

Sheffield Senior Crier

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September/October 2022 Newsletter

25 Cook Road Sheffield, MA 01257 413-229-7037 Hours: Monday—Friday 9am—4pm

Senior Center Closed:

September 5th - Labor Day

September 6th - Primary Day - Open for Voting

September 10th is the Sheffield Town Fair

September 13th - Center Closed: Cook-Out at
Town Park

October 10th - Columbus Day

"A mind is like a parachute. It doesn't work, if it is not open". - Frank Zappa

Our Goal: to facilitate seniors' abilities to enjoy a high quality of life.

Our Mission Statement...to provide life-enriching activities and relevant information on issues that affect seniors and to assist them in obtaining services necessary to their well-being.

(Published in part with funding from the Executive Office of Elder Affairs)

Kathie Loring, Executive Director: kloring@sheffieldma.gov

Lori Neil, Assistant to the Director: Ineil@sheffieldma.gov

...SUMMER FUN...



Art Class with Ellen is back on 9/20! Tuesdays 11 am - 2 pm



THE POPULAR MEN'S BREAKFAST IS BACK! Monday, September. 26, & October 31, 2022 AT 9 AM. Call 413-229-7037 to reserve a seat.



Join us for Crafts with Nan Wed. and Fri. 11 am - 2 pm

Greeting Card Workshop
Card making with Michele Wolfe. Join in the creative journey and construct your own unique and beautiful greeting cards. (5 cards for \$10) Mon., Sept. 12, & Thursday, Oct. 27, 2022 at 12:30 pm. Call 413-229-7037 to reserve a seat.



Jewelry Workshop

Make a beautiful Necklace with Beth Anstett on Monday, Sept. 19th & Monday, October 17th, at 12:30 p.m. Necklaces: \$10
Bracelets: \$5 & Earrings: \$5. Call 413-229-7037 to reserve a seat.



Knit & Stitch: Fridays 11am—2pm



Leo - Let's eat out...

Our wildly popular antidote for boredom...Join in and dine out... Thursday, Sept. 15th at **Four Bros. Pizza** in Gt. Barrington at 5 PM and Tuesday, Oct. 18th at the **Fiddlehead Restaurant** at 5 PM.. Call 413-229-7037 to reserve a seat.



Holiday Tree Decoration Workshop...

with Barbara Delmolino on September 1st & 12th at 2:15 pm. Call 413-229-7037 to sign up.



Brown Bag Food Program

The Food Bank of Western Massachusetts supplies food for Seniors who qualify on the second Wednesday of each month. You can fill out paperwork to register at the Senior Center for this program.

COVID-19 VACCINES



For a full list of locations to receive a booster visit
vaxfinder.mass.gov

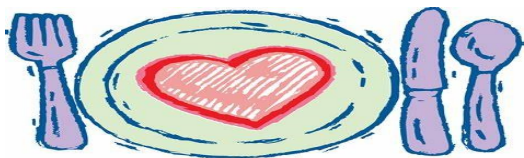
To book at a particular pharmacy site, select a date 7-10 days ahead.

For Individuals who are unable to use Vaxfinder, or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line can help schedule appointments by calling 2-1-1 and following the prompts for assistance (Monday through Friday from 8:30 am to 6:00 pm, Saturday and Sunday 9am-2pm)



Meals on Wheels

Our Volunteers deliver meals every week day sponsored and prepared by Elder Services of the Berkshires. If you would like to receive this service please call Elder Services at 413-499-0524.



COMMUNITY DINNER

Community Meals: Every Wednesday & Friday at 12 Noon. Join us for lunch provided by Elder Services of Berkshire County. A suggested donation of \$3.00 for those 60 and older and \$8.00 for those under 60 years of age. Veteran's Support Services are provided on the 1st and 3rd Wednesday of each month allowing Veterans to eat for free! Please call to register by 11am on the day before @ 413-229-7037.



Tech Support w/Ron Terry: Ron has three, half-hour slots on Tuesdays beginning at 2:00 pm. Call 413-229-7037 to reserve your slot. He will meet with you at the Claire Teague Senior Center in Great Barrington.



