



The Blandford Hills Council on Aging News

Phone: 413-848-4279 Ext. 400 or COA@TownofBlandford.com

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

What's Happening at the Center for Active Adults Ages 55 and Up?
June / July 2019



Don't Get Caught Up in the Brace Scam!



Protect Yourself Against Deceptive Marketing:

- **Do not provide** your Medicare Unique ID or Social Security number to anyone, except your trusted medical providers.
- **Medicare and Social Security will NOT call you** and ask for personal information.
- **Hang up** if anyone calls offering you free products or claiming to be from Medicare to obtain personal information. Beware!
- **Do not reply** to any postcards you receive in the mail offering free braces, creams, pain medication, or other products.
- **Do not respond** to deceptive TV Ads.
- **Do not accept or open** any packages you did not order.

Contact the MA SMP Program if you receive surprise packages in the mail.

Contact the Massachusetts Senior Medicare Patrol (SMP) Program to report such scams, deceptive calls, receipt of items you did not order and any other suspicious packages.

We are here to help you! Call 800-892-0890 or visit www.MASMP.org

Please join us as we host our annual picnic on
Friday, July 12, 2019, 12 noon, in the
Blandford COA/CAA room.

The cost is \$5. per person and must be prepaid.

Please send to Blandford COA/CAA
1 Russell Stage RD Suite 3
Blandford, MA 01008

Or you can drop it off next time you
visit the COA room.

RSVP deadline is Friday, June 28, 2019.



**Weekly Events Offered
at your Blandford COA/CAA**

Mondays

*Balance, Strength, & Flexibility
Training Exercise at 9:30 A.M.
in the town hall gym
\$5.00 per class*

Wednesdays

*The 2nd and 4th Wednesdays...
...Taylor's Group
2:00-4:00 P.M.~ FREE*

Saturdays***

*Tai Chi at the town hall gym.
8:30 A.M.
\$5.00 per class*

****Participants will decide whether or not to
continue throughout the summer. Please
call ahead to see if there will be Tai Chi.*

**Monthly Events Offered
at your Blandford COA/CAA**

First Friday

*Open House1-3 P.M.
Come in to learn a new game,
socialize, and/or knit.
Bring a snack and we'll provide
the beverages.*

2nd Friday

*Social Hour12 P.M.
Light lunch will be provided.
\$5 per person*

3rd Friday

*Brown Bag delivery 11-11:30 A.M.
Movie1:30 P.M.*

4th Friday

*Breakfast10 A.M.
\$5. per person*

**Third Monday: COA/CAA Board meets
at 3:30 P.M. in the COA room**

**MOVIE MATINEE
3rd Friday of every month.**

Show starts at 1:30 P.M.

Free popcorn and beverages.

Bring a friend!



Coming in June: The Green Book

Based on a true story about a friendship that transcended race, class, and the 1962 Mason-Dixon line. An Italian-American bouncer, Tony Lip, is hired to drive Dr. Don Shirley, a world class Black pianist, on a concert tour from Manhattan to the Deep South. Starring Viggo Mortensen and Mahershala Ali. Rated PG-13

Coming in July:

Can You Ever Forgive Me?

Lee Israel is a frustrated, hard-drinking author who can barely afford to pay her rent or bills in 1990 New York. Desperate for money, she devises a plan to forge letters by famous writers and sell them to bookstores and collectors. As people start to catch on, Lee recruits a friend to help her continue her self-destructive cycle of trickery and deceit. Starring Melissa McCarthy and Richard E. Grant. Rated R



Love your Feet!

Upcoming Foot Clinic

Our next Foot Clinic will be held on Thursday,
July 11, 2019 at 11:00 A.M.

The clinic is open to anyone 65 and older who would like foot care. The cost of the session is \$30.00, with the COA paying \$5.00. The nurse will do an assessment and examination of your feet, trim and file toenails, and finish with a foot and leg massage. If she notices anything that should require further attention, she will recommend that you follow up with your podiatrist. For an appointment, please call Barbara Langmore at 848-2816. An appointment is necessary and required!

The COA/CAA recently took a survey to see how many people would be interested in taking trips. A couple questions asked were about possible destinations (i.e. museums, flower shows, concerts, plays, etc.) and mode of transportation whether it be by bus, train, or boat. If you have an interest in taking a trip with us, please call and leave a message. 413-848-4279, ext. 400.



"Some old-fashioned things like fresh air and sunshine are hard to beat." *Laura Ingalls Wilder*

Dates to Remember

Saturday, June 8th, 10 A.M.

Two groups will walk at Stanley Park.

Raindate: Saturday, June 15th.

Depending on your interests and ability, you will be able to choose which walk is best for you.

The first is a **guided brisk walk** through the wildlife sanctuary. Please meet at the lower back parking lot on Granville Rd.

If you want time to stop and smell the roses then join the **leisurely garden walk**. Please meet at the main parking lot by the carillon.

A bottle of water and sensible shoes are a must! Also consider bringing a hat and bug spray.

Friday, June 14th Social Hour at 12 Noon.

Guest Speaker, Amber Latourneau will present, "**Staying Healthy and Hydrated this Summer**". Topics include hydration, food safety in warmer weather, saving money on fruits and veggies, and making delicious recipes without heating up your kitchen.

Luncheon is \$5. Presentation is free.

BROWN BAG Program Available for income eligible people ages 55 and up. Applications are available right outside the COA door. Brown Bags can be picked up on the third Friday of each month between 11-11:30 A.M. at our town hall.



