

# *SILVER CIRCLE*

August 2022

Easthampton Council on Aging

Friends of the ECOA updates... See pg. 8

• • • **In Person Activities** • • •

Plein Aire Painting and Upcycled Wreaths... See pg. 3

Book Club and Shell Frames ... See pg. 4

ECOA Hiking Group and Nature Wanders... See pg. 3

Pizza with the Staff... See pg. 7

Meditative Coloring... See pg. 6

Coffee with Hampshire County Sheriff Candidates... See pg. 4

• • • **SERVICES** • • •

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

Financial Fraud Panel and Lunch... See pg. 9

Blood Pressure Info Session... See pg. 4

EBT Fraud Info and Free COVID tests... See pg. 2

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

## Department of Transitional Assistance - EBT (Food Stamps) Skimming and Phishing Scams



Skimming scam- the use of an electronic device to steal card information from a card reader and create a fake card, known as cloning, to steal money or benefits.

Phishing scam- individuals commonly receive scam messages that their Pandemic EBT/ SNAP (P-EBT) benefits have been blocked. These messages direct individuals to call a number where they are asked to provide their P-EBT card number. This message is not from DTA. DTA will only send text messages from 382-674 and would only direct clients to call the Assistance Line (877-382-2363) or EBT Customer Service Line (800-997-2555)

Consumers should never provide their personal information or EBT/P-EBT card number over the phone to unidentified callers. If any DTA clients believe they may have fallen victim to a skimming or phishing scam, please report it to DTA's fraud hotline at: 1-800-372-8399

## State Primary Early Voting



State Primary is September 6th. Vote early August 27th through September 2nd at the Municipal Building (50 Payson. Ave.).

**Saturday, Aug. 27th: 9 am to 5 pm\***

\*Also, the last day to register to vote for the State Primary

**Mon., Aug. 29th - Thurs., Sept. 1st : 7:30 am to 5 pm**

**Friday, Sept. 2nd: 11 am to 5 pm**

Questions? Please call us - 413-529-1400, ext. 460; we're here to help! Email: [vote@easthamptonma.gov](mailto:vote@easthamptonma.gov)



## FREE RAPID COVID-19 TESTS

*Available at the following locations:*

**Health Department Office**  
50 Payson Ave. (basement level)  
Monday-Thursday  
9 AM-11:30 AM

**Council on Aging**  
19 Union St.  
Monday-Friday  
8 AM-3:45 PM

**Easthampton Community Center**  
12 Clark St.  
Mondays & Wednesdays  
9 AM-12 PM & 4 PM- 7 PM



## **Plein Aire Painting** With Anne

**When:** Thursday August 18th at 10am

**Where:** Park Hill Orchard

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

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

Join us for a painting session at Park Hill Orchard! This 1.5 hour workshop will introduce participants to the basic techniques of plein air painting. We will complete a number of painting exercises together, and participants will be encouraged to experiment with what they've learned by creating a quick watercolor landscape project.



## **BICYCLE Nature Wanders**

With Dave

**When:** Thursday August 25th, 8:30am

**Where:** Manhan Bike Trail and Surrounds

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

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

Pack up your bike and a lunch & meet us at the Manhan Rail Trail, Rt. 5 parking lot. We're off on a leisurely paced, 7 mile loop to discuss mid-summer's trove of wildflowers, birds & butterflies.



## **Upcycled Wreaths with Jena**

**When:** Fri. August 12, 2022 at 1:00 pm

**Where:** 19 Union St/ ECOA

**Cost:** \$3

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

Join us to learn how to create a beautiful wreath out of a disposable tablecloth! Outreach Coordinator Jenna Ferguson will lead you towards repurposing a plastic tablecloth and arranging it into a season wreath.



## **ECOA Monthly Hiking Group**

**When:** Fri. August 26th at 10am

**Where:** Fitzgerald Lake

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

Join Theresa (Trailname: Tdogwalker) for a 3.5 mile hike at the Fitzgerald Lake Conservation Area. This will be a mostly flat, moderately paced hike over uneven terrain. Hikers will leave at 10am sharp. Please call the ECOA main desk to register.