Each Year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole"

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. Prescription Advantage can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For more information about Prescription Advantage, call Mass Options at 1-800-243-4635, Monday through Friday, 9:00 am to 5:00 pm, or visit: prescriptionadvantagemma.org.

Information provided by MA Exec. Office of Elder Affairs.



LOOKING FOR DONATIONS:

- Decaf. Coffee
- Pre-packaged snacks
- Sugar & Sweet & Low

Fitness Classes \$4 or \$25/month.

Small Group Personal Training is \$20/month.

- Breath & Movement w/ Suzanne Mon. @ 1 pm. Increase your overall health and wellbeing through breath and movement.
- Aerobics and Strength Training with Sandy on Tues. and Thurs. @ 9 am
- Cardio Drumming with Elaine on Fridays @ 1 pm (limited space) Music, movement, fun.
- Chair Yoga with Crystal on Thursdays @ 1 pm
- Personal Training with Elaine: Friday @ 9 am: (limited space) improve your balance, mobility, and strength. Customized for each participant.

Games!

- Bridge: Mondays at 10:30 am
- Chinese Mah Jongg: Mondays at 2 pm
- Mah Jongg: Tuesdays at 10:30 am
- Bingo: Wednesdays at 12:45 pm
- Pitch: Wednesdays at 1 pm



Transportation Services

(Rides are \$4 round trip)

Our van runs Monday-Friday 9 am - 4 pm. Please call us at 413-229-7037 at least 48 hours in advance to schedule a ride.



HAIR APPOINTMENTS

Jennie Gebo offers Haircuts for \$20 on the 1st and 3rd Fridays starting at 10 AM.

Call ahead for an appointment. 413-229-7037



BIG Y Pharmacy will be offering flu shots available at the Sheffield Senior Center on Thursday, October 13, 2022. Call 413-229-7037 to reserve your slot.



Blood Pressure Clinic on the second Thursday of each month at 10-11am sponsored by the Southern Berkshire Public Health Collaborative.

Walk-Ins Welcome.



FOOT NURSE

Jane Kelly is at the Senior Center to take care of all Your Toes...On the 2nd Friday of each month. The cost is \$40 per person.. Call for your appointment today 413-229-7037. Appointments begin at 9am

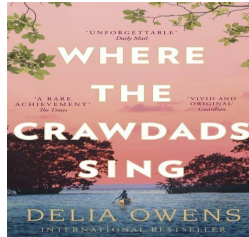


Come and clown around with us at the Sheffield Town Park on Tuesday, September 13, 2022 at 12 Noon. Enjoy hamburgers, hotdogs and fun picnic games.

Observe a clown act performed by "Giggles & Grins" (Marsha Wilson & Sandy French) We look forward to seeing you there. Call 413-229-7037 to make a reservation. FREE



Join us on Wednesday, October 12, 2022 for the 5th Annual **OKTOBERFEST** trip to the Log Cabin in Holyoke, MA. Call 413-229-7037 to reserve your seat.



Join us on Friday, Sept. 30th for Pizza & a Movie. Call 413-229-7037 to reserve your seat.

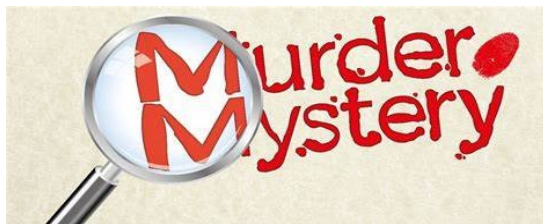
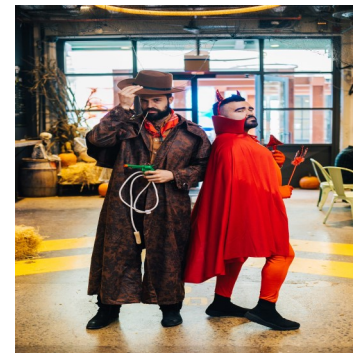


Enter our **pumpkin** decorating contest on Thursday, October 27 at 10:30 am. Bring your decorated pumpkin to the Sheffield Senior Center for a chance to win 1st, 2nd or 3rd prize. Call 413-229-7037 to register your pumpkin.



