

HAPPY ST.VALENTINE'S DAY

Join the Friends of the Senior Center  
The COA and Senior Center need  
Your Support

## *Sheffield Senior Crier*

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Sheffield, MA 01257

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RETURN SERVICE REQUESTED



Are you at least 60 and have a problem with your in-home caregiving services? Do you know someone who does?

**If so, please call (1-800-AGE-INFO)**

Press **#5** to speak to an Elder Affairs Ombudsman

**Mission Statement** ...to facilitate seniors' ability to live independently and enjoy a high quality of life...to provide life-enriching activities, relevant information on all issues that affect them, and assist them in obtaining any services necessary to their well-being.

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

# *Sheffield Senior Crier*

*News from the Sheffield Senior Center, Dewey Memorial Hall  
(Published in part with funding from Executive Office of Elder Affairs)  
Box 327, Sheffield, MA 01257*

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

## **February '10 Calendar of Events**

Bingo Party Day! – at Claire Teague (see article)	Mon, <b>Feb 1</b> , 10:00
Blood Pressure Clinic	Thur, <b>Feb 11</b> , 9-11:30
Voices Across Our Town at Claire Teague (see article)	Thur, <b>Feb 11</b> , 10:00
HAPPY VALENTINE’S DAY!	Sun, <b>Feb 14</b>
Presidents’ Day – <b>Office Closed – no Meals on Wheels</b>	Mon, <b>Feb 15</b>
Family Caregivers intro by Elder Services (see article)	Wed, <b>Feb 17</b> , 1-2:30
3 <sup>rd</sup> Thursday Lunch – Potluck (see article) Program: A Visit with Mohamed Elbetity	Thur, <b>Feb 18</b> , 12:00
Friends of the Sheffield Senior Center Meeting	Fri, <b>Feb 19</b> , 10:00
Berkshire Alzheimer’s Partnership Lunch and Meeting (rescheduled)	Thur, <b>Feb 25</b> , 12:30
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” – Doris Day “Clare Teague Movie Mondays” - Potpourri	Tuesdays, 11:30 at Dewey Mondays, 12:00 at Claire Teague
Knitting Group (meets at Episcopal/Lutheran Church)	1 <sup>st</sup> Wed. 3:00; 3 <sup>rd</sup> Sat. 11:00 (Feb 3) (Feb 20)
Meals on Wheels	Weekdays except Holidays

*Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://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.*

Limited Computer help still available with David Armstrong. Call the office if interested.

## COA Director Thoughts:

Last month I went on at long length about my thoughts for 2010. I have indeed started on the treadmill and feel much better for it. It is, however, still tough some days getting motivated. I'm happy to report that I'm way ahead on average with bringing Trudy coffee in the morning. Bird population seems to be down at Jackie's feeders. TV viewing is down but book reading has not increased much, eating habits still need work, and that still, small voice is still audible.

More important to me in these remarks is to make sure you all have read about my hopes for the Senior Center. I continue to marvel about the possibilities and am getting more and more excited about the building. I do worry greatly in this tough economic time about the commitment that is needed by you, the town, to support its upkeep, programming, and staff. I spoke of numerous things that, regretfully, cannot be done because of time restraints of the staff. I seriously believe that with a new building there will be public expectation for increased use and programming, and the potential for more participants. There should be a commitment to accompany the building of the space. With the increased need for outreach and information/referral services there must be a vision and commitment now. I urge you to ask yourselves and others what the vision is for the Senior Center. Explore the thinking of the town leaders. My thinking and hope is that this wonderful new building will be used extensively from the start and does not sit empty for lack of staff and support and that the outreach programs that are developing now will continue to accelerate thanks to increased staff hours, which, in my opinion IS the horse before the cart. Instead of a "build it and they will come" philosophy I would rather have a fulltime commitment, burst out of the gate and be off and running!

John-Arthur Miller

## Center News

### Shower Bars!!

No, this is not a type of candy. We all put on our seatbelts when we get into an automobile. One is much more apt to have a serious fall in the shower than have a serious car accident. How many of us have supports and mats in our showers or bathtubs? The Sheffield Senior Center is spearheading a program to make sure all who need them have them! Call us if you need one!

