

SOUTH COUNTY SENIOR CENTER NEWSLETTER JULY/AUGUST 2026

Grant Updates from the Director

SCSC Staff

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Director

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Program Coordinator

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scoc@town.deerfield.ma.us

Board of Oversight

Joyce Palmer-Fortune, Chair
Select Board (Whately)

j.palmerfortune@whately.org

Trevor McDaniel
Select Board (Deerfield)

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Select Board (Sunderland)

murphyd@townofsunderland.us

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

AARP COMMUNITY CHALLENGE

We're thrilled to announce our grant application for the **AARP Flagship Grant has been awarded!** Our application was one of 5,100 nationwide applications submitted and **one of the 750 grants awarded for 2026.**

This **\$15,000 grant** will go towards emergency kit bags to be distributed to residents of Deerfield, Sunderland, and Whately aged 50+. This grant was submitted with written support from the Sunderland Police Department. Contents for the emergency kit bags came from input from our local police departments - Deerfield, Sunderland, and Whately - and our Center staff.

We look forward to providing these emergency kit bags to our 3 communities. To enter the lottery, you must meet the following qualifications*:

- You must be a resident of Deerfield, Sunderland, or Whately.
- Be age 50 or older.
- Submit your application by Noon on Friday, October 2nd.

For an application, see page 19 of this newsletter. If you need additional applications, please stop by our main location, 22 Amherst Rd., Sunderland, during open hours. Can't make it to Center? Call Chris Goudreau at 413.768.1066 to have a lottery application mailed to you for completion.

** Only one winner per household.*

We're excited to announce our grant application for the Fred G. Wells Trust, through Greenfield Savings Bank, has been approved. The **grant is for \$4,000 and will be used to facilitate our Chair Yoga and Balance in Motion classes** offered through our partnership with Cadence Yoga in Sunderland. These classes are offered on Monday at 1 pm and on Wednesday at 11 am and are on a first-come, first-served basis. They are now offered at no cost.

You must be a member of the South County Senior Center to participate in these classes. Priority is also given to residents of Deerfield, Sunderland, and Whately. Not a member? Please stop by our main location, 22 Amherst Rd., Sunderland, to sign up.

Sunderland: Open Hours: Monday, Tuesday, and Wednesday 10 AM - 4 PM, Friday 10 AM - 2 PM
unless otherwise noted on the calendar. Changes are due to programs - 22 Amherst Rd., Sunderland

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

Monthly Musings from the Director

Our Annual Picnic, Disco in the Park, was a smashing success! It was great to see so many of you connecting with old and new friends. We made some changes this year - did you notice? We rented a larger tent to allow for easier moving between tables. In the past, it was a tight fit, and many struggled to get around. Our goal was to make it easier for you. We hope it helped.

A huge shout-out to the **Franklin County Sheriff's Office TRIAD Unit** and **Sheriff Lori Streeter**, for their generous donations of hamburgers, hot dogs, rolls, cooking staff, and hospitality! Their donation helps the SCSC bring you a wonderful meal each year.

Eaglebrook's kitchen team prepared delicious antipasto and fruit salads. We are so appreciative of their donations over the years. Thank you!

A thank you to the former **South County TRIAD (now SALT: Seniors and Law Enforcement Together)** for their donation of cupcakes. Everyone who enjoyed them shared they were delicious!

A thank you to **Jenni Allard** for donating her creative disco-themed centerpieces. Jenni's creativity is astounding!

A thank you to the **South Deerfield Polish American Citizens Club** for the ice. We're able to keep drinks cool and cold food at temp. It gets hot out there!

A thank you to **Jonathan Boschen** at FCAT for letting us borrow a sound system to stream your favorite songs. We took to heart the feedback about live bands being too loud and making it difficult to hear each other when talking. Our goal is to make the picnic a social event for you to enjoy.

While we receive many items donated to the Center for this annual event, your ticket cost of \$10 goes to fund the following: produce (tomatoes, lettuce, onions); all beverages (water, soda); paper plates; napkins; utensils; decorations (photo backdrop, napkins, stickers); part of the tent/table/chairs rentals; tableclothes; cleaning supplies; propane for the grills; and more. Our annual budget does not allow us to cover all items for events.

We are grateful for the amazing community we've created at the South County Senior Center. We're deciding on our theme for next year. We'd love to hear your suggestions.

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Over the last year, our staff and I have worked to educate our members and the public on important topics at our multitude of Community Forums. Transparency about our Center is important to us and the communities we serve.

Our Center is overseen by the Board of Oversight (BoO), which has one representative from each of the 3 towns (Deerfield, Sunderland, and Whately). All of our budgets, including grants, personnel costs, and other important items, are discussed with the BoO. They make the decisions to approve or disapprove our requests. The BoO decides if a change should move ahead with discussions and votes. If a change is recommended or a vote moves forward, there are times additional approval is needed at each town level - especially when discussing personnel changes. When that is necessary, these items are brought forward to each town's Selectboard and Finance Committees.

Our meetings, as well as Selectboard meetings and Finance Committee meetings, are open to the public unless an agenda specifically declares there is an executive session. Each town posts its own agenda. We post our agendas in all 3 towns. If you'd like more information on how to access SCSC agendas, please call or email me - Jen - at 413.665.2141 or scsc@town.deerfield.ma.us. If you'd like to know more about your specific town's meetings, please reach out to your local town clerk's office.



