

HAPPY NEW YEAR
2010

Attend BAP
Berkshires Alzheimer's Partnership
Thursday, Jan. 28 at 1:00

Sheffield Senior Crier

PO Box 327
Sheffield, MA 01257

PRSR STD
U.S. POSTAGE PAID
SHEFFIELD, MA
PERMIT NO. 1

RETURN SERVICE REQUESTED



Winter Open 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 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*

January '10 Calendar of Events

Foot Clinic (call for appointment)	Mon, Jan 4 , 9-12
Bingo Party Day! – at Claire Teague	Mon, Jan 4 , 10:00
Antarctica Travels Lecture by Bruce Person at Bushnell-Sage Library	Thur, Jan 7 , 7:30
Sheffield Town Meeting at Mt. Everett High School (see article)	Mon, Jan 11 , 7:00 PM
Blood Pressure Clinic	Thur, Jan 14 , 9-11:30
Liesel Goetz Taylor, former OSS, talk at Claire Teague (see article)	Thur, Jan 14 , 10-11:30
Friends of the Sheffield Senior Center Meeting	Fri, Jan 15 , 10:00
Martin Luther King Celebration at Bushnell-Sage Library	Sat, Jan 16 , 2:00
Martin Luther King Day – Office Closed – no Meals on Wheels	Mon, Jan 18
Election Day – call office for ride to the polls	Tues, Jan 19 , 7AM-8PM
Berkshire Alzheimer's Partnership (see article)	Thur, Jan 28 , 1:00
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” – Errol Flynn	Tuesdays, 11:30 at Dewey
“Clare Teague Movie Mondays” - Potpourri	Mondays, 12:00 at Claire Teague
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Jan 6) (Jan 16)
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:

Happy New Year! 2010 will be a good one. By the end of it we will be at home in our new Senior Center behind the American Legion. And, as for New Year's Resolutions? I have a few:

Remove the clothes from the treadmill and use it!

Bring Trudy (my wife) coffee in bed at least 3x/week.

Keep Jackie's (my mother-in-law's) birdfeeders from becoming empty.

Decrease my TV viewing and increase my book reading.

Improve my eating habits and listen to that still, small voice.

That's a start. What is on your list?

At the Senior Center this year I hope we might have continued improvement in our outreach to shut-ins, for hospital visits, and to newcomers in the community. Our new building with increased dedicated space and the ability to have multiple ongoing activities will lend itself to an increased selection of health related informational talks, recreational activities, and simply a warm friendly atmosphere that would provide an inviting home away from home to seniors. Improved transportation for non-drivers getting to doctor appointments, the grocery store, the hairdresser, and to senior center activities is a hope for me. Continued and improved collaboration with our neighbors at Claire Teague in the sharing of programs is on my list of resolutions. Involving experienced seniors with multi-generational programs that continue to recognize and use their expertise in the community has been on my mind including having Sheffield participate in the Senior Property Tax Work-Off Program, which could increase our cadre of "volunteers".

I want to continue to provide information and referral to eligible seniors and their caregivers concerned with health care, prescription advantage, food stamps, fuel assistance, home care, the brown bag program, circuit breaker tax credit and other programs that might help them to stretch their diminishing dollars in order to stay in their homes where most folks like to be. Disseminating information not only to seniors but also to local and regional newspapers about what is happening is important. Improving and updating Sheffield COA and Senior Center information on our Town Website page and other links of which we are a part throughout the Commonwealth is on my wish list.

It is imperative that I continue educating myself to be a better advocate for my constituency of Sheffield seniors and that I continue to increase Sheffield's visibility at the state level through continued contact with our representatives, Elder Services of Berkshire County, Massachusetts Councils on Aging, and the folks at the Executive Office of Elder Affairs in Boston.

Training, encouraging, recruiting and recognizing volunteers, including members of our Council on Aging to continue to work toward filling the glass!

Finding sources of revenue and ways to stretch our tight budget and recognizing and engaging the talented people that can do so! I won't go on for another page – but I could!

I'm psyched for 2010! I hope you will support me!

So much to do! So little time!

John-Arthur Miller

Center News

Fascinating Speaker at Claire Teague!

Liesel Goetz Taylor, a former OSS operator now in her 90s who was smuggled out of Germany and worked as a decoder in WWII will be telling of her experiences during that time. Coffee and bagels will be served at Claire Teague for this program that should not be missed. Time is 10:00. All are welcome.

Movie Mondays & Tuesdays in January – FREE!

Mondays at **Claire Teague** – 12:00

Jan 4 – *The Man Who Came to Dinner* - 1941
Jan 11 – *Murder on the Orient Express* - 1974
Jan 25 – *The Pajama Game* - 1957

Tuesdays at **Dewey Hall** – 11:30

Jan 5 – *The Adventures of Robin Hood* -1938
Jan 12 – *Captain Blood* - 1935
Jan 26 – *Dodge City* - 1939

NIHSeniorHealth.gov Videos - Falls and Older Adults

More than one in three people age 65 years or older fall each year. The risk of falling and fall-related injuries rises with age. But falls can be prevented, and three videos describing how older adults can reduce their risk have just been added to the Falls and Older Adults topic on NIHSeniorHealth, the health and wellness website for older adults. The videos describe the importance of exercise, home safety tips, and questions to ask about medications. To watch the videos about preventing falls, visit NIHSeniorHealth at <http://nihseniorhealth.gov/videolist.html#falls>

Berkshire Alzheimer's Partnership to visit Sheffield Senior Center

A major event on Thursday, January 28 will be open to all. The Berkshire Alzheimer's Partnership (BAP) will hold their monthly meeting at the Sheffield Senior Center at 1:00 following a light lunch of delicious soup and bread provided by the Senior Center. BAC is a self-sufficient task-oriented alliance of health care and human service professionals, family members and other concerned individuals working to increase and improve local services through education, coordination, and advocacy. Each Partnership works closely with the Alzheimer's Association, helping the association to be more responsive to local needs. This gathering should be of genuine interest for family members and caregivers who face increased needs of those suffering from this disease. Come for lunch at 12:00 and/or the meeting at 1:00.

Susan Butler, Volunteer

The cadre of office volunteers is growing with Susan Butler joining Lovina Gulotta and Grace Campbell on the team of office receptionists. Especially in light of the new building and the possibilities of added programming and extended hours, the need for more volunteers will be essential.

Drivers needed.

The call is out for substitute Meals on Wheels drivers. Some of our regulars are snowbirds, hunters, farmers or others who have to be on hiatus various times, and we depend on a dwindling sub corps. If anyone is interested in giving back to your community by being a cheerful face to shut-ins and delivering a noontime meal prepared by Elder Services, give John-Arthur or Barbara a call. Or talk to Wes Petersen about the pleasures he has experienced driving for the program for the past *nine* years! It is about a two-hour commitment each time you drive, and your mileage is reimbursed. Try it. You might enjoy it so much you will want to be a regular!

Sheffield Warrant Item Concerns New Senior Center

Although all items at Town Meetings are up for consideration, attention should be made to Item #2 on the Special Town Meeting Warrant which deals with the need for an easement on adjacent property in order to build a septic for the Senior Center and should be understood by all. Please attend the Town Meeting on Jan. 11. Rides will be provided to all who need one. Call the Center to set up your ride.