

Our Senior Scoop

Stay connected with the
SOUTHAMPTON COUNCIL ON AGING



**Senior Center closed
for the Holiday**

SILVER AEROBICS & STRENGTH CLASS

Taught by Trish Clark of
Southampton

October 16th (last class
in current session)

\$30 for 6 wk sessions

New session starting

Oct 23, 30, Nov 6, 13,
20 & 27
9-10 a.m.

Come join the fun & fitness!!

Trish is AFAA & YMCA certified
fitness instructor with 20yrs exp. In
leading fitness classes for older

Medicare Enrollment

Begins October 15

Healthy Bones & Balance Class

Tuesdays 9-10:15 a.m .
&
Thursdays 11-12:15.p.m.

CALLING ALL BINGO LOVERS

Come play with Us!

Computers

With Robert Floyd
Thursdays 10-11:30am
Reserve your spot by
12noon on Wednesday



Attention

Pitch Players!!

Thursdays @ 1 pm
We know you are out
there.

Meet new people, visit
with friends.

Come join Us!!



Gentle Chair Yoga Classes

Taught by
Michele Morales-Wolk

Oct 26th (last class in
prior session)

\$30 for 6 wk session
New session starting
Nov 2, 9, 16, 23, 30 &
Dec 7
9:30 – 10:30 a.m.

Rite Aid



**Provides
Flu Shots**

Walk in-s Welcome

**Bring your
Insurance Card**



Shopping & Lunch



Holyoke Mall

Tuesday, October 10th

11 a.m.- 2:30 p.m..



* Van Fare \$ 3.*

Applebee's in Westfield

And a Waltz through Walmart

Monday, Oct. 23rd 11 a.m .- 2:30 p.m.

* Van Fare \$3 *



BIG Y

Need to go Grocery Shopping? Schedule van. 413-529-2105

ALSO Available are Friday mornings @ 10a.m.

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@southamptoncoa.org

Darlene Matyoka - Administrative Assistant

Florence Collins - Volunteer Coordinator - coavolunteer@townofsouthampton.org

Richard Homan - Van Driver Hank Senecal - New Van Driver

FY 18 COA Board Members

Nilda Cohen - Chair

Janet Cain - Treasurer

Lori Loiselle - Secretary

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 Assistance): 800-370-0940

Northampton Main Office: 413-582-4230

SNAP (Supplemental Nutrition Assistance Program): 866-950-3663



SOUTHAMPTON COA VAN FARES

In Town	\$1.00 one way/\$2.00 round trip
Senior Center	\$0.50 one way/\$1.00 round trip
Adjacent Cities/Towns (Easthampton, Holyoke, Westfield, Westhampton and Montgomery)	\$1.50 one way/\$3.00 round trip
All other Cities/Towns	\$2.00 one way/\$4.00 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.



Assistance Available to Our Seniors

We have volunteers paid and unpaid available for many services

- | | |
|------------------|-------------|
| Basic Carpentry | Housework |
| Handyman Jobs | Bookkeeping |
| Basic Electrical | Hair Care |

Yard Work 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



Foot Clinic

Monday, October 30th

9:00 a.m. - 3:00 p.m.

Fee will be \$29.00 per person.

Appointments are required. They can be made by calling 529-2105 and must be made by the Monday before the clinic. Home visits are available upon request

Foot Care is provided by



Don't forget our newsletter and calendar can be viewed on our website

southamptoncoa.org

VETERAN'S SERVICES

Gerald Paquette is our Veterans' Service Agent

veteransagent@townofsouthampton.org

(413) 527-1715 home

(413) 887-1622 cell www.mass.gov/veterans

PROPERTY TAX WORK OFF PROGRAM

Seniors over 60 years old may be eligible for an abatement for up to \$1500 off their property taxes per fiscal year. At the rate of \$11.00 per hour for volunteering in a town department. The credit for hours worked in calendar year 2017 will be applied to FY 2018 actual tax bill (due February 1). Applications are available at the Council on Aging

If you or someone you know in Hampshire or Franklin Country has a consumer problem or question, please contact:

The Northwestern District Attorney's Consumer Protection Unit

(413) 774-3186 Greenfield (413) 586-9225 Northampton

northwesternda.org

Working in cooperation with the Attorney General's Office





Directors Corner

I am happy to be writing this from my own little corner in my own little chair so I can be whatever I want to Be (from Cinderella)

Be Kind, Be Healthy and Be Careful

Remember FALL is a 4-letter word! Take time to enjoy the Autumn leaves but don't overdue the raking!

