
SOUTH COUNTY SENIOR CENTER NEWSLETTER MARCH/APRIL 2024

Monthly Musings from the Director

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

March marks Women's History Month. This year, we're hosting Sheryl Faye in her one women show as Ruth Bader Ginsburg. RBG was a trailblazer and who better to learn more about? Join us for this event on **3/20, 10:30 am**. Lunch will be served.

If you missed the Digital Literacy Lottery, you're in luck! *We have **47 - 9th Generation iPads** still available and **44 Stipends for up to \$500 available to pay for Digital Access**.* Lottery Applications will be available at Center starting 3/1. *Applications will be due Friday, 5/3 by Noon.* Contact staff for more details at Center or by calling 413.665.2141. Due to the parameters of the grant, this lottery is only open to residents of Deerfield, Sunderland, and Whately.

Do you love to listen to music? Do you love to laugh? I know I do! We're hosting quite a few events over the next two months which are sure to bring you joy!

On **3/6, 10:30 am**, we're hosting **TJ & The Peepers Duo** as live entertainment to go along with our Corned Beef & Cabbage meal for St. Patrick's Day. *Tickets are \$5 and available at Center.*

Did you know we have musicians among our members? Join **The Klines (Michael & Carrie) and their band** for a wonderful musical performance on **4/12, 10:30 am**. This event is funded in part by Deerfield, Sunderland, & Whately's Cultural Councils.

On **4/26, 10 am** we're hosting a **Comedy Show Live with Happier Valley Comedy**. Come prepared to laugh! We could all use a little joy in our lives. This event is funded in part by the Deerfield, Sunderland, & Whately's Cultural Councils.

As part of our Hybrid Program Grant, we are starting to offer classes in person and via Zoom. If you're interested in participating in events from your home, let us know when you register. We'll email you the link to participate. I wanted to get the newsletter out before the Zoom links were finalized. Feel free to ask Tom Patria for more details when you register. We will offer a tutorial on how to log in and participate.

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

There's an important update for anyone who receives a discount on their monthly internet bill from the Affordable Connectivity Program (ACP). Funding for the ACP is projected to run out in April 2024 unless Congress approves additional funding. More than 22 million households in the country are enrolled and receiving the ACP benefits, including some of our members with the South County Senior Center.

So, what's happening now? The Federal Communications Commission is taking steps to wind down the program in anticipation of it no longer receiving funding. Here's a breakdown of what's taking place right now:

- ACP applications and enrollments are no longer being processed.
- Households that have applied and been approved for ACP will continue to receive their monthly internet discount until funding for the program runs out.
- After the ACP funds end (projected April 2024), households taking part in the program will no longer receive their monthly internet discount.
- If you qualified for the ACP, but you did not sign up with an internet company before Feb. 7, you can no longer enroll in ACP.
- During this ACP wind-down phase, ACP households will be notified by their internet company about the impact on their bill and service regarding ACP ending.
- Notices will tell households that the ACP is ending, how that will impact the cost of their bill, the date of the last bill they will receive that includes the ACP benefit, and that they may change their service or opt-out of continued internet service after the ACP ends.
- ACP households can also switch internet plans without penalty.

If you're concerned about your ACP benefits, here's a few resources and tips to help.

- Firstly, it's important to consistently check your emails for any information about your ACP benefit.
- Affordable Connectivity website: <http://www.AffordableConnectivity.gov> and www.fcc.gov/acp.
- Contact your internet company with any questions about your monthly bill that will be impacted by the ACP ending.
- ACP Support Center phone number: 877-384-2575.

OUTREACH CORNER (Continued)

And as a reminder, fuel assistance applications continue to be accepted by Community Action Pioneer Valley's fuel assistance program through April 2024.

It's free to apply for LIHEAP from now until April 30, 2024. The South County Senior Center serves as an application site for a LIHEAP application. The first step is to reach out to myself, Outreach Coordinator, Chris Goudreau, to schedule an appointment by calling 413.768.1066 or by emailing scoc@town.deerfield.ma.us.

But first, it's important to figure out if you'd be eligible to apply for fuel assistance based on your income. To be eligible for LIHEAP, you must be at least 18 years of age or older and have a household income that's at least 60 percent of the state's median income. For a household of one person, that's \$45,392. For a two-person household, the income eligibility is \$59,359 per year.

