

Granby Council on Aging Granby, Massachusetts

June 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

coadirector@granby-ma.gov

TBD

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.

CLOSED Monday June 19th in honor of Juneteenth

Premier Swing Band

**Thursday,
June 15th
at 12:30
p.m.**



Providing Quality
Musical Entertainment
Throughout New England

Call the COA to sign up!



Name That TV Theme

Favorite Activity at Senior Centers

Premier Swing plays a theme from a TV show from the 1950's to present day show.

The audience, brimming with excitement will be yelling the name of the show and answers fun fact questions about the show.



It's Howdy Doody Time

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

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

Tuesday, June 20th at 4 p.m.

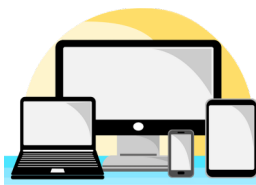
Dufresne Park under the Pavilion

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.



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.

Need Help with your Smart Phone or Computer? Tech Support with Arleen Sassi returns!



Arlene spent 25 years in IT and is lending her talents to the Center & library. One on one appointments (50 minutes) held at the library every other Thursday evening (starts 6/15) 5:15 to 7pm, & every other Saturday morning (starts 6/24) 10:30 to 12:30pm. Please call the COA to schedule your appointment!

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:
6/20 & produce 6/27
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: rollators

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

Information on Lyme Disease – Diane Morgan, Outreach Coordinator

I am writing on this topic again now because I think this is a particularly bad season for ticks. Almost every time I let my beagle out in the backyard, she comes in with at least one tick on her. I also work outside very frequently and have found ticks crawling on me when I get in the house.

Lyme disease is a complicated, bacterial infection caused by the bite of an infected deer tick. These ticks can be as small as a poppy seed making them difficult to spot. They sometimes but not always leave a bulls-eye rash after they have been attached to a person for 36 to 48 hours.

The signs and symptoms of Lyme disease are varied and can include fever, chills, fatigue, body aches, headache, neck stiffness and swollen lymph glands. This is where some of the problems come in when diagnosing this disease. In older people, it can often be confused with arthritis and the aches and pains of getting older. If you have been bitten by a tick, you should consult a doctor even if signs and symptoms disappear – the absence of symptoms does not mean the disease is gone. This disease is best treated in the early stages. Untreated, Lyme disease can progress to a more serious infection causing chronic joint inflammation, neurological symptoms, impaired memory and heart rhythm problems.

With many of us home and working on our gardens, it is important to check for ticks every time you go outside. I usually spray my clothes with an insect repellent that contains DEET when working in my garden. Ticks are especially active in the spring and fall but do not die out in the heat of the summer or cold of a *tepid* winter. I have been in the emergency room twice to have ticks removed and once it was in December. I have also asked my doctor for a test for Lyme disease on more than one occasion when I was experiencing joint pain. When walking outside, I stay on the center of trails and paths and avoid the high grass and thick vegetation. If you are lucky enough to live with someone, have that person check you for ticks when you come in. Stay safe.



Best Wishes to Rachel!



After almost two years, we said a '*farewell*' to Rachel LaPrade, our Activities/Nutrition Coordinator. Her last day was May 25th. Rachel has brought her smile, kindness, energy and creativity to the Granby Senior Center at a time when we were all getting acquainted & dealing with COVID-related closures & re-openings. Rachel will be starting a position a bit closer to home & focused on activities. We will turn to the task of filling this important role here at the center, but she will **never** be replaced! We couldn't have done as much as we did the past two years without her. We wish her happiness & fulfillment in her next chapter! -Lisa, Diane, Dawn, Richie

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.
June 8th 11a.m.—noon

Monthly Meeting at Public Safety Complex

F.O.G.E meets every 2nd Tuesday (June 13th) of the month at 4:15 p.m.

Events & Activities

Craft Corner

- Watch the white easel board in the lunchroom for updates-

Quilting Group— Every 1st and 3rd Tuesday 1 - 3 p.m. (June 6th & 20th)

Cross-Stitching Group-

Every 2nd and 4th Wednesday at 1 p.m. (June 14th & 28th) 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—June 5th 1 p.m.

Sunshine Village. Wednesday, June 21st at 1 p.m. Lady Bug Door Hangar. 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, June 5th & June 22nd. 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, June 1st 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. (June 7th) 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. (June 1st)



Wednesday, June 7th 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.

Reminder:

Granby Town Meeting (Part II)
Monday, June 5th, 7p.m.
East Meadow School Gymnasium

Monthly Movie— Thursday, June 22nd at 12:45 p.m.



