

Granby Council on Aging Granby, Massachusetts

September 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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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 Monday September 4th—Labor Day Holiday



Cooking DEMO—Brain Healthy Mediterranean Diet

Sept. 14th, 2:30 - 3:30 p.m., COA
Rescheduled Oct. 12th

Guest Chef Chris Marsh, Armbrook Villages
Come hungry to try samples of cold & heated dishes from an Award-winning program: Lemon Chicken Soup, Salmon Cakes with Remoulade Sauce, and Greek Yogurt Panna Cotta with Berry Coulis.

Call the COA to sign up!



Call to register-come early for pizza day!

COME SEE THE MAGICK!

**Monday, Sept. 25th,
1 p.m.**

Nutrition Myths debunked

Sept. 11th, 12 – 1 p.m.

Katie Dafoe-Raymond, WMEC registered Dietician

Carbs: good or bad? Fruit: healthy or sugar laden? Sea salt: low or high sodium? Are soy foods good for you? Greens & Coumadin should I eat them? And more.....



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 (9/7, 9/14 & 9/21) appointments 5:15 & Saturday mornings (9/9 & 9/16) 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 Saturdays **10/14 & 10/21 at 10:45a.m.** Upon completion, iPads will be available for a 90-day loan on a first come first serve basis. Call COA to sign-up.

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:
9/19 & produce 9/26
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: transport wheelchair**

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.

COVID Test kits Expire this Month

The 6-month FDA extension for test kits with a March 2023 "*Use by*" date printed on the back of the test kit box, **expire this month**. Please dispose of unused kits as they will not provide a valid result *should you need to test*.

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

Get Ready for Medicare Open Enrollment

Medicare Open Enrollment will begin next month on **October 15th through December 7th**. This is an early reminder to get you thinking about your current health insurance and prescription drug coverage. Have you been happy with your health plan? Do you feel you're paying a lot for your prescription medications? Do you want to see what your other options are for coverage? Open enrollment is the time to make any changes to your current plans and these changes will take effect on January 1, 2024.

You can **call our office starting October 15th to schedule an appointment**. My goal is to help everyone select the best health insurance and prescription drug coverage plan that fits both their needs and their budget.

- Diane Morgan, SHINE Coordinator.

Prescription Advantage Program

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "**donut hole**"

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

- Diane Morgan, SHINE Coordinator

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!

Wednesday, **September 13th** — **Senior Picnic, Dufresne Park Pavilion, 11 a.m.-2p.m., \$3, limit 100 folks (Call the COA to sign-up.)**

F.O.G.E. information table

Every 2nd Thursday of the month in the COA lunch room.
Sept. 14th 11a.m.—noon

Monthly Meeting at Public Safety Complex

F.O.G.E meets every 2nd Tuesday (Sept. 12th) of the month at 4:15 p.m.

Events & Activities

Craft Corner—Thurs. 9/28 12:30—2p.m.

Paint a ceramic Jack-o-lantern votive. All supplies provided incl. battery votive! Limit 6 people. Register 9/22.



New — Old Time Radio Shows, Thurs. 9/7 1 p.m. (monthly). Come listen to old favorites—The Shadow, Dragnet, The Lone Ranger, CBS Mystery Theater. Refreshments!

Quilting Group— Every 1st and 3rd Tuesday 1 - 3 p.m. (9/5 & 9/19)

Cross-Stitching Group—

Every 2nd and 4th Wednesday at 1 p.m. (9/13 & 9/27) 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 - 4/6 players. Mondays 1 p.m. (excludes 9/25)

Stamp Collectors— 9/18 only 1 p.m.



Monthly Movie - Thursday, Sept. 21 at 12:30 p.m. *The Illusionist* [PG-13, Mystery/romance, 2006] - starring Ed Norton, Rufus Sewell, Jessica Biel, Paul Giamatti, 1 hr, 49min.