### Daffodil Days Just Around the Corner

As we long for spring, prepare by again ordering daffodils in support of the American Cancer Society. The Sheffield Senior Center continues its tradition of acting as an order and delivery spot for this very worthwhile program. All orders must be in by Friday, March 5 and as little as \$10 will buy a great "cheerer upper" for a friend or for your kitchen table. Orders are available for pick-up March 24. So, call or drop by the Senior Center and donate money to the American Cancer Society and receive a wonderful sign of spring in return!

### Movie Mondays & Tuesdays in January – FREE!

Mondays at **Claire Teague** – 12:00

Feb 1 - *Heaven Knows Mr.Allison* - 1957  
Feb 8 - *Abbott & Costello Meet the Mummy*-1955  
Feb 22 - *The Pawnbroker*- 1964

Tuesdays at **Dewey Hall** – 11:30

Doris Day Month!

Feb 2 – *Pillow Talk* - 1959  
Feb 9 – *April in Paris* - 1952  
Feb 16 – *Please Don't Eat the Daisies* - 1960  
Feb 23 – *The Pajama Game* - 1957

### Berkshire Alzheimer Partnership here in February

Because of a January snow the BAP meeting had to be postponed. Come join for that soup and hear about the Partnership this Thur, February 25. 12PM for lunch, 1PM for the meeting.

### *Voices Across Our Town*

In another of our sharing programs approach, the Claire Teague Center in GB is hosting this program that brings together poets with an English teacher and her students from Monument Mountain High School to share and discuss their poetry. These monthly gatherings are proving to be a delightful journey into the world of poetry and story. If you are a poet or enjoy poetry don't miss it! Thursday, February 11, 10:00. It could be that:

*You're a poet and don't know it, your feet show it, they're long fellows!*

### *Drivers needed.*

We are still looking for interested volunteers to train as Meals on Wheels drivers. It is about a two-hour commitment each time you drive the route. It is a beautiful ride in the country of South Berkshire County, logging about 40 miles – which is reimbursed at the rate of \$.50/mile – with the joy of saying hello to about 20 people who are very thankful to see you! Give John-Arthur or Barbara a call if interested.

### *Let's Do Bingo and Lunch!*

As you know since November some Sheffield folks have been travelling to Great Barrington the first Monday of the month to participate in Bingo with the option of staying for lunch. Both Directors – Miller and Tillinghast have been adding to the party atmosphere by sharing in some of the calling. It has been another way of making contact with our neighbors to the north, getting to know them better, and building on our friendships and common interests. Diehard bingo players also have Tuesday and Thursday opportunities at Claire Teague. We will continue our 1<sup>st</sup> Monday Bingo Bash for two more months (Feb 1<sup>st</sup> and March 1<sup>st</sup>), after which the participants will decide on the future of the venture. An added advantage for Sheffield folks in this program is to experience the daily meal that Elder Services provides every weekday to five different locations throughout the county. Another nine locations throughout the county serve congregate meals at least once, twice, or three times per week. ALL seniors throughout the county can travel to any of these sites and enjoy a nutritious hot lunch, visiting and conversing with interesting and friendly people. They need only call the day before to reserve a spot and bring along a minimum \$2 donation to help fund the program. Thank-you Elder Services for this wonderful program and thank you Great Barrington for welcoming us from Sheffield to “sup together”!

### *Caregivers Receive Elder Services Support*

This month Claire Teague will be the site of an introduction by Elder Services of Berkshire County to Family Caregivers. This group is developing a monthly support group and will have its introductory meeting, open to all, on Wed, Feb 17 at 1:00 at the Claire Teague Center. One of the most important things that elder advocates face is the care and support of the caregiver. Caregiver support groups can be invaluable in recharging the battery of those people caring for family members or other dear ones. Come and see how you might receive and/or give support to these most valuable people.

### *Tax Time Drawing Near!*

If you are in need of some help, AARP is making available some appointments at various Senior Centers in South County. However, because of staffing, these quickly fill up. Call the Senior Center to find out where to call. **Ask us about the Senior “Circuit Breaker” Tax Credit. You may be eligible.**

### *3<sup>rd</sup> Thursday Tentative Program*

At this writing plans are being made to have Egyptian exchange student Mohamed Elbetity be our guest and share stories of his home and experiences. He is attending Mt. Everett and working to free his schedule so that he might be with us. It will be a Pot Luck affair so get out your Middle East recipes! If you have none bring your best salad, baked beans, vegetable or dessert! We always have a good time with friends.

**Join the Wii Team! Call for practice times**