

Belchertown Council on Aging Belchertown's Adult Community Center

October 2021

60 State Street

413.323.0420

Masks required indoors as of 9/9/2021 per Belchertown Board of Health. Thank you for your understanding and cooperation!



There's a whole lotta skakin' goin' on!
Shaking up of staff that is!

September 30th marks the last day for long time Nutrition Department Aide, Fran. She departs after 10 years of service to the Town of Belchertown and The Belchertown Senior Center. May she find joy in whatever awaits her in her next endeavors! Pop in between now and then to wish her well!

best wishes

Congratulations

Every Adventure
requires a first step
- Cheshire Cat

PLEASE VISIT ON OR BEFORE OCTOBER 29, WHEN AFTER 17 YEARS OF DEDICATED SERVICE, ADMINISTRATIVE ASSISTANT CINDY KROLL RETIRES!

Staff will be celebrating with Cindy privately, but all are welcome to stop in before her last day and congratulate her on her long term career and upcoming retirement!

As an Administrative Assistant, most of what gets done is behind the scenes and isn't always known, noticed, nor acknowledged. Nearly all the work completed by all other staff goes through Cindy at some point. She has a keen knack of seeing problems before they arise and offers solutions to prevent them. She has always handled her work with the utmost care and meticulous detail and it shows. Thank You, Cindy!

Happy Retirement

FREE COMMUNITY SHREDDING EVENT

Belchertown Senior Center



Friday, October 1, 2021

1pm-3pm

60 State Street (Rt. 202), Belchertown



Sponsored by: Alden Credit Union

Monetary donations will be graciously accepted to support programs that increase the safety of our senior citizens*



Sand For Seniors



Bucket Drop Off: October 6th

GOT DRUGS?

Do you or your relatives have a medicine cabinet full of old medication? Help get rid of them safely

SAVE THE DATE!

National Prescription Drug Take Back Day is back!

SATURDAY OCTOBER 23 2021

10am-2pm

Check back soon for participating communities.

More than 57,000 pounds collected since 2011!

You can also bring medications to a permanent Drop Box location.

Drop Drugs at these Police Stations:

- Amherst, Ashfield, Athol, Belchertown, Bernardston, Buckland, Cummington, Deerfield, Easthampton, Eving, Goshen, Granby, Greenfield, Hadley, Hatfield, Leverett, Montague, Northampton, Orange, South Hadley, Southampton, Sunderland, Ware, Whately, Williamsburg

Simply bring them to your local police station and drop them in the MEDRETURN BOX.

Medicine can remain in original containers with labels. NO liquids, syringes, IV equipment or chemotherapy drugs. Prescription and non-prescription drugs, vitamins and veterinary needs are accepted.



For more information: NorthwesternDA.org



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



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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, 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: **Debbie Duchame,**
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: Nutrition Assistant Coordinator

Transportation is available: Call Kim for assistance!

DONATIONS OF ITEMS TO THE CENTER

Friends - Before leaving donations outside... please call. Medical equipment donations can be approved through Kim, and other donations through Jessica. Items left without approval risk being thrown out.

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Powers of Attorney, Explained

Most of us don't know what powers of attorney are until we need them. But we should all have at least one so decisions don't need to be made on the fly — or by the courts. When someone can no longer make decisions, it can get messy quickly if there are disagreements over who should have power of attorney, or what actions that person is taking. Worse, is if someone becomes incapacitated without a financial or healthcare power of attorney, the courts may appoint a conservator to make decisions. This is a lengthy and expensive legal proceeding over which your family will have no control.

What Is a Power of Attorney? A power of attorney (POA) is a document that gives an agent the right to act on behalf of someone else. Five different types grant varying levels of authority. It's important to note that the POA is by state. If you have POA for your uncle in North Carolina and he moves to Florida, the POA is invalid. Some states require annual recertification. Also, POAs die with the person. If you have POA for an Aunt and she passes away, you no longer have any legal right to handle her financial or other affairs unless granted in a will. Finally, Social Security is a federal, not a state, program. As such, it does not recognize POAs. You must become a representative payee to handle Social Security on behalf of someone else.

