

SILVER CIRCLE

June 2022

Easthampton Council on Aging

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

• • • In Person Activities • • •

Mat Yoga begins on Thursday June 23rd... **See pg. 4**

Fitness Classes... **See pg. 5**

Shell Wreaths and Mosaics... **See pg. 3**

ECOIA Hiking Group and Nature Wanders... **See pg. 3**

Special Trips... **See pg. 6**

Meditative Coloring... **See pg. 6**

• • • SERVICES • • •

Fire Extinguisher Training with the Easthampton Fire Dept... **See pg. 9**

Highland Valley Take and Go Meals Mondays and Fridays... **See pg. 7**

Outreach Info Session: Housing Options... **See pg. 9**

Highland Valley Service Q & A... **See pg. 7**

Estate Planning and Homeowner Resource Sessions... **See pg. 4**

***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 June 20th******

June Letter from the Director

It's budget time. The Council on Aging is a City department. When we went to press, the ECOA was going before the City Finance Committee to "defend" our requested budget. To learn about our requested budget, approved budget, and any impacts on programs and services, check the City website, attend our June and July COA board meetings, and look for a Coffee with the Director sometime this summer. Here are some highlights from our budget narrative.

Some key things we did during the pandemic February 2021 - February 2022

- *Worked with community organizations and City departments (Easthampton Community Center, Farmers' Market, Health, Fire, and School Departments, and TRIAD) to bring food, health and safety resources to residents.
- *Ensured residents who lost volunteer companion drivers due to Covid got to distant medical appointments, while maintaining local essential needs rides.
- *Safely offered consistent, mostly free fitness, learning, support, and social opportunities for residents to gather and connect during an isolating pandemic, remotely and outdoors. Lots of wellness calls and cards!
- *Provided financial assistance help, case management, counseling and application assistance sessions, grocery shopping trips and curbside meals.
- *Transitioned to new director, opened and closed multiple times, and managed the first year of City-wide senior tax work-off program.

More soon!
Warmly,
Cindy



Movies at the COA - Downton Abbey (2019)

When: Thursday June 16th at 12:30pm

The Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance and intrigue.



Shell Wreaths

With Anne

When: Thursday
June 23rd at 1pm

To Register:

413-527-6151 ext. 0

Cost: \$3 E'ho Residents Given Preference



Join us for a SECOND 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. Hot glue will be involved!

Nature Wanders

With Dave

When: Thursday June 9th,
8:30 meet up

Where: Lynes Woods Sanctuary

To Register: 413-527-6151 ext. 0

Cost: \$3 E'ho Residents Given Preference



Go West!

Lynes Woods Sanctuary in Westhampton (a Mass. Audubon property) will host our late Spring exploration. A 1.75 mile loop over moderate terrain passes through woodland, abandoned farmland, Lyman Brook, and even a lily pond! Wear shoes appropriate for mud and trekking. We suggest long pants as the ticks will be out.

Mosaic Making

With Resilient Community Arts

When: Thursday June 30th at 12:30pm

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.



ECOA Monthly Hiking Group

When: Tues. June 14th at 10am

Where: Mt. Tom Reservation

To Register: 413-527-6151 ext. 0

Join Theresa (Trailname: Tdogwalker) for a 2.5 mile hike over the Beau Bridges Trail to Goat Peak. The mountain laurel should be in full bloom for this hike! This will be a moderately paced hike with hills and uneven terrain. Hikers will leave at 10am sharp. Please call the ECOA main desk to register.



Coffee Hour



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

Please RSVP if you can for food planning purposes. 413-527-6151 ext. 0

June 2nd: Mayor Nicole LaChapelle
Mayor of Easthampton

June 9th: Donna Cabana - Valley CDC
Free Financial Counseling Resources

June 16th: Dan Carey
Massachusetts State Representative

June 23rd: Homar Gomez
Easthampton City Councilor - District 2

June 30th: Owen Zaret
Easthampton City Councilor At-Large

Mat Yoga with Beth

Starting June 23rd



Date: 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 help participants to relieve tension, connect with their breath, and feel more centered and peaceful. This class is suitable for both beginners and seasoned practitioners. Please bring your own mat to class.

Homeowner Resources for a Difficult Economy

Valley
Community
Development



With Valley CDC 's Donna Cabana

When: Wed. June 22nd at 1pm

Where: at the ECOA and on ZOOM

RSVP: 413-527-6151 ext. 0

Join Donna from Valley CDC for this hybrid in-person talk and webinar for homeowners. Topics will include:

- *home maintenance
- *budgeting, credit and help for owners
- *protecting your investment in tough economic times · scams, and understanding consumer protections

Estate Planning Info Session

With Mary E. Melnik Penney, Esq.

When: Monday June 6th at 11am

To Register: 413-527-6151 ext. 0

Mary will present a basic overview of Estate Planning, including a discussion on Wills and the Probate Process, Powers of Attorney, Health Care Proxies, Living Wills, Declaration of Homestead, Medicaid and the Nursing Home and Revocable Trusts. Mary is brought to us by the Hampshire County Bar Association's Hampshire Elder Law Program which provides legal assistance to low income seniors. Contact them at: 413-586-8729 or hcba@crocker.com

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: NONOTUCK PARK

Register: 413-527-6151 ext. 0



Join Dawn, our Activity Coordinator, 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!!!*



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.



