patten, Hank Pydych, Sharyn Paciorek, Peg Warner, Ruth & Wally Sadowsky, Steve Helgersen, Gary Beaudry, Nancy & Gerry Paciorek, Ann Kamansky, Marie St. Peters, Ruth & Walter Sadowsky, Ann Wetherbee, Bette & Chet Sokoloski, Larry Rivais & Phyllis Berman, our holiday meal volunteer drivers, and to everyone who has been generous with their time.



Cribbage Tourney

Our Cribbage winner for November is Jim Ladouceur. **Congrats, Jim!** Our winner for December is Maggie Vidrine. **Congrats, Maggie!**

Be sure to join us on **1/19 and 2/16 at 10 AM** sharp for our monthly cribbage tourneys. Beginners welcome!

Braided Square Centerpieces

Ruth Leahey will be leading us to create braided square centerpieces on **2/22 & 2/29, 10 am-12 pm**, 22 Amherst Rd., Sunderland. Let us know if you have a preference for colors.

RSVP by 2/19 by signing up at Center or by calling 413.665.2141. *This event is free. Donations welcome.*



Arts & Crafts



How many times has someone asked you what the best part of your day was and you had a hard time giving an answer? Sometimes it can be hard to see the good in each day when there may be other stressors in our lives. Here's a project to help change it. Join us on **Wednesday, 1/24, 10 am**, 29 Sugarloaf St., S Deerfield, to create a **Happiness Jar**. Bring a large container you can paint or stick items too (glass or plastic) that has a cover. We'll decorate the container using our supplies (paints, glitter paper, felt, hot glue - and our new scissors are sharp!). How is a Happiness Jar going to help? At the end of each day, write a daily note of gratitude. On a piece of paper,

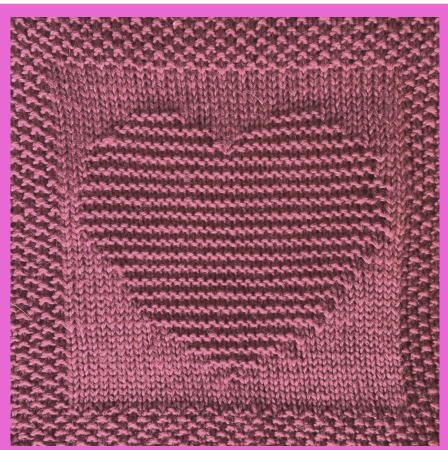
write down one good thing that has happened or one thing you are grateful for that day, fold it up and pop it into the jar. Continue this throughout the year, and when 2025 rolls around, you'll have plenty of wonderful memories to reflect on. And sometimes you might want a pick me up during the year. Grab a note out of the jar to remind yourself of the good things you've experienced. Please **RSVP by 1/19** to ensure we have enough supplies.

Have you ever wanted to create art with buttons? Well now is your chance! Bring a copy of your favorite piece of art together with any buttons you have (more will be available for use) and we will create your artwork. We will be using this unique technique on **Wednesday, 2/21 at 10 am, 29 Sugarloaf St., S Deerfield**. Please **RSVP by 2/16** to ensure we have enough supplies.

RSVP for either event with Staff at Center or by calling Jennifer at 413.665.2141. Each event is \$3.



Knitting Circle



Join us for a second knitting project with Susan Baron, formerly of WEBS. This project is designated an easy pattern and is a heart shaped washcloth. All supplies will be provided due to a generous donation. Classes will take place on **Tuesday, 1/16, 1/30, and 2/6, from 10 am to 12 pm**, at our 22 Amherst Rd., Sunderland location.

Please **RSVP by Friday, 1/12** at Center or by calling 413.665.2141. We ask for a \$1 donation to secure your space.

MEN'S SOCIAL

1/12 & 2/2 AT 10 AM

**South County Senior
Center**

Light breakfast served

*29 Sugarloaf St.
South Deerfield, MA*

Birding with Lesley



Birding with Lesley Farlow is back! Lesley, Co-Chair of the Hampshire Bird Club Education Committee, will be at the South County Senior Center, 29 Sugarloaf St., S Deerfield, on Wednesday, 1/17/24 at 10:30 am to talk about birds you can see this time of year. We'll bring the binoculars to see if we can find them. This event is free!

Free Senior Community Drum Circle

January 23rd at 10:30 am

South County Senior Center

22 Amherst Rd., Sunderland



If you have a heartbeat, you can drum!

