

Granby Council on Aging Granby, Massachusetts

April 2023



What's Inside

3. Supportive Services 4. Outreach/SHINE 5. Events/Activities
6. Fitness & Nutrition 8. Donations & Announcements

Council on Aging
10 West State Street
Granby, MA 01033

Hours:

Monday—Friday

9:00 a.m. to 3:00 p.m.

Telephone: 413-467-3239

Fax: 413-467-7209

Website:

www.granbycouncilonaging.org



Granby Senior Center

Council on Aging Staff

Lisa Petraglia, Interim

Director of Senior Services

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Diane Morgan

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Dawn Boulanger

Richard Gaj

Drivers

COA Advisory Board

Anne Boutot

Robert & Lilian Camus

Barbara Hauschild

Janet Montemagni

Carol Morrissette

Joyce Polverini

Elinor White

Don & Carol Zebrowski

Stephanie Pratt

Mission Statement

The COA is committed to enhancing the lives of senior citizens through services, programs and activities that educate, assist and advocate on behalf of the elderly.

Closed Mon. April 17th Patriots Day

An Accidental Wedding

By Steve Henderson

Friday, April 14th at 12:30 p.m.

A hilarious encounter with a wouldn't-be groom, an irate match maker and a tall tale like they write tall tales about. A highly interactive, roll in the aisle comedy you won't want to miss. Fun for audiences of all ages. The most hilarious 45 minutes of your visit!



Sign up today! (413) 467-3239

This program is supported in part by a grant from the Granby Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

Learn how to cross-stitch!

Wednesday, April 12th at 1 p.m.

Joan will be teaching how to make these cross-stitching cards. Start the project here and bring home to finish or continue at the next cross-stitching group (Wed. April 26)

All supplies provided. Call to sign up!



Upcoming Events Friends of Granby's Elderly!

Lottery Money Tree

\$50 worth of tickets! Tickets: \$1 for 1 or \$5 for 6

The drawing will be in May at the Volunteer Appreciation Dinner.

See F.O.G.E. the 2nd Thursday at the COA for tickets!

Free Concert series at Dufresne Park Pavilion

Celebrate F.O.G.E. 40th anniversary!

Tuesday, June 20th at 4 p.m. *Free* box lunch picnic followed by a concert with Old Country Road at 6 p.m. Sign up for your boxed lunch at the COA. Limited to the first 100.

F.O.G.E. information table

Every 2nd Thursday of the month in the COA lunch room.

April 13th 11a.m.—noon

Monthly Meeting

F.O.G.E meets every 2nd Tuesday (April 11th) of the month at 4:15 p.m. at the Public Safety Complex

Supportive Services

Food Pantry

Our Pantry serves eligible residents of Granby. Clients with applications on file are allowed two grocery bags per month. The Pantry's hours of operation are M-F from 9-3 by appointment only.

Brown Bag/Produce

A free bag of healthy groceries to eligible seniors once a month courtesy of the Food Bank in Hatfield & NHN Pantry.

This Month's Dates:
4/18 & produce 4/25
Pick-up after 11 a.m.

Veterans

Granby Veteran's Services Agent, Dave Mendoza can assist Vets in obtaining services. He is available by appointment. Call (413) 207-5914

Medical Equipment Loan

The Senior Center makes 90-day loans for a variety of medical equipment. These can be costly to buy if only needed temporarily.
Need: none

Transportation Program

The transportation program accommodates passengers using wheelchairs and can travel out of town. The Center has two vehicles and staffs multiple drivers. Please contact us for a ride **at least 5 days before** your scheduled trip. The fee is calculated by mileage and will be communicated to the client when the appointment is made.

New COVID Test kits Available— Expiry 9/2023

If you have need please ask, or call us if you are not feeling well and we will get to you. The expiration includes a 6-month FDA extension to the "Use by" date printed on the back of the test kit box.

Outreach Services

The Granby Outreach Program provides free consultation, referrals, and assistance for seniors who are in need. To get help applying for benefit programs, services, and more, call Diane Morgan at our office.

*This Program is partially funded by Title III grant funding through WestMass Eldercare, the Executive Office of Elder Affairs and Federal Administration for Community Living. This program is of no cost to the consumer; but **donations are encouraged** & are confidential, & voluntary.*

SHINE Counseling

SHINE Counselor Diane Morgan is available to discuss insurance questions. She can evaluate your situation, screen for eligibility, and assist with your enrollment. Make an appointment. 413-467-3239 X 7109

Hampshire Elder Law

HELP provides representation for the civil legal needs of low income elders in Hampshire County. The program appoints attorneys from the Massachusetts Bar to represent senior clients pro bono for estate planning, power of attorney, healthcare proxies, and consumer issues. To request an attorney, call **586-8729**.

