



Our Senior Scoop



Stay connected with the
SOUTHAMPTON COUNCIL ON AGING

February 2022

SENIORS!

Are you aware of the Real Estate exemptions the Town of Southampton offers to Seniors?

Eligibility for the exemptions offered under Mass Law Chapter 59, Section 5 is based on specific factors, some of which are income, age, disability status, and veteran status. The assessors' office administers tax exemptions and can provide information on how to apply for them. If you are a member of one of the populations below, please contact the assessors' office (see contact info below) for more information on how to apply for the following tax exemptions:

- **Persons over the age of 65** (Clause 41C - see chart below)
- **Persons 70 years or older, or a surviving spouse, or a minor child of deceased parents** (Clause 17D - see chart below)

Veterans or surviving spouses – a wide range of exemptions are available. Please see the assessors' page on the town website or the **Commonwealth of MA website** for more information on the variety of veterans' exemptions. (some are listed below)

- **Blind Persons** – you may qualify for a \$500 property tax exemption.
- **Surviving Spouses of firefighters or police officers** – you may qualify for a total property tax exemption.

Persons experiencing severe hardship due to age, infirmity, & poverty

Elderly

<u>Clause</u>	<u>Exemption Amount</u>	<u>Age</u>	<u>Income</u>	<u>Asset Limit (Excludes home, vehicles etc.)</u>
41C	\$1,000	65	\$20,000 Single \$25,000 Married	\$28,000 Single \$30,000 Married
17D	\$175	70	Not applicable	\$40,000

Veterans

VETERANS with a service-connected disability of 10% or more, who meet residency, domicile and ownership requirements may be eligible for an exemption benefit. This is a partial list & also includes benefits to spouses and surviving spouses of those veterans.

<u>Clause</u>	<u>Exemption Amount</u>	<u>Ellegibility</u>
22	\$400	Veterans with a service connected disability of 10% or more
22C	\$1,500	Veterans who suffered total disability in line of duty & requires specially adopted housing
22E	\$1,000	Veterans who have a service-connected disability of 100%

More information is available in the assessors office, on the town's website, or by calling the assessors at (413) 527-4741.

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.



The MGM trips first 12 people

Thurs. Feb. 10, 2022

Thurs. March 10, 2022

Thurs. April 14, 2022

SUPPORT OUR ADVERTISERS!



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

Mary Hatzipetro - Administrative Assistant coaaa@townofsouthampton.org

Florence Collins - Volunteer Coordinator - coavolunteer@townofsouthampton.org

Ken Cole & Tim Huber- Van Driver Monday—Friday by appointment

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, February 2, 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: 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

Parker O'Grady LLC

ATTORNEYS AT LAW

Cheryl A. Parker, Esq.
Karolina A. Weagle, Esq.

MEMBER OF THE NATIONAL
ACADEMY OF ELDER LAW ATTORNEYS

Estate Planning for the
Golden Years
Trusts • MassHealth Planning
Durable Power of Attorney



413-527-8660
www.parkerandogrady.com

124 COLLEGE HWY • P.O. BOX 249
SOUTHAMPTON, MA 01073

HOME HEALTH CARE

**COMMONWEALTH
REGISTRY OF NURSES
Rn's, Lpn's, Cna's/Chha's**

Celebrating 33 Years. 1989-2022
Home Care. Makes Life Easier.
2-24hr care/ 7 days a week tailored to your needs

Call 413-527-2527
WWW.CRNHOMECARE.COM

Richards
FUEL & HEATING INC.
FUEL & HEATING INC.
Celebrating **55** years

413-527-0194 • RichardsFuel.com • 79 Union St, Easthampton

The bank of
hometown values.



Member FDIC
Member DIF

bankesb.com | 855.527.4111

bankESB

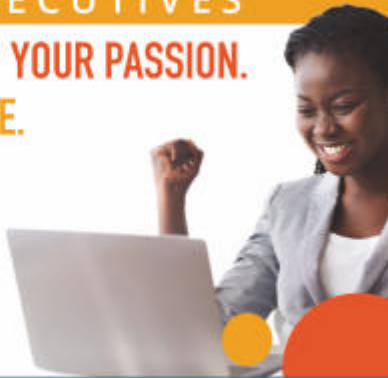
The bank of you.