The uplifting rhythms of Africa relieve stress and help people connect with each other, as well as their own joy. Tara Murphy leads creative dance and drum classes for seniors of all abilities. It is a great time to release energy, lift spirits, connect with others, have fun, and get healthy exercise. They also teach the basics of stick drumming and traditional rhythms from Mali and Guinea, West Africa. Participants will learn simple rhythms on the *dunun* drums and play together as an ensemble.

Drums provided and no experience necessary.

RSVP by calling 413.665.2141 or by signing up at Center.

A movie poster for the film 'Barbie' featuring Margot Robbie and Ryan Reynolds. The poster is framed by a red curtain at the top and bottom. Above the poster are illustrations of a red soda cup, a bucket of popcorn, and a clapperboard. The poster itself shows Barbie and Ken in a car. Below the poster, text invites seniors to a viewing of the movie on 1/31/24 at 10 am, along with a hot cocoa bar, popcorn, and movie candy. At the bottom, there are icons for location and phone number, and a list of items to enjoy.

Join the South County Senior Center on 1/31/24 at 10 am for a viewing of Barbie while enjoying a hot cocoa bar, popcorn, movie candy & more!

29 Sugarloaf St.,
S Deerfield

FOR MORE INFORMATION
413.665.2141

HIDDEN FIGURES



2/9/24
At 10 AM

**FREE
ENTRY**



Join us for a showing of Hidden Figures & enjoy Pizza & Movie Snacks. Movie begins at 10 am. Pizza served at 11 am. RSVP by 2/7/24 by calling 413.665.2141 or sign up at South County Senior Center.

29 Sugarloaf St., S Deerfield



PAINTING WITH TERI MAGNER

Join the South County Senior Center on **Tuesday, 2/13, 11am-2pm, 22 Amherst Rd., Sunderland**, for Painting with Teri Manger. Recreate Van Gogh's *Blossoming Almond Trees* with acrylic paints. This class is \$35/per person. All supplies will be provided. A pizza lunch is also included.

RSVP by 2/8 by calling 413.665.2141. No experience necessary! Paint on your choice of canvas or a tote bag (add \$10 for the tote bag).

PVTA ID DAY



Do you ride the PVTA or want to? Need an ID?

Join the SCSC as we

partner with the PVTA on **Tuesday, 2/20, 10:30 - 11:30 am, 22 Amherst Rd., Sunderland**, to host PVTA ID Day (Snow Day 2/21, same time). This event is open to anyone who needs an ID (not just seniors). There is no cost for an ID.

If you need a free ride to our Sunderland office for this event, please call Chris at 413.768.1066 by 2/15.

Hip Hop Dance Chair Exercise for Seniors

On **Wednesday, 2/28, 11 am, 29 Sugarloaf St., S Deerfield**, we're hosting Hip Hop Dance Chair Exercise for Seniors with Rondae Drafts. Rondae leads an hour class which travels through the time on the "Soul Train" and chair dance to clean cut hip hop and R&B songs. If you've been to her class before, you know it's a fun, good time! This event is rescheduled from September. We hope you'll be able to join us. It is funded through an MCC grant.



Celebrating Black History Month in 2024

Last year the SCSC celebrated Black History Month by sharing why black history was created. To showcase the history of African Americans in our country, we offered a showing of the *1619 Project* series. This year our goal is to share local history and the successes of African Americans. We'll continue to share more events throughout the year, including taking a field trip to Historic Deerfield to view their Witness Stone memorials, showing the homes where enslaved people lived in Deerfield. We'll also take a tour of the D'Amour Museum of Fine Arts in March to see "Works from Contemporary Black American Ceramic Artists."

Our first event is a field trip to the David Ruggles Center for History and Education on **Wednesday, 2/7, 10 am**, 225 Nonotuck St., Florence. *The COA van will leave 29 Sugarloaf St., Deerfield at 9:30 am.* The David Ruggles Center honors the contributions made to the abolition of slavery by courageous individuals in the Connecticut River Valley of Massachusetts. Their location "commemorates those who came here to challenge slavery, live in freedom, and establish a community based on principles of race, gender, class, and religious equality." According to Wikipedia, the "Underground Railroad was a network of secret routes and safe houses established in the United States during the early to mid-19th century. It was used by enslaved African Americans primarily to escape into free states and from there to Canada. The network, primarily the work of free African Americans, was assisted by abolitionists and others sympathetic to the cause of the escapees. The slaves who risked capture and those who aided them are also collectively referred to as the passengers and conductors of the "Underground Railroad"." The field trip will include a walking tour, weather permitting. This field trip is limited to 12 people (6 passengers can attend on the COA van). You can also meet us there. Please RSVP by 2/2. *The cost of this event is \$10 to be donated to the museum.*

The second event is a showing of *Hidden Figures* on **Friday, 2/9, 10 am**, 29 Sugarloaf St., S Deerfield. This is a 2016 film about "three brilliant African-American women at NASA - Katherine Johnson, Dorothy Vaughan and Mary Jackson - serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world." Pizza will be served at 11 am. Please RVSP by 2/7. This event is free.

