

*Lawn Chair Movie Tuesday 11:30
Free popcorn*

*March – Henry Fonda Month
Call in your favorites*

Sheffield Senior Crier

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Sheffield, MA 01257

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**Winter Hours!!!
Monday-Thursday
9-2:30**

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)

SHEFFIELD SENIOR CRIER

*News from the Sheffield Senior Center, Dewey Memorial Hall
Box 327, Sheffield, MA 01257*

*Hours: Mon-Thur, 9-2:30 John-Arthur Miller, Director Telephone 229-7022
Barbara Fletcher, Assistant Director*

March '09

Calendar of Events

Foot Clinic (call SC for appointment)	Mon, Mar. 2
Daylight Savings Time Begins (spring ahead one hour)	Sun, Mar. 8
Council On Aging (COA) Meeting (at Dewey Court, reception at 4:30)	Mon, Mar. 9 5:00
Blood Pressure Clinic (call SC for appointment)	Thur, Mar. 12 , 9-11
Community Health Programs – Healthy Communities Access Project (Includes cholesterol, glucose, and blood pressure testing - call SC for appointment)	Mon, Mar. 16 , 10-12
St. Patrick's Day (drop by for something green to drink)	Tue, Mar. 17
3 rd Thursday Lunch – Pot Luck - program TBA	Thurs, Mar. 19 , Noon
Out to Lunch Bunch – Restaurant TBA (BYOPocketbook)	Thur, Mar. 26
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn) March – Henry Fonda month	Tuesdays, 11:30
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Mar 4) (Mar 14)
Meals on Wheels	Weekdays except Holidays
Elders to Juniors Reading Volunteers (call office if interested) (see article)	Weekdays

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:

Hang in there! Spring is closer! We must endure mud season and there is still the possibility of snow and ice, so I implore you all to be careful walking, give yourselves plenty of time, don't be in a rush. Jackie, Trudy and I saw about a dozen robins in our back yard the other day. I was sure they were lost!

I'd like to get people excited about participating in a new program - Elders to Juniors Reading Volunteers – so be sure to read the article and get in touch with us. If you need transportation we will also get you to the school and back home.

Other options are still available for the taking so check the back page for schedules on movies, exercise, lunches, health clinics, etc.

Don't despair! Better weather is coming. Call your neighbor to remind them of it! Look for signs! Drop in the Senior Center and remind us!!!

John-Arthur Miller

Center News

Lawn Chair Movie Tuesdays in March

Henry Fonda will be the featured artist in five of his movies this month. Bring your brown bag lunch; enjoy free popcorn and coffee for the following feature films:

Mar 3 – *Fail-Safe* - 1964

Mar 10 – *Yours, Mine, Ours* - 1968

Mar 17 – *Grapes of Wrath* - 1940

Mar 24 – *12 Angry Men* – 1957

Mar 31 – *On Golden Pond* - 1982

Curtain at 11:30. (lawn chair optional – we are indoors!)

Join the Elders to Juniors Reading Volunteers!

There have been a very select number of adults that have been taking an hour to read to the children of Undermountain Elementary School. Through the coordinated efforts of the Sheffield Senior Center and the Community Connections Committee at the school this new and growing program allows adults to visit a classroom to read to a group of about 15 students. The age group may be pre-K, 4th grade, or any level in between, according to the interest of the participating volunteer. This volunteer may also have a regular “gig” or a one time “guest appearance” and works with the teacher to determine an appropriate reading item. So, get in touch with your youth! Have a go at it! Try it! You might like it! Give a call to the Sheffield Senior Center to arrange a “date” with the children of Sheffield!

Need Cat or Dog Food?

Thanks to Betty Ellenbogen, one of our Meals on Wheels drivers, food is being made available for our four legged friends as well! Betty has arranged a cat and dog food distribution at the Senior Center. Drop by if you are in need or if you might have some extra to add in support of this program.

Thanks and a Hat Tip to:

Twigs Myers for a wonderful talk at our 3rd Thurs. Lunch

Doug Levy for providing interesting movie ideas for our Lawn Chair Movie Tuesdays

MOW Drivers for extra caution and skillful driving during the tough driving weather.

Different Site for COA Meeting in March

Make a note that the March COA meeting will be held at Dewey Court on Monday, the 9th with a short reception before, so that the folks there might meet their advocates and more easily participate. Come one, come all! See you for goodies at 4:30!

Encouraging thoughts during tough times

As a member of the Massachusetts Association of Councils On Aging (MCOA), our plight here in Sheffield is similar to many communities in the Commonwealth. Things could be worse but they could be better. I share with you part of the recent message of John Jope, President of the MCOA with the hope that it will inspire you to continue to advocate and influence for the betterment of our situation in Sheffield for our senior citizens:

“...Despite such accomplishments, for which we can harbor a real sense of pride, the work ahead of us remains clear. Most COAs find themselves near the bottom of the list of financial priorities in their municipalities, limiting what we’re able to offer in programs and services even as more and more is demanded of us. The number of seniors in this country has doubled since 1990; by 2030 it will have doubled again. Yet, we’re expected to do more with less. We need to double our capabilities to serve our elders, not halve them. While several communities are planning or building new senior centers, budget constraints of recent years have caused other senior centers to close. There remains the ongoing concern that even others may not be able to stay open much longer. Some senior centers have limited space, sparse staffing, old outdated computers (or no computers at all), and no email. Such concerns need to be addressed if we are to serve our elders in the best manner possible.

However, through dedication and perseverance we are meeting our responsibilities. Of the clients we now serve, we see many are now reaching advanced ages we’ve never had to address before. Thus, of necessity, we are creating new approaches to serving our elders. We are increasingly addressing unmet needs and unserved/underserved populations. More and more, COAs are focusing on Health and Wellness, many with licensed clinicians on their staffs. We’ve become quite adept at doing more with less.

It will take time, and our continuing efforts, to work successfully toward realization of our goals and objectives. Gladly, with the talent and determination of MCOA’s membership and our organizational partners, we will succeed in what we set ourselves to do.”