

REMINDER:
Your S.H.I.N.E Counselor is available by appointment.
Call the Senior Center

Tuesday Movies this Month:
Sailing and Swashbucklers
See the schedule inside for selections

Sheffield Senior Crier

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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)*

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

June '10 Calendar of Events

Volunteer Appreciation Lunch by invitation (see Director Thoughts)	Thur, June 3 , Noon
Dewey Hall Folk Music Series – Robin O’Herin	Sat, June 5 , 7:30
Blood Pressure Clinic	Thur, June 10 , 9-11:30
Friends of the Sheffield Senior Center Meeting	Fri, June 11 , 10:30
Flea Market at Claire Teague	Sat, June 12 , 9:00
Dewey Hall Folk Music Series – Women Songwriter Triangle	Sat, June 12 , 8:00
Council On Aging Meeting	Mon, June 14 , 4:30
3 rd Thursday Lunch - Pot Luck – PICNIC at Sheffield Town Park	Thur, June 17 , Noon
Fathers’ Day Pancake Breakfast at Dewey Hall	Sun, June 20 , 8-11
Foot Clinic in early July	Mon, July 5 , 9-11
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” – Sailors & Swashbucklers Month	Tuesdays, 11:30 at Dewey Hall
“Clare Teague Movie Mondays” – “Greece and Italy” Films	Mondays, 12:00 at Claire Teague
FREE Senior Swim at Berkshire South	Mondays, 1-2
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (June 2) (June 19)
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:

June is bustin' out all over! One important activity this month will be recognizing the work of the volunteers who give of their time and talents here at the Senior Center. An annual lunch funded by the Executive Office of Elder Affairs will be held in their honor. EOEIA and Elder Services have always emphasized the importance of volunteer service, and, along with the staff here at the Sheffield Senior Center, we thank them and we are extremely grateful for their varied work. Driving for Meals on Wheels, serving on the COA, providing office time and skills, and occasional transportation help, are a few of the ways in which our volunteers SSSTTTRETCH our limited budget and staff hours in order to better serve our senior citizens.

Unfortunately at this writing we have no evidence of groundbreaking for our Senior Center but are assured that it will happen in June!!! Keep thinking positively and glance behind the American Legion on the progress

EXTRA!! Tues June 1 They have started to clear the land!!!

There is a vacancy on the Council On Aging for an enthusiastic volunteer willing to serve as part of this advisory body appointed by the Board of Selectmen. If interested please talk to me and/or send a letter of interest to the Board of Selectmen. This is a wonderful opportunity to advocate for the senior population of Sheffield and to get in on the "ground floor". Many thanks go to Joan Brooks for her service on the COA. She is stepping down but plans to remain active volunteering in other ways.

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in June – FREE!

<p>Mondays at Claire Teague – 12:00 Greece and Italy Month June 7 <i>Zorba the Greek</i> - 1964 June 14 <i>Under the Tuscan Sun</i> - 2003 June 21 <i>Shirley Valentine</i> - 1989 June 28 <i>Roman Holiday</i> - 1953</p>

<p>Tuesdays at Dewey Hall – 11:30 Swashbucklers Month June 1 <i>Captains Courageous</i> - 1937 June 8 <i>The Black Swan</i> - 1942 June 15 <i>Captain Horatio Hornblower</i> - 1951 June 22 <i>A High Wind in Jamaica</i> - 1965 June 29 <i>The Lady From Shanghai</i> - 1948</p>

3rd Thursday on June 17

Once again it is time for a PICNIC! Come and enjoy hot dogs, and drinks provided by Sheffield Senior Center. Bring a favorite side dish. How many different ways can you make baked beans? Salads, desserts, and chips also are good! We'll set up the croquet, Bocci, and horseshoes. Or, you can just sit, relax, eat and visit with friends. Mark your calendar. Call if you need a ride.

Wii Bowling Tournaments a success!

At this writing we have had two tournaments, one hosted by Claire Teague and one hosted by us. Sheffield Seniors were the winners on the scoreboard but all were winners at the events, if umpires determined by an enjoyment meter. Lots of laughs, cheers, goodies, and smiles were evident at both Dewey Hall and Claire Teague. There will certainly be more tournaments planned and other competitors “in training” at both Wii sights. Anyone for tennis?.....or golf?....or boxing?!

Any Ideas for Senior Center equipment and Materials?

The Friends of the Senior Center is in the process of formulating wish lists for the new building. If you have any ideas on what you might like to add to that list or donate, give a call. We might need anything from apples to zebras! But, don't be surprised or disappointed if we do not accept auntie's fur muffler or granddad's overstuffed chair that he enjoyed with the cat for 10 years! We will listen to all ideas! Call John-Arthur or Barbara at the office or Friends President Pauline Schumann.

Still Cards Available

Very attractive note cards are still available at a modest cost. These cards, as you recall, were hand made by seniors using farm materials, then designed and printed by high school art students and local artists at the center. All proceeds go to the Friends of the Senior Center for future projects.

Thanks to Veterans Affairs Agents

3rd Thursday in May was an informative gathering thanks to Paul Edelman and Laurie Hils from the Veterans Services Office in Great Barrington, which serves Sheffield and surrounding communities as well. If you missed it and have questions give a call to Paul or Laurie at 528-1580. They are both knowledgeable, friendly, and helpful.

June 15 is World Elder Abuse Awareness Day

Three decades after the first Congressional hearings on elder abuse, the Elder Justice Act (EJA) was finally signed into law, which will create a coordinated and targeted federal approach to give America's older adults the security, dignity, and justice they deserve. Our federal government responded on March 23 when this bill was signed into law as part of the comprehensive health reform legislation.

The National Center on Elder Abuse defines elder abuse as any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. Laws vary by state, but elder abuse can include physical, emotional, and sexual abuse; exploitation; neglect; and abandonment.

Elder abuse reports may be made to your local police or to the statewide Elder Abuse Hotline - **800-922-2275** - which operates on a seven days a week, 24 hours a day basis. Anyone can make an elder abuse report.