



THE

RiverMills Reminder

THE NEWSLETTER OF THE CHICOPEE COUNCIL ON AGING

May/June 2021

5 West Main St • Chicopee, MA 01020 • 413-534-3698

Embrace the Warmer Weather!



Meal Options for Chicopee Seniors

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RiverMills Center’s Curbside Meal Pick-Up Program

RiverMills will continue to offer its curbside meal pick-up program through the Summer. Meals are available Monday through Friday and cost \$3. Meals must be reserved at least a day before by calling 534-3698. You must give your name and phone number and confirm you are an older adult who lives in Chicopee. Meals will be distributed between **1 to 2 p.m.** If you’re in line after 2 p.m. you will not be turned away. Thank you for your understanding. Please pick up your meal by going down the hill and around to the back entrance. The meals are cooked on site, but must be heated up again at home.

Meals on Wheels: 5 home delivered meals per week for homebound residents 60 and over and their caregivers. Please contact West Mass Elder Care @ 413-538-9020 to learn more.

Lorraine’s Soup Kitchen and Pantry: Lorraine’s has resumed its evening meal program. Takeout meals are available Monday through Friday from 4 to 6 p.m. The food pantry is open Monday through Friday from 10 a.m. to 2 p.m. For more information, call 592-9528.

DISCLAIMER:

We would like to thank our advertisers, presenters, and program sponsors for all they do to educate, inform, and inspire our members. RiverMills Center does not specifically endorse any service or product advertised, presented, or sponsored herein.

Limited Outdoor Programming *(Take a look inside for more details!)*

- Fitness Classes
- Parking Lot Bingo
- Gardening Opportunities



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Mission Statement

The Council's mission is to promote the emotional, social, physical, and spiritual well being of older adults. Our vision is to be an indispensable asset to older adults and the community.

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Anne Fountain

RIVERMILLS CAFÉ ASSISTANTS
Ellen Garrow & Madelyn Pettico

Message from the Director

As I write this message to you I have just received the exciting news that the state has finally approved Chicopee's regional vaccination site at the Castle of Knights. The effort has been months in coming and the news is a huge relief to me and my staff who have been trying our very best to get as many of you vaccinated as we can. I hope by the time you receive this newsletter the vaccine clinic is up and running. Besides the curbside meal pick-up program and ongoing programming, vaccines have been our focus, whether it's answering the hundreds of phone calls on the topic, registering people in the state's vaccine registration program, or trying to book vaccine appointments where we can find them. I want to take this opportunity to thank the library staff and other city employees who have been helping answer the vaccine phone line. My hope is that any older adult in Chicopee who wants a vaccine has received their first dose by now. While the vaccinations are a step in the right direction and a reason to celebrate, I want to caution people to remain vigilant against this virus. The Centers for Disease Control (CDC) warns that fully vaccinated people while out in public places should continue to wear a mask, social distance from others, and avoid crowds and poorly ventilated spaces. The good news is, fully vaccinated people can gather indoors without a mask with other fully vaccinated people. You can also gather indoors with unvaccinated people from one other household without masks, unless someone in that household is at an increased risk for severe illness from COVID-19. For more information, go to www.cdc.gov.

I know that many of you are wondering when RiverMills Center will reopen. There is no date set as of now. We are veering on the side of caution and following the advice of the state Executive Office of Elder Affairs and Massachusetts Councils on Aging. But, we are going to slowly reintroduce some on-site programming outside, including some fitness classes and Parking Lot Bingo. We will also have a variety of gardening opportunities and will need help planting and nurturing vegetables in our raised garden boxes, along with maintaining our patio perennial garden.

I know the past year has been difficult, to say the least. I want you to know that your health and safety are our top priority at RiverMills. We remain just a phone call away. As soon as we can reopen safely we will and you will be the first to know. Thank you for your continued patience and understanding. Enjoy the warm weather and continue to count your blessings where you can find them.

Fondly, Sherry Manyak



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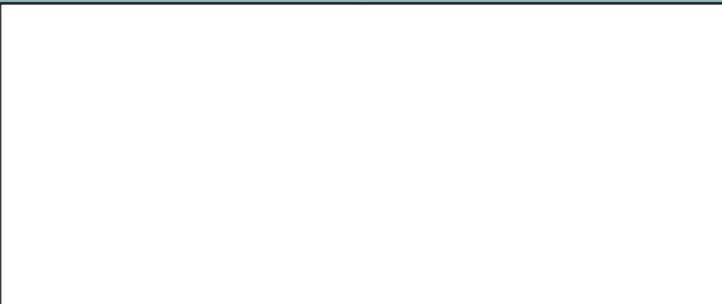


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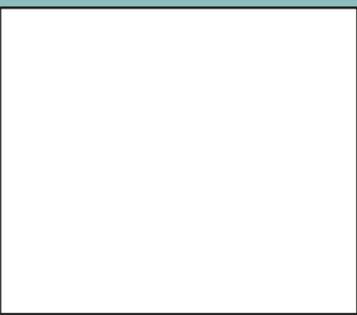
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ZOOM CRAFT TIME



TEACUP SUCCULENT

THURSDAY, MAY 6TH AT 10 A.M.

COST: \$10

Join us on Zoom to plant a succulent in a beautiful teacup! You must register by calling 534-3698.



HERB GARDEN PLANTING

WEDNESDAY, JUNE 9TH AT 10 A.M.

COST: \$7

Join us on Zoom to start your very own herb garden! You must register in advance by calling 534-3698.



FAIRY GARDEN WREATH

WEDNESDAY, MAY 12TH AT 10 A.M.

COST: \$10

This is always a popular craft! Join us on Zoom to create a magical fairy garden wreath. You must register in advance by calling 534-3698.



FAIRY GARDEN PLANTING

WEDNESDAY, JUNE 16TH AT 10 A.M.

