

# Belchertown Council on Aging

## Belchertown's Adult Community Center

January 2022

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!

### We are OPEN!!



We are happy to announce that all doors to the Center are now open! Please feel free to enter through any door, but be sure to wear a mask, and sign in to any program for contact tracing or class cancellation purposes. We look forward to seeing all of you in 2022!

### New Staff Welcomed!!

I'm thrilled to introduce our new Coordinator of Programs and Volunteers, Stephanie Fraleigh! Found in the corner office in the front of the building or by calling 323-0420 x 501, Stephanie will help with everything from TRIAD programs like reflective house number signs and lock boxes to updating CORIs for existing volunteers and welcoming new ones. Should you have a question regarding any of the programming or activities that happen here in the Center, please reach out to Stephanie. Have an idea or would like an activity to be created? Stephanie is here to help! The Center is grateful to add such a caring and conscientious team member to its existing dedicated staff.

Please stop in to welcome her to her new position and introduce yourself!

*Jessica*

### Attention ALL Group Exercise Participants

As a Reminder—a **Belchertown School Delay or Cancellation means there will be NO EXERCISE CLASSES HELD** at the Senior Center that day.

This includes ALL CLASSES—In-person Tai Chi (would be held via zoom only), Healthy Bones & Balance, and Yoga. Any prepaid fees will be credited towards future classes.

### Safety First—Stay in when the weather is bad!

### Second Best Thrift Shop Now OPEN!!

We are pleased to announce that the Thrift Shop is back open! Hours will be Tuesday and Thursday 9-11:30 and Wednesday 9-3. In the event of a school closing or delay, the store will be closed. Masks will be required to enter and shop until further notice. Thank you for your cooperation, and we look forward to we seeing you!

### Brown Bag is moving back INDOORS!



Starting this month, Brown Bag distribution will be moving back indoors! Participants can pick up their bags between 9-11am. Please park and enter through the side doors to pick up in the dining room.



### BINGO!!!

Bingo will be held in the Community Room on Tuesday and Thursday at 12:30 pm! Grab your favorite bingo card and have some fun with new and familiar friends!

### Yoga

Yoga will be offered on Fridays beginning January 14th at 9:30am in the Exercise Room. Please register in order to attend, as space and mats are limited. Registration requests and any questions can be directed to Stephanie 323-0420 ext 501.

### Tai Chi

Tai Chi will be offered via Zoom at 3pm Tuesdays and Fridays. There will be an outdoor class at 11:15 both days, **if there is no snow, and the temperature is above 40 degrees**. Call Stephanie for Zoom instructions!

### Canasta??

There has been interest expressed in starting a canasta group. Interested in playing or teaching canasta?? Call Stephanie!

## Taxes

Once again the AARP TaxAide Program volunteers will be preparing tax returns at our Senior Center beginning in February. Based on the current CDC Covid data reports for our area, we expect that tax returns will be done on a same-day Drop-off basis, to protect both the preparers and the taxpayer. Tax-Aide provides tax assistance free of charge, with a special focus on taxpayers who are age 50+ or have low-to-moderate income.

Beginning on Tuesday January 4, those wishing to schedule an appointment can call the Senior Center at 323-0420 ext 504. Please leave a message in this general mailbox with your name and number. Calls will be returned within a one week period and an appointment will be scheduled. After that you may pick up your tax packet at the Senior Center. More details and instructions will be in the February newsletter.

### MEDICARE/MEDICAL EQUIPMENT SCAM

#### WHAT TO LOOK FOR

- You get a call offering to send you a free medical alert system, a free back brace, or other medical equipment.
- The caller tells you they will bill Medicare & send you the equipment for free.
- They just need your Medicare or Social Security number in order to process your order.

#### Beware of Medicare Phone Scams!

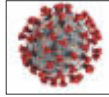
If someone calls you & asks for your Medicare number or other personal information, hang up & call 1-800-MEDICARE.



#### WHAT TO DO

- Hang up! Don't give out personal information such as your Medicare or Social Security number over the phone.
- Beware of "free" offers.
- Ask your doctor if you think you need a brace or any medical device.

Consumer problem or question? Call the Northwestern District Attorney's Consumer Protection Unit.  
Greenfield (413) 774-5186 Northampton (413) 586-8225  
Working in cooperation with the Office of the MA Attorney General.



If you are eligible for your Covid booster, and need help signing up online, call Jessica at ext 503

\*Please have the date of your last Covid Vaccine as well as your health insurance information available.

### Dial-A-Lawyer



The Massachusetts Bar Association provides free legal advice by phone on the first Wednesday of each month from 5:30 to 7:30 p.m. through its Dial-A-Lawyer program.

Massachusetts residents are encouraged to call with questions about any of the following topics: bankruptcy; business; consumer protection; criminal law; estate planning; family law/ domestic relations; government benefits and services; immigration; individual rights; labor and employment; personal finance; personal injury; real estate; and housing.

The next Dial-A-Lawyer phone-in will take place on Wednesday, December 1<sup>st</sup>. To use Dial-A-Lawyer, call (617) 338-0610 or (877) 686-0711.



