Bring On the New Year!
The saying “Good Bye, Good Riddance” seems to be fitting for the outgoing year of 2020. Never have we been more excited to usher in a New Year! We will miss our gathering to celebrate the occasion, but eagerly look forward to the days we can gather and celebrate each other’s company and enjoy live entertainment and delicious food together.

Until then, please be mindful of your safety. Wear your mask and avoid unnecessary outings to the store or others’ homes. Refrain from putting yourself in to any situation where you are increasing your exposure without need. Remember that we are still available to you for assistance of any kind despite the building being closed to the public. Simply call or email and we’re happy to help.

We wish you a very Happy, Healthy New Year and cannot wait to welcome you in to the Center again. You will be the first to know as soon as we receive the ok! Stay Well.

Belchertown Conducting Age and Dementia Friendly Community Assessment
The Belchertown Age and Dementia Friendly Working Group, in partnership with the Pioneer Valley Planning Commission (PVPC), is seeking input from older adults and people who provide care for older adults in Belchertown. The working group has developed a survey to gather input from older adults and their caregivers on a number of aspects of the community that make it a good place in which to grow old. With the results of this survey, and public forums that will be scheduled after the first of the year, the group will develop an Age and Dementia Friendly Community Assessment and Action Plan. This report will be submitted to the AARP and Dementia Friendly Massachusetts, providing the town with official designation as an Age and Dementia Friendly Community and a road map for changes that can be made to the social and built environments to make the Town a more welcoming place for people of all ages and abilities.

The Age and Dementia Friendly Belchertown project is part of a larger Age Friendly Pioneer Valley initiative that the PVPC is leading with funding from the Tufts Health Plan Foundation. Through this initiative, PVPC is providing technical assistance to communities in the PVPC service area (Hampden and Hampshire Counties) to help them become Age and Dementia Friendly and to complete community assessments and action plans. The initiative also includes quarterly meetings of an Age Friendly Pioneer Valley Collaborative, where individuals from communities working on Age and Dementia Friendly activities can share information and experience and learn from experts in the “eight domains of livability,” the World Health Organization’s model for the aspects of the social and built environments that contribute to a community’s Age Friendliness.

“We are excited to be assisting the communities in our service area to become more Age and Dementia Friendly,” commented Becky Basch, Senior Planner with the PVPC. “The COVID-19 pandemic has highlighted issues such as social isolation and transportation barriers that face older adults in non-COVID times, so we believe it’s a critical time to plan for facilities and services that can help older adults participate more fully in their communities.”

The Belchertown Livable Community Survey is posted on the Council on Aging website at https://www.belchertown.org/council_on_aging_senior_center/index or in hard copy form (contact the COA at 413-323-0420 x 503 to request a hard copy). All respondents may enter a drawing to receive a Stop and Shop gift card once the survey is closed. For more information on the Age Friendly Community effort, contact Becky Basch.

Survey Link: - https://forms.gle/CwCNvWdAkNFT2Vcd7

Contacts:
Becky Basch, Senior Planner, Pioneer Valley Planning Commission – 802-245-4002, bbasch@pvpc.org
Jessica Langlois, Executive Director, Belchertown Council on Aging – 413-323-0420 ext. 503, jlanglois@belchertown.org
Doug Albertson, Town Planner, Town of Belchertown – 413-323-0407 ext. 320, dalbertson@belchertown.org
In light of the Covid-19 pandemic, the Quaboag Valley Community Development Corporation (QVCDC) in Ware is now offering its Senior Outreach Program to seniors living in Belchertown. The Senior Outreach Program has a team of chore providers available to do errands, such as grocery shopping and prescription pick-ups, so that seniors can remain safely at home. These services are provided at no cost to residents of Belchertown over the age of 60 who meet certain income eligibility requirements.

Chore providers have all passed a background check and are available on weekdays on a first-come, first-served basis. At least one day’s notice is required. Chore providers have all passed a background check. There is no personal care aspect to this program and chore providers are not allowed to enter seniors’ homes. Chore providers will wear masks and gloves during their interactions with seniors.

We plan to start this program on December 14. Please call Melissa at the Quaboag Valley Community Development Corporation at 413-967-3001 for more information and to see if you qualify.