COST: \$8

Join us on Zoom to make your very own fairy garden, using live colorful plants. You must register in advance by calling 534-3698.



GARDEN TOOL ARRANGEMENT

WEDNESDAY, MAY 19TH AT 10 A.M.

COST: \$7

This is a new craft for us this year! Join us on Zoom to make this garden tool arrangement using silk flowers and seed packets. This will be popular among those with a green thumb! You must register by calling 534-3698.



4TH OF JULY WREATH

THURSDAY, JUNE 24TH AT 10 A.M.

COST: \$10

Join us on Zoom to create a festive 4th of July Wreath to celebrate the holiday and to kick off summer! You must register in advance by calling 534-3698.



MEMORIAL DAY PLANTER LOG

WEDNESDAY, MAY 26TH AT 10 A.M.

COST: \$10 **IN PERSON**

Join us on Zoom for our annual Memorial Day Planter Log craft. You must register in advance by calling RiverMills Center. Space is limited.



BUTTERFLY VASE CRAFT

TUESDAY, JUNE 29TH AT 10 A.M.

COST: \$8

Join us on Zoom to make this unique butterfly terrarium vase. You must register in advance by calling 534-3698.



SUMI-E PAINTING CLASS

MONDAY, MAY 24TH AT 10 A.M.

Join Clarissa Leverich from Print Shop Inc. located in Holyoke, MA for this virtual painting class. This 1.5 hour workshop will introduce participants to sumi-e, a Japanese form of ink wash painting. Participants will learn how to use brushwork and ink to create botanical images on rice paper. Space is limited and you must register in advance by calling 534-3698. *This event is sponsored by the Chicopee Cultural Council, a local agency which is funded by the Massachusetts Cultural Council, a state agency.*



PAPER FLOWER MAKING

FRIDAY, JUNE 25TH AT 3:00 P.M.

This zoom workshop, led by Anne Thalheimer, will show you how to create beautiful 3D paper flowers, using cardstock and a hot glue gun! Space is limited to 12 people, so you must register in advance by calling 534-3698. You will be notified when supplies are ready to be picked up. *This program is funded by the Chicopee Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.*



BELL TOTA'S BIRD ORNAMENT

FRIDAY, MAY 28TH AT 3:00 P.M.

This virtual art class, taught by Anne Thalheimer, will show you step by step how to create a no-sew bird ornament, inspired by the Bell Tota of India. This class is limited to 12 participants. You must register in advance by calling 534-3698. *This program is sponsored by the Chicopee Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council.*



PAINT & DINE ON ZOOM



MAY 26TH

SHRIMP SCAMPI



JUNE 23RD

POT ROAST, POTATO & VEG

5:00 p.m. to 7:00 p.m.

Cost: \$20.00

Pick up a delicious meal to enjoy while you paint with friends on Zoom! Supplies and meal must be picked up the day of the class between 2pm-3pm. You must register by calling 534-3698.

EXERCISE ON CHICOPEE TV GROUPS & MORE

Gentle Exercise Class will be broadcast on Chicopee TV (Charter Channel 192) at the following days and times:

Mondays, Wednesdays, and Fridays - 6:00 p.m.

Tuesdays & Thursdays - 7:30 a.m. & 7:30 p.m.

Saturdays & Sundays - 6:00 p.m.

Reset with Robin will be broadcast on ChicopeeTV (Charter Channel 192) at the following times:

Mondays, Wednesdays, and Fridays - 6:30 p.m.

Tuesdays & Thursdays - 8:00 a.m. & 8:00 p.m.

Saturdays & Sundays - 6:30 a.m.

This series is put on by Robin Davis of The Davis Method. Robin covers different topics such as stress relief, sleep and mood enhancement.

You can also find this and more programming at... vimeo.com/chicopeetv or facebook.com/chicopeetv

TECH TIME

PROGRAM TECH OFFICE HOURS

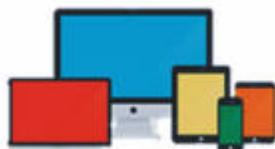
By appointment

Program Technician Jona Ruiz is now offering 1-on-1 in-person meetings, phone calls, Zoom meetings or drop-off for tech related issues. Help may be limited due to social distancing. Book an appointment by calling 534-3698, ext. 104 or send an e-mail to jruiz@chicopeema.gov.

TECH CONNECT CLASS

2nd Thursdays, May 13th & June 10th at 1 p.m.

Are you interested in learning more about technology and how to use it? Join Program Technician Jona Ruiz as he leads classes on a variety of tech topics every month. Do you need a hand connecting to Zoom? Call 534-3698 Ext.104 for assistance.



PHOTOGRAPHY CLUB

1st and 3rd Tuesdays at 1:00 p.m.

Do you enjoy photography? The Photo Club is having regular meetings via Zoom. If you would like to join us and need assistance connecting to Zoom call 534-3698 ext.104.

STROKE AWARENESS WITH HMC

Monday, May 3rd at 10:00 a.m.

Angela Smith RN Manager of Stroke Services, will be on Zoom where you will learn about what causes heart disease and strokes. Learn what symptoms and risk factors you should be aware of, what you do if symptoms appear and what to look for if it ever happened to a loved one. There will be a question and answer period at the end of the presentation. Visit www.holyokehealth.com/events to register and to see more exciting virtual programming Holyoke Medical Center has to offer. 

ONLINE SAFETY PRESENTATION

Tuesday, May 18th at 11:00 a.m.

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present a program on online safety. The presentation will include information about the Office and what they do. It will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft. You must register in advance by using the link available on the RiverMills Facebook page event, the city website (Search for COA Chicopee) or by calling 534-3698. 

