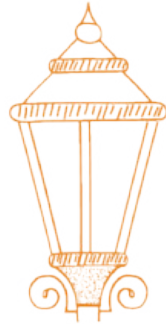


AGAWAM

SENIOR SCENE



Agawam Council on Aging

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SEPTEMBER 2022

NUTRITION PROGRAM UPDATES, CHANGES, AND REQUIREMENTS

Our nutrition program is funded in part by Federal Grant through the Older American's Act of 1966 (reauthorized in 2020)—Title IIIC (OAA). While this plays an important role in the success of our program it only covers about 12-15% of our entire program costs. The town budget, additional grants, and your donations make up a significant portion of the operational support for this nutrition program.

Beginning October 1, there will be some changes related to grant funding and financial needs to run the program. To begin it is helpful to understand the basics of the finances. For those of you who were with us prior to March 2020, you will recall that our Nutrition Program ran only as Dine-In and Home Delivered Meals (known as Meals on Wheels). We ran this program for a donation of \$3 per meal, and on average received about 63% of our donation requests in 2019. That means that for every dollar we asked for as a donation you were able to provide about \$0.63. In 2022, we ran the program for \$2 per meal donation—with about a 75% return meaning that for every dollar we asked for you donated \$0.75, a 20% increase in the donation rate from 2019-2022! That's AWESOME, thank you!

What's not awesome is that at the same time, our cost to run the program

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954 Main Street
Agawam, MA 01001



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Fax: 413-789-4092



Monday-Friday
8:00 am-5:00 pm



Facebook:
@AgawamSeniors
Website:
www.agawam.ma.us

EVENT HIGHLIGHT

Front Page: Nutrition Update and Changes

On Page 5 please look for our movies that will be on Friday.

Page 10 A Night Out with DECADES

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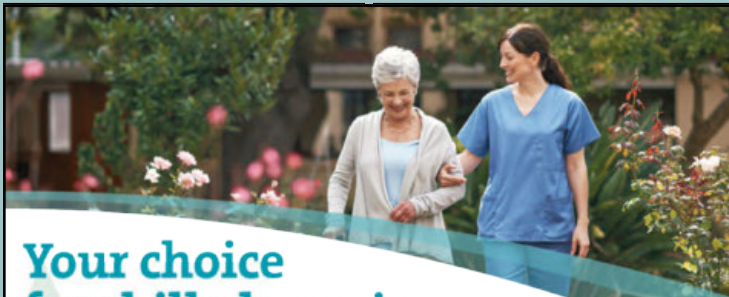
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NEWS FROM OUTREACH

BROWN BAG

Our next Brown Bag pick up will be September 15th between 1 and 3 in the afternoon. If you know someone who is interested in our program, please have them call me at 726-2846. Please drive around to the back of the center for pick up. Please keep in mind the Senior Center buses come and go picking up our seniors who have joined us for lunch. We ask that you do not get in line for pick up until 12:45. This way we can safely let our buses in and out. If you know someone who might be interested in this program, please call Lori at 726-2846.

FREE AND LOW COST AIR CONDITIONERS

It has been a super HOT summer and it not over yet. The Springfield Partners for Community Action through the Weatherization Program offers low income seniors free or low cost air conditioners. Those who are interested can reach out by calling 413-263-6538 and ask for the Weatherization department to apply.

FUEL ASSISTANCE INFORMATION

It's just about time for Fuel Assistance recertification. Some of you will be receiving your recertification forms in the mail. If you already have them and need help filling them out, please feel free to call me for an appointment. It is very important to submit them to Valley Opportunity Council before November 1st.

For those of you who may not be familiar with fuel assistance and would like to know if you qualify, please stop by my office or call me at 726-2846. I will have blank applications by October to help you apply.

As we approach fall, this is the time we like to ask for "personal needs" items donations for our upcoming holiday baskets to be delivered to our homebound folks. Candy, puzzle books, shampoo, toothpaste and toothbrushes, shavers, mittens, gloves and socks are all needed and appreciated. And of course....baskets! If you have any larger size baskets you are not using, we would love to have them. Wrapping paper, bows, etc. also help. We will pick a day before the holidays and invite volunteers to come and help assemble the baskets! We are hoping to deliver 50-60 baskets!

WHAT'S NEW WITH SNAP?

