

# Medicare's Open Enrollment Period October 15 – December 7

**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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Flu Clinic Scheduled  
Thursday, October 11, 9:30-11:00

Barbara Fletcher Day at the Sheffield Senior Center  
October 9 at Noon  
Bring Dish to pass, stories, pictures, and warm wishes

*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.*

*Director Thoughts:*

Many of you have “heard” that Barbara Fletcher has plans. Many of you also know how private and humble Barbara is. She has given me permission (after review) to reveal some things in this edition. It is certainly the most important of thoughts that I have as we come to another time of transition here at the Sheffield Senior Center. After 12 years and three Directors, Barbara will be retiring as Assistant Director of the Sheffield Senior Center. Her last day will be October 10. We will have a lunch gathering on **October 9** here at the Senior Center to honor her with good food – your pot luck offerings – good music – Willie Ninenger and his wife will entertain – and great fellowship – sharing stories and pictures – please bring them if you have some! I share my deepest and most sincere thanks to Barbara for the time I have worked with her, her patience, discretion, promptness, unselfishness, honesty, integrity, and all the other wonderful traits that she brought to the job and has demonstrated as a person. I wish her well in her next chapter of life pursuing many things including her love of reading and her work with the visual arts. I have also been assured that she will be a helpful Volunteer in the future, bringing that artistic sense and pleasant, caring way here to the Center often. We will all gather on **October 9 at Noon for Barbara Fletcher Day** at the Sheffield Senior Center! Congratulations and thank you, Barbara!

John-Arthur Miller

## Center News

*Don't Wait Until It's Too Late!*

Medicare plans change every year! This is the time to decide on your coverage for 2013. The Open Enrollment Period is 10/15-12/7. So, save all of those mailing – open them, read them, do NOT throw them away before understanding them and/or getting help. Call the Senior Center for an appointment with your S.H.I.N.E. representative. And, attend Winnie Veretto's S.H.I.N.E. presentation at 10 on Monday, **October 15**.

**3<sup>rd</sup> Thursday in October** – Friends Prepare and Seniors Gather to Visit, Dine, and Listen

The Friends of The Sheffield Senior Center will be supplying an assortment of homemade soups, breads, and salads – a hearty fall meal for \$5 beginning at Noon on **October 18**. The Sheffield Commission on Disabilities will be presenting a program on hearing devices. So, come support the Friends, catch up with the latest doings' at the Senior Center and hear about hearing by the Commission on Disabilities!

*Thanks and a Hat Tip To:*

**Dennis Staropoli** for creating an inventory of our medical equipment that we have accumulated for borrowing.  
**Barbara Fletcher** for her many years of faithful service!

*U & ME READING Mentoring Program Starting*

Katherine Keeler, School Librarian and Media Specialist at Undermountain Elementary School has 25 young students ready to participate! She needs Senior Citizens to lend their time, interest and caring by having lunch, talking and listening to the student, reading aloud with the child, and encouraging the child's interest in reading by exploring and discussing books together. Mentors are not expected to improve the child's reading fluency or decoding skills; this is a mentoring program, not a tutoring program. So, get some one-on-one time during lunch/recess. Call Kathleen at 229-8754 ext. 384 or [kkeeler@sbrsd.org](mailto:kkeeler@sbrsd.org) to get hooked up with a new friend and get them hooked on to reading. You can encourage the building of confidence and self-esteem in our youngsters – and in ourselves!

*Needed for our Exercise Class – Cassette Tape Player (Boom Box) – a used but working one will suffice!*

*Flu Clinic on Thursday **October 11**, 9:30-11:00*

Participants must be 18 or older. There is no charge with the presentation of your Medicare/Mass Health Card. There is a \$20 charge for others. All are encouraged to wear short sleeves to facilitate the procedure.

*Come Celebrate and Congratulate **Barbara Fletcher on October 9!** Pot Luck Lunch Beginning 12:00*

*Loet Velmans to Talk on Personal Experience*

**October 22** will be a very different *Share Your Travels* program. Long time Sheffield resident Loet Velmans will talk at the Senior Center beginning at 11:00 about his life experiences as a Japanese POW during World War II. Some of you may have read his book, *Long Way Back to the River Kwai*. We are very humbled and privileged that he has agreed to talk to us about such a life changing and personal time. Thank you Loet.

*Fall Leaf Peeper Bus Trip!*

Our resident Trip Planner, Dawn Massini has done it again! **October 12** will be a Friday bus tour of the colors with a surprise lunch destination. The cost is \$25 which covers the ride and the lunch. Your lunch choices (4-5 options) can be made when you reserve and pay for your bus seat. You might recall the last fall foliage tour was a wonderful time! Bus (big yellow one with an excellent driver!) leaves the Senior Center parking lot at 10:15. Be there or be square!

