

SHEFFIELD SENIOR CRIER

October, 2007

*News from the Sheffield Senior Center, Dewey Memorial Hall
Box 372, Sheffield, MA 01257*

*Hours: Mon-Fri, 9-2:30 John-Arthur Miller, Director Telephone 229-7022
Barbara Fletcher, Assistant Director*

Calendar of Events

- Senior Center Building Committee (meets at Town Hall) Wed, **October 3**, 4:00
- Blood Pressure Clinic (free)(Call Senior Center for sign-up) Thursday, **October 11**
- 19th Annual Construct Walk** to Prevent Homelessness Sunday, **October 14**
John-Arthur is your walking rep! Call him to give a pledge
Any amount is welcome! \$1 to \$100 !!
- Leaf Peeper Ride, Lunch, Tour** *call for details, sign-up* Tuesday, **October 16**
see accompanying article
- Computer Class** – *call for details, sign-up* Mondays 4:00-5:30, **October 15, 22, 29**
- Council On Aging (COA) Meeting Wed, **October 17**, 9:30
- 3rd Thursday Lunch** – Greta's Lasagna - \$6.00 Thurs, **October 18**, Noon
Program: *Leaf Peeper Picture Show*
- It's a Party!** 20th Anniversary for Claire Teague Senior Center Sat, **October 20**
Call there for details – 528-1881
- Out to Lunch Bunch – call for place, time, reservation Tuesday, **October 23**
- Art of Pastel Workshop** *call for details, sign-up* Friday, **October 26**, 1:00-3:00
see accompanying article
- Physical Fitness Tuesdays & Thursdays, 9-10
- “Lawn Chair Movie Tuesdays” (Brown Bag It!) Tuesdays, 11:30 curtain
October – **Judy Garland** – *see schedule*
- Knitting Group (meets at Episcopal/Lutheran Church) 1st Wed. 3:00; 3rd Sat. 11:00
- Meals on Wheels Weekdays except Holidays

Center Director Thoughts:

What a month! We bid adieu to our Outdoor Café until spring but we are filling in with lots of activity! I hope you mark your calendars after reading about the plethora of opportunities mentioned in this newsletter. You notice the new format to Sheffield Senior Crier. This format will not only save money on postage but will allow more space for information. More “Bang for our Buck”!

I've noticed the last couple of months we seem to have had our share of people in the hospital or ill or having lost a pet. I know that sometimes New England pride and the need for self-sufficiency inhibit the ability for some to accept help, care, and good wishes from others. Perhaps while still respecting the need for privacy you might keep me informed as to those that might need a little cheering up. Barbara and I like to send get well cards as well as to visit some of those folks that could use a friendly hello. So, let us know how your neighbors are doing and if there are ways for us to help. Have a healthy, safe and colorful October!

John-Arthur Miller

Center News

We need your help!

We are looking for volunteers. Anyone interested in driving seniors to doctor's appointments, meals on wheels, shopping, or being a friendly visitor, please contact John-Arthur, Barbara, or Joan Brooks, Outreach/Volunteers Chair at the COA.

S.B.E.T.C. – Do you know what that means?

Southern Berkshire Elderly Transportation Corporation, a non-profit organization, has been providing service to nine surrounding towns, helping transport seniors to doctor appointments, to the store, hairdresser, and on other errands for close to ten years! Sheffield is one of those towns! If you no longer drive you should know and use this service! The friendly drivers provide door to door service with a smile and a steady arm. Vans are also equipped with lifts to accommodate wheelchairs or walkers as well. Round trip price depending on location is \$6-\$10, however no one shall be denied a ride due to inability to pay the suggested donation. Call the Center and talk with John-Arthur or Barbara for more details about this wonderful service. Support and use this great asset in South County!!

S.H.I.N.E. – Do you know what that means?