2021 FARM SHARE

The Chicopee Council on Aging is once again offering farm shares through Community Involved in Sustaining Agriculture (CISA). The cost is \$10 for 10 weeks. You must be 60 years old or older to qualify. In addition, you must be able to answer yes to at least one of the following four criteria:

- I receive SNAP benefits (food stamps), Medicaid, SSI, AFDC, welfare, or veteran's aid.
 - I participate in the Food Bank's Brown Bag Program.
 - I live alone and my income is below \$25,760
 - The total income of my household is below \$34,840 (only one share per household please).
- **Application deadline:** June 1st

If interested, please call Diane Gay at 534-3698, ext.120

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY
10:00 a.m.-Chair Yoga (outside) 12:00 p.m. -Gentle Exercise (Zoom) 1:00 – 2:00 p.m. Curbside Pick-up Meals 6:00 p.m. -Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV)	7:30 a.m.– Gentle Exercise (Chicopee TV) 8:00 a.m. -Reset with Robin (Chicopee TV) 9:30 a.m.– Yoga Tuesdays (Zoom) 1:00 – 2:00 p.m. Curbside Pick-up Meals 7:30 p.m.– Gentle Exercise (Chicopee TV)	9:30 a.m.– Chair Yoga (Zoom) 12:00 p.m.– Gentle Exercise (Outside) 1:00 – 2:00 p.m. Curbside Pick-up Meals 6:00 p.m. Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV)
<p>* Please call RiverMills if you would like more information about Zoom Fitness Classes. Zoom links will be shared on Facebook. If you do not use Facebook, please call 534-3698 to register.</p>	<p>* The schedule for our programs that are aired on ChicopeeTV is subject to change. Call for the latest schedule: 534-3698.</p>	<p>* Our regular weekly programming will return once RiverMills Center reopens to the public. Social distancing measures may still be in place.</p>
THURSDAY	FRIDAY	
7:30 a.m.– Gentle Exercise (Chicopee TV) 8:00 a.m.- Reset with Robin (Chicopee TV) 12:00 p.m.– Meditation (Zoom) 1:00 – 2:00 p.m. Curbside Pick-up Meals 1:30 p.m.– Tai Chi (Zoom) 7:30 p.m.– Gentle Exercise (Chicopee TV) 8:00 p.m.- Reset with Robin (Chicopee TV)	12:00 p.m.– Gentle Exercise 1:00 p.m.– Tai Chi (outside) 1:00 – 2:00 p.m. Curbside Pick-up Meals 6:00 p.m. Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV)	

ANNOUNCEMENTS

CHAIR YOGA ON THE PATIO! COST: \$3 WEATHER PERMITTING

Every Monday Starting May 3rd at 10:00 a.m.

We are excited to announce that Debra Vega will be here Mondays at 10 am beginning May 3rd for Chair Yoga on the Patio. Due to social distancing guidelines, you must register in advance as space in this class will be limited. Masks must be worn during class. Please remember to bring water, a hat and sunscreen! To register, please call RiverMills Center at 534-3698. Virtual Chair Yoga with Debra will continue to be offered Wednesdays at 9:30 am.

GENTLE EXERCISE IS HEADING OUTDOORS! COST: \$1 WEATHER PERMITTING

Every Wednesday Starting May 5th at 12:00 p.m.

We are excited to announce that Gentle Exercise will return to RiverMills Center outside, Wednesdays at noon! It will be held on the patio area of the lower level of the senior center. Mask are required to participate. Bring water, a hat and sunscreen with you. Space will be limited due to social distancing guidelines. You MUST call RiverMills Center in advance to register. Registration is required in order to participate. Gentle Exercise will continue to be offered on Zoom on Mondays and Fridays at noon.

TAI CHI OUTDOOR CLASS! COST: \$3 WEATHER PERMITTING

Every Friday Starting May 28th at 1:00 p.m.

We are excited to announce that Michelle Zemba will be here on Fridays at 1 pm to host Tai Chi on the patio every Friday beginning on May 28th. Due to social distancing guidelines, space is limited and registration is required in advance by calling 534-3698. You must wear a mask during this class. Please remember your sunscreen, water and a hat! Please arrive about 10 minutes early to this class as this class begins the same time as our curbside meal program begins.

MAY 2021 PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 a.m.– Chair Yoga (outside) <i>New!</i> 10:00 A.M.–Stroke Awareness with Holyoke Medical Center (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>4 9:30 a.m.– Yoga Tuesdays (Zoom) 1 p.m.–Photography Club (Zoom) 1 p.m.- Living Again (Zoom)</p>	<p>5 9:30 a.m.– Chair Yoga (Zoom) 12:00 p.m.–Gentle Exercise (Outdoors) <i>New!</i></p>	<p>6 10:00 a.m.—Teacup Succulent Planting (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom)</p>	<p>7 12:00 p.m.– Gentle Exercise (Zoom)</p>
<p>10 10:00 a.m.– Chair Yoga (outside) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>11 9:30 a.m.– Yoga Tuesdays (Zoom)</p>	<p>12 9:30 a.m.– Chair Yoga (Zoom) 10:00 a.m.—Fairy Garden Wreath (Zoom) 12:00 p.m.–Gentle Exercise (Outside)</p>	<p>13 12:00 p.m.– Meditation (Zoom) 1 p.m.-Tech Connect (Zoom) 1:30 p.m.-Tai Chi (Zoom) 6 p.m.– Grandparents as Parents Support Group (Zoom)</p>	<p>14 12:00 p.m.– Gentle Exercise (Zoom)</p>
<p>17 10:00 a.m.– Chair Yoga (outside) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>18 9:30 a.m.– Yoga Tuesdays (Zoom) 11:00 a.m.– Online Safety Presentation (Zoom) 1 p.m.-Photography Club (Zoom)</p>	<p>19 9:30 a.m.– Chair Yoga (Zoom) 10:00 a.m.– Garden Tool Arrangement (Zoom) 11:00 a.m.– Physical Activity , The Key to Living Well (Zoom) 12:00 p.m.–Gentle Exercise (Outside)</p>	<p>20 11:00 a.m.– Elder Law Education 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom)</p>	<p>21 12:00 p.m.– Gentle Exercise (Zoom)</p>
<p>24 10:00 a.m.– Chair Yoga (outside) 10: 00 a.m.– Sumi-E Painting Class (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>25 9:30 a.m.– Yoga Tuesdays (Zoom)</p>	<p>26 9:30 a.m.– Chair Yoga (Zoom) 10:00 a.m.– Memorial Day Planter Log (Zoom) 12:00 p.m.–Gentle Exercise (Outside) 5:00 p.m.–Paint & Dine (Zoom)</p>	<p>27 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom)</p>	<p>28 12:00 p.m.– Gentle Exercise (Zoom) 1:00 p.m.– Tai Chi (outside) <i>New!</i> 3:00 p.m.–Bell Totas Bird Ornaments (Zoom)</p>
<p>31  MEMORIAL DAY CLOSED</p>				