Please call to sign up! A husband (Morgan Freeman) and wife (Diane Keaton) spend a hectic weekend pondering the sale of the apartment they've shared for more than 40 years. 1h 32m

Monthly Lunch Outing



South Hadley, MA
June 13th

2nd Tuesday of the month

Limit to 7. Van ride \$2. Lunch is on your own. Sign up by June 9th. **Depart from Granby COA at 11:15 a.m.**

Save the date!

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

Thursday, **July 13th**—Ice Cream Social ~ Sponsored by The Arbors at Chicopee. Entertainment by Just Len—50s, 60s & 70s music

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



FOGE Free Concert Series at Dufresne Park:

Tuesday, **July 18th**—Dan Kane
Tuesday, **August 15th**—Off the Record

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, June 28th *only*

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.

Belchertown Farmers Market– on the Common, Sundays 10 a.m.—2p.m. June 11 thru Oct. 1.

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

South Hadley Farmers Market– BATTERY Brook Park, 123 Willimansett St. Wednesday 2pm –6pm 5/24-10/11

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.

June is Alzheimer's & Brain Awareness Month

This month, in honor of, Alzheimer's & Brain Awareness Month, we will explore MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay), a way of eating that helps preserve cognitive function (brain health) and delay the onset of dementia and Alzheimer's disease. The Mediterranean Diet is known both for its wonderful flavors and its ability to reduce or prevent chronic disease. The DASH diet was developed to reduce blood pressure and prevent cardiovascular disease. Combining these into the MIND diet creates a powerful and flexible way of eating that lowers the risk of chronic disease and preserves the health of our minds.

The MIND diet was voted as one of the easiest diets to follow by U.S. News & World Report! A study showed that following the MIND diet moderately lowered their risk of Alzheimer's by 35% and those who adhered rigorously reduced their risk by 53%. Eat more of these:

- Green leafy vegetables = 6+ servings per week
- Other vegetables = at least one additional serving of vegetables per day
- Whole grains = 3+ servings per day
- Berries = 2+ servings per week
- Nuts = 5+ servings per week
- Fish = 1+ servings per week
- Poultry = 2+ servings per week
- Beans & legumes = 3+ servings per week
- Eggs = 4 – 7 eggs per week
- Olive oil = daily as primary oil
- Alcohol or wine = 1 per day (optional and only if you already drink alcohol)

Eat less of these:

- Red meat = less than 4 x per week
- Butter and margarine = 1 tablespoon or less per day
- Cheese = once or less per week
- Pastries and Sweets = no more than 4 per week
- Fried and fast food = 1 or less per week

You can easily put together something simple to eat. How about yogurt, berries and nuts for breakfast or a snack? Or an easy lunch salad with a can of low sodium or no-salt-added chickpeas (drained and rinsed), chopped tomatoes, chopped cucumbers, chopped red onion, olive oil, vinegar or lemon juice, and Italian seasoning? Explore, have fun, and make it your own!

Announcements

WestMass Eldercare's semi-Annual Sanitation & Allergen training—June 29th, 9 a.m. to 11:30 a.m.

If you are interested in becoming a lunch room volunteer here at the COA, this is the next opportunity for required training on *food sanitation & Allergens*. Existing volunteers whose last certification occurred in July 2022 must also avail themselves of this session in order to continue as lunch program volunteers. The training takes place at WestMass Eldercare in Holyoke. Call the COA to coordinate.

Could the Health Safety Net be right for You?

The Health Safety Net is a state program that can help uninsured or underinsured Massachusetts residents pay for health care services. These are services performed at acute care hospitals like Baystate Medical or other major hospitals and/or at community health centers. This program can also help with cost of medications for those who qualify. These benefits can cover patient cost share amounts such as insurance co-pays for all types of medical services, testing and physician charges. It works with Medicare and other private insurances to help cover the gaps in coverage by your plans and is a part of the state MassHealth program. People currently on the Buy-in program should automatically qualify for the Health Safety Net. So if you are receiving medical bills not covered by your insurance, it is worth checking to see if you qualify for this program. There is an application required which I can help you complete to determine eligibility for the Health Safety Net. There are income guidelines to qualify. Call our office for more information and to schedule an appointment to see if this program can help you.

-Diane Morgan, Outreach Coordinator

Thank You to our Apr./May Donors !

Anita Larimee

Pantry– The Hauschild's, Marcy's

Masse HVAC

Lilian Schulz

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

Class Grass for the donation towards the hanging plant raffle

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

Food donations to our



Our Food Pantry Needs

Ensure

Sugar

Paper towels

Tissues

Jar Tomato Sauce

Canned Mixed Veg

Crackers

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: stuffing & 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.