Outreach Corner: Things You Need to Know

By Chris Goudreau

Resources for older adults to continue aging at home are one of the main requests I receive for referrals here at the South County Senior Center. Home care services allow older adults in our community to age at home, while maintaining their safety and independence. Below are some local organizations that may be of help to you to continue aging at home:

- **LifePath:** Greenfield-based nonprofit organization LifePath offers home care services as well as many other support services for older adults as a leading provider of elder care services in Franklin County. LifePath offers homemaking, personal care, home health aide services, nutrition, and personal emergency response system support. These services are available to people of all income levels with co-pay and sliding scale options. Additional services include transportation, nursing, adaptive devices, home modifications, and chore services. LifePath also includes a consumer-directed care option to offer elders the opportunity to choose and hire their own caregivers.
101 Munson Street, Greenfield, MA, 01301.
Phone: (413) 773-5555;
Website: www.lifepathma.org
- **Guardian Angel Senior Services:** A new addition to western Massachusetts will be an office for Guardian Angel Senior Services opening in the Amherst/Hadley area. Guardian Angel Senior Services offers a range of options for older adults living independently at home, including companionship, homemaking, home health aide, and skilled nursing services. Guardian Angel also offers specialized services for elders with dementia and Alzheimer's disease, diabetic care, cancer care, and post-operative care.
Phone: (781) 753- 4159;
Email: info@guardianangelseniorservices.com
Website: www.guardianangelseniorservices.com
- **O'Connell Care at Home:** For more than 30 years, O'Connell Care at Home has provided care for clients throughout western Massachusetts. Whether you need a caregiver for a few hours a week or 24/7 care, O'Connell Care at Home provides professional staff for home care needs.
134 Hope St., Greenfield, MA, 01301;
Phone: (413) 665-1590;
Website: www.oconnellcares.com
- **Victory Home Health Care, Inc.: Holyoke**-based Victory Home Care, Inc. provides a variety of services, including personal care, homemaking, care services by a registered nurse, and medical social work. Home care ranges from as little as an hour a week to 24/7 care. Victory Home Care provides services within Hampden, Franklin & Hampshire counties in western Massachusetts.
850 High St., 3rd Floor, Holyoke, MA, 01040;
Phone: (413) 315-3593;
Website: www.victoryhhc.com
- **Valley Neighbors:** Whately-based nonprofit organization Valley Neighbors is entirely volunteer-driven. The organization offers support for South County residents over 60 years old to help them continue to live independent and engaged lives at their current home. Valley Neighbors offers local rides within Franklin, Hampshire, and Hampden Counties. Individuals utilizing transportation services must be able to get in and out of the vehicle with only minor assistance. Other services

(continued on Page 4)

Outreach Corner: Things You Need to Know (Continued)

- include light home and yard needs, social support (telephone check-ins, walking buddies, community gatherings), and technical support (help with computers, phone, email or other electronic devices).

PO BOX 281, Whately, MA, 01093;

Phone: (413) 453-9057;

Email: info@valleyneighbors.org.

Website: www.valleyneighbors.com

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

SPRINGFIELD MUSEUM TRIPS 2026



**JOIN US AS THE SOUTH COUNTY SENIOR CENTER TRAVELS
TO THE SPRINGFIELD MUSEUMS ON THE FIRST WEDNESDAY
OF EACH MONTH:**

JULY 1 & AUGUST 5

BUSES LEAVE SCSC AT 9AM; RETURN BY 3:30PM

LUNCH LOCATION(S) TBD; \$2 BUS FEE

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

Cribbage Updates:

Get ready for some high-stakes fun at our upcoming **C r i b b a g e Tournament** at the Sunderland location, **22 Amherst Rd.** We're setting the stage for a full-immersion experience, starting promptly at **10 AM**—and we'll keep the cards flying until the final hand is played!



June Winner:

Wally Sadowsky

cards flying until the final hand is played!

Mark your calendars for two exciting tournament dates: **July 17th** and **August 21st**. Whether you're a seasoned pro or just learning the ropes, there's a place at the table for everyone. Expect a day filled with strategy, laughter, and friendly competition as we gather to celebrate this classic game and the community it brings together. Congratulations to our recent champions: **May: Nanci Schwartz** and **June: Wally Sadowsky**

Pitch Updates:

Pitch is now on our calendar for the second Friday of every month! Join us on **July 10th** and **August 14th at 11 AM**. All levels are welcome! If you're interested in playing, please email Tom at scpa@town.deerfield.ma.us or call 413.665.9508.



Farmer's Market Coupon Program

It's that time of year where the Farmer's Market coupon booklets will be available. To qualify to receive a coupon booklet worth \$25, you must be age 60+ and a resident of Franklin County. This is an income eligible based program. A household size of 1: monthly income must be at or below \$2,461; A household size of 2 \$3,337; The coupons can be used for fresh fruits, vegetables, cut herbs or honey. Locations for use are provided at pickup. These will be distributed on Thursday, August 6th, from 12:30 - 1:30 pm at 22 Amherst Rd., Sunderland. Coupon Booklets distributed by LifePath, Inc. Nutrition Program.

🌟 Staff Spotlight: Meet Chris Goudreau 🌟

We're continuing to highlight a member of our staff. This month we're excited to introduce you to **Chris Goudreau**, our **Outreach Coordinator**.