<p>Don Roy's AUTO BODY APPEARANCE CENTER INC. www.donroysautobody.com</p>	<p>Smart Choice... Very Smart! 413-593-5010 1416 Granby Rd. Chicopee</p>	<p>AVAILABLE FOR A LIMITED TIME! ADVERTISE HERE NOW!</p> <p>Contact Susanne Carpenter to place an ad today! scarpenter@lpiseniors.com or (800) 477-4574 x6348</p>
		

JUNE 2021 PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:30 a.m.– Yoga Tuesdays (Zoom) 1 p.m.- Living Again (Zoom) 1 p.m.-Photography Club (Zoom)</p>	<p>2 9:30 a.m.– Chair Yoga (Zoom) 12:00 p.m.-Gentle Exercise (Outside)</p>	<p>3 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom) 2:30 p.m.– The Celebration of Music pt.1 (Zoom)</p>	<p>4 12:00 p.m.– Gentle Exercise (Zoom) 1:00 p.m.– Tai Chi (outside)</p>
<p>7 10:00 a.m.– Chair Yoga (outside) 12:00 p.m.– Gentle Exercise (Zoom) 3:00 p.m. –Weight Loss & Hypnosis pt.1 (Zoom)</p>	<p>8 9:30 a.m.– Yoga Tuesdays (Zoom) 11:00 a.m.– Identity & Theft Fraud Presentation (Zoom)</p>	<p>9 9:30 a.m.– Chair Yoga (Zoom) 10:00 a.m.– Herb Garden Planting (Zoom) 12:00 p.m.-Gentle Exercise (Outside) 2:00 p.m.– Parking Lot Bingo</p>	<p>10 12:00 p.m.– Meditation (Zoom) 1:00 p.m.– Tech Connect (Zoom) 1:30 p.m.-Tai Chi (Zoom) 2:30 p.m.– The Celebration of Music pt.2 (Zoom) 6 p.m.– Grandparents as Parents Support Group</p>	<p>11 11:00 a.m.– Essential Oils & First Aid (Zoom) 12:00 p.m.– Gentle Exercise (Zoom) 1:00 p.m.– Tai Chi (outside)</p>
<p>14 10:00 a.m.– Chair Yoga (outside) 12:00 p.m.– Gentle Exercise (Zoom) 3:00 p.m. –Weight Loss & Hypnosis pt.2 (Zoom)</p>	<p>15 9:30 a.m.– Yoga Tuesdays (Zoom) 1 p.m.-Photography Club (Zoom)</p>	<p>16 9:30 a.m.– Chair Yoga (Zoom) 10:00 a.m.– Fairy Garden Planting (Zoom) 11:00 a.m.– Eating Well While Eating Out (Zoom) 12:00 p.m.-Gentle Exercise (Outside)</p>	<p>17 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom) 2:30 p.m.– The Celebration of Music pt.3 (Zoom)</p>	<p>18 12:00 p.m.– Gentle Exercise (Zoom) 1:00 p.m.– Tai Chi (outside)</p>
<p>21 10:00 a.m.– Chair Yoga (outside) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>22 9:30 a.m.– Yoga Tuesdays (Zoom)</p>	<p>23 9:30 a.m.– Chair Yoga (Zoom) 12:00 p.m.-Gentle Exercise (Outside) 2:00 p.m.– Parking Lot Bingo 5:00 p.m.-Paint & Dine (Zoom)</p>	<p>24 10:00 a.m.-4th of July Wreath (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom)</p>	<p>25 12:00 p.m.– Gentle Exercise (Zoom) 1:00 p.m.– Tai Chi (outside) 3:00 p.m.-Paper Flowers Making (Zoom)</p>
<p>28 10:00 a.m.– Chair Yoga (outside) 12:00 p.m.– Gentle Exercise (Zoom) 3:00 p.m. –Weight Loss & Hypnosis pt.3 (Zoom)</p>	<p>29 9:30 a.m.– Yoga Tuesdays (Zoom) 10:00 a.m.—Butterfly Vase Craft (Zoom)</p>	<p>30 9:30 a.m.– Chair Yoga (Zoom) 12:00 p.m.-Gentle Exercise (Outside)</p>		

SUPPORT OUR ADVERTISERS!



WELLNESS

SOCIAL SERVICES

Hours	Monday– Thursday	Friday
	8:00 a.m.– 3:00 p.m.	8:00 a.m.– 2:00 p.m.
Wellness Center Nurses	Helen Biglin, R.N. Dianne Copeland, R.N.	

While RiverMills Center remains closed at this time, the Wellness Center nurses are available for one-on-one phone consultations. Please call 534-3698, ext. 119 to reach a nurse.

LET'S GET ORGANIZED

Here is a list to help you organize & clean around your car and home.

