

# Belchertown Council on Aging

## Belchertown's Adult Community Center

April 2022

60 State Street

413.323.0420



### Mask Update!

On February 24th, the Belchertown Board of Health lifted the indoor mask mandate, so BCOA is officially

### Mask Friendly

For **most** programs, we no longer require that masks be worn inside our building, but still recommend them if you are unvaccinated or immunocompromised.

Thanks to the help of a wonderful volunteer, we are pleased to bring back our BCOA

## Quabbinaires

### WALKING CLUB!!

Put on your sneakers and join a great group of people as we explore local trails and sites! Walks will generally be flat terrain and last about an hour.

**Tuesday April 12th @ 9:30** meet at the Quabbin Visitor Center for a map and a brief presentation. The walk will begin at 10am and explore the Windsor Dam area.

**Tuesday April 26th @10am** enter the East gate and park at the Goodnough Dike lot for a scenic walk over the Dike.

**Call Stephanie with questions or to register! 323-0420 ext 501**

**Scrapbooking** is a great way to express yourself, and preserve photos and memories!

Join Cheryl Harnisch on **April 20th at 1pm** to learn how you can create your own scrapbook!

The cost for the workshop is \$5.

Please bring 5-10 photos, and everything else will be provided!

Call Stephanie 323-0420 ext 501 to register!



## BCOA is very excited to announce a new virtual travel series!!

Join us on **Wednesday April 27th at 10am** as we tour our first location...

### Edinburgh Scotland!

We will connect at the Senior Center via Zoom with our tour guide **LIVE** on the streets, and enjoy an interactive tour of Old Town Edinburgh, in the heart of the Royal Mile!

We will be able to talk to our guide directly, ask questions, hear stories, and learn about the rich history of the area.

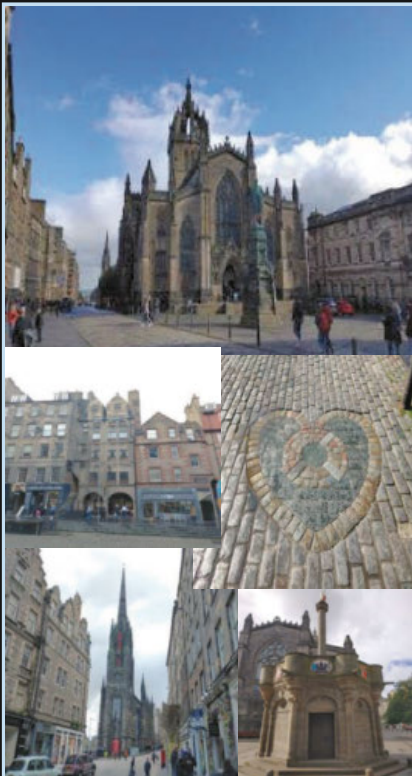
**After the tour, be sure to join us for lunch...Shepherd's Pie and Scottish Shortbread cookies!** (sign up with Kim by 4/26 323-0420 ext 508)

Call Stephanie to register for the tour  
323-0420 ext 501

If you'd rather enjoy the tour experience from home, call for a Zoom link!



**Bring the World Home!**





## 10 WAYS YOU CAN HELP THE EARTH (EVERYDAY)

1. Turn the lights off
2. RECYCLE!
3. Plant a tree
4. Use both sides of the paper
5. Eat less processed food
6. Stop buying bottled water
7. Drive less, walk more
8. Turn off your computer at night
9. Use fluorescent bulbs
10. Bring reusable shopping bags



### CELEBRATE EARTH DAY – APRIL 22, 2022 TRASH COLLECTION

The Town of Belchertown, Department of Public Works will be providing biodegradable trash bags to anyone wishing to collect curbside trash on Earth Day Friday, April 22, 2022. Trash bags may be obtained at the DPW, 290 Jackson Street, Highway Garage location, April 19-21, 2022. All trash collected must be brought to the Transfer Station for disposal by Tuesday, April 26, 2022 during regular business hours or contact the DPW Office to arrange for pickup.

Thanks to all participants for your efforts toward keeping our town clean!

