

Lawn Chair Movie Tuesday Continues

February is William Powell Month!!

*Call in your favorite movie ideas –
Lawn Chair Movie Tuesday theme still not chosen for March!*

Sheffield Senior Crier



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Mission Statement ...to facilitate seniors' ability to live independently and enjoy a high quality of life...to provide life-enriching activities, relevant information on issues that affect them, and assistance in obtaining services

(Published in part with funding from Executive Office of Elder Affairs)

Call the Senior Center for a ride to vote on February 5

SHEFFIELD SENIOR CRIER

February 2008

*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

Massachusetts Primary Election (call SC to request a ride)	Tues, February 5 , 7AM-8PM
Pancake Supper at Christ Episcopal/Trinity Lutheran Church	Tues, February 5 , 5-7
Eye Screening Tests (call SC for appointment)	Wed, February 6 , 3-5
Community Health Programs – Healthy Communities Access Project New Program-See Article (includes cholesterol and glucose testing) (call SC for appointment)	Thur, February 7
Blood Pressure Clinic (call SC for appointment)	Thur, February 14
Legislative Breakfast – at Elder Services of Berkshire County	Fri, February 15 , 8:00
Presidents' Day – CLOSED – no MOWs	Mon, February 18
Lunar Eclipse – come and see if weather permits!	Wed, February 20 , 10:00PM
3 rd Thursday Lunch – another “Greta’s” creation - \$7 call the center if you would like to bring a Cherry Pie from George’s fallen tree! Program: Music by “Bittersweet”	Thurs, February 21 , Noon
Council On Aging (COA) Meeting	Wed, February 27 , 9:30
Swedish Chair Massage (call for appointment)	Thur, February 28
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!) February – William Powell month	Tuesdays, 11:30 curtain
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Feb.6) (Feb. 16)
Meals on Wheels	Weekdays except Holidays (no MOW on Feb. 18)

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:

Thanks to all who came out to the Special Town Meeting and supported the passing of Article 4. Yes! It passed by a “substantial majority”. This means that the town approved \$450,000 from free cash as a maximum match for the requirement of a grant being written by Berkshire Housing Development Corporation. Sheffield could get as much as \$800,000 and should know in July. Meanwhile, the Friends of the Sheffield Senior Center have engaged Hurwit Associates of Newton, MA to complete requirements for submitting application for Federal 501(c)3 status. They are already recognized by the Commonwealth as a Nonprofit Corporation. The additional status will allow them to accept tax-deductible gifts and contributions for future needs, furnishings, materials, and equipment for our new Senior Center building. Thanks to all for their continued hard work and positive attitude. The Outreach/Volunteer Committee is continuing their search for ways in which people can help and be helped. In November there was an “Unmet Needs Questionnaire”. This month we are including a “Volunteer Questionnaire”. Please have a look and think about ways that you might volunteer some time for seniors.

John-Arthur Miller

Center News

Community Health Programs (CHP) is coming to the Sheffield Senior Center
Starting February 7th the CHP Healthy Communities Access Program will be a monthly visitor servicing seniors. This Mobile Outreach Treatment Team provides screening and treatment to residents in need of health care and wants to expand their services to aid our seniors with such things as cholesterol and glucose testing, referring for ongoing primary and specialty care and enrolling in available insurance and benefit programs. So call the Senior Center to make an appointment for February 7th and meet the team of Luci Leonard and Octavio Hernandez. Check your glucose, cholesterol, ask questions, and have another opportunity to check your blood pressure – all at no charge.

March is Poetry Month at the Senior Center!

Irene Willis will return to us in March to conduct a poetry reading and writing class. You recall her class on “Memoirs” last year. She will be making poetry fun by choosing poems that trigger discussion and memory. This will be a great class to ease into a literary genre that might seem a bit foreign to you or to continue reading and writing in an area for which you already have a great love. Classes will be the five Mondays of March from 10-12 and will be held at the library. Cost for the class will be \$100 for all five sessions when paid before first session, or \$35 at each session. Class size is limited so make your plans early!

Winnie Veretto is your S.H.I.N.E. counselor

Just a reminder if you are turning 65, or perhaps losing employee benefits, or if you are a new resident of Massachusetts, Winnie can help you sort out your health information needs. Just give us a call at the Senior Center and we will put you in touch with her. She has been a great help to many and is a wonderful person to get to know.

Possible Yoga Class at the Senior Center starting in March – stay tuned!

Daily Money Manager Volunteers at the Senior Center

Sarah Williams of S/O/S, a Daily Money Manager from Sheffield who specializes in work with elders, volunteers at the senior center by appointment. Bring your check book, bills, insurance papers and any other mail or paperwork questions and she will help you for free. Daily Money Managers pay bills, reconcile accounts, gather tax data, and generally keep paperwork organized for those who may find it difficult or just don't like doing it. Please feel free to call and select a time to meet Sarah and together you can keep your affairs in good order.