- ◇ Clean Off Your Kitchen Table
- ◇ Purge Two Kitchen Cabinets
- ◇ Sort Out Pots And Pans
- ◇ Organize Baking Supplies
- ◇ Organize And Share Your Recipes
- ◇ Donate Usable Cook Books
- ◇ Clear Off Your Kitchen Counters
- ◇ Donate Usable Kitchen Items
- ◇ Organize the Sink Cabinet
- ◇ Clean Out Fridge And Freezer
- ◇ Purge Two More Kitchen Cabinets
- ◇ Buy Fresh Flowers For Your Table



The Food Bank of Western Massachusetts has set up a SNAP phone line to help people obtain food stamps during the pandemic. Clients can call 413-992-6204 to apply for SNAP over the phone. People are asked to leave a voicemail and their call will be returned. Income guidelines are as follows:

- 1-person household, gross monthly income of \$2,127
- 2-person, \$2,873
- 3-person, \$3,555
- 4-person, \$4,292

Wellness Calls: Our volunteers and staff are staying connected to residents more than ever through the hundreds of phone calls they are making weekly. Would you like a call? Do you know someone who would like a call? Call 534-3698 to get on the list.

50+ Job Seekers Program: Any Massachusetts resident 50+ years old can register to participate. Each session is guided by a professional employment coach. Please Visit: www.50plusjobseekers.org to register.

FUEL ASSISTANCE

The fuel assistance application period has been extended from April 30th to May 28th. The heating season remains November 1st through April 30th. The fuel assistance program helps income-eligible households pay part of their winter heating bills. If your gross household income falls within the limits shown below, you may qualify for fuel assistance.

- 1-person household: maximum annual income of \$39,105
- 2-person household: maximum annual income of \$51,137

To apply for fuel assistance you will need to complete an application along with documentation verifying income, identification, and utility bills. Applications for new participants are now available. Current fuel assistance participants should have received renewal applications in August.

For more information and help filling out the form, contact Program Assistant Diane Gay at 534-3698, ext. 120.

SHINE—SERVING THE HEALTH INSURANCE NEEDS OF ELDERS

SHINE volunteer counselors are available to answer questions about Medicare and other health insurance issues. Please call RiverMills at 534-3698 and we will get your contact information to a SHINE counselor who will call you back to answer your health insurance questions.

FOOT CARE HOME VISITS Cost: \$50

RiverMills Center's foot care nurses are making house calls. To make an appointment with Pat O'Brien call 596-4680. To make an appointment with Kathy Brady call 535-9548.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

This group is for caregivers of older adults with memory loss. Gerry Bennett, R.N., is the facilitator. The Alzheimer's Support Group will NOT meet via zoom. Facilitator Gerry Bennett can still reach out to people if interested. Please call Casey Conroy or Holly Angelo for more information.

GRANDPARENTS AS PARENTS

2nd Thursdays, May 13th & June 10th
6 p.m.-7:15 p.m.



This support group is for grandparents who have assumed the caregiving responsibility for their grandchildren. All GAPP meetings will take place via Zoom. This group is open to all grandparents, regardless of how old they are or where they live. For more information call Casey Conroy at 534-3698 ext.118.

Supported by the City of Chicopee & Margo Chevers Memorial Fund Grant.

VETERAN'S BENEFITS COUNSELING

Chicopee Veterans' Services Department is available to answer questions about veterans' benefits. Any veteran or surviving spouse of a veteran is encouraged to call the Veterans' Services Department at 594-3470 between 8 a.m. and 4 p.m. on weekdays with any questions they may have.



LIVING AGAIN (ZOOM)

1st Tuesdays at 1 p.m. May 4th & June 1st

This group supports anyone who has suffered the loss of a loved one and needs the support of others. A facilitator runs the group. For more information contact Casey Conroy at 534-3698 ext.118.



ALZHEIMER'S ASSOCIATION

UPCOMING SUPPORT GROUPS

The is a full schedule of virtual caregiver support groups available and support groups for those living with dementia- call our helpline at 800-272-3900 to join a local virtual support group"

Virtual May Alzheimer's Education programs:

Effective Communication Strategies: May 11 at 12pm

Safety and Memory Challenges: May 19 at 4pm

Understanding and Responding to Dementia Related Behaviors: May 20 at 4pm

Care Partner Overload & Burnout Prevention: May 26 at 10am

To register for any of these free education programs, call the helpline at 800-272-3900 or email Meghan at mlemay@alz.org

Alzheimer's Association to host virtual Family Caregiver Conference:

The Alzheimer's Association will host a free virtual educational conference for people living with dementia and their families. The inaugural two-day Family Conference will take place Friday, May 14 and Saturday, May 15, 2021. The virtual conference is free and open to those caring for a loved one at home, professional caregivers, and the general public.

Experts in the field of care and support will share practical and concrete recommendations, resources, and guidance in the care and support for those living a life with dementia. Sessions include Understanding Alzheimer's and Dementia, Effective Communication Strategies, and Coping with Dementia Related Behaviors. There will be two educational sessions offered in Spanish.

The conference will feature a presentation by keynote speaker Tom Keane, titled *Into Light: A story of loving, losing, and loving*. Keane is a regular contributor to the Boston Globe who served as a caregiver for his wife, Laurie, during her battle with Younger-Onset Alzheimer's disease. Participants will also hear from a panel of individuals living with dementia sharing their perspective and coping strategies.

The schedule of programs also includes performances by South Shore Conservatory's Creative Arts Therapy Program. SSC's Creative Arts Therapy (CAT) program features a group of highly qualified therapists and specialists who use the arts and creative processes to help individuals maximize their abilities and improve health and wellness.

For a full list of sessions, topics, and speakers, and to register for the event, visit alzfamilyconference.org, or call the Alzheimer's Association's 24/7 Helpline at 800-272-3900 or email local staff at mlemay@alz.org

FRIENDS OF RIVERMILLS CENTER

A 501 (C) (3) NON-PROFIT ORGANIZATION DEDICATED TO HELPING OLDER ADULTS.

