

GRANBY COUNCIL ON AGING

Granby's Adult Community Center

GRANBY, MASSACHUSETTS



Granby 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
Facebook:
Granby Senior Center

Council on Aging Staff

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Mission Statement

The Granby Council on Aging is committed to enhancing the lives of senior citizens through services, programs and activities that educate, assist and advocate on behalf of the elderly.

Outdoor Programs are Here!

We are pleased to announce that the Granby Board of Health has approved select outdoor programming at the Council on Aging! Programs will be held under a tent canopy for comfort.

Participants will be advised to follow all COVID-19 precautions including keeping appropriate distance and wearing face coverings.

BINGO

Wednesday, September 16th

Wednesday, September 30th

1:00 p.m.

HEALTHY BONES AND BALANCE EXERCISE CLASS

Mondays and Thursdays
Starting on Monday, September 14th

10:00 a.m.

Each participant will be given a set of exercise accessories to bring home and take for future sessions to avoid shared touch objects.

STAMP COLLECTING GROUP

Friday, September 11th

Friday, September 28th

9:30 a.m.

VETERAN'S CORNER

Tuesday, September 8th

10:00 a.m.

Ongoing services include: **Outreach, Health Insurance/SHINE Counseling, Veteran's Services, Transportation, Food Pantry, Brown Bag, Medical Equipment Loan** (more on page 3)

Call 467-3239 to sign up!

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September Lunch Menu



HOME DELIVERED MEALS

Please cancel your meal at least 24 hours in advance by calling WestMass Eldercare at (413) 538- 9020.

Suggested, Confidential, Voluntary Donation of \$2.25 / meal
Meals subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Salisbury Steak/Gravy (470) Scalloped Potatoes (51) Carrots (44) Wheat Bread (115) Mandarin Oranges (7) Sod: 640 Cal: 686 Carb: 91	2 Chicken in Country Gravy (601) Mashed Potatoes (46) Broccoli (9) WW Dinner Roll (190) Peaches (5) Sod: 851 Cal:496 Carb:70	3 <i>High Sodium Meal</i> Ham w/ Pineapple Glaze (942) Sweet Potato (42) Meadow Blend (20) Raisin Bread (98) Tropical Fruit (10) Sod:1102 Cal:515 Carb: 88	4 Breaded Fish (190) Cheesy Mushroom Rice (313) Italian Blend (50) Dinner Roll (160) Swiss Cake Roll (100) Sod: 812 Cal: 615 Carb: 86
7 NO MEAL SERVICE  HAPPY LABOR DAY	8 Chicken (394) Oven Brown Potatoes (259) Capri Blend (20) Wheat Bread (115) Butterscotch Pudding (246) Sod: 1034 Cal:696Carb:87	9 Lasagna w/ Meat Sauce (457) Italian Style Veg (40) Italian Bread (230) Peaches (5) Sod:732 Cal:600 Carb:66	10 Roast Turkey/Gravy (453) Sweet Potato (42) Green Beans (2) Dinner Roll (160) Cinnamon Apples (11) Sod:668 Cal:446 Carb: 78	11 Cheese Omelet (380) Sautéed Onions/Peppers (28) Hash browns (278) Fruit Loaf (170) Tropical Fruit (10) Sod:865 Cal: 594 Carb:77
14 Garlic Meatballs (242) Egg Noodles (6) Broccoli (9) Wheat Bread (115) Pineapple (1) Sod: 373 Cal: 533 Carb: 71	15 Chicken Drums (580) Yellow Rice/Peas (36) Tuscan Veg (48) WW Bread (160) Oatmeal Raisin Cookie (79) Sod:903 Cal:653 Carb: 68	16 Chef's Special Oven Brown Potatoes (259) Stewed Tomatoes (248) Pistachio Pudding (278) 	17 Broc & Cheese Chicken/Gravy (578) Mashed Potato (46) Peas & Carrots (90) Wheat Bread (115) Peaches (50) Sod:834 Cal: 542 Carb:65	18 **Do Not Heat** Chicken Cran-Apple Salad (221) 3-Bean Salad (250) Carrot Raisin Salad (179) Multigrain Bread (200) Tropical Fruit (10) Sod:860 Cal:793 Carb:75
21 Sausage/Peppers /Onions in Tomato Sauce (657) Egg Noodles (6) Peas (58) WW Bread (160) Pears (4) Sod:885 Cal: 658 Carb: 76	22 <i>Taco Tuesday</i> Beef/Bean Mix (277) Yellow Rice (8) Corn (1) Flour Tortilla (170) Mandarin Oranges (7) Sod:646 Cal: 638 Carb: 88	23 Chicken Parmesan (607) Pasta/Sauce (128) Italian Veg (36) Wheat Bread (115) Mixed Fruit (5) Sod:896 Cal: 638 Carb:88	24 <i>Birthday Celebrations</i> Pot Roast (122) Mashed Potatoes (46) Tomato/Zucchini (250) WW Dinner Roll (190) Yellow Cake/Choc. Icing (239) Sod: 847 Cal:623 Carb: 95	25 Salmon/Dill Sauce (223) Confetti Rice (38) Green Bean w/ Almonds (15) Wheat Bread (115) Cookies (105) Sod: 469 Cal: 491 Carb: 61
28 Hot Dog (550)/Bun Mixed Veg (43) Baked Beans (140) Mandarin Oranges (7) Ketchup/Mustard Sod: 950 Cal: 569 Carb: 68	29 Swedish Meatballs (374) Egg Noodles (6) Broccoli (9) Rye Bread (150) Peaches (5) Sod: 545 Cal: 542 Carb: 69	30 <i>High Sodium Meal</i> Mac & Cheese (629) Stewed Tomatoes (248) Multigrain Bread (200) Reg Choc. Pudding (190) Sod:1267Cal:634 Carb:107		

