



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?
August/September 2019

VET AIR Flight Solution for Veterans

Dear Veterans, I want to make known an important resource available in the Pioneer Valley region for all veterans provided by **Vet Air**. **Vet Air** is a 501(c)(3) nonprofit organization committed to ensuring that veterans have the necessary travel solutions to and from their medical care appointments, **free of charge**. If your medical appointment is specialized and not in the area, **Vet Air** is available to help. Or if you come across an emergency and need flight assistance, **Vet Air** may be able to assist. Additionally, **Vet Air** also supports compassion flights in order to provide Veterans and their families with the experience of flight. This is accomplished by partnering with a network of volunteer pilots, aircraft owners, commercial aviators and with ground transport providers dedicated to providing transportation to veterans.

Visit the following website for more information and how to request services: <https://www.vetair.org/>.

VET AIR



NEED A RIDE?

TRY RIDE SHARE WITH YOUR LOCAL COA!

FOR A RIDE, CALL 848-4279, EXT. 400. THE CALLS ARE FORWARDED DIRECTLY TO THE COA DIRECTOR'S EMAIL AND WILL BE ANSWERED ON A DAILY BASIS.

WE WILL COVER THE NORTHAMPTON AREA AS WELL FOR ANY OF THE TRIPS LISTED ON THIS CARD.



Prescriptions Doctor/Dentist Appointments Farmer's Markets

Post Office Groceries Hair Appointments Visiting Friends

Cut Out and Save

**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*

**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 AUGUST "The Mule"

Broke, alone and facing foreclosure on his business, 90-year-old horticulturist Earl Stone takes a job as a drug courier for a Mexican cartel. His immediate success leads to easy money and a larger shipment that soon draws the attention of hard-charging DEA agent Colin Bates. When Earl's past mistakes start to weigh heavily on his conscience, he must decide whether to right those wrongs before law enforcement and cartel thugs catch up to him. Rated R

COMING IN SEPTEMBER

"Breakthrough" Rated PG

Based on the inspirational true story of one mother's unfaltering love in the face of impossible odds. When Joyce Smith's adopted son John falls through an icy Missouri lake, all hope seems lost. But as John lies lifeless, Joyce refuses to give up. Her steadfast belief inspires those around her to continue to pray for John's recovery, even in the face of every case history and scientific prediction. This movie is an enthralling reminder that faith and love can create a mountain of hope, and sometimes even a miracle.



Love your Feet!

Upcoming Foot Clinic

Our next Foot Clinic will be held on Thursday, September 5, 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!

HILLTOWN MOBILE MARKETS are HERE!

Featuring locally grown produce with affordable payment options at two Hilltown locations this summer. The markets will be running for 10 weeks from July 25th through September 27th.

Everyone is welcome to shop for fresh produce from 3 – 5 P.M. on Thursdays at the Maples Senior Housing in Worthington or from 3 – 5 P.M. on Fridays on the Stanton Hall Green in Huntington. Fresh, locally grown vegetables and fruit will be available to purchase using cash, credit, debit, SNAP and Healthy Incentives Program (HIP), WIC, and Senior Farmers Market Nutrition Program Coupons.

These weekly Mobile Markets will have a diverse array of fresh vegetables, greens, and fruit from several Hilltown farms including Crabapple Farm in Chesterfield, Hart Farm in Conway, and Intervale Farm in Westhampton. Visit to support our local farmers and to enjoy adding fresh fruits and veggies to your favorite recipes!

For more information about the Mobile Market project, visit hilltownmobilemarket.info.

SODUKO Difficulty: Medium

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5								
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	8				2	7	9	1
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6		4		7		2		
		1	2			9		3

PAINT & SIP - FRI 9/27 6PM

“PUMPKINS AND MUMS” – \$30*

*FREE FOR BLANDFORD RESIDENTS – DISCOUNT CODE ‘01008’ AT CHECKOUT

To Reserve Seats call 413-205-8346, or go to berkshirepaintandsip.com

Learn to paint this seasonal image of “Pumpkins and Mums” on an authentic roofing slate tile (various sizes to choose from) or on a large 16x20 canvas. All painting materials, instruction and snacks included. **BYOB**

At the Blandford Town Hall, 1 Russell Stage Road, Blandford, MA

Art Instruction by Michelle Iglesias, Berkshire Paint & Sip

Michelle will instruct you step by step through an original piece of art! At the end of the night you'll take home a one-of-a-kind painting and hopefully a new found talent has emerged.



Sponsored by the Massachusetts and Blandford Cultural Councils

Blandford COA/CAA

August 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 First Friday 1-3 P.M.	3
4	5 Balance, Strength, and Flexibility 9:30 A.M.	6	7	8	9 Social Hour at Noon	10
11	12 Balance, Strength, and Flexibility 9:30 A.M.	13	14 Taylor's Group 2 - 4 P.M.	15	16 Brown Bag 11-11:30 A.M. Movie 1:30 P.M.	17
18	19 Balance, Strength, and Flexibility 9:30 A.M. COA Board meeting 3:30 P.M.	20	21	22	23 No Breakfast	24
25	26 Balance, Strength, and Flexibility 9:30 A.M.	27	28 Taylor's Group 2 - 4 P.M.	29	30 Blandford Fair Opens	31



Blandford COA/CAA

September 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day Last Day of Blandford Fair	3	4	5 Foot Clinic 11 A..M.	6 First Friday 1-3 P.M.	7 Tai Chi 8:30 A.M.
8 Grandparents' Day	9 Balance, Strength, and Flexibility 9:30 A.M.	10	11 Patriot Day Taylor's Group 2 - 4 P.M.	12	13 Social Hour at Noon	14 Tai Chi 8:30 A.M.
15	16 Balance, Strength, and Flexibility 9:30 A.M.	17	18	19	20 Brown Bag 11-11:30 A.M. Movie 1:30 P.M.	21 Tai Chi 8:30 A.M.
22	23 Autumn Begins Balance, Strength, and Flexibility 9:30 A.M. COA Board meeting 3:30 P.M.	24	25 Taylor's Group 2 - 4 P.M.	26	27 Breakfast 10 A.M.	28 Tai Chi 8:30 A.M.
29 Rosh Hashana Begins	30 Balance, Strength, and Flexibility 9:30 A.M.					

BLANDFORD COUNCIL ON AGING
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PRSR 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.