

I've learned that being kind is more important than being right

--A bit of wisdom from Andy Rooney

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

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Sheffield, MA 01257

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Presidential Primary – Tuesday, March 6, 7AM-8PM
Call the Senior Center for a ride

Exercise Class, Wii Bowling, and Sit To Be Fit Class moved to
American Legion on March 6 because of Voting
All other activities remain at the Senior Center

*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)*

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

March 2012

Director Thoughts:

March 18th marks the beginning of the second year that your Senior Center has been located at 25 Cook Road, fondly referred to on occasion as the “Cook Road Clubhouse”, only because the thought of the word “Senior” Center is a hard pill for many to swallow. The approaching move one year ago from Dewey Hall made some very nervous with the thinking that the new location would be a bit out of the way. No longer could folks check their mail, go to the bank, even buy lottery tickets! and drop in to say hello at the Senior Center – all within 30 yards and one parking stop. I am happy to say that the move to 25 Cook Road has made the Sheffield Senior Center a destination of its own for many. Increased space for parking, added interior space to plan activities and programs, and an attractive, sun filled, welcoming atmosphere have made it easy for many more folks dropping by and participating. I hope that the second year will continue to include increased use, continued work on the physical plant and environs, the creation of interesting programs and activities, and the Sheffield Senior Center as the first stop for folks needing information and referral help by a capable and dedicated staff. Thank you for all your support and your ideas for the future.

John-Arthur Miller

Center News

Men's Breakfast will continue

The second Men's Breakfast was a popular activity experienced by twenty eight participants sharing food, conversation and stories focusing on “My First Job”. Some belly laughs resulted from stories of a young welder doing “a job” on a police cruiser, a pin setter holding his own with a nasty bowler, a potato picker, photographer, and a number of farmers. Another chance at a free Men's Breakfast will be **April 18th** when stories concern “What I Love The Most and Is Not Human”. Mark your calendar.

Blood Pressure Clinic Cut for remainder of FY12

Unfortunately, because of funding issues, Sheffield Senior Center will not host the monthly Berkshire Visiting Nurses Blood Pressure Clinics. Hopefully they will again be offered monthly starting in July. Those needing assistance please call the Senior Center for information on possible options in the surrounding communities.

Thanks and a Hat Tip To:

Eileen Clarke who provided two delicious casseroles for the Men's Breakfast. (Frank tried to take credit!)

Frank Clarke, Jeff Browne, George Oleen for setting up, cooking (all but the casseroles), and cleaning up.

Dawn Massini for another interesting presentation on “Share Your Travels” series.

Paul Obrien who continues to head up the Senior Life History Project through April 12.

Marsha Kenyon for filling in for the vacationing exercise czar Sandy French.

Tammy Flynn, Center Liaison for the newly opened Berkshire Health Wound Care Center for her talk on Caring for the Skin You're In.

Lots of Good Wishes To:

Bob Van Deusen, Gail Tighe, and Martha Eggenberger who are recuperating from some serious health issues. If people don't mind letting us know, Barbara and I love sending get well cards!

3rd Thursday in March – Irish Celebration

March 15th will be a Pot Luck to celebrate St. Patrick's Day as well as our first year at 25 Cook Road. Kathy Staropoli, member of the COA will be at the ivories with her gang of musicians to play some Celtic music, and lead some Irish melodies with all you Irish eyes smiling! Bring your favorite dish to pass. Barbara is looking for some corned beef dish contributions. Give her a call.

Qigong and Zumba to resume in March

These two programs will again add to our regular Exercise Class and the new Sit To Be Fit class as options for improving our physical and mental health. Consult the calendar for times and call the Senior Center for details and connections. Keep moving! Use it or lose it!

“My Life, My Health” Workshop Offered

Elder Services of Berkshire County in collaboration with Fairview Hospital will be presenting this free six week workshop for anyone living with ongoing health conditions. This workshop, developed by Stanford University, will be held on Fridays at Fairview Hospital from 1-3:30 beginning **March 23rd**. To register, call Fairview Hospital’s Community Relation Office at (413) 854-9606 or contact Winnie Veretto (also our S.H.I.N.E. Volunteer) with any questions. Her number is (413) 528-1556.

Friends of the Sheffield Senior Center News

Sharon Milukas has recently been appointed a Director and joins other Friends in Senior Center fund raising to promote activities, programs, and provide for materials, supplies and equipment. You might recognize Sharon as a long time teacher and the daughter of our veteran Assistant Director Barbara Fletcher. Congratulations Sharon and welcome aboard!