Our third event is our Hip Hop Dance with Rondae Drafts class. This class will take place on **Wednesday, 2/28, 11 am**, 29 Sugarloaf St., S Deerfield. Rondae obtained a Ph.D. researching hip hop's impact on contemporary music. A former Director of a hip hop dance company, Rondae offered classes at MIT where a class participant was in a wheelchair. This influenced her class for older adults. Please RSVP by 2/26. This class is free, funded by MCC.

To RSVP for any of the above events, please sign up at Center or by calling 413.665.2141.

Updates for FY24! We've been awarded funding through LifePath and the EOEa to continue to offer **Enhanced Fitness & Chair Yoga** at no charge to the participants through 9/30/24! Thank you for completing surveys for both classes and the fit checks for the Enhanced Fitness class. If you're a new member and would like to take either of these classes, please contact Jennifer to ensure you've registered. All of the data collected is provided to LifePath for g r a n t reporting as part of receiving this funding.



Thanks to Mass in Motion, a grant through FRCOG, Tai Chi & Seated Dance are currently offered at no cost. Donations are always welcome!

Exercise Classes

You know about how exercise classes are funded, but do you know where to go to participate? In collaboration with Cadence Yoga Center, we offer **Chair Yoga** on **Mondays** at **1pm** and **Balance in Motion** on **Wednesdays** at **11 am** at 289 Amherst Road (RTE 116) Sunderland. There are no classes on 1/1.

Our **Enhanced Fitness** classes, instructed through the Franklin's YMCA, are offered **Monday, Wednesday** and **Friday** at **9 am** at 29 Sugarloaf St., S Deerfield. This class is currently full! To be put on a waitlist, please contact Chris Goudreau at 413.768.1066 or email at scoc@town.deerfield.ma.us. There are no classes on 1/1, 1/3, 1/5, 1/15, or 2/19.

Tai Chi classes are ongoing through 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.

Our **Seated Dance Class** with Kathy Steinem is offered on **Mondays** at **10 am** at our 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. There are no classes on 1/1, 1/15 or 2/19.

Footcare by Nurses Clinic

We're partnering with Footcare by Nurses to offer a new foot clinic. The nurses offer a 30 minute appointment for \$30. While they do not take insurance directly, their service may be reimbursable. The nurses complete lower limb assessments, assess shoes and socks and gait, trim toenails, reduce toenail thickness, reduce calluses, remove corns, address fungal toenails and skin issues, help with edema control, perform a circulation-enhancing massage, reset balance and fit some shoes for diabetics and hard to fit feet. They also provide a lot of education. Their services will be offered on the **first Thursday of each month** at **22 Amherst Rd., Sunderland**. Checks are payable to the Town of Deerfield. If you do not provide a 48 hours cancellation, you will be charged for your appointment. Call 413.665.2141 to make an appointment.

It's Snowing Out. Is the Center Open?

During inclement weather, the South County Senior Center will post our closings or delays on television via [Western Mass News](#) (channels 3, 6 & 40) and [WWLP 22 News](#) and on our [Facebook](#) page. We typically will not cancel program until the morning of, unless of course the forecast calls for a lot of snow or ice. This winter that seems unlikely, but it is only January. If you've lived in New England for a while, you know we can have snow up until May. Although I am not counting on it this season. If you have questions, please ask Staff at Center or call Chris Goudreau at 413.768.1066.

Interested in Volunteering? Join RSVP!

If you are over 55 and have a few hours each week or month to volunteer your time, experience, interests and talents RSVP has dozens of opportunities with area organizations that need you.

RSVP is a Federal Senior Corps program working with 58 nonprofits, including the South County Senior Center, and over 600 volunteers in Hampshire and Franklin Counties.

If interested, please contact Pat Sicard at psicard@communityaction.us or by calling 413.387.1286 to discover your perfect match. RSVP offers free liability insurance to all volunteers and mileage reimbursement.