The most important part of the LIHEAP application is making sure to have all the necessary documentation for your application. Below is a checklist of every document you'll need to have prepared ahead of your application appointment.

- ☐ State or federally issued photo ID.
- ☐ Proof of citizenship or qualified alien status (social security card, birth certificate or permanent resident card).
- ☐ Verification of all sources of income for the 30 days prior to the appointment Such as: wages, unemployment, child support, alimony, interest/dividends, pension/ annuity, odd jobs income, veteran's benefits, capital gains (lump sums, lottery/ gambling winnings), zero income form, if no income as well as self-employment documentation if relevant.
- ☐ TAFDC/EAEDC & SSA/SSI/SSP/SSDI/RSDI (if applicable).
- ☐ Mortgage, homeowner's insurance, and property tax bills if you own your home.
- ☐ Copy of lease and verification of rental subsidy, if you rent.
- ☐ Documentation of current financial aid awards (grants, loans, scholarships, and work study income for college students).
- ☐ Dates of birth for all household members.
- ☐ Heating company vendor, account number, and name of account holder.
- ☐ Current electric bill showing the name of the account holder, service address, and account number.



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 thrive because of the amazing support we receive.

We would like to thank the following organizations, businesses and individuals:

SC TRIAD, FCSO TRIAD, Betty Niedzwiecki, Sharyn Paciorek, Irene Jordan, Tom Stone, Gina Deschaine Stone, Fran York, Tim and Joanne Kuzdzal, Nancy Winter, Carol Ryan, Nicole Graves, Anne Smith, Maxine Young, Louis Misiun, Pat Misiun, Sandra Connor Misiun, Terry Misiun, David Rohrs, John Cycz, Hank Pydych, Fred Beckta, Peg Warner, Ruth & Wally Sadowsky, Steve Helgersen, Gary Beaudry, Nancy & Gerry Paciorek, Gretchen May, Maryann Sadoski, Linda Rowe, and to everyone who has been generous with their time.

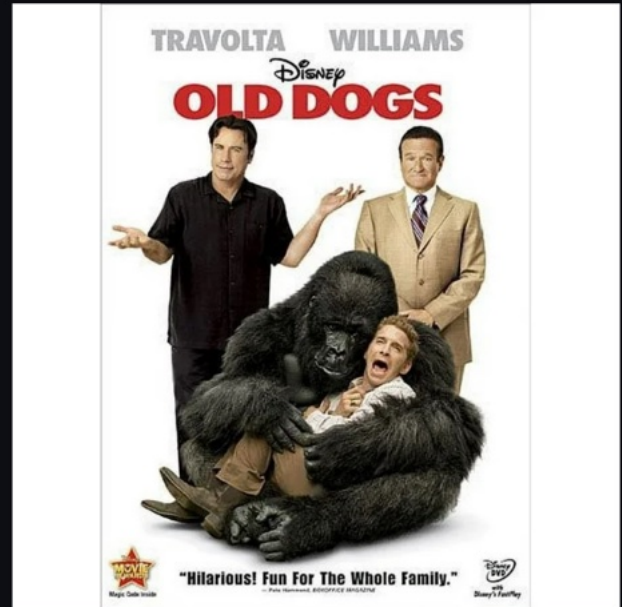
Cribbage Tourney

Our Cribbage winner for January is Sylvia Nye. **Congrats, Sylvia!** Our winner for February is John Noreika.

Congrats, John!

Be sure to join us on **3/15 and 4/19 at 10 am** sharp for our monthly cribbage tourneys. Beginners welcome!

SOUTH COUNTY SENIOR CENTER PRESENTS:



10
AM

Friday, March 1

12
PM

QUESTIONS OR TO REGISTER, CONTACT TOM PATRIA AT
413.665.9508 OR SCPA@TOWN.DEERFIELD.MA.US



And the
winners are...



SOUTH COUNTY SENIOR CENTER

BOARD GAME BONANZA

EVERYONE IS INVITED TO JOIN

Feel Free to Bring Your Favorite Game!

Friday, March 8
10am-12pm
South Deerfield

Questions or to register, contact Tom Patria at
413.665.9508 or scpa@town.deerfield.ma.us

South County Senior Center Presents: "Learn to Investigate Your Family History"

Liz Sonnenberg is the Staff Genealogist at Modern Memoirs, Inc., a publishing service that specializes in documenting, researching, preserving, and publishing personal and family histories.

