

GET YOUR FLU SHOT!  
Friday, October 9, 9-10:30  
Dewey Hall

AVAILABLE FOR A FIRST TIMER ONLY  
1 Free appointment with Jane Kelly, Certified Foot Nurse  
Call Sheffield Senior Center if interested

# *Sheffield Senior Crier*

PO Box 327  
Sheffield, MA 01257

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SHEFFIELD, MA  
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**Open Hours!!!**  
**Monday-Friday**  
**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-Fri, 9-2:30 John-Arthur Miller, Director Telephone 229-7022  
Barbara Fletcher, Assistant Director*

## **October '09 Calendar of Events**

|  |   |
|--|---|
| Flu Clinic – Regular seasonal flu shots available<br>(Medicare card or \$22)(no appointment necessary)                 | Fri, <b>Oct 9</b> , 9-10:30   |
| Columbus Day – office closed (no MOW)  | Mon, <b>Oct 12</b>  |
| AARP sponsored program at Claire Teague Center<br>Gary Loveille, Local Historian and Author (see article)              | Tue, <b>Oct 13</b> , 2:00   |
| Council On Aging (COA) Meeting   | Mon, <b>Oct 19</b> , 4:30   |
| Falls Prevention – Making Every Move Count (see article)   | Wed, <b>Oct 14</b> , 9-11:30  |
| 3 <sup>rd</sup> Thursday Lunch– A Hearty Meal for \$6<br>Program : Millie Gravel produces “Funshine-Recession Therapy” | Thur, <b>Oct 15</b> , Noon  |
| Construct Walk to Prevent Homelessness (see article)   | Sun, <b>Oct. 18</b> , 11:30   |
| CAC Fuel Assistance Program – at Claire Teague SC (see article)  | Wed, <b>Oct 21</b> , 10-12  |
| Healthy Communities Access Project (CHP) - at Dewey Hall   | Mon, <b>Oct 19</b> , 10-12  |
| Out to Lunch Bunch – Restaurant TBA (BYOPocketbook)  | Thur, <b>Oct 22</b>   |
| Gregory Maichack – The Art of Pastels (see article)  | Mon, <b>Oct 26</b> , 12:30-2:30   |
| S.H.I.N.E. Presentation – Winnie Veretto   | Thur, <b>Oct 29</b> , 10-11   |
| Physical Fitness/ Exercise Class   | Tuesdays & Thursdays, 9-10  |
| “Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn)<br>October- Potpourri  | Tuesdays, 11:30 at Dewey<br>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<br>( <b>Oct 7</b> ) ( <b>Oct 16</b> ) |
| 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.*

*COA Director Thoughts:*

*October is a full month. It's time to remove the gladioli and put in the tulips and daffodils. And it's time for planning.*

*Planning for 2010 health care - Although some things like Prescription Advantage have open enrollment times, most supplement programs change every year so it is good to review them early in case some things have changed and the paperwork can be completed by January 1<sup>st</sup>. Winnie Veretto, our S.H.I.N.E. volunteer, is ready and willing to help you sort these things out but you should prepare early. Call the Senior Center and/or pick up a one-page info sheet to fill out for her. This will enable her to get a head start with your unique situation and will also help her to organize her busy season.*

*Planning for winter heat - Get those furnaces and chimneys checked and cleaned.*

*Community Action Council will be registering folks for fuel assistance on October 21 at Claire Teague Senior Center.*

*Planning defense for sniffles and more serious maladies – Flu Clinic for the Seasonal Flu will be held Oct 9 at Sheffield Senior Center. Bring your Medicare Card or \$22 to receive your flu shot between 9-10:30.*

*Be prepared, prepared, prepared – the model of a good scout (and a smart senior). Call us or drop in the Senior Center if we can help!*

*John-Arthur Miller*

## **Center News**

### *Making Every Move Count!*

October is National Physical Therapy month. To celebrate PT month and to further serve the community, Ann Marie Sills, Clinical Supervisor of Fairview Hospital's Rehabilitation Department is announcing free screenings for seniors to identify falls risk. The screening will include a brief interview and a balance test, which would identify folks who might be at risk and suggestions for help in reducing these risk factors. Each year 33-40% of folks over 65 require medical care as the result of a fall and a significant number of falls can be prevented. So, call for a balance test October 14<sup>th</sup> between 9:30-11:00. Come see John-Arthur dance on one foot! See you there.