*This project was funded through the U.S. Department of Housing and Community Development, Massachusetts CDBG Program. Projects are developed and administered by the local officials with the assistance of the Pioneer Valley Planning Commission (PVPC).

*The QVCDC is an equal opportunity lender, employer and provider. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of age, color, disability, family/parental status, national origin, race, religion, sex, gender identity (including expression), sexual orientation, marital status, income derived from public assistance programs, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity funded by USDA.
Belchertown Adult Community Center Staff Contact Information
Executive Director Jessica Langlois
Monday: 8 am - 3:30 pm  Tuesday - Friday: 8 am - 4:30pm
Phone # 413-323-0420   Fax # 413-323-8217

Jessica Langlois: Executive Director
ext. 503, jlanglois@belchertown.org
Cindy Kroll: Administrative Assistant
ext. 502, ckroll@belchertown.org
Kim Rossi: Receptionist/Transportation/
Medical Equipment
ext. 508, krossi@belchertown.org
Katy Martin: Program/Volunteer Coordinator
ext. 501, kmartin@belchertown.org
Laurie Moriarty: Senior Center Aide
Mariah Diesi: Custodian/Maintenance
Van Drivers: Dave Small, Debbie Ducharme,
Ed Ciosek, Doug Sanford
Social Services and Outreach Department
Laurene Kendall: Social Services and
Outreach Coordinator
ext. 505, lkendall@belchertown.org
Heather Woodworth:
Social Services Assistant Coordinator
ext. 509, hwoodworth@belchertown.org
Nutrition Department
Laura Wagner: Nutrition Coordinator
ext. 507, lwagner@belchertown.org
Cheryl Mailloux: Assistant Cook
Fran Pariseau: Nutrition Aide
Travel Club - ext. 513
Barbara Rich, Joan Hennessey, Eileen Boisvere

Transportation is available in and out of town: Call Kim for assistance!

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- Respite Care
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Reach the Senior Market
ADVERTISE HERE
Contact Ellen Heinekamp to place an ad today!
eheinekamp@4LPi.com or (800) 477-4574 x3449
Please visit, like, and follow the Facebook page: Belchertown Senior Center Friends. This is the Facebook page for our fundraising group the BSCCA. Postings on this page will consist of crafters’ items that can be purchased and picked up at the Center, ways to assist from home with donations or donation of time, and when the Center is open...ways to volunteer.

You can also like and follow the Belchertown Senior Center page on Facebook. Postings on that page consist of existing programming, virtual activities, and current events.

Please remember when visiting the Belchertown Senior Center that masks must be worn at all times. Whether visiting to drop off borrowed medical equipment or requested paperwork, or picking up puzzles or items from the community food pantry, kindly remember to wear your mask. Even when outside, regardless if anyone else is currently in the area. Let’s all be courteous to others since they may arrive at any time.

Thank You!

Changes to Virtual Classes
Beginning January 5, 2021
Tai Chi on Zoom will move to 3 pm on Tuesday and Friday. *Time change only.*
Declutter will be the 2nd Friday, 1/8, this month due to the holiday.
Zoom Meditation is now available by appointment. Please contact Katy to schedule or for zoom invites. Contact info on page 3.

AARP TAX PREP AIDE
As of now, there is no plan in place to offer AARP Tax prep at the Senior Center. We are working diligently with both the Town’s Board of Health and AARP in hopes of offering this program but the decision to offer their program ultimately lies with them.
Updates will be listed on Facebook, in the Sentinel and in the February newsletter.

Nominations for Grocery Delivery Fees now being accepted!
Thank you kindly to all of those who have donated to the Random Acts of Kindness program for the benefit of those who require grocery or prescription medicine delivery and cannot afford the corresponding fees. If you or someone you know has been advised to take every precaution due to Covid-19 and not shop in stores due to health conditions including but not limited to auto immune deficiency, please nominate him or her for this gift.
As funds are limited, the length of time fees are prepaid will vary dependent on the number of requests received.
Those nominated must already have an online shopping account established and/or be willing and able to set one up, as well as access and utilize online shopping applications.
Please cut out and return this to Katy at the Belchertown Senior Center 60 State St., to be considered for this program.

Name________________________Phone______________________

LET US PLACE YOUR AD HERE.
DONATION to the Belchertown Council On Aging - Your gift/donation to the BCOA will help enhance services offered in the Center and in our community. Your support is very much appreciated!

