

# Belchertown Council on Aging

## Belchertown's Adult Community Center

February 2021

60 State Street

413.323.0420

Please remember, when visiting the Belchertown Senior Center, masks must be worn at all times. Whether visiting to drop off borrowed medical equipment or requested paperwork, 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!

### MASK ZONE!

Per Governor's Order



For you. For your neighbors. For our community.

### Do the Penguin Walk!

Stay healthy and active, avoid a fall and possible injuries.

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



Alberta Health Services

[www.penguinwalk.ca](http://www.penguinwalk.ca)

### Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

[ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams)



FEDERAL TRADE COMMISSION

Alberta Health Services

### AARP Tax Preparation Service

We are very sorry to report that AARP will not be offering their tax preparation program in Belchertown this year.

As of the printing of this newsletter, it is our understanding that AARP is working with Hadley, Ludlow, Chicopee and Holyoke Senior Centers in hopes of offering this program, although there are still no firm plans. Please call those Centers directly for more information.

### Covid-19 Vaccinations

Although the Senior Center does not receive direct guidance, the distribution is being monitored and we will offer updates as we become aware of them.

At present, it is known that those under the age of 75 are NOT in the first wave of distribution.

Please watch the Sentinel, our newsletter or our Facebook page for additional updates. If you'd like an automated call with any additional updates received by the BCOA for either tax prep or vaccine information, please call Katy at 323-0420 x 501.



## Turkey Tuesday *and* Tunes!

February 23<sup>rd</sup> from 11 - 12 pm



Thanks to another very generous donation of turkeys from Steve and his team at LePage Financial, we'd love to see you for Turkey Tuesday and Tunes! (technology permitting)



Quantities are limited so first, call Katy 323-0420 x 501 to reserve your turkey. Then, drive through on February 23<sup>rd</sup> between 11 am and 12 pm for your 'grab and go' frozen turkey.

*While you're here, tune your radio station to 87.7 and enjoy some familiar tunes from the 50s, 60s and 70s. You are welcome to park and listen as long as you like, music will be on until noon!*  
An additional surprise is in store for the first 15 people!



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belchertown, mass 01007

413 210 0212



## 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, [janglois@belchertown.org](mailto:janglois@belchertown.org)

**Cindy Kroll:** Administrative Assistant  
ext. 502, [ckroll@belchertown.org](mailto:ckroll@belchertown.org)

**Kim Rossi:** Receptionist/Transportation/  
Medical Equipment  
ext. 508, [krossi@belchertown.org](mailto:krossi@belchertown.org)

**Katy Martin:** Program/Volunteer Coordinator  
ext. 501, [kmartin@belchertown.org](mailto: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](mailto:lkendall@belchertown.org)

**Heather Woodworth:**  
Social Services Assistant Coordinator  
ext. 509, [hwoodworth@belchertown.org](mailto:hwoodworth@belchertown.org)

### Nutrition Department

**Laura Wagner:** Nutrition Coordinator  
ext. 507, [lwagner@belchertown.org](mailto: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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## **GLAUCOMA AWARENESS**

### *Early Testing & Diagnosis Help Seniors Retain Their Eyesight*

Now that 2021 has been around a few weeks, we need to address some important preventative eye care. Making an annual eye exam part of your routine can keep your vision in check.

More than 2.2 million Americans, and over 60 million people worldwide, have glaucoma, and experts estimate that half of the people who have glaucoma do not even know that they are afflicted. The Glaucoma Research Foundation reports that glaucoma is a leading cause of blindness. While glaucoma can impact people of any age, the risk increases as we age. People over 70 are three to eight times more likely to develop some forms of glaucoma than their younger counterparts. Glaucoma, combined with other age-related vision issues, could lead to an epidemic of blindness affecting seniors.

**Regular eye examinations are essential to preserve vision, especially for seniors and others in high-risk groups.**

Glaucoma is the overarching term for a group of conditions that occur when the optic nerve is damaged, which in turn affects the quality of your vision. There is a buildup of pressure inside the eye, and that pressure damages the optic nerve—the main transmitter of information from the eye to the brain. The optic nerve rests at the back of the eyeball.