President: (Steve Michalik, Acting President): **Open**

Vice President: Steve Michalik

Recording Secretary: Joan Jaquith

Corresponding Secretary: **Open**

Treasurer: Bob Kupiec

FRIENDS Meetings

The FRIENDS normally meet the second Friday of every month at 10:00 a.m. at RiverMills.

The Friends' meetings are on hiatus.

Friends Vice President Steve Michalik is now the acting president of the Friends group. Anyone interested in more information about becoming president should call Steve at 532-3544.

WE NEED YOU TIME TO RENEW OR JOIN

The new membership year has begun. Please renew your membership to FRIENDS for the upcoming year or consider joining FRIENDS. Dues are only \$10 and the money collected helps FRIENDS pay necessary expenses related to programming.

Announcement

The Friends at RiverMills have been selected to participate in the *Stop & Shop Bloomin 4 Good Program*. This program provides 10 + meals to people in need when a shopper purchases a \$9.99 Bloomin 4 Good Bouquet with a red circle sticker. In addition, the Friends at RiverMills will receive \$1.00 for each bouquet purchased.

This program runs the entire month of May and is for purchases at the Stop & Shop on Memorial Drive in Chicopee.

This is a great way to fight hunger in the local community and raise money for our organization. The more bouquets sold, the more donations raised and the more people we will feed. Please take this opportunity to support a good cause.



The Friends hopes you have a fantastic summer and wishes all of you a better year. Please stay safe. We will all see each other again soon!



SENIOR TRAVEL CLUB

We hope to see you soon and would like your thoughts as we plan our trip calendar. Please complete the short survey at the bottom of this article with your input. Return to rdmashia@juno.com or if you have meal pickup, you can give it to our curbside volunteer. Our plans are dependent on State and City regulations and the opening of RiverMills Center. Once that date is known we will begin our monthly travel meetings.

Email Bob or deposit in the Travel Club Trip Suggestion Box. I'd like to go to the following:

_____ Dinner Theatre _____ Boat Ride with meal

_____ Casino _____ Day at the beach

_____ Overnight Trips (2 to 4 days) _____ Baseball

Suggestion 1: _____

Suggestion 2: _____

Suggestion 3: _____

Suggestion 4: _____



JOINING A ZOOM MEETING

COVID-19 Scams

Please allow extra time to get online.

If this is your first time using Zoom we ask that in consideration of the whole group, **please arrive 15 minutes early** in order to get successfully connected. Someone will be on hand to help you if needed. If you come late to the conversation and have difficulties connecting, please disconnect and phone in.

- Close any program on your computer that uses your camera, for instance Skype.
- Have a headset available if possible to minimize feedback – your cellphone earbuds will work well.
- Click the **Zoom link** that's been sent to you in an email, and Zoom should automatically and quickly download to your computer.
- In Downloads on your computer, click `Zoom_launcher.exe`. Zoom should direct you to this with a large orange flag.
- Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting.

You should now be part of the meeting. Click the green button that says "Join Audio By Computer."

Join by tablet or smartphone

- If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time. Once you have downloaded the Zoom app, follow the "Join by computer" instructions above.

Join by telephone

- First, dial the phone number provided in the Zoom email.
 - When prompted, dial the meeting ID number that is also provided.
- Your phone will be automatically muted once the meeting starts. If you want to speak, press *6 to unmute.

If you would like to participate but are unfamiliar with Zoom, our Program Technician can help you get connected. To schedule an appointment for assistance, please call Jona at 413-534-3698 ext.104, or send an email to: jruiz@chicopeema.gov.

Don't have a device to get online? Ask about our **Tablet Lending Program!** Call: 534-3698 ext:104.

3 WAYS TO AVOID VACCINE SCAMS

While vaccination details are getting worked out, keep in mind that **the vaccine is free**:

- You can't pay to put your name on a list to get the vaccine. That's a scam.
- You can't pay to get early access to the vaccine. That's a scam.
- No one legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. That's a scam.

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at ftc.gov/coronavirus/scams

Registering for a Covid-19 Vaccine Online

The state has established a Vaccine Registry to pre-register people for vaccines at the mega vaccine sites, including Eastfield Mall. Anyone who would like to be put on the registry can go to www.mass.gov/covid-19-vaccine and register there. If you need assistance, please call RiverMills at 534-3698 and we will be glad to register you. The city was recently approved to operate a regional vaccine site at the Castle of Knights on Memorial Drive. Please call RiverMills Center at 534-3698 for information on how to get a vaccine at that site. *(Details on the city's new vaccine site were not available at the time this newsletter went out to print)*. Vaccines are also available locally at CVS, Big Y, Stop & Shop and Walgreens. Additional information on vaccine availability can be obtained by calling the state's helpline for seniors at 211.

F.L. ROBERTS CARWASH COUPONS

The Friends continues to sell carwash coupons: \$10 for 2 coupons. Call RiverMills at 534-3698 to order the coupons. They can be picked up outside the lower level of RiverMills Center.



PROGRAMS

PHYSICAL ACTIVITY, THE KEY TO LIVING WELL



Wednesday, May 19th at 11:00 a.m.

This workshop, presented by Ascentria Care Alliance, will give participants tips on the amount of physical activity needed each day and ways to include physical activity as part of their daily routines. Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health. You must register in advance by using the registration link provided in the Facebook Event or by calling 534-3698.

ELDER LAW EDUCATION



Thursday, May 20th at 11:00 a.m.

We are excited to be able to offer this Elder Law Education Program, sponsored by The Massachusetts Chapter of the National Academy of Elder Law Attorneys. Attorney Hyman Darling of Bacon Wilson P.C. will be leading this virtual presentation that will cover a variety of topics. You must register in advance by the Facebook Event link on RiverMills Centers Facebook page or by calling 534-3698.

THE CELEBRATION OF MUSIC



Thursday, June 3rd, 10th 17th at 2:30 p.m.