When you make a donation, the money is placed in an account chosen by you, to be accessed by the corresponding BCOA program. When a donation is made without an account designated, it is placed in the gift account which can be accessed by the COA, as needed. If a donation is made in memory of someone with no account designated, that money is placed in the Trust Account. Please choose which account you prefer by circling one of the choices below.

A New Van, Nutrition Program, Medical Transportation, Gift Account - COA

This donation is (please circle one): In Memory Of In Honor Of Neither

We would like to send a notification of your generous donation. If you wish, please print the name and address where we can send a card, without the donation amount ___________________________________________. We will include your name in a list of donors unless you check here to remain anonymous.

All checks should be made payable to: Town of Belchertown.

Any questions, please call Cindy Kroll at 413-323-0420 x 502. Remember that your donation is tax exempt!

Our Deepest Thanks for the recent donations to the Council on Aging.

The Nutrition Program received and appreciates greatly the numerous donations of baking items for their cookie sale. Also received, was a donation in memory of Lorette Beaulieu from Nancy and James Wright, and two anonymous donations.

The Medical Transportation Program received an anonymous donation in memory of James Caporale.

The Gift Account received donations from Robert & Linda Kenney, Rachelle Rushford, William and Nancy Barnes, and Elizabeth Rodgers.

A donation was received for programs.

Donations were received by RAK Meals on Wheels from Amy Vredenburg, M Susan Lawrence-Longo, Chris Volonte, Janis Cromwell, DP and RR Kloss, Ellen and David Campbell.

Donations were received by RAK Service Delivery Fees from an anonymous donor, M Susan Lawrence-Longo, Chris Volonte, DP and RR Kloss, and Ellen and David Campbell.

Donations were received by RAK Hopes Fund from DP & RR Kloss, Ellen and David Campbell, Christine Volonte, Karen Cote, and M. Susan Lawrence-Longo.

We thank you kindly for your thoughtfulness, generosity, and continued support!
Now that Open Enrollment for Medicare Insurance Plans is over we can concentrate on what 2021 has in store for us. You will be soon be receiving, if you haven't already, your 2021 Award Letter from Social Security stating what your check will look like for the coming year. This includes a **1.3% increase** in your monthly income as well as **$148.50 to be deducted for Part B** for most of you.

Other changes for 2021 worth noting are that Medicare Advantage Plans (HMOs & PPOs) have lowered their copays for PCP visits and most exams for vision/hearing/dental have been either eliminated or lowered. Telehealth appointments are now available as a routine visit with your PCP or Specialist for those who do not want/can't get to an in-office visit.

One of the biggest differences this year is that a few Stand-Alone PDPs (Prescription Drug Plans) are part of the [Senior Savings Plans for Insulin](https://www.ourseniorcenter.com). There are nine PDPs participating in the plan which has one or more specific insulins teamed up with one of the plans to charge no more than $35 for a month’s supply of insulin. This cost is the same throughout the deductible, initial coverage, and the coverage gap phases of the Part D benefit.

If you find that you may need this benefit, but are not part of the Stand-Alone PDP? Other than waiting until the next Open Enrollment you may be eligible for Prescription Advantage, the State Pharmacy Program which helps with your medication costs once you reach the Gap/donut hole.

If you missed Open Enrollment or have questions about your insurance coverage, please contact me and we will review what your options may be in 2021. There are programs available that may assist you.

