

Belchertown Council on Aging

Belchertown's Adult Community Center

March 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!



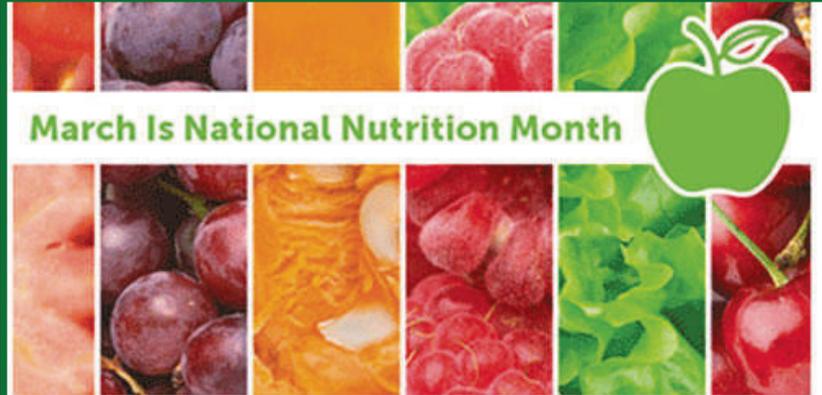
Please join us for a special Corned Beef and Cabbage Luncheon!

Thursday March 17th at 11:30am

Thank you to *Christopher Heights of Belchertown* for sponsoring our meal
AND a raffle basket!



Seating is limited, so call
Stephanie starting 3/1
323-0420 ext 501 to reserve
your spot for this \$2.50 meal!



Whole Food Plant-Based Workshop

Join Becky Martin to discover how a Whole Food Plant-Based diet can transform your health! Becky will share the science, how to get started, and offer support. While she is not a health professional, Becky has her Plant-Based Nutrition Certificate from the T. Colin Campbell Center for Nutrition Studies. It's never too late to improve your health! This workshop is offered on March 17th at 10am, and the 3rd Thursday of every month!

Congregate Meals to Resume at BCOA March 1st!

The Nutrition Department is excited to announce the re-opening of the Dining Room!

- Meals will now be offered DAILY M-F
- Seating will begin at 11am, with meal served promptly at 11:30
- There will only be 24 seats available each day, so please call to reserve by noon the day before.
- Meals remain a voluntary, confidential and suggested donation amount of \$2.50 per meal.
- To sign up or cancel meals, please call Kim 323-0420 ext 508. If you have any other questions, please call the Nutrition Department at ext 507.



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.

Join Katie Defoe-Raymond, WestMass ElderCare's registered dietitian for this important presentation, on

Wednesday March 16th at 12:30pm

which will address causes of muscle loss, and how to make and maintain muscles through eating and exercise.

Call Stephanie 323-0420 ext 501 to register!



The Senior Center will be resuming **Walmart** shopping trips twice a month! Have our van pick you up from home to shop at Walmart in Ware...door to door service for only \$3.00 round trip! Trip dates are March 4th and 18th
Call Kim 323-0420 ext 508 for info & to sign up!



Reminder: To ALL Group Exercise Participants
A Belchertown School Delay or Cancellation means there will be NO EXERCISE CLASSES HELD at the Senior Center that day.
Safety First- Stay in when the weather is bad!

HOPE'S Fund

(Helping Older Persons in Emergency and Difficult Situations)

There are many programs out there to help people with food, housing, or fuel assistance, but there really isn't a way to help people with important needs that do not fall into these certain categories.

Years ago, our Social Services team started HOPE'S Fund, to have funds available for emergency situations to help our residents. In the past, we've been able to assist our community members with items such as a mattress and box spring, plumber and electrician services, groceries, medications, and even cable and electric bills.

HOPE'S Fund is about all of you...not just those who need help, but those of you making it possible through your support, to make a positive impact on someone's life. It's about hope, love, sharing, and doing something special for someone.

To donate: Please make checks payable to BSCCA (write "HOPE'S Fund in memo field), and mail or drop off at the Belchertown Senior Center

Tech Help

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

Trouble with Zoom??
Marc Barrette will be here on March 16th from 10-12 to help!



Call Stephanie 323-0420 ext 501 to register!

Have a special talent or desire to lead a group?
We are currently looking for volunteers for jewelry making, scrapbooking, book club, mosaics, and painting!

Call Stephanie 323-0420 ext 501



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



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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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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.



**Thanks to a generous sponsorship from
Beers and Story Funeral Homes and Cremation Services
we are pleased to announce a new series:**

Grief/Loss Support by GuidanceByLi!

Owner and Founder, Liane Smola will be joining us on

- Wednesday March 9th at 12:30pm**
- Wednesday April 6th at 12:30pm**
- Wednesday May 4th at 12:30pm**
- Wednesday June 8th at 12:30pm**



She will discuss grief topics such as 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.

Please call Stephanie 323-0420 ext 501 to register!



Please remember that when shopping from home via Amazon, simply logging in to smile.amazon.com with your usual log in info, will give you the option of choosing a charity to support. While there are many wonderful charities to choose from, we hope that you will search for, and choose **Belchertown Senior Citizens Center Association**, as this is the fundraising group who does so much to support the Senior Center. Thank you for taking the time to choose them as your charity of choice. It's more helpful than you may realize!

