

*Lawn Chair Movie Tuesday 11:30
Free popcorn*

November-Call in your favorite movie ideas

Flu Shots Offered on Nov. 13, 9-11

Sheffield Senior Crier



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**Papermaking for our Future – The Fruits of Our Labor
Part III – Finish right after Thanksgiving**

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)

*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 for an appointment	Mon, Nov.3 , 9-12
ELECTION DAY – call for a ride to the Polls	Tue, Nov.4 , 7AM-8PM
CHP Health and Benefits Fair – held at Berkshire South (see article)	Fri, Nov.7 , 9:30-11:30
Green for a Change – sewing shopping bags at Library (see article)	Sat, Nov.8 , 10-12
Good Samaritan Fund Benefit Concert – at Old Parish Church (see article)	Sun, Nov.9 , 2:00
CLOSED FOR HOLIDAY – no Meals on Wheels	Tue, Nov.11
Flu Shots Offered by Visiting Nurses here at Dewey Hall	Thur, Nov.13 , 9-11
Community Health Programs – Healthy Communities Access Project (Includes cholesterol, glucose, and blood pressure testing - call SC for appointment)	Mon, Nov.17 , 10-12
Council On Aging (COA) Meeting	Tues, Nov.18 , 5:00
3rd Thursday Lunch – Catered by Debra & Ali (Program TBA)	Thur, Nov.20
HAPPY THANKSGIVING!	Thur, Nov.27
Physical Fitness/ Exercise Class	Tuesdays, Thursdays, 9
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn)	Tuesdays, 11:30 curtain
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. at 3; 3 rd Sat. at 11 (Nov.5) (Nov.15)
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.

COA Director Thoughts:

By the time you receive this news the big news will be known. The elections will be over. The winners will have won. The losers will have lost. I hope all losers can again be turned into winners by supporting the newly elected officials and by contributing what they can in time and talent to bettering our community. Just as it is our responsibility to show up at the polls, it is our responsibility to stay informed, to share our thoughts and our talents to better our neighbors and ourselves. Consider volunteering in some capacity in your community. Check out the Board vacancies listed on the Town website. Call your Senior Center and volunteer for the Friendly Caller Program or for driving your neighbor to a doctor's appointment. Work on Mondays at the Food Pantry at Old Parish or Thursdays at Breaking Bread at the American Legion. Don't let opportunities pass you by bellyaching about election results, or crying about all the "what ifs". Life is good. Don't waste it.

John-Arthur Miller

Center News

Paper is Made and Ready for Mt. Everett Art Students. Project funded by

Our papermaking project funded by the Joseph H. and Carol F. Reich Fund is into Part III. Paper made from corn husks, gladiolas, cabbage, or goldenrod have now been turned over to the art students at Mt. Everett where the sheets will be transformed into greeting cards. After preparing images onto linoleum plates, images will then be printed onto the sheets with an ink roller. Interested parties may view the process. Call the Senior Center to find out the schedule – probably mid to late November. Then the cards will be returned to the Senior Center where they will be packaged and sold. The whole project will soon be finished, described and reported to you!

Wood's Tea Company to Play for Good Samaritan Fund

The Farmer's Almanac predicts a cold and snowy winter in the Northeast. This will mean more fuel oil and gas for heating our homes and at a much higher cost. Also rising unemployment and a tough economy is putting a large burden on families coping with the cost of keeping a home and raising a family.

The Sheffield Good Samaritan Fund is a community assistance fund organized and managed by Sheffield churches to help families. Richard Magenis, current manager, says that the greater Sheffield community has been very generous in supporting the Fund, which will be needed more and more this winter.

The Wood's Tea Company, a Vermont based acoustic folk group, performing fiery Celtic tunes, Sea Shanties, Americana, and Bluegrass, will be performing at Old Parish Church, Sunday, November 9 at 2:00. The proceeds of this concert, sponsored by Sheffield Friendly Union and the Mission Committee of Old Parish Church will be used to build up the Good Samaritan Fund. The admission for the concert is a Freewill Offering, so be generous in support of helping your neighbors through the Good Samaritan Fund.

