



RUTLAND

COUNCIL ON AGING

FEBRUARY 2022



in Rutland Massachusetts

The small rural community of Rutland serves over sixteen hundred older adults. Our mission is to help all mature adults socially connect in their community and be linked to all of the programming, services, resources and opportunities they need to maintain independence and age in place.

We are proud to be an age friendly community organization!

Most activities are open at the Senior Center. We will continue to operate as determined by the Covid 19 Guidelines. Face masks are still required in all public buildings, and maximum attendance may be required. Remember, we are always available for your needs or concerns by calling the office.

THE SENIOR CENTER IS LOCATED AT
53 GLENWOOD RD, RUTLAND

Hours

Mon. - Fri. - Center opens at 8:30 am

Office hours - 9:00 am - 1:00 pm

Phone Numbers

COA Office - Direct line - 508 886-7945

Café Glenwood - 508 886-4119

Elder Services - 508 756-1545

Staff

Director Nancy Nichols

nancyn@townofrutland.org

Outreach Coordinator Karen Mulcahy

kmulcahy@townofrutland.org

Meal Site Manager Sue Tatro

COA Board Members

Chairman Patricia LaChance

Vice Chair June Willey

Secretary Ben Frost

Members at Large Carolyn Semon

The Rev. David Fish

Friends Board Members

President Sharron Darrah

Vice President Ruth Hutchins

Interim Secretary Gaile Aroucette

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A LITTLE HISTORY OF THE VALENTINE CARD

Today, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, Australia and the United States, although it's most common in the U.K. and the U.S. Americans likely began exchanging handmade cards in the early 1700s, but a woman named Esther A. Howland really changed the game in 1840 when she began selling the first mass-produced cards in the country. Known as the "Mother of the Valentine," she created elaborate pieces of art that had real lace, ribbons and colorful pictures known as "scrap."

We've got Howland to thank for the explosion of cards' popularity, ever since. Today, according to the Greeting Card Association, we send an estimated 145 million Valentine's Day cards each year, not counting the ones kids pass out in their classrooms. Women purchase approximately 85 percent of all valentines. So when you send your valentines this year, know you're participating in an age-old tradition – and not just a commercial one.



(Valentine cards available in the boutique)

HAPPY VALENTINE'S DAY!
FROM ALL OF US AT THE
RUTLAND SENIOR CENTER

HOLDEN HEARING AID CENTER, INC.

695 Main Street
Holden, MA

508-829-5566

DrMoreno@HoldenHearingAid.com

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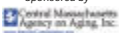
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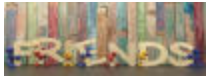


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Rutland Council on Aging, Rutland, MA

06-5280

FRIENDLY UPDATES



FRIEND'S OF THE RUTLAND COA MEETING MONDAY, FEBRUARY 28, 9:30 (note change of date)

These meetings are open to all - we invite you come to a meeting to share your ideas for upcoming plans and events. All are invited! The Fraud Squad will be presenting. Come enjoy a cup of coffee, refreshments and share ideas!

“THE PETITE BOUTIQUE”



The Boutique has been very popular, and we are always looking for new items. If you have any items new or gently used, please think about donating them. All proceeds benefit the Friends of the Rutland COA. For your convenience, we have added a locked cash box and all sales will be on the honor system. Stop in the next time you are at the center and shop at your leisure. Open 10 –1, Monday - Friday. There are also a few items from Alpaca-LLips Farm, in Rutland. (see someone in the office to purchase these items).

OUTREACH

The Outreach Office is a great resource for Housing and Fuel assistance, transportation needs, referrals to **Elder Services, Meals on Wheels, File of Life**, medical equipment loans, and much more. Non-perishable food items, along with paper goods and some personal care products, are always available in Pat's Pantry, which is open Monday through Friday from 10AM to 12PM. We gratefully accept donations of unopened, unexpired items at any time.