Q: What's your role at the Senior Center, and what does a typical day look like for you?

A: I'm our Outreach Coordinator here at the South County Senior Center. I often wear many different hats in a given day. I assist our members with signing up for food assistance such as SNAP or Brown Bag. I provide transportation to programs, medical appointments, and grocery shopping. And of course, I help with our daily programs. When I'm not wearing those hats, I'm catching up on data entry (to track all the services we do).



Q: What do you enjoy most about working at SCSC?

A: That's an easy question. It's our seniors - whether helping individuals get connected with community resources or just learning about the unique and wonderful people here in South County. One of the most emotionally rewarding aspects of my job is seeing that I'm making a difference.

Q: Do you have a favorite event or memory from your time here?

A: My favorite event is definitely our annual picnic (Wednesday, June 17th). The weather's typically sunny; there's music; a great cookout where most of our members come out to Whately's Herlihy Park and just have a good time.

Q: What do you like to do outside of work?

A: My life outside of work revolves around music. My wife - Anna - and I are both musicians. She's a bassoonist and plays in orchestra and wind ensembles around the Valley. I write my own music - typically for 12-string guitar and voice. Besides music, I enjoy movies, nature walks, and going to concerts.

Q: What's one thing you'd like more people to know about the Senior Center?

A: We couldn't do everything we do at the senior center without a fantastic group of volunteers. We're only a staff of three at the South County Senior Center, so when our community members ask us how they can help out (especially for our larger events), it's a tremendous help that I'm always grateful for.

Volunteers: Your Time, Our Thanks!



Our volunteers are the heart of everything we do. Whether you greet members at the door, lead a program, help with events, serve meals, or quietly lend a hand behind the scenes, your time and generosity make a lasting difference. Because of you, our Senior Center is welcoming, vibrant, and full of connection. We are deeply grateful for your dedication and the care you show our community every day. Thank you for all you do!

Director's Note: Max reached out to us to share this helpful information. We invite you to connect with LifePath's SHINE program (413.773.5555) to learn more about this program.

Free Medicare? Why Didn't I Know This? - The Medicare Benefit Hiding in Plain Sight **By Max Hartshorne**

My Turn: Max Hartshorne (Greenfield Recorder, Daily Hampshire Gazette, May 6, 2026)

Every year, millions of Americans on Medicare struggle to keep up with rising health-care costs, yet one of the most valuable federal benefits available to them remains almost entirely invisible. It is called a Medicare Savings Program, and despite its bland name, it can save eligible beneficiaries more than two thousand dollars a year by covering the full cost of the Medicare Part B premium. In 2026, that premium is two hundred and two dollars and ninety cents a month — real money for anyone living on a fixed income.

These programs are not new, and they are not loopholes. They are long-standing federal benefits designed to help people with modest incomes. The two most common versions, SLMB and QI, work the same way: if someone qualifies, the government pays the Part B premium directly, and Social Security stops deducting it from the monthly check. Yet despite the simplicity of the benefit, many eligible people never apply.

Part of the confusion comes from the way income limits are presented. On paper, the federal guidelines appear strict, suggesting that only individuals earning around twenty-one thousand dollars a year or less can qualify. But that is only the starting point. States have the authority to disregard certain types of income when determining eligibility, and some — including Massachusetts — use these adjustments generously. As a result, people with incomes significantly higher than the published limits may still qualify. The rules are far more flexible than they appear, but most people never hear that part.

The benefit extends beyond the premium itself. Anyone approved for a Medicare Savings Program is automatically enrolled in Extra Help, the federal program that lowers prescription drug costs. For many older adults, that support can mean the difference between taking medication consistently and skipping doses. Some beneficiaries even receive refunds for premiums they already paid, sometimes going back as far as three months. It is rare to find a government program that quietly hands money back, but this one does.

What is most striking is how quietly these programs operate. There are no advertisements, no mailers, no friendly notices from Medicare suggesting that someone might be eligible. The burden falls entirely on individuals to know the program exists and to ask about it. Many never do. They assume their income is too high, or that the process will be too complicated, or that if something this helpful were available, someone would have mentioned it. But the truth is that the system contains benefits that only surface when the right question is asked at the right moment.

This is not a Massachusetts-only story. Every state in the country offers these Medicare Savings Programs, and the same federal rules apply everywhere. States such as North Carolina also use income disregards that allow people with higher incomes to qualify. The savings are identical nationwide: once approved, Social Security stops deducting the Part B premium, and the beneficiary keeps that money each month. It is a national benefit hiding in plain sight.

There is a broader lesson here about aging in America. We talk constantly about the rising cost of health care and the pressure on seniors living on fixed incomes. Yet here is a program that directly eases that burden, and almost no one knows about it. The people who need it most are often the least likely to hear about it.

The solution is simple. Anyone on Medicare with a modest income should check whether they qualify. Do not assume the published limits tell the whole story. Bring a tax return to a local Medicaid office or hospital patient services department and ask. The worst outcome is a quick “no.” The best is a little more breathing room each month — and a reminder that, every so often, the system quietly works in people's favor.