Serving Health Information Needs of Elders is a program developed, funded, and managed by the Massachusetts Office of Elder Affairs to provide a network of health benefit counselors. **SHINE counseling is confidential and FREE of charge.** The purpose of SHINE is to ensure that Massachusetts elders have access to accurate information regarding health care options. Our counselor, **Winnie Veretto**, is trained and certified in many areas of health benefits. She can assist you in understanding your health insurance needs, review present coverage to prevent you from paying for unnecessary or duplicate coverage, help you process health benefit claims, inform you of your rights under Medicare, make referrals to various agencies when appropriate, explain Prescription Advantage, Medicare Part D open enrollment, and tell you what a “doughnut hole” is! Call the office to set up an appointment with her! She would love to meet and talk with you! Support and use this great asset in South County!!

What's up with COA

September 19th was the latest meeting of Sheffield's Council on Aging. This advisory group appointed by the Select board regularly meets the 3rd Wednesday of each month at 9:30AM and is open to all. As minutes of previous meetings are approved they will be posted on our bulletin board. Highlights from this meeting included brainstorming about upcoming programs and activities, a discussion on the need for transportation and keeping in touch with our homebound and/or ill elders, review of finances, and the progress of the Senior Center Building Committee and the development of a "Friends" organization to raise and manage contributions. Come and sit in! Find out what our COA is doing for you and how you might contribute your talents.

What's up with Senior Center Building Committee

On September 26 this committee met with Doug Goodman, Architect with Reinhardt Associates who presented a proposal and drawings after having reviewed the Committee's proposals and requirements. A public information session was set for Tuesday October 9, tentative time 7:00PM for all interested, to observe and review the plan, and offer suggestions for improvement. The goal for the committee is to have construction ready plans for submission with the grant application which is due in January. Many great heads have sifted a lot of info and reviewed many ideas. It is wonderful that such a diverse group of citizens have donated so much of their time and talents for the future of our Senior Center. Thank you all!

What's up with the "Friends"

As you perhaps know, a group of citizens is working hard to establish a Friends of the COA as a non-profit supporting group much like the Friends of the Library has supported the town library over the years. Their present task is getting non-profit status in order to accept contributions for our new Senior Center which will then be tax deductible for the donors. They have already supported the COA with some programming support as well as managing gifts from Kiwanis. The most recent Kiwanis gift has recently been used to purchase another computer. Thank you Kiwanis and thank you "Friends"! We look forward to your generosity and your hard work!

Give to Construct!

On Sunday, October 14th your Director, John-Arthur Miller will be walking as your representative in support of Construct, Inc. a non-profit organization that has been providing services and developing housing in South County for more than 37 years. This is the 19th annual walk to prevent homelessness. And you can participate without walking! J-A will do that for you! Please give him a call and pledge an amount for his walking. It can be any amount - \$1, \$5, \$10, \$25 or \$25,000!! He will arrange to pick up your donation or receive it some way. He will be the one in the crowd wearing a purple Sheffield Senior T-shirt and a blue Meals on Wheels cap! Wish him good luck! Call in with those pledges!

Apologies and patience, Please!

We regret if you have been called more than once by our Phone Tree on the same topic! We are trying to get a bit more organized with that process as well as with the updating of our mailing data records. Perhaps with the added computer – thanks Kiwanis! – we might have two keyboards for volunteers to update some of that information. Any volunteers?

Fall "Leaf Peepers" Bus Trip Planned!!!

Check this out and call the office to reserve your seat! **Tuesday, October 16** a yellow school bus (**with padded seats!**) will be leaving the American Legion parking lot at 9:30 and traveling the local roads to Tyringham Valley. Our tour guide, Dawn Massini has chosen some wonderful views on our way to lunch at the "Gingerbread House" (Santarella) where we will stop for lunch and tour the historic home and studio of the sculptor Sir Henry Hudson Kitson.

And this lunch will be no ordinary sandwich and chips! Their staff will arrange a gourmet sandwich of your choice of seven, pre-selected when you reserve your padded bus seat!! Veggie wrap with hummus, roasted vegetables with pesto or aioli, Roast Beef & cheddar with Dijon horseradish mustard, deli ham & Swiss with spinach leaves and tomatoes, sliced turkey & provolone and Caesar dressing, tuna salad with celery, purple onion. Lemon juice, paprika, and mayo, fresh goat cheese or mozzarella with tomatoes and pesto drizzled with balsamic vinegar. Is your mouth watering yet?? All this PLUS coffee, tea, or soft drink, AND, apple pie!