In turn-of-the-century Vienna, a magician uses his abilities to secure the love of a woman far above his social standing.

Foot Care Clinic—Mon. Sept. 25th. 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, Sept. 7th 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. (9/6) Group led by Dave Mendoza, our new Veterans Service agent. Coffee & pastry provided.

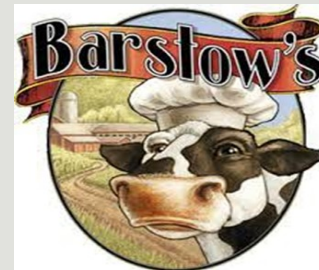


State Senator Oliveira's Office Hours — First Thursday of the month at 12 p.m. (9/7)



Wednesday, Sept. 6 & 20th 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 Lunch Outing



**Barstow's
Hadley, MA,
Sept. 12th**

Limit to 7. Van ride \$4. Lunch is on your own. Sign up by Sept. 8th.

Depart from Granby COA at 11:15 a.m.

Save the date!

October 17th—F.O.G.E.'s Baked bean Bakeoff! Up to 10 contestants. 12—2 p.m. here at the COA. \$3 for grilled hotdog, fixings, chips & soda. **Live -music.** \$50 prize to the winner.

October 30th—Halloween Harvest, 12:30– 2p.m. Storytelling-music by Davis Bates, home-made cider donuts, mulled cider. **Prize for best costume!**

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.

FREE!

Chair Yoga \$5- Suggested donation

Certified Yoga Teacher: Laurie Cameron

10 a.m. Wed., Sept. 13th & **20th** (exception)

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. **(no class 9/4)**



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. (Closes late October til next Spring.)

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.

Late-summer tomato & carrot salad



Prep time: 15 min.

Easy, no cook

Serves: 4

Ingredients:

1 lb. mixed ripe tomato, such as red & yellow cherry, plum & medium vine

2 medium carrots, peeled and finely shredded or grated

5 Scallions, trimmed & finely chopped

1/3c pumpkin seeds

3 tbsp extra virgin Olive oil

2 tbsp Balsamic vinegar

STEP 1

Chop the large tomatoes, halve the cherry ones and tip into a large serving bowl. Add the carrots, spring onions, and pumpkin seeds, and toss together.

STEP 2

Mix the extra virgin olive oil with the balsamic, a pinch of salt and a good grinding of black pepper. Pour over the tomatoes and toss together. *Enjoy & share!*



Announcements

COA Medical Equipment Fund — You can 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.**

Come bring your Input to the COA Advisory Board

Did you know the monthly COA Advisory Board meeting is an Open Meeting? If you have a concern regarding elder issues here in Granby, come join our 1 hour meeting usually the 3rd Wed. of the month at 9:30 a.m. here in the Senior Center. Meetings are posted by the town clerk one week prior at the Town Hall annex & on the website. **Note: Sept. meeting will be held 9/27.**

Inactive Healthy Bones & Balance Seniors– Equipment return, please!

If you no longer participate in the twice a week HB&B classes here at the Granby COA and you have borrowed the hand-weights & rubber balls, *please* return them so others may borrow. We have a limited supply & our classes are still growing! *Thank you.*



The COA will have a resource table at **DINO Fest**, on the Granby Common, **Saturday Sept. 9th (weather dependent) from 10 a.m.—2 p.m.** Come say hello or better yet, send us a 60+ person who doesn't know what the COA can assist them with!

Thank You to July/Aug. Donors !

Anita Larimee

Gloria Proniewicz

Robert Spofford

Linda & George Randall

Food donations to our
Pantry– The Hallowells,
Marcy's,

**all our Anonymous
donors!**

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



Our Food Pantry Needs

- Ensure Crackers
- Sugar Paper towels
- Coffee Laundry detergent **Thank you!**
- Paste sauce (jar) **Please no expired items,**
- Vinaigrette

Thanksgiving Bags

We are 2.5 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.