

# Belchertown Council on Aging

## Belchertown's Adult Community Center

April 2021

60 State Street

413.323.0420

### DIY Easter Card

Have a friend, family member, or even a neighbor who could use a friendly pick-me-up? Make and send an Easter Card!

Supplies are limited, so please call Katy to reserve your do-it-yourself Easter card-making kit. Then, swing through to pick it up on Friday, April 9th between 9 - 11 am. Kits can also be sent home to Home Delivered Meals Clients via their drivers, if helpful.

Everything you need to create a card like the one shown will be included, with a choice of purple or blue background while supplies last.



Call Today - 323-0420 x 501

Feeling a little shaggy? Has it been a little too long since you've visited your hairdresser?

If you are ready to venture out to the salon - we are here and ready to get you there!



Call Kim at 323-0420 x 508 in order to schedule a ride to your favorite local salon. Please be sure to give as much notice as possible or check in with her first to receive available dates within which you could schedule your appointment.

### Let's Get Moving Again - Together, but Separately!



Beginning Tuesday April 13th, Linda Z will be offering Healthy Bones and Balance (aka Osteo) Class via Zoom! Classes will be taught virtually, every Tuesday and Thursday at 10 am!

How to attend this free class: Call Katy at 323-0420 x 501 for a Zoom invite. This invite will include a link to join the class via a computer, tablet or smart phone to see the class in video AND a phone number to call in and listen to the audio instruction.

Don't have a computer or tablet to be able to join virtually? Borrow one through our iPad loan program! Not comfortable trying out new technology? Just call in and follow along to the verbal instructions! Written instructions and pictures will also be provided to follow along at home.

A new or updated exercise waiver must be signed in advance of beginning this class. Weights and exercise accessories can be borrowed from the Senior Center. Simply call Katy to reserve yours and pick up on April 9th between 9-11 or make special arrangements for pick up or delivery.

All levels welcome and encouraged to try this class and get moving again at home, until in-person exercise can be offered.

Monday and Wednesday class can still be accessed online by watching the recorded version offered by RSVP - Retired Senior Volunteer Program here <https://youtu.be/Gs3GF18hnz8>.

**Thanks to Dave Fenton from the  
Hampshire County Sherriff's Department**

Our friend and TRIAD partner, Deputy Sheriff Dave Fenton, stopped by recently with a very generous donation. TRIAD is a collaborative group of those in law enforcement and social services, along with concerned citizens who seek to improve senior safety through programs and education. His donation of an electronic magnifier, similar to the one pictured here, which will improve reading visibility for those with failing eyesight, will be proudly offered for use in the Center once it is again open to the public. Items like reading materials can be placed on the lower screen and simple buttons and dials can magnify and project them for viewing on the monitor. This is a life changing machine for those who can benefit from it and we are so grateful for the donation and so excited to share it with our community! Thank You, Dave!



The Declutter Group learns tips for **Spring Cleaning the Kitchen** during this month's class. Spring time is here! Let's clean out those cobwebs in advance of opening the windows! Becky will walk you through ways to keep from getting bogged down while spring cleaning. Mark that chore done in no time after either simply listening in or participating in this interactive group on **Friday, April 2, at 10 am**. Call Katy for a zoom invite and join by computer, tablet or telephone!

**PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM**



**\$29.95/MO**  
BILLED QUARTERLY

PLUS  
SPECIAL  
OFFER

CALL NOW! 1.877.801.5055  
WWW.24-7MED.COM

**BEERS & STORY FUNERAL HOMES**



*Burial • Cremation • Preplanning*  
**Wendy Story & Marc Gaudreau**

*Directors and Certified Celebrants*

**PALMER — SOUTH HADLEY — BELCHERTOWN**  
283-9061      533-4400      323-6961  
WWW.BEERSANDSTORY.COM

**SUPPORT OUR ADVERTISERS!**



**CHRISTOPHER HEIGHTS**  
AN ASSISTED LIVING COMMUNITY

*Christopher Heights has  
Reasonable Rates for  
Every Budget*

**Christopher Heights of Belchertown**

99 Front Street, Belchertown, MA 01007

For information and tour about our community, call Lorna Stone at 413-323-5500



[www.christopherheights.com](http://www.christopherheights.com)



**Hairdresser to your door**

*When you can't get out,  
I'll come in...*



Stacia Salvatore -- Roy  
155 old enfield rd.  
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!**

**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

LPI is Hiring  
Ad Sales Executives

- Full-Time with Benefits
- Paid Training
- Expense Reimbursement
- Travel Required

 Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)



**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact Susanne Carpenter to place an ad today!  
[scarpenter@lpi seniors.com](mailto:scarpenter@lpi seniors.com) or (800) 477-4574 x6348

**Thrive**  
*Locally*

### **CAREGIVING - Recognizing Burnout and Providing Solutions for Patients & Clients**

An estimated 42 million Americans provided unpaid care to an aging person in 2019—roughly one in six adults in our country, according to the AARP. That means all of us come in contact with family caregivers regularly, even if we don't realize it. Many households across the U.S. have multiple generations living under one roof, with middle-aged people often working a full-time job while also caring for their children *and* an ill or elderly parent.