**EVERY DAY IS EARTH DAY**



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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](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.

## WE'RE HIRING

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### Grief/Loss Support by GuidanceByLi!

Owner and Founder, Liane Smola will be joining us on

**Wednesday April 6<sup>th</sup> at 12:30pm**

**Wednesday May 4<sup>th</sup> at 12:30pm**

**Wednesday June 8<sup>th</sup> at 12:30pm**

If you've suffered a loss, and feel that you need some help working through difficult emotions, please join Liane for help with your grief journey.



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Call Stephanie to register 323-0420 ext 501

### Retirement and Financial Planning Program

New England Investment & Retirement Group is hosting an event to highlight risks posed to retirees, pertaining to six areas of financial planning: retirement & income planning, investing, medical insurance, taxation, college education planning, and estate planning.



Please join us on **Wednesday, April 13<sup>th</sup> at 12:30 PM** at the Belchertown Senior Center.

We will identify key risks, and answer your specific financial planning questions. Refreshments will be provided.

Please **call Stephanie 323-0420 ext 501 to register**, and let her know if you have specific financial planning topics that you would like to learn more about, prior to the event.



### PLEASE HELP UKRAINE

BCOA is currently collecting donations at the Senior Center to be delivered to Sts Peter and Paul Ukrainian Catholic Church in Ludlow, to be sent to the Ukrainian people, soldiers, civilians, and children.

#### **Medical supplies needed:**

First Aid Kits, Tourniquets, Bandages, Vaseline, Tylenol, Ibuprofen, Betadine, Burn-Relief Gel.

#### **Additional supplies needed:**

(keep separate from medical supplies, as they will be shipped to different locations)  
Ready to Eat Food (energy bars, crackers, chips, goldfish, pretzels, snacks) **NO CANS**  
Warm blankets  
Sleeping bags  
Warm socks / gloves  
Diapers  
Baby formula / wipes  
Toiletries (toothpaste/toothbrushes, deodorant, soap)  
Feminine hygiene supplies

**\*\*\*This list was accurate at time of printing. Please call (413) 583-2140 prior to donating.**

**Once approved, items may be dropped off inside the Senior Center lobby, to the left of the front door  
Monday-Friday 8-4:30**

We thank you for your compassion and support!!

# 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 Bernard and Sandra Mathieu, Gerard and Wendy Lamothe, the Falcone family in Memory of Jane Gabbie, and from an anonymous donor in honor of the people of Ukraine.

The Trust Account received donations from David and Deb Jacobson in Memory of Jane Gabbie, and Ken and Linda Snow in memory of Ruth VaanAnen

The Nutrition Program received two anonymous donations, and a donation from Gerald Millen

The Medical Transportation Program received a donation from a client.

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



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### Medicare Savings Program gets Income Increase

Mass Health updates income limits annually on their *Medicare Savings Program (MSP)* – also known as the ‘Mass Health Buy-In’ Programs. These are programs that help older residents and people living with disabilities save money on their Medicare coverage.

Residents of Massachusetts with limited income and assets who are on Medicare may qualify for a Medicare Savings Program. Your monthly Medicare Part B premium is currently deducted from your Social Security benefit. If you qualify, a MSP will pay your monthly Medicare Part B premium. In some cases, a MSP may pay your out-of-pocket Medicare Part A and Part B costs and your part A premium if you have one.

#### **Income and Asset limits are listed below:**

| You are           | Your income is at or below* | And your assets are at or below |
|-------------------|-----------------------------|---------------------------------|
| Single Individual | \$1,869/month               | \$16,800                        |
| Married Couple    | \$2,518/month               | \$25,200                        |

If you qualify for a Medicare Savings Program, you will also automatically qualify for **Medicare Part D Extra Help. Extra Help** is a program that will help pay for your prescription drugs under Medicare.

Contact Laurene at the Senior Center to see if you qualify and make an appointment to complete an application.

