

SILVER CIRCLE

December 2022

Easthampton Council on Aging

Holiday Concerts with Jimmy Mazz

Thanks to the Friends of the Easthampton Council on Aging...**See Pg. 8**

4th Annual Share the Warmth Drive...**See Pg. 4**

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Bright Nights Courtesy of the Friends... **See pg. 4**

Lanterns, Cards, Wreaths and Ornaments... **See pg. 3**

Coffee Hours with John Velis and Owen Zaret... **See pg. 6**

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Highland Valley Take and Go Meals Pick-up 11:30-12pm... **See pg. 7**

Fuel Assistance, Open Enrollment, Senior Support Group... **See pg. 9**

AARP Tax Prep Program Update... **See pg. 6**

We will be closed December 26th

****limited classes Dec.27-30****

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

The Easthampton Council on Aging

Winter Hours: Monday through Friday 8am to 4pm

A Note From Senator Velis

Happy December Everyone!

I hope everyone had an excellent Thanksgiving. I know that my family has plenty to be thankful for this year as this Thanksgiving was my son Carson's very first.

This Fall was absolutely packed. With the election now behind of us though, I'm looking forward to getting back to the hard work of legislating when formal session starts again in the new year. Representing Easthampton and advocating for the City on Beacon Hill is truly an honor and I am grateful to continue as your State Senator.

At the beginning of the month, I will host a coffee hour at the Easthampton Council on Aging. Please join me! My office is hoping to make this a regular event.

At the end of last month, I sat in as a practice judge for Easthampton High School's "We the People" Club. This is a very special group of students who spend their free time learning about civics. In a national competition last year, they won 11th place. After practicing with them, I'm confident that they'll be heading back to nationals again.

If you ever need any assistance from our office, you can always reach me by email: john.velis@masenate.gov or by phone: (413) 572-3920. And you can find me online at senatorjohnvelis.com where you can sign up for my newsletter!

Wishing you a happy and healthy holiday season,

John Velis

WE'RE RECRUITING SENIOR TAX WORK OFF CANDIDATES

Are you an Easthampton homeowner? Are you 60+? Could you see yourself working a few hours per week in a position at the senior center, city hall, the parks, or public safety? You might be eligible to apply for the Senior Tax Work-Off program. We have a limited number of jobs and we're looking for the right match for each of them.

Workers who complete the maximum of 100 hours receive a \$1500 credit on their fiscal year 2024 property taxes at the rate of \$15.00 per hour, or if fewer than 100 hours, a prorated credit. Applications will be accepted until November 30th. Work is performed between January 1, 2023, and October 31, 2023.

Eligibility for the program is as follows:

- 60 years of age or older at the time of application
- Easthampton resident and homeowner (work can be completed by proxy on case-by-case basis)
- Property for which the tax credit is requested must be the primary residence of the owner
- Property tax and water and sewer payments are current
- Limited to one \$1,500 work-off per household
- Annual gross income (including Social Security) is a maximum of \$63,940 for an individual and \$72,960 for a couple.

Applications are located at the ECOA and online at www.easthamptonma.gov under Departments, Council on Aging. A lottery will be triggered if the number of qualified applicants exceeds the number of available positions. For more information, call Cindy at 413-527-6151 extension 134 or via email at ctarail@easthamptonma.gov.

Cozy December Crafting

To Register: call the main desk at 413-527-6151 ext. 0

Winter Lanterns With Anne

When: Th. December 15th at 2pm

Where: 19 Union St/ ECOA

Cost: \$3 E'ho Residents Given Preference

Celebrate the season of light and join us to make wintery warm decoupage lanterns. Participants will be able to copy example or design their own wintery scene.



Felt Tree Ornaments

When: Thurs. December 22nd at 2pm

Where: 19 Union St/ ECOA

Cost: \$3 E'ho Residents Given Preference

Join us to create a felt tree ornament to keep or give away. Felt and beads can be customized to make the tree your own. Each participant will be able to make two trees.



Embossed Note Cards

When: Monday December 19th at 11am

Where: 19 Union St/ ECOA

Cost: \$3 E'ho Residents Given Preference

Learn the art of embossing and create notecards to send or give. All materials will be available but if you have a special stamp you would like to use, bring it!



