Our Senior Scoop

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SOUTHAMPTON COUNCIL ON AGING

May 2021

Early Voting by Mail will take place in Southampton

The Annual Town Election will be held Tuesday June 22, 2021.

The polling location for in- person voting will be at the Southampton Senior Center from 7am-8pm. COVID19 precautions will be in place for voting.

Voter registration deadline is June 11, 2021.

Early Voting will be offered by Mail- in Ballot. There will be NO Early in -Person Voting. Voters may request a Vote by Mail Application to request a ballot. Applications can be obtained by downloading the form on the town website, email/call Town Clerk or place written request for the application in the black box to the left at the foot of the stairs at the Town Hall. Applications must be returned by June 16, 2021.

All nomination papers had to have been returned to the Town Clerk's office by March 30, 2021 by 5pm. Once the verification process and certification process of nomination papers by the Town Clerk's office, and Board of Registrars has occurred, the ballots will be ordered. Ballots will be mailed out to those who have requested and returned the completed signed Vote by Mail Application.

Early Voting by Mail-in Ballots must be returned to Town Clerk's office by close of polls on June 22, 2021, via mail or place in black box at the left foot of the stairs at Town Hall.

The Annual Town meeting will be held at 10am Sat. June 12, 2021 at Labrie Field on Strong Rd. in Southampton. The rain date will be June 13, 2021 at 10am at Labrie Field.

Questions concerning the Annual Town Meeting contact the Town Administrator's or Selectboard Members at 413-529-0106 or townadminstrator@townofsouthampton.org
Questions concerning Annual Town Election contact Town Clerk's office at 413-527-8392 or townclerk@townofsouthampton.og

On March 10, 2021, Governor Baker signed into legislature the Acts of 2021 allowing a municipality to postpone Annual Town Elections and to eliminate the caucus for any local election.

Southampton Council on Aging

210 College Highway, Suite 3 413-529-2105

Monday - Thursday 8:30 a.m. – 3:00 p.m.

Joan Linnehan COA Director - coadirector@townofsouthampton.org

Darlene Matyoka - Administrative Assistant coaaa@townofsouthampton.org

Florence Collins - Volunteer Coordinator - coavolunteer@townofsouthampton.org

Van Drivers **Richard Homan - Ken Cole- Tim Huber**

Andrea Holmes SHINE Coordinator – call 529-2105 for an appointment

FY 21 COA Board Members

Chair- Janet Cain , Vice Chair - Lori Loiselle, Treasurer- Nancy Ruscio, Clerk- Jim Palermo, Katherine Lorigan, Josie Alderman, COA Board Alternates -Sylvia Galván & Jonathan Jay, Reeny Groden SB Liaison.

Annual COA Board Meeting Wednesday, May 5, 2021

@ 4PM ZOOM meeting room

on the first Wednesday in the month of May for the purpose of nominating members and electing officers and for the transaction of such other business as may properly come before the meeting. All interested residents are welcome to attend.

Join Zoom Meeting

https://zoom.us/j/98934534628?pwd=M0E0TDJRMzdXSUJob0NZSlNZUTE0QT09

Meeting ID: 989 3453 4628 Passcode: 607990

Dial by your location +1 646 558 8656 US (New York)

SUPPORT OUR ADVERTISERS!

SOUTHAMPTON COA VAN FARES

In Town	$1.25 one way/$2.50 round trip
Senior Center	$0.75 one way/$1.50 round trip
Adjacent Cities/Towns (Easthampton, Holyoke, Westfield, Westhampton and Montgomery)	$1.75 one way/$3.50 round trip
All Escorts	$.75 one way/ $1.50 round trip
All other Cities/Towns	$2.25 one way/ $4.50 round trip
Additional Stops	One way fare for that town for each stop

And remember NO tipping the drivers, it is against regulations

The van is owned and principally owned and funded by (FRTA) Franklin Regional Transit Authority. The Franklin Regional Transit Authority (FRTA) requires that all new van riders, 60+, complete an application and be approved by them before riding the van. Call 529-2105 with any questions.