For other supplemental food sources, **Senior Distribution Day** at the Wachusett Food Pantry, located at 50 Worcester Road in Sterling, is the third Friday of the month: **Friday, February 21 from 9AM – 11AM**. In addition, the Outreach Office can assist with SNAP (food stamps) applications. If you need help stretching your food budget this winter, please contact Karen at 508-886-7945, ext. 2 for information and assistance.

As a reminder, we use **MySeniorCenter** key tag swipes to keep track of attendance. If you do not have a tag, please stop by the Outreach Office to obtain one. Thank you!

We will continue to offer **Caregiver Support Group Meetings** twice weekly in 2022 – (Tuesdays at 1:00 pm and Fridays at 10:00 am). Please call 508-886-7945, ext. 2 to reserve your spot.

Regarding durable medical equipment: If there is heavy snow, we may not be able to gain immediate access to the Lions' shed to retrieve items, and it may take a few days for snow removal. Please be patient while we clear the area to resume service. As a precaution, we plan to keep a small inventory of the most requested items (as space allows), in the COA building during the winter months, in order to fulfill urgent needs.

Many thanks to our Meal Site Manager, **Suzanne Tatro**, our **Meals on Wheels Drivers**, and our loyal **Volunteers**, who prepared and distributed close to 5,300 nutritious meals to Rutland residents in 2021! We are so grateful for your hard work and dedication to the program. **We are always looking for help in the kitchen and MOW drivers (and substitute drivers).** Please contact Sue at 508-886-4119 if you are interested in helping out with this vital service in our community.

FEBRUARY ACTIVITIES AND MORE....

Events with no date are held weekly.

MONDAYS

9:30 - Coffee
9:30 - Friends Meeting 2/28
10-12 - Pat's Pantry
10:00 - Book Club 2/14
10 - 12 - Hairdresser 2/28
12:30 - Pitch

TUESDAYS

9:30 - Coffee
10-12 - Pat's Pantry
10-11 - Jeweler 2/8
10:00 - Chair Caning
10:00 - Ready, Steady, Fitness
1:00 - Caregiver's Support

WEDNESDAYS

9:30 - Coffee
9:30 - Watercolor painting
10-12 - Pat's Pantry
10:00 - Dominoes
12 - 1 - Sen. Gobi's rep. 2/9

THURSDAYS

9:30 - Coffee
10:00 - Exercise - Whole
Enchilada
9 - 2 - Foot Care Clinic 2/10
10 - Beginner Piano Lessons
10-12 - Pat's Pantry
10-11 - Blood Pressure Clinic
2/17

FRIDAYS

9:30 - Coffee
10-2 - Dr. Moreno - 2/11
10-12 - Pat's Pantry
10 - Caregiver's Support

PLEASE NOTE:

- ◆ Masks must be worn in All town buildings!

There will be no Dine Out in February

Our next DINE OUT will be on
Wednesday, March 9th (note change of day)
at **Ladd's** in Rutland. All are welcome! **Reservations are necessary. Please call the office to make your reservation.**
We meet at the restaurant at 4:30.



BOOK CLUB

The next meeting of the "Book Club" is scheduled for Monday, February 14th at 10:00 AM. Please call the office if you are interested in getting a book and joining the discussion. The next book will be, **Flight of the Sparrow** by Amy Belding Brown

CAREGIVER'S SUPPORT GROUP (PREVIOUSLY ALZHEIMER'S)

The Caregiver's support group will continue to be held in February. **Christy Mylott** will lead the group. on **Tuesdays, at 1 PM and/or Fridays at 10 AM.** Please call the office for more information or to express an interest in attending.



Postponed until **Wednesday, March 23rd at 11:00,** and we want you to join in the fun; **we will play Bingo and enjoy a light lunch from Val's Restaurant (\$3 for lunch, includes 1 free Bingo card!)** Maximum of 20, so reserve early.



TO OUR FEBRUARY BIRTHDAY PEOPLE!

If you are celebrating a birthday in February, we invite you to come to the center and enjoy a piece of birthday cake, **Wednesday, February 23rd at noon.**

NEW PHOTOGRAPHY CLASS : If you would like to take pictures with your camera, whether the traditional style or phone or tablet, let us know and join this new group! Learn how to take pictures for the best result, print, and share with others. This can be very fun with growing ideas. Please call the office if you are interested.