Feeling Under the Weather?

The flu, RSV, Covid and many other viruses are on the rise. Need a free COVID home test kit? Order yours here: <https://www.covid.gov/tests>. Need to test sooner? You can also find a free testing location here: <https://testinglocator.cdc.gov/Search>. To find a flu or Covid vaccine clinic near you, visit <https://frcog.org/project/vaccine-information/>.

We follow the CDC guidelines regarding COVID. If you've tested positive, please remain home and isolated for at least 5 days and isolate from others at home. If you have no symptoms, you may end isolation at the end of 5 days and continue to wearing a high quality mask through day 11. If you have symptoms, continue to isolate until you are fever free for at least 24 hours and your symptoms are improving. Visit this link for more details: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>.

The South County Senior Center asks you to refrain from attending the Center until after you are symptom free from any illness for at least 24 hours. We'll be here when you're better!

Informational Highlights

Standing Weekly Programs

• **Mondays**

- 9 am - **Enhanced Fitness**, 29 Sugarloaf St., S Deerfield
- 10 am - **Bingo**, 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
- 11 am - **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 413.768.1066.
- **Foot Clinic**, Starting in February, we will begin offering a foot clinic with Footcare by Nurses. The clinic will take place on the first Thursday of each month at our 22 Amherst Road, Sunderland location. Appointments will be for 30 minutes and are \$30 each. Footcare by Nurses does not accept insurance. All checks are to be made payable to the Town of Deerfield. If you do not provide a 48 hour cancellation, you will be charged for the appointment. Call 413.665.2141 to register.

Second Wednesdays

- **Franklin Area Survival Center Food Pop Up Pantry, 1/10 & 2/14, 11:00 am**, 29 Sugarloaf St., S Deerfield ****The truck arrives between 11:30 am to 12:00 pm****

January/February 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.
- **Lunch 'n Conversation with the Director, 1/26, 10:30 am**, 29 Sugarloaf St., S Deerfield. Please RSVP by 1/23 by calling 413.665.2141 or sign up at Center to ensure we have enough food. See page 12 for more information.
- **Men's Social Hour, 1/12 & 2/2, 10 am**, 29 Sugarloaf St., S Deerfield. Light breakfast will be served. This event is free.
- **Knitting with Susan, 1/16, 1/30 & 2/6, 10 am - 12 pm**, 22 Amherst Rd., Sunderland. See page 5 to see project information.
- **Birding with Lesley, 1/17, 10:30 am**, 29 Sugarloaf St., S Deerfield.

Informational Highlights

January/February Programs (continued)

- **Cribbage Tourney, 1/19 & 2/16, 10 am**, 29 Sugarloaf St., S Deerfield.
- **Drumming with Tara, 1/23, 10:30 am**, 22 Amherst Rd., Sunderland. See page 6 for more details.
- **Arts & Crafts, 1/24 & 2/21, 10 am**, 29 Sugarloaf St., S Deerfield. See page 5 for more details on each project.
- **Hot Cocoa Bar & Movie (Barbie), 1/31, 10 am**, 22 Amherst Rd., Sunderland. See page 6 for more details. Please **RSVP by 1/26** at Center or by calling 413.665.2141 to ensure we have enough hot cocoa. This event is free. Donations welcome.
- **Pizza & a Movie (Hidden Figures), 2/9, 10 am**, 22 Amherst Rd., Sunderland. See page 7 for more details. Please **RSVP by 2/7** at Center or by calling 413.665.2141 to ensure we have enough pizza. This event is free. Donations welcome.
- **Field Trip to the David Ruggles Center for History & Education**, Part of the Underground Railroad Network to Freedom, **2/9**, 225 Nonotuck St., Florence. We ask for a donation of \$10 to the museum, per person. Limited to 12 people. If there is a lot of interest, we will schedule a second date. See page 8 for more details.
- **Painting with Teri Manger, 2/13, 11 am - 2 pm**, 22 Amherst Rd., Sunderland. See page 7 for more details. The cost for this event is \$35 and includes all the supplies. We'll also have pizza for lunch. It's sure to be a good time!
- **PVTA ID Day, 2/20 (Snow Date 2/27), 10:30-11:30 am**, 22 Amherst Rd., Sunderland. See page 7 for more details. The PVTA ID is free. Please call 413.768.1066 to sign up. Walk-ins are welcome! This event is open to the entire community, not just seniors.
- **Braided Centerpieces with Ruth Leahey, 2/22 & 2/29, 10 am -12 pm**, 22 Amherst Rd., Sunderland. See page 4 for more details. RSVP by 2/15. This event is free and includes the supplies.
- **Medicare Choice Presentation by BCBS, 2/23, 10 am**, 29 Sugarloaf St., S Deerfield. See page 13 for more details.
- **Lunch 'n Conversation with the Director, 2/27, 11:30 am**, 22 Amherst Road, Sunderland. Please RSVP by 2/23 by calling 413.665.2141 or sign up at Center to ensure we have enough food. See page 12 for more information.
- **Hip Hop Dance with Rondae, 2/28, 11 am**, 29 Sugarloaf St., S Deerfield. This event is rescheduled from September. It is free and funded through an MCC grant.

