

Belchertown Council on Aging

Belchertown's Adult Community Center

February 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!



Please join us for a special Valentine's Day meal on Monday February 14th at 11:30am*

Seating is very limited, so call Stephanie 323-0420 ext 501 starting 2/1 to reserve your spot!

*Due to ever changing COVID conditions, this event is subject to change.



LOVE YOUR HEART

GET ACTIVE!

VISIT YOUR PRIMARY CARE PROVIDER

FEBRUARY IS AMERICAN HEART MONTH

EAT WELL!
A DIET LOW IN SALT & SATURATED FATS

KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR

QUIT SMOKING!

Increasing Strength for Older Adults



Maintaining muscle mass is an essential part of supporting strength and power, reducing risk of falls and bone fractures, and supporting a healthy weight, but muscle loss is common as we age. Join Katie Defoe-Raymond, WestMass ElderCare's registered dietitian for this important presentation, on **Wednesday February 16th at 12:30pm** which will address causes of muscle loss, and the specifics of how to make and maintain muscles through eating and exercise.

Line Dancing is BACK!!

Nancy Rule will be offering **Line Dancing for Fun and Fitness** starting February 2nd! Classes will run for 6 weeks, and be held every Wednesday at 2:00 pm. The fee will be \$5/class. Beginners are welcome and all are encouraged to join, meet new friends, get some exercise, and have some fun! Space is limited, so please call Stephanie 323-0420 ext 501 to register!



If you are interested in volunteering here at BCOA, please call Stephanie at 323-0420 ext 501 for a volunteer packet! If you've volunteered here in the past and would like to come back, call us to update your CORI and say hello! Have a special talent, or desire to teach a class, or lead a group? We can't wait to hear from you!



To 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), HBB, Line Dancing, and Yoga. Safety First—Stay in when the weather is bad!

Tech Help

Need help using a computer, tablet, or cell phone??? Have trouble navigating social media or the internet???



Our volunteer Marc Barrette is here to help! Call Stephanie 323-0420 ext 501 to set up a time to chat with him!



Taxes

Once again the AARP TaxAide Program volunteers will be preparing tax returns at our Senior Center beginning February 15th and every other Tuesday until April 12th. Based on the current CDC Covid data reports for our area, tax returns will be done on a 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.

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 phone number. Calls will be returned within a one week period and an appointment will be scheduled. Once your appointment has been scheduled, we will follow up with further instructions and next steps.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP) City of Springfield Department of Elder Affairs

Are You 55 or Older and Seeking Employment?



Low-income seniors may qualify for paid job training opportunities.

Learn more by calling:

Hampden County (413) 787-6861
Hampshire County (413) 787-6124

Senior Service America's Senior Community Service Employment Program (SCSEP) is funded by a grant from the U.S. Department of Labor Employment and Training Administration. SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with



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Stacia Salvatore -- Roy
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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

Kim Rossi: Receptionist/Transportation/
Medical Equipment
ext. 508, krossi@belchertown.org

Katy Martin: Administrative Assistant
ext. 502, kmartin@belchertown.org

Stephanie Fraleigh Program/Volunteer Coordinator
ext. 501, 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

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

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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From Grief To
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Coach

Have you suffered from a loss and feel no one around you understands what you are going through?

Losing a loved one can be one of life's hardest challenges. While it is inevitable that we will all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief.

We are pleased to announce a new Grief/Loss Support Program by Guidance By Li!



Owner and Founder, Liane Smola will be joining us on
Wednesday February 9th at 12:30pm

to discuss topics such as; the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, and reaching out for support. She will then share some ideas on how to support others in your life who also may be faced with grief.

This course will also allow you a space to share the story of your lost loved one, and will offer soft guidance and support for your continued grief journey.

Call Stephanie 323-0420 ext 501 by 2/4 to register!



Do you or your loved ones need help organizing bills, balancing a checkbook, writing checks, or creating a budget??



WestMass ElderCare's Money Management Program is a free, in-home service that assists low income elders with paying bills, writing checks, budgeting and balancing a checkbook. The goal is to facilitate the elder's continued at-home, independent lifestyle. The program does not advise on investments or other financial matters nor does it provide banking services.

Tricia Stallman, Money Mgmt Program Director, will be at the Senior Center to discuss this important program on **Wednesday, February 23rd at 12:30pm.**

Call Stephanie 323-0420 ext 501 by 2/18 to register!

SUPPORT OUR ADVERTISERS!



Would you like to support the Belchertown Council on Aging (BCOA) by making a donation?

