

Belchertown Council on Aging

Belchertown's Adult Community Center

May 2022

60 State Street

413.323.0420

CINCO DE MAYO

Please Join Us for a Mexican Inspired Meal on:

Thursday May 5th at 11:30am

This year we are excited to welcome Spanish students from Belchertown High School to play Mexican Bingo with us!!

Call to reserve a seat at this \$2.50 meal!

Reservations accepted 4/25-5/2

Call Stephanie 323-0420 ext 501

FIESTA!



A Walk Through Athens

Join us Tuesday May 3rd at 10am at the Senior Center to connect via Zoom for a live, interactive, tour of Athens, Greece!

We will walk on the oldest street in Athens called Tripodon, located in the famous Plaka area, see some amazing sites, and marvel the sacred rock of Acropolis!

Call Stephanie to register 323-0420 ext 501
Beyond~Bring the World Home!



Ukulele!

Want to try an instrument that is fun and easy to play?

Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary. Bring your own ukulele or borrow one of hers.

Julie is a singer, songwriter, and musician. Originally from Nebraska, she now makes her home in Western

Massachusetts, and for the last 15 years, has been teaching and making music at schools, libraries, and senior centers throughout New England!

This 4-part course will take place every other Monday starting

May 9th at 12:30pm (5/9, 5/23, 6/6 and 6/20)

Registration is required. Call Stephanie to register at 323-0420 ext 501, and be sure to mention whether you need to borrow a ukulele, or if you have your own.

This program is supported by a grant from the Belchertown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Love to Read??

Join us on **Thursday May 12th at 10am** for a Meet & Greet to discuss our new **Book Club!**



We'll have a cup of coffee, talk about book selection, and schedule our monthly meetings!

Tai Chi Outdoors In-Person!

Ljuba will now be offering Tai Chi at the Senior Center on **Tuesday and Friday at 11:15am.**

Class will be held outdoors as long as the temp. is over 40 degrees and not raining.

Tai Chi is a gentle, slow-paced, exercise routine that gives a full-bodied workout, improving over time: muscle strength, joint movement, flexibility, and balance. This hour-long routine includes simple movements that increase memory, focus, relaxation, and a sense of well-being.

****Zoom classes still offered Tuesday & Friday 3pm**



Nail Care!!

Sarah Hassett, owner of *Mobile Manicures by Sarah*, is 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!

Massage Therapy

Jodi Kaufman will be offering Massage Therapy at the Center on Tuesday May 3rd. She will be offering one hour appointments for \$65.

Jodi provides caring, professional and affordable bodywork for people of all ages and conditions. This includes those who are healthy, and active, or living with diabetes, cancer, Parkinson's, Alzheimer's or Dementia. Individuals who are wheelchair bound, or at end-of-life are also welcome.

Call Stephanie for an appt. 323-0420 ext 501

Declutter Group

On Friday May 6th at 10am, during the regularly scheduled Declutter Group, we will have special guest **Deborah Deschamps**, realtor for Berkshire Hathaway Home Services to discuss downsizing!

The Senior Center offers **Walmart** shopping trips twice a month on the 1st and 3rd Fridays. Have our van pick you up from home to shop at Walmart in Ware...door to door service for only \$3.00 round trip!



Call Kim 323-0420 ext 508 for info & to sign up!

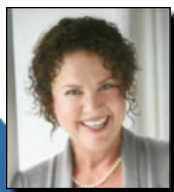


The Senior Center is pleased to announce a new Canasta group on Wednesdays at 12:30pm!

If you are interested in playing (or learning to play), stop in for a game!

Rummikub??

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



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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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Thrive
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From Grief To
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Coach

Grief/Loss Support by GuidanceByLi!

Owner and Founder, Liane Smola will be joining us on

Wednesday May 4th at 12:30pm
Wednesday June 8th 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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Public Health
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Introducing:
**Public Health Nurse
Office Hours**
Wednesday, May 4th
9:00-11:00am

Quabbin
Health
District

The Quabbin Health District, in conjunction with the Northampton Health Department's Hampshire County Public Health Preparedness Coalition, is launching a new monthly program at the Belchertown Senior Center.

The Public Health Nurse Office Hours will take place on the first Wednesday of each month from 9am-11am, beginning May 4th.

This program will include blood pressure and/or blood glucose checks, interpreting lab results, creating online patient portals and how to navigate them, COVID test kits and information, exercise and nutrition info, and how to take part in a virtual doctor appointment.

Stop in and get your questions answered!!