Nearly half of caregivers in the U.S. say they have trouble balancing their work and caregiving responsibilities, and caregivers are often afflicted with depression, burnout, and stress-related illnesses. These issues impact not only the caregiver, but the vulnerable seniors who they are responsible for.

Medical professionals know and warn that it is easy to become so engrossed in looking after others that the caregiver neglects their own emotional, physical, and spiritual health. The demands on the body, mind, and emotions can take over, leading to fatigue and hopelessness.

Many caregivers feel guilty if they spend time on themselves rather than on an ill or elderly loved one. Often, their own children, home responsibilities, and even their physical and mental health fall by the wayside. Overexertion and over-scheduling can prevent quality sleep and offer insufficient downtime. It is natural to hear caregivers express frustration, sadness, loneliness, or even anger and resentment. It is important to recognize the signs that someone is overwhelmed and offer recommendations for lightening the workload.

#### **US Caregiver Facts:**

- In the past five years, over 40 million family caregivers provided 37 billion hours of care for loved ones.
- At least 20% of adult children are taking care of an older parent.
- About 85% of family caregivers in the U.S. do not receive any respite care.
- Men are more likely to have employers who are not supportive of their caregiving duties.
- Of working caregivers, 8% state that they have been sidelined from job growth opportunities because of their caregiving responsibilities.
- Depression affects 20 to 40% of all caregivers.
- Women have been found to be more susceptible to caregiver burnout than men.

Those who are responsible for helping someone with Alzheimer's disease, dementia, or a debilitating illness are also at a high risk of developing their own medical issues.

#### ***Caring for the Caregivers***

Respite care, either formal or informal, can be vital in reducing caregiver burnout. Often, caregivers don't realize, or want to admit, that they need help. A simple monthly family meeting or phone call can offer the caregiver an opportunity to express areas where they feel more help or balance is needed.

During non-covid times, formalized respite care and adult day care are two options that can provide brief, periodic respite hours, during which the caregiver can attend to other household needs or even some self-care. Some of these services are often available through government-funded resources, privately paid vendors, and possibly through a local Aging Services Access Points (ASAP) – Belchertown's ASAP being WestMass Elder Care (WMEC).

**\*\*Currently, WMEC offers a virtual class to help Caregivers learn skills to cope with taking care of loved ones while taking care of yourself. *'The Savvy Caregiver'* is six-part series which begins March 24<sup>th</sup>, 2021. For more information contact Laurene Kendall, Ext. 505.**

~Information for this article received from AARP, Oasis Senior Advisors, and WMEC

# SUPPORT OUR ADVERTISERS!

**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 donations from Frank and Jeanmarie Steele and Evelyn Riddle.  
The Nutrition Program received anonymous donations with acknowledgement of the Community Food Pantry and assistance received making a vaccine appointment.  
The HOPES fund received donations from Marianne Bodzinski, and Daniel and Nancy Beaudette.  
The Trust Fund received a donation from Barbara Ogonowski in memory of Gloria Cartelli.  
The Gift Account received a donation from Donna Brown.  
The Programs and Activities account received a donation from Making Waves.  
The Medical Transportation program received an anonymous donation.

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



**BELL & HUDSON**  
Insurance Agency, Inc.

Call for information about  
Final Expense Life Insurance or  
Any Insurance Needs

**323-9611**  
**800-894-9591**

19 N. Main Street, Belchertown  
[www.bellandhudson.com](http://www.bellandhudson.com)

**The bank of  
hometown values.**

Supporting the communities we serve since 1869



[bankesb.com](http://bankesb.com) | 855.527.4111

**bankESB**

The bank of you.

**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

**Lpi is Hiring Ad Sales Executives**

**Full-Time with Benefits | Paid Training  
Expense Reimbursement | Travel Required**



Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

**FREE AD DESIGN**

**WITH PURCHASE OF THIS SPACE**

**Lpi CALL 800.477.4574**

## **Covid-19 Vaccination Updates**

\*Please remember that this newsletter is submitted for printing 2-3 weeks before it arrives in homes. Information is rapidly changing, and may have changed since this was created. Current info can be found on [mass.gov/COVIDvaccine](https://mass.gov/COVIDvaccine). The following information released March 10th, addresses mass vax sites only, of which the Eastfield Mall is the closest. A new preregistration signup tool will be available for the 7 mass vaccination sites starting Friday, March 12, with additional sites to be added in April. The new system will replace the current system for online booking. The COVID-19 Vaccine Scheduling Resource Line (211) will be available to help residents without internet access or with difficulty using the Internet.