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

Get In On The Conversation



**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



CHRISTOPHER HEIGHTS™ of Northampton

AN ASSISTED LIVING COMMUNITY

Our mission is to help residents maintain their independence by providing quality supportive services in a dignified living environment.

To learn more about our Senior Lifestyle Plans, please
contact Crystal Cote-Stosz at 413-341-8932.

www.christopherheights.com/locations/northampton



50 Village Hill Road
Northampton, MA 01060
Tel: 413-341-8932



**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Duane Budelier**
to place an ad today!
dbudelier@lpicommunities.com
or **(800) 950-9952 x2525**

**support our
ADVERTISERS**



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

We thank you for your support!

~ ~ ~ ~ ~

FOSCOA 2022 MEMBERHIP 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.



**Tai Chi with Glenn Leonard Every Monday 9am
(after February 13th)**

Supported by the the EOEA Formula Grant

**The SCOA newsletter and calendar can be viewed
on our Website townofsouthamptonma.org
Visit our new Facebook Page**

**E
X
E
R
C
I
S
E
D
A
I
L
Y**

Walking Club

10am Monday, Wednesday & Friday

Get a free Neon green Tee Shirt

Western Mass Walkers now at the

Holyoke Mall on Tuesday and Thursday Morning

from 8am-10am



Beginning on January 18, join West Springfield Council on Aging staff at the Holyoke Mall at Ingleside on Tuesdays and Thursdays anytime between 8am-10am for some indoor exercise during these cold months! Park on the upper level outside Target (on the side closest to Best Buy), enter through Target and head down to the food court in the basement. You can leave your coats and hats with COA staff there and start your walk. (This is not a guided group walk - individuals choose their own walking route and pace.) We'll have coffee available from 8:30am-9:30am in the food court so individuals can sit and chat before or after they walk. With the exception of Target, stores inside the Mall do not open until 11am so walkers have the place to themselves! There is no need to sign up and individuals from all communities are welcome! Call the COA at 263-3264 with any questions. Hope to see you there! ***Please note that there is currently a mask mandate within the City of Holyoke.***

Healthy Bones & Balance Class

**Tuesdays 9-10:15am
&
Thursdays
11am-12:15pm**

**By RSVP
Volunteers**

Gentle Chair Yoga Classes

**Taught by
Angelica Lopez
\$30 for a
6 wk session
\$5. per class
Mondays @ 10:00am**

**Exercise Equipment
Available During
Senior Center Hours**



**Mon-Thurs. 8:30am-3pm
\$5.00 a month**



FRIENDS BIRTHDAYS

Paul Diemand

Lora Fillion

Maryann Lownds

Joseph Zalot

Richard Desrocher

John Gadbois

Steve Gaspari

Paul Mistark

Dennis Vogel

Mary Camp

Kathy Tabaka

Patti McElroy

Dorothy Forster

Linda Balicki

Janet Cain

Marcia Williams

Kathleen Dillon

Attention

Pitch Players!!



**Thursdays @ 1 pm
know you are out there.**

**Meet new people,
visit with friends.**

Come join Us!!

**CALLING ALL BINGO
LOVERS**

Come play with Us!

Every Wednesday

@ 12:30 p.m.



RSVP Retired Senior Volunteer Program

Bored? Want to meet new people? Have experience and skills to share? Believe in supporting your community? Then contact Pat Sicard at RSVP, The Retired and Senior Volunteer Program. RSVP is a federal Senior Corps Program that serves

Hampshire and Franklin Counties and is sponsored by Community Action. RSVP's mission is to recruit, match and support volunteers who want to make a local difference with community non-profits that need volunteers in order to provide programs and services.

RSVP's 620 volunteers are actively volunteering in 52 organizations and providing support to Meals on Wheels, Companion and Medical Driving programs, Healthy Bones and Balance Exercise, Money Management and Brown Bag, Board and Fund Raising support and more. Check out the website at www.rsvphf.org.



The Police Department will take all of your "Pill" medications.

