



# Granby Council on Aging Granby, Massachusetts

## August 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



Granby Senior Center

### Council on Aging Staff

**Lisa Petraglia, Interim**

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**Diane Morgan**

Outreach/SHINE Coordinator

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**Dawn Boulanger**

**Richard Gaj**

Drivers

### COA Advisory Board

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.

Thursday, Aug. 24 • 1:00-2:30 pm

## Ukulele Workshop

Dave Maloof—musician/teacher

*funded by Granby Cultural Council & Mass. Cultural Council*



**Call the COA to sign up! Instruments provided**

## **3rd Annual Veterans Picnic in the Park—August 13th** **Buttery Brook Park, South Hadley. 10a.m. to 6p.m.**

*Sponsored by Western Mass VSO Assoc. & Matthew J. Vieu Memorial Fund. Public welcome. For more information contact WMVSOA President (413)887-7928.*

**Financial Literacy & Fraud Education— Tues. Aug. 29th @ 10:30. Presented by Freedom Credit Union. Stay for pizza day, Noon! Sign-up in advance.**

Need Help with your Smart Phone or Computer?

### Get Tech Support with Arleen Sassi

Arlene spent 25 years in IT & is lending her talents to the Center & library. One on one appointments (50 minutes) held at the library every other Thursday evening (8/3,8/10, 8/17 & 8/24 ) appointments 5:15 & Saturday mornings (8/12 & 8/26) appointments 10:30 & 11:30pm . Call the COA to schedule time!



***New iPad training & device loan program.*** We are going to attempt this again. A two part group training (1 hr each) to be held at the library on a pair of Saturdays in October. Upon completion, iPads will be available for a 90-day loan on a first come first serve basis. Stay tuned for dates (call the COA).

## 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:**  
**8/15 & produce 8/22**  
**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: wheel-chair footrests**

### 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

## Caregiver Relief

### WestMass ElderCare Offers CARE Program for Caregiver Relief

WestMass ElderCare is thrilled to offer the **C**aregiver **A**ssistance, **R**espite and **E**nrichment (**CARE**) program, an expansion of our paid caregiver respite program aimed at providing much-needed support to the dedicated caregivers in our community. At WMEC, we understand the challenges and responsibilities that come with being a caregiver. That's why we have developed the CARE program to offer caregivers the opportunity to take a well-deserved break and rejuvenate while ensuring their loved ones continue to receive the care they need.

With WMEC's expanded CARE program, you receive flexible respite options. Whether you need a few hours of respite care each week, or longer breaks for self-care or personal commitments, we have you covered. You can also choose your own respite caregiver. It's up to you if you want to choose a trusted family member or friend, or you can select a professional from one of our partner agencies.

In addition to these respite resources, WMEC's Family Caregiver Specialist also offers ongoing support and information to help caregivers navigate their caregiving journey. We provide educational materials, support groups, and access to community resources to ensure caregivers feel empowered, informed, and connected.

To learn more about WMEC's CARE program and how to access this valuable support,

### UMASS Somneuro Lab Research—Sleep & Motor Memory

Earn up to \$125 compensation. The research team is recruiting individuals 65—75 years of age. Three visits to campus. You can sleep at home & then show up on campus for an EEG of brain pattern activity. Call the Somneuro Lab for more information (413) 545-4831.

### Upcoming Events Friends of Granby's Elderly! *Free Concert series at Dufresne Park Pavilion*

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

#### **F.O.G.E. information table**

Every 2nd Thursday of the month in the COA lunch room.  
Aug. 10th 11a.m.—noon

#### **Monthly Meeting at Public Safety Complex**

F.O.G.E meets every 2nd Tuesday (Aug. 8th) of the month at 4:15 p.m.



## Events & Activities

**Craft Corner—Stone Dotting 'come paint a stone!' Aug. 30th 1 p.m.**

Free. Call to register by Aug. 22nd. Limit 7



**Healthy Diet—Part I, Tues. Aug. 22 @ 1:15pm**  
Presented by *Armbrook Villages*  
Learn about healthy choices, cooking for one, cooking on a budget.

Part II will be a cooking demonstration with Chef Chris Marsh Sept. 14th *come hungry!*  
Please call to sign-up.

**Quilting Group—** Every 1st and 3rd Tuesday 1 - 3 p.m. (Aug. 1st & 15th)

**Cross-Stitching Group—**

Every 2nd and 4th Wednesday at 1 p.m. (Aug. 9th & 23rd) 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—Aug. 7th & 21st 1 p.m.**

**Sunshine Village. Wednesday, Aug. 16th at 1 p.m.** Participants from Sunshine Village will be here every 3<sup>rd</sup> 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—Mon. Aug. 28th & .** 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, Aug. 3rd** 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. (Aug. 2nd) 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. (Aug. 3rd)



**Wednesday, August 2nd 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, Aug. 17th at 12:30 p.m.**

**Ticket to Paradise [PG-13, RomCom 2022] - starring Julia Roberts & George Clooney.**

A divorced couple teams up to sabotage the impending wedding of their daughter on the island of Bali. 1 hr, 44 min.

