

*Lawn Chair Movie Tuesday 11:30
Free popcorn*

*September-Paul Newman month
Call in your favorite movie ideas*

Welcome Back!!!

Sheffield Senior Crier



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MA State Primary – September 16th – ride to the polls available

Papermaking for our Future – The Fruits of Our Labor
Part I – September 6
Part II – September 9

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

September 2008

*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

Labor Day – Office Closed	Mon, Sept. 1
Community Health Programs – Healthy Communities Access Project (Includes cholesterol, glucose, and blood pressure testing - call SC for appointment)	Thur, Sept. 4 , 9:00
Elder Summit at Pittsfield COA – Sen. Ben Downing and Secretary Mike Festa	Mon, Sept. 5 , 7:00
Sheffield in Celebration at Town Park “Papermaking for Our Future – The Fruits of Our Labor” – Part I	Sat, Sept. 6 , 12-6
Foot Clinic (call SC for appointment)	Mon, Sept. 8 , 9:00
“Papermaking for Our Future – The Fruits of Our Labor” – Part II	Tues, Sept 9 , 11:00
Council On Aging (COA) Meeting	Tues, Sept 9 , 5:00
Blood Pressure Clinic (call SC for appointment)	Thur, Sept. 12 , 9:00
MA State Primary Election – call SC for a ride	Tue, Sept. 16
3 rd Thursday Lunch – Catered by The Market Place - \$6 Musical Program TBA	Thurs, Sept. 18 , Noon
Out to Lunch Bunch – Restaurant TBA (BYOPocketbook)	Wed, Sept. 24
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn) September – Paul Newman month	Tuesdays, 11:30 curtain
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Sept 3) (Sept 20)
Meals on Wheels	Weekdays except Holidays
Outdoor Café - weather permitting through September	Mondays & Fridays 9-1

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:

Welcome back! Hope Summer was grand! We continue to work together to fill our glass here, at the Sheffield Senior Center, drop by drop! In addition to familiar activities, new ideas are being thrown into the mix. I welcome and thank the Council on Aging members for their service as a department of the town government, members of which are appointed by the Board of Selectmen. They act in an advisory capacity to the Director in planning and coordinating programs and activities, setting policy, educating and advocating for all seniors. Members are Joan Brooks, Mary Ellen Demming, Natalie Funk, Lovina Gulotta, Anne Hyatt, Dick Magenis, Dawn Massini, and Carol Sica, with one vacant position. If anyone else has an interest in serving, talk to the Director or the members of the Board of Selectmen. Thank you, one and all! I look forward to this year and hope all seniors and their advocates might drop by to say hello, participate in any of the programs, or ask for any help or information that might assist you or your family. It continues to be a pleasure and a privilege to know you and to be of service.

John-Arthur Miller

Center News

Secretary Festa brings "Elder Summit" to Pittsfield – hopefully will include answers to heating fuel help

Sen. Ben Downing is pleased to host Elder Affairs Secretary Mike Festa at the Council on Aging, 330 North Street, Pittsfield on Friday, September 5th from 9:00 AM to Noon. Secretary Festa will be holding an "Elder Summit" providing outreach and information on various programs and services - such as access to food and nutrition, home heating fuel and health care targeted for seniors will be on hand. Call the Senior Center with questions.

Summer Trips

A great success! You missed a couple of good ones. *Hairspray* was entertaining, air conditioned, and funny.

Bus ride was air conditioned (sort of) and the cookies were chewy (and melted).

The Hudson River still flows south, as observed by a group of 40+ on this wonderful bus/boat experience. And the ride home through the countryside provided many distractions from horses to coyotes. Watch for our October plan for leaf peeping!

Senior Center Building Committee reviewing options

The Senior Center glass is still half full – Where do we go from here? A lot of Sheffield town support was evident with the passing in January of the Warrant Article to transfer \$450,000 for the local match required as part of the town's application for a Community Development Block Grant. Unfortunately the \$800,000 applied for was directed to other places in the Commonwealth. This was a disappointment to many but certainly not an anomaly. Joseph Kellogg, our Town Manager, who has led the charge in support of our seniors since his appointment, is gathering the Senior Center Building Committee to consider the options, which are numerous, thanks to growing Town support. These meetings are open to all interested citizens, so watch for announcements and plan to attend!