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?

If yes, please provide name and address: _____

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

The Gift Account received donations from Lloyd Ortman and Melinda Rigney in Memory of Elizabeth Ortman, John and Frenande Niemi, Diane Thomas, Ruth Carbone, Martha Fredenburg, Shirley Salvatore, and Marguerite Brennan in Memory of Ruth VaanAnen.

The Trust Account received a donation from Mary Knight in Memory of Ruth VaanAnen.

The Nutrition Program received an anonymous donation, and donations from Gerald Millen, Christopher Heights, and Becky Martin in Memory of Jane Gabbie and June Henneman.

The Medical Transportation Program received donations from clients.

The New Van Account received donations from David Small in Memory of Ruth VaanAnen and Jane Gabbie.

The Programs and Activities Account received a donation from a client.

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



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MARCH IS NATIONAL NUTRITION MONTH

HOW TO OBSERVE:

1. **Move your body** - Nutrition doesn't end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try a new activity like Zumba, or swimming to keep workouts fresh and exciting.
2. **Find inspiration** - Feeling stale in the kitchen? Check out new on-line recipes to inspire a kick-start toward any nutrition journey. Picking up a new cookbook or following a cool food blogger works too!
3. **Meet with a dietitian** - They'll provide you with a detailed meal plan that makes sense for your lifestyle and goals. Many, if not most, health insurance plans cover the cost of dietitian services

FIVE (REALISTIC) WAYS TO EAT HEALTHIER THIS MONTH

1. **Go, go, H2O!** - Drinking water helps in nearly every aspect of wellness. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would. Pedialyte isn't just for kids anymore!
2. **Choose food over supplements** - Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements.
3. **Opt for color** - When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.
4. **Pack your lunch** - Preparing your own lunch gives you the ability to control portion sizes when packing healthy meals and snacks.
5. **Shop the perimeter** – Shopping a supermarket's outside aisles ensure that you're getting healthy alternatives to processed foods like produce, meat, and dairy.

WHY NATIONAL NUTRITION MONTH IS IMPORTANT

1. **It's an excuse to reset** - This month gives us an opportunity to reflect inward and make tangible changes to our diets or workout regimens. It could be as simple as adding another veggie or fruit to every meal.
2. **We'll look (and feel) better** - When we eat real, nourishing foods, we're getting a wealth of vitamins and minerals that support not only healthy internal function, but give skin, hair, and nails an extra glow. Look good, feel good.
3. **It fosters a community** - From yoga classes to sustainable farming workshops, the opportunities to celebrate this month are endless in cities across the country.

~Laurene

Article Info Provided by *National ToDay.com*

NEVER MISS A NEWSLETTER!

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



Menu and Special Events - March 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Kielbasa w/Kraut 12:30 BSCCA Meeting AARP Tax Appts	2 Beef Stroganoff	3 Chicken Marsala 10:30 Senator Lesser's Representative	4 Fish w/Crumb Top 10:00 Declutter Group *Walk-ins welcome!
7 Chicken Cacciatore	8 Chili	9 Turkey & Gravy 12:30 Grief/Loss support program	10 Hot Dog	11 Blueberry Fr Toast 9-11 Brown Bag
14 Chicken Cordon bleu Foot Care by Appt.	15 Cranberry Chicken AARP Tax Appts	16 Ravioli 10-12 Tech Help 12:30 Increasing Strength for Older Adults 3-4 Amherst Survival Center Pick up Skincare by Appt	17 St Patrick's Day Special Meal Corned Beef / Cabbage 10 Whole Foods/ Plant Based Program	18 Catfish Strips Breaded
21 Baked Potato Bar	22 Swedish Meatballs	23 Pork Roast/Gravy	24 Chicken Pot Pie 5:30 COA Board (virtual)	25 Potato Pollock Fish
28 Mac & Cheese	29 Roast Beef/gravy AARP Tax Appts	30 Tuna Salad 10 Veterans' Social Group	31 Lasagna	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>
11 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.



March Madness is happening at
Second Best Thrift Store!

Fill a bag for **\$5.00** during the entire month of March!
 Nothing is off limits...anything you see in the store
 applies! If it fits in the bag, you get it for **\$5.00!**
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Be sure to visit Second Best on Tuesdays and Thursdays from 9-11:30am and Wednesdays 9-3
 Donations accepted all three days between 9-11am.

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Did you know that you we have a tablet loan program???



In November 2020, BCOA received a very generous grant from WestMass ElderCare, toward the creation of a tablet loan program, called "I See You", to help combat social isolation during these trying times.

This program allows a community member 60 years of age or older to **borrow an iPad free of charge** to access current BCOA virtual programming, video chat with family and friends, or relax and enjoy playing games or taking online tours of museums and scenery. All iPads come with an easy instruction guide, and are preset with easy to use icons to access available programming.

Have questions about how this will go, about the equipment, or how quickly you can try this out?

Give Stephanie a call 323-0420 ext 501 to learn more!

Canasta???

We are still looking for individuals that would like to play (or learn to play) Canasta! Call Stephanie 323-0420 ext 501 if interested!

AARP Tax Aide Services will be offered every other Tuesday 2/15-4/12, and will be done on a drop-off basis. There are still a few appointments available. Call 323-0420 ext 504 to schedule!