



Our Senior Scoop



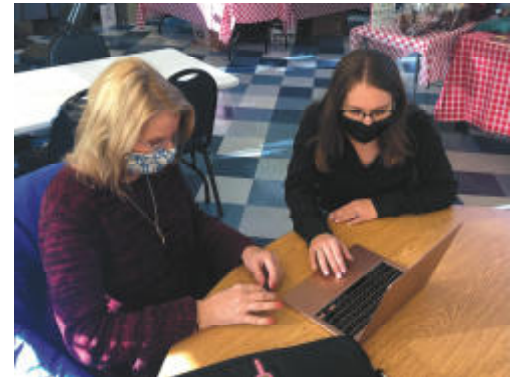
Stay connected with the
SOUTHAMPTON COUNCIL ON AGING

January 2022

Technology Senior Support Program Update

Are you curious about this new program? Do you wonder how this program could help you out with your phone, computer or tablet? According to Megan Gentile, she has worked with twelve individuals (sometimes more than one visit) since October setting up email accounts, organizing photos and troubleshooting general technical problems. "I am grateful to be a part of this program and making technology easier to use in day-to-day life," Megan shared.

Joan Linnehan, COA Director, spoke with Megan and Terry Ann Hoog, one of her clients, on December 13th. Terry told Joan, "I have been coming to Megan for tech help for a few months. Although I am anxious about computers, Megan puts me at ease. She takes her time and lets me take my time. She's totally knowledgeable."



"When I upgraded to a new laptop computer, I found I had no idea how to organize my files and save documents. Megan Gentile, with great patience, explained what I was to do, step-by-step. I was overwhelmed by my new computer's technology, but Megan made it all seem manageable. She is great!" said Jim Palermo.

Fran Gebhardt shared her positive experience, "Megan installed Zoom on my computer and helped set up with a new smart phone. She was great - friendly, knowledgeable, and patient.

This new program was paid for from our CARES Fund Grant which expired at the end of 2021. With such great feedback, we are searching other funding options in order to continue, and even expand, the program. For the month of January, there will be three, twenty (20) minutes sessions held Mondays starting at 1:30. Pre-registration is required, so please sign up in advance at the COA or by calling the Senior Center office at 529-2105. FYI - there is a short form describing your technology need that should be completed in advance.

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
Escorts	\$.75 each way
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.

Caring Community Assistance Available to Our Seniors

We have paid and unpaid services available

Basic Carpentry Hair Care Snow removal

Housework Handyman Jobs

Also Hampshire Regional Students
needing Community Service Hours

Please call our COA

Center for more information. (413) 529-2105

The coordination of this

program is made possible by a grant from the Executive Office of Elder Affairs



SUPPORT OUR ADVERTISERS!

Happy New Year from the Southampton Council on Aging

210 College Highway, Suite 3 413-529-2105

We are here for you.... Monday - Thursday 8:30 a.m. – 3:00 p.m.

Joan Linnehan COA Director - coadirector@townofsouthampton.org

Florence Collins - Volunteer Coordinator - coavolunteer@townofsouthampton.org

Ken Coles, Tim Huber - Van Drivers

Andrea Holmes - SHINE Coordinator – call 413-529-2105 for an appointment

FY 22 COA Board Members

Chair- Janet Cain, Vice Chair - Lori Loiselle,

Treasurer - Nancy Ruscio, Clerk- Jim Palermo, Josie Alderman, Jonathan Jay & Sylvia Galván

Select Board Liaison - Maureen Groden

Wednesday, January 5, 2022 @ 4:00 pm via zoom

<https://zoom.us/j/98934534628?pwd=M0E0TDJRMzdXSUJob0NZSINZUTE0QT09>

Credentials: ID 991-1638-0584 Passcode– 055815

COA Board & Alternate Applications are available on Town Website under forms

Resources:

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



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 / Holyoke Office: 877-480-4989

Community Action (Fuel & TAX 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 Lifeline~ 1-877-419-5568 Reidy Medical alert 413-535-3035

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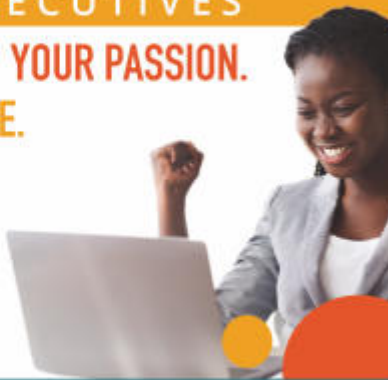
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Get In On The Conversation



