Granby Council On Aging

Granby, Massachusetts

Council on Aging
10 West State Street
Granby, MA 01033
Hours: Monday - Friday
9:00 a.m. to 3:00 p.m.
By Appointment Only.
Telephone: 413-467-3239
Fax: 413-467-7209
Website:
www.granbycouncilonaging.org
Facebook:
Granby Senior Center

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Mission Statement

The COA is committed to enhancing the lives of senior citizens through services, programs and activities that educate, assist and advocate on behalf of the elderly.

'Mass Appeal' Holiday Spectacular on TV!

Council On Aging Directors from throughout Western Massachusetts have been working with **Mass Appeal** co-host **Patrick Berry** on a special edition of the show that will focus on older adults. What began as a collaboration to highlight area Senior Center holiday performers, morphed into an entire show dedicated to the topic of aging adults in our area. **Tune in to WWLP Channel 22 for Mass Appeal on Tuesday, December 8 at 11 a.m.** for an hour filled with information and local entertainers performing both original holiday pieces as well as traditional favorites. Topics that co-hosts **Alanna Flood and Patrick Berry** will delve into include the physical, psychological and emotional wellbeing of older adults, caregiver stress, nutrition, and fitness. When a group of dedicated, compassionate, committed Senior Center Directors teams up with a talented television duo, the results are definitely worth watching!
Catch the Granby Council on Aging's contribution, a musical performance by our own MacDuffie School choir!

Tablets for Seniors

In these unprecedented times of social isolation and quarantine, the Granby COA remains committed to mitigating the adverse effects of isolation in seniors. While these times are difficult, we can be grateful for increasingly user-friendly technology that helps connect us to others. Virtually chatting, emailing, and interacting with others on social media can help combat isolation. In recognition that technology such as tablets and computers are costly, **the Granby COA is now offering a tablet loan program for seniors. Seniors in our community will have access to technology and to user assistance when needed.** This program is funded by Title III grant funding through WestMass Eldercare. If you're interested, please contact us for more information!

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Supportive Services

Food Pantry

Our on-site Food Pantry serves eligible residents of Granby. Eligible clients with applications on file are allowed two grocery bags per month. The Pantry's hours of operation are M-F from 9:00 a.m. – 3:00 p.m.

Brown Bag

This program provides a free bag of healthy groceries to eligible seniors once a month courtesy of the Food Bank in Hatfield. **This Month's Date: 12/15**

Fuel Fund

If you are a resident of Granby and are running low on oil for heating during the winter season, the COA can help.

Medical Equipment Loan

The Senior Center loans out a variety of medical equipment. These can be expensive to buy outright when only needed on a temporary basis.

Transportation Program

The transportation program accommodates passengers using wheelchairs and can travel out of town. The Center has two vehicles and staffs multiple drivers. Please contact us for a ride at least 5 days before your scheduled trip. The fee is calculated by mileage and will be communicated to the client when the appointment is made.

Outreach Services

The Granby Outreach Program provides free consultation, referrals, and assistance for seniors who are in need. To get help applying for benefit programs, services, and more, please call our office. *This Program is partially funded by Title III grant funding through WestMass Eldercare, the Executive Office of Elder Affairs and Administration for Community Living. This program is of no cost to the consumer; donations are confidential and on a voluntary basis.*

House Numbering Program

This program provides high visibility house number signs for residents. The signs help emergency responders locate your home quickly. The green signs with reflective numbers are installed by police officers. The suggested donation is $10.

Veteran's Services

Granby Veteran's Services Agent, Michael Slater can assist Veterans in obtaining services. He is available by virtual appointment only.

SHINE Counseling

SHINE Counselor Diane Morgan is available to meet by appointment with those who have insurance questions. Diane can evaluate your situation, screen you for eligibility, and assist in the enrollment process.

Sand for Seniors

In the winter months, stairs and walkways become slippery with ice and snow. Do you need a bucket of sand to prevent falls? Call to order! *Sponsored by COA & TRIAD*

Safe Entry Program

Seniors can have a combination lock box installed at their home that holds a key to their house. The location and code of the lock box are kept on file at the Police Department. If an emergency occurs, first responders will be able to enter your home quickly to offer assistance.

Helpful Phone Numbers

COVID Distress Line: 1-800-985-5990
Elder Abuse Hotline: 1-800-922-2275
Exec Office of Elder Affairs: 1-800-243-4636
Hampshire Elder Law: 1-413-586-8729
Medicare: 1-800-633-4227
Senior Legal Helpline: 1-800-342-5297
Social Security: 1-866-964-5061
WestMass ElderCare: 1-413-538-9020

Supermarket Special Hours for Seniors During COVID-19

Atkins Country Store
South 253-9528 and **North** 230-3226
Monday-Saturday 7am-8am
Curbside pick-up available

Big Y World Class Market
Amherst 253-0416 and **South Hadley** 538-9303
Sunday-Saturday 7am-8am

Stop & Shop
Belchertown 323-6546 and **Hadley** 253-3227
Sunday-Saturday 6am-7:30am

Target, Hadley 586-5945
Monday-Saturday 8am-9am

Trader Joe's, Hadley 587-3260
Sunday-Saturday 9am-10am

Walmart, Hadley 586-4231
Monday-Sunday 6am-7am

Whole Foods, Hadley 586-9932
Sunday-Saturday 8am-9am

COA Programs on Local Cable Access and Online

- Find Healthy Bones & Balance Exercise Class M-F at 10:00 a.m. on **Channel 12 (GCAM)** and M-Th at 11:00 a.m. on **Channel 15**
- Find Healthy Bones & Balance & Country Dance Classes on **GCAM's YouTube page 'Granby Community Access & Media, Inc.)**

Home Foot Care Services Available

Linda Arslanian is available for home visits for footcare services. Please call the Granby COA at 467-3239 to make an appointment. Fee for service is $43.00.

