

# **SILVER CIRCLE**

**April 2022**

**Easthampton Council on Aging & Enrichment Center**

**Friends of the ECOA Dump Bingo... See pg. 8**

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***The Easthampton Council on Aging building is open  
MON.- FRI. - 8am to 4pm***

## Director's Note

I am happy to announce the return of the Volunteer Companion Driver Program! Dennis, Alice, Bill, and others are available to take people in need of transportation to medical appointments, especially to further destinations or later afternoon appointments. This will allow our paid drivers to focus on driving nearby and on driving those who need a wheelchair van where they need to go.

Would you like to apply to be a driver? Please apply today. You can find our volunteer application on our website: [easthamptonma.gov/413/Council-on-Aging](http://easthamptonma.gov/413/Council-on-Aging) or pick it up at the center. The Council on Aging and the Retired Senior Volunteer Program (RSVP) will, between the two, cover mileage for those volunteers who request it. It's always good to join RSVP to get benefits of volunteering they offer to combine with what the COA can offer. You can also apply to be a volunteer driver through Easthampton Neighbors. Call them at 413-225-1338 or visit their website at: <https://www.easthamptonneighbors.org/>.

If you would like a volunteer to drive you to an appointment, call the reception desk at 413-527-6151 and press 0 at least one week in advance of your appointment. Volunteer drivers cannot drive those needing a wheelchair but other medical equipment is fine. We prioritize medical appointments for the volunteer drivers. Rides are free and donations are welcome. The funding for the Companion Program comes from Highland Valley Elder Services and private donors.

If you need a ride to a store or for another errand, call for a van ride or sign up for a special trip to one of the stores we take people to weekly or monthly.

If we can't meet your transportation needs, consider calling Easthampton Neighbors. Once you become a member (free, just call them or sign up on the website, see above), you can request rides a week in advance for medical appointments.

Hoping you have a chance to enjoy the signs of spring emerging around us.

Warmly,  
Cindy

## Painting Watercolor Florals

With Anne

**When:** Thurs. April 28th at 1pm

**To Register:** 413-527-6151 ext. 0

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

This class will introduce participants to some basic techniques of using watercolor to create floral compositions. We'll first review basic watercolor techniques and warm up by painting various individual flowers together, using a still life method. We'll go over some tips and techniques for painting flowers and leaves, how to plan your painting and layer your paints, and then we'll work together on a composition of your own design.



## Nature Wanders

With Dave

**When:** Thursday April 14th at 9am

**Where:** Arcadia

**To Register:** 413-527-6151 ext. 0

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

### *All Things Spring!*

Join in on a leisurely paced Arcadia exploration. Ferns, flowers and early arrival feathered folk will be our focus along this 2 mile outing. Binoculars and walking poles provided. Terrain is uneven and with moderated hills. Wear shoes appropriate for mud and trekking. We suggest long pants as the ticks will be out.



## Meditative Postcard Coloring

**When:** Tues. April 12th at 10am

Thurs. April 21st 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.



## Mosaic Making

With Resilient Community Arts

**When:** Tues. April 26th at 10am

**To Register:** 413-527-6151 ext. 0

**Cost:** \$5 E'ho Residents Given Preference

\*\*\*Must pay in advance to register\*\*\*

Maddie from Resilient Community Arts (Eastworks) will introduce participants to the art of Mosaic making.



## Stress Management

With Bridget Diggins

When: Monday April 11th at 11am

RSVP: 413-527-6151 ext. 0

Have recent events made you stressed? Has your stress increased due to ever-changing events? Come join Easthampton's Public Health Nurse to talk about Stress Management. You will learn about the different types of stress and ways to decrease stress in your life.

Bridget is Easthampton's new Public Health Nurse. Bridget is a registered nurse with her Master's Degree in Public Health.



## Group Leaders Needed

**Hiking Group** - We are looking for someone to lead weekly or monthly local hikes. Are you an avid hiker that would like to share your favorite local hikes? Please contact our Activity Coordinator, Dawn: **413-527-6151 ext 138.**

**Bocce and Pickleball** - We are also hoping to organize pickleball and bocce this summer. If you could be the group organizer, please let us know.