TAX PREPARATION WILL BE OFFERED

Friday, March 28th.

This service is being done as follows: The tax payer should call the Senior Center for an appointment. Pick up the packet, and fill out the packet to the best of your ability at home. You would then come in on your appointment day at the designated time. Drop off your documents with us, and allow for a 15 minute appointment. You would then come back and pick up the completed return and sign all the documents.

This would mean 2 visits. If married filing joint, both spouses need to be at both visits.

All Taxpayers and volunteers must be masked.

“OUR TOWN”



These are trying times, we have to second guess almost everything we do. Is it safe to go out? Is it safe to see our friends? The list of dos and don'ts goes on and on. This idea from one of our friends, in “our town”, just might give other seniors in “our town”, the opportunity to have a little fun. It's safe, secure, no going into crowds and will help us stay connected, with “Rutland Round Robin 5”.

Each Round Robin has **5 members** (all from our senior center). As many groups of 5 as sign up. Members are assigned number **1 through 5**. Number 1 writes a short letter & sends it to number 2, who adds to it & sends it along to number 3, until it goes through the chain to full circle. The next group of letters starts with the first completed letter for all to see. Topics can be selected by members (such as recipes, funny stories etc.) or left open.

This is intended to be a fun activity that we can participate in. Please no gossip, name calling, negative remarks! This is meant to be fun! Please call the Senior Center if you would like to participate!

IMPORTANT MESSAGES

ROBO CALLS AND IMPORTANT INFORMATION

The center would like to inform everyone when there is some important news or information regarding the center. This might be a cancellation or an upcoming event or general news. In order to do this efficiently and in the most effective manner, **we need your contact information**. It has come to our attention that many of the phone numbers and/or emails we have are not current. We may even have an outdated address for you.

We are in the process of updating our system. If you would like to receive these important announcements, please fill out the form below and mail it to the center. If you prefer to call the center, please do so. You may also drop it off the next time you come in. We look forward to hearing from you.

Name: _____

Address: _____

Phone: _____

Email: _____@_____

Please drop this information to the COA office or:

Mail to: Rutland Council on Aging 250 Main Street, Rutland, MA 01543

Phone Number: 508-886-7945



Did you know— be one of the first to know!

The monthly newsletter is available on the town of Rutland website. Go to: [Town of Rutland.org](http://TownofRutland.org) - click on Departments - Council on Aging - Monthly Newsletters. The newsletter is available on this site often a week earlier than you will receive it in the mail. If you would prefer to see the newsletter on line and wish to be taken off the mailing list, please let us know. Cutting down on the number of newsletters mailed, will be very cost effective for the center. Thank you!

FEBRUARY MEAL & ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatballs w/ Onion Gravy 10 - Fitness Class 1 - Caregiver's Support Group 10-12 - Chair Caning 10-12 - Pat's Pantry	2 Beef Stew 9:30 - Watercolor Paint 10 - Dominoes	3 BBQ Chicken 10 - Whole Enchilada 10 - Beginners Piano 10-12 - Pat's Pantry	4 Frittata 10-12 - Pat's Pantry 10 - Caregiver's Support Group
7 Macaroni & Cheese 9-12 - Pat's Pantry 12:30 - Pitch	8 Chicken Fajitas 10 - Fitness Class 10-11 - Jeweler 10-12 - Chair Caning 1 - Caregiver's Support Group 10-12 - Pat's Pantry	9 Beef w/Onions & Peppers 9:30 - Watercolor Paint 10 - Dominoes 12 - 1 - Rep. from Senator Gobi's office 10-12 - Pat's Pantry	10 Fish w/Crumb Topping 9 - 2 Foot Care (App't) 10 - Whole Enchilada 10 - Beginners Piano 10-12 - Pat's Pantry	11 Roast Pork Loin w/Gravy 10 - 2 Dr. Moreno (App't only) 10-12 - Pat's Pantry 10 - Caregiver's Support Group
14 Gemelli Pasta & Meat balls 	15 Buttermilk Chicken 10 - Fitness Class 10-12 - Chair Caning 1 - Caregiver's Support Group	16 Baked Potato w/Chili & Cheese 9:30 - Watercolor Paint 10 - Dominoes 10-12 - Pat's Pantry	17 Hot Dog 10 - Whole Enchilada 10 - Beginners Piano 10 - 11 Blood Pressure	18 Shepherd's Pie 10-12 - Pat's Pantry 10 - Caregiver's Support Group