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[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, [jlanglois@belchertown.org](mailto:jlanglois@belchertown.org)

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

**Katy Martin:** Administrative Assistant  
ext. 502, [kmartin@belchertown.org](mailto:kmartin@belchertown.org)

**Stephanie Fraleigh** Program/Volunteer Coordinator  
ext. 501, [sfraleigh@belchertown.org](mailto:sfraleigh@belchertown.org)

**Laurie Moriarty:** Senior Center Aide

**Mariah Diesi:** Custodian/Maintenance

### 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:** Nutrition Assistant Coordinator

**Karisa Taylor:** Nutrition Aide

Van Drivers: **Debbie Ducharme, Ed Ciosek,  
Doug Sanford**

**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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### Embody Your Elegant Design

Kate Martel will return to BCOA to work with participants on **January 19<sup>th</sup> at 12:30 pm** in a one hour class teaching the Alexander Technique (AT). This is a method of creating body awareness and discovering movement habits. Reducing stress and tension in your body and mind unleashes freedom and creativity for easier overall functioning.

#### This work supports:

- Improved balance, coordination, mobility body posture
- Recovering from injury / pain management
- Efficiency in movement to prevent injury
- Three dimensional breathing
- Embodied presence and flow
- Discovering and undoing habitual movement patterns
- Reduction of stress and tension improving functioning
- Refinement of one's craft through movement



Kate Martel is a dance artist and Alexander Technique teacher based in Western Massachusetts. During her 15 year dancing career Kate danced alongside choreographers and she trained in the Alexander Technique, graduating from the Balance Arts Center in 2017. She has extensive learning and teaching experience, and currently teaches AT, as well as ballet and modern throughout the Pioneer Valley.

*“The embodied awareness cultivated in this work is part of my everyday life and provides me with the power of choice and endless possibility.”*

### Caption Call Info Program

#### Do you have trouble hearing on the phone?

Join us on **January 19<sup>th</sup> at 10:30 am** to learn about true no-cost telephone captioning!



CaptionCall provides those with hearing loss a visual text display on their phones. As America's leading phone captioning service, we convey messages in real time to ensure clarity, understanding and confidence!



In order to attend either of these classes, please register with Stephanie by calling 323-0420 x 501

# 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 Katy Martin 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 Trust Fund received an anonymous donation in memory of Grace King.

The Gift Account received a donation from Country Bank.

The Nutrition Program received donations from Sarah Minney, Julie Tolpa Rehm, as a thank you from the family of Elinor Hazen, and in honor of Pastor Duncan Washburn, as well as an anonymous donation.

The Medical Transportation Program received an anonymous donation.



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Community Action is pleased to announce a new program designed for eligible homeowners age 62 and older to maintain independence and lead safe and productive lives in their homes.

Our goal is to enable lower income older adults to remain in their homes as long as possible by implementing no-cost modifications that: reduce the risk of falling, improve general safety, increase accessibility, and improve functional abilities.

Examples of home modifications under this program are installation of grab bars, railings, lever-handled door knobs and faucets, temporary ramps, tub/shower transfer benches, handheld shower head, raised toilet seats with hand rails, non-slip strips for tubs or showers and stair steps.

### Contact Us!!!

#### MAIL

Home Repair Program  
PO Box 1432  
Greenfield, Ma 01302

#### TELEPHONE

800-370-0940  
413-774-2319

#### EMAIL

[www.communityaction.us/homerepair](http://www.communityaction.us/homerepair)

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### 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 being sought:

### Shoveling / Plowing

If you feel you can assist, and would like to be 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.

# NEVER MISS A NEWSLETTER!

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



## Menu and Special Events - January 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 Baked Potato Bar	4 California Chicken 12:30 BSCCA Meeting	5 Shepherds Pie	6 Broccoli Quiche 10:30 Senator Lesser's Representative	7 Potato Pollock Fish 10:00 Declutter Group *Walk-ins welcome!
10 Swedish Meatballs Foot Care by Appt.	11 Chicken Dijon	12 Pork Roast	13 Fish w/Crumb Top	14 Turkey Divan 9-11 Brown Bag
17 Closed Presidents Day	18 Hot Dog	19 Chicken Marsala 10:30 Caption Call 12:30 Embody Your Elegant Design 3-4 Amherst Survival Center Pick up Skincare by Appt	20 Ziti w/Sausage	21 Beef Stew
24 Mac & Cheese	25 Garlic Chicken	26 Ham 10 Veterans' Social Group **Veterans' Agent Charly will be here!	27 Breaded Catfish 5:30 COA Board	28 Meat Loaf w/gravy
31 Chicken Cordon Bleu				Voluntary, Confidential Suggested Meal Donation for Age 60+ is \$2.50 per meal. Required charge for guests under 60 is \$5.00.

### Daily / Weekly Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10 Bridge 12 Hand, Foot & Elbow, Card Game	9 Open Craft Time 10 Cribbage 10 Healthy Bones and Balance 11:15 Tai Chi 12:30 Bingo 3 Zoom Tai Chi	12:30 Mah - Jongg	10 Healthy Bones and Balance 10 Pitch 10 Zendoodle 12:30 Bingo	9:30 Open Craft Time 9:30 Yoga 10 Wii Bowling 11:15 Tai Chi 3 Zoom Tai Chi

Fees for Yoga Classes: Age 60+ Drop in fee \$8.00/class, pay for month in advance \$5/class, Under 60 \$10/class. Volunteer led classes (Tai Chi and HBB (Healthy Bones and Balance) are a requested \$.50 donation. All exercise class or equipment use participants are required to have a current exercise waiver on file with the Center. Please wear sneakers and comfortable clothing.

**Zoom** = Activity will be held virtually. Contact Stephanie for instructions at 323-0420 ext 501

# SUPPORT OUR ADVERTISERS!





**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.