Join Craig Harris, M. Ed., master percussionist, educator, historian, author and photographer for this Zoom series that RiverMills Center is excited to offer. **Laugh (June 3):** The perfect antidote to these difficult times, this rib-tickling program explores the zany world of music and comedy from Jack Benny and the Marx Brothers to Weird Al Yankovic and the Corona-19 parodies of today. Be prepared to laugh. **The Glory of Rock & Roll (June 10):** Relive the excitement of rockabilly, sweet harmonies of doowop, and infectious dance tunes like "The Twist" and "The Mashed Potato," remember Elvis Presley, Chuck Berry, Little Richard, Jerry Lee Lewis, the Ronettes, the Beatles, the Rolling Stones and more. **America's Musical Roots (June 17):** From traditional ballads and Appalachian fiddle tunes to foot-stomping bluegrass, exploratory new grass and genre-expanding Americana. All programs combine music history, storytelling, and archival audio/video. You must register using the link provided on RiverMills Centers Facebook page or by calling 534-3698.

This event is funded by the Chicopee Cultural Council, a local agency which is funded by the Massachusetts Cultural Council, a state agency.



WEIGHT LOSS AND HYPNOSIS



Monday, June 7th, 14th, & 28th at 3:00 p.m.
Cost: \$25

This is a 3-session series led by Robin Davis. It incorporates mind and body techniques, including hypnosis. The goal is to encourage a healthy lifestyle and eating habits. Registration is required by calling 534-3698. The series is \$25 and must be paid before the first class takes place. Checks can be made out to Robin Davis. Payment can be dropped off or mailed to RiverMills Center.

IDENTITY THEFT & PROTECTION

Tuesday, June 8th at 11:00 a.m.



Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present on identity theft & fraud prevention. The presentation will include information about the Office and what they do. It will also cover how to spot and avoid scams, recent scams that the Office has learned about, how to prevent identity theft & steps to take if you have fallen victim. You must register in advance by using the link on RiverMills Centers Facebook Event page or by calling 534-3698.

PARKING LOT BINGO!



Wednesday, June 9th & June 23rd at 2:00 p.m.

Bingo is back, but with a twist! This game of bingo will be played in the comfort of your own car! When you arrive, you will be given instructions to tune into a certain radio station where you will be able to hear the numbers called right through your radio! If you have Bingo, honk your horn and win a prize! Space will be limited so you must register in advance to participate. Call RiverMills Center at 534-3698.

ESSENTIAL OILS & FIRST AID



Friday, June 11th at 11:00 a.m.

Would you like to learn more about natural alternatives for self-care during times of emotional, physical distress or injury? Whether it is digestive, respiratory, or traumatic distress, there is a natural, quick, and convenient way to support yourself and your loved ones during these times....Essential Oils! During this class, we will discuss the use of Essential Oils to support, calm, and soothe your body—and your emotions. You'll learn how to use Essential Oils for NATURAL support and wellness when First Aid is required. You must register in advance for this workshop by calling RiverMills Center or by using the registration link on RiverMills Centers Facebook page event.

MORE PROGRAMS

EATING WELL WHILE EATING OUT

Wednesday, June 16th at 11:00 a.m.

This workshop, presented by Ascentria Care Alliance, will provide participants tips for making smart choices when going out to eat or ordering take-out. We will review common obstacles faced when ordering food and simple strategies for overcoming each barrier. We will also review options for planning ahead when eating out and practicing mindful eating in any setting. You must register in advance for this program by using the link in the Facebook Event page or by calling 534-3698.



GARDEN OPPORTUNITIES

AT RIVERMILLS CENTER

It's that time of the year again when seeds are planted and green sprouts start to push through the earth. RiverMills has several raised garden boxes that need to be planted, along with perennial beds that need tending to. Anyone who is interested in these gardening opportunities may call RiverMills Center at 534-3698. We will add you to the gardening list and be in touch when plants are ready for planting.



TASTY RECIPE

Korean Beef Bowl

- 1/4 cup brown sugar, packed
- 1/4 cup reduced sodium soy sauce
- 2 teaspoons sesame oil
- 1/2 teaspoon crushed red-pepper flakes, or more to taste
- 1/4 teaspoon ground ginger
- 1 tablespoon vegetable oil
- 3 cloves garlic, minced
- 1 pound ground beef
- 2 green onions, thinly sliced
- 1/4 teaspoon sesame seeds
- In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.
- Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
- Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
- Serve immediately, garnished with green onion and sesame seeds, if desired.



TRANSPORTATION

The Transportation Department at RiverMills Center is providing rides to supermarkets, pharmacies, and doctor's appointment. Riders must adhere to new passenger safety standards. See below for more information. When you need to schedule a ride please call at least 3 to 5 business days prior to your appointment date. During the COVID shutdown there are only 3 part-time drivers working so appointment times are limited. Appointments can be scheduled from 8:30 till 2 PM and the last ride home will be 2:30 PM. Please reach out to our Transportation Department if you have a transportation need at 536-5733, and if no one answers please leave a message and someone will call you back.

PASSENGER SAFETY

The RiverMills Center Transportation Department follows the CDC and State Standards for drivers, passengers and vehicle safety. The following outlines those guidelines.

1. **Non-contagious medical appointments and grocery shopping etc.**
2. **Only 1 passenger (with 1 companion) is allowed in the vehicle at a time.**
3. **Passenger MUST wear a mask and use hand sanitizer BEFORE entering the vehicle.**
4. **Driver will take passenger's temperature with a non-contact thermometer.**
5. **Passengers with a temperature of 100.4 degrees or higher will not be allowed to ride in the vehicle.**
6. **All vehicles are cleaned and disinfected before and after each passenger.**

The Chicopee Council on Aging receives Federal Older Americans Act Funding from local Area Agency on Aging, West Mass Elder Care, the State Executive Office of Elder Affairs, and the Federal Administration for Community Living.

