

SILVER CIRCLE

March 2023

Easthampton Council on Aging

New Furniture, Vans and Closures - Oh my!

... See pg. 6

Local Trips are Back! Details Inside... See pg. 2



• • • Highlights • • •

Main Street Re-Imagining Meeting and PVTA Id... See pg. 2

Remember When Podcast Recording Session... See pg. 4

Succulents, Origami, Art and more... See pg. 3

Dementia Communication Strategies... See pg. 4

Winter Nature Wanders Hike ... See pg. 4

Soda Bread Potluck... See pg. 4

Utility Tips from Rep. Carey & Sen. Velis... See pg. 9

****We will be closed March 1st - 8th! Details on pg. 6****

The Easthampton Council on Aging

Winter Hours: Monday through Friday 8am to 4pm

Please call 413-527-6151 ext. 0 with questions

LOCAL TRIPS!!! ARE!!! BACK!!!

We are planning some local special trips this month. How? We are going to add another eight hours per month of drive time, funded through an increase in our state grant.

We will also work with those of you who have frequent medical appointments to figure out what other methods of transportation may be available for you. **If you are a frequent user of medical rides, please be proactive and call us today to make an appointment with our outreach staff. (Ashley ext.130 or Linda ext.137)**

With increased hours, and new vehicles on the way, our goal is to provide increased transportation for culture, recreation, and social time. If you have general questions or feedback about our transportation program, ideas for trips, or any special needs you want to talk with us about, please let us know!

**Kayt: 413-527-6151 ext. 136
or coa@easthamptonma.gov**

PVTA Senior ID Day

When: Mon. March 13th at 1:30-2:30pm

Where: 19 Union St/ ECOA

Cost: E'ho Residents Given Preference

To Register: 413-527-6151 ext. 0

Get your FREE PVTA Senior ID. This ID will allow you to ride PVTA's Fixed Route Buses for ½ Fare (\$0.75) and FREE on Tuesdays. IDs will need to be printed back at PVTA's Customer Service Office and will be dropped off the following week to the Senior Center for Seniors to pickup.



March Special Trips



Walmart (\$5)

Wed. March 15th, 11:30am pick-up start

Thurs. March 30th, 10am pick-up start

Atkins Farm (Amherst)

Thurs. March 9th - 10am Pick-up start

Botanic Garden at Smith - Guided Tour

Tues. March 28th - 10am leave from the ECOA.

Reserve your spot: 527-6151 ext. 0

Main Street Re-imagining Community Meeting



The City is beginning the process of re-imagining Main Street. As part of a multi year process, a community meeting will be held on **Tuesday March 14 at 6 p.m.** at the First Congregational Church. The goal of the meeting will be to gather input on what brings you to Main Street, what do you like most about Main Street, and what could be improved?

Later in the year an additional meeting will show concept plans of improvements that could be pursued through MassDOT, but likely no construction would occur until 2029.

The meeting will be in person and viewable online. **Transportation to and from can be requested to the Council on Aging** by calling 413-527-6151 ext 0 or email at: coa@easthamptonma.gov

More information about the project can be found at <https://easthamptonma.gov/>

Postcards to My Future Self

When: Thursday March 23rd at 2pm

Where: 19 Union St/ ECOA

Cost: E'ho Residents Given Preference

To Register: 413-527-6151 ext. 0

In this workshop, participants will have the opportunity to create small works of art on postcards. We'll talk about some composition basics and design ideas and encourage participants to experiment with materials while also creating a message for their future self -- a message of inspiration, hope, a reminder of things you wanted to accomplish or a vision for the rest of the year. Postcards will be mailed to participants at the beginning of June.



St. Patrick's Day Lucky Rock Painting Social

When: Fri. Mar. 17th at 12:30pm

Where: 19 Union St/ ECOA

Cost: \$3 E'ho Residents Given Preference

Join us to socialize and paint! Create a painted rock imbued with luck to keep or hide for someone else to find!



Meditative Postcard Coloring

When: Fri. March 10th at 1pm

Wed. March 22nd at 1pm

To Register: 413-527-6151 ext 0

Join us to chat and try out the art of meditative coloring.



Paint and Plant Succulents

With Jennifer of the Flower Shed

When: Monday Mar. 27th at 1pm

Where: 19 Union St/ ECOA

Cost: \$5 E'ho Residents Given Preference

RSVP: 413-527-6151 ext. 0

Participants will paint a 3" pot and then plant a succulent from a plant bar with guided instruction. Advice on care and general information about succulents will be presented.



Origami Boxes With Kayt

When: Thursday March 30th at 2pm

Where: 19 Union St/ ECOA

Cost: \$3, E'ho Residents Given Preference

RSVP: 413-527-6151 ext. 0

Join our Principal Clerk, Kayt, to make these delightful origami boxes!



