



"Where Community Spirit Lives"

LENOX SENIOR SENTRY

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65 Walker Street, Lenox, Massachusetts 01240

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Council on Aging / Lenox Community Center Board
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Best wishes for a Happy Healthy New Year!

The Community Center and Council on Aging are starting 2021 with friendly familiar faces. Please join us in extending a warm welcome to our new team members Jenny & Matt!

Jenny "Lemberg" Vanasse is returning as Assistant Director. We are very excited to have Jenny back! She will be helping our Lenox Council on Aging seniors and sharing her knowledge working with youth and families.

Matt Maffuccio, a familiar face to our Lenox families, worked both at the LCC and Morris School. We are so excited he is joining our team as Program Coordinator. Matt is excited to meet our seniors and learn more about them.

As we say goodbye to an extremely difficult and challenging year for everyone, we look forward to starting a new year with the hopes of better times ahead.

Please feel free to call the COA at 413-637-5535 if you are in need of services or just want to hear a friendly voice. We are here for you!

What's your New Year's Resolution?



As the year draws to a close, we have a tendency to start planning for the year ahead. But the best way to create change is to set a clear intention. With a new year comes a new opportunity to pause and think about the year that has been. New Year's Day isn't all about leaving the past behind—it's also about facing new challenges with a fresh perspective.

"You are never too old to set another goal or to dream a new dream." —Les Brown

- * 73% of Americans Have a New Year's Resolution centered around being smarter with money.
- * 38% of people NEVER make a New Year's Resolution!
- * 6 out of every 10 people surveyed admitted making AND breaking the same resolution three in a row!

**What is your New Year's Resolution?
Send us your New Year's Resolutions to display at the Community Center!
Email: sholmes@townoflenox.com**

What is Still Happening at the Lenox COA at the Community Center? You Can Still...

Get an appointment with the Foot Nurse * Get your legal questions answered by one of our volunteer attorneys * Have a chat with Gini, our SHINE volunteer for your Medicare questions * Receive a Grab n' Go meal on Monday through Friday * Call to schedule a van ride to an essential appointment and shopping * Request a friendly check-in phone call, or enjoy a short story read to you by a volunteer

* Early morning exercise class on Mondays, Wednesdays and Fridays—Call to register

Call 637-5535 if you have questions about the above services, or any others— we may be able to help!

Crushed Stone Available at Lenox DPW and NOW for delivery!



The Lenox DPW has a crushed stone mixture available free of charge for residents who need it for icy conditions at their home. When you pull into the DPW building at 275 Main St., the pile to take from is in between the two garage doors. You may fill up to a 5 gallon bucket per visit, and be sure to bring your own pail and shovel.

Can't make it to the DPW?

Call the Community Center and request to have a 5 gallon bucket of sand delivered right to your door. Supplies are limited so call today! 413-637-5530

Do You Need Assistance with Transportation to Medical Appointments and Shopping?

Lenox Council on Aging Van Schedule

Mondays: Medical and essential appointments 8:30-3

Tuesdays: Medical and essential Appointments 8:30-3

Wednesdays: Local Shopping (Price Chopper, Stop and Shop or Guido's) 9:30 or 10:30