ANNOUNCEMENTS

SENATOR VELIS

GET UPDATES SOONER

We are able to send updates via e-mail. If you have not been receiving our e-mails, please e-mail jruiz@chicopeema.gov to be added to the e-mail list. This is the fastest way for us to share any schedule changes and to receive program Zoom links. You may also call us in the office at 534-3698 to inquire. If you still don't see the e-mails, please check your spam/junk/promotions folder.

MASK MANDATE

Governor Baker issued an Order effective November 6, 2020 requiring face masks or cloth face coverings in all public places, whether indoors or outdoors, even where they are able to maintain 6 feet of distance from others. Masks or face coverings are encouraged but not required for children between the ages of 2 and 5. If you need a mask, let us know, by calling 413-534-3698 or e-mailing dmgay@chicopeema.gov.



TABLET LENDING PROGRAM

RiverMills Center Tablet Lending Program for Chicopee seniors ages 55 and older who have internet access, but do not have an updated device to get on the internet, now has more tablets available for lending. These tablets can be used to get online, play games, or join Zoom programming. This program will allow seniors to sign out a device for up to 3 weeks at a time. The tablets will also have charging and typing accessories, as well as a basic user guide.

If you are a Chicopee senior who could use a tablet please contact Program Technician Jona Ruiz at 534-3698 ext.104 or send an email to jruiz@chicopeema.gov.

Hi Everyone,

I hope you are all doing well as we get into the warmer spring months!

It's hard to believe it has been more a year since COVID-19 began, but I'm glad that vaccinations are ramping up throughout our communities. All residents 16 years or older are now eligible for the vaccine and more vaccination sites are opening up in our region as supplies expand. I was proud to help advocate for the regional collaborative sites in Chicopee and at the Big E in West Springfield, which will hopefully help speed up the vaccination process in our region. For more information on vaccine locations, go to mass.gov/covid-19-vaccine

It's been a busy time in the state Senate passing legislation to help businesses and residents during these difficult times. One of the major bills was H90, *An Act financing a program for improvements to the Unemployment Insurance Trust Fund and providing relief to employers and workers in the Commonwealth*. Among other things, this bill makes PPP and other eligible business loans untaxable, provides a tax credit for unemployment income, and changed the state tax filing deadline to May 17, 2021. As we continue to recover from the economic consequences of COVID-19, we need to make sure we are focusing on the businesses and employees who have suffered so much.

As the weather has gotten warmer, more outdoor community events are starting to be held. The other week I joined community members at Springfield City Hall to celebrate the bicentennial of Greek independence. Just like I'm sure you are all proud of your heritage, I take pride in my Greek ancestry and it was great to celebrate this historical 200 year anniversary. Earlier this month I also had a great virtual meeting with the Chicopee City Council, where I shared legislative updates alongside Senator Lesser and Senator Gomez, who also represent parts of Chicopee. Hopefully we will be able to expand in-person gatherings soon, and I look forward to seeing you all at events at the RiverMills Center!

My office is always available to help with questions regarding vaccines or with anything else. You can reach me at 413-572-3920 or at john.velis@masenate.gov. I can be also found online at senatorjohnvelis.com, where you can sign up for my newsletter and COVID email updates.

I can't wait until we can all see each other again in person, but until then, stay safe and be well.

Sincerely,

John Velis
State Senator, 2nd Hampden and Hampshire District



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alzheimer's association
FAMILY CONFERENCE

A Virtual Conference for People Living with Alzheimer's and Their Families

May 14 - 15, 2021
alzfamilyconference.org

Join us for a series of interactive sessions designed to educate and inspire those living with Alzheimer's and their families

Keynote Speaker

Tom Keane, Boston Globe



Tom is a regular contributor to the Boston Globe, and served as a caregiver for his wife, Laurie, during her battle with Younger-Onset Alzheimer's

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WORK YOUR BRAIN WITH A WORD SEARCH!

Shakespeare: Macbeth

Find and circle all of the words relating to Macbeth that are hidden in the grid.
The remaining letters spell a secret message - a quotation from Macbeth.

Note: MACBETH and LADY MACBETH are hidden separately and do not overlap.

E A D S C O T L A N D S M L O C L A M B
 T N E N A C N U D Y N O T S D R A W I S
 A G D H A E P N R O R L I R C A W D O R
 C U I G C L A K I S E I P E I N C H E H
 E S C G E L R T O S G L R T F M A T N E
 H L I C G N I E Y O G O O S T E P E O A
 H A G N A R T G B R A Q P I M C T B C T
 U D E M A I B L N M D U H S A N A C S H
 S Y R P S X T R E I U Y E D D A I A R B
 I M P S O P O H E W K C C R N E N M E A
 M A M E O T T N N H O L Y I E L O I R N
 A C N R C G A N N E H M A E S F R W E Q
 L B T O E N O I C E S T A W S K W C D U
 G E D N I R E D T H L S I N P I A A R O
 R T A S D O N A L B A I N E O E Y S U T
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 T U U W A E C N E I C S N O C N Y L Y I
 D A S S E N R E V N I N E E U Q E E S U
 C B L O O D D O O W M A N R I B C M S G
 O M E L L I K E M L O C S D N A L E R I

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Chicopee residents will have priority registration for one week following the date registration opens. Non-residents will then be able to buy tickets or register for programs after the one-week resident registration period ends. RiverMills Center welcomes all older adults ages 55 and older, but must give priority to City of Chicopee residents. The Council on Aging is a city department that is supported by taxpayers. Thank you for your understanding. Registration for any event begins on the first of the month the event is taking place. If an event is scheduled the 1st week of a month, registration will begin a week early.

Acknowledgments

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RiverMills Center

CHICOPEE SENIOR CENTER

5 WEST MAIN ST.

CHICOPEE, MA 01020

Hours

Monday-Friday

8:00 A.M.- 4:00 P.M.

CLOSED DUE TO PANDEMIC

COA Phone Number

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Transportation 536-5733

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