Library Donations

Our Senior Center Library is currently accepting donations of **hardcover fiction only**. Due to space limitations, we cannot accept nonfiction books such as cookbooks, self help, autobiography, art books, etc. There are donation boxes outside Checkers and Grapevine Grill for books of all kinds. Thank you for your cooperation!

Tech Help

We now have additional volunteers available for phone/tablet assistance on Mondays 2:30-3:30pm



Marc will also be here on May 18th 10-12pm
Please register in advance 323-0420 ext 501
so that we can be sure someone will be available to help you.

CHAIR VOLLEYBALL

starting in June!

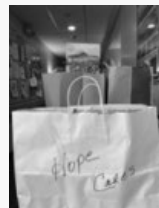
Interested in how you can build core muscle strength, get a gentle workout, and have lots of fun without even leaving your chair?



Stop by the exercise room on Wednesdays to see the set-up, and try for yourself!

If interested in joining, call Stephanie 323-0420 ext 501

A special thank you to **Hope United Methodist Church** and their food drive to supply local families with grocery items!



Let Villa Rose Restaurant do the cooking on

Wednesday June 1st!

They have agreed to donate 20% of all food sales to the Belchertown Senior Center Friends!



Interested in Playing Dominoes?

A couple people have expressed interest in playing dominoes!

If you are interested in playing (or learning to play) contact Stephanie 323-0420 ext 501!



Square Dancing is held every Thursday from 7-8pm at the American Legion. Fee is \$5/class First Class is FREE!!

Your Care...Your Priorities

Join Linda Brown of Amedisys Skilled Home Health, and Josephine Gallagher of Beacon Hospice, on **Wednesday May 11th at 12:30pm** as they highlight all the ways you can be an advocate for your own healthcare decisions, making sure you are part of the team exploring options for your care.

Call Stephanie to register 323-0420 ext 501

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 Nutrition Program received donations from Carole D., an anonymous donor, and a donation in memory of Deborah DaCruz.

The Medical Transportation Program received donations from clients and from Beverly Ducharme in memory of her daughter Sheri Ducharme.

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

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

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.



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THE DANGERS OF SEASONAL ALLERGIES ON SENIORS

While allergies are often considered a condition that presents earlier in life, seniors are not exempt from the onset of annoying allergy symptoms. Age-related changes to the immune system may leave older adults at greater risk for infections and allergic inflammation. To complicate matters further, seniors often have chronic diseases and take multiple medications that can make it difficult to diagnose, manage and treat seasonal allergies.

Seasonal allergies may not seem like a priority when there are bigger health concerns in the picture for an aging adult, but these inflammatory responses can lead to more serious issues and even chronic illnesses, especially if there are existing heart or lung issues. Because of complexity of diagnosis, potentially dangerous risks, and varying treatment options, allergies in the elderly must be approached differently than with younger populations.

Accurately diagnosing and treating allergies is important because allergies may increase the risk of a stroke, heart attack, and other conditions in older patients. While the link between asthma and stroke is well-documented, there is also a correlation between milder allergies and stroke risk. People 45 years old and older with a history of hay fever have an 87% higher risk of experiencing a stroke. Additionally, studies have shown that heart attack risk is significantly higher on days with high pollen levels. Nasal congestion, cough and an irritated throat can be extremely dangerous for seniors with pre-existing cardiovascular problems or lung disease.

Many of us turn to over-the-counter remedies for our own allergy symptoms, and seniors are no exception. However, older adults should use extreme caution when turning to over-the-counter relief. Use of certain antihistamines can bring on harmful side effects, aggravate existing medical problems or cause drug interactions. Some decongestants may increase blood pressure and heart rate and cause insomnia, while others can be overly sedating or cause anxiety which can put seniors at greater risk of falls. A doctor can prescribe appropriate prescription medications once specific allergies are identified.

Try Drug-Free Solutions - *There are several ways seniors can minimize exposure to seasonal allergens:*

- Check pollen counts (available on most weather websites and apps), make them part of where you post weather info.
- Have reminders to avoid outdoor exposure during peak times, and to only open windows on low pollen days.
- Run central air systems to help filter out contaminants and use High Efficiency Particulate Air (HEPA) filters regularly.
- Make sure sunglasses or other eyewear are worn outdoors to prevent particles from getting near eyes.
- Wash hands, shower and change into fresh clothes after a visit outdoors to avoid introducing allergens into the home.

~Laurene

Article Information provided by *Oasis Senior Advisors*

NEVER MISS A NEWSLETTER!