Details on the Preregistration Process:

1. Eligible residents, or someone they have designated to assist them, will complete the online form at [mass.gov/COVIDvaccine](https://mass.gov/COVIDvaccine) to request to book an appointment.
2. After completing the form, residents will get a confirmation via their preferred method of contact (text, e-mail, phone) and receive a weekly update about their status. Residents may opt out of their preregistration at any time if they secure an appointment elsewhere.
3. When an appointment becomes available at a mass vaccination site, the resident will be notified and will have 24 hours to accept the appointment once it is offered to them. If an appointment is not accepted after 24 hours, the resident will go back into the queue to wait for another appointment.

Available appointments will be offered to residents based on their vaccine eligibility and the availability of appointments at mass vaccination sites nearby. Massachusetts receives a very limited supply of vaccine from the federal government each week. Due to high demand and limited supply, there are only a small number of appointments for eligible residents. Given the limited number of available appointments due to constraints on vaccine supply, it could take several weeks for eligible, preregistered residents to receive a notification about an available appointment.

We at the BCOA are here to help and will be calling to get those on our list preregistered. Remember that there are local sites, which we will continue to monitor in addition to this mass vaccination site. We look forward to increased vaccine supply and the available appointments that will follow. Remain patient and kind, and it will all work out in time.

# 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 Ham 10 HBB <b>via Zoom</b>	2 Fish w/Crumb Top 10 Decluttering via <b>Zoom</b> 3 pm Tai Chi <b>via Zoom</b>
5 Spanish Rice & Beef 10 HBB - online 2pm - Social Hour via <b>Zoom</b>	6 California Chicken 10 HBB <b>via Zoom</b> 3 pm Tai Chi <b>via Zoom</b>	7 Alaskan Breaded Pollock 10 HBB - online	8 Stuffed Shells 10 HBB <b>via Zoom</b>	9 Meatloaf <b>9-11 Brown Bag</b> 3 pm Tai Chi <b>via Zoom</b>
12 Chicken Cordon Bleu <b>Foot Care by Appt</b> 10 HBB - online 2pm - Social Hour via <b>Zoom</b>	13 Beef Stroganoff 10 HBB <b>via Zoom</b> 3 pm Tai Chi <b>via Zoom</b>	14 Macaroni & Cheese 10 HBB - online	15 Potato Pollock 10 HBB <b>via Zoom</b>	16 Chicken Dijon 3 pm Tai Chi <b>via Zoom</b>
19 CLOSED	20 BBQ Chicken 10 HBB <b>via Zoom</b> 3 pm Tai Chi <b>via Zoom</b>	21 Swedish Meatballs 10 HBB - online <b>3-4 ASC MFP Pick up</b>	22 Hot Dog 10 HBB <b>via Zoom</b> <b>5:30 COA Mtg. -via gotomeeting</b>	23 Cheese Ravioli 3 pm Tai Chi <b>via Zoom</b>
26 Chicken ala King 10 HBB - online 2pm - Social Hour via <b>Zoom</b>	27 American Chop Suey 10 HBB <b>via Zoom</b> 3 pm Tai Chi <b>via Zoom</b>	28 Pork Roast 10 HBB - online	29 Pollock Crunch Sticks 10 HBB <b>via Zoom</b>	30 Philly Cheesesteak 3 pm Tai Chi <b>via Zoom</b>

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

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

**Healthy Bones and Balance (HBB):**

Monday and Wednesday at 10 am Online:

<https://youtu.be/Gs3GFI8hnz8>

**NEW\*\* Tuesday and Thursday at 10 am via ZOOM\*\***

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

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

**Zoom** = Activity will be held virtually.

\*Contact Katy for instructions.

**SUPPORT OUR ADVERTISERS!**





**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.

## TECH SUPPORT SCAM

The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.

- They might try to gain access to your computer to steal your personal information

**Here's what you can do:**

- Just hang up
- Don't click on any links in an email or pop-up screen
- Never give someone else control of your computer & don't share your passwords
- Don't give out financial information to someone you don't know
- Keep your computer's security programs up to date

**If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:**

Greenfield (413) 774-3186  
 Northampton (413) 586-9225

Working in cooperation with the Office of the MA Attorney General

## 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.

Spring

	G F S Q O I I S L S U R	
	E D U R Y G N D M B K V	
	B T A P T I Q E K D I F	
BUDS	S K N F A G H E H P B C	RAINBOW
DAFFODILS	P T D R F B W S Q P R J	SEEDS
FLOWERS	I S R E W O L F D T L S	SPRING
GRASS	L F H Z F G D S A N U M	TULIPS
RAIN	U X U U F R R I D J T Z	UMBRELLA
	T H C U Z A J A L U T V	
	U M B R E L L A S S B M	
	B N S M G N I R P S M K	
	R A I N B O W D J A C P	

© Copyright FreeKidsCrafts.com