



# Granby Council on Aging Granby, Massachusetts

## April 2024

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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](http://www.granbycouncilonaging.org)



Granby Senior Center

### Council on Aging Staff

*vacant*

Director of Senior Services  
coordinator@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.

Closed Mon. April 15th—Patriots Day  
State & Federal Taxes due—April 17th

### *Chicopee COA—RiverMills Center Extends Invite* **MEMORY CONNECTIONS**

1st Wednesdays of the month, 3:00 p.m.— 5:00 p.m.

April 3rd

Memory Connections serves caregivers of people with dementia and their loved ones living with dementia. At 3 p.m., caregivers will participate in a program with Laura La-voie, president and founder of Our Dementia Life. During this time, their loved ones who have dementia will spend time in an activity supervised by trained staff. At 4 p.m., everyone will join together to enjoy an early dinner. Registration is required by stopping by RiverMills Center or calling 534-3698. Sponsored by Health New England, PNCU, and WMEC.



### **WestMass Eldercare mini Resource Fair**

"Get to know us before you need us."

*Thursday April 25th, 12:30 pm*

WestMass ElderCare, your local Area Agency on Aging, will be on site to share program & support options. Join us for a sweet treat; stay for the information!

**Feature program: CARES.** Are you a Caregiver in Need of a Break? Monica Crespo, WMEC CARES Program shares new grant funded resources that assists you in getting some respite/enrichment while your loved-one is tended. Monica will be able to process intakes for those who would like to start getting resource help. Attendees enter a raffle for a \$15 Walgreens gift card.

### **Lunch Van-pool, April 9th**



**Miss Florence Diner**

Van leaves COA parking lot at 10:45a.m. Limit 7.

Fare \$3. Call to register by 4/5/2024.

**Calling all gently used Handbags, wallets & purses.... for the Old Bag Sale** — a fundraising event for the Stone House Museum, Belchertown on May 11th. Drop a bag in the collection box in our Activity hall through May 1st. (Non-smoking household item only.)

## 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:**  
**4/16 & produce 4/23**

### 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

### PVTA Senior Van Service

You may be eligible for scheduled PVTA (ADA) van services, M—Sat. 9a.m.—6p.m.. If the COA can not book the ride you need call the number at the bottom of this page. **Also the COA has coupons to defray the fare for your PVTA van ride.** Contact us for more information.

## 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.

## Adult Day Care/Memory Support Resources

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

**Chicopee Senior Center**—Memory Connections 1st Wed. of the month, 3– 5 p.m. *registration required*, 3rd Wed. of the month Alzheimer's Caregiver Support Group 2-3:30 pm.(413) 534 –3698.

**Hadley Senior Center**— a new memory café program 'Connections Café' open to people from surrounding communities as well. Wednesdays at 1:30p.m. (413) 586-4023.

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.

Also—check out the **WestMass Eldercare CARES support program** (see **page 6** of this newsletter for more information.) A CARES representative will be here at the COA on April 25th, 12:30 pm.

## Home Modification Loan Program (HMLP)

Valley  
Community  
Development

For towns in Hampshire and Hampden Counties

HMLP is a state-funded loan program that provides financing to homeowners and small landlords for home accessibility improvements.

If someone in the household is an older adult or a person with a disability, you may be eligible.



### Loan Information

- Loans up to \$50,000 for property owners and \$30,000 for owners of manufactured or mobile homes
- 0% interest rate
- No monthly payments required
- Repayment is required when the property is sold or transferred

Visit [www.valleycdc.org](http://www.valleycdc.org) to learn more and apply.  
For questions, contact Donna at [dc@valleycdc.org](mailto:dc@valleycdc.org).



## MassHealth Buy-in Program

The MassHealth Buy-in program also known as the Medicare Savings Plan is a federally funded program to help qualified seniors pay for the premium for Medicare Part B, medical deductibles and co-pays, as well as help with the cost of prescription medications. Your Medicare Part B premium is deducted from your Social Security check so your Social Security benefit will increase by \$174.70/month. There are income and asset guidelines to get this benefit.

If you think you would qualify, we have the applications in our office and would be glad to help you apply.

Diane Morgan, Outreach/SHINE Coordinator

## Events & Activities

**Craft Corner—**  
April 18, 1 p.m.

**Victorian Tussie-mussie for Spring**

Limit 8 crafters. \$3,  
Sign-up by 4/11



**Quilting Group—** Every 1st and 3rd Tuesday 1 - 3 p.m. (Apr. 2 & 16)

**Cross-Stitching Group—**

Every 2nd and 4th Wednesday at 1 p.m. (Apr. 10 & 24) 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 4/15) 1p.m.

**Stamp Collectors—** Every 1st and 3rd Monday at 1 p.m. (Apr. 8 & 22)

**Foot Care Clinic—** Mon., Apr. 8 & 22nd (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, **Apr. 4**, 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. (Apr. 3). Led by Dave Mendoza Veterans Service agent. Coffee & pastry too.



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



**Wednesday, April 3 & 17 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—**  
***The Intern*, Thurs. Apr. 11, 12:45p.m.**

Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.



**Starring: Robert De Niro, Anne Hathaway, [2015, PG-13, Comedy, 2 hr. 1 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. (Apr. 4 & 11) , and Saturday mornings 10:30 & 11:30 (Apr. 6th).

*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

FREE!

**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, Apr. 10th & 24th.

#### Healthy Bones & Balance



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

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

FREE!

A free, fun way to socialize! Designed to increase strength, mobility, flexibility, and balance. Bring your equipment if you already have it. **No class 4/15. 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

**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. .

**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.

WestMass  
ElderCare



**ATTENTION  
CAREGIVERS!**

### UNWIND WITH PEACE OF MIND

Self-care for caregivers isn't selfish. It's vital. WMEC's Caregiver Assistance, Respite and Enrichment (CARE) program can help you get the respite support you need to ensure your loved ones are cared for as you care for yourself.

CONTACT US TODAY:

**413-538-9020**  
info@wmeldercare.org

## Announcements

### Friends of Granby Elderly

F.O.G.E. meets every 2nd Tuesday (April 9th) of the month at 4:15 p.m. at the Public Safety Complex

#### Interested in your future Senior Center space?

Get involved now while it's early—stay informed, ask questions, attend a West Street Building Re-use meeting or watch it a day later on GCAM (via youtube.com). Speak to the COA liaison on the Select Board—Crystal Dufresne. **User input is vital!**

Meetings typically the 2nd & 4th Tuesday of the month **check times & location on-line** at <https://www.granby-ma.gov/calendar/month>

#### Upcoming Events Friends of Granby's Elderly!

##### 2024 Free Concert series at Dufresne Park Pavilion

Its never too early to mark your calendar!

- ⇒ **June 18 Eddie Forman**
- ⇒ **July 16 Dan Kane Singers**
- ⇒ **Aug. 20 Johnny & the Flashbacks**

**Senior Picnic Sept. 18<sup>th</sup> more details to come in the next months.**

### Thank You to our Feb./Mar. Donors !

Masse HVAC

Lilian Schulz

Robert Spofford, Sr.

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

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

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



### Our Food Pantry Needs

Coffee Shampoo & Conditioner

Cheerios

Shredded Wheat

Pancake/Waffle mix

**Please no expired items,**

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.