The five types of POA offer different types of protection:

- **Durable Power of Attorney (DPOA) vs. Non-Durable Power of Attorney.** Unless stated otherwise, a POA becomes effective immediately after it is signed (and notarized). If it is durable, the agent will continue to have authority to make decisions even if you become incapacitated, such as by having dementia or going into a coma. If it is a non-durable POA, it simply means that the agent loses authority if you become incapacitated. As we said above, all POAs end with the person's death. The person can also rescind a POA with a revocation form, as long as he or she is competent. Most of the POAs listed below can be made durable.
- **Medical Power of Attorney.** Also known as an advance directive, a medical power of attorney allows an agent to make medical decisions for you if you cannot make them yourself. These include surgical procedures, organ donation, choice of health care facilities and a broad range of medical treatment. Your agent will also make sure health providers carry out wishes you have specified in your do not resuscitate (DNR) form or living will.
- **General Power of Attorney.** A general POA grants broad powers. The agent can make decisions for you regarding business, financial, legal matters and real estate. Your agent will be able to pay bills, enter into contracts, buy or sell property and manage banking. Because it is so extensive in nature, it is usually used for a short period, such as when you will be traveling extensively where you cannot be reached.
- **Limited, or Special, Power of Attorney.** This gives an agent the power to act on your behalf just like a general POA, but it is limited to specific purposes. You may elect to grant someone the power to cash checks for you, for example, but not access or otherwise manage your finances. It's possible to create any number of limited POAs for different agents. They will expire once a specific task is done, or at the time specified on the document.
- **Springing, or Conditional, Power of Attorney.** This type of POA only goes into effect in the event of a medical condition (usually incapacitation) or other trigger specified in the POA. A soldier might create a springing power of attorney that is only in effect when he or she is deployed overseas. It can end when the person becomes incapacitated or at a specified date. As with every type of POA, it will also end upon death.

When drawing up a POA, it's important to be very careful and specific about the agent's activities and duties. Financial institutions and brokers will look for specific language, and if it's not there, it can cause some big headaches. One financial agent listed on a client's POA was unable to access her CDs because the bank had erroneously listed them as being in a trust. If a trust is involved, the trustee or successor trustee must be the one to make financial changes. These sorts of issues can get thorny and require trips in front of a judge when the person is incapacitated.

-Laurene ~Information for this article provided by *Oasis Senior Advisors*. For more on navigating these issues or for local referrals, Contact: Eric Aasheim, OSA (413-351-6577) EAasheim@youroasisadvisor.com

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.

Donations were received by the Gift Account from Bell and Hudson, Wilfred Giroux, Vincent Carcione, as well as from an anonymous donor.

Donations were received by the New Van Account from Nancy Dahlquist and Robert Heffernan.

The Nutrition Program received an anonymous donation.



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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

What to look out for

An unexpected email, letter or phone call saying you have won money or a prize in a lottery or sweepstakes

They ask you to send money to pay taxes, insurance or other fees to claim the winnings

They may even ask for your bank information, so your winnings can be directly deposited into your account.

Do not respond!

The prize does not exist, they're just after your money.

If someone asks you to pay money to win money, it's a scam.

Foreign lotteries are illegal.

You should not have to send money in order to claim a prize.

Bread and sweets donations have been moved inside and can now be found in the hallway by the dining room. Please come in and take what you'd like!

Senator Lesser's Constituent Services Director Jennifer Metsch, will be available to community members in the lobby of the Senior Center every first Thursday at 10:30 am.

Freedom Center sprinkler system repairs have yet to be made. Rest assured we are following up on the process consistently and will reinstate programming and the store will open just as soon as possible.

It may be some time, so please be patient as it is out of our hands.

Due to the Holiday on Monday October 11th, October Foot Care will be held on October 25th by Appointment. Please call Katy if you wish to make an appointment.