Lunch & Conversation with the Director

Each month, we'll host a Lunch & Conversation with the Director. This will allow you to hear from us regarding important topics, including a new space, our annual budget, upcoming event, etc. It also gives you the opportunity to ask questions and share any concerns. For January, we'll host it on **Friday, 1/26 at 10:30 am, 29 Sugarloaf St., S Deerfield**. For February, we'll host it on **Tuesday, 2/27 at 11:30 am, 22 Amherst Rd., Sunderland**. Please RSVP to ensure we have enough food by 1/23 or 2/23 for each respective event by calling 413.665.2141 or signing up at Center.

Medicare Plans Presentation

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me? Join Heather Hurd and Rory Joyce from BCBS on Friday, 2/23 at 10 am, 29 Sugarloaf St., S Deerfield, to hear information on Medicare Supplement Plans & Medicare Advantage Plans. For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to reevaluate your choices each year. Circumstances change, and so can your health plan. While we won't delve into Blue Cross plan details, you will leave with a clear understanding of which type of plan best fits your needs. What We'll Cover: What's Original Medicare, Differences between Medicare Supplement and Medicare Advantage Plans, Do I need Prescription Drug Coverage? Real-life case studies, Resources to help you in the decision process. *This event is free and open to all!*



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.

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.

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. Fixed Routes and paratransit service will offer is free from January 1, 2024 thru May 26th. Weekday fare will resume January 1, 2024.

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.**

HEALTH INFORMATION

NURSE (Cindy) is available at the SCSC Wednesdays: 9-12pm and 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. Ask for your town's SHINE Representative.

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.

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

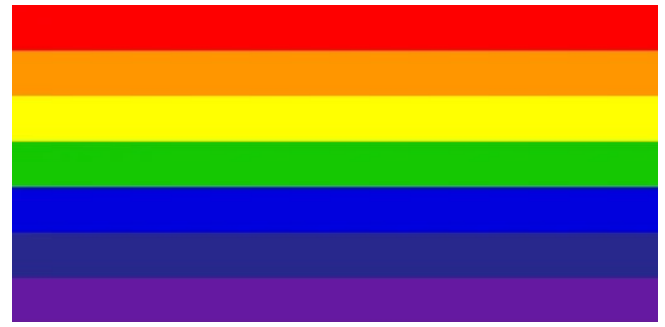
Working in cooperation with the Office of the Attorney General