DATES AT THE SUNDERLAND LOCATION, 22 AMHERST ROAD:

Tuesday, March 19: 1pm to 2pm
Tuesday, March 26: 1pm to 2pm
Tuesday, April 2: 1pm to 2pm
Tuesday, April 9: 1pm to 2pm

ATTENDANCE REQUIRED FOR ALL 4 SESSIONS!

Liz can help Research Family Histories & Develop Multi-Generational Family Trees!

Questions or to Register:
Contact Tom Patria at 413.665.9508 or
scpa@town.deerfield.ma.us

South County Senior Center Presents:

WOMEN'S HERSTORY: RUTH BADER GINSBERG

Sheryl Faye brings to life important historical women. In her one-woman shows, she immerses the audience in a multi-media learning experience that captivates viewers and sparks their interest to explore more.

Wednesday, March 20 at 10:30am
RSVP Date: March 13
Lunch will be served

Contact Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us

TARA MURPHY'S DRUMMING CIRCLE

Thursday, March 21 @ 10:30am

**SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND**

FOR SENIORS OF ALL ABILITIES. PARTICIPANTS WILL LEARN
SIMPLE RHYTHMS ON THE DUNUN DRUMS AND PLAY TOGETHER AS
AN ENSEMBLE.

DRUMS PROVIDED AND NO EXPERIENCE NECESSARY.

RSVP BY MARCH 14



CONTACT TOM PATRIA AT
413-665-9508 OR SCPA@TOWN.DEERFIELD.MA.US



Knitting Circle

Classes both In-Person and Online
Project for both Novices and Advanced Knitters
Option to Create Full-Size or Lap Blankets

Group meets from March until Mid-September
from 2pm to 3:30pm at the South County Senior Center,
22 Amherst Road, Sunderland:

March 22; April 12 & 26; May 10 & 24; June 14 & 28;
July 12 & 26; August 9 & 23; September 13 & 27

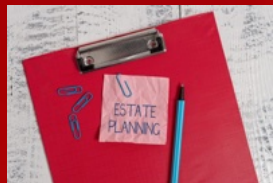
RSVP by March 15
Contact Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us



PRESENTATION: UNDERSTANDING ESTATE PLANNING DOCUMENTS

March 27 from 10am to 11am

Presenter Janice Ward will describe the purpose and
functions of the various documents you might expect
from your estate planning attorney.



South County Senior Center

29 Sugarloaf Street, South Deerfield

Questions or to register, contact Tom Patria

413-665-9508

scpa@town.deerfield.ma.us

**RSVP by
March 20**



JOY OF SONG

**EVERY 4TH THURSDAY
STARTING ON MARCH 28**

Time: 11am to 12pm

**Location: South County Senior Center,
22 Amherst Road, Sunderland**

JOIN US FOR A FUN HOUR SINGING
FAMILIAR POPULAR SONGS WITH
SARA SNYDER

EXPERIENCE MUSIC'S
REMARKABLE CAPACITY TO
AWAKEN THE BRAIN, BOOST
BIOCHEMISTRY, AND INSPIRE JOY.

ALL ABILITIES WELCOME, AND WE
TAKE REQUESTS!

RSVP BY MARCH 21
QUESTIONS? CONTACT TOM PATRIA AT
413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US



THIS PROGRAM IS FUNDED IN PART BY DEERFIELD,
SUNDERLAND & WHATELY CULTURAL COUNCILS.



Romance Scam Presentation

ACCORDING TO THE FEDERAL TRADE COMMISSION, PEOPLE REPORTED A RECORD \$547M IN LOSSES TO ROMANCE SCAMS IN 2021.