Shine rep will be available

<p>remotely <i>all this week</i></p> <p>9-12 - Pat's Pantry</p> <p>10:00 - Book Club</p> <p>12:30 - Pitch</p>	<p>10-12 Pat's Pantry</p>	<p>21</p>  <p><i>No Meals Served</i></p> <p><i>Office Closed</i></p>	<p>22 Pork Rib-I-que w/BBQ Sauce</p> <p>10 - Fitness Class</p> <p>10-12 - Chair Caning</p> <p>1 - Caregiver's Support Group</p> <p>10-12 Pat's Pantry</p>	<p>23 Roast Turkey w/Gravy</p> <p>9:30 - Watercolor paint</p> <p>10 - Dominoes</p> <p>10-12 - Pat's Pantry</p>	<p>24 Crumb Top Macaroni & Cheese</p> <p>10 - Whole Enchilada</p> <p>10 - Beginners Piano</p> <p>10-12 - Pat's Pantry</p>	<p>25 Chicken Cranberry Salad</p> <p>10-12 - Pat's Pantry</p> <p>10 - Caregiver's Support Group</p>	
<p>28 Meatloaf w/ Gravy</p> <p>9:30 - Friend's Meeting</p> <p>10-12 - Pat's Pantry</p> <p>10 - 12:30 - Haircuts (App't only)</p> <p>12:30 - Pitch</p>							<p>Grab & Go meals are available any day Monday through Friday. Let us know two days in advance if you would like to pick up a meal. A \$2.50 donation is suggested.</p>
							<p>Remember! If your birthday is approaching, check to see if your driver's license needs renewing. You can renew prior to your birthday, at the Registry. AAA office or online.</p> 

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SERVICES

Services that require appointments, please call the senior center office-508 886-7945.

Representative from **Sen. Anne Gobi's** office will be at the Senior Center to answer your questions on **Wednesday February 9th from 12 –1 PM. Or you can call him at 413 324-3082**

Ed Baxter, **SHINE** Representative, will be doing phone appointments Mon - Fri, from 9-1 on the **third** week of each month,. **(Please call if you want to set up an appointment.)**

HAIRCUTS BY DAWN LUSSIER - Monday, February 28. Women's haircuts - \$12, Men's haircuts - \$7 - \$10, depending on hair length. Blow drying is part of the cutting service, but shampooing is not, so please come with clean hair and wear a face mask. **(Appt's are necessary.)**

Elder Bus - In town: Mon.- Fri. 9-2:30- one destination; **Out of town:** Mon. Tue. Wed. (Medical trips only). **Fri. trip to Big Y.** Now taking full buses (up to 8 passengers). Call 800 321-0243 for more information. Elder Bus has waived all fees throughout 2022! **Masks required.**

Onsite Jeweler - Tuesday, February 8th, 10 - 11 AM. The following services are provided: Free jewelry cleaning and inspection; watch batteries; and simple repairs (most batteries while you wait), and he will buy your old, broken gold jewelry, **Appointments necessary**

DR. MATTHEW MORENO OF HOLDEN HEARING AID CENTER, INC. - Friday February 11th, from 10 - 2. "offering hearing tests, hearing aid cleanings, wax removals". **(Appt's are necessary.)**

