



A rural community of neighbors helping aging adults lead independent and engaged lives at home.

Leverett + New Salem +
Shutesbury + Wendell

1-413-345-6894

www.villageneighbors.org

P.O.Box 501, Shutesbury, MA 01072
generalinfo@villageneighbors.org

Village Neighbors

Working Together to Create Community!

January / February 2020, Issue 5



Don't Give In To Winter Doldrums...

Our local CoA's and Libraries have a wealth of fun activities and informative gatherings. See our full listing in this newsletter.

Village Neighbors can get you there.

Contact the Call Managers at **1-413-345-6894** or servicerequests@villageneighbors.org

Senior News

Are You Ready? FREE Emergency Preparedness Class

January 18, 10 am - 12 Noon, Shutesbury Town Hall

What do you need to be prepared for any natural disaster?

A FEMA class put on by the Shutesbury Office of Emergency Management
Facilitated by Mark Foster

Learn How To Protect Yourself From Financial Risks!

January 29, 1:30-3:30 pm, Free

LifePath, Greenfield Corporate Center, 101 Munson Street, St 201, Greenfield.

Light refreshments. Transportation may be available upon request.

Dean Lagrotteria, **LifePath's** Elder Protective Services Regional Director, will explain what financial exploitation is, how to avoid it, and how to report it when you suspect it.

Anita Wilson, Consumer Protection Case Coordinator at the Northwestern District Attorney's Office, will explain how to recognize the tricks scammers use to steal your money or your personal information.

Registration is NOT required. If you have any questions, please call **413-773-5555** or **978-544-2259**.

Continued on page 3

Village Neighbors Volunteer Orientation

Monday, January 6, 6:30 pm

Wendell Senior Center
31 Wendell Depot Rd, Wendell

The first step in becoming a Village Neighbors volunteer is to attend a Volunteer Orientation. At the orientation you will fill out an application, learn about the organization, and find out about the wide range of volunteer activities that you can choose from.

Since opening over a year ago, we have provided over 180 service visits to members, as well as several educational or social events.

Bring contact info for 2 character references, and, if you choose to offer rides to members, bring your driver's license and a copy of the Coverage Selections page of you auto insurance.

Please RSVP if you plan to attend
volunteers@villageneighbors.org

ATTENTION ALL VOLUNTEER DRIVERS!!!

Please send an update copy of your current auto Coverage Selections page to

Village Neighbors

P.O. Box 501 Shutesbury, Ma 01072

or take a screenshot of that page and send to:

generalinfo@villageneighbors.org

Local Councils on Aging - Events and Services

Leverett

CoA Meeting

Thu, Jan 16, 10:00 am, Leverett Town Hall

Take It Easy Yoga

Wed. 10:00am, Town Hall \$6 donation is suggested.

Foot Clinic

2nd Monday and Thursday of the month. Town Hall
A \$25 donation is suggested.

Please call **548-1022 ext 5** to make an appointment for the Foot Clinic or attending the Yoga class.

Senior Lunch

Every Friday, Noon, Town Hall Please RSVP the meal site supervisor, Carole King, at **367-2694**

PVTA Dial-a Ride

Monday - Friday, 8 am - 4:30 pm

PVTA offers door-to-door, accessible van service to seniors over the age of 60. Trips are provided on a space available basis. Prospective passengers must call the Reservation Office at **413-739-7436** or toll-free **866-277-7741** for one-time registration upon booking their first trip.

New Salem

CoA meetings

Fourth Friday of the month.

Senior Luncheons

10 am coffee and visiting, Lunch at Noon.

Winter luncheons will be held at the **Central Congregational Church, 24 S. Main St., New Salem**
Please call Sunday Lefebvre, **978-575-0116**, by the Monday prior to the luncheon to sign up.

Med-Ride Program

Medical/Dental transportation pick up and drop off for appointments in Franklin, Hampden and Hampshire Counties as well as the Athol-Orange area. Call **978-544-6437**, leave a message with your name, phone number, and date/time/place of appointment. Requests require a minimum of two (2) weeks advance notice.

Foot Clinic

First Wednesday of each month, 1:30-4:30, Town Hall Annex (old Library). \$20 (half-hour appt) to be paid to the nurse at the time of service. To make an appointment please call Nancy Aldrich **978-544-6437** and give her your name, phone number and be sure to say it's for a Foot Clinic appointment.

Red Aces Card Game

Mondays, 2:00 to 4:00 pm, Stowell Building.

For further information contact Jeanne Clayton at 978-544-7924 or jeanneclayton27@gmail.com

Busy B's

Wednesdays, 1-3 pm

A small group meets at the Stowell Building to work on individual projects and visit. Please feel free to bring your project and join us.

Shutesbury

CoA Meeting

Second Wednesday of every month, 5:30 to 7:00

Anyone is welcome to attend.