Please complete this easy checklist and include it with your donation

- Please make Check payable to the **Town of Belchertown**. *Even though the check is written this way, the money can only be used by the BCOA. The BCOA is a non profit organization and your donation may be claimed on your taxes!
- Donor's name(s) will appear in an upcoming newsletter in acknowledgement and appreciation of the gift, unless a request is received to remain anonymous. Check this box to remain anonymous.
- Please place a check next to the program or account you wish to support. If you have no preference, please choose the Gift Account which will allow the BCOA to use your donation as needed.
 Nutrition/Meals on Wheels Medical Transportation New Van Gift Account
- Please check if this donation is In Honor Of is In Memory Of (Name) _____
- Would you like us to send a card with a notification of your generous donation without the amount? YES NO
If yes, please provide name and address: _____

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

The Gift Account received a donation from Robert and Linda Kenney, and a donation from an anonymous donor.

The Trust Account received a donation in memory of Claire Miles, from Neil and Rae Etta McElwey

The Nutrition Program received a donation from Emily Kawano on behalf of Edith Kawano, and an anonymous donation in honor of Meals on Wheels Driver Joe and his wife.

The Medical Transportation Program received donations from clients.

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



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Recognizing Burnout and Providing Solutions for Caregivers and their Clients

An estimated 42 million Americans provided unpaid care to an aging person in the last year. This is roughly one in six adults in our country, according to the AARP. That means all of us come into 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: **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. *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.

Formalized respite care and adult day care are two additional options that can provide brief, periodic respite hours, during which the caregiver can attend to other household needs or even some self-care. These services don't have to be expensive – often they are available through some churches, homecare agencies, and government-funded resources through their local Agency on Aging may be possible – ours is WestMass ElderCare (WMEC). WMEC offers home care services to their clients and virtual workshops for caregivers. These offer support and solutions with caregiver responsibilities in assisting older adults.

~Laurene

Article Info provided by Oasis Senior Advisors

NEVER MISS A NEWSLETTER!

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



Menu and Special Events - February 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Penne w/Meat Sauce 12:30 BSCCA Meeting	2 Pork Chop	3 Breaded Drum Stick 10:30 Senator Lesser's Representative	4 Breakfast for Lunch Blueberry French Toast 10:00 Declutter Group *Walk-ins welcome!
7 Baked Potato Bar	8 Turkey a la King	9 Spaghetti w/ Meatballs 12:30 Grief/Loss support program	10 BBQ Chicken	11 Fish w/Crumb Top 9-11 Brown Bag
14 Valentines Day Roast Pork w/Gravy Foot Care by Appt.	15 Macaroni & Cheese	16 Chicken a la King 12:30 Increasing Strength for Older Adults 3-4 Amherst Survival Center Pick up Skincare by Appt	17 Liver/Onions	18 Lasagna
21 Closed Presidents Day	22 Hot Dog	23 Broccoli Quiche 10 Veterans' Social Group 12:30 Money Mgmt	24 Chicken Parm 5:30 COA Board	25 Meat Loaf w/Gravy
28 Spanish Rice and Beef			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 2:00 Line Dancing	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.
 Fee for Line Dancing Classes: \$5.00./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.



Did you know that the Senior Center has a library??
 Stop by anytime to borrow books free of charge, and return them when finished! We also accept book donations (hardcover fiction only).



Any volunteers interested in running a monthly book club??
 Contact Stephanie 323-0420 ext 501



Tue 9:00 - 11:30
Wed 9:00 - 3:00
Thu 9:00 - 11:30

Attention friends with TRIAD lockboxes

Lockbox update letters were mailed out in January, and are extremely important. If no information has changed, you may just call the Police Department to let them know. If information has changed, please return your letter ASAP, or call Stephanie for a replacement 323-0420 ext 501

Just a reminder that face masks are still required indoors at the Senior Center and Thrift Shop!



Dementia Caregiver Support Group

If you are a care partner for someone living with dementia, and could use some support, please contact Laura Lavoie (413) 459-4789 or LLavoie@ourdementialife.org to join her Caregiver Support Group via Zoom. The group meets on the 3rd Wednesday of every month at noon.

To subscribe to our newsletter online visit: www.ourseniorcenter.com/find/belchertown-council-on-aging
 Click "subscribe" in the middle of the page to enter your name & email. You will receive a link to the newsletter monthly.
To receive by mail: Please send your name, address, and phone # to: 60 State St. Belchertown, MA 01007 Attn: Stephanie
The Center respectfully requests an annual donation of \$5 to help offset the cost of postage. Checks can be made payable to "BSCCA". Please note that regardless of donation, you will not be removed from the mailing list.
Any questions can be directed to Stephanie Fraleigh at 323-0420 ext 501 or sfraleigh@belchertown.org