March Movie: Top Gun Maverick

When: Wed. March 29th at 1pm

Where: 19 Union St/ ECOA

To Register: 413-527-6151 ext. 0

Join us for popcorn and this action-packed return to Top Gun Academy for this action packed 2022 sequel.



Remember When Podcast

Recording Day - Valley Eye Radio

When: Mon. March 20th starting at 10am

RSVP: 413-527-6151 ext. 0

Do you remember how Easthampton used to be when you were younger?



Valley Eye Radio, a free service of broadcast readings from local and national publications solely for the visually and print impaired, would like to have a fun, informal chat with you about your memories of growing up and living in Easthampton for our feature program "I Remember When." Program Director Harold Anderson will be here to record your stories. No need to prepare a speech, just a short 10 minute conversation. We'd love to meet you and hear your memories!

Nature Wanders

Goat Peak / M-and-M Trail

Weather Permitting

When: Thurs. March 23rd at 9:30am

RSVP: 413-527-6151 ext. 0



Stride into Spring along Mt. Tom's M and M trail as we seek out signs of our geological past: from Jurassic lava flows to 19th century quarries! A casual pace with frequent stops along this 2-mile loop of moderately strenuous and uneven terrain with hills. Transportation, binoculars and hiking poles available...you pack your lunch.

March Emily Williston Library & COA Book Discussion

The Personal Librarian

by Rabih Alameddine



Details: Tues. March 16th - 2pm at ECOA



Stephanie (Emily Williston Memorial Library) and **Dawn** (ECOA) are hosting a book discussion in March. Pick up a copy at the Emily Williston Memorial Library and read with us.

Communication Strategies for Interacting with Those Living with Dementia



When: Monday Mar. 20th at 1pm

Where: 19 Union St/ ECOA

RSVP: 413-527-6151 ext. 0

Join Meghan from the Alzheimer's Association to talk about effective communication strategies to use with your loved one experiencing dementia.

Irish Soda Bread Potluck & Coffee

When: Tues. March 14th at 10am

Where: 19 Union St.

RSVP: 413.527.6151 ext.0

Do you like to bake? Join our Program Manager Dawn in celebrating St. Patrick's Day and bring some homemade Irish Soda Bread to share.



Fitness and Health Classes

Total Body Strength with Denise

When: Fridays 10:30-11:30am

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



Strengthen your upper and lower body and increase core stability as you listen to upbeat music. Improve your balance, coordination and range of motion, in challenging yet fun ways, with options given for all exercises so you can work comfortably at your own level.

Mat Yoga with Beth

When: Thursdays 12:30-1:30pm

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



Gentle Flow Yoga will focus on mindful movements to gently move the spine in different directions, mobilize joints, and reduce tension. This class is suitable for both beginners and seasoned practitioners. Please bring your own mat to class.

Fitness Assessments

with Gabe from the YMCA

When: Thurs. March 9th starting at 9am

To Register: 413-527-6151 ext 0

****FOR FITNESS ROOM MEMBERS ONLY****



Sign up for a 15 minute fitness assessment. Gabe, a HRYMCA Personal Trainer, will assess your current fitness and provide guidance to help achieve your goals.

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.

ECO Walking Club

When: Wednesdays 10:00am

Where: BIKE PATH - TANDEM

Register: 413-527-6151 ext. 0



Join Dawn, our Program Manager, for a walk 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!!!*

HEALTHY BONES with Giffy

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.

Weekly Events

Mondays

8:00am-4:00pm Pool Table open

9:30-10:30 Healthy Bones

1:00-2:30pm Writing Group (2nd+4th Mon.)

1:15-3:00pm Mahjong

Tuesdays

8:00am-4:00pm Pool Table open

Big Y Trips - 9:00am Start

12:00-3:00pm BINGO

(Please do not arrive before 11:15 for setup)

1:00-3:00pm Cribbage

5:00-5:50pm ZUMBA Gold

Wednesdays

8:00am-4:00pm Pool Table open

9:00-10:00am Tai Chi

10:00-11:30am Walking Group ** TANDEM

1:00-3:00pm Handcraft Group

1:15-3:30pm Mahjong (National)

Thursdays

8:00am-4:00pm Pool Table open

9:30-11:30am Games Group

10:00-11:00am Low Vision Group(1st Thurs.)

10:00-12:00pm Sunder Tailoring

12:30-1:30 Mat Yoga

12:30-2:30pm Men's Group (2nd+4th Mon.)

on zoom

1:00-3:00pm Quilting

Fridays

8:00am-4:00pm Pool Table open

10:30-11:30am Total Body Strength

Big E's Trips - 10:00AM Start

1:00-3:00pm Pitch and Hearts

We are making some moves in early March!