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Menu and Special Events - May 2022

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--|---|--|---|---|
| 2 Chicken Marsala Nail Care by Appt | 3 Chili Massage by Appt 9am Walking Club (Hank's Meadow) 10am Athens tour 12:30 BSCCA Meeting | 4 Mac & Cheese 9-11 Nurse office hrs 12:30 Grief/Loss support program | 5 Cinco De Mayo Meal (MOW Tuna/Potato/ Bean Salad) 10:30 Senator Lesser's Representative | 6 Fish w/Crumb Top 10:00 Declutter Group/ Downsizing Presentation *Walk-ins welcome! |
| 9 Kielbasa w/noodles Foot Care by Appt. 12:30 Ukelele | 10 Hungarian Goulash 9am Walking Club (Goodnough Dike) | 11 Ham 10 Veterans' Social 12:30 Your Care Pgm 12:30 Movie (PB Fal) | 12 Grill Chicken Salad 10am Book Club | 13 Potato Pollock 9-11 Brown Bag |
| 16 Teriyaki Chicken Str | 17 Swedish Meatballs 9am Walking Club (Quabbin Headqtr Loop) | 18 Pork Roast/Gravy Skin Care by Appt 10-12 Tech Help 12:30 Movie (Respect) 3-4 ASC Pick up | 19 Breaded Catfish 10am Whole Foods/ Plant Based Program | 20 Chicken Cordon Bleu |
| 23 Garlic Chicken 12:30 Ukelele | 24 Broccoli Quiche | 25 Breaded Pollock 2:45 Walking Club (Lake Wallace trail) | 26 Taco Salad 5:30 COA Board | 27 Pork Chop |
| 30 Closed— Memorial Day | 31 BBQ Chicken | | 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> |
|---|--|---|--|---|
| 9:30 Yoga 11 Bridge 12 Hand, Foot & Elbow, Card Game 2:30-3:30 Tech Help | 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 12:30 Canasta | 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.

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

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

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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.

Quabbinaires



The Quabbinaires are a friendly walking group with outings ranging from one-hour walks on pavement, to moderate hikes.

Please Contact Stephanie 323-0420 ext 501 to register for the group, and to get on the email/contact list. The Senior Center will send out a notification if a walk is cancelled or rescheduled due to weather. **Come Join Us!!**

Tuesday May 3rd 9:00am: Hank’s Meadow & Webster Rd (1 hr on woods rd, mostly flat terrain) Park in Hank’s Meadow parking lot. We’ll walk across the street to Webster Rd., a woods road that passes several old homesteads, with a loop down to the water, and then return the same way.

Tuesday May 10th 9:00am: Goodnough Dike (less than an hr, pavement, mostly flat terrain) Park in Goodnough Dike parking lot. We’ll walk along the paved rd that heads slightly downhill to the dike, across the dike, and then back up to our cars. For those wishing to walk longer, we can take a short walk to the water.

Tuesday May 17th 9:00am: Quabbin Headquarters Loop (1.5 hrs on a woods rd, a trail, and pavement, some hills) Park at the Visitor Center. We’ll walk a woods rd about 15 min on a trail downhill to the Swift River. We’ll then walk along the Swift, coming out below the dam, and then back up the hill and across the dam to our cars. **THIS IS A MODERATE HIKE**

Wednesday May 25th 2:45pm: Lake Wallace (1 hr on trail) Meet at the Senior Center and join Belchertown High School Life Science teacher Louise Levy as we celebrate the long-awaited opening of the Lake Wallace Sensory Trail! Fully ADA Accessible and welcoming all abilities!



Wednesday
Movies are
Back!!!

Call Kim in advance for a lunch reservation, and stay after to watch a FREE newly-released movie which begins at 12:30pm, complete with freshly popped popcorn for 50 cents!

Wednesday May 11th

Ham & Sweet Potatoes

Peanut Butter Falcon (2019 PG-13)



After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man with Down Syndrome befriends an outlaw who becomes his coach and ally. Shia LaBeouf, Dakota Johnson and Zack Gottsagen star in a “modern-day Mark Twain fable that will melt your heart”

Wednesday May 18th

Pork Roast w/Gravy

Respect (2021 PG-13)



Following the rise of Aretha Franklin’s career from a child singing in her father’s church’s choir, to her international superstardom, RESPECT is the remarkable true story of the music icon’s journey to find her voice. Starring Jennifer Hudson, Forest Whitaker and Marlon Wayans