

*Lawn Chair Movie Tuesday 11:30  
Free popcorn*

*February - Alec Guinness Month  
Call in your favorites*

# *Sheffield Senior Crier*

PO Box 327  
Sheffield, MA 01257

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SHEFFIELD,MA  
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**Winter Hours!!!  
Monday-Thursday  
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 issues that affect them, and assistance in obtaining services  
(Published in part with funding from Executive Office of Elder Affairs)

# ***SHEFFIELD SENIOR CRIER***

*News from the Sheffield Senior Center, Dewey Memorial Hall  
Box 327, Sheffield, MA 01257*

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

## **February Calendar of Events**

Salisbury Ski Jumps	(see article)	Sat, <b>Feb. 7</b> , 1:00 Sun, <b>Feb. 8</b> , 1:00
Council On Aging (COA) Meeting		Tues, <b>Feb. 10</b> , 5:00
Blood Pressure Clinic (call SC for appointment)		Thur, <b>Feb. 12</b> , 9-11
Sheffield Historical Society at Dewey Hall		Fri, <b>Feb. 13</b> , 7:00
	Program: Valentines From Victor Or Edison Meets Nipper	
Community Health Programs – Healthy Communities Access Project		Mon, <b>Feb. 16</b> , 10-12
	(Includes cholesterol, glucose, and blood pressure testing - call SC for appointment)	
3 <sup>rd</sup> Thursday Lunch – Catered by Greta's - \$6		Thurs, <b>Feb. 19</b> , Noon
	School is out!! Bring Grandchildren as guests! Program: Twiggs Myers to talk	
Out to Lunch Bunch – Restaurant TBA (BYOPocketbook)		Thur, <b>Feb. 26</b>
Physical Fitness/ Exercise Class		Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn)		Tuesdays, 11:30
	February – Alec Guinness month	
Knitting Group (meets at Episcopal/Lutheran Church)		1 <sup>st</sup> Wed. 3:00; 3 <sup>rd</sup> Sat. 11:00 (Feb 4) (Feb 14)
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:*

*As we approach another round of budget talks for the FY2010 I would like to thank the Council on Aging for becoming more involved with the process. The nine members are appointed by the Selectmen and serve in an advisory capacity to me as your Director. January and February are beginning months of budget planning with Joseph Kellogg, Town Manager, meeting with department heads and having the very difficult job of preparing and presenting his recommendations to the Town Finance Committee who then recommend to the Select board and ultimately to us, the citizens of Sheffield, a budget plan for the use of our money in the caring for and running of our community. All of us then have a voice at Town Meeting on May 4<sup>th</sup> this year to vote on all parts of that budget and I am proud of the Council on Aging for their help and advice in the planning, proposing, and the ultimate spending of our little "piece of the pie". How little? You might ask. Our Town budget this year was a tad under \$8 million, with a healthy chunk – a little over \$5 ¼ million going to the schools. So, the remaining \$2 ½ (plus) million is what we had for Town operations. The COA this year received \$48,810 – just under 2%. Certainly this is a small amount when you consider that our seniors in Sheffield number over 850 – about 25% of the population, and rising. That works out to about \$57.50 per person per year. Times are tough. AND THEY ARE GOING TO GET ROUGHER! Plans for our new Senior Center have already been put on hold and level funding has been recommended for all departments along with no pay raises. Certainly this will be a year of belt tightening. I urge your support and patience with our Town Manager, the Finance Committee, Select board, and with me as your Director and advocate in this difficult time of stretching dollars and making hard decisions. Our advocates at the county level at Elder Services, at the state level at Elder Affairs, with Rep. "Smitty" Pignatelli, Sen. Ben Downing, Secretary Mike Festa, and our Gov. Patrick are all on our side and hard at work doing the best with the available dollars. Even our new Federal Administration has told us that the times will be tougher before they get better. I'm convinced that our united positive attitude and support will finally see us through. In tough times Americans seem to have always come together to make good out of a bad situation and has gained hope from disappointment. Dear Seniors! Stay positive. Be well. Stay informed. Keep our town enlightened as to the importance of your needs, your wisdom, your talents, and your willingness to remain at work in bettering our community.*

*John-Arthur Miller*

### **Center News**

#### *TV Converter Box Coupon Program*

By the time you read this the deadline for changing from analog to digital most probably will have been extended to June rather than the much publicized Feb. 17 date. However, The Senior Center has received a donation of two \$40 coupons for someone needing the conversion. Give us a call. These two coupons must be used by March 26<sup>th</sup>. We thank the donor.