Anyone Can Report Elder Abuse and Neglect

If you are concerned about a senior citizen, and have reason to believe they are a victim of self-neglect, neglect, abuse, or financial exploitation, please call the Central Intake Unit at 1-800-922-2275. All reports are handled by the local Protective Services Agency which will determine if an investigation is warranted and if so, will investigate the situation and determine a course of action. All calls are confidential.

Helpful Phone Numbers

Medicare: 1-800-633-4227

Elder Abuse Hotline: 1-800-922-2275

Exec Office of Elder Affairs: 1-800-243-4636

Hampshire Elder Law: 1-413-586-8729

Suicide Lifeline 988

PVTA Dial-a-Ride (866)277-7741

Social Security: 1-866-964-5061

WestMass ElderCare: 1-413-538-9020

Massachusetts Circuit Breaker Tax Credit

Many seniors, especially those that have not filed a tax return in many years, do not think that they are eligible for the Massachusetts Circuit Breaker Tax Credit. In fact, it is often seniors who do not have to file a tax return that would otherwise be eligible to receive the credit. Both homeowners and renters of non-subsidized housing may qualify for the credit. This credit can amount to as much as \$1200.

You are eligible to apply if your income doesn't exceed \$64,000 for a single individual non-head of household, \$80,000 for a head of household and \$96,000 for married couples. It is available to Massachusetts residents age 65 (by 12/31/2022) or older and is filed along with the state income tax return.

The Circuit Breaker credit is designed to "trip" when property taxes rise while income is staying the same. The credit will "trip" if 10% of total annual income is less than the annual property tax (plus half of the water and sewer) paid. It is okay to apply even if you also receive a local property tax exemption. This benefit can be retroactive going back three years.

For renters, the law assumes that 25% of the rent goes to property tax. So accordingly, renters may claim a credit in the amount by which 25% of the annual rental payment is more than 10% of their total income. Total income includes non-taxable income such as social security, retirement, pensions, annuities and tax-exempt interest and dividends.

If you think you might qualify, the AARP Tax Aides or your tax preparer can help you file a Massachusetts state income tax return Schedule CB to claim the Circuit Breaker Tax Credit whether or not you normally file a state tax return. The tax preparer will make the calculations, all you need to have is information on your income and your real estate taxes paid the prior year. Don't miss out on this big savings.

Home Modification Loan Program (HMLP)

Valley
Community
Development



For towns in Hampshire and Hampden Counties

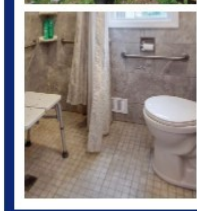
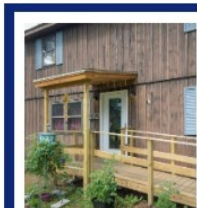
HMLP is a state-funded loan program that provides financing to homeowners and small landlords for home accessibility improvements.

If someone in the household is an older adult or a person with a disability, you may be eligible.

Loan Information

- Loans up to \$50,000 for property owners and \$30,000 for owners of manufactured or mobile homes
- 0% interest rate
- No monthly payments required
- Repayment is required when the property is sold or transferred

Visit www.valleycdc.org to learn more and apply.
For questions, contact Donna at dc@valleycdc.org.
413-586-5855 ext. 180



Community Action Fuel Assistance Application Deadline

The Fuel Assistance Program helps by paying part of the fuel bills from November 1st to **April 30th** for individuals or families who qualify. It's not too late to apply, call us to make an appointment. You will need to have specific documents available during the actual application process. **If your application has been submitted** and is *still* processing, check with your fuel provider first to see if you have a credit. You may have been approved but yet to receive your approval letter from Fuel Assistance. To check the status of your application call Community Action at 413-774-2310 and press 1 then press 4. For an emergency request (*down to 1/8th of a tank*), press 1 then press 1 again to leave a message in their emergency request mailbox. **Please don't hesitate to call Diane or Rachel for assistance!**

Pinched by Your Electric rates? You have a Choice.

Did you know you can 'shop for your electricity' with a Competitive supplier? Every 6 months (Nov. & May) your utility company implements a *new BASIC* service rate (e.g. National Grid is currently 33.9¢ per kWh residential.) If you are willing to lock-in a rate for 8, 9, 12 or up to 24/36 months you can find a lower *per kWh* supply cost & save. Some have cancellation fees, all have auto renewal to *variable rates at end of the contract*. Go to www.massenergyrates.com to see your choices. Your utility still does your billing & charges continue for the *distribution services*. You can call us with questions.

Events & Activities

Craft Corner

Thursday, April 13th at 1p.m.