Resources:

Southampton COA: 413-529-2105

Highland Valley Elder Services: 800-322-0551, 413-586-2000 ext 2

Executive Office of Elder Affairs: 800-243-4636

Elder Abuse Hotline: 800-922-2275

Mass Senior Legal Helpline (Free): 866-778-0939

Medicare: 800-633-4227

Social Security: 800-772-1213

SS Holyoke Office: 877-480-4989

Community Action (Fuel Assistance): 800-370-0940

Northampton Main Office: 413-582-4230

SNAP (Supplemental Nutrition Assistance Program): 866-950-3663

Hatfield Office: 413-247-9738 #142

Philips Life Line 1-877-419-5568

Reidy Medical Alert 413-535-3035

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www.4lpi.com/careers

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Hampshire Hearing & SPEECH
GET IN ON THE CONVERSATION
Allison Holmberg, MS, Audiologist/SLP
Amy Catanzaro, AuD., Doctor of Audiology
Joni Skinner, AuD., Doctor of Audiology
243 King St., Ste. 105 (Potpourri Plaza), Northampton
413-586-9572 • www.hamphearing.com

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Our mission is to help residents maintain their independence by providing quality supportive services in a dignified living environment.
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Southampton Community Cupboard Your Food Pantry

Providing Supplemental food to those in need with discretion and compassion!

First Congregational Church of Southampton, 212 College Highway

Open: Every 2nd & 4th Saturday in each month time 10:00am– 12:00pm

What is needed??? Basically, any non-perishable item, but especially: canned tuna, chicken, peanut butter, beans of any sort, pasta, sauce, cereal and canned veggies. Also Personal care items: shampoo, toothpaste, deodorant. Pet food, too! Please help!

Our Veterans' Service Agent

Jerry Paquette Office:

413-527-1715

Cell: 413-887-1622

E-mail

veteransgent@townofsouthampton.org

www.mass.gov/veterans

Western Mass Empowerment Center

Opens in Agawam with free products to veterans and family with Military ID

104 Ramah Circle South ,Agawam, MA 01001

Call 413-301-8125 or (413) 478-7748

Open Mon & Wed. 9am-3pm
Tues & Thurs. 1pm-7pm
Fri & Sat. 10am-4pm

FRIENDS OF SOUTHAMPTON COUNCIL ON AGING

SILENT AUCTION

PREVIEW & BIDDING WED. MAY 19TH 10AM-2PM

SATURDAY, MAY 22, 2021 10AM-2PM OUTSIDE THE COA

Masks are required during the outdoor auction

A Look at Our Past…

How much does it cost to put on a wedding reception? In 1948, the women of our church's Ladies Aid Society put on a nice affair for a wedding in the Howland family. Complete with flowers, napkins, cake and ice cream, punch, and lady fingers, the total was $30.97. Taking into consideration the $2.00 allotted for the janitor, the Ladies Aid netted $42.03 from the $75.00 donation they received for their services.

The Ladies Aid Society regularly planned and put on meals for the church and for community groups. Most of these were fund raisers: the ladies were most generous in their donations to programs within and outside our church. In 1948 alone they hosted eight suppers, a luncheon, and two receptions. One of the gatherings was a farewell party for Rev. and Mrs. Yee (Rev. James B. Yee was our minister from 1943-1948). Often dinners featured entertainment, such as movies, or singing by the Williston Glee Club. (The boys downed $5.20 worth of ice cream.) The ladies arranged for speakers from the Audubon Society and the Springfield SPCA. They hosted a variety of assemblies that year, from the local 4-H to the "Get Together Club", a Westfield men's group. In June, they prepared a special lunch for the 48 members of the Hampshire Missionary Conference, and in November, a supper for "Miss Clockstopper's School". (The main dish for the school supper was listed as "California Chicken" - which translates to tuna casserole. The 1 ½ quarts of milk they purchased – at a pricetag of $3.17 – was "not enough". They got a better deal on the 20 pounds of cabbage which totaled just 59 cents.)