*Sand Pail Project*

Meals on Wheels Drivers and Mt. Everett National Honors Society students will be combining efforts this fall on a new project. Students are collecting 5-gallon buckets, decorating them, and filling them with sand/salt. Then they will ride with MOW drivers to deliver them and visit with clients so that protection from ice will be an arm's length from the door! Call the Senior Center if you might have containers to donate or names of home bound folks that could use the service.

*MOW Expansion – Call for New Drivers*

The Meals on Wheels program, run by Elder Services of Berkshire County and facilitated by the Senior Center has had an increase in the number of clients – to a point of seriously considering a second route in order to better assure meals arriving still hot and allowing a couple more minutes for individual wellness checks and friendly hellos with clients. In order to do that we need more volunteer drivers. It is roughly a two hour commitment and there is a reimbursement for mileage. We also face an increased need for drivers in the winter because some of our drivers are snowbirds! Give a call to John-Arthur at the Senior Center for more details.

*Plan Ahead for Holiday Gifts*

The Friends of the Sheffield Senior Center is having a *Holiday & Antiques Fair & Tag Sale* **December 2** from 10-2 here at the Senior Center. Lots of opportunities for acquiring gifts, decorations, crafts and treasures. Vendors are welcome to participate by contacting Michelle of the Friends at 229-3060. Baked goods are welcome as well – delivered ready to sell by 9AM.

*Interesting October Programs Offsite*

Folk Concert with Robert Oakes at Dewey Hall	Oct. 5, 7:30
Silent Auction at Christ Episcopal Trinity Lutheran	Oct. 6, 8-3
Pie Contest at Dewey Hall	Oct. 7, 2-5
Post & Beam Architecture - Sheffield Historical Society at Dewey Hall	Oct.12, 7:30
Boy Scout Annual Roast Beef Dinner at American Legion	Oct.13, 5-7
Roast Pork Dinner at Trinity Methodist Church	Oct. 20, 5-7
Bus Trip to Williams Inn from Claire Teague for Germanfest	Oct. 24, 10:00
Annual Library Book Sale at the Library	Oct. 27, 10-4
Sheffield Kiwanis 3rd Annual Harvest Brunch	Oct. 28, 9:30-12:30
<b>Benefit Concert at Old Parish Church</b>	<b>Oct. 28, 2:00</b>
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

# October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:30 Friends Meeting 11:30 Macho Movie Monday 12 Bridge Group	<b>2</b> 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie 12:30 BOS Meeting Replay	<b>3</b> 9 Morning Stroll 10 Wii Bowling 11 Eurythmy	<b>4</b> 9 Exercise Class 10 Wii Bowling	<b>5</b> 9 Coffee & Conversation 11:30 Funny Flix Friday	<b>6</b>
<b>7</b>	<b>8</b> Closed for Columbus Day No MOW	<b>9</b> 9 Exercise Class 10:15 Sit to be Fit 11:30 Movie 12:00 Barbara Fletcher Luncheon and Willie Ninenger	<b>10</b> 9 Morning Stroll 10 Wii Bowling	<b>11</b> 9:30-11:00 Flu Clinic	<b>12</b> 10:15 Leaf Peeper Bus Trip 11:30 Funny Flix Friday	<b>13</b> 5-7 BSA Roast Beef Dinner at AL
<b>14</b>	<b>15</b> 10-11 S.H.I.N.E. Presentation 11:30 Macho Movie Monday 12 Bridge Group	<b>16</b> 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie 12:30 BOS Meeting Replay	<b>17</b> 9 Morning Stroll 10 Wii Bowling 11 Eurythmy	<b>18</b> 9 Exercise Class 12:00 Soup, Salad, Bread 3 <sup>rd</sup> Thurs. Lunch Commission on Disabilities	<b>19</b> 9 Coffee & Conversation 12:30 COA Meeting	<b>20</b>
<b>21</b> 12:30 Construct Walk in G.B.	<b>22</b> 11 Loet Velmans Personal Experience 11:30 Macho Movie Monday 12 Bridge Group	<b>23</b> 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie 12:30 BOS Meeting Replay	<b>24</b> 9 Morning Stroll 10 Wii Bowling	<b>25</b> 9 Exercise Class 10 Wii Bowling	<b>26</b> 9 Coffee & Conversation 11:30 Funny Flix Friday	<b>27</b>
<b>28</b> 2:00 Benefit Concert at Old Parish Church	<b>29</b> 11:30 Macho Movie Monday 12 Bridge Group	<b>30</b> 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie 12:30 BOS Meeting Replay	<b>31</b> 9 Morning Stroll 10 Wii Bowling			