TRIAD House Numbering Program

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 number



Southampton seniors are now eligible to receive a lock box through the TRIAD program. The lock box is a small secure box installed on the outside of your home with a combination that holds your house key.

Sharps

Containers are available @ the Board of Health. Sharps are to be disposed of in an approved container. The full containers can be put in the "doggie" door into the Board of Health Department.



Memory Café's scheduled

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.

Hosted by Southampton Council on Aging

Funded by Highland Valley Elder Service

Title III Grant

Thursdays 10am-Noon

February 17, 2022

March 24, 2022

April 21, 2022

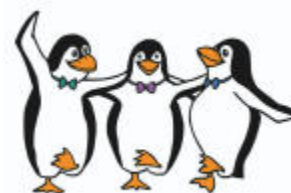
For Reservations & more information

call 413-529-2105

**The SCOA Will Be closed on
Monday, February 21, 2022
Presidents Day**



**TUESDAYS AT SOHO COA
LINE DANCING returns 2/15
@1 PM \$3.00pp**



Southampton Seniors

Snow Event Wellness Checks

Get on the list

Call your Police Department

413-527-1120



**Assistance
Available
to Our Seniors**

**We have paid and unpaid
services available**

**Basic Carpentry, Housework
Handyman Jobs, Transportation**

Basic Electrical, Hair Care

Snow removal And more...

Please call Flo

**@ Our 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**

**SNAP (Supplemental Nutrition
Assistance Program)**

You can call the Food Bank Directly

413-247-9738 ext. #142

Or call our center @

**529-2105 to make an appointment for
application assistance.**

-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 bring 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.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com





February



2022



Ground Hog Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Southampton Council on Aging 210 College Hwy, Suite #3 413-529-2105</p>	 <p>VAN Trips Mon-Fri By Appointment</p>	<p>10:30am Friends Board Planning Meeting on ZOOM</p>	<p>Noon Walking Club 12:30pm ZOOM BINGO 4pm COA Board Meets on ZOOM</p>	<p>8am-10am Holyoke Mall Walkers 1pm Travel Planning for 2022 On ZOOM</p>	<p>Van Trips & Grocery shopping Noon Walking Club</p>
	<p>Noon Walking Club 1:30pm Technology Support on ZOOM</p>	<p>8am-10am Holyoke Mall Walkers 1pm Roger Tinknell Link Old Time sing-along</p>	<p>10am Art Class on ZOOM Noon Walking Club 12:30pm ZOOM BINGO</p>	<p>9am TRIP TO MGM 8am-10am Holyoke Mall Walkers 1pm TRIVIA on ZOOM</p>	<p>Van Trips & Grocery shopping Noon Walking Club</p>
	<p>Valentine's Day 9am Tai CHI 10am Gentle Yoga 1:30pm Technology Support</p>	<p>8am-10am Holyoke Mall Walkers 9-10:15 Healthy Bones & Balance 1pm Line Dancing Resumes</p>	<p>9am Free Tea & Coffee 9am Knit & Crochet 10am Acrylic Painting With Debra Noon Walking Club 12:30pm BINGO</p>	<p>8am-10am Holyoke Mall Walkers 10am-NOON Memory Café 1pm Pitch</p>	<p>Van Trips & Grocery shopping Noon Walking Club</p>
	<p>President's Day Senior Center Closed No Van Service</p>	<p>8am-10am Holyoke Mall Walkers 9-10:15 Healthy Bones & Balance 1pm Line Dancing</p>	<p>9am Free Coffee & Tea 9am Knit & Crochet 10am Acrylic Painting With Debra Noon Walking Club 12:30pm BINGO</p>	<p>8am-10am Holyoke Mall Walkers 11-12:15 Healthy Bones & Balance 1pm Pitch</p>	<p>Van Trips & Grocery shopping Noon Walking Club</p>
	<p>Van Trips & Grocery shopping 9am Tai CHI 10am Gentle Yoga 1:30pm Technology Support</p>				

Southampton COA Operations until Feb. 14, 2022

- No Groups Gathering at this time
- The COA Office shall be open during its usual hours
- All programs that may be offered with full participation with Zoom shall be done through Zoom.