While medical leaders recommend an annual exam with baseline exams after age 40, some populations need to stay extra vigilant about their eye health:

**The elderly**: Specifically, those above the age of 60. The elderly are at a greater risk largely because of their exposure to potential eye trauma and other health maladies that can be indirectly related to the development of glaucoma. Seniors are also most likely to develop open-angle glaucoma, a slowly progressing form of the disease with no early warning signs or symptoms.

**Race**: Certain races—like African Americans and Hispanics/Latinos, run a greater risk of developing glaucoma than others for reasons that cannot quite be explained. It has also been shown that these races are also at risk earlier in life, sometimes as early as 40.

**Previous eye injury**: Trauma to the eye earlier in life can damage parts of the eye, and the effects may not show up until years later. Corneas and irises could be shifted from previous trauma, causing a closure of the angle that needs to be open for fluid to flow through the eye.

**Corneal thickness**: The thickness of the cornea can be a risk factor for developing glaucoma. In a study of more than 1,500 participants conducted in the early 2000s, researchers found that those with corneas thinner than 555 microns (about average) and high eye pressure were six times as likely to develop open-angle glaucoma than those with the same eye pressure and corneas thicker than 580 microns.

**Diabetes/heart problems**: Heart health issues like low and high blood pressure and diabetes can play a role in increasing the chance of developing glaucoma. Knowing health issues like these can help in the treatment process, as well, so doctors can treat both the low blood pressure negatively affecting the optic nerve *and* the pressure inside the eye.

**Family history**: For people with a family history of glaucoma, the chances of developing the disease are increased, as all the intangibles related to glaucoma (diabetes, heart problems, corneal thickness) can be passed down.

While currently there is no cure for glaucoma, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma affecting the person. Early detection is *vital* to stopping the progress of the disease.

Medicare covers screenings and annual tests for high-risk seniors and low-income assistance is available. For further information and to help evaluate a senior's risk, visit [glaucomafoundation.org](http://glaucomafoundation.org)

-Laurene, Social Services/Outreach Coordinator

Article information provided by: *Oasis Senior Advisors*

**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 anonymous donations.

The Medical Transportation Program received anonymous donations.

The New Van Account received anonymous donations.

The Gift Account received a donation from Jeffrey and Jean Anliker.

The HOPES fund via the Random Acts of Kindness Program received donations from George and Janet Lindsay, Robert and Helene Morin, Dolores Esteves and Denise Larivee.

The HOPES fund received a donation from The Lions Club for the purpose of fuel assistance.

*We thank you kindly for your thoughtfulness, generosity, and continued support!*



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### iSee You is here!

Although the wait was longer than we had anticipated, the iPads have arrived for the iPad loan program. We have been busy programming them and creating user friendly instructions to accompany them on their journey to your home! We will be in touch with those who have expressed interest and if you would like to borrow an iPad please call Jessica or Katy!

### Do you have skills to share?

The Social Services Dept. is seeking skilled workers to assist older adults in Belchertown. The BCOA keeps, and is updating a Private Pay list of skilled workers to share with individuals inquiring with specific needs. Those with skills they would like to share within the community are encouraged to apply. The Senior Center does not employ the worker, simply offers the contact information as a courtesy to those inquiring. Work is performed for individuals on an as needed-basis and the fee charged is agreed upon between worker and Belchertown resident.

#### Services currently sought and/or contacts being added to:

- |                           |                       |
|---------------------------|-----------------------|
| • Homemaking              | • Dog Grooming        |
| • Personal Care           | • Carpentry           |
| • Transportation to Appts | • Electrical          |
| • Running Errands         | • Plumbing            |
| • Grocery Shopping        | • Painting            |
| • Hairstylists / Barbers  | • Yardwork            |
| • Seamstress              | • Shoveling / Plowing |

If you have any of the above skills or other expertise and would like to be a part of our Private Pay List, please contact Laurene Kendall at 323-0420, Ext. 505 for an application. A CORI check and phone interview is required as part of the application process.

### An easy New Year's Resolution to make and stick with...DRINK MORE WATER!!!

In the winter, it is easy to forget to drink water because it isn't hot and we may not feel thirsty as often. Water benefits are numerous, including increasing energy levels and brain function, preventing headaches and kidney stones and even aiding in weight loss and overall health. Buy a fun cup, set an alarm, do whatever you need to but drink more water every day!

