



Granby Council on Aging Granby, Massachusetts

March 2024

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

Brenda Bartosz

Activity & Nutrition Coordinator

activitiesdirector@granby-ma.gov

Diane Morgan

Outreach/SHINE Coordinator

outreach@granby-ma.gov

Dawn Boulanger

Richard Gaj

Ken Roberts

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.

Daylight Savings begins Sun. March 10th

Spring arrives March 19th!

Easter is Sunday March 31st



Banish Misfortune, Mon. March 11th, 1 p.m.

If you haven't heard this band perform before around W. Mass, then come out in some early St. Patrick's Day spirit to hear their **Celtic music making!** Refreshments served. Please call to sign-up, 467-3239.



This event is co-sponsored by the COA, the Friends of Granby Elderly & Health New England. *Thank you sponsors.*

-FAREWELL -

Well as many of you may know, I say "fare-well" as your chronic Interim Director towards the end of this month. What was to be a 3-month assignment back in the Spring of 2021 turned into a 3 year endeavor. What did I know, coming out of an early retirement from such a different career? I knew we were in unprecedented times with the pandemic, loved ones were lost, isolating came with a cost, & little was normal. Your senior center needed to remain operating even if initially for just the essentials until gradually more activity & vibrancy was restored. You showed up, continued to help, gave me ideas or told me what was needing to happen. And that effort will continue.

It has been a rare experience to work on your behalf & get to know so many of you! In your presence I have been constantly reminded of my 90 year-old parents who reside down South & how precious time is. Thank you for the kindness, patience & support you offered me. You are the reason I remained this long! This is not good-bye as I hope to see you around town & perhaps stuffing an occasional newsletter! In the meantime, I wish you wellness & enough happiness! - affectionately, Lisa

New — Brenda's Field-trip. First Tues. of the month.

Tues., March 5th. Depart COA @ 9:30 a.m.

Mt. Holyoke College Bulb Show with a pit-stop at the Thirsty Mind for a coffee & muffin first. Limit 7.

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:
3/19 & produce 3/26

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: 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.

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

MA Circuit-breaker Tax Credit TY2023

If you're in the habit of not filing tax returns each year because 'you do not owe' you may be missing out on a state tax credit related to how much property tax on your principal residence (or rent) you pay. The maximum credit is \$2,590. You **must** be a MA resident, 65 years of age by 12/31/2023 and meet an income threshold based on MA total income. If you qualify, then **Schedule CB** is filled out & filed with a MA tax return by 4/17/2024 latest. **Tax appointments are getting scarce at other centers.** Try Community Action's VITA program in Greenfield, Orange, Northampton (low-income requirements). Call 413-376-1136.

Health New England—Medicare Info Session Thurs. Mar. 21st 12:30 p.m

HNE staff will host a 3 hour information session here at the COA to discuss aspects of their various coverage plans. Please call to sign up.

Medicare Advantage Open Enrollment Period, January 1 – March 31

If you are enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. **Note:** You can only switch plans once during this period. Call to schedule an appointment with me. *Last call!*

- Diane Morgan, SHINE Counselor

Real Estate Tax Exemptions—Deadline April 1st

Residential property tax exemptions can reduce your tax bill if you qualify. You can be eligible in a few different ways. Basic qualifications include elderly, those 70 or older either single or married or the surviving spouse or minor child of a deceased parent. In addition, veterans with a 10% wartime service disability or purple heart or those with 100% disability; as well as legally blind individuals; and those in extreme hardship situations can also qualify. There are Massachusetts residency requirements.

Applications are made to the Assessor's Office by April 1st. Exemptions must be applied for *every year*. If you received an exemption in the prior fiscal year, you would have received an application in the mail Fall of 2023. If you can't find that form, the Senior Center has blank applications as well.

If you would like to check to see if you might be eligible for an exemption, just contact our office and schedule an appointment with Diane Morgan, Outreach Coordinator.