### *Movie Mondays & Tuesdays in October – FREE!*

|   |   |
|---|---|
| <p>Mondays at <b>Claire Teague</b> – 12:00<br/>Oct 5 – <i>Philadelphia Story</i> – 1940<br/>Oct 19 – <i>Laura</i> – 1944<br/>Oct 26 – <i>Blackboard Jungle</i> – 1955</p> | <p>Tuesdays at <b>Dewey Hall</b> – 11:30<br/>Oct 6 – <i>The Way We Were</i> - 1973<br/>Oct 13 – <i>You've Got Mail</i> - 1998<br/>Oct 20 – <i>Mrs. Brown</i> - 1997<br/>Oct 27 – <i>Sleepless in Seattle</i> - 1993</p> |
|---|---|

### *Pastel Painter Gregory Maichack is Back!!*

For all those who missed him a couple years ago Gregory will be returning on October 26 for a Pastel Workshop from 12:30-2:30. This wonderful experience is open to all and is being made available thanks to the Sheffield Cultural Council. You need NOT be an experienced artist to enjoy this session. Call the Senior Center to reserve your spot for this free event. All materials are provided.

### *S.H.I.N.E. Volunteer Counselor Available*

An early suggestion! Be sure to save all info you receive in the mail concerning your Medicare D drug companies. These plans change every year and it is best to review what you have along with other options if your needs have changed. Also you should save info received concerning your Prescription Advantage – the Massachusetts Supplement. ALL this info should be kept in a folder to review with help, if needed. Our S.H.I.N.E. volunteer Winnie Veretto will be giving a brief talk **Oct. 29** and will start to set up appointments for those needing some help. In order for all paperwork to be in and on time for the start of 2010 it is suggested that your decisions and plans be finished by Dec. 4<sup>th</sup>. So, start to save information that you receive NOW!!! Drop by to get a colored folder in which to put it all. We have yellow, blue, green, or orange! At the same time, fill out a brief one-page info sheet so that Winnie (Volunteer heroine of the healthcare red tape) can get a head start for you.

### *Gary Loveille to Speak at AARP Event*

This local historian and author will narrate a presentation at 2:00 October 13 on vintage film clips taken of Great Barrington and Southern Berkshires. Gary, who presented a local film from the 50's, *The Vengeance Trail*, at one of our 3<sup>rd</sup> Thursday lunch programs, this time will show footage from the 1920s through the 1940's. Some have never been seen by the public before! The talk will be hosted at the Claire Teague Senior Center. Don't miss it!

### *3<sup>rd</sup> Thursday in October – Another Millie Gravel Extravaganza!*

**October 15 – 3<sup>rd</sup> Thursday Lunch at Dewey Hall** – Come join us for a hearty meal. Then enjoy Millie Gravel and friends for a presentation of “Funshine – Recession Therapy”. All for just \$6!

### *Looking Ahead to November*

**Nov. 2 – BINGO! At Claire Teague.** The Great Barrington has invited us to play from 10-11:30, then stay for lunch – either brown bag it or try out the Meals on Wheels congregate meal for a suggested donation of \$2. Directors Miller and Tillinghast will be calling the numbers!

**Nov. 7 – Authors Day at Bushnell Sage Library.** Join other readers to meet many local authors from 10-12. Don't miss this annual event!

### *Fuel Assistance Available Thru Community Action Council*

**Oct. 21** is the day that Community Action Council will be holding interviews for South County at Claire Teague for all interested folks who may be eligible for fuel assistance. Call Sheffield Senior Center or the Claire Teague Senior Center to set up an appointment. Help is also available through various other programs when eligible. Call for information.

### *Raffle Tickets for Phyllis Samuels Quilt Available plus Other Goodies!*

The Friends of the Sheffield Senior Center has received a beautiful twin bed quilt made by Phyllis Samuels to raise money for the new Senior Center. Tickets are \$1 (6 for \$5) and can be purchased at the Dewey Hall Senior Center office. Git on down and git some! The winning ticket is still for sale! The Friends are also offering some attractive pre-owned items such as jewelry, and glassware for sale to raise additional funds for furnishing our new space behind the American Legion. Give a call, come have a look! Thursdays and/or Fridays 10-2 depending on weather!

### *Calling all walkers for Construct Walk to Prevent Homelessness!*

All interested walkers and/or supporters, join John-Arthur, Team Captain (or give him your donations) on or before the walk – Sunday, **Oct. 18** – the day after his birthday! Walk at 1:00