DTA has determined that the rules for verifying medical expenses for public/subsidized housing are similar enough to the SNAP requirements. Elder and disabled participants can now give DTA their rent calculation sheet as proof of their medical expenses for SNAP. The SNAP participant does not need to gather copies of all the insurance statements, medical bills or paid receipts likely already given to the housing agency. As long as the rent calculation worksheet (or similar statement from their housing agency) includes medical

expenses used in the calculation, it can be used for SNAP.

SNAP households can still claim "over the counter" health care cost (cost not considered in the public or subsidized housing rent) by providing proof of these cost to DTA.

Questions? Visit or call Lori at 726-2846.

HEARING SERVICES

October 27, 2022 9:30am

Hearing screening and hearing aid cleaning will begin at the Agawam Senior Center on Thursday, October 27. Gary Winn, a licensed hearing specialist, offers hearing screenings & testing, along with hearing aid checks, servicing & cleaning. Appointments are required by calling the Agawam Senior Center.

OFFICE HOURS

Office Hours with Councilor Russo
Tuesday, September 6 at 10AM

Office Hours with Senator Velis
Monday September 12, 2022
10:30am-11:30am

Legislative Contact Information**Senator John Velis**

52 Court Street, Westfield
413-572-3920

Representative Nicholas Boldyga

District Office Information
413-569-3137 ext 103

Agawam Town Hall

413-786-0400
Fax: 413-786-9927

ACC APPLAUSE SERIES**FRIDAY, SEPTEMBER 9, 2022 7:00PM**

Join us for a spirited evening as “Too Human” presents jazz standards from the Great American Songbook. Performed with vocals, guitar, percussion and upright bass with passion, innovation and humor, the songs and their arrangements are fresh – and are sure to touch your spirit!

This Applause Series performance will also be live streamed on Agawam, Southwick, and Westfield Channel 15. Viewers outside of those towns can enjoy the broadcast in high-def from a browser window by clicking the “Watch” button on www.agawammedia.tv, the “Watch Channel 15” button on www.southwickma.org/channel-15-public-access or “Click Here for Live Stream” on www.cityofwestfield.org/511/Community-Access-TV.

FRIENDS MONTHLY MEETING**Wednesday, September 7, 2022 9:30am**

FRINEDS would like to thank those who came out to the Spaghetti Supper with entertainment by Sarah the Fiddler. The Friends group will be meeting in the cafeteria on Wednesday, September 7th at 9:30 a.m.

Please support Friends by stopping in the recently opened Coffee Shop for a beverage and/or snack. Thanks for your anticipated support.

GOLDEN AGE CLUB MEETING CHAPTER 1

Golden Agers Club Chapter One is inviting visitors to come September 14, 2022 at Captain Jimmy’s for lunch at 11:30 at 1:30. Regular meeting September 28, 2022 at 1:30pm at the Senior Center. Join us for one of our meetings. We enjoy conversation, coffee and a treat.

Chapter 2 - Wednesday, September 21 1PM

Sept 21, 2022: We will meet at the Senior Center at 1:00 P.M. Come to the Sr. Center for one of their great lunches at 12:00, just call the center to make a reservation the day before. If you need a ride by the Sr. Center Van, please call at least 1-2 weeks in advance for a reservation. New members always welcome! Join the Agawam Golden Age Club, Chapter 2. Come to one of our meetings on the first or third Wednesday of each month.

CARD MAKING**Tuesday, September 13 at 3:00pm**

Join us in the dining room of the Agawam Senior Center for Card Making. Please call Kristina at 726-2836 to register, space is limited. We hope you can join us for this fun event.

ALZHEIMER’S CAREGIVER SUPPORT GROUP**September 14, 2022 in East Longmeadow**

Pleasant View Senior Center (East Longmeadow) will be holding a new monthly support group for people caring for a loved one living with Alzheimer’s disease or a related dementia. The group will meet monthly on the 2nd Wednesday of the month. This group will be facilitated by Carol Sachs PhD and Lissa Fontaine RN. Carol and Lissa have professional and personal experience caring for people with dementia.

They also bring a wealth of experience in support group facilitation and have both completed the Alzheimer’s Association training program for support group facilitators. For more information please call 525-5436. Pre-registration is necessary.

CRAFTING EVENT WITH SUNSHINE VILLAGE**September 12 & 26**

The Agawam Senior Center is excited to partner up Sunshine Village for two crafting events at the Senior Center. September 12 we will be making a scarecrow

On September 26 we will be making a Pumpkin Pot.