In addition to lunch and a wonderful ride there will be many picture opportunities to share at the 3rd Thursday lunch. Oh, and one more thing. You will be safely driven by the best of bus drivers – your own Senior Center Director, King Arthur the Bus Driver!! What a deal for only \$18! Call now to reserve your seat and lunch – only 40 available. Return time should be around 1:30.

The Art of Pastel with Artist Greg Maichack

Have you ever wanted to do a landscape, portrait or special project in pastel? Bring a simple photo or just come to participate in an art workshop, lecture and demonstration with award-winning pastel painter Gregory John Maichack. Participants will receive an engaging hands-on experience of basic pastel painting, as well as advanced techniques. All will understand how to easily start and complete a pastel painting.

This **FREE workshop will be offered from 1:00-3:00 Friday, October 26th**. You must reserve a spot soon. Gregory John Maichack lives in western Holyoke. He is a portraitist and painter working primarily in pastels. Maichack, an MCC Gold Star Program Award nominee, is a faculty member of the Quadrangle Museum School at the Museum of Fine Arts in Springfield, MA, and of the Guild Studio School at Eastworks.

Don't miss this opportunity!

Computer Class Offered!

Instructor Chris Thompson, Technical Integration Specialist for the Southern Berkshire Regional School District will be offering this opportunity for 6 sessions every Monday from 4:00-5:30 starting October 15-November 19 at Mt. Everett High School. Space is limited so call to reserve a spot soon. Instruction will start with intro to basic concepts and operations and adjust to individual needs and interests. Possible topics include learning how to send and receive e-mail, learning how to format and type documents, learning how to download pictures, learning how to search for information on the web. Only \$60! What a deal for 90 hours of help!

WISH LIST for Dancers Only!

Ballroom Dancing Class is still looking for one or two couples at press time in order to begin the class with Bob Weber. Call the Center for details and sign-up.

To all friends of Jo Tarzia

She now lives in Norwich, CT and sends her love to all! If interested in sending her a note, give the office a call for her address.

Do you have an interest in caning or rushing?

Weekend Chair Seat Repair is seeking some part time help. Experience is helpful but not necessarily required. Call Al (a great guy) at 229-3699

I have a yarn to tell!

Some members of our Knitting group have joined forces with others now meeting at the Episcopal/Lutheran Church up the road and across from Dewey Hall on the 1st Wed at 3:00 and on the 3rd Sat at 11:00 each month. Knitting Together is an ecumenical ministry in Sheffield that reaches out with love and caring to those in need of solace, strength, or a special blessing. The group gathers to work together on “prayer shawls,” which are tangible gifts of comfort to those in need. Many blessings are knitted into every shawl. And it doesn’t have to be a shawl. Every group member has a voice in deciding both what to knit (or crochet, weave, or sew) and also the organization or individuals to whom the finished creations are given. Lessons in knitting will be given to those who wish to learn.

If you would like more information or know of someone to suggest as a shawl recipient, please call Judy Magenis at 229-7957 or Jill Shallcross at 229-2761.

Thanks and a hat tip to:

Wes Petersen and Grace Artz, both of whom fulfilled our wishes last month for a coffee maker. Now we have one for decaf and one for high test!!

You Missed It!

The **3rd Thursday** September was a blast! Great Pot Luck and humorous local movie *The Vengeance Trail* was well attended with lots of laughs. Mark your calendar for **3rd Thursday** October when our luncheon at Dewey Hall will be an encore of Greta’s Lasagna. Add the to-go-withs with a program of leaf peeper stories and you have a steal for \$6. See you for lunch on the **3rd Thursday**!!

Star Alert! The October edition of the *Berkshire Senior* is now out. Be sure to check out the front page photo of our dear **Rae Eastman** – still weaving her magic, writing, and helping people!

Coming in November

Lunch and *Victory at Sea* for all Veterans

Watch for details