Thanks to an earmark secured with State Rep. Dan Carey's advocacy, private donations in memory of loved ones, and an increase in annual state grant funds, we purchased new furniture for participants and staff. **The senior center will close to the public to move it in from March 1st-8th. While the building will be closed, we will still be running our transportation, outreach, take-n-go meals, and tax programs.**

More changes...

We moved our pool table downstairs so that we could fit larger events and classes. The veteran's agent now has an office at the ECOA. We're fixing up the SHINE office where the public health nurse can now see you, the foot care clinic will be held, and private, confidential meetings can be had.

Our building is a challenge. It's hot here, freezing there, we're in the way of each other upstairs, there's little parking or accessibility. The COA board is working to campaign for a new building. If you would like to learn more about that you are welcome to come to the board meetings. See the back of the newsletter for more information.

Look for a notice from us to celebrate our inside moves and our new vehicles coming up this spring.

Highland Valley Take and Go Meals

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

Sign Up: Call Ashley (527.6151 ext. 130) with your chosen dates, or if new, let us know you'd like to enroll. All registrations must be received by 12:00p.m one week before the meal. You will get a call back to confirm.

Pick-up: Meals available for pick-up from **11:30am -12:00pm** at the Main St. branch of **Easthampton Savings Bank in the back parking lot.** Enter the parking lot from Campus Ln. or Summer St.

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

March Menu

Monday

3/6 Swedish Meatballs

Cal:590 Sodium:697 Carb:62

CHOICE- Macaroni and Cheese (496)

3/13 Low Sodium Hotdog

Cal:742 Sodium:946 Carb:82

CHOICE-Cinn. French Toast Sticks (300)

3/20 Meatball Grinder

Cal:667 Sodium:905 Carb:70

CHOICE- Lasagna Rollups (370)

3/27 Grilled Chicken Filet

Cal:730 Sodium:952 Carb:86

CHOICE- Breaded Catfish (294)

Wednesday

3/1 Haddock Florentine

Cal:632 Sodium:1088 Carb:89

CHOICE-Broccoli/Cheddar Chicken (410)

3/8 Meatloaf

Cal:756 Sodium:574 Carb:90

CHOICE- Macaroni and Cheese (496)

3/15 Chicken Parmesan

Cal:609 Sodium:311 Carb:76

CHOICE-Cinn. French Toast Sticks (300)

3/22 Hungarian Beef Goulash

Cal:640 Sodium:658 Carb:72

CHOICE- Lasagna Rollups (370)

3/29 Chef Salad w/ Ham and Cheese Cal:788

Sodium:897 Carb:76

CHOICE- Cottage Cheese and Fruit (180)

Friday

3/3 Butternut Squash Soup

Cal:789 Sodium:874 Carb:90

CHOICE- Broccoli/Cheese Chicken (410)

3/10 Cheese and Bean Enchiladas

Cal:571 Sodium:761 Carb:84

CHOICE- Macaroni and Cheese (496)

3/17 Corned Beef

Cal:648 Sodium:1082 Carb:90

CHOICE-Cinn. French Toast Sticks (300)

3/24 Baked Ziti

Cal:698 Sodium:790 Carb:94

CHOICE- Lasagna Rollups (370)

3/31 Salmon with Dill Sauce

Cal:857 Sodium:1006 Carb:88

CHOICE- Breaded Catfish (294)

FRIENDS OF THE ECOA

REACH US AT EXT. 140

ECOA Friends Updates

Our next meeting will be held **Thursday, March 9th at 1:00pm**. These meetings are open to all – please join us! If you can't attend the monthly meeting but are interested in helping, please contact us at 413-527-6151 ext. 140. We are currently seeking volunteers to help plan our next fundraiser.

The Friends Travel Club is Back!



The travel office will be open Mondays, Wednesdays, and Fridays from 12-1pm. Stop by to chat with Ann about future trips. 413-527-6151 ext. 140

Cape Cod

Join the travel club for a 3 day trip to Cape Cod and Martha's Vineyard May 24th-26th. The cost is \$400 per person.

Log Cabin Trips

July 11th - Billy/Elton Dueling Pianos (\$85)
Lobster meal and show.