Call Kristina at 726-2836 to register. Class is held in the Auditorium

**CHANNEL 12 PROGRAMING DAILY**

Monday – Friday 11:00 AM Exercise with Dr. Gorman

Tuesday - 10:00 AM Exercise with Jules

Wednesday - 10:00 AM Exercise with Jules

Thursday - 10:00 AM Exercise with Jules

Friday - 10:00 AM Exercise with Jules

Programs on channel 12 are available for viewing on demand visit: <https://agawamvod.cablecast.tv>

Scroll to bottom click on “Senior Living” chan. 12

FINALLY, CROCHET WITH MARK IS BACK!!!

Thanks to COVID, it's been a long time since our last class, but I'm happy to say we will be having a Fall crochet class at the Agawam Senior Center this year! Classes will meet on Wednesday mornings in the Garden room from 9am to 11:30am and will run for 10 weeks, beginning on October 5 and running through December 7.

The first 3 classes (October 5, 12, and 19) will be beginner/refresher classes and are open to any and all who wish to attend. Basics of crochet will be covered during these classes.

From October 26 and ending on December 7, all classes will be project-oriented and will dive into intermediate crochet techniques. All classes are free of charge and yarn will be available for those who do not have the means to acquire it. Anyone wishing to take these classes should have their own hooks, sizes F, G, H, and I are recommended. Complete sets of hooks are available on Amazon.com and Ebay.com for prices ranging between \$10 and \$25. Class size will be limited to 20 students and seats will be filled on a first come/first serve basis. If you wish to attend, please contact Kristina Lynch at 726-2836 at the Agawam Senior Center to enroll.

TREATS AND TRIVIA

WITH NICOLE MATSON FROM HOME HELPERS

Thursday, September 15 2022 10:30 a.m.

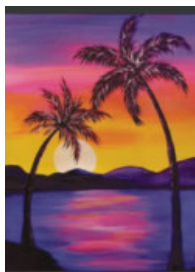
Join Nicole Matson from Home Helpers for some fun all while testing your trivia knowledge. Bring a team or join one when you are here. **Call Kristina at 726-2836 to register for this fun event.**

PAINT AND SWEETS SOCIAL

Thursday, September 15 10am

Come enjoy a nice morning of sweets and painting. You will be guided by an artist, step by step to your completed painting. You will go home with your work of art to show off to your family and friends!! Cost is \$25. Call Kristina 726-2836 to register.

*This is the rescheduled class that was going to take place in August. *

**NO BINGO**

In the Month of September there will be no Bingo. Bingo will re-start in October

PRE-PLANNING LUNCH AND LEARN WITH COLONIAL FORASTIERE FUNERAL HOME

Friday, October 14, 2022

“Pre-Planning Lunch & Learn: Join Colonial Forastiere Funeral & Cremation for a free lunch as they discuss the benefits and steps to pre-planning funeral arrangements. This is an opportunity to address any questions that you’ve been afraid to ask regarding pre-planning! Not only will you receive lunch by attending this seminar, but you will also have a chance to win a raffle! Seminar will take place in the Veteran’s Hall at 12:30. You must pre-register with Kristina at 726-2836 by Wednesday, October 12, 2022.

IDENTITY AND FRAUD PREVENTION SEMINAR

Tuesday, October 25, 2022 1:30 pm

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present on identity theft & fraud prevention. The presentation will include information about the Office and what we do. It will also cover how to spot and avoid scams, recent scams that the Office has learned about, how to prevent identity theft & steps to take if you have fallen victim. Please call Kristina at 726-2836 to register.

2023 FALLON HEALTH OPEN ENROLLMENT INFORMATIONAL MEETING

Monday, October 24 10AM in Seminar Hall

Circle the calendar and plan to attend the 2023 Fallon Health Medicare plan meeting on Monday, October 24, 2022 at 10:00AM in the Seminar Hall of the Agawam Senior Center. At this meeting you will have an opportunity to learn about the new rates and expanded benefits at Fallon. This meeting is open to everyone and questions are welcomed. Please register to attend, so we can reserve a seat for you.

Call Kristina at 726-2836 to register.

5 | FILM FRIDAYS

Friday Films are Back!

Join us each Friday at the Senior Center in the Veteran's Hall for a movie. Movies will begin at 1:00pm. Feel free to bring a snack or beverage with you. Below is a list of movies being offered and a brief description.

Friday, September 9

King Richard

Based on the true story that will inspire the world. Richard Williams, father of legendary tennis champions Venus and Serena Williams, shows how family and perseverance can achieve the impossible and impact the world.