Allison Holmberg,
MS, Audiologist/SLP

Amy Catanzaro,
AuD., Doctor of Audiology

Joni Skinner,
AuD., Doctor of Audiology



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06-5285

SAVE THE DATE: TUESDAY, JANUARY 11, 2022 FOSCOA ANNUAL MEETING AND ELECTION

JOIN US FOR FOSCOA 2022 ANNUAL MEETING AND ELECTION

All members of the Friends of Southampton COA (FOSCOA) are invited and encouraged to participate in the 2022 Annual Meeting and Election scheduled to be held on **TUESDAY, JANUARY 11, 2022 @ 11am at the Senior Center. Masks are required at time of print.**

The meeting will provide a review of all 2021 FOSCOA activities and expenditures. At this meeting, FOSCOA will also hold an election to fill two Board of Directors positions whose terms expire in January, 2022. The vacant positions on the FOSCOA Board of Directors are: Clerk and At Large Director. This is an organization of and for Southampton Seniors – please join us in what we hope will be the first meeting of a very active year!

Membership applications, dues and donations should be mailed to: Friends of Southampton COA, PO Box 534, Southampton, MA 01073.

We thank you for your support!

~ ~ ~ ~ ~

FOSCOA 2022 MEMBERSHIP FORM - \$10/person \$15/couple

Name 1. _____ DOB: Mo. ___ Day: ___

Name 2. _____ DOB: Mo. ___ Day: ___

Address: _____

Email: _____

Home Phone: _____ Cell Phone: _____

If you would like to have the monthly newsletter mailed to your home, please check here _____ and add \$5.00 for postage.

Checks made payable to Friends of the Southampton COA or FOSCOA

TOWN OF SOUTHAMPTON COUNCIL ON AGING



Memory Café



A Monthly Get-Together for Those with Memory Loss and Their Caregivers at the Southampton Senior Center

Join us for our monthly Memory Café, a fun, engaging, supportive environment where attendees can share and receive caregiver support, education and respite and reduce isolation. Memory Cafes encourage people to socialize and enjoy each other's company while reminding them that they are not alone. This monthly program welcomes individuals experiencing all different stages of memory loss, as well as caregivers, family and friends. Programs include artists, musicians, crafts and educational events, as well as activities that promote physical fitness and sensory stimulation. The relaxed, casual atmosphere promotes information sharing & support.

The 3rd Thursday from 10 am - Noon

January 20, 2022

Roger Tinknell Sing-along

Supported by funds from the Southampton Cultural Council

February 17, March 24 and April 21, 2022

Southampton Council on Aging & Senior Center

Collaborating with our friends
from Golden Moments Spa of Florence

@ the Southampton Senior Center

210 College Highway, Southampton, MA 01073

For more information call: (413) 529-2105

or email Joan at coadirector@townofsouthampton.org

Funded by Highland Valley Elder Service Title III Grant



Southampton Seniors



Snow Event

Wellness Checks

Get on the list

Call your Police Department

413-527-1120

**TRIAD House Numbering Program
& LOCK BOXES**

**A house number on a metal post can
be installed next to**

your driveway so that

**emergency personnel may be able to
easily locate your home.**

A \$5.00 donation is appreciated.

**Please call 529-2105 to request a
house number or**

a FREE LOCKBOX

**To access your home in
an emergency!**

**The COA is proudly working with
our local TRIAD Group including
the Southampton Police Department**

**HAPPY JANUARY
BIRTHDAY**

Florence Mick

Tony Lesniak

Mary Kennedy

Diane Versace

Raphael Leblanc

Jean Healy

Jim Palermo

Joan Slowick

Lori Loiselle

Joan Dupuis

Andrea Sullivan

Michelle Duval

Lucy Henchey

*Like a snowflake,
each one unique!*



Senior Center Books

Come browse through the bookshelves at the Senior Center for some good reads to keep you company during the winter months.



