

SILVER CIRCLE

May 2022

Easthampton Council on Aging & Enrichment Center

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Coffee Hours with Special Guests... See pg. 4

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Zumba, Ballroom Dance and Wellness Orientations... **See pg. 5**

Yoga now on Mondays... **See pg. 5**

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ECO A Hiking Group Inaugural Hike... **See pg. 3**

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***The Easthampton Council on Aging building is open
M/W/TH/F - 8am to 4pm (Now Tuesdays 8am to 7pm)***

******We will be closed Monday May 30th******

Do You Need Help Lowering Property Taxes?

The Easthampton Senior Tax Work-Off Program can help! This program allows Easthampton homeowners who are 60 years of age or older, and who meet income eligibility guidelines, the opportunity to work for the city to receive a reduction in property taxes up to the amount of \$1500. This program is in addition to other tax abatements and property exemptions for which senior taxpayers may be eligible. Positions are located in many city departments:



- Filing, mailing, data input, inventory
- Custodial, landscape and garden maintenance, handywork
- Greeter, receptionist, event assistant, medical rides driver

Positions are being filled on a rolling basis. Download an application and general information from easthamptonma.gov/coa or pick up at the Enrichment Center during business hours. Apply no later than May 30, 2022.

ECOIA Transportation Update (April-June 2022)

Call 413-527-6151 ext. 0 to make a reservation

48-hr notice for COA vans, 1-week notice for volunteer companion rides

TEMPORARY: MONDAYS AND WEDNESDAYS LIMITED RESERVATIONS - ONE DRIVER DAYS

LOCAL VAN TRIPS (COA Drivers)

Appointment start time (assuming appointment is 1.5 hours or less) 8am to 2pm

- Enrichment Center for Activities: \$2.00 + \$1.00 if additional stop
- Easthampton Shopping/ Errand: \$3.00 (1 stop) \$4.00 (2 stops)
- Big Y/Pure Food/Southampton Area: \$4.00

Riders can bring 3 shopping bags maximum on the van.

EXTENDED AREA VAN TRIPS (COA Drivers)

Appointment start time (assuming appointment is 1.5 hours or less) 8:30am to 1:30pm

- NORTHAMPTON, LEEDS, FLORENCE, NORTHAMPTON/HATFIELD LINE: \$5.00
- HOLYOKE (MEDICAL APPOINTMENTS ONLY): \$5.00

ALL OTHER DESTINATIONS AND/OR HOURS

VOLUNTEER COMPANIONS provide rides for riders who do not need a wheelchair lift or ramp to:

- Medical rides before or after COA Driver hours
- Medical rides to destinations outside of our service area
- Grocery shopping when companion's help is needed to lift and carry - rider must be able to pay for purchases
- If shopper has pre-paid prescriptions or groceries, the companion can pick up in the store or curbside and deliver to shopper's door

Shell Wreaths

With Anne

When: Thursday
May 19th at 1pm

To Register:
413-527-6151 ext. 0

Cost: \$3 E'ho Residents Given Preference



Join us for an afternoon of ocean dreaming and wreath making thanks to a generous donation of beautiful shells from Cindy Paulsen. In this 1-hour workshop participants will assemble and design their own hanging summer inspired beach-themed wreath or centerpiece which they'll be able to take with them at the end of the session. Participants will learn basic design principles and composition pointers for designing and assembling their Project. We'll talk about found object assembly. Hot glue will be involved!

Meditative Postcard Coloring

When: Thursday May 12th at 1pm

To Register: 413-527-6151 ext 0

Join us to chat and try out the art of meditative coloring. Postcards to color as well as gel pens, markers and colored pencils available.



ECOA Monthly Hiking Group

When: Tues. May 17th at 10am

Where: Bray Lake Loop - Mt. Tom

To Register: 413-527-6151 ext. 0

Join Theresa for a 2 mile hike around the Bray Lake Loop at Mount Tom. This will be a moderately paced hike over relatively easy, but occasionally uneven or rocky terrain. We will complete the Bray Lake Loop back to the parking lot and then folks will have the choice to continue hiking or head out. Please call the ECOA main desk to register.