FRESH, HEALTHY, and LOCALLY GROWN

Do you want to eat more fresh, healthy, and locally-grown produce, but find it too expensive or difficult to get? If you receive SNAP (Food Stamps), or if you are eligible and willing to sign up for SNAP, you may be able to participate in a 10-week Hilltown-grown farm share that is 100% reimbursable through your HIP (Healthy Incentives Program) benefit!

If you are not on SNAP, but you are still looking to get more affordable, fresh produce, you may also be eligible to participate in this program. You can choose the right size share for your household and pick up your weekly assortment of local fruits and vegetables in Huntington or Worthington. This "Hilltown Mobile Market" pilot program is available to Hilltown residents this summer and there are a limited number of spots open.

To find out more about how to sign-up, go to <https://tinyurl.com/foodinterest> or contact Caitlin Marquis at 413-588-5562.

Upcoming local events sponsored by The Massachusetts and Blandford Cultural Councils

25th Annual Bel Canto White Opera on Saturday, July 13, 2019, 7:30 P.M. Tickets \$35.

Bad News Jazz and Blues on Saturday, August 10, 2019. Tickets \$20.

Lynelle James, Pianist, on Saturday, August 24, 2019. Tickets \$20.

All events will be at the White Church of Blandford. Go to <https://townofblandford.com/town-departments/> for the link to purchase tickets or call 848-1410.



Blandford COA/CAA

June 2019

413-848-4279, ext. 400 or COA@TownofBlandford.com

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------|---|-----|----------------------------|-----|---|---|
| | | | | | | 1 EcoPrinting Scarf Class 1 P.M. |
| 2 | 3 Balance, Strength, and Flexibility 9:30 A.M. | 4 | 5 | 6 | 7 First Friday 1-3 P.M. | 8 Walk at Stanley Park (See info on page 3) |
| 9 | 10 Balance, Strength, and Flexibility 9:30 A.M. | 11 | 12 Taylor's Group 2-4 P.M. | 13 | 14 Flag Day Social Hour 12 Noon Guest Speaker, Amber Latourneau | 15 Raindate for Walk |
| 16 Father's Day | 17 Balance, Strength, and Flexibility 9:30 A.M. COA Board Meeting 3:30 P.M. | 18 | 19 | 20 | 21 First Day of Summer Brown Bag Delivery 11-11:30 A.M. Movie 1:30 P.M. | 22 |
| 23 | 24 Balance, Strength, and Flexibility 9:30 A.M. | 25 | 26 Taylor's Group 2-4 P.M. | 27 | 28 Breakfast 10 A.M. Last day to RSVP for the COA Annual Picnic | 29 |
| 30 | | | | | | |



Blandford COA/CAA July 2019



413-848-4279, ext. 400 or COA@TownofBlandford.com

| sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------|---|------------|-------------------------------|------------------------------|---|------------|
| | 1 Balance, Strength, and Flexibility 9:30 A.M. | 2 | 3 | 4 Independence Day | 5 | 6 |
| 7 | 8 Balance, Strength, and Flexibility 9:30 A.M. | 9 | 10 Taylor's Group 2-4 P.M. | 11 Foot Clinic 11 A.M. | 12 COA/CAA Annual Picnic 12 Noon | 13 |
| 14 | 15 Balance, Strength, and Flexibility 9:30 A.M. COA Board Meeting 3:30 P.M. | 16 | 17 | 18 | 19 Brown Bag Delivery 11-11:30 A.M. Movie 1:30 P.M. | 20 |
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| 28 | 29 Balance, Strength, and Flexibility 9:30 A.M. | 30 | 31 | | | |

BLANDFORD COUNCIL ON AGING
1 RUSSELL STAGE ROAD
SUITE 3
BLANDFORD, MA 01008
413-848-4279 Ext. 400
COA@TownofBlandford.com

PRSRT STD
US POSTAGE PAID
HUNTINGTON, MA
PERMIT NO. 12
ZIP CODE 01050

SPECIAL ONGOING PROGRAMS FOR SENIORS WITH CONTACT INFORMATION

The Southern Hilltown COA Consortium meeting is held on the third Friday of the month at 2:00 P.M. at 3 Maple Street in Chester. The outreach person covering the hilltowns is Sue Kucharski, a trained and certified SHINE (Serving the Health Insurance Needs of Everyone) counselor. She can be reached at the Consortium office at 413-354-6540. Please contact her to schedule an appointment to discuss your eligibility for benefit programs that can help with insurance, as well as other things.

Brown Bag Program – is available for income eligible Seniors. Call Blandford’s COA at 848-4279, ext. 400 for more information. Applications are available outside the COA. Brown Bags can be picked up on the third Friday of each month between 11-11:30 A.M.

Fuel Assistance - For information about fuel assistance contact Hilltown Social Services at 413-667-2203, or pick up an application at the Senior Center.

Need a Ride? - The FRTA Van provides transportation to medical appointments, to shopping and picking up groceries to those 60 and over. Contact George Webb, FRTA driver, at 413-667-3428, or pick up an application at the Senior Center.

HCAA Hilltown Plus Program, HCAA’s community outreach program.

Baseline Health Folders= Regular Blood Pressure Checks at home—Baseline EKG’s.

Call Angela Mulkerin at 413-875-5781 or email her at hilltownplus@gmail.com for more information or to schedule an appointment.

Veteran’s Affairs Agent Contact Joe Henning at 413-427-3054 to ask about your Veteran’s benefits, medical, and financial questions. You can also go to MassVetsAdvisor.org for One-Stop-Shop for all your benefits.