Quilting Group— Every 1st and 3rd Tuesday 1 - 3 p.m. (April 4th & 18th)

Cross-Stitching Group-

Every 2nd and 4th Wednesday at 1 p.m. (April 12th & 26th)) Bring your own project & supplies. If you are new to cross-stitching, group leader, Joan is happy to teach you & will provide beginner supplies!

Fun Cards Group— Play a variety of card games every Friday at 1 p.m. All are welcome to join!

Pitch Group - 4 or 6 players. Mondays 1 p.m.

Stamp Collectors—April 10th & 24th at 1 p.m.

Sunshine Village. Wednesday, April 19th at 1 p.m. Participants from Sunshine Village will be here every 3rd Wednesday of the month to facilitate fun and engaging activities. Join them for a variety of unique social activities while getting to know some of our friendly dedicated volunteers and meeting some new friends!

Foot Care Clinic—Monday, April 3rd —FULL

Linda Arslanian will be on-site from 9:30 a.m. to 2 p.m. for footcare services. Please call the Granby COA to make a 30 minute appointment. Fee for service is \$32. Available at home by appointment, \$45. Call Linda at 413-433-4206.

Blood Pressure Monitoring Clinic—Thursday, April 6th 11 a.m.-11:30 a.m. Free blood pressure monitoring service provided by Granby Fire Department. Coverage also available by retired EMT's Linda & Chuck Hallowell.



Veterans Corner— Every 1st Wednesday of the month at **9:30** a.m. (April 5th) Group led by Dave Mendoza, our new Veterans Service agent. Coffee & pastry provided.



State Senator Oliveira's Office Hours — First Thursday of the month at 12 p.m. (April 6th)

Holiday Luncheon

Thursday, April 6th at 11:30 a.m.

Menu: **Ham w/cherry sauce, sweet potatoes, green beans, wheat bread, jellybean cake**

Coffee and Donuts

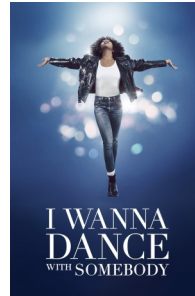
with Terri Johnson, *President of the Granby Historical Society*

Tuesday, April 4th at 9:30 a.m.

Topic: *Farming in Granby* (rescheduled from March)



Wednesday, April 5th at 12:30 p.m. There will be cash prizes, door prizes and light refreshments are provided. 1 card for \$3 or 2 for \$5. Please pre-register.



Monthly Movie— Thursday, April 20 at 12:45 p.m. Please call to sign up! Discovered by record executive Clive Davis, Whitney Houston rises from obscurity to international fame in the 1980s to become one of the greatest singers of her generation.

PG-13 2h26m



Lace up your sneakers and get ready for the Walk Massachusetts Challenge!

Walking consistently has numerous physical & mental health benefits. Regardless of how far or fast you walk, whether you use a cane or a walker, remaining active is key to aging well and living independently. Walking is accessible for most people whether done outside at your local park or indoors & in place on rainy days. The Walk Massachusetts Challenge is a fun way to build community! Just register at www.walkmachallenge.com, choose a challenge, and track your walking during the period between May 1 and Oct 31. With six challenges, there is a challenge for you no matter your ability. The only competition is yourself: to be better than you were yesterday. Meet milestones and be entered to win up to a \$50 gift card. And, for each person who completes their challenge, our Council on Aging will be entered to win up to \$1,000 for future programming. The more you walk, the more everyone wins!

Fitness & Nutrition

Fitness Classes

If you are new to a class please call to pre-register.

Easy Country Fitness

Fridays at 10:00 a.m.



Instructor: Connie Clark

Country music lovers! Join us for this free, fun, beginner-friendly dance class.

Chair Yoga \$3

Certified Yoga Teacher: Laurie Cameron
10 a.m. Wednesday, April 12 & 26

Healthy Bones & Balance

Monday & Thursdays at 10:00 a.m.

Instructors: Barbara Ayers, & Gloria Vivier & Linda Maiolo

A free, fun way to socialize! Designed to increase strength, mobility, flexibility, and balance. Bring your equipment if you already have it. **No class 4/17**



Home Delivered Meals

WestMass ElderCare offers daily lunch and suppers, and weekend meals on a daily or as needed basis. To find out if you are eligible and to sign up call WestMass ElderCare and ask for their Information and Referral Department at 413-538-9020

Healthy Incentives Program Locations

Red Fire Farm -7 Carver St. Granby, MA Mon-Sat 12-4 p.m.

McKinstry's Market Garden -753 Montgomery St. Chicopee- Open 7 Days a week—8 a.m.-6p.m.