Swedish Chair Massage continues in February

Laura Frambach, LMT of Caring Hands Massage Therapy will again be available at the Senior Center on February 28th by appointment. Many enjoyed the \$15 massage last month, so call for an appointment.

Dr. Kay to start eye screening

A reminder that Dr. David Kay, Optometrist in Great Barrington is providing visual screening tests at the Sheffield Senior Center at no cost on February 6th from 3-5. The tests for visual acuity, glaucoma, and peripheral vision are necessary when renewing your driver's license. Call the Senior Center for an appointment.

Goodbye 'til spring!

Yet another two friends are leaving temporarily. Bob and Ann Dean will be searching warmer climes in February when they join some of our other friends in Florida. We hope to see them and all our other snowbirds in the spring! Enjoy good health! We will miss you!

For Dog Lovers

Anyone in need of a little exercise and a little cash? If you are interested in walking/playing with a small dog a couple times a week give a call to Laura Frambach, our massage therapist at 229-8026. She knows of a senior in need of one such person.

Call for all knitting, crochet, braiding, quilting, other needlework and handwork

During the cold remaining winter months perhaps you might stockpile some of your handiwork to sell in support of the new Senior Center! Fundraisers will be planned soon.

Possible Outing for Vigorous Seniors

The Eastern National Championship Ski Jumping will be held in Salisbury, CT by the Salisbury Winter Sports Association on February 8, 9, and 10. Besides watching the jumps, there will be a Snow Ball at the White Hart, ice carving, and fireworks. Call Grace Campbell or visit the website www.swsa.info

Thanks and a hat tip to:

Berkshire School 11th graders who attended the January COA meeting as part of their “Connecting Young and Old” program. We especially thank student Clay Cohen who subsequently emailed all the teachers and staff of Berkshire School encouraging them as Sheffield residents to attend the Special Town Meeting and to support the Senior Center Warrant article. That is community involvement and senior advocacy!

Bushnell-Sage Library Highlight

Nancy Hall, Librarian, informs us that the gardening books have been reorganized in preparation for spring. February is a good month to get to the library to check them out as we prepare for those great days of dirt digging and weed pulling! Library Hours are:

Tues, Wed, Thurs, Sat - 10AM - 5PM

Friday - 10AM - 8PM

Sunday - 2PM - 5PM

Closed on Mondays

Did You Know?

According to A History of the Bushnell-Sage Library by Martha Greene, the public library in Sheffield has moved all over town. In 1876, when the town meeting voted to institute the first free town library, the library committee housed it above where Silk’s Variety is now. Three years later, the townspeople voted the library out of existence. The Sheffield Friendly Union took responsibility for the books until 1891, when interest in a tax supported public library revived and the public library shared space with the Friendly Union library in the Dewey Memorial Hall.

In 1901, the trustees of the library moved the collection to two rooms in the town hall. When a library trustee, Miss Alice B. Sage, died in 1921, she bequeathed \$10,000 to the town for the building of a free public library. Two years later a library patron, Samuel Hopkins Bushnell passed away, leaving another bequest of \$25,000. With this money, the town erected a building on the corner of Main Street and what is now Berkshire School Road. When the space for 10,000 books became inadequate in 1936, an extra room was built onto the back of the building.

The expanding collection soon crowded that building. Then, in 1993, the Americans with Disabilities Act, requiring that all public buildings be made accessible to everyone, made the building obsolete. That same year, the last students left the old Sheffield Center School for the new Undermountain Elementary School. With grant money and generous contributions from local citizens, the building was renovated and converted to serve as the new library building in 1997.

In the 130 years the Sheffield Town Library has existed, there have been very few librarians. Eugene Vosburgh acted as librarian for one dollar a week when the library opened above his store. Mary Leonard became the librarian for both the Dewey Hall Library and the public library when the collection moved to Dewey Hall. There have been only three librarians since the library moved into it’s own building in 1929; Willard French (1929-1973), John Campbell (1973-2000) and Nancy Hahn (2001-present and hopefully, much of the future).

--- Information taken from town website

**Call for a ride to Sheffield Town Hall to Vote
Tues. February 5, 7AM-8PM**

Volunteer Questionnaire

We would like to add more people to our list of volunteers. Please take a few minutes to fill out the following form and return it to the Sheffield Senior Center office:

I would like to help:

-Prepare the monthly newsletter for mailing (folding, addressing, sorting) _____

-Answer phone, take messages, reception at office on occasion _____

-Setting up and/or cleaning up for lunches or other functions _____

-Occasionally provide transportation for people to functions or appointments _____

-Other _____

If you have questions about any of these tasks, please contact John-Arthur or Barbara.

Name _____ Telephone Number _____

Please return this form to:

Sheffield Senior Center at Dewey Hall
PO Box 327
Sheffield, MA 101257

Feel free to drop by. We are open Monday – Thursday 9:30 – 2:30 at Dewey Hall
