

South County Senior News



January, 2012

The mission of the South County Senior Center is to identify and meet the nutritional, social, intellectual, health and safety needs of elders from Deerfield, Sunderland and Whately through the presentation of activities and services in a safe and comfortable environment.

South County Senior Center is yours to discover.

This newsletter is available online on the web sites of the towns of Deerfield, Sunderland and Whately. It is also available at the Town Halls and libraries of all three towns as well as at the senior center and at some local businesses. Events are listed on Channel 15 and channel 12 in each of the towns as well as on the calendar page of this newsletter.

Board of Oversight

Jonathan Edwards, Selectman, Whately
Tom Fydenkevez, Selectman, Sunderland
Mark Gilmore, Selectman, Deerfield

Can I still change my Medicare Plan?

The 2011 Medicare Open Enrollment period ended on December 7, but there are still a few changes you can make, if you qualify.

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement at this time.

For those with a Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011:

If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center (665-2141 or 665-9508) and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Important Sr. Center Phone Numbers

Senior Center Director: Mary Wheelan 665-2141

Program Assistant: Susan Corey: 665-9508

Meal Site Coordinator: Pauline Wichowski: 665-5063

Hours of Operation/Location

South County Senior Center is located at 67 North Main Street in South Deerfield. We are open Mon., Wed., and Fri. from 9 a.m. – 1 p.m. To accommodate special events, the hours may be extended.



Lunch & Friendship

Every Mon., Wed., and Fri., a nutritious, hot lunch is served at noon in our dining room. Lunch is provided by Franklin County Home Care Corp. Monthly lunch menus are available at the Senior Center. To make a reservation for lunch, please call 665-5063 before 11 a.m. two days prior. Diabetic meals are always available if you inform us when you make a reservation. Lunch is a wonderful time to make new friends and to socialize with old ones. Please join us!



Suzy Polucci spoke about the Neuro-science of Trauma here on Nov. 23rd. She works for Community Action. The brain on top of her head was an amusing feature of her presentation.



- **NO FOOT DOCTOR IN JAN. NEXT DATE WILL BE FEB. 1st** from 9 a.m. to noon. Call 665-9508 or 665-2141 to schedule an appt. Both private pay and insurance are accepted. Takes place at Deerfield Town Hall.
- **Brown Bag: THURSDAY, Jan. 5th at 12:30 p.m. at the Deerfield Town Hall. BAGS WILL BE AVAILABLE ONLY UNTIL 1:30 P.M.**
- Every Friday at 9:30 a.m. is the new Martial Arts & Yoga for Health Class. We now have an alternative indoor location very near the senior center. Please come to the senior center first to sign in for the class. Osteoporosis Exercise has started up again as well on Fridays.. It takes place at 10:30 a.m. Led by certified instructor, Marcia Gobeil, these classes are offered at no cost to you (donations encouraged). Improve balance, flexibility, and concentration. Please call 665-9508 or 665-2141 to register for either of these classes.
- Bingo every Fri. at 9:30 a.m. to 11:45 a.m.
- Wii Bowling every Monday and most Wednesdays at 10:30 a.m. Come give it a try. Bowl with the champs!
- Cards on Mon., Wed, and Fridays.
- Informal Craft Circle meets occasionally on M, W, & F.
- Coffee, conversation and snacks on Mondays, Wednesdays and Fridays.
- TRIAD meetings are generally held the 3rd Thursday of the month at 10:30 a.m.

NEW IDEA

There is interest in publishing recipes in the newsletter and/or publishing a cookbook of recipes if there are enough submissions. Send your favorite recipes to Sue Corey at scpa@town.deerfield.ma.us or mail them to her at SCSC, 67 North Main Street, South Deerfield, MA 01373. Please include a few sentences about the history of the recipe. Who created it? Has it been handed down in your family for generations? Is it served on special occasions? Include whatever you think people may find interesting.

TRANSPORTATION FACTS

Deerfield & Whately – Call 774-2262 ext. 103 to reserve rides on Monday, Wednesday and Fridays. Call at least 48 hours in advance. Regular van trips to the Big Y are available on Monday mornings. Fixed routes on regular buses to Greenfield, Turners Falls, Athol/Orange, Shelburne Falls. For training or info. call 774-2262. If you need a medical ride outside of the FRTA service area you may be able to get a ride through MedRide at 772-1517, ext. 1.

Sunderland – Call 413-739-7436 to request an application or to schedule a ride, preferably 48 hours in advance. Discounted books of tickets are available at the Sunderland Town Offices. Call 665-1441 for more info. about discounted tickets. (People in Sunderland who need rides to Greenfield can apply to FRTA for transportation from Deerfield. Contact info. listed above under Deerfield & Whately.)



JANUARY BIRTHDAYS: WE WILL CELEBRATE BIRTHDAYS ON FRIDAY, Jan. 20th. Please call 665-5063 at least two days in advance to reserve a meal and please let us know if you have a birthday in January. The cake is donated by **Cozy Corner Nursing & Rehabilitation Center**. And, of course, we will have wonderful music by **Jay Stryker**.