Med Ride Program

Free transportation for Shutesbury seniors age 55 and over to medical and dental appointments in Franklin, Hampshire, and Hampden counties. Drivers will wait for you during your appointment unless otherwise requested. Riders must be completely ambulatory; no walkers or wheelchairs can be accommodated. If a person needs assistance or is hesitant about going alone, they may be accompanied by a person of their choice. Call **259-3796** or email coa@shutesbury.org. Please provide two weeks notice.

Community Pot-lunches

First Tuesday of each month at 12 noon. All are invited to come with or without a dish.

Foot Clinic

Third Wednesday of the month. Thirty-minute appointments. Schedule by leaving a message at **259-3796**. Donations up to \$35.00 are appreciated. This service is provided through FootCare By Nurses, LLC, a new foot-care nurse staffing agency based in Greenfield. For more information about them, call them at **367-8369**.

Wendell

Senior Foot Care Clinic

First Wednesday of month, 8 am-12 noon

Wendell Senior Center. Donations appreciated. For appointment contact Katie Nolan **978-544-2306**.

Monthly Coffee Social

7:30 to 10 on first Fridays, Wendell Senior Center

MedRides

For medical, dental and related health appointments (foot care, PT, vision or audiology). Call Jonathan at **978-544-3758**.

Medical Equipment Loan

Walkers, crutches, wheelchairs, commodes, tub seats, grab bars for beds, incontinent supplies available by calling Susan at **978-544-3758** or Nancy at **978-544-6760**.

SAFE Grant to Provide Free Smoke and Carbon Monoxide Alarms for Seniors Through Fire Department

Someone from your local Fire Department can come to your home, evaluate your smoke and carbon monoxide alarms and replace them for Free if needed. They can also advise about home safety and fire escape plans. They will even come out and change the batteries in your alarms. Anyone over 60 is eligible.

Leverett Fire Department contact:

Fire Chief John Ingram or Deputy Chief Cook,
413-548-9225 ext. 4, fire@leverett.ma.us

New Salem & Wendell contact:

Wendell Fire Department, Captain Asa de Roode,
978-544-8695, asaspades911@gmail.com

Shutesbury Fire Department contact:

Chief Walter Tibbetts or Mark Foster, 413-259-1211
Please leave a message with your name and phone number.

Grandparents Raising Grandchildren

More and more grandparents are being called on to give up their plans in order to look after their grandchildren, just as the looming expenses of retirement cut into the retiree's income. LifePath has grants to help grandparents with costs incurred by the care they provide their grandchild or grandchildren. Find out more at <https://lifepathma.org/services/services-for-elders/grandparents-raising-grandchildren>

Triad FREE Medical Equipment for Seniors

The TRIAD Program of the Franklin County Sheriff's Office **Medical Equipment Loan Program** -- In an effort to keep people in their homes as long as they can safely live there, TRIAD provides/delivers donated medical equipment such as wheelchairs, hospital beds, commodes, canes, walkers and rollators. All equipment is free of charge. Call 1-413-774-4726 for more information.

All Classes at GCC \$50 Over 60

Greenfield Community College offers a senior waiver for 100% of tuition and 75% of fees if you are over 60 and have no prior Bachelor's degree. That is for day, evening, summer and intersession classes.

GCC also offers a Senior Symposia program of speakers on various topics at their Downtown Center; and a mentoring program, matching seniors to GCC students. Our community college is a local treasure and has many ways to get involved as a student, a mentor, volunteer or donor. Find out more www.gcc.mass.edu/seniors/

VN Needs More Volunteer Drivers

*If you can drive,
you can be a volunteer!*

99% of our service requests are for drivers. Becoming a volunteer driver is a wonderful way to participate in VN, by transporting a neighbor to the grocery or hardware store, to lunch at the COA, or bringing them and their crated cat to a vet appointment.

We especially need drivers who are available during weekday business hours.

All driving requests are one-offs, but some of our drivers make sweet connections with members and enjoy becoming a regular driver for them. It's a beautiful thing to behold.

Being a volunteer driver is easy, sociable, and satisfying. You don't have to have a strong back, nimble knees, or be a good and generous cook. You just have to drive your car. Sometimes a drive will be within a single town; sometimes it's to Hadley or Orange or Greenfield or Erving, but it's all local. Often a volunteer can loop it in with their own errand-running, saving on fossil fuel use and doing good for community in one fell swoop. Winning! Contact volunteers@villageneighbors.org for more info, or come to the **Volunteer Orientation on January 6th, 6:30 pm at the Wendell Senior Center.**

Coming Soon... VN Local Vendor List

Village Neighbors is compiling a list of professional service providers, such as housekeepers, electricians, landscapers, etc., who have been employed by our members.

Because Village Neighbors believes in supporting our local economy while helping seniors, the vendor list will include service providers who are mainly local to the four towns or adjacent towns. The list will be available to Village Neighbors on VillageNeighbors.org.

