

3rd Thursday in August is a BRUNCH beginning at 10AM.  
Bring a dish (include blueberries if you can)  
Celebrate the work of the Bridging the Gap Program!

**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.

# Sheffield Senior Crier

PO Box 327  
Sheffield, MA 01257

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Blood Pressure Clinic August 9, Call for appointment

On a hot day drop by the Sheffield Senior Center!  
Keep Cool with AC  
Have a drink, watch TV, take in a movie, sit and visit

*News from the Sheffield Senior Center, 25 Cook Road  
(Published in part with funding from Executive Office of Elder Affairs)*

*Hours: Mon-Fri 9-2:30 John-Arthur Miller, Director Telephone 229-7037 Barbara Fletcher, Assistant Director  
Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://www.sheffieldma.gov))*

*Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.*

August 2012

*Director Thoughts:*

*I am proud to present our Council on Aging members appointed by the Board of Selectmen for FY2013. Newly appointed Janet Stanton joins two others reappointed for the class of 2015, Richard Magenis and Dorris Van Deusen. They join Jeff Browne, Kathy Staropoli, Michelle Harwood, and Anne Hyatt of the class of 2014, and Gail Ullman, Dawn Massini, and Carol Sica of the class of 2013. Elected officers are Jeff Browne, Chair; Kathy Staropoli, Vice-chair; Anne Hyatt, Treasurer; and Richard Magenis, Secretary. Congratulations and thank you for serving our town and its seniors! I look forward to serving with you.*

*John-Arthur Miller*

## Center News

*Garden/Water Patrol – Sharing Responsibility*

We have a good group of folks watching over our beautiful gardens and could use a few more participants to keep an eye on the weeds. Although weeding has been lighter with lack of rain, the water patrol has been busier. Thanks to all. Wes Petersen has been watering our memorial tree to the north and our memorial tree to the south is looking very healthy as well. Kathy and Dennis Staropoli and Michelle Harwood have been a great help as well as Carlos Perez, a college student at home in Ashley Falls for the summer who has offered volunteer help through August. Some of you may have met Carlos at the Ice Cream Social. Come and join us in the Garden/Water Patrol!

*3<sup>rd</sup> Thursday in August is Blueberry Social Brunch! Also Guests from Bridging the Gap*

**Thursday, August 16<sup>th</sup>** is a big day here at the Senior Center. It is the last gathering for our Bridge the Gap program, a real celebration which will be also a celebration of summer, friends, food, and BLUEBERRIES!! Come and bring a favorite brunch specialty (with blueberries, if possible). **Festivities begin at 10:00.** Plans are still in the making at press time, but food will be a primary element and it will all be free!

*Men's Breakfast **Monday, August 13***

Summer is in full swing and we will have one more opportunity for stories before the leaves fall. This time men should come with the story of "My First Car". How many years and Models will we have represented? And to all you antique car buffs feel free to have some interesting examples in the parking lot as well. See you all at 8:00 for the Men's Breakfast.

*Bocce Ball Repeat in September*

About ten folks enjoyed the camaraderie in front of the American Legion while participating in the July 13<sup>th</sup> Bocce Ball Party. People can keep in practice at the Great Barrington Senior Center on Thursdays at 10 until another scheduled event in September. Do I hear a challenge to the GB Team?

*Sit to be Fit Resumes in September*

August 7 will be the last class until resuming on September 4. Have a couple weeks off and return with enthusiasm and vigor!

*Mohegan Sun is Destination for **August 22***

A bus trip is scheduled to leave the Senior Center at 7:30AM on Wed. the 22nd with a pick-up at GB SC at 7:45. Return time will be around 6. The cost is \$30 so please reserve and pay for your seat early. Dawn Massini will again be your guide but YOU are responsible for your losses (and your winnings!)

*Thanks and a Hat Tip To:*

**Frank Clarke** for erecting our new bulletin board purchased by the Friends.

**Dale Smith** who designed and constructed a very attractive and practical table storage unit with town funds.

*Heads up! Scams are still out there!*

Unfortunately there are those who continually try to take advantage of others. Two rather recent situations we should all watch out for. One follows in the wake of the Supreme Court ruling on the Affordable Care Act. People are calling saying that under this Act they need to verify some information, such as account numbers accompanying a bank routing number that they already have, credit card numbers, Medicare ID, Social Security numbers, or other personal information. Another scam is a person saying that your debit card has been locked at Greylack Federal Credit Union. The Federal Trade Commission, the nation's consumer protection agency, cautions you not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit cards, debit your checking account, open new credit card, checking, or savings accounts, write fraudulent checks, or take out loans in your name. If you get a call from someone who claims to be from the government and who asks for your personal information, hang up. It's a scam.