Use our RSVP volunteers and workers for leaf removal!

***Check out our new Book Nook A-Z. Fiction & Non-Fiction organized by retired Librarian Beverly Secondo.

* Join us on Halloween Day Tuesday,
October 31st @ 1pm at the Senior Center
Kids all ages in costume welcome
Activities and Treats



MOBILE FOOD TRUCK



2 FERRY ST EASTHAMPTON

1ST & 3RD THURSDAY OF EVERY MONTH, 1-2PM

*PLEASE BRING YOUR OWN BAGS, BAGS ARE NOT PROVIDED ON SITE

IN PARTNERSHIP WITH EASTHAMPTON COMMUNITY CENTER, INC

PROVIDED BY: THE FOOD BANK OF WESTERN MASS QUESTIONS (413)247-9738

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.



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.

RSVP Coordinator

Pat Sicard

(413) 584-1300 x 183

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) - \$34,001 (2) - \$44,463 (3) - \$54,925 (4) - \$65,387

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.

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:

Monday, October 16th at 11am @ Our Center
Come meet Sheryl Fappiano, owner of
Golden Moments Adult Day Health Program
& Elder Care Access

She will speak about Community Options for seniors & their families/caregivers. When is it the time to start looking for them. Community Options & how do they work.

Coffee & light refreshments will be offered RSVP by October 9th 12pm

Call (413)529-2105 or sign up in the book @ our center



190 Nonotuck Street, Suite 106, Florence, MA 01062 - 413.727.3094

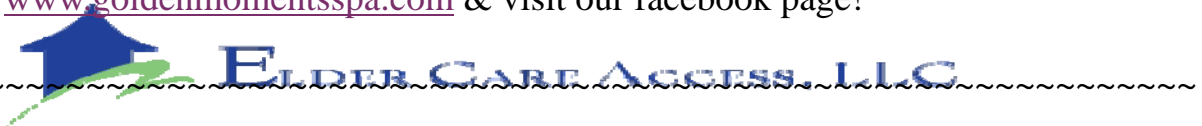
Golden Moments Adult Day Health Spa, is an innovative new Senior Day program located in Florence Mass. They offer relief for caregivers and a place for seniors to receive quality care at a lower cost away from home.

While attending the Golden Moments program seniors enjoy socialization, music therapy, art therapy, daily exercise, hot meals, Nursing oversight, & various outings.

At half the cost of Home Care, it allows families to keep their loved ones home longer. We celebrated 5 years this past April, helping local seniors & their families.

Please call Sheryl Fappiano or Vicky Applebee to receive more information at 413.727.3094. or email us at: office@goldenmomentsspa.com.

Visit our website www.goldenmomentsspa.com & visit our facebook page!



190 Nonotuck Street, Suite 106, Florence, MA 01062 - 413.584-6950

Elder Care Access, is a Geriatric Care Management Company that covers all of Western Mass & the surrounding communities, assisting Families, Guardians and Clients, navigate the senior care system.

Our team assesses and monitors care for safety and cost effectiveness while assisting seniors to

RSVP

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 the Hampshire Council of Governments. 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. RSVP of Hampshire and Franklin Counties volunteers give an average of 100,000 hours of service per year and each hour of volunteer time in Massachusetts is valued at 29.88 per hour. "In 2016", said Pat Sicard, RSVP Volunteer Coordinator, "our volunteers gave services equivalent to almost 3 million dollars in support of local service organizations". Check out the website at www.rsvphf.org.

Contact Pat Sicard for more information about volunteering and



Southampton Woman's Club &
Red Cross

Blood Drive

Friday, October 20th

Call Liz Blanchette for hours and
appt.

(503)686-4617

October Luncheon

Friday, October 13, 2017 12:00-1:30p.m.

MENU

Beef Stew Tossed Salad Rolls w/butter

Water, Tea & Coffee Assorted Desserts

\$10 pp

Please drop your envelope with your name & fee in the
“Friends” Box in the COA center.



DTA has launched the HIP Program in
Partnership with SNAP.

Please inquire in the office or call directly .

Project Bread’s Hotline: 800-645-8333

mass.gov/hip

**Senator Don Humason
will have Office Hours on
Monday, October 16, 2017
From 1 p.m.– 2:30 p.m.
Meet and Greet the new director
is also being planned for that time!**