Wreaths thanks to Valley Art Supplies

When: Th. December 8th at 2pm

Where: 19 Union St/ ECOA

Cost: \$10 E'ho Residents

****MUST PAY TO REGISTER****

Bring garden shears (if you have them) and join us to make an evergreen wreath with kits supplied by Valley Art Supplies.



Bright Nights Trip

When: Tuesday Dec. 6th, 4:00pm meet up

Cost: \$5, Easthampton Residents Only

****Non-Refundable payment in advance is required to reserve your spot****

Join neighbors for a quick sandwich dinner at the ECOA and then a trip on our van to see this year's Bright Nights display. Meet-up will occur at the ECO. A limited number of pick-up spots will be provided for those who cannot drive.

Solstice Hike at Arcadia

When: Wednesday Dec. 21st at 3pm

RSVP: 43-527-6151 ext.0

Come celebrate the shortest day of the year with Program Manager, Dawn Graichen-Moore. We will hike through Arcadia and contemplate longer days to come.

2-3 miles over uneven and occasionally hilly terrain at a moderate pace. Sturdy shoes required.



4th Annual

SHARE THE WARMTH

Sock, Hat and Mitten Drive



We are collecting **NEW** handmade or store bought socks, mittens, gloves and hats. Adult/child sizes welcome! Contributions will be passed along to neighbors through partnerships with the ECC, SMOC Housing and other area non-profits.

Drop off your cozy contributions at the Council on Aging from **8am-4pm, Monday - Friday, until Dec. 9th.** Help us spread some warmth to start 2022!

Beeswax Candles

When: Wed. December 21st at 1pm

Where: 19 Union St/ ECOA

Cost: FREE, E'ho residents

RSVP: 413-527-6151 ext. 0

Celebrate the darkest day of the year by making rolled beeswax candles with us. Space is limited, so call to reserve your spot.



January Emily Williston Library & COA Book Discussion

An Unnecessary Woman

by Rabih Alameddine

Details: January 19th at 1pm at the ECOA

Stephanie (Emily Williston Memorial Library) and **Dawn** (ECOA) are hosting a book discussion in January. Pick up a copy at the Emily Williston Memorial Library after December 5th and read with us.



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 tension. This class is suitable for both beginners and seasoned practitioners. Please bring your own mat to class.

Fitness Assessments

will return in January

We want to hear from you!!!!

If we were to add fitness classes, what would you like us to offer? New classes? Same classes but more than once a week?

Let us know: 527-6151 ext. 138

Dgraichen-moore@easthamptonma.gov

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

ECO Walking Club

When: Wednesdays 10:00am

Where: BIKE PATH - TANDEM

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!!!*

HEALTHY BONES with Glify

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

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

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

Wednesdays

9:00-10:00am Tai Chi

10:30-12:30pm Pool Table open

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

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 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

10:30-11:30am Total Body Strength

Big E's Trips - 10:00AM Start

ECO Board Meeting details on the back cover. Board meetings are open to all!

December Coffee Hours

Come have a cup of coffee and chat with our elected officials.



Friday December 9th at 1pm

Senator John Velis

Tuesday December 13th at 10am

Owen Zaret - Council Member at Large

December Trips

Walmart (\$5)

Thurs. December 8th, 10am pick-up

Thurs. December 22nd, 10am pick-up



To reserve your spot, call: 527-6151 ext. 0

Meditative Postcard Coloring

When: Wednesday Dec. 7th at 1pm

Wednesday Dec. 14th at 1pm

To Register: 413-527-6151 ext 0

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



AARP Tax Program

The AARP Tax Program will be back in 2022. Stay tuned for details in the January newsletter.



Need Masks or Rapid COVID Tests?

Thanks to the **Easthampton Public Health Department** we are re-stocked with COVID tests and masks. If you need some, stop by during open



Highland Valley Take and Go Meals Now from 11:30-12:00 on Mondays and Fridays!

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: Leave a message with reception (413.527.6151 ext. 0) 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 **50 Payson Ave.**

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

Writing Your Memoirs

with Kathay

When: 2nd and 4th Mondays at 1pm

RSVP: 413-527-6151 ext. 0

Writing Experience Not Necessary! Our memories are our real family treasures! Join this supportive group in sharing ideas, as you record your stories. Beginning October 24th this group will meet on the 2nd & 4th Monday of each month.



Highland Valley December Menu

**The menu was not available by our publication date this month. For a menu, please stop by or call the ECOA after Nov. 21st

413-527-6151 ext. 0



Sunder Tailoring is Back!