*Fairview Hospital PFAC is here for you*

We are fortunate to have a number of representatives in South County that serve on this state mandated Patient and Family Advisory Council. They are volunteer members of the community that entertain any feedback from patients, families and clients of the hospital and help to promote understanding and communicate that feedback to that institution. The Rev. Annie Ryder and Lois Levinsohn encourage you to reach them through the Senior Center if you have the need. We certainly appreciate their helpfulness.

*Friends are Going Strong*

The Friends of the Sheffield Senior Center is a non-profit group dedicated to raising funds in support of the Sheffield Senior Center and the Council on Aging. The Friends' Board of Directors consists of people who are committed to making the Sheffield Senior Center a vital and active part of our community. We recognize and thank those serving this year: Claudia Martin, President; Michelle Harwood, 1<sup>st</sup> VP; Norma Moulton, 2<sup>nd</sup> VP; Kathy Posey, 3<sup>rd</sup> VP; Tom Tighe, Treasurer; Gail Tighe, Clerk; and Directors, Teresa Bellizzi, Blanche Bennett, Kathy Cashiola, Frank Clarke, Sharon Milukas, Kathy Nourse, George Oleen, Pauline Schumann, Dorris Van Deusen, and Winnie Veretto. Thank you all for doing so much in promoting our Senior Center.

*The COA and the Friends express our thanks to Grace Campbell for all she has done for the Senior Center. We hope that she has some plan for involvement in some way in the near future.*

*Interesting August Programs Offsite*

Sheffield Farmers Market – Fridays	<b>Aug. 3,10,17,24,31</b> , 2:30-6:30
Berkshire Choral Festival Concert	<b>Aug. 4</b> , 7:30
Annual Parish Fair at Episcopal/Lutheran Church	<b>Aug. 4</b> , 9-3
Sheffield Antiques Show at High School	<b>Aug. 10,11,12</b> , 10-5, 10-4(Sun)
American Legion Chicken BBQ	<b>Aug. 19</b> , 12-3
Mumbet Day at Ashley House	<b>Aug. 21</b> , 5-7
Kiwanis/Fire Dept. Steak Dinner	<b>Aug. 25</b> , 4:30-7
Meals on Wheels	Weekdays except Holidays
Sheffield Food Pantry at Old Parish Church	Mondays, 9:00 AM
Breaking Bread Kitchen at American Legion	Thur. Evenings 5:30-6:30

# AUGUST 2012

			1 9 Morning Stroll 10:00 Wii Bowling	2 9 Exercise Class 10 Bridge the Gap	3 9 Coffee & Conversation 11:30 Funny Flix Friday	4
5	6 11:30 Macho Movie Monday 12 Bridge Group	7 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie	8 9 Morning Stroll 10:00 Wii Bowling	9 9 Exercise Class <b>10 Blood Pressure Clinic</b> 10 Bridge the Gap	10 9 Coffee & Conversation 11:30 Funny Flix Friday  Cornfest at Farmer's	11
12	13 <b>8 Men's Breakfast</b> 11:30 Macho Movie Monday 12 Bridge Group	14 9 Exercise Class 11 Knit & Stitch 11:30 Movie	15 9 Morning Stroll 10:00 Wii Bowling	16 9 Exercise Class 10 Bridge the Gap <b>10 Blueberry Festival</b>	17 9 Coffee & Conversation 9:15 COA Meeting 11:30 Funny Flix Friday	18
19  12-3 American Legion Chicken BBQ	20 11:30 Macho Movie Monday 12 Bridge Group	21 9 Exercise Class 11 Knit & Stitch 11:30 Movie	22 8 Trip to Mohegan Sun 9 Morning Stroll 10:00 Wii Bowling	23 9 Exercise Class 10 Wii Bowling	24 9 Coffee & Conversation 11:30 Funny Flix Friday	25 4:30-7 Kiwaniis/ Fire Dept. Steak Dinner
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