July 12th - Garth Brook Tribute (\$85)
Lobster or Prime Rib Meal

August 8th - Country Icons (\$87)
Lobster or Prime Rib Meal

For details, and to sign up, please contact:
Ann Longley at 802-498-8130



MARCH BIRTHDAYS

Mary Morris	3/2
Maureen Pasquale-Hall	3/2
Alfred Perrier	3/6
Mary C. Church	3/9
Debra Allen	3/10
Richard Nadolny	3/12
Caroline Kuczynshi	3/13
Laurie Parzych	3/14
Richard Caron	3/16
Dollie Aiello	3/18
Carol Fickert	3/19
Shirley Malouin	3/20
Jane Riel	3/20
Bill McCloud	3/23
Janice Daysh	3/25
Betty Roy	3/28
Joseph Collette, Jr.	3/30
Peggy Goller	3/31

Senator Velis' Staff ECOA Office Hours



3rd Tuesday (Mar. 21st) 10:30-11:30
Bring your questions and concerns and chat with a staff member from Senator Velis' office.

Pool Table Hours

The pool table has moved downstairs is now available most days from 8am-4pm. Call if you have questions 527-6151 ext.0.



OUTREACH NEWS / SUPPORT SERVICES

Choosing between food, medicine, heat?

TIPS from State Representative Carey and Senator Velis

GET A BENEFITS CHECK UP!

See what assistance is available to you. Call 413-527-6151 ext. 130 (Ashley) or ext. 137 (Linda) today.

AVOID DEBT

Ask Outreach to help you apply for **FUEL ASSISTANCE, UTILITY DISCOUNTS** or **BUDGET PAYMENT PLANS.**

ALREADY APPLIED FOR FUEL ASSISTANCE? RUNNING OUT OF FUEL? FOR:

- *households with 1/8 tank of oil or less
- *less than a 3-day supply of heating fuel
- *final notice of utility disconnect

YOU CAN EMAIL LIHEAP@communityaction.us *Write "EMERGENCY" in the subject line. Include your full name and application number. OR HAVE US DO IT.

DEAD OR UNSAFE HEATING SYSTEM?

Email Heatrepair@communityaction.us and write "EMERGENCY" in the subject line. Include your full name and application number. OR HAVE US DO IT.

EACH MONTH PAY AT LEAST SOME OF YOUR BILL, ON TIME, until your application is processed. (You might be eligible for emergency financial help from the Friends of the COA. Call the senior center.)

SHUT OFF PROTECTION? – GAS AND ELECTRIC HEAT ONLY– you are protected from November 15 to March 15, but PAY YOUR BILL. **OIL: Not protected,** but fuel assistance application is prioritized.

Join Easthampton's Public Health Nurse Bridget Diggins for office hours at the Council on Aging.

FEBRUARY 7TH 10AM-11AM
MARCH 7TH 10AM-11AM
APRIL 4TH 10AM-11AM



Chance to review basic health concerns, check your blood pressure, discuss chronic or acute health concerns, etc.

No Appointments Necessary

SENIOR SUPPORT GROUP

EASTHAMPTON SENIOR CENTER
19 UNION STREET

2PM - 3PM

SECOND WEDNESDAY OF THE MONTH

WINTER/SPRING 2023 DATES:

JANUARY 11
FEBRUARY 8
MARCH 8
APRIL 12
MAY 10

GROUP DISCUSSION WILL FOCUS ON BEREAVEMENT

QUESTIONS? PLEASE CALL LIZ PLOUFFE, LICSW
413-529-1400 X106

Veteran Services Hours



Michelle Murdock, Veteran's Services Officer, is now at the ECOA two days a week for appointments. Call to schedule a time to meet with her: 413-270-2254

Foot Care The first Wed. of each month. \$40 Per service. Cancellations require 24hr notice. For details/to make an appt., please call: 527-6151 and 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:

Winter Hours: Monday through Friday - 8a.m. to 4p.m.

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

Connect with us

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

Facebook: **Easthampton Council on Aging and Enrichment Center**

ECO A STAFF DIRCTORY

Cynthia Tarail, Director X134

Ann Longley, Front Desk/Receptionist X135

Kayt Thompson Principal Clerk X136

Ashley Fraga Brown, Outreach Worker X130

Linda Talbot, Outreach Worker X137

Dawn Graichen-Moore, Program Manager X138

David Brownlee, Will Lamere, Dave Gleason Van Drivers

Eric Bottesini, Custodial Staff

ECOAE Advisory Board

Joseph Banas, Chair **Stan Diamond**, Vice Chair

Eileen Meyers **Cathie Schweitzer** **Thomas Brown**

Patrick Brough **Chuck Conner** **Crystal Coté-Stosz**

Louise Jacob, Secretary

ECO A BOARD MEETING - Open to the Public - HYBRID

Third Tuesday of each month, 12-1pm

50 Payson Ave - 1st Fl. Conference Room #1, or online

Sign up for ECOA Board alerts at: easthamptonma.gov

Agenda with hybrid meeting link posted the week prior to each meeting