

Granby Council on Aging Granby, Massachusetts


July 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

Brenda Bartosz
Activity & Nutrition Coordinator
activitiesdirector@granby-ma.gov

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

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.

CLOSED Tuesday July 4th Independence Day!



Roger Ticknell "This Land is Your Land"

Monday, July 3rd at 12:30 p.m.



Call the COA to sign up!

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



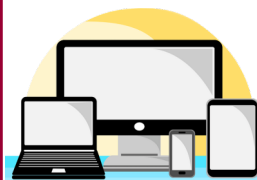
Welcome Brenda!



Happy July Everyone! My name is Brenda Bartosz, I am both excited & grateful to fill the role of Activities & Nutrition Coordinator at the Granby COA. I have previously held the position of Dining Room Manager, Activities & Volunteer Coordinator at the South Hadley COA. I want to thank the wonderful staff here for welcoming me aboard & those of you who have stopped by to meet me! I am very happy to work for such a friendly center & the Town of Granby. I will be doing simple crafts so don't be shy, stop on by or call to sign-up. I am always open to suggestions for new crafts so let me know what you like! ~ Brenda

Need Help with your Smart Phone or Computer?

Tech Support with Arleen Sassi returns!



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 (7/6 & 7/20) appointments 5:15 & 6:05pm, & every other Saturday morning (7/8 & 7/29) appointments 10:40 & 11:30pm. Call the COA to schedule time!

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:
7/18 & produce 7/25
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: *no need***

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

Safer Drug Use

Nine Rules for Safer Drug Use from Worst Pills, Best Pills News, a project of the Public Citizen's Health Research Group a nonprofit organization refraining from corporate/government contributions and accepts no advertising. It is a watchdog group that alerts people of medications that should be avoided. This is their list of considerations when taking a new medication. Check out their website at worstpills.org.

Rule 1: Make sure drug therapy is really needed.

For example, drugs are often prescribed to treat situational problems such as loneliness, isolation and confusion. Whenever possible, nondrug approaches to solving these problems should be tried first, including taking up new hobbies, socializing with others and getting out of the house.

Rule 2: If drug therapy is indicated, in most cases (especially in older adults) it is safer to start with a dose that is lower than the usual adult dose.

Rule 3: When starting a new drug, see if it is possible to discontinue another drug.

Rule 4: Regularly talk to your doctor about stopping your drugs.

At least every three to six months, review with your doctor about your need to continue each drug being taken. The prevailing principle for doctors and patients should be to discontinue any drug unless it is essential.

Rule 5: Find out if you are having any adverse drug reactions.

Ask if you really need the drug in the first place and, if you do, ask if a safer drug could be substituted or whether a lower dose could be used to reduce or eliminate the adverse effect.

Rule 6: Assume that any new symptom you develop after starting a new drug was caused by the drug.

Rule 7: Before leaving your doctor's office or pharmacy, make sure the instructions for taking your medicine are clear to you and a family member or friend.

Ask your doctor to make sure that the label on the drug states, if at all possible, the purpose or which the drug is being used. For older adults, the complexities of drug use may be greater, especially for people taking more than one drug and people with physical and mental disabilities. In these cases, it is even more important to inform another person about the possible adverse drug reactions.

Rule 8: Discard all old drugs carefully.

Rule 9: Ask your primary doctor to coordinate your care and drug use.

If you see a specialist and he or she wants to start you on new medicines in addition to the ones you are on, check with your primary doctor first. It is equally important to use one pharmacist, if possible.

Diane Morgan, Outreach Coordinator/ SHINE Counselor

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

Tuesday, **July 18th**—Dan Kane, 6 p.m.

F.O.G.E. information table

Every 2nd Thursday of the month in the COA lunch room.
July 13th 11a.m.—noon

Monthly Meeting at Public Safety Complex

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

Events & Activities



Craft Corner—July 20th @ 1 p.m.

Come make a Salt Shaker Button Bouquet.

