



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? November/December 2019

The Blandford COA/CAA would like to thank all those that have served and are currently serving in the military. Please join us on Saturday, November 9, 2019, at 6:00 P.M., in the town hall gymnasium for our annual **VETERAN'S APPRECIATION DINNER**

Menu

Pasta Casserole, Tossed Green Salad, Crunchy Bread,

Coffee, Tea, and Pumpkin Bars with Icing.

Please call 413-848-4279 ext. 400 to reserve your seat.



VETERANS DAY

Veterans past and present are our guests and will enjoy a complimentary dinner. The price for a non-veteran adult dinner is \$8. and for children 12 and under, \$4.

Walk Massachusetts Challenge

The Massachusetts C.O.A. sponsored a walking challenge that began last April 1st and ended this past September 30th. Upon completion of the challenge, the MA C.O.A. had a drawing from all names submitted from those that met their walking goals. Four \$50. Visa gift cards were awarded to Linda Barnard, Cindy Carr, Don Brainerd, and Sister Judith Delasandro from Chester (missing from picture). The Blandford C.O.A. had their own drawing and Peter Langmore and Co Cousineau were the winners of the walking sticks.

Thank you to all who participated in this challenge!



The **Annual Blandford COA/CAA Christmas Party** is right around the corner! Join us on Friday, December 13th at 12 Noon in the COA room for a delicious lunch provided by locally owned Peppermill Catering LLC.

Menu: Choice of Baked Haddock or Chicken Francaise, Garlic Mashed Potatoes, Vegetable Medley, Green Beans, Coffee, Tea, and a dessert.

Cost per person is \$5. and must be paid in advance.

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



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 November
"The Rider" Rated R

After suffering a near fatal head injury, a young cowboy undertakes a search for a new identity and what it means to be a man in the heartland of America. Brady Blackburn, a rodeo bronc rider with some renown, learned everything he knows about horses and riding from his parents, Wayne and the now deceased Mari Blackburn.

Coming in December
"The Night Before" Rated R

For the last 10 years, lifelong buddies Ethan (Joseph Gordon-Levitt), Isaac (Seth Rogen) and Chris (Anthony Mackie) have gathered on Christmas Eve to celebrate the holidays with a bang. As Isaac prepares to become a first-time father, the friends realize that their annual tradition is coming to a sad end. To make it as memorable as possible, they plan a night of debauchery and hilarity by searching for the 'Nutcracka Ball', the Holy Grail of Christmas parties in New York.



Love your Feet!

Upcoming Foot Clinic

**Our next Foot Clinic will be held on Thursday,
November 7, 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!

In Memory of...On October 27th, Mary Mangini attended the memorial service of Elaine Conway in Wayne, NJ, where she resided.

"I was amazed at how many of the people, that shared something about Elaine, spoke of her many talents. From gardening, to artwork, to sewing. She truly was an expert in all she took on. She was a very interesting, dignified and classy lady. I know how privileged I feel to have spent the last 2 years of her life listening and learning so much from her. And she had a wonderful wit!! She loved coming to all of the events at our COA, enjoying each and everyone that she spoke with. She had a blast at paint and sip, and created the most beautiful scarf at our scarf making class. She really loved the food served at the events as well."

Elaine was 94 when she passed away on August 31, 2019.

It's Medicare Open Enrollment—time to see if you can find:

- Lower premiums • Extra benefits • A plan that better fits your health needs •

Enrollment dates OCTOBER 15 -DECEMBER 7

Even if you are happy with your current plan, it may be changing costs, coverage, or both for 2020.

Read the Annual Notice of Changes mailed to you by your health plan.

Check the plan formulary—the list of covered prescription drugs—to make sure yours are covered

Look for plans that best meet your changing health, life, and financial needs.

USE THE NEW **PLAN FINDER** Review your current coverage and compare it to your other choices, including Part D prescription and Medicare Advantage plans. It's easier with the new Plan Finder.