SCSC Walking Group

**Destination: Greenberg Family
Conservation Area, Westhampton**

Tuesday, July 7

**Bus leaves SCSC at 9am
Return by 3pm (limited to 14)
\$2 Van Fee
Members can drive to location**

Lunch Location TBD

**To register, call/text/email
Tom Patria at 413.665.9508
or
scpa@town.deerfield.ma.us**

KNITTING CIRCLE



**Thursdays in July from 2pm - 3:30pm
July 2, 9, 16 & 23**

All abilities are welcome at these sessions!

Come in and learn from your peers, start a project, and socialize.

South County Senior Center, 22 Amherst Road, Sunderland

**Call/text/email Tom at 413-665-9508 or
scpa@town.deerfield.ma.us to save your spot!**



TARA MURPHY'S DRUMMING CIRCLE

*Release energy, lift spirits, connect with others, have
fun, and get healthy exercise!*



**Tuesday
July 14 & August 11**

**Starts at
10:30am**

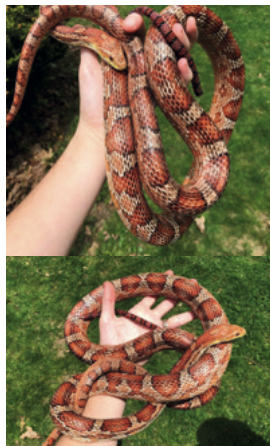


South County Senior Center, 22 Amherst Road, Sunderland

**Call/text/email Tom Patria at 413.665.9508 or
scpa@town.deerfield.ma.us to register**



SNAKES WITH RAY PALMER



**Ray Palmer will share fascinating facts about
local snakes: how they grow, where they
live, and the important role they play in
keeping ecosystems healthy.**

**Learn how to recognize the native snakes
one might spot on your adventures and get
an up-close look at them!**

Wednesday, July 15 at 11am

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

**Call/text/email Tom Patria at 413.665.9508
or scpa@town.deerfield.ma.us**

TV STATION TOUR

\$2 Van
Fee



\$2 Van
Fee

THURSDAY, JULY 16

Bus Leaves SCSC at 9:30am
Breakfast Location:
Lucky Strike, Chicopee
Station Tour at 12pm
Space Limited to 14



**Tour only open to those
who didn't visit the station
on September 24, 2025**

Register by calling/texting Tom Patria at 413.665.9508 or by email at
scpa@town.deerfield.ma.us

MAGICAL MYSTERY TOUR

Want to go on a surprise trip? Come with the SCSC on Wednesday, July 22!

Van leaves the Center at 9am; returns by 3pm (limited to 14)
\$2 Van Fee

Bring \$\$ for lunch

To register or have questions, call, text, email Tom Patria at 413.665.9508 or
scpa@town.deerfield.ma.us

Where are we going!

July Birthdays



Come to the South County Senior Center to celebrate all July Birthdays with Cake, Food, & Fun

Friday, July 24 at 12PM (RSVP by July 22)
22 Amherst Road, Sunderland

Call/text/email Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us to register

BRUNCH BRIGADE Amedeo's Restaurant & Pizzeria, Holyoke

**Tuesday,
July 28**



Bus leaves SCSC @ 10:45am; Returns by 2pm

\$2 transportation fee (Van limited to 14): Restaurant Seating
Limited to 25

Members provide own transportation & pay for their own meals

Call/text/email Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us for information, questions, or
registration

MEDICATION SAFETY WITH GABE LEVINE



**WEDNESDAY,
JULY 29
10:30AM**

This medication safety presentation will cover error prevention, safe administration, patient engagement, and monitoring to ensure optimal patient outcomes.

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

Sign up by calling/texting Tom Patria at 413-665-9508 or emailing at scpa@town.deerfield.ma.us

SOUTH COUNTY SENIOR CENTER SUMMER PICNIC

**LOOK MEMORIAL PARK,
FLORENCE**

THURSDAY, JULY 30

**TICKETS
\$10**



**STARTS
AT 11AM**

**CALL/TEXT/EMAIL TOM PATRIA AT
413.665.9508 OR
SCPA@TOWN.DEERFIELD.MA.US TO
REGISTER.**

**PARK ENTRY IS \$5. FREE PARKING
WITH HANDICAPPED PLACARD.**



MOVIE AT THE SOUTH COUNTY SENIOR CENTER

FRIDAY, JULY 31 | 10:30AM

22 AMHERST ROAD, SUNDERLAND

Ticket price: FREE

Unlimited water & coffee; lots of snacks!

Call/text/email Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us to register



SCSC WALKING GROUP

**DESTINATION: BROADBROOK-
FITZGERALD LAKE GREENWAY,
NORTHAMPTON**

Tuesday, August 4

Bus leaves SCSC at 9am; return by 3pm (limited to 14)

\$2 Van Fee

Members can drive to location

Lunch Location TBD

To register, call/text/email Tom Patria at 413.665.9508 or scpa@town.deerfield.ma.us



VIETNAM REMEMBERED

Join SCSC Member Larry Kleinschmidt, Russ Warriner and Tom Pease. (Larry Kleinschmidt, heavy artillery, Russ Warriner, aerial artillery, and Tom Pease infantry rifleman, by function) for a showing of 1st hand footage from the Vietnam War, filmed by his artillery unit. Suitable for all audiences.

Friday, August 7 at 10:30 am

Whately Town Hall
194 Chestnut Plain Road, 2nd Floor

Call/text/email Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us to register

KNITTING CIRCLE



Thursdays in August from 2pm - 3:30pm
August 6, 13 & 27

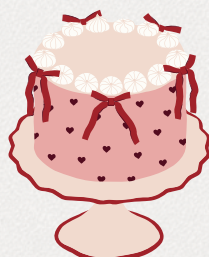
All abilities are welcome at these sessions!