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: Mon. June 6th, 9-10am

Drop In - Free for Fitness Room Members

Rachel is a certified personal trainer who works at the Hampshire Regional YMCA. She will be available to answer questions about machines set-up, selecting 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
12:30-1:30 Mat Yoga
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

***ECO Board Meeting Tuesday June 21st
(3rd Tuesday) at 9:30am***

Meditative Postcard Coloring

When: Thursday June 16th at 1pm
And Friday June 24th at 1pm

To Register: 413-527-6151 ext 0

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



June Special Trips

Walmart (\$5)

Wed. June 8th, 10am pick-up
Call: 413-527-6151 ext. 0



Thornes Marketplace Northampton(\$5)

Wed. June 15th, 10am pick-up
Call: 413-527-6151 ext. 0

Smith College Art Museum

(Free ride – but admission is \$5)
Wed. June 22nd, 10am pick-up

**Need a ride? Want to access
our medical loan closet?**



Call 413-527-6151 then press, "0"
Our reception staff and volunteers are happy to help.

**A few FREE MASTERCLASS
annual memberships left!**



Masterclass has offered a free annual membership to Masterclass (a \$180 value) for Easthampton Residents 55+. To apply, contact Dawn: 413-527-6151 ext. 138
dgraichen-moore@easthamptonma.gov

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.****

JUNE MENU

Monday

06/06 Italian Sausage

Cal: 807 Sodium: 1141 Carb:88

06/13 Gemelli Pasta

Cal: 672 Sodium: 595 Carb: 88

06/20 NO MEAL - HOLIDAY

06/27 Low Sodium Hot Dog

Cal: 705 Sodium: 1072 Carb: 75

Friday

06/03 Pollock w/ Lemon Butter Sauce

Cal: 700 Sodium: 580 Carb:80

06/10 Chilled Chicken Salad

Cal: 782 Sodium: 970 Carb: 71

06/17 Deli Ham and Cheese

Cal: 747 Sodium: 1453 Carb: 67

06/24 Breaded Fish Filet Sandwich

Cal: 851 Sodium: 800 Carb:119

Highland Valley Elder Services Overview

With Valerie D'Aquisto - Highland Valley
Associate Director of Programs and Services

Brought to you by the ECOA Low Vision Group

When: Thursday June 2nd at 1pm - 19 Union St.

RSVP: 413-527-6151, then press "0"

Valerie will join us for an overview of services offered by Highland Valley Elder Services. She will then open things up for questions. Come hear more about what Highland Valley offers and bring your questions!

MCOA Walking Challenge

May 1st - Oct. 31st.



You can still sign up in June! 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

FRIENDS PAGE

REACH US AT EXT. 140



JUNE BIRTHDAYS

James Boyle	6/3
Thomas Labay	6/5
Mae Sulzycki	6/5
Kenneth Hall	6/8
Marcia Morrison	6/9
Cindy Pierson	6/9
John Cataloni	6/14
Anne Hendry	6/15
Eleanor Korsak	6/16
Mireille Mayotte	6/19
Debra Bombard	6/20
Gail Corona	6/21
Edward Boyer	6/23
Nancy Flavin	6/26
Alice Guimond	6/26
Dona Labay	6/27
Carol LaPlante	6/27
Barry DeCarli	6/28
James Paul	6/29

A Note from the Friends

The Friends Of The ECOA will meet on June 2nd at 1pm to elect a new board of officers. We will need a new President, Vice President, and secretary. Our treasurer is staying and she does a beautiful job. If you are interested in taking an office, please let us know.

April's "Dump Bingo" was a lot of fun. We are collecting prizes to do another one later this year. The Friends purchased a new Keurig machine for the Center. Come in and enjoy a cup on us! We are still planning a craft fair for the first Saturday in October. Call Ginni at 413-626-7891 if you are interested in helping out or participating. We are looking into purchasing Braille bingo cards, and we have large print cards for anyone who needs them, just ask Bernice.

It's been an honor to be your President these past ten plus years.

Ginni Hurteau, President Of The Friends

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)
Linda (ext. 137)

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.



OUTREACH NEWS

*****Monthly Outreach Meeting****
June 13th at 11:00am: Housing Options
Call 413-527-6151 ext. 0 to register

Are you thinking about moving from your home to an apartment or selling your home? Are you considering downsizing to a smaller apartment? Join us to hear more about subsidized housing options offered in Easthampton. Learn more about the Federal and State requirements, application process and other information related to housing. Outreach Coordinators, Jenna and Linda will be available to schedule appointments to apply for local housing options.

Free Fire Extinguisher and Fire Extinguisher Use Training Courtesy of the Easthampton Fire Department

When: Wednesday, June 29, 2022 at 2PM-4PM

Where: the Easthampton Public Safety Complex - 32 Payson Avenue

RSVP: ECOA 413-527-6151 then press "0"



This program will teach participants how to properly use a fire extinguisher, provide an overview of the different types of extinguishers and how to determine what type of extinguisher should be used given the different situations and fuels that may be burning. Participants will receive practical training on different types of extinguishers and at the completion of the class, each participant will receive their own new extinguisher to take home and install. Any individuals needing assistance with installation or recommendations on placement can work with fire department personnel for assistance as needed. **Space limited to 20**

Foot Care Service



Foot Care will be running clinics on **June 1st**. \$40 Per service. Cancellations require 24hr notice. For details and to make an appointment, please call: 413-527-6151 then press "0."
Cash or Check payment only.

FREE COVID TEST KITS

Each household in the United States can now order up to eight additional at-home COVID-19 tests for free. On 5/23 the federal government on Monday opened the third round of orders for at-home rapid tests. Order your kits here: <https://special.usps.com/testkits>

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, Dave Gleason 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 - 10:30am

19 Union St.

Meetings Open to the Public

2 Board Vacancies - Applications available at the ECOAE