Rated PG-13 2 Hours and 25 Minutes

Friday, September 16

2021 West Side Story

In the mid-1950s, the young Maria yearns to make a life for herself amidst the hustle and bustle of New York City's Upper West Side. She quickly catches the eye of Tony, a charming young man of Irish heritage. Despite the warnings from the duo's traditionalist families, Maria and Tony fall irrevocably in love, pushing the rivalry between their respective gangs to the brink of violence.

Rated PG-13 2 Hours and 36 Minutes

Friday, September 23

Victoria & Abdul

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award® winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

Rated PG-13 1 Hour and 51 Minutes

Friday, September 30

Radio

When a high school football coach befriends a developmentally disabled man nicknamed "Radio" -- who's the target of teasing -- their friendship raises eyebrows. But Radio's growth under the coach's guidance causes the townsfolk to think differently.

Rated PG 1 Hour and 49 Minutes



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6 | SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Grab-N-Go pick 11-11:45 Congregate Dining at Noon Suggested Donation \$2/meal \$10 a week * = High Sodium</p>	<p>Meals on Wheels Suggested Donation \$2/meal \$10 a week or \$40 a month</p>	<p>Our nutrition program is partially funded by a Grant from EOE and the Federal Administration of Community Living</p>	<p>1 Minestrone Soup Seafood Salad on a Roll Lettuce & Tomato Baked Good</p>	<p>2 Pasta Primavera With Chicken Spinach Salad Diced Pears</p>
<p>5 Senior Center Closed Labor Day Observed</p>	<p>6 Chicken Breast Supreme Scalloped Potatoes Peas Fresh Apple</p>	<p>7 Baked Breaded Fish Rice Pilaf Brussel Sprouts Pudding</p>	<p>8 Pork Chops with Gravy Mashed Potatoes Glazed Carrots Baked Good</p>	<p>9 Garden Salad Mixed Greens, Tomato, Cheese, Topped with Chicken Mandarin Oranges</p>
<p>12 Oven Fried Chicken Drumsticks Tomato & Bean Rice Broccoli Banana</p>	<p>13 Roast Turkey, Gravy Stuffing, Cranberry Sauce California Blend Vegetables Baked Good</p>	<p>14 Cheese Burger Tater Tots Coleslaw Mixed Fruit</p>	<p>15 Swedish Meatballs over Egg Noodles California Blend Vegetables Pudding</p>	<p>16 Chicken Capri Mashed Potatoes Carrots & Peas Peaches</p>
<p>19 Ham Dinner * Roasted Sweet Potatoes, Peas Pineapple Sauce, Pears</p>	<p>20 Hamburg Gravy over Mashed Potatoes Carrots, Pudding</p>	<p>21 BBQ Chicken Pasta Salad, Corn Pineapple</p>	<p>22 Cream of Broccoli Soup Tuna Sandwich Fruit Juice, Baked Good</p>	<p>23 Shepards Pie Spinach Salad Applesauce</p>
<p>26 Chicken Cacciatore Pasta with Sauce Caesar Salad, Baked Good</p>	<p>27 Low Sodium Hot Dog Baked Beans, Coleslaw Baked Good</p>	<p>28 Meatloaf, Gravy Mashed Potatoes, Green Beans Pears</p>	<p>29 Chicken Pot Pie Puff Pastry Chick Pea Salad, Pudding</p>	<p>30 Lasagna & Meatballs Homemade Tomato Sauce Broccoli Salad Fruit Cocktail</p>



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DAILY EVENTS

Monday
 8:30 Coffee Shop Open
 9:00 Yoga (\$6)
 10:45 Line Dance (\$3)
1:00 NO BINGO in September
 1:00 Advanced Line Dance
Tuesday
 8:30 Coffee Shop Open
 8:30 Weight Training
 9:00 Knitting Group
 9:30 Tai Chi (\$5)
 12:00 Ladies' Billiards
 1:00 Senior Boot Camp (\$1)
 1:30 Creative Writing group
Wednesday
 8:30 Coffee Shop Open
 9:00 Yoga (\$6)
 10:45 Healthy Bones & Balance

1:00 Bridge
 1:30 Golden Agers
 1:00 Advanced Line Dance
Thursday
 8:30 Coffee Shop Open
 8:30 Weight Training
 9:00 Quilting Club
 1:00 Mexican Train Game
 1:00 Senior Boot Camp (\$1)
Friday
 8:30 Coffee Shop Open
 9:00 Yoga (\$1)
 1:00 Film Fridays
 Mah Jongg
 Canasta
 Cribbage
 Card games