Thurs. from 10-12pm

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



Visually Impaired Peer Group

Led by Kathy Carey

Thurs. Dec. 1st 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.

FRIENDS OF THE ECOA

REACH US AT EXT. 140



DECEMBER BIRTHDAYS

Annette Collette	12/1
Elaine Longchamps	12/1
Sharyn Kazunas	12/2
Dolores Staszuk	12/10
Patricia May Gauthier	12/11
Albert Day	12/15
Jerry Hickle	12/16
Marilyn Parmenter	12/17
Shelia Hickson	12/25
Raymond Magdalenski	12/25
Joan Judge	12/27
Cynthia Steplar	12/27
Carolyn Burrows	12/28

ECOA Friends Updates

Our next meeting will be held December 8th at 1pm. These meetings are open to all – please join us!

We are looking to form subcommittees to help with fundraising, planning trips and organizing special events.

If you can't attend the monthly meeting but are interested in helping with one of the above please contact us at 413.527.6151 ext.140.

Bingo Update

We plan to host another Bingo event in January/February 2023. Prize donations (gift cards or new items) can be dropped off anytime during ECOA open hours.

Holiday Concert Featuring: *Jimmy Mazz*

Courtesy of the Friends of the Easthampton Council on Aging

When: Friday December 16th at 10am **OR** 12:30pm

Cost: \$5 per person. / Easthampton Residents Only

****Must Pay in advance to reserve your spot****

Jimmy Mazz will be here for two smaller capacity concerts in December, courtesy of the Friends of the ECOA. Easthampton residents pay sign up for ONE concert each. Light refreshments will be served. For questions, contact the main desk at: 413-527-6151 ext. 0.



OUTREACH NEWS

Medicare Open Enrollment ends December 7th!!!

New to Medicare? Turning 65? Our SHINE counselors are here to help! Open enrollment ends December 7th. It allows you to review, change or enroll in Medicare Advantage and Supplemental plans. For question about open enrollment or Medicare, call our outreach coordinator, Linda Talbot, at **527-6151 ext. 137**

Fuel Assistance Season

As energy prices continue to rise, we are here for you. It's time to apply for fuel assistance and home energy programs from Community Action. In special circumstances, you can also apply for limited emergency funds set aside for fuel help donated by Helping Hands. We have staff and a volunteer who can help you with your applications or recertification. We also can help direct requests for weatherization or heating repair.

Gather your documents:

- photo identification
- a list of all household members
- proof of income
- information on your heating bills
- an active lease or mortgage statement

To apply online, go to:

<https://www.toapply.org/CA>

Note that you have to sign up and create an account to use the online application and then submit your documents. If you do the online form, and have questions or need help getting your documents to Community Action, we can help.

To make an in person appointment, call reception (413-527-6151 ext. 0) and leave your name, whether you applied in the last two years (returning client) or not (new client) and your phone number.



SENIOR SUPPORT GROUP

EASTHAMPTON SENIOR CENTER
19 UNION STREET
2PM - 3PM

SECOND WEDNESDAY OF THE MONTH

2022 DATES:
SEPTEMBER 14
OCTOBER 12
NOVEMBER 9
DECEMBER 14

GROUP DISCUSSION WILL FOCUS ON BEREAVEMENT

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

Foot Care

Foot Care will be running clinics on **December 7th and January 4th.** \$40 Per service. Cancellations require 24hr notice. For details and to make an appointment, please call: 527-6151 then press "0." Cash or Check payment only..



Emergency Funds

Do you have an emergency situation where you are unable to pay one of your bills? We may be able to help. This program is available to those who have not applied for emergency funds in the past 3 years. For further information, please contact Outreach Worker Linda Talbot at 527-6151 x 137

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>
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

David Brownlee, Will Lamere, Dave Gleason Van Drivers

ECOAE Advisory Board

Joseph Banas, Chair

Louise Jacob, Secretary

Stan Diamond **Cathie Schweitzer**

Thomas Brown **Patrick Brough**

Chuck Conner **Crystal Coté-Stosz**

ECOAE 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 ECOAE Board alerts at: easthamptonma.gov

Agenda with hybrid meeting link posted the week prior to each meeting
at: <https://easthamptonma.gov/AgendaCenter/Council-on-Aging-13>