Copper Bookmarks

with Heather Beck

When: Friday May 27th at 1pm

To Register: 413-527-6151 ext. 0

Cost: \$5 E'ho Residents Given Preference

Must pay in advance to register

Join us for an afternoon of hammering, laughing, and creating together. Heather Beck will teach you how to create the copper bookmark of your dreams with hammers, punches, letter stamps, and metalsmithing tools. Prepare to refine your fine motor skills and learn a new craft in an hour and a half.



Williston Choir Concert

When: Friday May 6th at 1pm

Cost: Free

RSVP: 413-527-6151 ext. 0

*space is limited to 25 so call ASAP



Join us for an afternoon of music and light refreshments. Williston Choirs will present a concert on Friday, May 6 at 1:00pm. Works will feature a cappella and accompanied singing by a variety of Williston choral ensembles including the Chamber Singers and Concert Choir.

Coffee Hour

Join us for coffee, and chatting with a special guest on Thursdays beginning May 12th at 10am.



May 12th: Senior Tax Work off Info
Cynthia Tarail - ECOA Director
Joe Banas - ECOA Board Member

May 19th: Detective Eric Alexander
Easthampton Elder Affairs Officer

May 26th: Katya Shapiro
Emily Williston Library Director

June 2nd: Mayor Nicole LaChapelle
Mayor of Easthampton

MCOA's Walk MA Challenge Kick-Off



When: Wednesday May 4th

Where: 10:30am sharp - behind Tandem on the Bike Path

Join the ECOA walking group, Dawn Graichen-Moore (Activity Coordinator) and Bridget Diggins (Easthampton Public Health Nurse), to kick-off the MCOA walking challenge. Pace will be determined by the participants.

MCOA Walking Challenge runs

May 1st - Oct. 31st. Folks ages 5 and up can walk/run/jog to raise money for your local Council on Aging and earn chances to win prizes. Four challenges available for various ability levels. **To Register:** www.walkmachallenge.com

Healthy Downsizing



With Bridget Diggins, PHN

When: Monday May 16th at 11am

RSVP: 413-527-6151 ext. 0

When trying to downsize, whether that be just the belonging within your house, you may feel overwhelmed with stress, sadness, and anxiety. Discuss the benefits to downsizing, and how to find a healthy way to do so. Downsizing can come in many forms. Join Bridget, Easthampton PHN for a PowerPoint followed by an open discussion.



May Special Trips

Walmart (\$5)

Thurs. May 26th, 10am pick-up

Call: 413-527-6151 ext. 0

Fitness and Health Classes

HEALTHY BONES with Gliffy

Date: Mondays 9:30-10:30am

Register: Call 413-527-6151

*donations accepted

For details, or to register, please call the ECOA at 413-527-6151. New participants will have a screening with the instructor.

ECOA Walking Club

When: Wednesdays 10:30am

Where: Bike Path

Register: 413-527-6151 ext. 0



Join Dawn, our Activity Coordinator, for a walk on the path on Wednesdays. Pace will be determined by the participants.

Tai Chi

When: Wed. 9-10am

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



Tai Chi class with Lenny of Whip City Tai Chi! *Haven't tried Tai Chi before? We are happy to have newcomers!!!*

4 Ever Young with George

When: Fridays 10:00 - 11:00

Register: Call 413-527-6151 ext. 0

Cost: \$5 per person/per class

Strength training with George! This class focuses on building strength and flexibility.



▽ NEW/CHANGES THIS MONTH ▽

ZUMBA Gold with Heather

Date: Tuesdays 5:00-5:50 pm

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



A low-impact dance fitness class for active older adults, using Latin and other world rhythms with choreography that's fun, yet easy to follow.

Ballroom Dancing

with Steve and Roxie

Date: Tuesdays 6:00-6:50 pm

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



Gym Orientation

with Rachel from the YMCA

When: Wed. May 4th 1-2pm

Drop In - Free for Fitness Room Members

On the first Wednesday of every month, from 1-2pm, Rachel will be available.

Learn how to set up machines, how to select an appropriate amount of weight, and use the machines and effectively.

Chair Yoga on MONDAY!

When: Mondays 1:30pm-2:30pm

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



This class combines mindfulness, breath, and movement. Folks new to yoga and experienced yogis welcome!