Come in and learn from your peers, start a project, and socialize.

South County Senior Center, 22 Amherst Road, Sunderland

Call/text/email Tom at 413-665-9508 or
scpa@town.deerfield.ma.us to save your spot!

COME CELEBRATE ALL
**AUGUST
BIRTHDAYS**
AT THE SOUTH COUNTY
SENIOR CENTER



AUGUST 11 AT 12PM

22 Amherst Road, Sunderland

Call/text/email Tom Patria at 413-665-9508
or scpa@town.deerfield.ma.us to register



Join the SCSC's

**Walking
Group**

**TUESDAY
AUGUST 18**

BUS LEAVES SCSC AT 9AM
(LIMITED TO 14)
\$2 VAN FEE
MEMBERS CAN DRIVE TO
LOCATION

**Destination:
Mount Holyoke
College's
Campus Trails**



To register, call/text/email Tom Patria at
413.665.9508 or
scpa@town.deerfield.ma.us

**South County Senior Center
Presents
INFORMATIONAL
FAIR &
CRUISE NIGHT**



**17+ COMMUNITY
PARTNERS, MUSIC &
FOOD TRUCK**

**4-6:30 PM
AUG 19
(RAIN DATE
AUG 20)**

Sunderland Elementary School, 1 Swampfield Drive

To register your vehicle or more info, please contact Tom Patria
at 413-665-9508 or scpa@town.deerfield.ma.us



Field Trip

**Museum of Our Industrial Heritage,
Greenfield**

Tuesday, August 25

Van Leaves from the SCSC at 9:45am **SHARP**

Van Limited to 14; Members can drive to location

Cost: \$2(Van Riders Only)

Lunch Location: TBA

To register, contact Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us

HIP HOP CHAIR DANCE WITH RONDÆE DRAFTS



**Wednesday, August 26
at 11am**

**WHATELY TOWN HALL, 194
CHESTNUT PLAIN ROAD, WHATELY**

**CALL/TEXT/EMAIL TOM PATRIA AT 413-
665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US FOR
QUESTIONS**



HIP HOP SQUARE DANCE

**Hip Hop Square Dance: Boots on the
Ground with Rondæe Drafts!**

**WEDNESDAY, AUGUST 26
AT 1PM**

**WHATELY TOWN HALL,
194 CHESTNUT PLAIN ROAD**

Members will receive basic dance instruction in this
social, fun, dance activity, so grab your cowboy hat
and boots and join up!

Call/text/email Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us to register

 MOVE, STRETCH & SMILE – JOIN OUR MOVEMENT CLASSES!

Looking to stretch, strengthen, or just have a little fun? Check out our free, fun, and flexible lineup of classes for all levels! For questions, please contact Tom at 413.665.9508 or scpa@town.deerfield.ma.us.

Chair Yoga & Balance in Motion

Where: 289 Amherst Rd (RTE 116), Sunderland

Chair Yoga: Mondays at 1 PM

Balance in Motion: Wednesdays at 11 AM

Cost: Free. This class is covered by the Fred G. Wells Trust grant.

Enhanced Fitness – with Franklin YMCA

Where: Whately Town Hall, 194 Chestnut Plain Rd.

When: Mon, Wed, Fri at 9 AM

Class Size: Limited to 25 – first come, first served.

Important: Priority given to those who attend all 3 days/week. Notify us of absences to ensure your spot!

No Class: 7/3

Cost: \$2 per person/per class.

Tai Chi – with Mari Rovang

When: Thursdays at 1 PM

Where: Whately Town Hall

A calming, restorative practice for all – join us!

Cost: Free starting July 1. This class is covered by the Mass in Motion grant.

Seated Dance – with Kathy Steinem

When: Mondays at 12:30 PM - Notice Time Change!

Where: 22 Amherst Rd, Sunderland

Chair-based movement + laughter = fun for everyone!

Cost: Free starting July 1. This class is covered by the Mass in Motion grant.

 Hybrid Class Registration Reminder

For any hybrid option, call Tom at 413-665-9508 at least 2 business days ahead. No same-day registrations, please!

Let's keep moving together!   

**BRUNCH BRIGADE
HOPE & OLIVE,
GREENFIELD**



Friday, August 28

Bus leaves SCSC @ 11am; returns by 2pm

\$2 transportation fee (Van limited to 14): Restaurant Seating Limited to 25

Members provide own transportation & pay for their own meals

Call/text/email Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us for questions or to register.



MONTHLY FOOD TRUCK

Franklin Area Survival Center Pop-Up
Food Distribution @ the First
Congregational Church of Sunderland
91 South Main Street

The South County Senior Center hosts
monthly food distribution on the 2nd
Wednesday of each month starting at
11 am (income guidelines apply).

July 8, Aug. 12, Sept. 9, Oct. 14

To check eligibility, please call
413-768-1066.