Safety is not a choice--it's a right! Elder Protective Services at Franklin County Home Care works to help elders who are experiencing neglect, self neglect, abuse or exploitation. Read more at <http://www.fchcc.org> or contact Elder Protective Services at 413-773-5555 or 978-544-2259 during normal business hours. The Elder Abuse Hotline is 1-800-922-2275.

REMEMBERING WHEN CONFERENCE

Mary Wheelan, Senior Center Director, and Jason Dorval of the Whately Fire Department attended *Remembering When: Fire & Fall Prevention for Older Adults*, that was held in Boston from Dec. 4th –Dec. 6th. The event was presented by The National Fire Protection Association with funding from the Center for Disease Control. They will be arranging for trainings in this area for elders and elder services staff and volunteers. Contact Mary at 665-2141 for more information or Jason Dorval at the Whately Fire Department.



Helen Demko and Helen Petrovic enjoy the November birthdays celebration.

(The senior center is likely to be closed during severe weather. Announcements are made on several TV & radio stations. You could also try calling us before venturing out in bad weather. Please stay home and stay safe when the roads are bad. Thanks.)

MEMA'S WINTER PREPAREDNESS STEPS TO TAKE BEFORE THE STORM

Protecting Your Family and Home

FRAMINGHAM, MA – “Before snow, ice and severe winter weather hit the region, it is important that you take the proper steps to ensure the safety of your family and home,” states Massachusetts Emergency Management Agency (MEMA) Director Kurt Schwartz.

- Understand the winter terminology used by weather forecasters:
 1. Winter Storm Watch – Be alert, a storm is likely.
 2. Winter Storm Warning – Take action, the storm is in or entering the area.
 3. Blizzard Warning – Snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill. Seek refuge immediately.
 4. Winter Weather Advisory – Winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists.
 5. Frost/Freeze Warning – Below freezing temperatures are expected and may cause damage to plants, crops or fruit trees.
- Trim dead tree branches and limbs close to your home. Ice, snow and wind can combine to snap limbs that can take down power lines or damage your home.
- Clean gutters. Melting snow and ice can build up if gutters are clogged with debris. When thawing begins, the water can back up under your roof and eaves causing damage to walls and ceilings.
- Check your homeowner’s insurance policy to ensure adequate coverage.
- Have your chimney flue checked for any buildup of creosote and cleaned if necessary to lessen the risk of fire.
- Have sufficient heating fuel, as regular sources may be cut off. Have the option of emergency heating equipment and fuel (a gas fireplace, wood burning stove or fireplace) so you can safely keep at least one room livable. Be sure the room is well ventilated.
- Ensure that your Smoke and Carbon Monoxide (CO) detectors are working correctly and have fresh batteries. Check your outside fuel exhaust vents, making sure that they are not obstructed by snow or ice. Never use cooking equipment intended for outside use indoors as a heat source or cooking device.
- Make sure your home is properly insulated. Caulk and weather-strip doors and windows to keep cold air out.
- Install storm windows or cover windows with plastic from the inside to provide insulation.
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing.
- Know how to safely shut off gas, electric power and water valves.
- If your water supply could be affected by a power outage (a well-water pump system), be prepared to fill your bathtub and spare containers with water. Water in the bathtub should be used for sanitation purposes only, not as drinking water. Pouring a pail of water from the tub directly into the bowl can flush a toilet.
- If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes, starting where they are most exposed to the cold. A hand-held hair dryer, used with caution, also works well.
- If electric power is lost, do not open the refrigerator or freezer door. Food can stay cold in a full refrigerator for up to 24 hours, and in a well-packed freezer for 48 hours (24 hours if it is half-packed). If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.
- Review the process for manually operating your electric garage door.
- Ensure your Winter Emergency Supply Kit is stocked with supplies to enable you to survive on your own for at least three to five days. There should be a first-aid kit, essential prescription medicines, non-perishable foods (those that require no refrigeration such as canned goods, dried fruits and nuts), a manual can opener, water (one gallon per person, per day), flashlights and extra batteries along with a portable radio or NOAA Weather Radio, baby-care or pet supplies items, extra blankets, sleeping bags and a fire extinguisher. Ensure that your Winter Emergency Car Kit is well stocked to keep you and your vehicle safe. Be a Good Neighbor. Check with elderly or relatives and neighbors who might need additional assistance to ensure they have made adequate preparations. For additional information about MEMA and Winter Preparedness, go to the MEMA website at www.mass.gov/mema.



Ruth Fairman played holiday music on Dec. 14th & 21st here at the senior center.