Average percent of calories coming from fat is approximately 20-25%. Sodium content is listed in parentheses (mg). Totals include an 8 oz. milk (not listed) which has an additional 107 mg. of sod. 100 calories. 12 g carbs. Total carbohydrates listed include sugar-free dessert.

Supportive Services

Food Pantry

The Senior Center has an on-site Food Pantry serving all eligible residents of Granby.

Eligible clients with applications on file are allowed two grocery bags per month.

The Pantry's hours of operation are Monday-Friday from 9:00 a.m. – 3:00 p.m.

Call the Center for an Application!

Brown Bag Program

This program provides a free bag of healthy groceries to eligible seniors once a month courtesy of the Food Bank in Hatfield. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active.

Call the Center for an Application!

September's Date: 9/15

COA Fuel Fund

If you are a resident of Granby and are running low on oil for heating during the winter season, the Senior Center can help. Please call the Center for more information.

Medical Equipment Loan Program

The Senior Center loans out a variety of medical equipment.

This equipment can be expensive to buy outright when only needed on a temporary basis. Interested parties will need to sign a release form before borrowing any equipment. Call the Center for more information!

Transportation Program

Did you know that the Granby Council on Aging offers low-cost transportation to Granby seniors? The transportation program accommodates passengers using wheelchairs and can travel out of town. For more information give us a call at 467-3239.

Veteran's Services

Granby Veteran's Services Agent, Michael Slater can assist Veterans in obtaining services. He is available by virtual appointment only. Appointments can be made by calling the COA at 467-3239.

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, please call our office. *This Program is partially funded by Title III grant funding through WestMass Eldercare.*

SHINE Counseling

Granby SHINE Counselor Diane Morgan is available to meet with those who have insurance questions. Diane can evaluate your situation and screen you for eligibility. Please call for an appointment.

House Numbering Program

Is Your Number Up? This program provides high visibility house number signs for residents. The signs help emergency responders locate your home quickly. The green signs with reflective numbers are installed by police officers.. The suggested donation is \$10. Sign up by contacting the COA.