The clerks left behind records chock full of information and notes. In addition to menus, names, and detailed financials were notes to guide future planners. ("Did not use this much vinegar. 9 dozen rolls left over. 1 peck of apples is too many. 20# of beans is plenty – sold some"). For a Church Fair Supper, they tried serving cafeteria-style. "Such an easy way to serve a supper. We'd recommend it most enthusiastically if you wouldn't find us lazy. Some food wasted on plates. Serve smaller helpings – use a smaller serving spoon – even if it hasn't a long handle!"

The women of the Ladies Aid Society

were at once frugal and generous.

Staid and adventurous.

Severe and humorous.

They were hardworking, yet willing to

find an easier, more practical way to achieve their goals.

They were us.

Judith Miller Conlin

Happy May Birthday

Louise Lawrence

Dolores Chrobak

Andrew Ellis

John Rejniak

Carol Whiteley

Bill Hunter

Kathy Winkler

Margaret Walden

Mary Morrison

Sophia Adamski

Priscilla Haskins

Michael Laliberte

Doris Huntley

Barbara Wilber

Dennis Gintowt

Rosemary Beaton

Pat Bean

Diane Loughran

Katharine Roberts

Mark Darnold

Arthur Whittier

Daniel Belleville

Susan Scott

63rd Joan Linnehan

Richard Poudrier

Beverly Sigda

Linda Day

Ray Spaulding

Teresa Gaspari

Alice Brewer

Bob Burnett

Learn to play Pickleball! Clinics are being planned for early May.

Call the Center to sign up!

413-529-2105

Available on your computer through May 31st.

A 35 minute comedy

Mabel and Jerry By Steve Henderson

Contact the **413-529-2105** Senior Center - **coadirector@townofsouthampton.org** to get access to the video in your home

This could be the most hilarious blind date ever!

Mistaken identity, a chase scene and checklists are all part of the pursuit of happiness. Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. If only they can find the right person!

TOWN OF SOUTHAMPTON COVID 19

EMERGENCY RENTAL ASSISTANCE GRANT PROGRAM

The Town of Southampton announces the availability of short-term emergency rental assistance for Southampton renters experiencing an economic hardship due to COVID 19. Assistance can include help with payment of rent arrears and monthly rent. Maximum amount available per household is $1,000.

The program is administered by Community Action Pioneer Valley.

Eligible households:

Must be renters living in Southampton

Must have experienced a negative economic impact due to COVID-19.

Must be currently at least one month behind in rent. Rent arrears going back to April 1, 2020 are eligible.

Households living in subsidized housing units are eligible for assistance with rent arrears only. Other households may be eligible for rent arrears and monthly rent payments.

Assistance is available on a first-come, first serve basis.

Household annual gross income may not exceed 80% Area Median Income.

Household Size	1 person	2 person	3 person	4 person	5 person	6 person	7 person	8 person
Income Limit	$47,850	$54,650	$61,500	$68,300	$73,800	$79,250	$84,700	$90,200

For more information and to apply:

call Community Action Pioneer Valley

at 413-475-1570

MCOA WALK MASSACHUSETTS CHALLENGE

Earn Money for Your Council on Aging, and Possibly Win a $50 Gift Card!

Lace up your sneakers – the Walk Massachusetts challenge is back!
Your participation helps your COA win money for fitness programs and gives you the chance to win one of several prizes!
The challenge runs from May 1 to September 30. In that time, if you complete the challenge, you are entered into a drawing for a $50 Visa gift card, a $25 Amazon gift card or a $10 Dunkin' gift card . . . and for each person who completes the challenge, your Council on Aging gets an entry to win up to $1000 for use with fitness programming. The more of us who walk, the better the chances!