Walmart, Target 1:00

No Van available on Thursdays

Fridays: Medical and essential appointments 8:30-3

Call 637-5535 to reserve your ride
With as much advance notice as possible

ELDER SERVICES COMMUNITY "GRAB AND GO" LUNCH MENU FOR JANUARY 2021

The LCC will be providing lunches everyday for the month of January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sponsored in part by: 	HOME DELIVERED MEALS If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-881-5201		1 Happy New Year! CLOSED
4 Veal w/Peppers and Onions 478 Mashed Potatoes 39 Sliced Carrots 43 Oatnut Bread 150 Applesauce 0 Cal 851 Carb 92 Sod 835	5 Chicken Strips 214 Pasta Alfredo 378 Broccoli 22 100% Whole Wheat Bread 120 Fruit Crisp 11 Cal 701 Carb 100 Sod 858	6 Salmon Newburg Sauce 424 Steamed Brown Rice 5 Mixed Greens 140 12 Grain Bread 200 Fresh Orange 0 Cal 592 Carb 90 Sod 903	7 Eggplant Parmesan 353 with Marinara Sauce 101 Calico Bean Soup 298 Winter Blend Vegetables 10 100% Whole Wheat Bread 120 Sliced Peaches 8 Cal 817 Carb 100 Sod 1013	8 Chicken w/Gravy 327 Mashed Potatoes 39 Green Beans 30 Dinner Roll 210 Apricots 5 Cal 804 Carb 84 Sod 708
11 Chicken Almondine 333 Sliced Potatoes 28 Peas and Carrots 69 100% Whole Wheat Bread 120 Sliced Pears 5 Cal 574 Carb 82 Sod 680	12 Calico Beans and Sausage 450 Steamed Brown Rice 5 Butternut Squash 2 Oat Nut Bread 150 Strawberry Cup 0 Cal 841 Carb 112 Sod 751	13 Chicken on a biscuit 105 Buttered Noodles 11 Broccoli Florets 22 Whole Grain Biscuit 220 Mixed Fruit 10 Cal 573 Carb 81 Sod/ur 463	14 Beef Stew 72 Sour Cream and Chive Mashed 33 Roasted Root Vegetables 37 Dinner Roll 210 Lemon Bavarian ** 77 Cal 890 Carb 75 Sod 554	15 Swedish Meatballs 305 Gold Potatoes 4 Brussel Sprouts w/Cheese Sauce 71 100% Whole Wheat Bread 120 Fresh Apple 2 Cal 790 Carb 87 Sod 827
18 CLOSED MARTIN LUTHER KING	19 Roast Pork w/gravy 183 Sweet Potatoes 30 Boiled Cabbage 6 100% Whole Wheat Bread 120 Applesauce 0 Cal 738 Carb 67 Sod 454	20 Global Table Butternut Squash Mac&Cheese 370 Tomato Soup 262 Tuscan Blend Vegetables 35 Oat Nut Bread 150 Sliced Peaches 8 Cal 647 Carb 87 Sod/ur 948	21 Chicken w/Apple Raisin Gravy 322 Steamed White Rice 4 Asparagus 4 Corn Bread 210 Fruit Cocktail 5 Cal 808 Carb 81 Sod 670	22 Sloppy Joe on a bun 81 Cream of Broccoli Soup 37 Carrots 43 Hamburger Bun 320 Chocolate Chip Cookie ** 222 Cal 835 Carb 87 Sod 838
25 Chicken Curry 77 Coconut Rice 6 Minted Green Beans 6 Oat Nut Bread 150 Apricots 5 Cal 720 Carb 91 Sod 380	26 Cheese Lasagna 478 Mixed Greens 140 Minestrone Soup 63 100% Whole Wheat Bread 120 Spiced Apples 5 Cal 865 Carb 94 Sod 938	27 Chicken Cacciatore 437 Wild Rice Pilaf 60 Peas and Pearl Onions 34 12 Grain Bread 200 Banana 7 Cal 636 Carb 101 Sod/ur 857	28 Homemade meatloaf & Gravy 284 Lyonnais Potatoes 7 Sliced Beets 195 Dinner Roll 210 Pineapple & Mandarin Oranges 4 Cal 795 Carb 97 Sod 815	29 Beef Stroganoff 85 Mashed Potatoes 30 Mixed Vegetables 53 12 Grain Bread 200 Sliced Pears 5 Cal 816 Carb 92 Sod 507

Elder Services meals include 1% milk and a bread product with butter, and coffee if you wish. Suggested confidential donation for the meal for those 60 and older is \$2.00, cost for those under 60 is \$7.00 per meal.

To reserve a meal call 637-5535. Please call at least 24 hours in advance to reserve a meal or to cancel a meal you have already ordered.



You Could Qualify for Fuel Assistance!

Berkshire Community Action Council has announced new eligibility guidelines for

this season's fuel assistance program. A household of one is eligible for assistance if their **gross** income is \$39,105 per year or less, and for a household of two the amount is \$51,137.

If you think you might qualify for this program, please call BCAC at 445-4503 and follow the prompts to apply for fuel assistance. BCAC answers calls from 9-3 Monday-Thursday, they are closed on Friday.

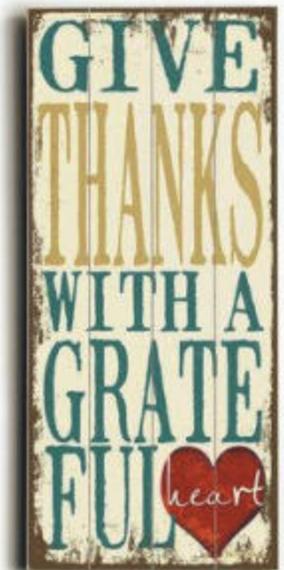


Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

30 Days of Gratitude

What are you grateful for this New Year? Grab a pen and paper and start your very own Gratitude Journal. Follow the list below to help you get started on your own journal.