THE NORTHWESTERN DISTRICT ATTORNEY'S OFFICE WILL COVER:

1. WHAT ROMANCE SCAMS ARE AND HOW THEY WORK
2. HOW TO HELP A LOVED ONE WHO IS EXPERIENCING A ROMANCE SCAM
3. CRYPTOCURRENCY
4. WHERE TO REPORT ROMANCE SCAMS
5. CLASSIC SCAM RED FLAGS

Friday, March 29: 11a-12p
29 Sugarloaf Street, South Deerfield

R S V P B Y M A R C H 2 2

Contact Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us



MEET WITH CONGRESSMAN JIM MCGOVERN

RSVP
by
April 1

RSVP
by
April 1



Wednesday, April 3
11am to 12pm

29 Sugarloaf St., S Deerfield

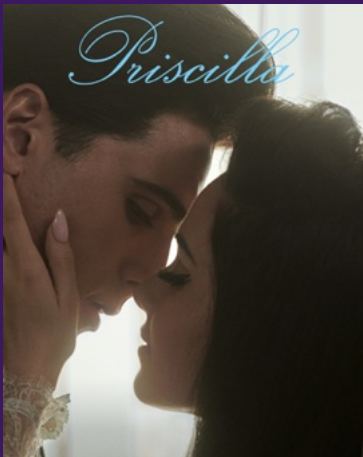
All residents are welcome to stop by for coffee and snacks
and share their thoughts, opinions, and/or concerns

Contact Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us

SOUTH COUNTY SENIOR
CENTER PRESENTS

PRISCILLA

Friday, April 5 @ 10AM



SHOWING AT

29 Sugarloaf Street, South Deerfield

For Questions or to RSVP: Contact

Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us

THE KLINES

AS FOLKLOREST-MUSICIANS THE KLINES PERFORM COUNTRY HARMONY DUETS, FAMILY SONGS AND FRONT PORCH MUSIC. THEIR VOICES CARRY THE SONGS WITH TRUTH AND AUTHENTICITY, AND THEIR GUITAR ACCOMPANIMENTS AND HAUNTING HARMONIES GET YOU WHERE YOU LIVE. THE KLINES' PERFORMANCES CELEBRATE THE OLD-TIME SINGERS AS WELL AS THE SONGS.

WEDNESDAY APRIL 12 10:30AM-11:30AM



HOSTED BY:

SOUTH COUNTY
SENIOR CENTER

29 SUGARLOAF
STREET

SOUTH
DEERFIELD

CONTACT TOM PATRIA AT 413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US

RSVP BY APRIL 5



Fire Safety Presentation

JOIN US AS THE DEERFIELD, SUNDERLAND & WHATELY FIRE DEPARTMENTS DISCUSS HOW TO PREVENT HOME EMERGENCIES, FIRE SAFETY & PREVENTION AND EMERGENCY PREPAREDNESS

**WEDNESDAY, APRIL 17 @ 10AM
29 SUGARLOAF STREET
SOUTH DEERFIELD**

RSVP BY APRIL 10

CONTACT TOM PATRIA AT 413-665-9508 OR SCPA@TOWN.DEERFIELD.MA.US



Volunteer Appreciation Luncheon

23 APRIL 2024

When: 11:30 am – 1:30 pm
Where: The Whately Inn
193 Chestnut Plain Rd.,
Whately, MA
Cost: \$15 per person

**RSVP with Tom Patria 413.665.9508
by 4/12/24.**



29 Sugarloaf Street, South Deerfield

Bonhams SKINNER

29 Sugarloaf Street, South Deerfield

FREE ANTIQUE APPRAISALS

WEDNESDAY, APRIL 24 FROM 10AM-12PM

Bring 1-2 Small Items

RSVP by April 17

FOR QUESTIONS: CONTACT TOM PATRIA AT 413-665-9508 OR SCPA@TOWN.DEERFIELD.MA.US

PRESENTED BY THE SOUTH COUNTY SENIOR CENTER



Volunteer Appreciation Week is 4/21/24 -4/27/24. We are so grateful for our volunteers! Our Senior Center is as successful as it is because of those who dedicate their time.



Comedy Show Live

Happier valley comedy

Friday, April 26, 10 am
29 Sugarloaf St., S Deerfield

Funded in part by Deerfield, Sunderland & Whately Cultural Councils
Free Admission. Donations Welcome.

Mass Cultural Council

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.

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 1 pm** and **Balance in Motion on Wednesdays at 11 am** at 289 Amherst Road (RTE 116) Sunderland.

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 Tom Patria at 413.665.9508 or email at scpa@town.deerfield.ma.us. **There are no classes on 3/29, 4/15.**

Tai Chi classes are ongoing through instructor, Mari Rovang. Join us every **Thursday at 1 pm**, 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 4/15.**

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.***

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

• **Tuesdays**

- 10-4 pm - **Drop In**, SCSC, 22 Amherst Rd., Sunderland **(closed 4/23)**

• **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**, We are 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. Cash or checks accepted. 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 413.665.9508 to register.

