



Granby Council on Aging Granby, Massachusetts

December 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

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

Terri Johnson

Janet Montemagni

Carol Morrissette

Joyce Polverini

Stephanie Pratt

Elinor White

Carol Zebrowski

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 Mon. Dec. 25th

Merry Christmas—Happy Holidays



**Come Adorn the F.O.G.E.
Giving Tree with Knit Winter-
wear**

Here at the COA through Dec. 15th, **tis the Season** to bring new, hats, mittens, gloves, scarves (hand-knit/store bought) kids or adult & pin to the tree! Items will be donated through the W Mass Catholic Charities 'Uniting for Ukraine' refugee resettlement Program.



Dec. 11th—Special Town Meeting, East Meadow School, 7p.m.

Topic: Funding a \$5.4mil* renovation to the old West Street School building

It is crucial **you** turn out as senior residents & taxpayers to hear about & question what is being planned as a future home for the COA, other town offices & how the proposed concept will be paid for. **Your vote counts but you have to be present! *estimated**



Selectboard Holiday Luncheon for Granby
seniors

served 11:45 a.m. [take-out 11:15]

& Music at 1p.m. The *Blue Ribbon Singers* -
December 21st

catered by Hammel's
Call **467-7177**
to register by 12/14



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:
12/19 & produce
12/26

Veterans

Granby Veteran's Services Agent, Dave Mendoza can assist Veterans 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. **Failure to return item forfeits future use of program. 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.

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**.

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

COA Fuel Fund

If you are a resident of Granby and do not qualify for fuel assistance and are running low on oil for heating during the winter season, the COA may be able to help. Give us a call to discuss.

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

Community Action Fuel Assistance Applications

Back in October, repeat fuel assistance recipients *who purchase fuel*, received renewal applications in the mail. For those who receive benefits through their *utility bills*, renewal applications mailed in November. While the COA has assisted many of you with recertification or first time applications, if you have yet to file & need help, schedule an appointment with our Outreach Coordinator, Diane Morgan. Similar to last year, first-time applicants will also need to go through an intake-screening for eligibility. Income eligibility requirements & the benefit schedule have been updated for FY2024 (www.communityaction.us/fuel-assistance).

Open Enrollment for the Health & Rx Drug Plans continues until December 7th

With all the confusing and misleading advertising on television these days for the health and drug plans, there is still time to make an appointment if you have any questions or concerns about your coverage for 2024. These plans change from year to year and I will be glad to give you an objective and complete explanation of your options. Medicare and insurances can be confusing but SHINE is here to make your decision easier for you.

Please call & make your appointment soon.—Diane Morgan, S.H.I.N.E. Counselor

Adult Day Care/Memory Support Resources

Caregivers, here are some local options for memory care support for a family member or friend.

South Hadley COA—45 Dayton Street. 413-538-5030. *Memory Café* is offered the 2nd and 4th Wednesday of the month at 10:30 a.m. Various activities are scheduled. Participants and caregivers invited to stay for lunch at 11:30. Call in advance.

Hadley—Bakucare (413) 584-0300, Mon.—Fri. 8 a.m.—4 p.m. MassHealth eligible. Contract through Highland Valley, Gr. Springfield Senior Services, and the Veterans Administration. Transportation available.

PACE programs—in West Springfield Trinity Health Pace—Mercy-Life (413) 748-7223, and in Springfield, Summit Eldercare (877) 832-9009. Transportation available. Enrollment required. Some form of MassHealth will cover costs.

Mercy Adult Day Care—Westfield, (413) 568-0555. MassHealth, Medicare, Personal funding.

Massachusetts Good Neighbor Energy Fund

The Salvation Army program is now accepting applications for the 2023/2024 heating season. If you just *missed* qualifying for assistance through Community Action's Fuel Assistance, you may be eligible (HH income between 60 –80% of state median income.) Apply through a local Salvation Army Corps Community Center, while funding lasts. Springfield Corps—170 Pearl Street, (413) 733-1518, Holyoke Corps—271 Appleton Street, (413) 532-6312

Household Size	Total Gross Yearly Income
1	\$45,392 - \$60,523
2	\$59,359 - \$79,145

Events & Activities

Craft Corner— *Scandinavian Star fabric ornament*, Tues. Dec.12,1p.m.

Two ladies from our Quilters Group guide you in folding a fabric Moravian Star. Hang on your tree or gift! Fabric provided. Limit 8 crafters. Sign-up by 12/5.



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

Cross-Stitching Group—

Every 2nd and 4th Wednesday at 1 p.m. (Dec. 13 & 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 1p.m.

Stamp Collectors—Every 1st and 3rd Monday at 1 p.m. (Dec. 4 & 18)

Foot Care Clinic—Monday, Dec. 18th 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, **December 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 Hollowell.