Need a Ride? Call us!

Sheffield Senior Center is trying very hard to expand the options for Sheffield non-drivers to get to important appointments. Our town is part of the Southern Berkshire Elderly Transportation Corporation, which provides rides in South County. They are limited somewhat in their service because of funding, but we urge you to call us to learn about and take advantage of this service. This fall the Sheffield Senior Center will also be providing rides for voting. Don't let the inability to get to the polls be a reason for not exercising your right and obligation as citizens! Call us for a ride to the polls September 16th (MA Primary) and November 4th (National Election).

Exercise is good for you. This is a FREE introductory offer!

Tuesday and Thursday Exercise Class at Dewey Hall is growing. This is an hour workout designed for seniors of all levels of ability and is run by Sandy French, our Certified Senior Fitness Instructor with the American Senior Fitness Association. Sandy makes you feel good as soon as you get in the door and supports, entertains, and guides you throughout the hour. Although the cost for participants is quite reasonable - \$6 per week, no one will be turned away if that cost is a burden. Just come in and have a confidential chat with the Director. In addition, all new participants can experience the first two classes **for free!** The class is held at Dewey Hall on Tuesdays and Thursdays from 9-10. Remember – a doughnut tastes good for five minutes but exercise makes you feel good a lot longer – save that \$6 for exercise rather than for a box of doughnuts!!

Have you filed for your “Economic Stimulus Payment”?

If you are one of many who normally do not have to file Federal Income Tax, this year is different. To receive your Economic Stimulus payment you should file Form 1040A with the IRS by October 15, 2008. Visit IRS.gov for details or call the Senior Center for help at 229-7022.

Calling all Seniors to Participate

“Papermaking for our Future – The Fruits of or Labor”, a project funded by the Berkshire Taconic Community Foundation will start with Part I at Sheffield in Celebration September 6th. There we will be sorting, cutting and boiling farm refuse and making deckle sets to be used in the papermaking process Part II on September 9th at Dewey Hall. On that Tuesday at 11:00 we will continue the process of making paper to create greeting cards for the holidays.

Needed for September 9th: 3 ironing boards, 3 irons, 4 electric blenders, ALL HANDS ON DECK!

Come and experience this age old process under the guidance of visiting artist Jay Miller and artist/teacher Kari Giordano from Mt. Everett. Call the Senior Center if you need a ride.

Friendly Caller Program to Begin

The COA is looking for help in beginning a “Friendly Caller Program”. Many in our rural community are living on their own. The Meals on Wheels Program not only offers lunches to those who have a difficult time getting out but also serves as a friendly visit to many. This new program will provide another friendly “check – in” by telephone on a regular basis for those who are generally homebound who might appreciate a friendly hello. Please contact the Senior Center or Joan Brooks, member of the COA, if you would like to participate as a caller or a receiver for these “friendly calls”! Thank you Joan for getting this program started.

Volunteer Opportunities still available at Sheffield Council on Aging

1. Delivering Meals on Wheels.
2. Occasional transportation needs.
3. Set up and clean up of 3rd Thurs. Lunches.
4. Receptionist/Office help.
5. Callers for the Friendly Caller Program

Congratulations to Minnie Golden!

Friends and family gathered recently to celebrate one of Sheffield’s outstanding citizens. Minnie Golden was born Minnie Gertrude Rice in Sharon, CT four days before Valentine’s Day in 1909. Although the highlights of her busy life have to be the raising of three sons and four daughters, she still has had time for other interests including working with the Boy Scouts and befriending many others in the town of Sheffield where she lives at home on Berkshire School Road. For her birthday in February her family is negotiating with J.M. Smuckers Company to have her as the featured citizen on one of their labels! Send Minnie a card and congratulate her! What is her secret to such longevity?