MONDAY	WEDNESDAY	FRIDAY
2 CLOSED for Observance of New Year's Day 5 & 10:30 pm: <i>From the Center – FCAT Ch. 12</i> 5 & 10:30 p.m.	4 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11: At Our Age with Tom Bosley 12: Butternut macaroni <u>Nurse: Town Hall From 10-2 pm.</u>	6 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: Sloppy Joes Cards/snacks
9 10: Exercise 10:30 Wii Bowling 11: Consumer Protection 12: Terriyaki chicken <i>From the Center</i> 5 & 10:30 p.m. FCAT ch. 12	11) 9:15 Weighty Issues 10 Exercise 10:30WiiBowling 11: Bring & Boast 12: beef burgundy <u>Nurse: town hall from 10-2p.m.</u>	13 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. Noon: chicken breast Cards/snacks
16 CLOSED for MLK DAY. 5 & 10:30 p.m. <i>From the Center</i> FCAT – ch.12	18) 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11 Budgets & Bills 12: lasagna <u>Nurse at town hall 10-2pm.</u>	20 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: Sweedish meatballs Birthday Cake – Music by Jay Stryker
23 10: Exercise 10:30WiiBowling 11: Wii Zumba 12: 12:30 Movie / Polish Life in the Pioneer Valley 5 & 10:30 p.m. <i>From the Center</i> FCAT – ch. 12	25) 9:15 Weighty Issues 10: Exercise 10:30WiiBowling 11: Shifting Gears 12: chicken salad <u>Nurse at Town Hall 10-2.</u>	27 9:30 Bingo 9:30 Martial Arts & Yoga 10:30 Osteo. Ex. 12: chicken breast
30 10: Exercise 10:30 WiiBowling 11: Smoke Detectors 12: fish sticks 5 & 10:30 p.m. <i>From the Center</i>	2/1) 9:15 Weighty Issues 10 Exercise 11: Song, Poem, Story Circle 12: bagel bites <u>Nurse at Town Hall 10-2 p.m.</u> FOOT CARE BY APPT.	2/3 9:30 Bingo 9:30 Martial Arts & Yoga 10: Osteo Exercise 12: breaded chicken cutlet

January 2012 South County Senior Center,
67 North Main St., South Deerfield, MA
 413-665-2141, 413-665-9508, Meals: 665-5063
 Events are subject to change. Meals may change as well. For full menu check www.fchcc.org .We list events on town websites, Channel 15, ch. 12 and in newspapers.)
This newsletter is published with partial funding from the Executive Office of Elder Affairs. Donations are welcome to help defray costs.

☺JANUARY HIGHLIGHTS☺

NURSE AT TOWN HALL ON WEDNESDAYS 10 - 2 p.m.

TV PROGRAM - FROM THE CENTER Mon.5 p.m. and 10:30 p.m. on FCAT, channel 12. Some past episodes can be seen at www.fcat.12.org .

AT OUR AGE WITH TOM BOSLEY: seniors preventing fire and falls. We will show this video on Wed. Jan 4th at 11 a.m. This is an excellent short film hosted by the former Mr. C. from the television show, *Happy Days*.

BROWN BAG THURS, Jan. 5th from 12:30 p.m. to 1:30 p.m.at Town Hall. BAGS MUST BE PICKED UP BY 1:30 p.m.

CONSUMER PROTECTION – Janice Garrett will be here on the 9th at 11 a.m. to present an overview of their services.

BRING & BOAST: This version of “show & tell” geared towards older people will take place on Wed. the 11th at 11 a.m.

BUDGETS & BILLS – Cassandra Morey and Kyle Dumas from Greenfield Savings Bank will be here on Wed. Jan. 18th at 11 a.m. to speak about budget planning & bill paying.

BIRTHDAY CAKE & MUSIC BY JAY STRYKER
 Fri. Jan. 20th at 12 noon. This event is sponsored in part by the South County Elder Arts Project. Cake provided by Cozy Corner Nursing & Rehabilitation Center.

Wii ZUMBA: Mon. 1/23 at 11 a.m. Sue’s been practicing her dance steps. Come join her in this fun form of exercise!

MOVIE: Polish Life in the Pioneer Valley will be shown here on Mon. the 23rd at 12:30 p.m. We showed this before & it went over so well that we’re bringing it back by popular demand.

DMV PROGRAM: Shifting Gears - Michelle Ellicks from the Dept. of Motor Vehicles will be back. This time she will speak on how to make good decisions about driving. It will be held on Wed. Jan. 25th at 11 a.m..

SMOKE DETECTORS: This series of workshops about fire prevention continues on Mon. Jan. 30th at 11 a.m.

NO FOOT CARE IN JANUARY. NEXT DATE IS FEB. 1st.

ALL ARTS EVENTS THIS MONTH ARE SPONSORED BY THE SOUTH COUNTY ELDER ARTS PROJECT, a program funded by the Deerfield, Sunderland and Whately Cultural Councils, local agencies that receive funding from the Massachusetts Cultural Council, a state agency.

Franklin County Home Care Corporation provides partial funding for the Martial Arts & Yoga for Health program. While there is no fee for this class, donations are encouraged and will help to keep this program going beyond the current fiscal year.

WE LOVE TO SEE YOU BUT, IF THE ROADS & SIDEWALKS ARE ICY, PLEASE STAY HOME.