## The Emily Williston Library & COA Book Club

**Book:** Still Alice by Lisa Genova

**When:** Wednesday Sept. 14th at 1pm

**Where:** ECOA - 19 Union Street

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

**Stephanie** (Librarian - Emily Williston Memorial Library) and **Dawn** (Activity Coordinator - ECOA) are hosting a book club on September 14th. We will be discussing the book Still Alice by Lisa Genova. Still Alice is a moving and vivid depiction of life with early-onset Alzheimer's disease. Pick up a copy at the Emily Williston Memorial Library after (August 15th) and read with us.



## Candidates for Sheriff

Meet and Greet

Coffee Hour



Come meet some of the candidates for sheriff in Hampshire County before the September 6th primary election. Bring your questions and have coffee with us.

**Tuesday August 9th at 10am**

*Caitlin Sepeda*

**Thursday August 11th at 10am**

*Yvonne Gittelson*

**Tuesday August 16th at 10am**

*Sheriff Patrick Cahillane*

## Shell Picture Frames

**When:** Friday August 19th at 10am

**Where:** 19 Union St/ ECOA

**Cost:** \$3

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

Join us for an afternoon of shell crafts! We will be using shells, picture frames and lots of glue to create the perfect frame for your summer adventures!



## Blood Pressure Info Session

with Bridget Diggins, Pub. Health Nurse

**When:** Monday Aug. 15th at 11am

**Where:** 19 Union St / ECOA

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



Come join Bridget, Easthampton's PHN, to learn about blood pressures. Why it is important to monitor and what to do if it's abnormal. Everyone will have the opportunity to have their blood pressure checked.

## 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 10:00am

**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!!!*

### Ballroom Dancing

Steve and Roxie + HCC Students

**Date:** Tuesdays 6:00-6:50 pm

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

**Cost:** \$5 per person/per class



### 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.

### 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 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.

\*\*\*\*\*

**Fitness Room Member Fitness Assessments will be back in September**

\*\*\*\*\*

# Weekly Events

## ***Mondays***

9:30-10:30 Healthy Bones

1:15 Mahjong \*\*\*will teach\*\*\*

## ***Tuesdays***

Big Y Trips - 9:00am Start

8:00-12:00pm Pool Table open

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

6:00-6:50pm Ballroom

## ***Wednesdays***

9:00-10:00am Tai Chi

10:30-12:30pm Pool Table open

10:00-11:30am Walking Group

1:00-3:00pm Handcraft Group

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

## ***Thursdays***

8:00am-12:00pm Pool Table open

9:30-11:30am Games Group

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

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

1:00-3:00pm Quilting

***ECO Board Meeting Tuesday August 16th  
(3rd Tuesday) at 9:30am***



BINGO is back at the Council on Aging. Minimum buy in is \$3. No RSVP needed. Join us on **Tuesdays at 12pm** (come anytime after 11:15 to get set-up).

## **August Special Trips**

**Walmart** (\$5)

Thurs. August 11th, 10am pick-up

Call: 413-527-6151 ext. 0



## **Meditative Postcard Coloring**

**When:** Wednesday Aug. 10th at 1pm

And Friday Aug. 26th at 1pm

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

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



## **Visually Impaired Peer Group**

Led by Kathy Carey

Thurs. August 4th 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.



## **Handcraft Group**

Wed. from 1pm-3pm



Bring your knitting or crochet project to work on and chat with us!

# 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.\*\***

## Pizza with the Staff

**When:** Thursday August 11th at 11:30am

**Where:** ECOA Tent (inside if hot)

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

Join the staff for pizza lunch and chatting under the tent. We'd like to hear what you'd like to see at your COA!



