



Granby Council on Aging Granby, Massachusetts

March 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

Find us on Facebook Granby Senior Center

Council on Aging Staff

Lisa Petraglia, Interim
Director of Senior Services
coadirector@granby-ma.gov

Rachel Laprade
Activity & Nutrition Coordinator
activitiesdirector@granby-ma.gov

Diane Morgan
Outreach/SHINE Coordinator
outreach@granby-ma.gov

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.

Changes to MassHealth Approaching

In March of 2020, the federal government declared a public health emergency due to the Covid-19 pandemic which prevented members from losing their MassHealth coverage during the emergency. The federal government is ending this special coverage effective March 31, 2023. As of **April 1st**, all MassHealth members will need to renew their coverage to ensure they still qualify for their current benefits. Contact the Senior Center for an appointment **this month!**

MA Circuit-breaker Tax Credit TY 2022 (\$1,200 max.)

If you're in the habit of not filing tax returns each year because 'you do not owe' you may be missing out on a state tax credit related to how much property tax on your principal residence (or rent) you pay. You **must** be a MA resident, 65 years of age by 12/31/2022 and meet an income threshold based on MA total income. If you qualify then **Schedule CB** is filled out & filed with a MA tax return by 4/19/2023 latest.

You can get free tax help with AARP tax-volunteers at surrounding COA's (see back page for details). Tax appointments are also available through Community Action's VITA program in Greenfield, Orange, Northampton (low-income requirements). Call 413-376-1136

Craft Corner Centerpiece Craft: **Potted Rainbow**

Thursday, **March 2nd at 1 p.m.** Sign up ASAP! Help us get ready to celebrate St. Patrick's Day!



Make one for the center and one to take home.

Protect Yourself From MEDICARE FRAUD!

A free informational Medicare workshop

Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud each year?

**Thursday, March 9th at
12:30 p.m.**



Come meet Annette Iglarsh, a representative of the **Massachusetts Senior Medicare Patrol (SMP) Program**.

Participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. Call 467-3239 to pre-register!



Would you be interested in joining in a Chair Volleyball club? Chair Volleyball is a great way to be active, integrate socially and have fun at the same time. Regular games of Chair Volleyball *help increase flexibility and endurance!* The club would meet the 2nd and 4th Monday of the month at 1 p.m.

Please let us know if you would be interested in joining!

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:
3/21 & produce 3/28
Pick-up after 11 a.m.

Veterans

Granby Veteran's Services Agent, Jeff Roule can assist Veterans in obtaining services.

He is available by appointment.
(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: shower bench

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.

Sand for Seniors

In the winter months, stairs and walkways become slippery with ice and snow. Do you need a bucket of sand to prevent falls? Call to order! *Sponsored by COA & TRIAD.*

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

COA Fuel Fund

If you are a resident of Granby and do not qualify for fuel assistance and are running low on oil for heating during the winter season, the COA may be able to help. Give us a call to discuss.

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

Community Action Fuel Assistance Applications & Update

2022/2023 Financial Guidelines

Household Size	Annual Income
1	\$42,411
2	\$55,461
3	\$68,511

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 mail-

box. **Please don't hesitate to call Diane or Rachel for assistance!**

Granby Lions Club 'Groundhog Fuel Fund'

If you just *missed* qualifying for assistance through Community Action's Fuel Assistance, you can apply for the Granby Lion's Club fuel fund **through March 16th**. Applications can be obtained here at the Senior Center. Eligibility not contingent on whether *Punxsutawney Phil* sees his shadow (he saw it by the way!) Good while funding lasts so don't wait and get your application submitted to the Granby Lions Club.



Medicare Advantage Open Enrollment Period, January 1 – March 31

If you are enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. **Note:** You can only switch plans once during this period. Call to schedule an appointment with Diane Morgan.

New COVID-19 Treatment Hotline

If you've tested positive for COVID-19 you can quickly call *telehealth services*, **833-273-6330**, to see if you are eligible for COVID-19 treatment. Or you can complete an online assessment at **mass.gov/COVID/Telehealth**. Clinicians are available every day from 8 a.m. to 10 p.m. EST.

Supplemental COVID SNAP monies end March 2, 2023

During COVID, Massachusetts households have been getting extra Supplemental Nutrition Assistance Program (SNAP) benefits. Due to recent action by the federal government, these extra payments are ending. Since April 2020, these extra payments (at least \$95) had been put on EBT cards at the beginning of each month.

Starting in April, your household will get only one SNAP payment. That amount is your normal monthly benefit. You can get your normal amount on DTA Connect or listen to the information about your case by calling 877-382-2363. Unused SNAP benefits roll over month to month. *Reminder to [change the PIN on your EBT card](#) regularly to protect your benefits.*

How can I get the most out of my SNAP?

If your normal SNAP amount is lower than in the table, your SNAP may go up if you tell DTA about these costs:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- Increase to your housing costs (rent/mortgage), and
- Child or disabled adult care costs (if anyone in your SNAP household is working, looking for work, or in school).