~Laurene  
413-323-0420, Ext. 505

# 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 - April 2022

| <u>Monday</u>   | <u>Tuesday</u>   | <u>Wednesday</u>   | <u>Thursday</u>  | <u>Friday</u>   |
|---|--|--|--|---|
| Voluntary, Confidential<br>Suggested Meal Donation for<br>Age 60+ is \$2.50 per meal. | Required charge for guests<br>under 60 is \$5.00.  |  |  | 1 Fish w/Crumb Top<br><br><b>10:00 Declutter Group</b><br><b>*Walk-ins welcome!</b> |
| 4 American Chop Suey<br><br><b>Nail Care by Appt</b>                                  | 5 Tuna Salad   | 6 Pork Roast/Gravy<br><br><b>12:30 Grief/Loss<br/>support program</b>  | 7 California Chicken   | 8 Cheese Ravioli<br><b>9-11 Brown Bag</b><br><b>10:30 Puppies!!</b>                 |
| 11 Macaroni & Cheese<br><br><b>Foot Care by Appt.</b>                                 | 12 Beef Stroganoff<br><br><b>9:30 Walking Club<br/>(meet at Quabbin<br/>Visitor Center)</b><br><b>AARP Tax Appts</b> | 13 Turkey/Gravy<br><br><b>10 Veterans'<br/>Social Group</b><br><b>12:30 Financial<br/>Planning Workshop</b>                                      | 14 Spanish Rice & Beef   | 15 Pork Chop  |
| 18 Closed Patriots Day  | 19 Broccoli Quiche   | 20 BBQ Chicken<br><b>10-12 Tech Help</b><br><b>1pm Scrapbooking</b><br><b>3-4 Amherst Survival<br/>Center Pick up</b><br><b>Skincare by Appt</b> | 21 Swedish Meatballs<br><br><b>10am Whole Foods/<br/>Plant Based Program</b> | 22 Chicken Dijon  |
| 25 Hot Dog  | 26 Ham<br><br><b>10am Walking Club<br/>(meet at Quabbin<br/>Goodnough Dike)</b>                                      | 27 Shepherds Pie<br><br><b>10am Live/Interactive<br/>Scotland Tour</b>   | 28 Chicken Cordon<br>Bleu<br><br><b>5:30 COA Board</b>                       | 29 Potato Pollock   |

### Daily / Weekly Activities

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

\*\*Classes will tentatively be offered outside, weather dependent, registration required

**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.



**The Puppies Are Coming!!**

Some may remember visits by Wendy, and her cute Papillion puppies. Some may not, or didn't have the chance to stop in to see and snuggle them.

Well...now's your chance! She has a new litter of puppies she'll be bringing in to the Center on **April 8th at 10:30am!**

Stop in for a whole lot of cute!!

**Nail Care!!**

Starting **Monday April 4th**, Sarah Hassett, owner of *Mobile Manicures by Sarah*, will be bringing professional, sanitary, natural nail care services to the Senior Center on the 1st Monday of every month!

Sarah is a master licensed nail technician and has over 10 years of experience working in high-end resort spas.

**\$22** for trimming, shaping, buffing, and an assessment of overall nail health  
**\$25** for a manicure, including full nail and cuticle care, hydrating hand massage, and traditional polish application.

**Call Stephanie 323-0420 ext 501 for an appointment!**




**Chess??**

If you are interested in playing (or learning to play) chess, please call Stephanie 323-0420 ext 501

**Veterans' Group**

Starting April 13th, the Veterans' Group will be meeting on the 2nd Wednesday of the month.



**UKELELE** lessons will be back in May!! Stay tuned for more info on this 4-part series!

The Senior Center offers **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 April 1st and April 15th Call Kim 323-0420 ext 508 for info & to sign up!



**Yoga**

We are excited to announce that starting April 4th, Yoga will now be offered on **Mondays AND Fridays** at 9:30am! Space is limited, so please call Stephanie to register 323-0420 ext 501 or SFraleigh@belchertown.org Age 60+ \$5/class paid in advance or \$8 drop-in

**To subscribe to our newsletter online** visit: [www.ourseniorcenter.com/find/belchertown-council-on-aging](http://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](mailto:sfraleigh@belchertown.org)**