Standing Weekly Programs

Mondays

- 9 am - **Enhanced Fitness**, 194 Chestnut Plain Rd., Whately
- 10 am - **Bingo**, 22 Amherst Rd., Sunderland
- 12:15 pm - **By the Seat of Your Dance**, 22 Amherst Rd., Sunderland
- 1 pm - **Chair Yoga**, 289 Amherst Rd., Sunderland, Cadence Yoga



Wednesdays

- 9 am - **Enhanced Fitness**, 194 Chestnut Plain Rd., Whately
- 10 am - **Farm Stand**, 22 Amherst Rd., Sunderland (**Second Wednesday of the Month is at First Congregational Church, 91 S Main St., Sunderland**)
- 11 am - **Balance in Motion**, 289 Amherst Rd., Sunderland, Cadence Yoga

Thursdays

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

Fridays

- 9 am - **Enhanced Fitness**, 194 Chestnut Plain Rd., Whately

Standing Monthly Programs

Daily

- **Grab and Go meals** continue daily from **11-11:45 am, 22 Amherst Rd., Sunderland**. The recommendation donation is now \$3.50/per meal. Place your order 2 days in advance by calling 413.665.5063. Unable to pick up your order? Please call 413.665.5063.

First Thursday

- *****Important Update*** Brown Bag**, Deerfield Town Hall, 8 Conway St., S. Deerfield. **Starting in August**, Brown Bags will be distributed at our 22 Amherst Rd., Sunderland location. Are you interested in becoming a new recipient or learning more about the program? Call Chris Goudreau 413.768.1066 for more details.
- **Foot Clinic:** Due to funding, we are no longer offering this service. We have applied for a grant and will reach out to past participants for appointments if we receive the funding. For information on other resources, please contact Chris at 413.768.1066.

Second Wednesdays

- **Franklin Area Survival Center Pop-Up Food Distribution, 7/8 & 8/12, 10 am, 91 S Main St., Sunderland.** Enter through the parking lot by Wild Roots, exit onto RTE 47. The truck arrives between 11 am to 12 pm. Please carpool if you can!

Editor's Notes



Dear Reader: Sometimes we make mistakes in our newsletter. Even with multiple editors reviewing it, a small detail sometimes sneaks by us. We ask for your patience with this. If you notice a different time on a flyer compared to our calendar, use the time on the flyer or contact Tom, our Program Coordinator, at 413.665.9508 or email scpa@town.deerfield.ma.us. Thank you!

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. **Demand Response van service is free thru June 30, 2026! LifePath clients ride for free anywhere. Fixed routes and ADA service is now free!** 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. **Demand Response van service is free thru June 30, 2026!**

Americans 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" and is currently free. 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 program & open hours (no transportation offered on Second Wednesdays). Transportation to medical appointments & shopping offered upon availability. **Call 413.768.1066 at least 2 days ahead to make your reservation. Program transportation takes priority.**

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.Northwesternnda.org



Working in cooperation with the Office of the Attorney
General

HEALTH INFORMATION

NURSE Cindy is available at Deerfield Town Hall on Mondays. She will be at the SCSC on Wednesday and Friday. Call 413.665.1400 ext. 8.

Nurse Anne is available at the Sunderland Town Hall on Tuesdays from 9 am-12pm & or by appointment. She will be at the SCSC on Mondays. Call 413.531.0661.

Nurse Lily is available: at the Whately Town Hall on Monday Mornings 9 am-10 am; Whately Town Offices 2nd & 4th Tuesdays 10am-11:30 am.

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 S Deerfield and Sunderland, and Whately. No questions asked.

Amherst Survival Center Free Health Clinic, 138 Sunderland Rd (just off 116) is open to everyone on Mon. 12pm-2pm. 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 more. Call 413.774.4726. For **SC TRIAD & Sharyn Paciorek** call 413.665.3017.

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

LifePath Inc. offers assistance through the Benefits Counseling program for income eligible seniors age 60 and up. They can also work with you to find resources to help you or your family members live longer at home with assistance. Call 413.773.5555.

Grab 'n Go Meals: The SCSC will be supporting our location for grab 'n go meals. For lunch reservations, call before **9:00 am** two days prior. For more information about the 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 \$3.50 per meal is suggested.

MON	TUE	WED	THU	FRI
		1	2	Closed in honor of July 4th! 3
		Enhance Fitness 9 AM <u>Museum Field Trip Van Cancelled due to Heat</u> Balance in Motion 11 AM	Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	
6	7	8	9	10
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM <u>Chair Yoga 1 PM</u> Sunderland Open Hours 10 AM -4 PM <u>Brown Bag</u>	Walking Group 9 AM <u>Sunderland Open Hours 10 AM - 4 PM</u>	Enhance Fitness 9 AM <u>Food Truck 10 AM</u> Balance in Motion 11 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	Rainbow Elders Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>Pitch 11 AM</u> Sunderland Open Hours 10 AM-2 PM
13	14	15	16	17
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM <u>Chair Yoga 1 PM</u> Sunderland Open Hours 10 AM -4 PM	<u>Drumming with Tara 10:30 AM</u> <u>Sunderland Open Hours 10 AM -4 PM</u>	Enhance Fitness 9 AM <u>Snakes with Ray 11 AM</u> Balance in Motion 11 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	<u>WWLP Station Tour 12 PM</u> <u>Tai Chi 1 PM</u> Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>Cribbage Tourney 10 AM</u> Sunderland Open Hours 10 AM-2 PM
20	21	22	23	24
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM <u>Chair Yoga 1 PM</u> Sunderland Open Hours 10 AM -4 PM	Office Closed for Staff Training	Enhance Fitness 9 AM <u>Magical Mystery Tour 9 AM</u> Balance in Motion 11 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	<u>Joy of Song 11 AM</u> <u>Tai Chi 1 PM</u> Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>July Birthday Celebration 12 PM</u> Sunderland Open Hours 10 AM-2 PM
27	28	29	30	31
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM <u>Chair Yoga 1 PM</u> Sunderland Open Hours 10 AM -4 PM	<u>Brunch Brigade 11:15 AM</u> <u>Sunderland Open Hours 10 AM -4 PM</u> MASS IN MOTION 2 PM	Enhance Fitness 9 AM Medication Safety 10:30 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	Look Park Picnic 11 AM <u>Tai Chi 1 PM</u> No Knitting Circle Today	Enhance Fitness 9 AM Friday at the Movies 10:30 AM Sunderland Open Hours 1 PM-2 PM