## AUGUST MENU

### Monday

**08/01** Crunchy Potato Crusted White Fish

Cal: 707 Sodium: 798 Carb: 88

**08/08** Grilled Chicken Filet

Cal: 772 Sodium: 1090 Carb: 90

**08/15** Swedish Meatballs

Cal: 726 Sodium: 664 Carb: 85

**08/22** Grilled Beef Taco Salad

Cal: 864 Sodium: 518 Carb: 81

**08/29** Lemon Chicken

Cal: 664 Sodium: 366 Carb: 68

### Friday

**08/05** Chili Con Carne Y Frijoles

Cal: 916 Sodium: 928 Carb: 123

**08/12** Greek Lettuce Salad

Cal: 782 Sodium: 1333 Carb: 77

**08/19** Savory Beef Meatloaf

Cal: 792 Sodium: 1129 Carb: 85

**08/26** Chicken Parmesan

Cal: 851 Sodium: 800 Carb: 119

**Farmer's Market Coupons** are back soon!

Easthampton residents, 60 + should call for the latest update on Farmer's Market Coupons. Income guidelines apply. 413-527-6151 ext. 136 or 137

**Easthampton Farmer's Market:** Back at

50 Payson on Sunday from 10am - 2pm!

HIP and SNAP Benefits accepted.

<https://easthaptionmarket.com>



# FRIENDS PAGE

REACH US AT EXT. 140

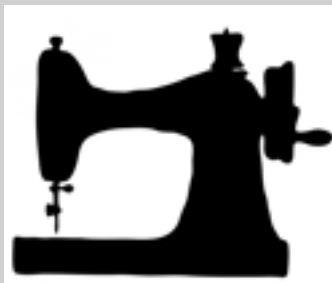


## AUGUST BIRTHDAYS

Robert Wojczyk	8/1
Joan Cepek	8/3
Rita Morin	8/7
Jeffrey Pluta	8/7
James Dorunda	8/8
Stuart Nicol	8/8
Gladys Pluta	8/8
Alma Craig	8/9
Mary Tharaldson	8/12
Barbara DeBastiani	8/14
Marie Equi	8/15
Shirley LaValley	8/15
Deb Barthelette	8/16
Bobbie Egan	8/16
Audrey Bashista	8/18
Connie Baron	8/24
Kathryn Carey	8/26

## **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.



## **A Note from the Friends**

At our July meeting, we held the annual election of officers. The following were elected into office for the following year:

Abbey Lavalley - *President*

Gayle Beaupre - *Vice President*

Leslie Button - *Secretary*

Mary Morris - *Treasurer*

At this meeting we also changed our monthly meeting date to the **SECOND THURSDAY** of each month. The next meeting will be held August 11, 2022 at 1pm. These meetings are open to the all - please join us!

### **Trips**

At this point we will not be providing trips. If you are interested in helping the Friends to organize future trips, please get in touch or come to the next board meeting.

### **Dump BINGO Donations**

We are planning another afternoon of Dump BINGO at the end of the summer. If you have new items or crafts that you would like to donate for prizes you can drop them off at our office during ECOA open hours.

### **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.



## OUTREACH NEWS

### Learn how to spot financial fraud and threats!

Organized by the Polish National Credit Union

When: Thursday, September 22, noon to 2 PM

Where: Our Lady of the Valley Parish, 33 Adams St.

RSVP: RSVP to ECOA at 413-527-6151 ext. 135 by 9/15/22

**Guest speakers:** Walter Laskos, SVP Communications at CUA, Mayor LaChapelle, EPD Chief Alberti, DA Sullivan, NW Dist., Sheriff Cahillane, Hampshire C.

Financial Elder Abuse Workshop with free lunch and refreshments. Advance registration required, seating limited to first 100 people. The ECOA will offer rides on a first-come, first served basis. You must talk with a receptionist to RSVP or schedule a ride.



### 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)

### Foot Care Service

Foot Care will be running clinics on **August 3rd and September 7th.**

\$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.



### 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 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](mailto: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.

# 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**

**ECOEA 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**

**Joseph Banas**, Chair

**Stan Diamond**, Vice-Chair

**Louise Jacob**, Secretary

**Thomas Brown**    **Patrick Brough**

**Chuck Conner**    **Crystal Coté-Stosz**

**ECOEA BOARD MEETING 3rd Tuesday at 9:30am - 10:30am**

**Municipal Building - 50 Payson Ave.**

**Meetings Open to the Public**

**\*Board Applications available at the ECOEA\***