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



Menu and Special Events - October 2021

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Confidential Suggested Meal Donation for Age 60+ is \$2.50 per meal. Required charge for guests under 60 is \$5.00.			September 30th Fran's Last Day...stop in to wish her well!	1 3 Salads - Tuna, Potato and 3 Bean 10:00 Declutter Group 1-3 SHRED EVENT!
4 Salisbury Steak	5 Cranberry Chicken 12:30 BSCCA Meeting	6 Catfish Strips Sand for Seniors Bucket Drop Off	7 Broccoli Quiche 10:30 Senator Lesser's Representative	8 Pork Chop 9-11 Brown Bag
11 CENTER CLOSED No Meals on Wheels	12 Breaded Chicken Drumstick	13 Meatloaf Flu Clinic by Appt.	14 Teriyaki Chicken	15 Blueberry French Toast
18 American Chop Suey 10:30 Plant Based Eating Workshop	19 Chicken Marsala	20 Pot Roast Skin Care by Appt. 3-4 Amherst Survival Center Pick up	21 Chicken Pot Pie	22 Fish w/ Crumb Top Drug Take Back Day Tomorrow 10/23 on the Belchertown Common!
25 Macaroni & Cheese Foot Care by Appt.	26 Baked Chicken	27 Beef Stroganoff 10 Veterans' Social Group	28 Hot Dog 5:30 COA Meeting	29 Baked Potato Bar Cindy's Last Day! Stop by to Congratulate her on her Retirement!

Daily / Weekly Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10 Healthy Bones and Balance 10 Bridge 12 Hand, Foot & Elbow, Card Game	9 Crafts 10 Cribbage 10 Healthy Bones and Balance 11:15 Tai Chi 3 Zoom Tai Chi	10 Healthy Bones and Balance	10 Healthy Bones and Balance 10 Pitch 10 Zendooodle	9:30 Knitting 9:30 Yoga 10 Wii Bowling 11:15 Tai Chi 3 Zoom Tai Chi

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

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

COUNCIL ON AGING

MEMBERS

John Belding, *Chairperson*
 Colleen DuroShea, *Vice Chairperson*
 Maura Guzik, *Secretary*

Members:

James Dowling
 Robert Farrington
 Diane Plante

**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.

Introduction to the Whole Food Plant-Based way of eating, a workshop by Becky Martin.

Monday, October 18th at 10:30 am

Becky earned her Plant Based Nutrition certificate from eCornell. She will take you on a tour of the benefits of plant-based eating and how to get started. Becky is not a medical professional. Information shared is based on her own personal experiences incorporating this way of eating. She will provide a free fact sheet as well as easy recipes. Anyone considering a change in diet should consult a doctor.



Flu Vaccine Clinic By Appointment

Your friend and ours, John Ochs from Belchertown Stop and Shop, will be offering a free flu vaccine clinic at the Belchertown Senior Center **9-11 am on October 13th.**

**Appointments will be taken for this clinic. Questions will be asked over the phone to complete the required paperwork, saving time in the building.

For the vaccine to be free you must have Medicare Part B or some other equal coverage. If uncertain, please call your insurance carrier before attending the clinic! Also, if applicable, be sure to bring your Red White and Blue Medicare Card with you!

Walk ins will be accommodated with the understanding that there may be a wait.

Please call Katy at 323-0420 x 501 for an appointment and instructions on how to participate in this clinic.

NOTICE OF MEAL PRICE CHANGE AND REQUIREMENT FOR THOSE UNDER 60.



Due to increasing food costs, effective October 1st, the required charge for anyone dining with us who is under age 60 is \$5.00 for the daily congregate meal. Special meals accompanying large parties will cost \$8.00.

There is no required charge for anyone 60 or over.

The confidential, suggested donation amount remains unchanged at \$2.50 per meal, and \$5.00 for special meals.

Although we hope to increase dining room meals to 5 days a week in October, please call Kim to confirm and to sign up.