

SHEFFIELD SENIOR CRIER

December 2007

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

Note Winter hours!

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

Calendar of Events

Ashley Falls Holiday Tree Lighting <i>On the Green - singing, goodies, hayrides</i>	Sat, December 1 , 5:00
Senior Center Committee Public Input Session <i>Held at Town Hall (call for ride)</i>	Tue, December 4 , 7:00
Sheffield Tree Lighting, Lessons & Carols Service <i>Old Parish Church</i>	Sun, December 9 , 6:30
Blood Pressure Clinic	Thurs, December 13
Council On Aging (COA) Meeting	Wed, December 19 9:30
3 rd Thursday Lunch – Holiday Lunch Pot Luck Program: <i>Surprise Quartet and sing-a-long</i> <i>Bring a \$5 grab bag present!</i>	Thurs, December 20 , Noon
Bus Trip to Bright Nights, Forest Park, Springfield	Thurs, December 20 , 4:00
Christmas Pageant <i>Presented at and by Christ Episcopal/Trinity Lutheran Church</i>	Sat, December 22 , 3:00
Office closed Mon, 24th thru Thur, 27th but MOW will be delivered all but 25th	
Physical Fitness	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!) December – Bing Crosby	Tuesdays, 11:30 curtain
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00
Meals on Wheels	Weekdays except Holidays

Sheffield Senior Crier is regularly posted on the town website (www.sheffieldma.gov) and on the Dewey Hall Community Bulletin Board. Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.

Center Director Thoughts:

The staff at the Sheffield Senior Center (Barbara and I) wish you all a wonderful Holiday Season. May you all be safe, healthy, and filled with good will.

A wonderful idea that you might consider as a gift in memory of a friend or family member is a donation to the New Senior Center. As part of the interior lounge area there will be a mural of the famous Sheffield Elm. How wonderful if we might add leaves to that tree as memorial donations!

Be sure to attend the Public Input Session on December 4th to find out more about how building plans are coming together.

We have begun to receive the Unmet Needs Questionnaire which was included in the November Sheffield Senior Crier. Remember to give it some thought, fill it out, and return it to the office .If you have misplaced your copy let us know so we can get another one to you. We need your input!

Please note that the Senior Center hours at Dewey Hall have been modified in order to save heating oil in the winter months. December – March we will be closed on Fridays.

Ask questions! Participate! Be aware! And be an advocate for yourselves!

John-Arthur Miller

Center News

Expert or above average talent needed!

You recall that last month a notice in the newsletter called for a need for one interested in ironing. Surprise! Surprise! There were *many* interested. It made me start to think of the plethora of talents that are available in our senior community. We are continuing to add to our list of talent and interest. In particular we are looking to enhance our list of drivers especially in this time of increasingly foul weather. That interest in helping others is just the thing that will boost you to the expert or above average category! People who don't drive or are a bit nervous driving in less than perfect weather conditions still must get to the doctor, the drug store, or make the occasional grocery run. So call the office. Join the cadre of *chauffeur extraordinaire!*

New Opportunity Starting in January

In keeping with the idea of trying new and interesting things the Sheffield Senior Center will be starting a Swedish Chair Massage opportunity the 4th Thursday – January 24. Laura Frambach, LMT with Caring Hands Massage Therapy will be offering a 15-20 minute massage for \$15. Reservations must be made similar to the Foot Clinic and Blood Pressure Clinic by calling the Senior Center. Laura informs us that the procedure is done with client fully clothed and can be a light touch or a deeper massage depending on the client's interest and need. She says that it releases stress and can even be beneficial for sufferers of arthritis. A brief assessment conversation accompanies your session. Come in and try it out or surprise a special person with a gift certificate.

Bright Night with Red Hats!

Note that on Dec. 20th the Sheffield Senior Center has the opportunity to share the bus ride to see the Bright Nights at Forest Park with the Red Hat Society, many of whom are regulars at the Senior Center! This trip was enjoyed greatly a couple of years ago and is a wonderful inclusion to your Holiday Season activity. Call to get on the list. Seats will go fast for this one!

Looking ahead to March

Irene Willis who led the successful Memoirs Project this past year will be returning to lead a class on Poetry. This five-session class will meet 10-12 on Mondays in March and will emphasize the reading and writing of poetry that triggers discussion and memory. The cost for participants is \$15 each session with a commitment to all five sessions. This is an opportunity for all of you who missed working with Irene before to experience Irene's gentle and supportive guidance through the genre of poetry, which can be quite overwhelming to some beginners and a wonderful treasure to many. Give it some thought. Treat yourself or another to the wonderful world of poetry. More in the coming months.

Thanks and a hat tip to

Carl and Sally Proper for continuing to donate a supply of greeting cards that we use for birthday and well wishes throughout the year. Carl has also dropped off a variety of 2008 calendars available for your use. Drop by and pick one up for your fridge!

Peter Rowntree for the good work he has been giving as a consultant to the Friends of the Senior Center in writing by-laws and pursuing non-profit status.

Winnie Veretto, our S.H.I.N.E. counselor who continues to help with health information. And, yes, she lives in GB, has a 528#, but can be reached through the Sheffield Senior Center.

The Squeaky Wheel Gets Oiled – Let Me Introduce You To –

There are some good politicians and people who work very hard for senior citizens. Perhaps you have not heard that **Michael Festa**, a five-term state representative from Melrose is the new Secretary of the Executive Office of Elder Affairs (EOEA) appointed by **Governor Deval Patrick**. Mr. Festa was quite articulate at the MA Council On Aging (MCOA) conference that your Director John-Arthur attended. Festa said that elder affairs is, "my area of interest in the legislature". Drop into the Senior Center to sign a holiday card of congratulations, which we will be sending to him!

Another advocate of note is **Robert Dean**, Director of Elder Services of Berkshire County who speaks very highly of Michael Festa, saying, "We are very fortunate to have someone who understands both home and community-based services for seniors...Mike Festa will be a great asset." You can also sign a greetings card for Bob and the helpful gang at Elder Services, which we will also be sending along to Pittsfield.

And, don't forget that our **Rep. Smitty Pignatelli** and **Senator Benjamin Downing** are also working hard for us in Boston. We will be saying hello to them as well.

You Missed it!

Over 100 received their flu shots this past month. The Visiting Nurses thank the Sheffield Senior Center for such a successful and organized clinic, and we thank them for bringing that opportunity to Sheffield seniors!

Our November 3rd Thursday Lunch honored our veterans with a yummy potluck, music, song, and remembrances. Sorry if you were not part of that celebration!

At this writing 100 seniors are anticipating the Holiday Luncheon hosted by the culinary students at Mt. Everett November 29. Sorry if you did not get to that! You have missed a yearly highlight!

In January *Sheffield Senior Crier* – Fiscal Year 08 is half over: How we doin'?