Second Wednesdays

- **Franklin Area Survival Center Food Pop Up Pantry, 3/13 & 4/10, 11:00 am, 29 Sugarloaf St., S Deerfield** ****The truck arrives between 11:30 am to 12:00 pm****

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.
- **Movie Days - Old Dogs on 3/1 & Priscilla on 4/5, 10 am**, 29 Sugarloaf St., S Deerfield. Light breakfast and movie snacks will be served. These events are free. See pages 4 and 7 for movie information.
- **St. Patrick's Day Celebration, 3/6, 10:30 am**, 29 Sugarloaf St., S Deerfield. For more information, see page 5.
- **Board Game Bonanza, 3/8, 10 am-12 pm**, 29 Sugarloaf St., S Deerfield.

Informational Highlights

March/April Programs (continued)

- **Lunch & Conversation with the Director, 3/15, 10:30 am**, 29 Sugarloaf St., S Deerfield. Please RSVP by 3/12 by calling 413.665.9508 or sign up at Center to ensure we have enough food. See page 11 for more information.
- **Genealogy Program with Liz Sonnenberg, 3/19, 3/26, 4/2 & 4/9, 1-2 pm**, 22 Amherst Rd., Sunderland. To continue with local history, we invite you to research your family history. Leave a legacy for your descendants by researching your beginnings. See page 5 for more details.
- **Women's HERStory**, Sheryl Faye brings to life **Ruth Bader Ginsburg, 3/20, 10:30 am**, 29 Sugarloaf St., S Deerfield. See page 5 for more details.
- **Drumming with Tara, 3/21, 10:30 am**, 22 Amherst Rd., Sunderland. See page 6 for more details.
- **Cribbage Tourney, 3/22 & 4/19, 10 am**, 29 Sugarloaf St., S Deerfield.
- **Knitting with Susan, 3/22, 4/12 & 4/26, 2-3:30 pm**, 22 Amherst Rd., Sunderland. See page 6 to see project information.
- **Understanding Estate Planning Documents, Janice Ward, Esq., 3/27, 10 am**, 29 Sugarloaf St., S Deerfield. See page 6 for more details.
- **Joy of Song, Sara Snyder, 3/28 & 4/25, 11 am**, 22 Amherst Rd., Sunderland. See page 6 for more details.
- **Romance Scams, Rachel Webber & NWDA Office, 3/29, 11 am**, 22 Amherst Rd., Sunderland. See page 7 or more details.
- **Coffee with Congressman McGovern, 4/3, 11 am**, 29 Sugarloaf St., S Deerfield.
- **Telling My Story**, Writing Group with Ann Marie Meltzer, **4/9, 4/16 & 4/30, 10 am - 12 pm**, 22 Amherst Rd., Sunderland. See page 12 for more details.
- **The Klines** (musical performance), **4/12, 10:30 am**, 29 Sugarloaf St., S Deerfield.
- **Fire Safety (S. Deerfield, Sunderland & Whately FDs), 4/17, 10 am**, 29 Sugarloaf St., S Deerfield.
- **Volunteer Appreciations Luncheon, 4/23, 11:30 am**, Whately Inn, 193 Chestnut Plain Rd., Whately, MA. See page 8 for more details.
- **Bonhams Skinner Antique Appraisals, 4/24, 10 am-12 pm**, 29 Sugarloaf St., S Deerfield. See page 8 for more details.
- **Happier Valley Comedy, 4/26, 10 am**, 29 Sugarloaf St., S Deerfield. See page 8 for more details.

Donation Support

The South County Senior Center is able to offer food and beverages on a daily basis due to generous donations from you, our members. We appreciate any and all donations you make. If you'd like to support the South County Senior Center, please make your checks payable to the Town of Deerfield (and put South County Senior Center in your Memo). We also welcome cash donations or donations of items to share. Thank you for your continued support!