MON	TUE	WED	THU	FRI
3	4	5	6	7
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Walking Group 9 AM Sunderland Open Hours 10 AM - 4 PM	No Enhance Fitness <u>Museum Field Trip Van leaves at 9 AM</u> Balance in Motion 11 AM	<u>Brown Bag - 22 Amherst Rd., Sunderland!</u> Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>Vietnam Remembered 10:30 AM</u> Sunderland Open Hours 10 AM-2 PM
10	11	12	13	14
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Drumming with Tara 10:30 AM <u>Celebrate August Birthdays! 12 PM</u> Sunderland Open Hours 10 AM-4 PM	Enhance Fitness 9 AM <u>Food Truck 10 AM</u> Balance in Motion 11 AM Sunderland Open Hours 2 PM-4 PM	Rainbow Elders Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>Pitch 11 AM</u> Sunderland Open Hours 10 AM-2 PM
17	18	19	20	21
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Walking Group 9 AM No Open Hours Today	No Enhance Fitness Balance in Motion 11 AM <u>Informational Fair & Cruise Night 4-6:30 PM</u>	Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>Cribbage Tourney 10 AM</u> Sunderland Open Hours 10 AM-2 PM
24	25	26	27	28
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Museum of Our Industrial Heritage 10 AM MASS IN MOTION 2 PM Sunderland Open Hours 10 AM-4 PM	Enhance Fitness 9 AM <u>Chair Dance w/ Rondae 11 AM</u> Balance in Motion 11 AM <u>Hip Hop Square Dance w/Rondae 1 PM</u>	Elder Law Education Presentation 10 AM Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>Brunch Brigade 11 AM</u> No Open Hours Today
31				
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM				



Rainbow Elders July 8th & August 13th, 2026 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, July 8th & August 13th!**

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 before the lunches** at: [Rainbow Elders Luncheon Club Tickets, Multiple Dates | Eventbrite](#)

A suggested voluntary donation for those 60 years and over will be \$3.50. 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