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	4	5
<p><u>Closed for New Year's Day. Happy 2024!!!</u></p> <p><u>No Chair Yoga Class today</u></p>		<p><u>No Programming or Drop In Hours</u></p> <p><u>Grab 'n Go Available</u></p> <p>Balance in Motion 11 AM</p>	<p>Brown Bag</p> <p><u>Tai Chi 1 PM</u></p>	<p><u>No Programming at Parish</u></p> <p><u>Grab 'n Go Available</u></p>
8	9	10	11	12
<p>Enhanced Fitness 9AM</p> <p>BINGO 10AM</p> <p><u>Seated Dance 12 PM</u></p> <p>Chair Yoga 1PM</p> <p>Sunderland Open 2 - 4 PM</p>	<p><u>Sunderland Open 10 AM - 4 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Pop Up Food Truck 11 AM</u></p> <p>Balance in Motion 11 AM</p> <p>Sunderland Open 2 - 4 PM</p>	<p>Rainbow Elders Luncheon 12PM</p> <p><u>Tai Chi 1 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p>Men's Social Hour 10 AM</p>
15	16	17	18	19
<p><u>Closed for Martin Luther King, Jr. Day</u></p> <p><u>Chair Yoga 1 PM</u></p>	<p>Knitting Circle 10 am -12 pm Sunderland</p> <p><u>Sunderland Open 10 AM - 4 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Birding with Lesley 10:30 AM</u></p> <p>Balance in Motion 11 AM</p> <p>Sunderland Open 2 - 4 PM</p>	<p><u>Tai Chi 1 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Cribbage Tourney 10 AM</u></p>
22	23	24	25	26
<p>Enhanced Fitness 9AM</p> <p>BINGO 10AM</p> <p><u>Seated Dance 12 PM</u></p> <p>Chair Yoga 1PM</p> <p><u>Sunderland Open 2-4 PM</u></p>	<p>Drumming with Tara 10:30 AM Sunderland</p> <p><u>Sunderland Open 10 AM - 4 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Arts & Crafts 10 AM</u></p> <p>Balance in Motion 11 AM</p> <p>Sunderland Open 2 - 4 PM</p>	<p><u>Tai Chi 1 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p>Lunch & Conversation with the Director 10:30 AM S Deerfield</p>
29	30	31		
<p>Enhanced Fitness 9AM</p> <p>BINGO 10AM</p> <p><u>Seated Dance 12 PM</u></p> <p>Chair Yoga 1PM</p> <p><u>Sunderland Open 2-4 PM</u></p>	<p>Knitting Circle 10 am -12 pm Sunderland</p> <p><u>Sunderland Open 10 AM - 4 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Hot Cocoa Bar & Barbie Movie Viewing</u></p> <p>Balance in Motion 11 AM</p> <p>Sunderland Open 2 - 4 PM</p>		

MON	TUE	WED	THU	FRI
			1	2
			Brown Bag - DFLD Town Hall Footcare by Nurses Sunderland Tai Chi 1 PM	Enhanced Fitness 9 AM Men's Social Hour 10 AM
5	6	7	8	9
Enhanced Fitness 9AM BINGO 10AM <u>Seated Dance 12 PM</u> Chair Yoga 1PM Sunderland Open 2 - 4 PM	Knitting Circle 10 am -12 pm Sunderland <u>Sunderland Open 10 AM - 4 PM</u>	Enhanced Fitness 9 AM <u>UGRR Field Trip to Ruggles Center Florence</u> Balance in Motion 11 AM Sunderland Open 2 - 4 PM	Rainbow Elders Luncheon 12PM <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Hidden Figures Movie at 10 AM</u> <u>Pizza at 11 AM</u>
12	13	14	15	16
Enhanced Fitness 9AM BINGO 10AM <u>Seated Dance 12 PM</u> Chair Yoga 1PM Sunderland Open 2 - 4 PM	Art with Teri Magner Sunderland 11 AM <u>Sunderland Open 10 AM - 4 PM</u>	Enhanced Fitness 9 AM Pop-Up Food Truck 11 AM Balance in Motion 11 AM Sunderland Open 2 - 4 PM	Tai Chi 1 PM	Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u>
19	20	21	22	23
Closed for Presidents Day <u>Chair Yoga 1 PM</u>	PVTA ID Day Sunderland 10:30 AM - 11:30 AM <u>Sunderland Open 10 AM - 4 PM</u>	Enhanced Fitness 9 AM <u>Arts & Crafts 10 AM</u> Balance in Motion 11 AM <u>Sunderland Open 2 - 4 PM</u>	Braided Centerpiece with Ruth Leahey (Class 1) 10 AM-12 PM Sunderland <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>BCBS Medicare Choice Presentation 10 AM</u>
26	27	28	29	
Enhanced Fitness 9AM BINGO 10AM <u>Seated Dance 12 PM</u> Chair Yoga 1PM Sunderland Open 2 - 4 PM	PVTA ID Day Sunderland (Snow Date) 10:30 AM-11:30 AM Lunch & Conversation with the Director 11:30 AM Sunderland <u>Sunderland Open 10 AM - 4 PM</u>	Enhanced Fitness 9 AM <u>Hip Hop Dance with Rondae 11 AM (S Deerfield)</u> Balance in Motion 11 AM (Cadence) Sunderland Open 2 - 4 PM	Braided Centerpiece with Ruth Leahey (Class 2) 10 AM-12 PM Sunderland <u>Tai Chi 1 PM</u>	



Rainbow Elders January 11th, 2024 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, January 11th**. 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, January 7th**, at: [Rainbow Elders Luncheon Club Tickets, Multiple Dates | Eventbrite](#)

The menu this month is tuna salad, riviera salad, macaroni salad, multigrain bread, and fresh 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