FOOT CARE CLINIC with Diane DeWan, LPN, **Thursday, February 10th, 9 am – 1:00 pm.** Trimming toenails; sanding corns and calluses; relieving ingrown toenails that aren't infected; assessing circulation in feet; gentle massage; plans for any problem areas; referrals to doctor, if necessary. Fee for services is \$27, (20 - 30 minutes) **Unfortunately she is unable to provide services to anyone who has insulin dependent diabetes. (Appointments are necessary)**

BLOOD PRESSURE CLINIC - Thursday, February 17th, From 9:30 - 11 (Walk -ins welcome)

CAFÉ GLENWOOD

Meals on Wheels program is available to any Rutland resident 60 plus years of age. We continue to have Grab & Go Meals, Monday - Friday (reserve a meal 48 hours in advance by calling Café Glenwood, **508 886-4119.**) You may reserve multiple days at once.

If you would like to eat your meal in our cafeteria, you are welcome to do so. You still must call 2 days in advance. Indoor seating will begin at 11:30.

If you prefer to take your meal home, please pick up at the front doors of the Senior Center entrance. Ring the bell at the left of the door and someone will bring your meal to you. Pickup time for these meals is 11:15 AM.

MEDICARE ADVANTAGE ONLY JANUARY 1ST THROUGH MARCH 31ST ADDITIONAL ENROLLMENT PERIOD

This is an additional period of open enrollment for people who currently have a Medicare Advantage plan. It is usable even if a change was made during the typical enrollment period between last Oct 15th and Dec. 7th. Need assistance, call the office to set up an appointment to speak with a S.H.I.N.E. representative.



SAND BUCKETS

Winter is here and ice will be a problem as always. Small buckets of sand are available to anyone who needs them. Please see Nancy or Karen in the office if you would like to pick one up.

COMMUNITY NEWS AND MORE



Chair caning history goes way back. The craft of chair seat weaving and **chair caning**, in particular, has been practiced for centuries and is still a viable craft today, experienced all over the world. Similar cane or “wicker” weaves date back as far as Egyptian times with artifacts such as a woven daybed discovered that once belonged to King Tutankhamen, (1325 B. C.). Chair seat weaving, and especially chair caning was practiced in South East Asia, Portugal, France, and England in the mid-1600s, becoming very popular and extensively used through the 1700-1800s and on into the early 1900s.

The techniques and materials have not changed much in all the years and only a few common tools are necessary to repair chair seats, making chair caning a craft that nearly anyone can master with just a little patience and tenacity. **Chair cane** (the outer skin or bark of the rattan palm) is used primarily in weaving antique and modern chair seats. However, it's also used extensively as wrappings on rattan furniture and is sometimes used to weave entire sets of new or reproduction wicker furniture. The strands of cane used in **chair seat weaving** is the shiny, glossy skin or inner bark from the stem or trunk of the rattan palm, genus *Calamus Rotan*. There are hundreds of species, but only a few are suited to produce the high quality needed for chair seat weaving.



Hole-to-hole or 7-Step Method of Hand Chair Caning, which is weaving individual strips through a series of drilled holes around the perimeter of the chair seat frame. The result ends in an octagon shape pattern throughout the seat. Hole-to-Hole traditional hand caning is the method used in this class; however, some of the students have researched other methods needed for projects and with assistance from the instructors, have been able to recreate the piece. Wide binding cane stool woven in twill pattern is an example of this.

Source: The Wicker Woman



TAKE A CHAIR CANING CLASS -Want to save money? Do some chair caning yourself! Anyone interested is welcome to participate/

Our Chair Caning Class is looking for participants with projects. They're saving a SEAT for you! This is probably your best bet to learn chair caning techniques. You'll get the tips and tricks to save you time because in this industry, time is money.



Valentine Grab & Go Treat Bags, sponsored by “eternalHealth”

Stop by the Rutland Senior Center between 9 - 1, Monday through Friday during Valentines week (Feb 14 - 18), for a free Grab & Go reusable goodie bag, stuffed with a Valentine card, Valentine candy, an herb growing kit and eternalHealth materials and literature. We will have a limited quantity, so one bag per person please, and they are available while supplies last.