Thanks and a Hat tip to-

-Grace Campbell who has spent many hours sprucing up our Senior Center office!

-Mark Bradley, Norma Moulton, Grace Arzt, and all who have contributed films for our movie dates!

-Martha Shaw for providing a wonderful experience through Tandava

-Debra Curran for providing soup at our 3rd Thursday in October

-Debra Curran and Ali Winston for providing the food at our 3rd Thursday in November!

Green for a Change asks Seniors to Sew

Seniors who sew are being asked to use that talent to make shopping bags as a way to conserve the use of plastic and paper. Green for a Change is hosting this event at the Sheffield Library on November 8th. Fabric, patterns, and sewing machines will be provided. Call Jennifer Connell – 528-5377 – if interested, for other details.

Heads Up! 3rd Thursday lunch is 2nd Thursday in December. December 11

Mark your calendar and call in your reservation! The very popular Holiday lunch hosted by Mt. Everett Culinary Arts students will be held at the High School on December 11th. Only 100 reservations are being accepted and they are going fast. Call 229-7022 (Sheffield Senior Center) to reserve your spot.

Medicare D Prescription Drug Coverage

Once again, it is the time of year to evaluate your particular health situation and determine if your current plan is the best for you. From November 15 to December 31 you will have an opportunity to make changes that will take effect January 1, 2009. You will be receiving information from your present company and from other companies detailing changes that might make things more cost effective. It is *very important* to review. Your monthly premiums, deductibles, and co-pays for 2009 may have changed!

If you would like assistance in determining what the changes will be for you or if you need help in changing plans, please contact us at the Senior Center or call our S.H.I.N.E. counselor, Winnie Veretto. She is a wonderful person, trained and very smart, and would love to help!

Thanksgiving Dinner Delivery Available

The First Congregational Church in Great Barrington will be delivering Thanksgiving meals to those over 60. If you know of anyone who might appreciate this service, call Grace Zbell at 528-0230 or Pastor Van at 528-2740.

Knitting Together looking for Knitters!

Once again the call is going out for people interested in Knitting Together, a group meeting at the Episcopal/Lutheran Church on 1st Wed at 3:00 and the 3rd Sat. at 11:00 of each month. There have been an increase in the demand for warm shawls and the group is furiously trying to fill their orders! Plus, there is great conversation and camaraderie. Call Jill Shallcross at 229-2761 or show up with your knitting needles!

All Town Meetings are Open!

If you have an interest in what decisions are made and how Town Hall operates have a visit to a Board of Selectmen Meeting. Their usual meeting time is 7:00 the 1st and 3rd Monday of each month.

Another learning opportunity can be had at the School Committee Meeting, which includes representation from five towns. These meetings have generally been on selected Thursday evenings at 6:00, however with the new elected membership it might be adjusted to accommodate their best meeting time. These are just two groups among many that might pique your interest in discovering how our community works. Who Knows! You might end up running for a position or applying for an appointment!

Ideas are in the Air!

The Sheffield Senior Center is always open to ideas to try. Certainly there are limits to budgets and staffing, but John-Arthur and Barbara are open to discussion on most anything. A couple of examples:

- Our variety of movie choices has greatly increased lately!
- Movement in the air to have an "Artist of the Month" displaying their artwork in the office
- Possible short daytrips to Museum of Firefighting, Chesterwood, Olana, etc.
- One hour presentations over coffee or tea concerning various health issues
- What other ideas do you have!? Call us!

A couple more Volunteers for the Flu Clinic Needed

Those interested should call Barbara and be available 8:00 for set-up through 12:00 clean up or any part thereof.

Thanks to all those who contributed to the success of the 20th Annual Construct Walk!