TAI CHI
MONDAY @ 9 AM
WITH INSTRUCTOR GLENN
Free at this time

Gentle Chair Yoga Classes
With Angelica Lopez
Mondays at 10:00am
\$5.00 per Class



Walk & Exercise Daily
Healthy Bones & Balance Class
Tuesdays 9-10:00am
Thursdays 11am-12 NOON
FREE



Travel with Fran Frenier call 413-296-4291

francine.frenier@gmail.com

Day Trip Jan 22 Ice Castles is an award-winning frozen attraction in Lincoln, New Hampshire. The attractions are built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, fountains and much more. Warm clothing and good footwear recommended. We make a stop for a bite to eat along the way. Cost \$119, \$10 discount if paid early. **Payment due NOW.**

Southampton Council on Aging
Senior Center Trips

SCOA 413-529-2105 or

email~coadirector@townofsouthampton.org



Checks made out to Landmark Tours.
Leaving from Tractor Supply

\$90. Thurs. June 23, 2022, Zooma Trattoria, Providence RI

\$104. Thurs. July 28, 2022, Lake Winnepesaukee Railroad

\$ TBD Thurs., August 25, 2022, Lobster at George's of Galilee
* Mohegan Sun

\$90. Thurs. September 22, 2022, Norman Rockwell
and the Red Lion Inn



Sharps Containers

are available @ the Health Dept. & COA
Sharps are to be disposed of in an approved container. The full containers can be brought to the Health Department doggie door or call 413-529-1003 dis-

SNAP (Supplemental Nutrition Assistance Program)

You can call the Food Bank Directly

413-247-9738 ext. #142

Or call our center @ 529-2105

To fill out an application over the phone

-Valid Picture ID -Social Security Card

-Proof of Residency -Proof of Income:



Fuel Assistance

You can call Community Action directly 413-582-4230

Or call us @ 529-2105 for an appointment for Fuel Assistance.

The guidelines are as follows: Family size—Yearly Income

(1) 40,951 (2) -53,551 (3) - \$54,925 (4) - 66,151

You must get copies of the following items in order to complete your application:

-Valid Picture ID for the Head of Household.

-Names, birthdates and Social Security Numbers for all household members.

-All members are required to sign the application.

-Proof of income for the past 30 days for all household members.

-If you are a homeowner, real estate tax bill, homeowner's insurance, and mortgage.

-If you are a renter, copy of lease.

-An Electric bill and heating company name and account number.



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January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Southampton Council on Aging 210 College Hwy 413-529-2105	Friends Annual Meeting Tues., Jan. 11 11am	BINGO! 12 NOON Walking Club Mon. Wed. & Friday Weather permitting		Happy New Year 2022
VAN TRIPS 3 MON-FRI BY APPT 9am TAI CHI 10am Chair Yoga Noon Walking Club 1:30 pm Technology Support	9-10:15am Healthy Bones & Balance 4 10:30am Friends Board Planning Meeting	9am Coffee & Tea Club 5 9am Knit & Crochet 10am-Noon Acrylic Painting with Debra Noon Walking Club 12:30pm BINGO 4PM COA Board Monthly Meeting On ZOOM	9am Spanish 1 6 10am Spanish 2 11am Healthy B & B 1pm PITCH	VAN TRIPS 7 MON-FRI BY APPT Noon Walking Club
VAN TRIPS 10 MON-FRI BY APPT 9am TAI CHI 10am Chair Yoga Noon Walking Club 1:30 pm Technology Support	9-10:15am Healthy Bones & Balance 11 10am Hearing Clinic 11am FRIENDS Annual Meeting 1PM Roger Tinknell Sing-along Video	9am Coffee & Tea Club 12 9am Knit & Crochet 10am-Noon Acrylic Painting with Debra Noon Walking Club 12:30pm BINGO	13 9am-2pm MGM TRIP 9am Spanish 1 10am Spanish 2 11am Healthy B & B 1pm PITCH	VAN TRIPS 14 MON-FRI APPT Noon Walking Club
CENTER 17 CLOSED Martin Luther King Jr. Holiday observed	8am FOOT CARE 18 9am-10:15am Healthy Bones & Balance	9am Coffee & Tea Club 19 9am Knit & Crochet 10am-Noon Acrylic Painting with Debra Noon Walking Club 12:30pm BINGO	10am-12noon 20 MEMORY CAFE 11am Roger Tinknell Sing-along video 11am Healthy B & B 1pm PITCH	VAN TRIPS 21 MON-FRI BY APPT Noon Walking Club
VAN TRIPS 24/ 31 MON-FRI BY APPT 9am TAI CHI 10am Chair Yoga Noon Walking Club 1:30pm Technology Support	9am-10:15am 25 Healthy Bones & Balance 1pm Program planning	9am Coffee & Tea Club 26 9am Knit & Crochet 10am-Noon Acrylic Painting with Debra Noon Walking Club 12:30pm BINGO	9am Spanish 1 27 10am Spanish 2 11am Healthy B & B 1pm PITCH	VAN TRIPS 28 MON-FRI BY APPT Noon Walking Club