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Cheese Lasagna  10 HBB - online 2pm - Social Hour via Zoom	2 California Chicken  10 HBB - online 3 pm Tai Chi <b>via Zoom</b>	3 Shepherd's Pie  10 HBB - online	4 Broccoli Quiche  10 HBB - Online	5 Potato Pollock  10 Decluttering via <b>Zoom</b> 3 pm Tai Chi <b>via Zoom</b>
8 Philly Cheesesteak <b>Foot Care by appt</b> 10 HBB - online 2pm - Social Hour via Zoom	9 BBQ Chicken  10 HBB - online 3 pm Tai Chi <b>via Zoom</b>	10 Pork Roast  10 HBB - online	11 Fish w/ Crumb Top  10 HBB - online	12 Cheese Ravioli  <b>9-11 Brown Bag</b> 3 pm Tai Chi <b>via Zoom</b>
15  CLOSED	16 Hot Dog  10 HBB - online 3 pm Tai Chi <b>via Zoom</b>	17 Chicken Marsala  10 HBB - online <b>3-4 ASC MFP Pick up</b>	18 Ziti & Italian Sausage  10 HBB - online	19 Beef Stew  3 pm Tai Chi <b>via Zoom</b>
22 Stuffed Shells  10 HBB - online  2pm - Social Hour via Zoom	23 Garlic Chicken  10 HBB - online <b>11-12 Turkey Tuesday</b> 3 pm Tai Chi <b>via Zoom</b>	24 Ham  10 HBB - online <b>6-7p Age &amp; Dementia Friendly Community Virtual Forum</b>	25 Alaskan Breaded Pollock  10 HBB - Online <b>5:30 COA Mtg. -via gotomeeting</b>	26 Meatloaf  3 pm Tai Chi <b>via Zoom</b>

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

**Amherst Survival Center Mobile Food Pantry (ASC MFP):** 3rd Wednesday 3 - 4 pm

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

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

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

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

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

**Decluttering Group:** First Friday 10 am **via ZOOM**

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

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is Available



**Belchertown Adult Community Center**  
**Belchertown Council on Aging**  
**60 State Street**  
**Belchertown, MA 01007**

**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.

**Belchertown Age and Dementia Friendly Community Designation: Input Needed!**

Please help by attending either or both virtual community forums held on **February 24<sup>th</sup> and March 10<sup>th</sup>**. The purpose of the forums is to gather input from residents on the opportunities and challenges facing older adults and people with dementia in Belchertown. The forums are part of a Community Assessment process that the Belchertown Age and Dementia Friendly Working Group is developing with assistance from the Pioneer Valley Planning Commission (PVPC).

The Age and Dementia Friendly Belchertown project is part of a larger Pioneer Valley initiative with funding from the Tufts Health Plan Foundation. PVPC is providing technical assistance to communities in the Hampden and Hampshire Counties to help them receive the designation of an Age and Dementia Friendly Community.

The results of these forums and the Livable Community Survey will be used to develop a Community Assessment and Action Plan for making Belchertown a more livable community for people of all ages and abilities. Your valuable response to the survey is requested. It can be accessed directly at <https://tinyurl.com/AFBelchertown> and is also posted on the Council on Aging website at [https://www.belchertown.org/council\\_on\\_aging\\_senior\\_center/index](https://www.belchertown.org/council_on_aging_senior_center/index). Request a hard copy form by contacting BCOA Executive Director, Jessica Langlois at 413-323-0420, ext 503. All respondents may enter a drawing to receive a Stop and Shop gift card. For Age Friendly Community effort info contact Becky Basch at [bbasch@pvpc.org](mailto:bbasch@pvpc.org).

**February 24<sup>th</sup> from 6-7 pm**

Focus: The Eight Domains of Livability that go into making a community Age Friendly. Feedback from Forum participants on the challenges and opportunities experienced in Belchertown by older adults and caregivers.

Register for this forum by using this link:

<https://tinyurl.com/AFBForum1>

**March 10<sup>th</sup> from 6-7 pm**

Focus: people living with Dementia and as a Dementia Friendly Community, how to raise awareness, recognize, work with and support people with dementia, and the caregivers who look after them. Meghan Lemay of the Alzheimer's Association will speak about the 10 early warning signs of dementia and available services.

Register for the March forum by using this link: <https://tinyurl.com/AFBForum2>

Both forums hosted on Zoom and broadcast live on BCTV with a call-in number to gather community comments.