## Monthly Lunch Outing



**Schermerhorn's**

**Holyoke, MA, August 8th**

Limit to 7. Van ride \$5. Lunch is on your own. Sign up by Aug. 4th. **Depart from Granby COA at 11:15 a.m.**

**Save the date!**

DINO Fest on the Granby Common: Saturday, Sept. 9th –10a.m.-4p.m. Come visit the COA booth

FOGE Senior Picnic at Dufresne Park: Wednesday, Sept. 13th-11:00 a.m.—2:00 p.m., \$3 per

Healthy Diet Cooking Demonstration:  
Armbrook Village Chef Chris Marsh will be on-site, **Thursday Sept. 14, 2:15p.m**

## Fitness & Nutrition

### Fitness Classes

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

#### Easy Country Fitness

FREE!

**Fridays at 10:00 a.m. (no class Aug. 11th)**

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, Aug. 9th & 23rd

#### Healthy Bones & Balance



**Monday & Thursdays at 10:00 a.m.**

Instructors: Barbara Ayers, Gloria Vivier, Linda Maiolo & Robin LaMorder

A free, fun way to socialize! Designed to increase strength, mobility, flexibility, and balance. Bring your equipment if you already have it.

FREE!

#### 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

**Sapowsky Farms**—434 E State St., Granby. Mon-Sun 8a.m.-6p.m.

**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**— Buttery 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 Open Daily M-Sat. 9a.m.—6p.m., Sun. 9a.m.-5p.m.

### August is National Peach Month!

Peaches are loaded with antioxidants, potassium and vitamin A. This sweet, creamy Peach Smoothie is refreshing on a hot summer day! Made with frozen peaches, banana and yogurt, it's not only delicious it is also healthy and quick and easy to make.



#### Peach Smoothie (Prep time: 5 mins)

Ingredients (1 smoothie)

- ¾ cup unsweetened almond milk or milk of choice
- ¼ cup nonfat Greek plain or vanilla yogurt
- ¾ cup frozen peaches (be sure they are unsweetened)
- ¼ cup frozen banana slices
- ½ tablespoon honey
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- Pinch of ground ginger
- A few ice cubes (optional)

#### Instructions:

Place ingredients into blender in order listed. If needed add additional honey for additional sweetness

#### DIETARY NOTE

To make this a vegan peach smoothie, substitute a non-dairy milk (such as almond or soy milk) for the Greek Yogurt. Add more ice to keep the consistency thicker for a peach smoothie without yogurt.

#### Nutrition

SERVING: 1 smoothie  
 CALORIES: 173  
 CARBOHYDRATES: 31g  
 PROTEIN: 8g  
 FAT: 3g  
 SATURATED FAT: 1g  
 CHOLESTEROL: 3mg  
 FIBER: 4g  
 VITAMIN A: 377IU  
 CALCIUM: 280mg

POTASSIUM: 424mg  
 SUGAR: 25g  
 VITAMIN C: 11mg  
 IRON: 1mg

## Announcements

**COA Medical Equipment Fund** — *new this month* (& continuing) you may direct a cash donation towards the repair of our loaner wheelchairs & rollators which we often purchase replacement parts/components for to ensure they are kept in safe working order. Consider - especially if you have benefitted from our equipment loan program! **See DONATION slip bottom of this page.**

**Deadlines: Granby Property taxes due August 1st!**

### 9th Annual DinoFest on the Granby Common, Saturday, Sept. 9th Rain or Shine

There is an extra double-sided insert in this newsletter about this fun event coming in early September. A schedule of the event's activities [from 10a.m. to 4p.m.] & an application for *Crafters/Vendors*. **New this year**—the *DINO Dash -a short sprint wearing your cardboard dinosaur headdress/costume of your own making, plus* the usual Apple pie baking contest, a Bounce House, Open-mic, bands, and a Chocolate pie eating contest & more! Come visit the COA resource table while you make your rounds. *Yabba-Dabba Doo!!*



### Thank You to June/July Donors !

Granby/So.Hadley Crop-Walk Committee & walkers!

Lilian Schultz

Kate Griffen

Pauline Casey in honor of dear friends Ruth & Bob Ruel

Sapowsky Farms on the 80th birthday of Phyllis

Anita Laramee

Linda & George Randall

Food donations to our Pantry— The Marcy's,, Bail's

**all our Anonymous donors!**

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



### Our Food Pantry Needs

Ensure

Sugar

Coffee

Vinaigrette  
Crackers

Paper towels

Tissues

**Please no expired items,**

**Thank you!**

### Thanksgiving Bags

***We are 3.5 months away.*** 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
- Medical equipment fund*
- Fuel Assistance
- Thanksgiving Fund

\_\_\_ Check here if you would prefer to remain anonymous.