Join us on Thursday, September 15, 2022 from 3-4 pm with **Paula Almgren, an attorney with Almgren Law Group in Lenox**, to address essential estate planning documents, the rules regarding community based and nursing home Medicaid, and obtaining cash and health care benefits from the VA. Call 413-229-7037 to reserve a seat.

Wear a Halloween Costume on Friday, October 28th to the Community meal and enjoy a free meal!



MURDER MYSTERY – Prepare yourself for an evening of intrigue as you figure out whodunit! Join us on Friday, October 14th at 5:30 pm for "Murder on the Grille", with Salad & Lasagna on the menu. Sponsored by the Friends of the Sheffield Senior Center. Call 413-229-7037. FREE



Please RSVP for all above events at 413-229-7037 or stop by to sign up.



On September 20th at 11 am, join us for Games & Lunch at the Caddy Shack in Canaan, CT. Call 860-824-7037 to sign up. Self Drive/Self Pay .



Berkshire Community Action Council, Inc. (BCAC)
Fuel Assistance Program

Berkshire Community Action Council’s Heating Fuel Assistance Program provides income eligible households with help paying their heating bills. Homeowners and renters may both be eligible to receive help paying their winter heating bills. All primary heating types may be eligible for assistance, including oil, propane, kerosene, coal, cord wood, wood pellets, natural gas and electric. Any household whose gross yearly income falls at or below the program income guidelines for the number of people in the household may be eligible. BCAC has funding available to serve all eligible Berkshire County households. For more information, individuals can call BCAC at 413-445-4503 Monday—Thursday between 9am to 3pm, or the 24 hour information line at 1-866-216-6200. The website is: www.bcacinc.org.



Join Deborah Maia, physical therapist of Slow Motions, LLC, on Tuesday, October 25th from 1:30—2:30 pm for a question and answer talk on common orthopedic problems of the senior population, Bring your questions and concerns. Call 413-229-7037 to sign up.

Cost Savings Strategies Tip #1 from SHINE:

Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (Individual) \$1,984 (Couple)	\$16,800 (Individual) \$25,200 (Couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, Q1-1)	\$1,869 (Individual) \$2,518 (Couple)	\$16,800 (Individual) \$25,200 (Couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs.

*Primary residence and one vehicle are not counted.

SHINE will be at the Sheffield Senior Center on Monday, October 24th, from 9:00 am to 3:30 pm. To register, call 413-229-7037. If you have questions, contact a SHINE counselor or outreach worker at your COA or MassOptions at 1-800-243-4636.

A favorite holiday tradition!

Radio City Christmas Spectacular – **The Rockettes!**



Join us on Monday, December 5th, 2022 to experience the magical line up of the Parade of Wooden Soldiers. Enjoy the wondrous 3D Journey with Santa and his sleigh through the skies of New York.



Prior to the 2:00 Matinee, enjoy a lunch at Jimmy Buffet's Margaritaville Restaurant in Times Square. Soft drinks included and Key Lime Pie for dessert.



Cost: \$185 - Due upon sign up. Make check payable to **The Friendship Tours.**

Cost Includes: Round Trip Coach Bus from Sheffield/Lunch at Margaritaville/
Radio City Music Hall Show/Gratuities.

Call **413-229-7037** for more information or to sign up.

If you are interested in taking trips with the Senior Center, please complete this survey to give us a better understanding of what to offer to the community. The survey can be e-mailed to Kloring@sheffieldma.gov or call us to complete the survey with you over the phone. Call: 413-229-7037.

TRIP SURVEY

To give us a better understanding of what types of trips to offer, please complete this survey. Please circle one answer for each question.

What type of trips do you enjoy?

Museums and Educational Trips

Musical Plays/Comedy Shows with Dinner

Animal Oriented Trips

Trips to the Casino

Local/Shorter Trips

Suggestions: _____

What price would you pay to go on one of these trips?

\$75

\$150

\$200

The trips cost too much

I'm not interested in trips

Are you interested in multi-day trips?

Yes

No

Name: _____ (Optional)