-Laurene
Social Services Coordinator
Ext. 505
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<tr>
<th>Monday</th>
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<th>Wednesday</th>
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<td>4 Salisbury Steak</td>
<td>5 Veggie Lasagna</td>
<td>6 Baked Potato Bar</td>
<td>7 Chicken Cacciatore</td>
<td>8 Turkey and Gravy</td>
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<td>10 HBB - online 2pm - Social Hour via Zoom</td>
<td>10 HBB - online 3 pm Tai Chi via Zoom</td>
<td>10 HBB - online</td>
<td>10 HBB - Online</td>
<td>9-11 Brown Bag 10 Decluttering via Zoom</td>
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<td>11 Chicken No Foot Care 10 HBB - online 2pm - Social Hour via Zoom</td>
<td>12 Spaghetti</td>
<td>13 Roast Pork</td>
<td>14 Fish with Crumb Top</td>
<td>15 Stuffed Shells</td>
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<td>18 CENTER CLOSED</td>
<td>19 Turkey a la King</td>
<td>20 Macaroni &amp; Cheese</td>
<td>21 Chicken Parm</td>
<td>22 Potato Pollock</td>
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<td>10 HBB - online 3 pm Tai Chi via Zoom</td>
<td>10 HBB - online 3-4 ASC MFP Pick up</td>
<td>10 HBB - online</td>
<td>3 pm Tai Chi via Zoom</td>
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<td>25 Chicken Cordon Bleu 10 HBB - online 2pm - Social Hour via Zoom</td>
<td>26 Beef Bourguignon</td>
<td>27 Hot Dog</td>
<td>28 Chicken Dijon</td>
<td>29 Pollock Crunch</td>
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<td>10 HBB - online 3 pm Tai Chi via Zoom</td>
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<td>3 pm Tai Chi via Zoom</td>
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**Amherst Survival Center Mobile Food Pantry (ASC MFP):** 3rd Wednesday 3 - 4 pm

**Brown Bag:** 2nd Friday 9-11:00 am

**Council on Aging Meeting:** via gotomeeting - see calendar

**Decluttering Group: (January Only):** Second Friday 10 am via ZOOM

**Foot Care:** 2nd Monday by appt. every other month

**Healthy Bones and Balance (HBB):**
Go Online: [https://youtu.be/Gs3GF18hnz8](https://youtu.be/Gs3GF18hnz8)

**Social Hour:** Monday 2 pm via ZOOM

**Tai Chi:** Tuesday & Friday 3 pm via ZOOM *time change*

Zoom = Activity will be held virtually.
*Contact Katy for instructions.*

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This Space is Available
COUNCIL ON AGING MEMBERS

Robert Farrington, Chairperson
Donna Bozoglos, Vice Chairperson
Maura Guzik, Secretary

Members:
Diane Plante
James Dowling
Colleen DuroShea
John Belding

Meetings are at 5:30 p.m. on the 4th Thursday Every Month

The Belchertown Adult Community Center reserves the right to utilize photos of participants for publicity purposes. Participants not wanting their photo used must notify the Center in writing.

The BCOA receives Federal Older Americans Act funding from local Area Agency on Aging WestMass ElderCare, the state Executive Office of Elder Affairs and the federal Administration for Community Living.

Donations humbly requested to offset costs

The Belchertown Senior Center Friends group is kindly requesting donations of Bladder pads and PULL UP style Adult Briefs (not the style with tape closures) to support the increase in requests being received by the Outreach Department. These essential personal items are in high demand and the Center is running critically low in stock to share. To prevent those who need them from going without, please consider a donation of a package, case, or financial donation to the BSCCA to benefit the HOPES fund which could purchase these items as needed. Financial donations may be made via check written to BSCCA with HOPES in the memo and dropped off in the secure box next to the front door, or mailed to Belchertown Senior Center Attn: BSCCA 60 State St Belchertown, MA 01007. Every little bit helps and those who need them are so very grateful for the assistance. We thank you in advance!

The BCOA’s annual campaign to offset postage for the mailing of this newsletter is underway. While you will not be removed from the mailing list if you are unable to donate, if you are able and willing, we respectfully request a donation of $5.00 for the year to offset postage. Those already on the mailing list will continue to receive the newsletter regardless of donation. To contribute to the postage, please mail a check made payable to BSCCA and in the memo write newsletter postage. Your generosity is most helpful but never an obligation. Thank you for your consideration!

One can also visit the Belchertown Senior Center Friends page on Facebook and simply click the donate button to make a financial donation to the BSCCA for either of these requests. Please just let Katy know they are on the way as there is no memo space to indicate what the donation is for. This will insure it is credited properly. Thank you so much!

Pen Pals

Recently, we have received requests from students of all ages to become pen pals with some of our Senior Center Friends.

Please call Katy if interested in being matched with a Belchertown student for some friendly correspondence.

Enclosed Porch

Our wonderful DPW has enclosed the porch to the Center with plastic to keep both the items and staff protected from the elements. Please feel welcome to visit the porch as usual for food and previously arranged drop off or pick up of items and please remember to always wear your mask. Thank you DPW!