Lunch & Conversation with the Director

We're hosting a Lunch & Conversation with the Director in March on **3/15 at 10:30 am**, 29 Sugarloaf St., S Deerfield. We will not be hosting this event in April but will provide a brief update at our Volunteer Appreciation Luncheon. This let's you hear from us regarding important topics. It also gives you the opportunity to ask questions and share any concerns. Please RSVP to ensure we have enough food by 3/12 by calling 413.665.9508 or signing up at Center. *This event is free. Donations welcome.*



Telling My Story

Join published author, Ann Marie Meltzer, for her "Telling My Story" writing course. This course will take place over 8 weeks starting on Tuesday, 4/9, 10 am, 22 Amherst Rd., Sunderland. It's a great way to leave your story for your family/friends. This event is free. All supplies will be provided as this course is funded by LifePath through their Church Street Home Fund Grant.

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 413.461.3530 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 Center 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
				Enhanced Fitness 9 AM Movie (Old Dogs) 10 AM
4	5	6	7	8
Enhanced Fitness 9 AM BINGO 10 AM Seated Dance 12 PM Chair Yoga 1 PM Sunderland Open 2 - 4 PM	Sunderland Open 10 AM - 4 PM	Enhanced Fitness 9 AM St Patrick's Day Celebration & Meal 10:30 AM Balance in Motion 11 AM Sunderland Open 2 - 4 PM	Brown Bag - DFLD Town Hall Footcare by Nurses Sunderland Tai Chi 1 PM	Enhanced Fitness 9 AM Board Game Bonanza 10 AM
11	12	13	14	15
Enhanced Fitness 9 AM BINGO 10 AM Seated Dance 12 PM Chair Yoga 1 PM Sunderland Open 2 - 4 PM	Sunderland Open 10 AM - 4 PM	Enhanced Fitness 9 AM Pop-Up Food Truck 11 AM Balance in Motion 11 AM Sunderland Open 2 - 4 PM	Rainbow Elders Luncheon 12 PM Tai Chi 1 PM	Enhanced Fitness 9 AM Lunch & Conversation with the Director 10:30 AM
18	19	20	21	22
Enhanced Fitness 9 AM BINGO 10 AM Seated Dance 12 PM Chair Yoga 1 PM Sunderland Open 2-4 PM	Genealogy Class 1 PM, Sunderland Sunderland Open 10 AM - 4 PM	Enhanced Fitness 9 AM Women's HERStory with Sheryl Faye (RBG) 10:30 AM Balance in Motion 11 AM Sunderland Open 2 - 4 PM	Drumming with Tara 10:30 AM Sunderland Tai Chi 1 PM	Enhanced Fitness 9 AM Cribbage Tourney 10 AM Knitting Circle 2 PM - 3:30 PM Sunderland
25	26	27	28	29
Enhanced Fitness 9 AM BINGO 10 AM Seated Dance 12 PM Chair Yoga 1 PM Sunderland Open 2-4 PM	Genealogy Class 1 PM, Sunderland Sunderland Open 10 AM - 4 PM	Enhanced Fitness 9 AM Estate Planning Documents 10 AM Balance in Motion 11 AM Sunderland Open 2 - 4 PM	Joy of Song with Sara Snyder 11 AM Sunderland Tai Chi 1 PM	No Enhanced Fitness Class (No Events in S Deerfield Location) Romance Scams by the NWDA 11 AM, Sunderland