If you would like to suggest a service provider for the list, please contact Mary-Ann Palmieri at 1-413-345-6894 or mapalmieri1126@gmail.com

Local Library Events and Classes

If you are interested in attending one or more of these classes, please contact your local librarian to find out more and register if necessary. The numbers and emails are listed below. **Village Neighbors can provide free transportation, call to request a ride a few days in advance.**

Leverett Library

1-413-548-9220

email: leverettlibrary@gmail.com

www.leverettlibrary.org/p/41/Calendar

Ukulele Strum Along

Thursday, Jan.9, Feb.13, 6:45 pm

Tuesday Music Gathering

Jan.7,21, Feb. 4,18, 6:30-8:00 pm

Leverett Literature Group

Tuesday, Jan.14, 6:30pm

Author Talk: Chaya Grossberg & Freedom from Psychiatric Drugs

Thursday, Jan.16, 6:30pm

Art Reception

Sunday, Jan.19, 2:00pm

Electronic Take Apart w/Seth Seeger

Wednesday, Jan.22, 1:00pm

Introduction to Chess

Thursday, Jan.23, 6:30pm

Tracks and Pelts with Julie Collier

Sunday, Feb.2, 2:00pm

UMASS Public Domain Exhibit Talk

Thursday, Feb.27, 6:00pm

Beginners Strength Training for 40+

Tuesdays 2:30-3:30 pm

Family Scrabble

Tuesdays 3:15 pm

Tai Chi

Wednesdays 1:45 pm

Saturdays 10:00 am

Tales and Tunes Story Hour

Wednesdays 10:30 am

Yoga for Stress Reduction

Thursdays 5:00 pm

New Salem Library

1-978-544-6334

email: n_salem@cwmar.org

www.newsalempubliclibrary.org/news-events

Reading Aloud for Grownups

February 13, March 19, and April 10

7 pm, Free, refreshments served.

Each evening two readers will read a short story of their choosing.

Snow dates are always the next

Thursday.

Hatha Yoga

Wednesdays 5:30-6:45 pm

Shutesbury Library

1-413-259-1213 or email: library.director@shutesbury.org

<https://sites.google.com/site/mnspearmemoriallibrary/>

Ukulele Strum-Along

Monday, Jan.6 & 27, 7 pm

Library Knitting Group

Tuesdays, Jan.14 & 28, 1 pm, Library

Science Fiction Book Club

The Golden Compass by Philip Pullman

Wednesday, Jan.15, 7:30 pm

Gentle Yoga

Wednesdays, 9 am, Town Hall

Chair Yoga

Wednesdays, 10:15 a.m., Town Hall

Strength Foundations

Saturdays, 10 am, Town Hall

Strength Foundations for Beginners!

Tuesdays, 9 am, Town Hall

Zumba Gold

Fridays, 9 am, Town Hall

Wendell Library

1-978-544-3559

<https://www.wendellmass.us/index.php/wendell-free-library.html>

Science Fiction / Horror Movie

Saturdays, 7:30 pm

Jan.18 *Forbidden Planet*

Feb.22 *The Addams Family*

Adult Watercolor Art Group

Tuesdays, 6 pm

Strength Training

Tuesdays - 9 am Advanced. \$3

10:15 am Intermediate. \$3

11:30 am Beginners. Free

Gentle Strength Training

Wednesdays, 10 am, Free. Followed

by tea for those who want to stay.

Beyond Barre (stretching & strength)

Thursday, 10 am, Free. Beginners

Series. Followed by (optional) half

hour round trip walk from Library.

Yoga

Fridays, 10 am

Intermediate level class. \$8-\$10

Contact shayyoga@gmail.com

Chi Gong

Saturday, 10 am, Free

Beginners Series 1 (5 sessions)

Yoga

Sundays, 10 am, \$3 Taught by a

different trained instructor each

month. Drop in class.

Volunteer Opportunities

Be Part of the Village Neighbors Team!

The **Village Neighbors Board of Directors** is looking for new members to fill out the board. We need more people who could provide varied perspectives and expertise. If you would be interested in working on the board, or know of someone who might be interested, let us know. CONTACT generalinfo@villageneighbors.org

Volunteer Orientation! *Anyone can attend!* **January 6, 2020 • 6:30 pm • Wendell Senior Center**

Membership / Volunteer Committee

- Welcome and interview new members and volunteers
- Social activities, trainings and programs

--- CONTACT ---

membership@villageneighbors.org

Service Committee

- Answer requests from Members and connect them with Volunteers waiting to assist.

--- CONTACT ---

servicerequests@villageneighbors.org

IT Committee

- Home assistance with electronics
- Training volunteers and members
- Database and web updates
- Social media

--- CONTACT ---

it@villageneighbors.org

Events / PR Committee

- Event planning
- Newsletter
- Event Calendar
- Outreach
- Social media

--- CONTACT ---

pr@villageneighbors.org