We are always looking for new ideas and ways to implement new programs

Some suggestions in the past have been “Friendly Visitor” program. This could include phone calls to homebound, delivery of books or puzzles. We need volunteers to champion initiatives and others to staff.

Please see the back page for volunteer opportunities at the Senior Center!

Also.... The Town of Rutland Tax-Work-off program is open to residents 60 years of age or older who own their own home. Work is done for a town department in exchange for a yearly tax credit. Hours are limited to the allotted amount per fiscal year.

Friends of COA Memory Tree

A Memory Tree to honor the lives of those whom we loved and have gone before us is on display at the Community Center. We hope you will be inspired to purchase a leaf in memory of a senior who lived in Rutland. Each leaf will be engraved with the person's name and years of birth and death. Leaves are **\$40 each** and larger medallions to be placed at the bottom of the tree are available for **\$175**. Please note that prices have increased to keep up with product and shipping increases.

Memory Tree Donor Form

Name of donor: _____

Telephone #: _____

Name to be engraved on leaf: _____

Year of birth: _____ Year of death: _____

Please make checks payable to:
Friends of Rutland COA
250 Main St, Rutland, MA 01543

FRIENDS OF THE RUTLAND COA

Did you know that you do not have to be a resident of Rutland to be part of the Friends of the COA. If you live outside of Rutland and enjoy coming to activities here at the center, we encourage you to become a "Friend". The Friends group often sponsors activities and programs which all are invited to and enjoy attending. Friends continue to support the Council on Aging, and your support is still needed and appreciated. If you have any questions please feel free to call the office. We have now resumed most activities and would love to have you join an activity and/or attend a Friends meeting. You do not have to be a member of the "Friends", to be a supporter, but Please think about becoming a *Supporter of the Friends!*

BECOME A FRIEND OF THE RUTLAND COA

Anyone can be a FRIEND. Support the FRIENDS of Rutland COA by becoming a member/supporter. **The cost is \$10 per person.** All monies benefit the council to help provide programs and enhance services. Your support is greatly appreciated. **Going forward workshops etc. that charge a fee may be slightly higher for non members.** So if you attend these events think about becoming a member.

FRIENDS OF THE RUTLAND COA 2022 Membership

I WOULD LIKE TO: Renew My Membership___ Become a New Member___ Supporter___

ENCLOSED IS MY DONATION: **\$10** individual___ Other: \$___

NAME: _____ ADDRESS: _____

TELEPHONE NUMBER: _____ CELL PHONE _____

TOWN/STATE: _____ ZIP: _____

E MAIL ADDRESS: _____

PLEASE SEND A SELF ADDRESSED STAMPED ENVELOPE IF YOU WANT A CARD. THANK YOU!

Mail your check payable and mail to:

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250 Main St, Rutland, MA 01543

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TIP CORNER

VOLUNTEER OPPORTUNITIES

Are you new to Rutland, or new to the Senior Center and looking for ways to meet other seniors? An old friend interested in lending a helping hand? Whether you have a few hours a week, a month or occasionally, or even annually, we have volunteer opportunities for you - jump in!

Weekly:

- ♦ Pat's Pantry: organize stock, check expiration dates, assist with package giveaways
- ♦ Library: organize returns/donations, maintain regular stock, tidy puzzle area
- ♦ Boutique: card sorting, assist with merchandise suggestions, stocking, greeting and sales assisting

Monthly:

- ♦ Monthly newsletter folding, counting, distributions to businesses in the area

Occasionally:

- ♦ Decorating/setting up the building for events and seasonal occasions

FRIENDS is always looking for help. Jump aboard with:

Annual craft fair (multiple opportunities available)

Annual pancake breakfast (multiple opportunities available)

Other events (multiple opportunities available)

Meetings: all are welcome to attend; **currently looking to fill the position of Secretary on the Friends board.**

Mailing of this newsletter is made possible in part by a
grant from the Massachusetts Executive Office of Elder Affairs
and the Friends of the Rutland Council on Aging

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