MON	TUE	WED	THU	FRI
1	2	3	4	5
Enhanced Fitness 9 AM <u>BINGO 10 AM</u> <u>Seated Dance 12 PM</u> Chair Yoga 1 PM Sunderland Open 2 - 4 PM	Genealogy Class 1 PM, Sunderland <u>Sunderland Open</u> <u>10 AM - 4 PM</u>	Enhanced Fitness 9 AM <u>Coffee with</u> <u>Congressman</u> <u>McGovern 11 AM</u>	Brown Bag - DFLD Town Hall <u>Footcare by Nurses</u> <u>Sunderland</u> Tai Chi 1 PM	Enhanced Fitness 9 AM <u>Movie (Priscilla)</u> <u>10 AM</u>
8	9	10	11	12
Enhanced Fitness 9 AM <u>BINGO 10 AM</u> <u>Seated Dance 12 PM</u> Chair Yoga 1 PM <u>Sunderland Open</u> <u>2 - 4 PM</u>	Telling My Story 10 AM, Sunderland <u>Genealogy Class</u> <u>1 PM, Sunderland</u> Sunderland Open 10 AM - 4 PM	Enhanced Fitness 9 AM <u>Pop-Up Food Truck</u> <u>11 AM</u> Balance in Motion 11 AM <u>Sunderland Open</u> <u>2 - 4 PM</u>	Rainbow Elders Luncheon 12 PM Tai Chi 1 PM	Enhanced Fitness 9 AM <u>The Kleins (Musical</u> <u>Performance)</u> <u>10:30 AM</u>
15	16	17	18	19
Closed Patriots' Day	Telling My Story 10 AM, Sunderland <u>Sunderland Open</u> <u>10 AM - 4 PM</u>	Enhanced Fitness 9 AM <u>Fire Safety 10 AM</u> Balance in Motion 11 AM <u>Sunderland Open</u> <u>2 - 4 PM</u>	 Tai Chi 1 PM	Enhanced Fitness 9 AM <u>Cribbage Tourney</u> <u>10 AM</u>
22	23	24	25	26
Enhanced Fitness 9 AM <u>BINGO 10 AM</u> <u>Seated Dance 12 PM</u> Chair Yoga 1 PM <u>Sunderland Open</u> <u>2 - 4 PM</u>	<u>Volunteer</u> <u>Appreciation Lunch</u> <u>Whately Inn, 11:30 AM</u> No Open Hours in Sunderland	Enhanced Fitness 9 AM <u>Bonhams Skinner</u> <u>Antiques 10 AM</u> Balance in Motion 11 AM <u>Sunderland Open</u> <u>2 - 4 PM</u>	Joy of Song with Sara Snyder 11 AM Sunderland Tai Chi 1 PM	Enhanced Fitness 9 AM <u>Happier Valley</u> <u>Comedy - Live</u> <u>10 AM</u>
29	30			
Enhanced Fitness 9AM <u>BINGO 10 AM</u> <u>Seated Dance 12 PM</u> Chair Yoga 1 PM Sunderland Open 2 - 4 PM	Telling My Story 10 AM, Sunderland <u>Sunderland Open</u> <u>10 AM - 4 PM</u>			



Rainbow Elders March 14th, 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, March 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, March 10th**, at: [Rainbow Elders Luncheon Club Tickets, Multiple Dates | Eventbrite](#)

The menu this month is Deli Turkey, Swiss Cheese & Mayo, Squash, Zucchini & Onion Salad, Barley Raisin Salad, 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

LIFEPATH Congregate Lunch Meals- March 2024

PLEASE CALL YOUR MEAL SITE BEFORE 9:30 AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL.