Adorn your window sill or side table. All supplies provided. *Free*. Call to register (by July 17th). Limit 7

Quilting Group— Every 1st and 3rd Tuesday 1 - 3 p.m. (July 18th only)

Cross-Stitching Group-

Every 2nd and 4th Wednesday at 1 p.m. (July 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. (excl. July 3.)

Stamp Collectors—July 17th only 1 p.m.

Sunshine Village. Wednesday, July 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—Mon. July 3rd & 31st. 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, July 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. (July 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. (July 6th)



Wednesday, July 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.

Ice-cream Social Thurs. July 13th, 1 p.m. COA
Sponsored by *The Arbors of Chicopee*



Music from the '50's, 60's & 70's by *Just Len*. Please call to sign-up.



Monthly Movie - Thursday, July 27th at 12:30 p.m.

Saving Mr. Banks, PG-13 Historical Drama [2013]. Tom Hanks and Emma Thompson bring to life the untold true story about the origins of one of the most treasured Disney classics of all time, *Mary Poppins*. 2 hrs 5 min.

Monthly Lunch Outing



Wilbraham, MA

July 11th

Limit to 7. Van ride \$5. Lunch is on your own. Sign up by July 7th. **Depart from Granby COA at 11:00 a.m.**

Save the date!

Thursday, **July 13th**—COA 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, **August 15th**-Off the Record
6 p.m.—7:30 p.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. (no class July 14th)

Instructor: Connie Clark

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

FREE!

Chair Yoga \$5– Suggested donation

Certified Yoga Teacher: Laurie Cameron

10 a.m. Wednesday, July 12th & 26th

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.



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

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

July is National Blueberry Month!



Blueberry & Watermelon Salad with marinated Feta

Prep time: 10 min. (+10m marinate)

Assemble: 10 min.

Ingredients (serves 4)

- 1/3 cup cubed feta cheese
- 1/3 cup thinly sliced red onion
- 2 tbsp olive oil
- 1 tsp lemon zest*
- 2 tbsp lemon juice*
- Pinch of hot pepper flakes
- 2 cups cubed seedless watermelon
- 1 cup fresh blueberries
- 1 cup chopped cucumber
- 1/4 cup loosely packed, thinly sliced fresh basil*

*substitute Mint for Basil, and/or Lime for Lemon

Instructions

1. Toss together feta, red onion, oil, lemon zest, lemon juice and hot pepper flakes. Let stand for 10 minutes.

2. Toss together watermelon, blueberries, cucumber and basil; transfer to small serving platter. Top with feta mixture.

Amount per serving	Daily Value %	Amount per serving	Daily Value %
Calories	150	Total Carbohydrates	15g 5%
Total Fat	10g 15%	Dietary Fiber	2g 8%
Saturated Fat	3g 15%	Sugars	10g -
Cholesterol	10mg 3%	Protein	3g 6%
Sodium	115mg 5%	Vitamin C	16mg 27%
Potassium	209mg 6%	Calcium	90mg 9%
		Iron	1mg 6%

Announcements

Senior Nutrition Farmers' Market Coupons—West Mass Eldercare expects to receive the coupon booklets sometime early July. The Granby COA will receive the same # of coupon booklets as last year (mid-to-late July). Booklet value has increased from \$25 to \$50 of coupons. This is an income-based program. *Stay tuned!*

Meet Granby's New Veterans' Service Agent, *Dave Mendoza*



Born and raised in western Massachusetts, Dave Mendoza joined the MA Air National Guard straight out of high school. An OEF/OIF veteran, he retired with nearly 30 years of military service. He and his family live in South Hadley. He volunteers for the USO of Pioneer Valley and as the Veterans Outreach Director for the Springfield Chapter of Team RWB. We express our gratitude to outgoing VSA Jeff Roule for his dedication in serving Granby's Veterans and preparing Dave to continue this service!

Thank You to May/June Donors !

Masse HVAC

Hens for fresh eggs

Gail & Tollis Avezzi

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

Anita Laramee

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

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



David Seiffert & his

Our Food Pantry Needs

Ensure

Paper tow-
els

Sugar

Tissues

Coffee

Thank you!

Mayo

**Please no
expired
items,**

Vinaigrette
Crackers

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.