## Event Update

We are hoping to be back with evening hours (ZUMBA and Ballroom) soon. Keep an eye out on Facebook, your email and next Month's newsletter.

## Coffee with the Director

When: Thurs. April 28th at 10am

Join Cindy for coffee, tea and muffins in our great room. Come to say hello and let us know what you would like to see in the future at the ECOA.



## FREE COFFEE IS BACK!!!!



Thanks to the Friends of the ECOA, we will be offering coffee and tea during open hours. Come in and grab a cup and say hello!

## Movies at the ECOA!!!

Join us for a movie and popcorn in April.

**Thursday April 21st at 1pm**

*Hunt for the Wilderpeople (2016)*

A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush. Heartwarming.



## Visually Impaired Peer Group

Led by Kathy Carey

Thurs. April 7th 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.

## Fitness and Health Classes

### Chair Yoga is Back!

**When:** Tuesdays 1pm - 2pm  
**Register:** 413-527-6151 ext. 0  
**Cost:** \$5 per class



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

### ECO 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 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 class

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



### MCOA's Walk MA Challenge Returns!



**Registrations begins April 1st**  
**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:

*Commonwealth Challenge:* 351 miles to celebrate the number of cities and towns in the commonwealth.

*Shoreline Challenge:* Complete 192 miles to celebrate the length of the MA coast.

*1788 Challenge:* complete 88 days to celebrate the year MA became a state.

*Turnpike Challenge:* Complete 126.6 miles to celebrate the length of the turnpike.

**To Register:**

**[www.walkmachallenge.com](http://www.walkmachallenge.com)**

### HEALTHY BONES

**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***

9:30-10:30 Healthy Bones

## ***Tuesdays***

Big Y Trips - 9:00am Start  
8:00-12:00pm Pool Table open  
1:00-2:00pm Chair Yoga  
1:00-3:00pm Cribbage

## ***Wednesdays***

9:00-10:00am Tai Chi  
9:30-11:30am Games Group  
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

## **Sunder Tailoring is Back! Thurs. from 10-12pm**



Tailoring, alteration and minor clothing repair service with Sudha available at the center. Prices start from \$10.00 per item.



## Special Trips



### **Walmart (\$5)**

Mon. April 11th, 10am pick-up start

### **Smith College Greenhouse (\$5)**

Mon. April 25th, 9:30am pick-up start  
\*\*return pick up 11am\*\*

## **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:

1-Person Household: \$40,951

2-Person Household: \$53,551

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

Memberships will be available on a first-come, first-served basis. To apply, please contact: Dawn at: 413-527-6151 ext. 138  
[\*\*dgraichen-moore@easthamptonma.gov\*\*](mailto:dgraichen-moore@easthamptonma.gov)

Check out classes at:  
[\*\*www.masterclass.com\*\*](http://www.masterclass.com)

# Highland Valley Take and Go Meals are Back!!

The Highland Valley Take & Go Meals are available every 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 desired 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.\*\***

## APRIL MENU

### **April 1st: Lasagna Roll**

Alfredo Sauce, French Bread, Italian Vegetables, Zucchini, Fresh Fruit  
Cal: 641 Sodium: 776 Carb: 98

### **April 8th: Macaroni & Cheese**

Stewed Tomatoes, Green Bean, Yogurt  
Cal: 765 Sodium: 1145 Carb: 92

### **April 15th: Breaded Pollock Fingers**

Roasted Sweet Potatoes, Asparagus, Tartar Sauce and Chocolate Brownie  
Cal:877 Sodium:1063 Carb:122

### **April 22nd: Yankee Pot Roast**

Dinner Roll, Sweet Green Peas, Butternut Squash and Pudding  
Cal:728 Sodium:1372 Carb: 89