Weekly Events

Mondays

9:30-10:30 Healthy Bones
1:15 Mahjong ***will teach***
1:30-2:30pm Chair Yoga

Tuesdays

Big Y Trips - 9:00am Start
8:00-12:00pm Pool Table open
9:30-11:30am Games Group
12:00-3:00pm BINGO is Back!!!
(Please do not arrive before 11:15 for setup)
1:00-3:00pm Cribbage

Wednesdays

9:00-10:00am Tai Chi
10:30-12:30pm Pool Table open
10:30-11:30am Walking Group
1:00-3:00pm Handcraft Group
1:15-3:30pm Mahjong (National)

Thursdays

8:00am-12:00pm Pool Table open
10:00-11:00am Low Vision Group
(1st Thursday of each month)
10:00-12:00pm Sunder Sewing
12:30-2:30pm Men's Group (2nd+4th)

Fridays

Big E's Trips - 10:00AM Start
10:00-11:00am 4 Ever Young
1:00-3:00pm Quilting

Driver Updates:

Two long-time van drivers, **Hank Senecal** and **Jeff Pelly**, have moved on. They both worked hard for seniors in Easthampton and will be missed. If you would like to wish them well, please drop off your cards and notes and we will pass them on.



Free MASTERCLASS Annual Membership!



Masterclass has partnered with the Easthampton Council on Aging to offer a free annual membership to Masterclass (a \$180 value) for 50 Easthampton Residents 55+ whose net annual income does not exceed \$54K.

Masterclass is a streaming platform that offers 90+ classes from world-renowned instructors. Users must have internet access, an email address, and a tablet, computer or smartphone to view classes.

To apply, contact: Dawn: 413-527-6151 ext. 138
dgraichen-moore@easthamptonma.gov
Check out classes at: www.masterclass.com

Visually Impaired Peer Group

Led by Kathy Carey
Thurs. May 5th from 10am - 11am

This group will meet on the first Thursday of each month and provide an opportunity to meet with peers and share experiences surrounding vision loss in a warm, supportive environment.



Special Trips

Walmart (\$5)

Thursday May 26th, 10am
pick-up start



Highland Valley Take and Go Meals Now on Monday and Friday!

The Highland Valley Take & Go Meals are available every Monday and Friday to **Seniors 60+** who do not receive Meals on Wheels. Suggested donation: \$3.

Sign Up: Please call Jenna at **(413) 527-6151 ext.136** to reserve your meal! All registrations must be into Jenna by 12:00p.m one week before the meal.

Pick-up: Meals available for pick-up from **11:00am - 12:00pm** at **50 Payson Ave.**

**** All Meals are served warm. Please plan accordingly. Meals cannot be held after 12pm.****

MAY MENU

Monday

05/02 Chicken Parmesan

Cal: 828 Sodium: 797 Carb:91

05/09 Beef Burger on a Bun

Cal: 879 Sodium: 1063 Carb: 118

05/16 Bruschetta Catfish

Cal: 672 Sodium: 596 Carb: 88

05/23 French Toast Sticks

Cal: 690 Sodium: 764 Carb: 86

Friday

05/06 Baked Salmon w Lemon Sauce

Cal: 859 Sodium: 587 Carb: 127

05/13 Spinach and Cheese Quiche

Cal: 864 Sodium:796 Carb: 112

05/20 Turkey Chili

Cal: 749 Sodium: 1067 Carb: 93

05/27 Chilled Egg Salad

Cal: 791 Sodium:999 Carb: 80

Local Free Food Resources:

Easthampton Community Center -

contact Robin Bialecki at: 413-527-5240 or by email: etoncommctr@gmail.com

Delivery options available for Seniors

Easthampton Congregational Church Easthampton Congregational Church's Food Cupboard is open the second Wednesday of each month from 10:00-noon. Please call the church office at 413-203-9759 or email: ecchurchfood@gmail.com for info.

Small Oven Bakery/Bread for Friends- Bread for anyone who needs it every other Monday from 12-2pm. See: <https://www.facebook.com/smallovenbakes> for dates.

FRIENDS PAGE

REACH US AT EXT. 140



MAY BIRTHDAYS

Betty-Anne Gould	5/5
Michelle Kaleta	5/6
Vivian Cataloni	5/7
Kathleen Dunham	5/8
Rita Mello	4/9
Patrick McHenry	5/10
Judith Clapp	5/12
Robert Daysh, Sr.	5/14
Peg Pilgrim	5/15
Doris Hebert	5/16
Elizabeth Banach	5/19
Rita Civitarese	5/19
Sharon Brown	5/23
Joan Linnehan	5/24
Bill Hall	5/26
Ray Spaulding	5/29

A Note From The Friends:

The Friends of the ECOA meets on the first Thursday of the month at 1pm at the enrichment center (19 Union St.) June brings our annual election of officers. I will no longer be available to be the president so we will be looking for a new person to fill that position. The President's primary responsibility is to run the meetings and coordinate activities. If you think that you could commit to that, please step forward.