Athol 978-249-9001, Bernardston 413-648-5319, Charentmont 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		
Suggested Voluntary Confidential Donation is \$3 per Meal			ALL MEALS INCLUDE: 8 OZ 1% MILK containing: 130 mg Sodium, 110 Calories, & 13 g Carbohydrates AND 1 pat of Margarine Containing 30 mg Sodium & 30 Calories Sodium, Calories, & Carbs Included in daily totals.			Please Note that Only 1% Milk is Currently Available From the Supplier			<div></div>			1		
												Wild Salmon w/ Honey Mustard Sauce 2oz Potatoes w/ Pep & Onions Mixed Vegetables Dinner Roll Fresh Fruit (Orange)		
												Total Sodium (mg): 659 Carbs (g): 112; Calories: 654		
4	Carb 9 mg Sloppy Joe 8oz Red Bliss Potatoes Broccoli & Cauliflower Hamburger Roll Chocolate Pudding (no margarine)	Sod 11 230 8 14 180 195	5	Carb 9 mg Pacific Cod 4oz w/ Scarpirello Sauce 2 oz Quinoa Plat Green Beans LS Multigrain Bread Chocolate Chip Cookie	Sod 0 220 62 56 3 135 60	6	Carb 9 mg Beef Hot Dog* Baked Beans Coleslaw Relish & Mustard Hot dog roll Peaches	Sod 3 540 20 12 4 24 8	7	Carb 9 mg Chicken Souvlaki Buttered Noodles Butternut Squash Oatmeal Bread Fresh Fruit (Orange)	Sod 3 456 32 38 32 140 0	8	Carb 9 mg Broccoli Egg Bake 6oz Italian Red Bliss Potatoes Stewed Tomatoes Dinner Roll Gingersnaps (3)	Sod 15 475 17 13 251 17 180 16 105
Total Sodium (mg): 757 Carbs (g): 106; Calories: 730			Total Sodium (mg): 696 Carbs (g): 90; Calories: 707			Total Sodium (mg): 1249 Carbs (g): 90; Calories: 753			Total Sodium (mg): 826 Carbs (g): 111; Calories: 900			Total Sodium (mg): 1176 Carbs (g): 91; Calories: 748		
11	Carb 9 mg American Chop Suey 10oz Tuscan Blend Veg Dinner Roll Applesauce	Sod 81 449 47 180 0	12	Carb 9 mg Spinach & Red Pepper Frittata 8oz Potato Wedges Brussels Sprouts Wheat Bread Vanilla Pudding	Sod 4 175 27 9 17 90 174	13	Carb 9 mg Chicken Marsala 7oz Buttered Noodles Scandinavian Blend Veg Wheat Bread Fresh Fruit (Orange)	Sod 16 397 29 41 90 0	14	Carb 9 mg Corned Beef Stew* 8oz Parsley Potatoes Wheat Bread Pineapple Whip Pudding	Sod 6 886 23 17 90 87	15	Carb 9 mg Wild Salmon w/ Sweet & Sour Sauce 2oz Lo Mien Noodles Asian Blend Vegetables Wheat Bread Mandarin Oranges	Sod 0 67 15 99 33 58 7 90 13 7
Total Sodium (mg): 836 Carbs (g): 131; Calories: 940			Total Sodium (mg): 642 Carbs (g): 97; Calories: 789			Total Sodium (mg): 728 Carbs (g): 102; Calories: 791			Total Sodium (mg): 1231 Carbs (g): 83; Calories: 674			Total Sodium (mg): 489 Carbs (g): 97; Calories: 669		
18	Carb 9 mg Chicken Scallopini 7oz Buttered Noodles Zucchini & Cauliflower Wheat Bread Tapioca Pudding	Sod 5 289 40 6 90 183	19	Carb 9 mg Unstuffed Pepper Casserole w/ Beef 8oz Italian Blend Vegetables Dinner Roll Fresh Fruit (Orange)	Sod 19 224 8 19 180 0	20	Carb 9 mg Rst Turkey w/ Gravy* 5oz Mashed Potatoes Carrots Wheat Bread Pears	Sod 5 617 46 68 9 77 90 5	21	Carb 9 mg Pollock 4oz w/ Newburg Sauce 2oz Herbed Rice Brussels Sprouts LS Multigrain Bread Chocolate Brownie	Sod 0 180 5 224 9 98 17 24 135 297	22	Carb 9 mg Macaroni & Cheese* 11oz Stewed Tomatoes LS Multigrain Bread Peaches	Sod 88 548 13 251 24 135 14 8
Total Sodium (mg): 767 Carbs (g): 96; Calories: 732			Total Sodium (mg): 583 Carbs (g): 75; Calories: 707			Total Sodium (mg): 1016 Carbs (g): 105; Calories: 634			Total Sodium (mg): 1110 Carbs (g): 92; Calories: 775			Total Sodium (mg): 1102 Carbs (g): 151; Calories: 845		
25	Carb 9 mg Chicken w/ Saute Veg 7oz Jasmine Coconut Rice Dinner Roll Chocolate Pudding	Sod 8 347 9 180 195	26	Carb 9 mg Black Bean & Barley Chili* 6oz Broccoli & Carrots Wheat Bread Pears	Sod 59 856 8 45 17 90 15 5	27	Carb 9 mg Beef Burgundy 8oz Mashed Potatoes Zucchini Dinner Roll Cupcake	Sod 7 170 46 68 4 5 17 180 29 170	28	Carb 9 mg Stuffed Shells (2) w/ Tomato Sauce* 3oz Cauliflower Wheat Bread Fresh Fruit (Orange)	Sod 32 632 5 17 90 0	29	Carb 9 mg Potato Pollock Lemon Wedge Sweet Potatoes Green Beans LS Multigrain Bread Mixed Fruit	Sod 13 330 1 0 27 9 3 24 135 15 3
Total Sodium (mg): 890 Carbs (g): 94; Calories: 825			Total Sodium (mg): 1155 Carbs (g): 111; Calories: 778			Total Sodium (mg): 752 Carbs (g): 116; Calories: 884			Total Sodium (mg): 970 Carbs (g): 89; Calories: 634			Total Sodium (mg): 658 Carbs (g): 102; Calories: 677		

Sodium and Carbohydrate 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.