### **April 29th: Veggie Pizza**

Broccoli Au Gratin, Fresh Fruit and Yogurt  
Cal:604 Sodium:1195 Carb: 90

### **Local Free Food Resources:**

- ♦ **Easthampton Community Center** - contact Robin Bialecki at: 413-527-5240 or by email: [etoncommctr@gmail.com](mailto:etoncommctr@gmail.com)  
\*\*\*Delivery options available to 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 527-4790 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



## APRIL BIRTHDAYS

|                     |      |
|---------------------|------|
| Sue Kalentek        | 4/2  |
| Linda Struthers     | 4/2  |
| Esther Vekakis      | 4/4  |
| Tony Sadlowski      | 4/6  |
| Alice Linnell       | 4/14 |
| Joanne Nadolny      | 4/14 |
| Richard Gagnon      | 4/15 |
| Clem Couchon        | 4/16 |
| Janet LaValley      | 4/16 |
| Linda Rzeszutek     | 4/16 |
| Joan Perkins-Smith  | 4/17 |
| Theodore Willingham | 4/27 |
| Connie Rackcliffe   | 4/28 |

ALSO A VERY HAPPY BIRTHDAY TO JOSEPH COLLETTE JR. ON MARCH 30TH!

## **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 Ferguson (ext. 136)  
Linda Talbot (ext. 137)



## **Dump Bingo**

**When:** Thursday April 14th at 1pm

**RSVP:** 413-527-6151 ext 0

**Cost:** \$10 pp

The Friends of the ECOA will be holding a dump BINGO event this month. \$10 buys your cards. A choice of prizes available for the winner of each game. Light refreshments will be served. Space is limited, so save your spot ASAP.



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## **A Note From The Friends:**

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If you would like to be involved - we are always happy to have new folks. Our next meeting will be Thursday, April 7th at 1pm at the Council on Aging (19 Union St.) If you have questions, or would like to know how to get involved, come to the meeting or call Ginni to see how you can help. 413-527-6151 ext. 140

*Sincerely,  
Ginni - President*



# OUTREACH NEWS

## **\*\*Home Shopping Update\*\***

The home shopping and delivery program helps qualifying individuals meet their grocery shopping needs. Services are limited and can be offered to individuals who are homebound and/or lack nearby family/friends to assist in meeting their shopping needs. Short-term shopping is available for those facing unexpected circumstances (ex. injury or discharge hospital).

Each order is shopped for at Big E's Foodland and delivered on Tuesday and Thursday afternoons. All lists must be called in prior to 10:00a.m each shopping day. EBT and checks are accepted.

### **For additional information or to call in an order, contact:**

Jenna Ferguson (413) 527-6151 ext.136

Linda Talbot (413) 527-6151 ext. 137



## **\*\*\*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. Our first meeting will be on **Monday April 11th from 11:00 am-12:00 pm** at the Easthampton Council on Aging/Enrichment Center (19 Union St, Easthampton). Please call (413) 527-6151 ext. 0 or 135 to register! See details below.

### **April 11th (12-1pm): Fuel Assistance**

As fuel prices continue to rise, fuel assistance is here to help! This meeting will discuss the eligibility guidelines and required paperwork for the Fuel Assistance Program through Community Action Pioneer Valley. All applications must be submitted prior to the April 30th deadline. See income guidelines below.

1 Person Household: \$40,951

2 Person Household: \$53,551

## **Foot Care Service**

Foot Care will be running clinics on **April 6th and May 4th**. 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.- FRI. - 8a.m. to 4pm,  
Phone: 413-527-6151 Fax: 413-529-1475

**Connect with us**

Website: <https://easthamptonma.gov/413/Council-on-Aging>  
Look for us on Facebook:

**Easthampton Council on Aging and Enrichment Center**

## **EOA 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

**Hank Senecal, David Brownlee, Will Lamere** Van Drivers

### **EOA Advisory Board**

**Thomas Brown**, Chair

**Louise Jacobs**, Secretary

**Joseph Banas**

**Patrick Brough**

**Chuck Conner**

**Stan Diamond**

**Crystal Coté-Stosz**