Sentinel Farm -37 Cottage St, Belchertown, Open Daily 8 a.m. -6 p.m. Call ahead to use HIP (323-7368)

Amherst Farmers Market- 1 Spring St. Amherst Sat. 7:30 a.m. -1:30 p.m.

Northampton Tuesday Market- 1 Kirkland Ave. Every Tuesday 1:30 p.m.—6:30 p.m. SNAP is doubled up to \$10 per person.

Easthampton Farmers Market- 50 Payson Ave- Sundays 10 a.m.—2p.m.

Holyoke Farmers Market—164 Race St. - Saturdays 10:30 a.m.—2 p.m.

Chicopee Farmers Market- 767 Chicopee St. Wednesday 10 a.m.—2 p.m.

Center Fresh Market- 31 Springfield St. Chicopee Thursday 11a.m.—3 p.m.

Dave's Natural Garden— 35 Amherst St. Granby. accepting SNAP, H.I.P. expected by 10/2022.

Dickinson Farm now accepting SNAP


309 East State St. Granby-Open Daily 8a.m.—7p.m.

Lunch Program

Lunch catered by WestMass ElderCare is served Monday, Wednesday, Thursday and Friday at 11:30 a.m. Please call Rachel at least **24 hours in advance** to reserve your meal. 467-3239.

Did you know the Granby Senior Center has a food pantry??

Granby's Senior Center Food Pantry is an income based application program for *Granby residents* only. Your pantry application must be renewed annually with supporting documents. The pantry is run on donations, and we do our best to ensure all donations are fresh. We usually have items available in our refrigerator or freezer. You may take 1 bag twice a month or 2 bags once a month. New applicants will be allowed one bag of food while their application is being processed. **Give Rachel a call** if you are interested in filling out an application or for more information.

CPR TRAINING  Would you be interested in a CPR certification class or a basic CPR class here at the senior center? Please let us know. If there is enough interest we will schedule a class soon!

Save the date!



Exciting upcoming events in the warmer months...

Tuesday, **May 9th** Volunteer Appreciation Dinner (by invite)

Monday, **May 15th** Mothers Day Tea Party

Thursday, **June 15th** Premier Swing Band—Name That TV Theme

Monday, **July 3rd** Roger Tincknell—This Land is Your Land

Announcements

AARP Tax-aid Appointments

Anticipate needing to prepare State & Federal tax returns for tax year 2022, consider these COA's:

Holyoke—call 413-322-5625 to request appointment through 4/7, Tues & Fri. Drop-off method.

South Hadley— call Lisa Napiorkowski to schedule appt, 413-538-5030. Drop-off method.

Belchertown—call 413-323-0420 x504 to leave name & call back #. Call returned w/in 1 week.

Key Due dates - April 19th Federal & MA tax deadline!

Important Clarification on MassHealth Eligibility Redetermination

If you receive a **blue** envelop in the mail from MassHealth (regardless of whether you are under or over 65) you will need to submit up-to-date information for your eligibility redetermination. If you need assistance with that application call our Outreach Coordinator for an appointment. Keep an eye out for the mailing especially if you first enrolled for MassHealth coverage during the COVID emergency.

CALL FOR BINGO GIFT CARD DONATIONS

We have need for \$5 gift cards for monthly BINGO. Dunkin', Dairy Q, the Job Lot etc....

Thank You to our Feb./Mar. Donors !

Bob Spofford

Andre Pelletier

Bobbie Ayers

Food donations to our
Pantry– The Marcys

Sandra & David Canney

Thanks to the MA EOE
for grant funds for our
newsletter printing!

Anita Larimee

Masse HVAC

Mary Simmonds

...and **all our
Anonymous donors!**



Our Food Pantry Needs

Coffee-caff/
decaff Laundry
detergent

Mayo Paper tow-
els

Cooking oil

Mustard **Please no
expired
items,**

Ketchup

Thank you!

Thanksgiving Bags

The Granby COA was able to provide 40 baskets to Granby's elders and to 20 of Granby-to-Go's school-age households thanks to year long donations financial & material, COA volunteers as well as those from Granby's UCC for pitching in with assembly, delivery & baked desserts!

**This month: *can Turkey
gravy***

Donations to the Granby Council on Aging

Your donation to the COA will help to enhance elder services in the community. Your support is greatly appreciated!

Donation from: _____

Address: _____

(Circle) Contribution in Memory/Honor of:

Send acknowledgement to: _____

Donation amount: _____

Please make check payable to:

Town of Granby/COA

10 West State Street, Granby MA, 01033

**Please use donation for the
following programs:**

- Outreach
- Food Pantry
- Newsletter Fund
- Fuel Assistance
- Thanksgiving Fund

___ Check here if you would prefer to remain anonymous.