Monday, September 5
 Senior Center Closed - Labor Day
Monday, September 6
 10:00 Office Hours with
 Councilor Russo
Wednesday, September 7
 9:30 FRIENDS Meeting
 2:00 Dance with Richie Mitnick
Thursday, September 8
 10:00 Four Week Nutrition
 Seminar Begins
Friday, September 9
 7:00 Applause Series
Monday, September 12
 10:00 Craft with Sunshine
 Village
 10:30 Senator Velis Office Hours
Tuesday, September 13
 10:00 Computer & Tech Support
 1:30 Seminar with Ray Rose
 3:00 Card Making

SPECIAL EVENTS

Wednesday, September 15
 10:00 Paint & Sweets Social
 10:30 Treats & Trivia
Friday, September 16
 1:00 Discussion Group with Glen
Wednesday, September 21
 01:00 Golden Ager Chapter 2
 Meeting
Thursday, September 22
 Pedi - Care by Appointment
Friday, September 23
 06:30 A Night Out with Studio
 954 - "DECADES"
Monday, September 26
 10:00 Craft w/ Sunshine Village
Tuesday, September 27
 10:00 Computer and Tech
 Support Group
Wednesday, September 28
 01:30 Golden Ager Chapter One
 Meeting

Nutrition | From page 1

(excluding tax funded and grant funded costs) also jumped by nearly 40%. Over the years we have been fortunate to offset the difference between your donations and actual expenses with some of the grant money. In 2022, we expensed \$20,574.24 beyond what we brought in from your generous donations and the grants. Thankfully we had built enough reserves over the decades of providing this service, we were able to cover the necessary money. However, this is not a sustainable practice indefinitely.

In addition we have been informed that only individuals who “qualify” under the terms of the grant would be eligible to have their meals subsidized by the grant. This means that we would have to turn away over 5% of our current recipients or create an alternative way to show that these individuals were not utilizing grant money.

First, we will be screening all of our recipients in the nutrition program for “Traditional” or “Non-Traditional” eligibility. “Traditional” eligibility simply means that you meet the requirements of the OAA to receive services and have your meals subsidized by the grant. Your meals will be provided for a donation request.

Individuals who do not meet the eligibility under OAA, will be considered “Non-Traditionally” eligible. You will still be able to receive meals from the program; your meals will be provided as a fee-for-service. The request for both donations and fee-for-service payments will be assessed based on the prior state fiscal year (June-July) and will be effective for the federal fiscal year following assessment (October-September). Having a 3 month gap from assessment to implementation going forward will give us the ability to provide the public with ample opportunity to receive, prepare and provide feedback on the changes.

Individuals who are fee-for-service will be required to pay for the cost of their meals at the assessed rate, which will factor in the cost of meals without subsidy from the OAA grant.

As always we will do our best to keep our costs down and continue to make this program affordable for

everyone. If you are over 60 years old you are automatically covered by the grant meaning that you will be asked to provide a donation. If you are under 60 we will send you a letter to inform you of whether you would remain as a traditionally eligible individual or if you will be transitioned to a fee-for-service.

The average cost per meal across the whole program in the preceding fiscal year was right around \$3 when subsidized by the grant.

Beginning October 1, 2022:

Traditionally eligible recipients suggest donation -

Congregate—\$3 per meal

Grab-N-Go—\$3 per meal

Home Delivered Meals—\$3* per meal

Non-Traditionally eligible recipients, fee-for-service -

Congregate—\$4 per meal

Grab-N-Go—\$4 per meal

Home Delivered Meals—\$4 per meal

In addition—as you know we have been diligently requiring you to complete forms related to our nutrition program. Beginning October 2022, everyone will need to fill out a new form regardless of when you filled out your last form. If your form is not completed by the 15th month following your first meal with us, you will not be able to receive a meal until the form has been returned. This is a direct result of a policy tightening from our funders who will withhold our funding if 5 or more individuals do not submit these forms in any given month.

We will continue to send you a notice each month requesting a donation or payment. Please make your checks payable to Agawam Council on Aging. If you are a traditional meal recipient and you cannot afford the full donation request, please consider making out what you can afford—anything you can contribute will help to sustain this program into the future!

*For those home delivered meal recipients who are eligible, due to income limits, SCO insurance plans may pay for your meal. Please ask Lori for information on how to find out if you might be eligible and receive the additional benefits of SCO.