Granby Lions Club – Groundhog Day Fuel Fund

If you just *missed* qualifying for assistance through Community Action's Fuel Assistance, you can apply for the Granby Lion's Club fuel fund, **Feb.2nd through March 16th.** Applications can be obtained here at the Senior Center. Eligibility not contingent on whether *Punxsutawney Phil* sees his shadow (he did not)!

Good while funding lasts so don't wait and get your application submitted to the Granby Lions Club.



Events & Activities

Craft Corner— March 14, 1 p.m.

A Surprise Spring Craft!

Limit 8 crafters. *Sign-up by 3/7*

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

Cross-Stitching Group—

Every 2nd and 4th Wednesday at 1 p.m. (Mar. 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 (except 3/11) 1p.m.

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

Foot Care Clinic— Mon., Mar. 11th & 25 (overflow) . 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, **Mar. 7**, 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. (Mar. 6). Led by Dave Mendoza Veterans Service agent. Coffee & pastry too.



State Senator Oliveira's Office Hours— see you **April 4**, at **1 p.m.**



Wednesday, March 6 & 20 at 12:45 p.m... There will be cash prizes, door prizes and light refreshments. 1 card for \$3 or 2 for \$5. Please pre-register.

Monthly Movie— *Waking Ned Devine*, Thurs. Mar. 7, 12:45p.m.



An Irish comedy. When a winner of the National lottery dies of shock, his fellow townsfolk attempt to claim the money !

Starring: Ian Bannen. David Kelly, Fionnula Flanagan

[1998, Comedy, 1 hr. 31 min.]



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.

Thursday evening appointments 5:05 & 6 p.m. (Mar. 14 & 28) , and Saturday mornings 10:30 & 11:45 (Mar. 16 & 30).

Call the COA to book your appointment!



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

Certified Yoga Teacher: Laurie Cameron
10 a.m. Wednesday, Mar. 13th & 27th.

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.)

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, 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.

March is Nutrition Month

The focus this month puts a spotlight on dietary habits, food knowledge, and the joys of wholesome eating. Oh yes—and regular physical activity! Here's how you can participate:

- ⇒ Attend a nutrition seminar or cooking demo
- ⇒ Commit daily to more fruits & vegetables
- ⇒ Read articles/books on dietary habits
- ⇒ Try a new healthy recipe each week
- ⇒ Shop your local farm stands for in season produce

[Hint: attend our WMEC Cardiac Nutrition presentation 3/18!]

WMEC Nutrition Presentation— Cardiac Nutrition, Monday, March 18th,

COA lunchroom, 12—1p.m.



Would you make use of a mobil Grocery Store here in the COA parking lot?

Farmstore 99 (Wilbraham) operates the Agric Organics Mobil Grocery Store. They recently opened a store-front in Springfield & are now looking to bring quality organic produce (& some groceries) into the outlying communities using their grocery truck. **SNAP, HIP, WIC, & Farmers Market Coupons** are accepted. They would like to come to the Granby Senior Center parking lot—*would you find this useful, once a month or at all?*

Please call us at 467-3239 and let us know so we can reply to their offer.



Lunch Program Lunch catered by WestMass ElderCare is served Monday, Wednesday, Thursday and Friday at **11:45 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 (March 12th) of the month at 4:15 p.m. at the Public Safety Complex

Spring ahead Sunday, March 10th

Resuming in April - Vanpool to Lunch!

Watch for destination in the April newsletter. Second Tuesday of the month. Limit 7 unless you meet the van there!

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 Jan./Feb. Donors !

Eleanor Bullough for BINGO gift cards

Many thanks to Immaculate Heart of Mary (church) for the generous food drive for our pantry program!

To all those donating food to our pantry—Marcy's, Hallowell's

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

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



Our Food Pantry Needs

| | | |
|----------------|-----------------------|---------------------------------|
| Coffee | Shampoo & Conditioner | |
| Mayo | Paper Towels | |
| Apple Juice | | |
| Cheerios | Laundry detergent | |
| Shredded Wheat | Dish detergent | Please no expired items, |
| Pasta | | |
| Sauce (jar) | | Thank you! |

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.