- A person I'm glad to have in my life
- Something I find comfort in
- My favorite part of the morning
- My favorite memory
- An accomplishment I'm proud of
- A hidden blessing in a difficult situation
- An opportunity I'm grateful for
- My favorite song (& why)
- A life lesson I have learned
- The biggest gift in my life right now
- A future event I'm excited about
- Some positive news I've gotten recently
- My favorite area in my home
- A memory that makes me smile
- Something beautiful I saw today
- My favorite part of the evening
- My guilty pleasure
- One good thing that happened today
- How I show gratitude for my friends
- Something I love about my family
- Something positive about my body
- A challenge I'm grateful for
- A compliment that made me feel good
- The best gift I've ever received
- The item I treasure most
- The people who mean the most to me
- My favorite part about nature
- Something that made me laugh
- A book that I loved reading
- A freedom I am grateful for



Come ZOOM with us!
Chair Yoga Class with Dolores Mannix
Tuesday's and Thursday's
11:30am- 12:15pm

Free class Sponsored by the Lenox Council on Aging

To join, use this link below in your browser and follow the prompts

<https://zoom.us/meeting/register/tJYvcu6orz8pz4diCaESY6KRmFR1PT1Lug>

Or join with the following information on your ZOOM app

Meeting ID — 922-570-143
Meeting password — 588922

Please note if it is your first time using ZOOM please sign in 15 minutes early. If you have difficulty joining, please feel free to contact Dolores before class at 518-441-6336. Chair yoga is a gentle, fun practice of yoga postures (exercises) that help stretch and strengthen the body while using a chair for a little extra support and balance.



To receive this newsletter electronically, please call 637-5535 and have your email added to our mailing list!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	5 SHINE Phone Call by Appointment Chair Yoga via Zoom 11:30-12:15 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	6 Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Grab and Go Lunches 11:30-12:30 Target/Walmart 1:00	7 Chair Yoga via Zoom 11:30-12:15 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	8 Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30
11 Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	12 SHINE Phone Call by Appointment Chair Yoga via Zoom 11:30-12:15 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	13 Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Brown Bag 11:30 Grab and Go Lunches 11:30-12:30 Target/Walmart 1:00	14 Chair Yoga via Zoom 11:30-12:15 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	15 Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30
18 CLOSED Martin Luther King, Jr. Day	19 SHINE Phone Call by Appointment Chair Yoga via Zoom 11:30-12:15 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	20 Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Grab and Go Lunches 11:30-12:30 Target/Walmart 1:00	21 Chair Yoga via Zoom 11:30-12:15 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	22 Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30
25 Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	26 SHINE Phone Call by Appointment Chair Yoga via Zoom 11:30-12:15 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	27 Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Grab and Go Lunches 11:30-12:30 Target/Walmart 1:00	28 Chair Yoga via Zoom 11:30-12:15 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30	29 Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30

January

<p><i>Exceptional hospice care for more than 35 years</i></p>  <p>HOSPICE CARE in The Berkshires, Inc. A Member of Berkshire Healthcare Managed by an Affiliate of Berkshire Health Systems</p> <p>877 South Street Suite 1W Pittsfield, MA 01201 413-443-2994 www.hcib.org</p>	<p>Adams COMMUNITY BANK</p> <p>Call 413-743-0001</p> <p>3 Tips to Avoid Elder Abuse</p> <ol style="list-style-type: none"> 1: PLAN ahead to protect your assets 2: Get to KNOW your banker 3: INFORM your attorney of suspicious behavior <p>When in doubt check with your bank!</p> <p>www.adamscommunity.com</p>
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Put your thinking caps on!

Answer this month's trivia question correctly and win some local goodies!

One entry per person.

You must call your answer in to the COA - 413-637-5535.

Let's keep this contest fun and not use the internet to find the answer.

Question of the month:

What novel did Edith Wharton write that took place in Lenox?

The Back Porch



Please stop by the back porch of the Lenox Community Center at 65 Walker St., Lenox and take a look at the donated items during our coat drive!

Coats * Jackets * Hats * Mittens * Scarves
Items for the whole family
Men's * Women's * and of course Kid's!
All items are free for the taking

Donations will be accepted through January 8th!

Please wear your mask and practice social distancing



COVID-19

Vaccination Scam Offers ALERT Warning: Beware of COVID-19

As the first Americans line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you.

Don't get scammed! You should know the following:

- Medicare covers the COVID-19 vaccine at no cost to you, so if anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- Do NOT share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

Remember: Never give your Medicare number, your bank account information, your credit card numbers, your Social Security number, or any other personal information to anyone you do not know and trust. Don't get scammed.

You can report suspected Medicare fraud by:

Calling Medicare at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

If you're in a Medicare Advantage Plan, call the Medicare Drug Integrity Contractor (MEDIC) at 1-877-7SAFERX (1-877-772-3379).

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