Granby COA Welcomes Interim Fire Chief

The Granby COA would like to welcome Robert M. Czerwinski as the Interim Fire Chief for the Town of Granby. A 47 year veteran of the fire service, Chief Czerwinski had recently served as the Fire Chief for the City of Pittsfield, Massachusetts. Chief Czerwinski retired from that position in July 2019, after 32 years of service.
Chief Czerwinski has served in numerous roles during his long career. Starting out as a volunteer firefighter in the Hudson Valley in New York state, he later became a career firefighter in the City of Pittsfield in 1987. During his tenure with the City of Pittsfield, Czerwinski served as the fire department's Training/Safety officer, an EMT Instructor, a hazardous materials technician, and the city's Emergency Management Director. He was appointed Fire Chief in January 2010.Chief Czerwinski was very active in the Pittsfield Fire Department's "Senior Safe", a program, which aims to reduce older adult fire deaths through fire and life safety education. He would frequently meet with the senior community to discuss fire and safety challenges to the elderly and disabled. He looks forward to continuing that role here in Granby. His background also includes serving as a adjunct faculty member at Berkshire Community College, (Pittsfield, MA) and Greenfield Community College, (Greenfield, MA) teaching in the Fire Science Program. He later became the program's Advisor/Coordinator, working with the students to further their firefighting education. He has also worked as a trainer and consultant in the health and safety field.

What's Cooking in the Community?

Diane's Ricotta Cake

Grease and flour a 13"x9 pan.
Preheat oven to 350 degrees. Prepare yellow cake mix according to box directions. Pour mixture into pan.
Beath 4 eggs in a large bowl. Add about ½ cup of sugar (more or less depending on taste) and 1 Tbsp. vanilla. Blend well. Add 2 lbs. Ricotta (whole milk or part skim- I usually use whole milk). Mix well at medium speed. Pour mixture over cake batter. I use a soup ladle.
Bake for about 50-60 minutes.
If you want to add cinnamon and sugar, take the cake out at 45 minutes and sprinkle texture on top before returning to oven and finish baking. It can also be served with sliced strawberries or other fruit on top. Yum!

Thank You to our November Donors !

Dorothy Snow
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Barbara & Bryan Hauschild in Memory of Elwood Myers
Cynthia Phelps
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Carol Morrisette
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Ruth Ruel
Rebecca Mello
Gloria Proniewicz
Margaret & Edward Sullivan
Robert Russo
Pam DesJardins
Dave's Natural Garden
Church of Christ
Sapowsky's Farm

Special thanks to the Executive Office of Elder Affairs, which provides grant funding to help print our Newsletter!

Our Food Pantry Needs

Ground Beef and other Meats
Eggs
Micro-wave Meals
Beeferoni
Butter
Boxed Potato Mixes
Boxed Pasta Mixes
Hygiene Supplies
Paper Towels
Canned Chicken & Tuna
Jelly
Coffee
Cereal
Oatmeal
Syrup
Ketchup
Salad Dressing
Butter
Produce

Thanksgiving Baskets

Every season, the Granby COA assembles Thanksgiving baskets for families in the community who are in need. This year we distributed baskets to 80 families. These baskets included frozen turkey, canned and boxed sides, fresh pies and produce.

December's item: Cranberry sauce

Donations to the Granby Council on Aging

Your donation to the COA will help to enhance elder services in the community. Your support is greatly appreciated!

Donation from: _____

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(Circle) Contribution in Memory/Honor of:

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Please use donation for the following programs:

☐ Food Pantry

☐ Newsletter Fund

☐ Fuel Assistance

☐ Thanksgiving Baskets

___ Check here if you would prefer to remain anonymous.

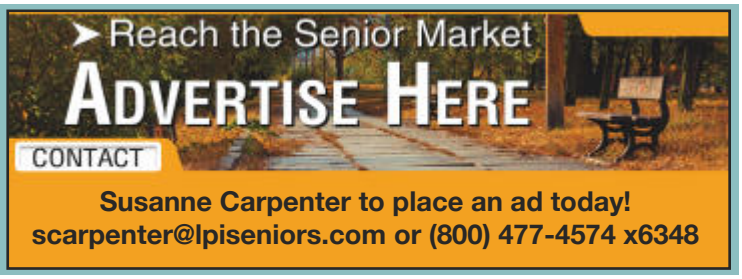
What is Prediabetes?