Fund raising events on the horizon are the **April 14th** concert benefit at Dewey Hall featuring recording artists Romeo and Lockwood with a “tribute to the legends of country music & the oldies” in addition to a reprise of the successful tag sales of the past. This one will be **June 2nd**, so save your donations and your buying power! More on both these dates will be forthcoming. And thanks to all the Directors and there helper Friends for their dedication and hard work:

Claudia Martin	Michelle Harwood	Norma Moulton	Kathy Posey	Tom Tighe
Gail Tighe	Pauline Schumann	Winnie Veretto	Frank Clarke	George Oleen
Blanche Bennett	Kathy Cashiola	Teresa Bellizzi	Kathy Nourse	Dorris Van Deusen

Helpful Words By Virginia Stanton Smith, Attorney

You should know:

- The Health Care Proxy Form must be signed by you in the presence of two witnesses. The original should be kept in a safe place in your home, and copies given to your named agents, your primary care physician and to the hospital nearest you.
- Guardianship laws in effect since July 2009 state that an incapacitated person cannot be moved to a nursing facility without the consent of his/her health care proxy or guardian.
- “Living Wills” are not recognized under Massachusetts Law.
- A Power of Attorney is a written designation providing permission for someone to act and make decisions for you with regard to specific matters. Their powers are limited and will lapse if you become incompetent. However, someone named as your Durable Power of Attorney is able to act on your behalf even if you become incapacitated. This arrangement should be drawn up by an attorney and signed in the presence of a notary public.

Even though many of us do not like the idea of preparing for sickness or incapacity, it is prudent to take action and get one’s personal matters in order. Careful, thoughtful planning now that includes your loved ones will help minimize expenses and stress later on.

Interesting March Programs Offsite

Bushnell-Sage – “Death in Shorts-Women Writers-Mystery Short Story”	Mar. 6, 7:00PM
Folk Music at Dewey Hall – “Matching Orange”	Mar. 3, 7:30PM
Sheffield Historical Society – Political Cartoons - Paul Banivicus	Mar. 9, 7:30PM
“Diggin” for Ancestors Genealogy Class at Claire Teague Senior Center	Tuesdays, 10-11:30, call to reserve
Meals on Wheels	Weekdays except Holidays
Sheffield Food Pantry at Old Parish Church	Mondays, 9:00 AM
AARP Tax assistance at Claire Teague Senior Center.	Wednesdays, 9-12, call to reserve
Mount Everett Restaurant – drop in or take out	Wednesdays, 11-12:45
Library Knitting Group at Bushnell-Sage Library	Wed. Evenings 6-8
Breaking Bread Kitchen at American Legion	Thur. Evenings 5:30-6:30
Knitting Together 1 st Wed. 3:30 Our Lady of the Valley Parish Hall; 3 rd Sat. 11:00 Episcopal/Lutheran Church	

March 2012

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Sat urd av
				1 9 Exercise Class 10 Wii Bowling 1 Writers Forum 3 Senior Life History Project 5:30 Breaking Bread at AL 6:30 Finance Committee	2 9 Coffee & Conversation 11:30 Funny Flix - <i>Attendees Choice</i>	3
4	5 9 Foot Clinic 11:30 Game Day 11:30 Macho Movie- <i>Lethal Weapon</i>	6 7AM-8PM Presidential Primary *9 Exercise Class *10 Wii Bowling *10:15 Sit to be Fit 10:15 Tues. Knitting 11:30 Movie- <i>Some Like It Hot</i>	7 9 Morning Stroll 10 Computer Help	8 9 Exercise Class 10 Wii Bowling 10 For Arts Sake 1 Writers Forum 3 Senior Life History Project 5:30 Breaking Bread at AL	9 9 Coffee & Conversation 11:30 Funny Flix - <i>The Music Man</i>	10
11	12 11:30 Game Day 11:30 Macho Movie- <i>Lethal Weapon2</i>	13 9 Exercise Class 10 Wii Bowling 10:15 Sit to be Fit 10:15 Tues.Knitting 11:30 Movie – <i>What's Up Doc?</i>	14 9 Morning Stroll 10 Computer Help 1 Qigong	15 9 Exercise Class 10 Wii Bowling 12 3 rd Thur. Lunch 1 Writers Forum 3 Senior Life History Project 5:30 Breaking Bread at AL	16 9 Coffee & Conversation 9 COA Meeting 11:30 Funny Flix - <i>The Polar Express</i>	17
18	19 11:30 Game Day 11:30 Macho Movie- <i>Lethal Weapon3</i>	20 9 Exercise Class 10 Wii Bowling 10:15 Sit to be Fit 10:15 Tues.Knitting 11:30 Movie – <i>Scoop</i> 11:30 Friends Meeting	21 9 Morning Stroll 10 Computer Help 1 Qigong	22 9 Exercise Class 10 Wii Bowling 10 For Arts Sake 1 Writers Forum 3 Senior Life History Project 5:30 Breaking Bread at AL	23 9 Coffee & Conversation 10:30 Zumba 11:30 Funny Flix - <i>Man of the Year</i>	24
25	26 11:30 Game Day 11:30 Macho Movie- <i>Lethal Weapon4</i> 12 Share Your Travels – Fred Harwood Travels through Europe	27 9 Exercise Class 10 Wii Bowling 10:15 Sit to be Fit 10:15 Tues.Knitting 11:30 Movie – <i>Out To Sea</i>	28 9 Morning Stroll 10 Computer Help 1 Qigong	29 9 Exercise Class 10 Wii Bowling 1 Writers Forum 3 Senior Life History Project 5:30 Breaking Bread at AL	30 9 Coffee & Conversation 10:30 Zumba 11:30 Funny Flix - <i>Oklahoma</i>	31
		* At American Legion				