Veterans Corner— Every 1st Wednesday of the month at 9:30 a.m. (Dec. 6th) Group led by Dave Mendoza Veterans Service agent. Coffee & pastry provided.



State Senator Oliveira's Office Hours— Thursday, December 7th at **new time 1 p.m.**



Wednesday, December 6th & 20th at 12:45 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— & Hot Chocolate bar!
Miracle on 34th Street, Thurs. Dec. 14th, 12:45p.m. [1947, Drama /Comedy, 1hr.41min.]



In this Christmas classic, an old man going by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers & employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.



Need Help with a Computer or Smart Phone?

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.

See you in January, taking a Holiday pause!

Thursday evening appointments 5 & 6 p.m. () , and Saturday mornings 10:30 & 11:45 () .



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

Certified Yoga Teacher: Laurie Cameron
10 a.m. Wednesday, Dec. 13 and 27.

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. **Limit 20 (overflow Tuesdays at 10 a.m.)**

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, ask for their Information and Referral Department at 413-538-9020

Healthy Incentives Program Locations

Sapowsky Farm—434 E. State St., Granby, M-Sun.
8a.m.-6p.m. (Closes late December)

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)

Center Fresh Market— 31 Springfield St. Chicopee Thursday 11a.m.—3 p.m.

Dave's Natural Garden— 35 Amherst St. Granby. accepting SNAP, and H.I.P. .

Dickinson Farm now accepting SNAP

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

Gingerbread Tea Cake—low carb, low calorie

Prep time: 25 mins., Cook time: 40 mins.

Eatingwell.com



Ingredients:

- >2 1/3 c all-purpose flour,
- >1 1/2 tsp baking powder,
- >1 tsp. gr. Ginger,
- >1 tsp. gr. Cinnamon,
- >1/2 tsp. baking soda,
- >1/4 tsp. salt,
- >1/4 tsp. gr. Cloves,
- >1/2 c canola oil,
- >1/4 c gran. Sugar (or equiv. sugar substitute),
- >1 1/4 c water,
- >2/3 c molasses,
- >2 eggs beaten lightly,
- >confectioner's sugar for dusting,
- >raspberries as optional garnish.

Directions:

Step 1. Preheat oven to 350 degrees F. Lightly coat a 13x9x2-inch baking pan with non-stick cooking spray & set aside. Combine all dry ingredients except the sugar, & set aside— this is the flour mixture.

Step 2. In a large bowl whisk together oil & sugar. Add in cold water, molasses & eggs, whisk until combined. Add the flour mixture all at once & whisk until smooth. Pour into prepared pan.

Step 3. Bake 40 to 45 minutes or until a wooden toothpick inserted near the center come out clean. Cool completely on a wire rack. Sift confectioners' sugar over the top & garnish with raspberries if desired. **Enjoy!**

Lunch Program

Lunch catered by WestMass ElderCare is served Monday, Wednesday, Thursday and Friday at **12:00 p.m.** Please call Brenda at least **24 hours in advance** to reserve your meal. 467-3239.

Announcements

Friends of Granby Elderly

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

Sand for Seniors

Call the COA if you missed the late November delivery of a bucket of salted sand to keep your walk-ways *safe*! We will get your name and address to the TRIAD staff at the Granby Police Dept. and they will contact you when they can deliver.



Winter Weather Policy

We want to take this opportunity to remind our readers of the COA weather policy. If WestMass ElderCare's meal program is closed due to weather, then the Center is closed. Limited staff report to work & will be available by phone if you need to contact us. **22 News** and **Channel 40** will post the closing on TV. If the weather is severe enough for the Town Hall to close then the Senior Center will also be closed with no staff reporting.

Thank You to our Oct./Nov. Donors !

McDowells, Zieja's, Gail Matthews *In Memory of Blanche Cooke* Peg & Ed Sullivan
Tom Suchenicz

McDowells *In Memory of Don Zebrowski* Carol Racine

The Berger's To all those donating food to our pantry & Thanksgiving basket drive— Marcy's,

Myrle & William Porter III

Anna & Willard Cutler Early Library knitters for our Giving tree

Sandy & David Canney

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

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



Our Food Pantry Needs

Instant Oatmeal	Paper Towels	Please no expired items,
Coffee	Laundry detergent	
Mayo	Dish detergent	Thank you!
Cake mixes		
Apple Juice		
Pasta Sauce (jar)		

Thanksgiving Bags

The Granby COA was able to provide 40 baskets to Granby's elders and to 25 of Granby-to-Go's school-age households thanks to year long donations financial & material, **Thank you** COA volunteers as well as those from Granby's UCC for pitching in with assembly, delivery & baked desserts!

This month: a well deserved pause

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.