Prediabetes is a serious medical condition that people are often not made aware of by their physicians. People are typed as "nondiabetic" or "diabetic" but not "prediabetic". What is prediabetes? It is a state where a person's blood sugar levels are higher than normal but not high enough for a diagnosis of diabetes. Normal fasting blood glucose is below 100 mg./dl. A person with prediabetes has a fasting blood glucose level between 100 and 125 mg./dl. If the blood glucose level goes up to 126 mg./dl or higher, a person has diabetes.

Why is it important to know if you have this condition? Because you can do something about it and avoid developing Type 2 diabetes. Studies have shown that a person can reduce their chances of developing diabetes by 58% through weight loss and exercise. The experts agree that a person with prediabetes should reduce their weight by 10 – 15% and do some form of exercise for 30 minutes a day. It requires a lifestyle change for most people but for some people with prediabetes, intervening early can change the blood glucose levels back to a normal range. The cause of prediabetes is unknown, although scientists have discovered some genes that are related to insulin resistance. Excess fat – especially abdominal fat –and inactivity seem to be important factors in the development of prediabetes. Controlling the total amount of carbohydrates you eat can help you reduce your overall blood sugar levels – and this does not include just sugary foods but also bread, pasta, rice, potatoes etc. It can also help with weight control. So it is important to know your fasting blood glucose level. Find out if you are prediabetic. Most important, make sure your blood sugar levels are being tested on a regular basis. Just because your doctor is checking your cholesterol levels does not necessarily mean your blood sugar level is being tested automatically. You need to be proactive about your health. It is not inevitable that you will get diabetes. You have a chance to turn back the clock.

Medicare Part B and Part D and Diabetic Supplies. Did you know Medicare Part B will pay for your glucose testing monitors, blood test strips and lancets? You must bring a doctor's prescription that specifies the quantity needed and your diagnosis to the pharmacy so the charges can be processed under Part B. Syringes and insulin are only covered under Part B if used with an insulin pump. Insulin and the new pens are covered by Medicare D prescription drug plans. Be sure that your supplier of diabetic testing supplies has a contract with Medicare Part B. Diabetes Self-Management Training is also covered under Medicare Part B with a written order from your doctor.

The A1c test is the best indicator of a person's average blood glucose content over the previous 2 to 3 months. Daily home monitoring of blood glucose level gives you a snapshot of your glucose level at the moment you test, but the A1c gives you the big picture of what's happening over a much longer period of time. **-Diane Morgan, SHINE & Outreach Coordinator**



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Safer Drug Use

Rule 1: Make sure drug therapy is really needed. For example, drugs are often prescribed to treat situational problems such as loneliness, isolation and confusion. Whenever possible, non-drug approaches to solving these problems should be tried first, including taking up new hobbies, socializing with others and getting out of the house.

Rule 2: If drug therapy is indicated, in most cases (especially in older adults) it is safer to start with a dose that is lower than the usual adult dose.

Rule 3: When starting a new drug, see if it is possible to discontinue another drug.

Rule 4: Regularly talk to your doctor about stopping your drugs. At least every three to six months, review with your doctor about your need to continue each drug being taken. The prevailing principle should be to discontinue any drug unless it is essential.

Rule 5: Find out if you are having any adverse drug reactions. Ask if you really need the drug in the first place and, if you do, ask if a safer drug could be substituted or whether a lower dose could be used to reduce or eliminate the adverse effect.

Rule 6: Assume that any new symptom you develop after starting a new drug was caused by the drug.

Rule 7: Before leaving your doctor's office or pharmacy, make sure the instructions for taking your medicine are clear to you and a family member or friend.

Rule 8: Discard all old drugs carefully.

Rule 9: Ask your primary doctor to coordinate your care and drug use. If you see a specialist and he or she wants to start you on new medicines in addition to the ones you are on, check with your primary doctor first. It is equally important to use one pharmacist, if possible.

-Diane Morgan, SHINE & Outreach Coordinator

Stella's Corner

Riddle of the month:

Last month we asked for answers to the following riddle: "*What loses its head in the morning and gets it back at night?"* The answer is: *"A pillow".* A big thanks to everyone who called in with their solutions. In December we are trying to solve the following riddle:
"When does Christmas come before Thanksgiving?"

Staying safe and healthy while shoveling snow this winter

With winter fast approaching, we wanted to provide some information regarding the risks associated with shoveling snow. Shoveling snow, especially when it is wet and heavy, is strenuous exercise that makes puts a lot of effort on our hearts. Cold temperatures cause constriction of blood vessels and increase blood pressure. Breathing in cold air can also constrict the airways and make it more difficult to deliver the extra oxygen the heart needs during periods of extra stress. A combination of these factors can lead to a heart attack. If you feel chest pressure, pain radiating through your neck and arm, or have trouble breathing, call 911 immediately. Take your time and listen to your body. Take frequent rest breaks while shoveling, and don't forget to hydrate. Using a smaller shovel keeps you from lifting too much heavy snow all at once. Dress warmly with a hat and gloves and ideally have a scarf cover your mouth. Ask your doctor if it is safe for you to shovel. If you need help finding someone to shovel for you, feel free to call the center.