CENTER STAFF

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seniorcenter@agawam.ma.us

SHINE Counselor
413-726-2838
SHINE@agawam.ma.us

Lunch Sign Up Available At
myactivecenter.com

ASCENTRIA/SNAP-ED

Nutrition seminar—BingoCize

Join the Agawam Senior Center for a four week educational nutrition seminar. The classes will run September 8, 15, 22, and 29 from 10-11:00am in the seminar Hall.

This curriculum is designed to increase physical activity and reduce sedentary behavior. Specifically, Bingocize® can increase older adults' functional fitness, knowledge of falls prevention, and social engagement in a variety of settings, including community senior centers and congregate meal sites. The program combines a bingo-like game with physical activity and/or health education (falls prevention and nutrition).

THE SMART WAY TO BUY OR SELL A HOME - AND SAVE THOUSANDS OF DOLLARS!**Speaker: Raymond Rose**

Attend this workshop on Tuesday, September 13 at 1:30 PM at the Agawam Senior Center. Learn how to: Determine the value of your home. The pros/cons of selling "for sale by owner". How using a real estate agent costs you money! - and saves you money! The importance of a Buyer's Agent.

6 CRITICAL steps of selling/buying.

The importance of your credit report.

We'll have fun. Bring a Friend!

Call Kristina 413.726-2836@ the Senior Center to reserve your seat. Walk-ins are also welcome.

DISCUSSION GROUP WITH
GLENN THOMAS OLSON

**Friday, September 16, 2022
1:00pm**

Conference Room

A little bit about Glenn. A physical science, Special Educator with a vast experience adapting and modifying general education curriculum to enable student success. My previous goal was to enable creativity in children seeking new opportunity in school for building positive social behavior.

January 26, 2010 I had a stroke that disabled me from continuing my path of education. The next 12 years I was receiving rehabilitation from my injuries. I had a choice to go with what my Dr. wanted which was go with Statins and use a walker or go with my own experience with muscle testing which I have learned at Springfield College. Though many searches for better health through the web, I ended up with Dr. Fitzpatrick from New Hampshire to extend my rehab. So this is where my story begins! On Friday, June 10 at 1:00pm in the Conference Room Glenn will hold a session on muscle testing and the usage of having electromagnetism throughout the body. He will explain how electromagnetism is the basis of all living things. Finally, we will explore the paranormal light and light spectrum. In conclusion, we will dive into what is meant by having a guardian angel. **If you are interested in signing up please call Kristina at 413-726-2836.**

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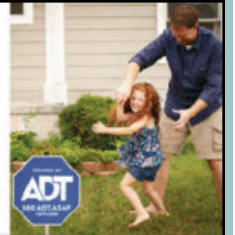
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- Provide an essential voice for residents of nursing homes and assisted living facilities
- Help residents understand their rights and resolve issues
- Offer Support & Encouragement
- Receive ongoing training
- Create their own schedules

Thrive Locally



A Sock-Hop with Studio 954

Featuring:
DECADES

Friday, September 23, 2022 6:30PM-8:00PM

Studio 954 will be hosting an evening out at the Agawam Senior Center. Studio 954 is a collaboration between the Agawam Media and the Agawam Council on Aging to bring entertaining programs and opportunities to you. These exciting events can also be delivered into your home through local cable channel 15.

Join us at the Agawam Senior Center, 954 Main Street on Friday, September 23 from 6:30-8:00PM. You can also watch along on your TV on Channel 15 if you have cable or stream online at www.agawamvod.cablecast.tv

Reservations to attend are strongly suggested as seating is limited. If you are not a member of the Senior Center you will be asked to register either at the time of registration or on the evening of the event. Call 413-821-0604.

Doors will open at 6:00pm.

OPEN HOUSE

Alongside the performance, the Agawam Council on Aging will be hosting an open house. To go along with the theme of the 1950's/1960's, Lions Club will be selling hotdog's and chips in the dining room, and Leo's will be selling root beer in the Coffee Shoppe while Agawam Housing Authority will be giving out free Ice Cream! We will stream the music throughout the building so you can enjoy the entertainment wherever you are. Stop in and see what the Senior Center has to offer. We will be trying to pull together a 1950/1960's dance in the veteran's hall if you want to bring your dancing shoes!



The entire building will be open to the public from 5:00-8:00pm this evening!

DONATE TO THE "FRIENDS OF AGAWAM SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to improve programs; and support the purchase of equipment and supplies for the Senior Center. Your support is appreciated!

Donation from: _____ Address: _____

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Donation amount \$ _____

Please make your check payable to:

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