### *83<sup>rd</sup> Annual Salisbury Ski Jumps*

All interested in winter sports! February 7 and 8 Salisbury, CT. will again host their Invitational Championship at 1:00 on Saturday and the US Eastern National Championships at 1:00 on Sunday. Entrance for adults is \$10 with free parking. There will also be an Ice carving competition that can be observed both days on the lawn of the White Hart Inn. If you are interested in braving the elements and observing some air-born humans call the Senior Center and we will put you in contact with Sandy French or Grace Campbell who are arranging a car pool. They suggest dressing warmly. Hand warmers and cowbells are “der rigeur”, and hot food is available.

### *Some Sad News*

Charles “Bill” Bennett passed away last month. All of us knew Bill as a very giving and friendly person. He was involved and gave of himself to many in small and large ways. His involvement with the Council on Aging was large over the years and he was also the Sheffield representative to the Southern Berkshire Elderly Transportation Corporation until his death. We will miss his help and his many “fix it” talents as well. Our thoughts are with his bride of 62 years. Give Blanche a call to say hello and support her in this next chapter of her life.

### *Health for Seniors Symposium a successful beginning*

Over 60 folks attended this symposium at the Sheffield library and listened to three Doctors and an Elder Law Specialist give talks focusing on various concerns of elders. Two hours stretched into two and one half at this forum put together by Sheffield resident Ann Shanks who added charm and style as the hostess and MC. Hopefully there will be more of these informative talks in the near future.

### *3<sup>rd</sup> Thursday Lunch in February Catered by Greta's*

Greta's lasagna is back! On February 19 at noon a Lincoln bill plus a Washington bill will get you a great lunch, lots of friends – perhaps even another generation – and a wonderful talk by Twigs Myers, long time resident and retired school teacher. Since that is vacation week for our schools you are urged to bring a guest! A grandchild, son, daughter, niece, nephew, great grandchild, or friend will do. Let's see how many generations can have lunch together! Cost again is \$6---but--- anyone under age 18 is a guest for FREEE! We expect two hours of fun, wisdom, stories, and satisfaction! Be there or be square!

### *Berkshire Senior*

Be sure to read the February edition published by Elder Services of Berkshire County! The front page features an article on two of our own here in Sheffield with a GREAT picture! Congratulations Carl and Pauline! (see back of this page)

*Get off your duff!*

This is a gentle push to remind you that the exercise gang is waiting for you on Tuesdays and Thursday mornings from 9-10. If you have taken “retirement from action” it’s time to get back into it. This is just the thing for you! Sandy French, Instructor is VERY understanding and encourages all levels of participation. She firmly believes in the idea of doing what you can, so you should not feel shy about “sitting out” some minutes from time to time. You won’t be alone but you will have a great time for only \$6/week!

*Lawn Chair Movie Tuesdays in February*

Alec Guinness will be the featured artist in four of his movies this month. Bring your brown bag lunch, enjoy free popcorn and coffee for the following feature films:

Feb 3 – *The Lavender Hill Mob* - 1951

Feb 10 – *Little Dorrit* - 1988

Feb 17 – *Kind Hearts and Coronets* - 1949

Feb 24 – *The Bridge on the River Kwai* – 1957

Curtain at 11:30. (lawn chair optional – we are indoors!)

*New project planned*

Do you enjoy reading aloud? To children? Here is a chance for you. Undermountain Elementary and the Sheffield Senior Center are working on a collaboration in which some of our folks will be regularly attending class to read to our younger generation. If interested please call the Senior Center and talk with John-Arthur who is scheduling this with Tom McGuire, Principal and the teachers at the school.

*Thanks and a Hat Tip to:*

**Carolyn Bertuzzi Luciani**, our Canadian visitor, who gave a wonderful and inspiring address at our 3<sup>rd</sup> (5<sup>th</sup>) Thursday Lunch in January. In addition, Carol did a plethora of volunteer projects in the Sheffield area throughout the week to give back to the community who helped educate her three children at Berkshire School. Thank you Carole! Wonderful to meet and hear you!

**Minnie Golden**, who on February 11<sup>th</sup> has yet another birthday!! Is this 100 or 101, Minnie? We still talk about the wonderful party her family threw for her birthday last spring. Congrats, Minnie!

**Grace Campbell** who practically single-handedly cleaned the Senior Center section of the Dewey Hall basement, carted a vanload of junk to the dump, and continues to make improvements to keep our Senior Center attractive and physically more functional. Thanks for keeping Barbara and John-Arthur on their toes!

**Jackie Weaver, Lovina Gulotta, Deborah Curran**, and any other “sitters” who held the fort while paid staff was out “on the road”.



This picture of Carl and Pauline was taken by Pauline's daughter and appears along with an article about them in the February edition of *Senior News*.

This is our first attempt at including a pix in our Sheffield Senior Crier.

It's a pretty good won! Thanks Carl and Pauline!