We will also need volunteers to help occasionally with projects like the craft fair in the fall. Please join us!

*Sincerely,
Ginni - President*

Emergency Funds

Do you have an emergency situation with one of your bills? We may be able to help. Call Outreach at the ECOA (527-6151) for more information: Jenna (ext. 136) or Linda (ext. 137)

Seeking Van Driver for ECOA:

On-Call, Part Time, Non-Benefitted, \$15.30 - \$16.89 per hour. High school diploma or equivalent and a minimum of one year's experience in driving a larger vehicle are required. Valid MA Driver's License with a clean driving record. CPR certified preferred. To see full position posting and get an application, visit easthamptonma.gov or go to Personnel Dept. at 50 Payson Ave.



OUTREACH NEWS

***NEW Monthly Outreach Meetings**

*Join us for our NEW MONTHLY Outreach meetings! Each month, Outreach Coordinators Jenna Ferguson and Linda Talbot will hold information sessions highlighting various benefits and programs. This month's meeting will be held on Monday, May 23rd at 11:00 a.m. and will be highlighting the various nutritional programs available to you! Join us at the Easthampton Council on Aging/Enrichment Center (19 Union St, Easthampton) to hear more about these programs. Please call (413) 527-6151 and press 0 to register! See details below.

May 23rd, 2022 at 11:00am: Nutritional Benefits

Call 413-527-6151 ext. 0 to register

Did you know that we collaborate with CISA and Park Hill Orchard to provide 10 weeks of fresh and local fruit? Did you know that you could receive up to \$40, \$60, or \$80 back in your EBT card when you use SNAP to buy local produce via the Healthy Incentives Program (HIP)? Join us to hear about eligibility criteria and additional information surrounding the CISA Fruit Share and SNAP Benefits.

CISA FARMSHARE IS BACK!

Interested in 10 weeks of fresh and local fruit? Our collaboration with CISA and Park Hill Orchard offers fresh fruit to Easthampton residents 60 years of age or older. Space is limited and all applications must be completed and returned to Jenna Ferguson by June 1st, 2022. To qualify, you must check at least one of the following boxes:

- I receive SNAP benefits (food stamps), Medicaid, SSI, AFDC, welfare, or veterans aid;
 - I participate in The Food Bank's Brown Bag Program;
 - I live alone and my income is below \$27,180; or,
- The total income of my household is below \$36,620 (one share per household please).

Please call Jenna Ferguson at (413)527-6151 ext. 136 for details.

Foot Care Service

Foot Care will be running clinics on **May 4th and June 1st.** \$40 Per service. For details and to make an appointment, please call: 413-527-6151 then press "0." Cash or Check payment only.



Your Local 55+ Resource

Easthampton Council On Aging & Enrichment Center
19 Union Street - Easthampton, MA 01027

Center Hours:

Mon., Wed., Thurs., Fri. - 8a.m. to 4p.m.

Tues. 8a.m. - 7p.m.

Phone: 413-527-6151 Fax: 413-529-1475

Connect with us

Website: <https://easthamptonma.gov/COA>

Look for us on Facebook:

Easthampton Council on Aging and Enrichment Center

ECOAE STAFF DIRECTORY

Cynthia Tarail, Director X134

Ann Longley, Front Desk/Receptionist X135

Dawn Graichen-Moore, Activity Coordinator X138

Linda Talbot, Outreach Worker X137

Jenna Ferguson, Outreach Worker X136

David Brownlee, Will Lamere Van Drivers

ECOAE Advisory Board

Thomas Brown, Chair

Louise Jacobs, Secretary

Joseph Banas Patrick Brough

Chuck Conner Stan Diamond

Crystal Coté-Stosz

ECOAE BOARD MEETING 3rd Tuesday at 9:30am

19 Union St.

Meetings Open to the Public

2 Board Vacancies - Applications available at the ECOAE