Safe Entry Program

Seniors can have a combination lock box installed on the exterior of their home that holds a key to their house. The location and code of the lock box are kept on file at the Police Department. If an emergency occurs, first responders will be able to enter your home quickly to offer assistance without damaging your door or lock.

Helpful Phone Numbers

COVID Distress Line: 1-800-985-5990

Elder Abuse Hotline: 1-800-922-2275

Executive Office of Elder Affairs: 1-800-243-4636

Hampshire Elder Law Program: 1-413-586-8729

Medicare: 1-800-633-4227

Senior Legal Helpline: 1-800-342-5297

Social Security: 1-866-964-5061

WestMass ElderCare: 1-413-538-9020

Supermarket Special Hours for Seniors During COVID-19

Atkins Country Store

South 253-9528 and North 230-3226

Monday-Saturday 7am-8am

Curbside pick-up available

Big Y World Class Market

Amherst 253-0416 and South Hadley 538-9303

Sunday-Saturday 7am-8am

Stop & Shop

Belchertown 323-6546 and Hadley 253-3227

Sunday-Saturday 6am-7:30am

Target, Hadley 586-5945

Monday-Saturday 8am-9am

Trader Joe's, Hadley 587-3260

Sunday-Saturday 9am-10am

Walmart, Hadley 586-4231

Monday-Sunday 6am-7am

Whole Foods, Hadley 586-9932

Sunday-Saturday 8am-9am

Re-Evaluating Your Napping Patterns

We all wake up feeling differently after a nap. Some of us may feel refreshed and re-energized while others feel groggy and even more tired. Like everything in life, napping comes with its pros and cons. Naps can be important when it comes to restoring energy to your mind and body. Studies have shown that a power nap between 15 and 45 minutes long is enough to improve memory and reduce aches and pains for the rest of the day. Short power naps can also boost performance and focus if taken before completing an important task. Mid-day naps between 2 p.m. and 5 p.m. have shown to be just as effective in boosting energy as drinking a 12 oz. cup of coffee. A 2019 study done by British medical professionals concluded that those who napped twice a week were 48% less likely to experience cardiovascular issues.

However, if you are taking naps because you struggle with staying awake throughout the day, this could be a sign of an underlying health issue. It's possible that you are not getting the recommended minimum of 7 hours of sleep per night or that your sleep quality is poor. The Center for Disease Control and Prevention estimates that 1 out of every 3 older adults in America does not get the right amount of sleep at night due to fatigue, stress and poor daily routines. Other factors of poor sleep include sleep apnea, consuming food too close to bedtime and falling asleep with the television on. Lack of sleep can increase the risk of heart disease, diabetes, obesity and depression in older adults.

Keep the following tips in mind when it comes to re-evaluating your napping patterns and improving them for the future. You can notice when you have napped for too long – you feel miserable and fuzzy after waking up. Pay close attention to the time you are spending napping and try to shorten it each day until you find a napping length that leaves you feeling re-energized when you wake up. Napping during the day can disrupt your natural sleep cycle over time. It's better to go to bed earlier or wake up later from a night's sleep than nap when it is light outside. Lastly, try your best to wait 3 hours after a meal before attempting to sleep. Our digestive systems need time to break down food after consumption before our bodies can fully rest.

We live in a world where sleep is not valued enough. Many of us are overworked, overstressed and over-tired. Always remember to reserve time in your life for self-care and relaxation. Sleep is just like food and oxygen – we all need it to survive.

-Amanda Joao, Activity & Nutrition Coordinator

What You Should Know About the Shingles Vaccine SHINGRIX

In October of 2017, the FDA approved a shingles vaccination called Shingrix for adults 50 and over to prevent this painful, debilitating disease. It consists of two doses given 2 to 6 months apart and is recommended even if you have had shingles in the past or received the previous vaccination called Zostavax or are not sure if you had chickenpox. Shingrix is 90% effective at preventing shingles compared to Zostavax which lowers your odds of getting the disease to 51%. Shingrix contains a dead version of the zoster virus and a substance that helps your body fight off the virus better. It causes your immune system to produce more antibodies than the previous vaccine.