Call us at 467-3239 if you have any questions or to make an appointment with our Outreach Coordinator, Diane Morgan, to get the most out of your SNAP benefit!!

Maximum SNAP benefits are:

Household size	Maximum Monthly SNAP Benefit
1	\$281
2	\$516

Events & Activities

Craft Corner

Wednesday, March 29th at 1p.m.
Bunny & Egg Wreath

Limited to
8 crafters



Register
by March
22nd

Adult Coloring Group— Meets the 4th Monday of every month at 1 p.m. (March 27) Supplies are provided but feel free to bring your own.

Quilting Group— Every 1st and 3rd Tuesday 1 - 3 p.m. (March 7th & 21st)

Cross-Stitching Group-

Every 2nd and 4th Wednesday at 1 p.m. (Mar. 8th & 22nd) 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!

Stamp Collectors—March 20th at 1 p.m.

Sunshine Village. Wednesday, March 15th 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, March 6th

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, **March 2nd** 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 10 a.m. (March 1st) Group led by Jeff Roule, Veterans Service agent. Coffee & pastry provided.



State Senator Oliveira's Office Hours — First Thursday of the month at 12 p.m. (March 2)

Celebrate St. Patrick's Day Early

A reminder for those already registered!



Monday, March 6th at 12 p.m.
Irish Lunch & Sarah the Fiddler

Registration is now closed.

Lunch is sponsored by Health New England.



Coffee & Conversations: Nutrition & Oral Health

Monday, March 27th



What to Expect

Just us for a snack while learning about:

- The connection between your mouth and body, including how chronic diseases like diabetes and osteoporosis impact oral health
- Eating to help protect your teeth
- Nutrition-related management of issues like dry mouth, mouth sores, difficulty chewing, and difficulty swallowing

Details

Date: Monday, March 27th
Time: 12:15 – 1:15

Location:
Granby Council on Aging

Registration

RSVP by March 23rd

Email: Rachel Laprade at activitiesdirector@granby-ma.gov

Phone:
Rachel: 413-467-3239



Wednesday, March 1st 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, March 23 at 12:45 p.m. Please call to sign up! In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior. PG 1H56M

Coffee and Donuts

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

Tuesday, March 7th
at 9:30 a.m.

Topic: **Farming in Town**

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, March. 8 & 22

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.



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.

March is **Save Your Vision Month!** It's a great time to spread awareness about eye health. In addition to getting regular checkups with your eye doctor, a healthy diet can help keep your eyes healthy too.

Consuming adequate amounts of fruits, vegetables, and nuts can reduce your risk for progressive age-related macular degeneration (AMD). These foods contain antioxidants which are protective for your eyes. Antioxidants include Vitamins A, C and E. Carotenoids such as lutein and zeaxanthin are important antioxidants that are protective for the eyes. Minerals such as zinc and copper are also helpful. These vitamins, minerals, and carotenoids are best obtained through diet.

Brigham and Women's Hospital in Boston suggests these tips for including the above foods into your daily routine:

BREAKFAST

- Add fruit and nuts or wheat germ to your cereal in the morning.
- Try a fruit and yogurt smoothie.
- Top your pancake or waffle with fruits and nuts.
- Sprinkle sunflower seeds on homemade bran muffins.



LUNCH AND DINNER

- Try some vegetable juice as a beverage.
- Add vegetables to your pasta dish or lasagna.
- Add frozen vegetables like spinach to soups or spaghetti sauce.
- Try prepackaged vegetables like carrots and broccoli and add color to your salad.
- Skewer your vegetables, spritz with olive oil and grill.
- Add melon, lemon or lime slices to your water for a new twist.



- Add almonds, mandarin oranges or strawberries to your dark spinach leaves for a tasty and refreshing salad.

SNACKS

- Freeze red grapes as a tasty treat.
- Have fresh vegetables such as baby carrots, broccoli, cucumber or zucchini cut up and available for snacking.
- Create a snazzy trail mix with nuts, dried fruit, bran cereal and a sprinkling of cocoa chips.



Announcements - *Spring ahead Sunday March 12th!*

Friends of Granby Elderly [F.O.G.E.]

F.O.G.E meets every 2nd Tuesday (March 14th) of the month at 4:15 p.m. at the Public Safety Complex.

F.O.G.E. information table

Every 2nd Thursday of the month in the COA lunch room. March 9th 11a.m.—noon

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!



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 1 Senior Property Tax Exemption; March 31 –Medicare Advantage Open enrollment (last day). Call Outreach for appointment!

Thank You to our Jan./Feb Donors !

Masse HVAC

Food donations to our Pantry– The Marcys

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

...and all our Anonymous donors!



Our Food Pantry Needs

Instant Oatmeal

Granulated sugar

Coffee

Ketchup

Mayo

Laundry detergent

Cooking oil

Pasta Sauce (jar)

Please no expired items, 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.