

# **SHEFFIELD SENIOR CRIER**

*November, 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**

- Foot Clinic (Call Senior Center for sign-up) - \$28    **Mon, November 5**
- Computer Class – *call for details*    **Mon, Nov 5, 12, 19, 26 4:00-5:30**
- FLU CLINIC!!** Bring Medicare card or \$22    **Thurs, November 8 9-11**
- Closed** for Veteran's Day – no MOW    **Mon, November 12**
- 3<sup>rd</sup> Thursday Lunch – Pot Luck    **Thurs, November 15, Noon**  
Program: *John Root, Singer and Pianist celebrating our Veterans*
- Council On Aging (COA) Meeting    **Mon, November 19 9:30**
- Holiday Luncheon at Mt. Everett    **Thurs, November 29**

**Office closed on Thanksgiving but meal is available if you reserve by November 15**  
**Thanks to First Congregational Church of Great Barrington**  
**Call the Senior Center for details**

- Physical Fitness    **Tuesdays & Thursdays, 9-10**
- “Lawn Chair Movie Tuesdays” (Brown Bag It!)    **Tuesdays, 11:30 curtain**  
November – Mystery Month!
- Knitting Group (meets at Episcopal/Lutheran Church)    **1<sup>st</sup> Wed. 3:00; 3<sup>rd</sup> Sat. 11:00**
- Meals on Wheels    **Weekdays except Holidays**

*Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://www.sheffieldma.gov))  
and on the Dewey Hall Community Bulletin Board. Reminders of activities can be  
found in the Senior Bulletin Board section of the Monday edition of the Berkshire  
Eagle.*

*Interested in earning a bit of money ironing in your home? Call the Senior Center for  
details.*

### ***Center Director Thoughts:***

*I'm throwing out a challenge to ALL SENIORS 60 AND OLDER! The locomotive is out of the station! The land is ours! The architect has drawn the plans! The Town has hired a grant writer! We MUST spread the word and share support and enthusiasm for our future home! We can do this in a variety of ways including:*

- *Keeping up to date on what is going on by reading the papers and newsletters*
- *Attending Building Committee meetings, COA and Select board Meetings*
- *Calling the Senior Center to ask questions, give suggestions*
- *Participating on a committee*
- *Attending programs*
- *Filling out and returning the simple questionnaire found on the opposite page*

*I was rather distressed that the recent public input session held by the Senior Center Building Committee was so poorly attended – only 12 people besides the committee!! Although it was rather poorly advertised (it was listed in the Monday Eagle Senior Bulletin section) I was hoping for wider public interest! Stay tuned and watch for a second public input session – date to be announced. If you need a ride please call.*

*In order to better plan our new home we also must consider our programs and recognize those unmet needs of our community. The questionnaire on the opposite page is one way that you can let your COA and Town know what you might like to have included in Senior Center programming. This is an easy and valuable way for you to participate. It is YOUR future. They are YOUR unmet needs. The Town must know them. It is the squeaky wheel that gets oiled! There are over 830 seniors in Sheffield!*

*So, read! Ask questions! Participate! Be aware! And be an advocate for yourselves!*

*John-Arthur Miller*

### **Center News**

#### *Flu Clinic returns*

Thanks to Cindy Croce, RN and the Berkshire Visiting Nurse Association for again bringing this opportunity to our Sheffield citizens. There is no appointment necessary for receiving this influenza shot, available 9-11 on Thur Nov. 8. This clinic is open to adults 18 and older. Please bring your Medicare card or \$22 for non-Medicare. Participants are asked to wear short sleeves. Pneumonia vaccine is also available for those meeting the criteria.

#### *Note this popular event!*

The culinary arts students at Mt. Everett are again hosting its annual Luncheon for Sheffield Seniors. It will be held a bit earlier this year so make plans and call the Senior Center to reserve your place for Holiday fun on Thursday November 29<sup>th</sup>.

#### *We salute our Veterans*

Please note that the 3<sup>rd</sup> Thursday Lunch will be dedicated to all of our Sheffield Veterans. Please invite them and bring them to a Pot Luck lunch on November 15 at the Senior Center. Call the office as well so we can plan for the right numbers and a variety of dishes. Our program will honor their presence, give them an opportunity to comment on their experiences and sacrifices, and thank them with words and song. Let's have a party for our Veterans!

# Unmet Needs Questionnaire

We are trying to identify the unmet needs and interests of the senior citizens in Sheffield. Please take a few minutes to fill out the following and return to the Sheffield Senior Center office:

	Yes	No
- Do you need a ride for:		
Shopping,	_____	_____
Doctor's appointments,	_____	_____
Senior Center events,	_____	_____
Other _____		
- Do you need occasional meals?	_____	_____
- Would you like an occasional visit?	_____	_____
- Would you like to participate in an exercise group?	_____	_____
- Are there other unmet needs or programs you might enjoy at the Senior Center?		
_____		
_____		
_____		

Enclosed is a brochure listing some of the services offered by Elder Services of Berkshire County. If you would like to know more about these services, please call John-Arthur or Barbara at the Senior Center - **229-7022**.

- Would you like someone to call you about these services? \_\_\_\_\_

**Please return this form to:**

**Sheffield Senior Center  
PO Box 1267  
Sheffield, MA 01257**

**or DROP BY! We are open M-F 9:30-2:30 at Dewey Hall**

Name \_\_\_\_\_ Telephone Number \_\_\_\_\_