Here's how it works:

You choose a challenge based on a Commonwealth of Massachusetts fun fact on the registration/tracking form. It could be from walking 65 days during the challenge period to walking 126.5 miles to walking 362,000 steps. Choose your challenge based on your walking abilities, or challenge yourself to reach a higher goal! Be your own guide as to what you can do. You can walk inside, outside, on a track or a treadmill – wherever you want! Then, track your walking between May 1 and September 30 either on our online form, or use our handy-dandy walking journal. Submit your form at the end of the challenge, and be entered to win! It's that easy!
Councils on Aging will receive an entry for each person who completes the challenge. The COA with the most completions will win $1000 toward future programming!
The first 500 people to sign up with receive a nifty, lightweight backpack and reflective slap bracelet. And we all know the drill by now – practice safety at all times, with masks and social distancing, walk in good lighting and on even surfaces.

So what are you waiting for? Join the challenge – register today!

FAQs

Registration/Tracking Form – NEW! Track your progress online!

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball on Sundays and Thursdays Weather permitting Beginner Pickleball Instructional Clinic Details TBA	Masks required @ TAI CHI	Zoom LINE DANCING With Myrna zoom.us/join ID 983 3202 3637 Password 669326	BINGO ZOOM.us/join ID 965 4893 4757 Passcode 512483 phone # 1-646-558-8656	Chair Yoga zoom.us/join ID 883 4155 7781 Passcode yoga Phone # 1-929-436-2866	Join us Outside Under our new Awning for Tai Chi, Tea or Coffee, H &E Talk 5/13 Silent Auction 5/22 10am-2pm	1
9:30am Pickleball 2 	Van Rides 3 9am Walking Club 10:30am Intro to Tai Chi 11:15am Advanced Tai Chi	4 10:30 FRIENDS Mtg Outside Weather Permitting 1:00pm Line Dance On ZOOM	9am Walking Club 5 9:00am Free Tea & Coffee for All 12:30 Bingo On ZOOM 4pm COA Annual Meeting on ZOOM	6 9:30am Chair Yoga On ZOOM 11-12:15 HBB Social Outside 5pm Pickleball	7 9am Walking Club Van Rides & Grocery shopping	8
9:30am Pickleball 9 	Van Rides 10 9am Walking Club 10:30am Intro to Tai Chi 11:15am Advanced Tai Chi	11 Easthampton Media Exercise & Tai Chi 1:00pm Line Dance On ZOOM	9am Walking Club 12 9:00am Free Tea & Coffee for All 12:30PM Bingo On ZOOM	9:30am Chair Yoga 13 11am Outside Ray from Holyoke Gas & Electric Talk, Snacks & More... 5pm Pickleball	14 9am Walking Club Van Rides & Grocery shopping	15
9:30am Pickleball 16 	17 Van Rides 9am Walking Club 10:30am Intro to Tai Chi 11:15am Advanced Tai Chi	18 Easthampton Media Exercise & Tai Chi 1:00 Line Dance On ZOOM	9am Walking Club 19 9:00am Free Tea & Coffee for All 10am-2pm Preview Silent Auction 12:30 Bingo On ZOOM	20 9:30am Chair Yoga On ZOOM 11-12:15 HB & Social Group Outside 5pm Pickleball	21 9am Walking Club Van Rides & Grocery shopping	22 10 AM-2PM FRIENDS SILENT AUCTION Masks required
9:30am Pickleball 23 30 	9am Walking Club 24 10:30am Intro to Tai Chi 11:15am Advanced Tai Chi 31 MEMORIAL HOLIDAY OBSERVED	25 Easthampton Media Exercise & Tai Chi No Line Dance	9am Walking Club 26 9:00am Free Tea & Coffee for All 12:30 Bingo On ZOOM	27 9:30am Chair Yoga On ZOOM 11am-12:15 HBB Social Group Outside 5pm Pickleball	28 9am Walking Club Van Rides & Grocery shopping	29 Unofficial Summer Begins 3 Day Holiday weekend