Some side effects reported included soreness, redness and swelling at the injection site. Some people get a headache, feel tired or achy after the shot. These side effects are temporary and can sometimes last 2 to 3 days. But the discomfort experienced from this vaccination is far less severe than having shingles and its complications. Shingles starts as a tingling and burning pain but develops into red bumpy rash with very painful blisters. After the initial onset of the disease, a person can be left with severe nerve pain – the condition is called postherpetic neuralgia - that can last for months or even years.

Medicare Part D plans and Medicare Advantage plans – HMO's and PPO's - cover this vaccine but the cost to you will depend on the coverage with your particular plan. The vaccination is usually administered at your pharmacy. If you would like to know what your co-pay would be, please call me and we will check the cost for you based on your insurance coverage. I received the first Shingrix vaccination last month at CVS and will return in 2 months for my second shot.

-Diane Morgan, Outreach Coordinator/SHINE Counselor

Farewell from Amanda

Hello Everyone,

It saddens me to say that as of this month, I will no longer be working at the Granby Council on Aging due to a new job opportunity that has come my way. I am grateful for all the fun times that we have had together and getting to know each of you individually. Lunch time was my favorite part of the day because I knew that it would be filled with great stories and laughs between everyone at the COA. Although quarantine has been hard on all of us these past few months, you have all still found a way to make me smile whether it was through a phone call or wave out the window.

Please remember to stay positive during these times and look out for one another. Also keep in mind that there is nothing wrong with asking for help when you need it - the COA staff is always here for you. I wish all of you the best and I feel fortunate to have met so many wonderful souls during my time here. You will be missed dearly!

Best,
Amanda

Thanksgiving Basket Donations September's Item: Cornbread Mix



Make a difference to families in need next holiday season and donate food items each month! Last Thanksgiving 63 families in need received complete baskets.

Thank You to our August Donors !

Howland's Chicken Farm Bill Johnson

Kazuko Lebel Robert Couture

Pauline Symasko Jack and Janet Marcy

Dianne and Lou Barry Art and Diane Lemire

- Special thanks to the Executive Office of Elder Affairs, who provides grant funding to help print our Newsletter!
- Thank you so much to our sponsors!

The Food Pantry is Still Accepting Donations!

We are in need of the following items:

Hamburger and other meats	Hygiene Products	Syrup
Pasta Sauce	Paper Products	Ketchup
Butter	Canned Chicken & Tuna	Chunky Soup
Boxed Potato Mixes	Jelly	Chili
Hamburger Helper	Tea	Salad Dressing
Soap	Coffee	Beef Stew
Oral	Cereal	Ravioli
	Oatmeal	

Donations to the Granby Council on Aging

Your donation to the COA will help to enhance elder services in our community.
Your support is greatly appreciated!

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (indicate name, address & relationship)

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:

- Food Pantry
- Newsletter Fund
- Fuel Assistance
- Thanksgiving Baskets

___ Check here if you would prefer to remain anonymous.

If no area is specified, the funds will be designated to general need.

Scam Alert—Don't Pre-Pay



There have been multiple reports throughout the Pioneer Valley of an ongoing scam targeting seniors. The scammer will call impersonating a “representative” from your television company (such as Comcast or Direct TV). They will offer you a “deal” on your cable service if you agree to pre-pay for several months. They will often ask for payment in the form of a gift card, which is always a red flag that something is a scam. These scammers have also reported to take the extra step of having Comcast or Direct TV’s music playing in the background of the call to trick you. They also have the ability to change what shows up on your Caller-ID. Be wary of callers asking you to pre-pay for a service, and if any company asks for payment in the form of a gift card.....it is a scam!

Town Shred Day 2020

Saturday, September 26, 2020

9 a.m. - 11 a.m.

At the Granby Junior Senior High School Lot

Open to Granby Residents **ONLY**

Sponsored by:

Florence Savings Bank

RG Neylon Insurance Agency