LIFEPAATH Congregate Lunch Meals- July 2026

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

Athol 978-249-9001, Barnardston 413-648-5319, Charlemont 413-834-7413, Greenfield 413-772-1517 Ext 0 , Petersham 978-821-5549, Phillipston 978-407-9504, Royalston 978-249-8957, Shelburne 413-625-6266, South County 413-665-5063.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Suggested Voluntary Confidential Donation is \$3.50 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 & 36 Calories Sodium, Calories, & Carbs included in daily totals		1 Hot Dog* Baked Beans Brussel Sprouts Hot Dog Bun Fruit Cup Ketchup Total Sodium (mg): 1010 Carbs (g): 98; Calories: 862		2 Holiday Special Meal Grilled Chicken Thigh Corn California Blend Veg Wheat Roll Brownie Cookie Total Sodium (mg): 547 Carbs (g): 74; Calories: 732		3 Independence Day Holiday No Meals Served 	
6	Carb Sod BBQ Pulled Pork 20 351 Butternut Squash 27 12 Beets & Greens 7 117 Dinner Roll 20 100 Pear Cup 20 2	7	Carb Sod Beef w/ Onions & Peppers 6 132 White Rice 24 25 Mixed Vegetables 11 51 Dinner Roll 20 100 Orange 18 0	8	Carb Sod Three Bean Chicken Chili w/ Shredded Cheese 38 430 Gr Beans & R Peppers 1 96 Cornbread Bowl 7 21 Vanilla Pudding 33 160 Vanilla Pudding 18 130	9	Carb Sod Torta di Polenta w/ Cheese (Pork Sausage & Beef) 26 493 Kale & Peppers 3 29 Hawaiian Roll 16 80 Craisins 27 2	10	Carb Sod Cajun Seafood Pasta* 6 500 Whole Grain Pasta 21 4 Broccoli 6 38 Wheat Bread 24 65 Oatmeal Cookie 12 90
Total Sodium (mg): 718 Carbs (g): 112; Calories: 770		Total Sodium (mg): 443 Carbs (g): 91; Calories: 840		Total Sodium (mg): 971 Carbs (g): 108; Calories: 887		Total Sodium (mg): 739 Carbs (g): 85; Calories: 864		Total Sodium (mg): 832 Carbs (g): 82; Calories: 707	
13	Carb Sod Chicken Saltimboca 6 381 Mashed Potatoes 15 23 Carrots 6 56 Wheat Roll 15 150 Applesauce 14 2	14	Carb Sod Creamy Turkey w/ Spinach 4 335 Orzo 21 4 Broccoli 6 38 Wheat Bread 24 65 Pear Cup 20 2	15	Carb Sod Stewed Tomato Chicken 3 215 White Rice 24 25 Root Vegetables 11 65 Cornbread Loaf 27 180 Blueberry Bread 45 250	16	Carb Sod Honey Glazed Salmon 29 70 Roasted Sweet Potatoes 14 21 California Blend Veg 5 34 Dinner Roll 20 100 Orange 18 0	17	Carb Sod Sloppy Joe w/ Beef 3 115 Potato Wedges 18 20 Carrots 6 56 Hamburger Bun 27 75 Chocolate Pudding 20 135 Ketchup 3 80
Total Sodium (mg): 747 Carbs (g): 68; Calories: 697		Total Sodium (mg): 579 Carbs (g): 94; Calories: 772		Total Sodium (mg): 870 Carbs (g): 123; Calories: 1019		Total Sodium (mg): 361 Carbs (g): 96; Calories: 740		Total Sodium (mg): 616 Carbs (g): 88; Calories: 778	
20	Carb Sod Cheesy Chicken* 6 555 w/ Seasoned Rice 24 25 Mixed Vegetables 11 51 Wheat Roll 15 150 Mandarin Fruit Cup 15 5	21	Carb Sod Beef Stew 15 150 w/ Buttermilk Biscuit 21 370 Gr Peas & R Peppers 15 72 Pound Cake 26 240	22	Carb Sod Hot Ham & Cheese * 6 744 Croissant Sandwich 29 190 Sweet Potato Tots 26 200 Brussel Sprouts 6 26 Apple 21 1 Mustard 0 55	23	Carb Sod Cheese Ravioli w/ Beef Bolognese & Parm 32 200 Kale & R Peppers 2 295 Wheat Roll 3 26 Vanilla Pudding 15 150 Peach Cup 18 130	24	Carb Sod Tuscan Chicken 9 9 Rice Pilaf 14 403 California Blend Veg 26 50 Wheat Roll 5 34 Peach Cup 15 150
Total Sodium (mg): 921 Carbs (g): 83; Calories: 850		Total Sodium (mg): 967 Carbs (g): 89; Calories: 845		Total Sodium (mg): 1351 Carbs (g): 100; Calories: 767		Total Sodium (mg): 936 Carbs (g): 82; Calories: 775		Total Sodium (mg): 777 Carbs (g): 85; Calories: 774	
27	Carb Sod Stewed Tomato Shrimp* 4 515 w/ Cheesy Grits 23 72 Broccoli 6 38 Cornbread 27 180 Mandarin Fruit Cup 15 5	28	Carb Sod Chicken Cacciatore 4 385 Tortellini 19 175 Gr Beans & R Peppers 7 72 Wheat Bread 24 65 Blueberry Crisp 36 32	29	Carb Sod White Fish Picatta 7 338 Rice Pilaf 26 50 Carrots 6 56 Dinner Roll 20 100 Orange 18 0	30	Carb Sod Pot Roast w/ Gravy* 7 565 Roasted Sweet Potatoes 14 25 Brussel Sprouts 6 26 Cornbread Loaf 27 180 Pear 20 0	31	Carb Sod Chicken Alfredo* 9 9 Whole Grain Pasta 10 610 Broccoli 21 4 Wheat Roll 6 38 Chocolate Chip Cookie 15 150
Total Sodium (mg): 945 Carbs (g): 87; Calories: 695		Total Sodium (mg): 813 Carbs (g): 102; Calories: 845		Total Sodium (mg): 727 Carbs (g): 88; Calories: 727		Total Sodium (mg): 951 Carbs (g): 85; Calories: 690		Total Sodium (mg): 1017 Carbs (g): 82; Calories: 756	

Sodium and Carbohydrate Levels are listed next to each individual menu item.

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.

EMERGENCY KIT BAG APPLICATION

PERSONAL INFORMATION				
NAME: _____		DATE OF BIRTH		
		____/____/____		
		DAY	MONTH	YEAR
ADDRESS: _____				
Street		Town	State	Zip Code
PHONE NO. _____				

INSTRUCTIONS

1.

To participate in this lottery you must be a resident of Deerfield, Sunderland, Whately. Are you a resident of either town?

☐ YES

☐ NO
2.

Are you currently receiving SNAP, fuel assistance, or medicaid?

☐ YES

☐ NO
3.

Are you age 50 or older?

☐ YES

☐ NO
4.

Are you a member of the South County Senior Center (SCSC) or attend SCSC sponsored events? (You do not have to be active participant to apply for the lottery).

☐ YES

☐ NO
5.

Do you or anyone in your home have a mobility issue, medical issue, use oxygen or have any other special need for First Responders to know about in case of an emergency at your home? If yes, please provide more information below. It will be shared with First Responders only.

☐ YES

☐ NO

All information provided is kept confidential, except as shared with First Responders if assistance is listed above. Applications are due by Noon, on Friday, October 2, 2026.

Please answer the following questions to the best of your ability:		Often True	Sometimes True	Never True
1	Within the past 12 months we worried whether our food would run out before we got money to buy more	☐	☐	☐
2	Within the past 12 months the food we bought just didn't last, and we didn't have money to get more	☐	☐	☐
3	I have reliable transportation for grocery shopping and medical appointments.	☐	☐	☐