

Lawn Chair Movie Tuesday Continues

March is “Spring” Month!!

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

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

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SHEFFIELD SENIOR CRIER

March 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

Foot Clinic (call SC for appointment)	Mon, March 3
Community Health Programs – Healthy Communities Access Project (Includes cholesterol and glucose testing) (call SC for appointment)	Thur, March 6
World Day of Prayer (held at Christ Episcopal/Trinity Lutheran)	Fri, March 7, 2:00
Yoga Class – NEW –see article	Wed, March 12, 10:30
Blood Pressure Clinic (call SC for appointment)	Thur, March 13
Council On Aging (COA) Meeting	Wed, March 19, 9:30
3 rd Thursday Lunch – Corned Beef Pot Luck – bring something else! Program: Richard Clark as Clarence Darrow see article	Thurs, March 20, Noon
Swedish Chair Massage (call SC for appointment)	Thur, March 27
Good Friday Ecumenical Procession – starts at Old Parish	Fri, March 21
Old Parish Talent Show	Sat, March 29
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!) March – “Spring” month	Tuesdays, 11:30 curtain
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Mar 5) (Mar 15)
Meals on Wheels	Weekdays except Holidays

Reopening on Fridays in April – Outdoor Café coming with good weather –
Friends of The Sheffield Senior Center co-sponsoring April Celebration of Traditional Music and Dance–
see insert

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:

Especially at this time political issues bombard us in many ways. There are many national, state, and local issues that should be considered by all responsible citizens. The Sheffield Council on Aging and Senior Center, because it is a municipal agency, is prohibited under the campaign finance law (M.G.L. Chapter 55) from soliciting political contributions, supporting or opposing any ballot question, or aiding, promoting or antagonizing the interests of a political party. It may, however, be a resource for information and discussion on issues not on the ballot in keeping with our mission of providing relevant information on issues that affect seniors, as was done in the pursuit and passing of the latest Warrant Article, which, enabled the continued writing of our grant for funding the building of our new Senior Center. It is not and will not be the purpose of this agency to coerce anyone's thinking or to provide willingly or knowingly any false information in any exchange. Because discussion amongst all concerned, intelligent, conscientious people sometimes revolves around money, taxes, religion, and politics, the principal of equal access will also be used in any formal exchange to provide the opportunity for hearing all interpretations on an issue. In this time of choosing our national leaders as well as in making local decisions about school committees, asphalt making, and senior center building, I hope all will be responsible by attending available meetings and hearings throughout the community, reading and digesting all sides of an issue, and making responsible and informed decisions about issues that effect our future as individuals, as families, and as a community.

John-Arthur Miller

Center News

Daffodil Days is Here Again!

The American Cancer Society 2008 Daffodil Days Campaign is the week of March 17th. Thanks to all who ordered them in helping to raise money for cancer research and in helping to raise the spirits of those who received these harbingers of spring!

Community Health Programs (CHP) Reminder

March 6th the CHP Healthy Communities Access Program will again make their monthly visit servicing to seniors. This Mobile Outreach Treatment Team provides screening and treatment to residents in need of health care and aids 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. Call the Senior Center to make an appointment. Luci Leonard and Octavio Hernandez can check your glucose, cholesterol, answer questions, and give you another opportunity to check your blood pressure – all at no charge.

Free Yoga Class at the Senior Center starting in March – NEW!

Wednesday, March 12 at 10:30 will see the start of another program at the Senior Center. Jaya Jacobs, whom some of you met at our last 3rd Thursday Lunch, is a teacher and enthusiast with 18 years of experience who wants to volunteer her expertise. She insists that you need not have participated in yoga previously and is looking forward to meeting you and starting where you are! So, don't be intimidated. Come try something that can aid physical health and vitality. Call the office to reserve your spot

Sarah Williams of S/O/S at the Senior Center

Sarah, a Daily Money Manager from Sheffield who specializes in work with elders, volunteers at the senior center by appointment. 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 at no cost and together you can keep your affairs in good order.

Swedish Chair Massage continues in March

Laura Frambach, LMT of Caring Hands Massage Therapy will again be available at the Senior Center on March 27th by appointment beginning at 10:30. Many enjoyed the \$15 massage last month, so call for an appointment. Come try it out!

Thanks and a hat tip to:

Winnie Veretto who continues to give of her time and service as our S.H.I.N.E. Counselor
Nancy Hahn (not Hall), Sheffield Librarian, who reminds us that during the spring storms is a grand time to read a good book!

Dr. David Kay, Optometrist in Great Barrington, who provided visual screening tests at the Sheffield Senior Center at no cost in February. If you missed it, he will be coming again in the fall. Thanks Doc!

Special 3rd Thursday Lunch Program – March 20th

By chance our 3rd Thursday Lunch in March falls on a special day – 1st Day of Spring! We have all been waiting! Our program for that lunch is special in another way. It is being funded by a Sheffield Cultural Council grant and features Richard Clark as the famous defense attorney of the Scopes “Monkey Trial”, Clarence Darrow. This One Man Show is one of a number of acts that Mr. Clark performs from his “Keeping History Alive” repertoire and promises to be lively and entertaining. If one were to make a connection between the first day of Spring and the Scopes Trial one would have to work at it, since the trial itself convened in the stifling Tennessee heat of July, 1925. However, the Butler Act – that law of which the Scopes Trial was challenging was signed into Tennessee Law March 21, 1925 – the 2nd day of spring! Had not Clarence Darrow been an agnostic, he might have believed himself to be destined an outstanding lawyer for the ultimate judge a few years later, quitting this life on another spring day – March 13, 1938. The Butler Law was repealed May 18, 1967. So much for history! Come to lunch on 3rd Thursday and enjoy this free theatrical presentation!