



Granby Council on Aging Granby, Massachusetts

May 2023

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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

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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 Monday May 29th-Memorial Day

Afternoon Tea Party

Thursday,
May 18th at
1 p.m.
date change



Light refreshments,
trivia & prizes



Lunch & Learn

Thursday, May 4th at 11:30 a.m.

Massachusetts Equipment Distribution Program and Family Caregiver Specialist of WestMass ElderCare



MassEDP provides specialized phone equipment to anyone who lives in Massachusetts and has a permanent disability. They are now offering an iPhone as well as land line phones.

Are you interested in learning about home care services? Sara Colegrove, Family Caregiver Specialist will be here to answer your questions on how to live independently and safely in the community as you age. Westmass Elder-care offers services such as homemaking, personal care, personal life alerts, meals on wheels and more. Are you feeling burnt out, struggling with taking care of a loved one and are looking for resources? Additionally, Sara will provide information and resources on WMEC's Family Caregiver Support Program.

Sign up for lunch by 12 p.m. May 3rd

Menu: BBQ Ribette, Au Gratin Potatoes, Cali Blend Veggies, Oatnut Bread, & Pudding w/ Whipped Cream

If you are not interested in attending lunch you may still join us for the information booths!!

Arrive early and get your blood pressure taken!
BP Clinic 11 –11:30 a.m.



Coffee & Donuts

Prosper
At Monastery Heights
Assisted Living

Tuesday, May 2nd
at 9:30 a.m.
Please pre-register

Jennifer from Prosper will be talking about the facility and discussing payment options; PACE eligible.

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:
5/16 & produce 5/23
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

MassHealth Buy-in Program

The MassHealth Buy-in program also known as the Medicare Savings Plan is a federally funded program to help qualified seniors pay for the premium for Medicare Part B, medical deductibles and co-pays, as well as help with the cost of prescription medications. Your Medicare Part B premium is deducted from your Social Security check so your Social Security benefit will increase by \$164.90/month. There are income and asset guidelines to get this benefit and they are listed below.

- ◆ For (1) person, the maximum income is \$2,548/month with assets of no more than \$18,180
- ◆ For (2) people, the maximum monthly income is \$3,433/month with assets of no more than \$27,260

If you think you would qualify, we have the applications in our office and would be glad to help you apply.

Diane Morgan, Outreach/SHINE Coordinator

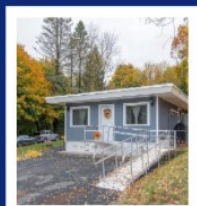
Home Modification Loan Program (HMLP)

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.

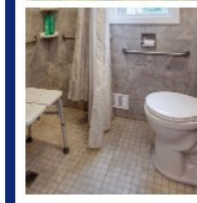
If someone in the household is an older adult or a person with a disability, you may be eligible.



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.



Upcoming Events Friends of Granby's Elderly! 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.

May 11th 11a.m.—noon

Monthly Meeting at Public Safety Complex

F.O.G.E meets every 2nd Tuesday (May 9th) of the month at 4:15 p.m.

Pinched by Your Electric rates? You have a Choice—UPDATE

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 now petitioning the MADPUC to reduce the May 1 rate to 14.0¢ per kWh residential after charging 33.9¢ per kWh since last Nov.) If you are willing to lock-in a rate for 8, 9, 12 or up to 24/36 months you may 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

Tuesday, May 30th at 1 p.m.

Pressed Flower Lanterns



Call to sign up!

We are taking donations of 9oz glass jars for this craft.

Quilting Group— Every 1st and 3rd Tuesday 1 - 3 p.m. (May 2nd & 16th)

Cross-Stitching Group-

Every 2nd and 4th Wednesday at 1 p.m. (May 10th & 24th) 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—May 8th & 22nd at 1 p.m.

Sunshine Village. Wednesday, May 16th at 1 p.m. Q-tip Dandelion Painting.



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, May 1st & May 15th

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, **May 4th** 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. (May 3rd) 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. (May 4th)



Wednesday, May 3rd 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.

Coffee and Donuts with



Prosper At Monastery Heights
LIFE CARE
Tuesday, May 2nd at 9:30 a.m.



Monthly Movie— Thursday, May 11th at 12:45 p.m. Please call to sign up! Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. PG-13 1h38m

Save the date!

Exciting upcoming events in the warmer month 
Thursday, **June 15th** Premier Swing Band—Name That TV Theme

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

Thursday, **July 13th**—Ice Cream Social / 50s, 60s, & 70s Music by Just Len

Thursday, **August 24th**—Ukulele Workshop

FOGE Free Concert Series at Dufresne Park:

Tuesday, **July 18th**—Dan Kane

Tuesday, **August 15th**—Off the Record
6 p.m.—7:30 p.m.



Monthly Lunch Outing

NEW



NEW

In Palmer, MA
May 9th

2nd Tuesday of the month

Limit to 8. Van ride \$5. Lunch is on your own. Sign up by May 5th.

Depart from Granby COA at 11 a.m.

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 \$5– Suggested donation

Certified Yoga Teacher: Laurie Cameron

10 a.m. Wednesday, May 10th & 31st (exception)

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 and HIP 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.

May—National High Blood Pressure Education Month

Did you know that blood pressure does naturally go up with age, but that high blood pressure is a risk factor for cardiovascular disease, heart attack and stroke, kidney disease, osteoporosis, and neurological conditions like dementia? However, there are many things we can do to lower our blood pressure and keep ourselves healthy, one of which is to lower our intake of salt.

There is a direct relationship between our salt intake and our blood pressure. The more salt we consume, the higher our blood pressure. However, if we lower our salt intake, our blood pressure will come down as well!

The Dietary Guidelines for Americans recommends keeping our sodium (salt) intake to 2,300 mg or less. However, 9 out of 10 Americans, including more than 9 out of 10 men and 7 out of 10 women over 60-years-old, consume much more than that.

Most of the sodium in our diets is from processed foods and meals from restaurants (including fast food). Cold cuts, cured meats, soups, pizza, pickled foods, savory snacks (chips pretzels, crackers) can be particularly high in sodium.

What to do?

- Read the Nutrition Fact labels on canned, packaged, and frozen foods, cheese, bread, chips, and snack foods and choose brands where the sodium is be less than 300 mg per serving.
- Embrace fruits and vegetables, homemade meals, and packaged or canned foods that are low-in-sodium or have no salt added.
- When cooking, use herbs, spices, onions, garlic and citrus to add flavor instead of salt.
- Drain and rinse canned beans and vegetables to cut the sodium by about 40%.
- Cook pasta, rice, and hot cereal without adding salt.

For more information about cutting back sodium go to heart.org/sodium. For links to great recipes, go to recipes.heart.org

Written by Suzanne Reasenber

Announcements

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!



Key Due dates - Homeowners, Property taxes due May 1st.

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 have questions about that application call our Outreach Coordinator. 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 Mar./Apr. Donors !

Linda & George Randall Pantry- The Marcy's

Ruth & Robert Ruel

Lilian Schulz Thanks to the MA EOEА
for grant funds for our
newsletter printing!

Joyce & Thomas
Carriveau ...and **all our**
Anonymous donors!

Phyllis Barrett

Food donations to our



Our Food Pantry Needs

Ensure	Jar Tomato Sauce	Please no expired items,
Mayo	Canned Mixed Veg	
Cooking oil	Crackers	
Laundry detergent		Thank you!
Paper tow- els		

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: *cranberry sauce*

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.