Find it and other tools at **Medicare.gov**, or call **1-800-MEDICARE (1-800-633-4227)**

Caregiver Support Group Forming

Caregiving can be an isolating experience, especially in the hilltowns. But you are not alone in this challenge. Yet, when you are overwhelmed and exhausted by caregiving responsibilities, it can feel like you're the only person dealing with so much. That's why caregiver support groups are so helpful. They're filled with people in similar situations. Being able to talk with others who truly understand what you're going through reduces stress, validates your experience, and gives connection and support. If you are a caregiver for someone over 60, consider joining the new caregiver support group that will be forming in November.

Hilltown Senior Outreach is the Outreach Program of the Blandford, Chester, and Huntington Councils on Aging.

This caregiver support program is made possible in whole by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act. The program is open to all hilltown seniors who are 60 years of age and older and the family members and people involved in their care of any age.

Hilltown Senior Outreach, 3 Maple Street, Chester, MA 01011, 413-354-6540

The **Blandford COA/CAA** room at town hall was filled with creativity during our second "**Paint and Sip**" last month. Michelle Iglesias of Berkshire Paint and Sip was the instructor. Ages of artists ranged from 7 to 70 plus. Not everyone was from Blandford either and this eclectic mix made for an evening of good conversation and incredible paintings. This event was sponsored by the **Massachusetts and the Blandford Cultural Councils**.

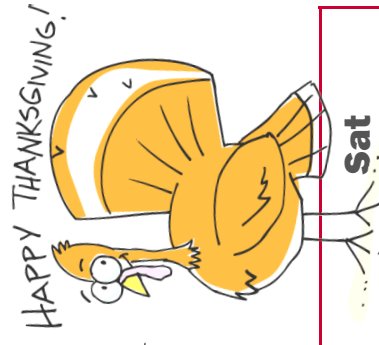




Blandford COA/CAA

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November 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 First Friday 1-3 P.M.	2 Tai Chi 8:30 A.M.
3 Daylight Saving Time Ends	4 Balance, Strength, and Flexibility 9:30 A.M.	5 Election Day	6	7 Foot Clinic 11 A.M.	8	9 Tai Chi 8:30 A.M. Veteran's Appreciation Dinner 6:00 P.M.
10	11 Veteran's Day Balance, Strength, and Flexibility 9:30 A.M	12	13 Taylor's Group 2-4 P.M.	14	15 Brown Bag 11-11:30 A.M. Movie 1:30 P.M.	16 Tai Chi 8:30 A.M.
17	18 Balance, Strength, and Flexibility 9:30 A.M COA Board Meeting 3:30 P.M.	19	20	21	22 Breakfast 10 A.M.	23 Tai Chi 8:30 A.M.
24	25 Balance, Strength, and Flexibility 9:30 A.M	26	27 Taylor's Group 2-4 P.M.	28 Thanksgiving Day	29	30 Tai Chi 8:30 A.M.



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December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Balance, Strength, and Flexibility 9:30 A.M	3	4	5	6 First Friday 1-3 P.M.	7 Pearl Harbor Day Tai Chi 8:30 A.M.
8	9 Balance, Strength, and Flexibility 9:30 A.M	10	11 Taylor's Group 2-4 P.M.	12	13 Christmas Party 12 Noon	14 Tai Chi 8:30 A.M.
15	16 Balance, Strength, and Flexibility 9:30 A.M COA Board Meets 3:30 P.M.	17	18	19	20 Movie 1:30 P.M.	21 Tai Chi 8:30 A.M.
22 First day of Winter Hanukkah begins	23 Balance, Strength, and Flexibility 9:30 A.M	24	25 Christmas Day	26	27 Breakfast 10 A.M.	28 Tai Chi 8:30 A.M.
29	30 Balance, Strength, and Flexibility 9:30 A.M	31 New Year's Eve				

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

*Thank
you!*

*to all those that helped make our annual **FLU CLINIC** a huge success!
We had a **GREAT** turn out!*

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.