

PALMER SENIOR CENTER

JUNE
2024 NEWSLETTER

WELCOME!

ADDRESS

1029 Central Street
Palmer, MA 01069

HOURS Mon-Fri: 8:30am-
4:00pm

Phone: 413-283-2670

Fax: 413-283-2649

WEBSITE

[www.townofpalmer.com/
coa](http://www.townofpalmer.com/coa)

MISSION STATEMENT:

The Mission of the Palmer COA/Senior Center is to identify the total needs of the senior population, to promote & encourage new & existing activities, to provide services & education to enhance the quality of life for elders & to assist elders to age with dignity.

COA BOARD MEMBERS

Cathy Plouffe, Chair
Person, Sandy Gilman,
Vice Chair, Chris Pascale,
Mary Fife, Secretary ,Lisa
Contrino, and Victoria
Randolph



NOTE FROM DIRECTOR

Hello: Summer is upon us, June 20, will be here in no time. I want to take a minute to thank all those who have attended, assisted, and volunteered their time for our Memory Café. I also want to thank **MCOA/EOEA** for the generous grant to provide our memory café and **Friggo's Gourmet Food** for the best lunches around. We have one more **Memory Café event coming up on Thursday, June 20, 2024, at 11:30-1:30.** If you are interested in attending, please call the center, and sign up. Entertainment will be a sing-along and Chicken Parmigiana with Ziti will be served for lunch.

I also want to thank Fallon Health for their grant for our Thrifty Market from their mini-grant program. Having the market really defrayed the cost of fresh produce for our seniors. So, thank you Fallon Health for all you do within our community. I will close for now, please refer to Activity Highlights to catch up on all our programs in June. Please be safe and remember if you have any questions or concerns, please stop by or call. Marlene

"To read a poem in January is as lovely as to go for a walk in June."
— Jean-Paul Sartre

Staff Directory

Marlene Johnson, Executive Director Ext 1
(mjohnson@townofpalmer.com)

Cindy Jasak, Outreach Coordinator Ext 2
(cjasak@townofpalmer.com)

Linda Lamay, Front Desk Admin. Asst. Ext 3

Terry Coty, Volunteer Driver Coordinator, Ext 4

Lisa Jacques, Volunteer/Program Coordinator Ext 5
(ljacques@townofpalmer.com)

Claudia Winkler, Meal Site Coordinator Ext 7

Lisa Contrino Activity Assistant Ext 6

Larry Aresco PT Van Driver /**Rich Mailloux** FT Van Driver

Tom Masotti Part Time Maintenance/Custodian

Carol Armitage Medical Driver Advocate (as needed)



STATE REPRESENTATIVE

TODD SMOLA

Contact information

State Representative

District: (413) 221-7874

Cell: (617) 722-2100

Office email:

Todd.Smola@mahouse.gov

WHITE JOS R. LAW OFFICES

White Jos R. is available to assist with any of your questions or concerns. You can contact them by phone or mail.

Address: 3 Converse St
Suite 104 Palmer MA

Phone: 413-284-2642

STATE SENATOR: JAKE OLIVEIRA

24 Beacon St. Boston MA
617-722-1291

Jacoboliveira@masentate.gov

Please contact **District Director Jennifer Pickering** if you need assistant or talk with State Senator Oliveira.

Jennifer Pickering is located at the **Palmer Public Library on the 4th Thursday of the month from 11:30-12:30.**

Jennifer.Pickering@masentate.gov

TRANSPORTATION/HEALTH SERVICES

VAN 1&2

The vans are available **Monday-Friday from 8:30-3:30** to and from the center, errands, medical appointments, and trips with activities. **(No van service from 11:30 AM. – 12:00 PM).** The vans come off the road at **3:30** so plan accordingly. **Donations greatly appreciated.**

Volunteer Drivers

Are available Monday-Friday 8:30 AM till 3:30 PM, when the regular vans are in use for medical appointments or any other transportation needs. **Please call the center to schedule your appointment. Donations greatly appreciated.**

NO TRANSPORTATION SERVICES ON HOLIDAYS

MEDICAL ADVOCATE:

We have a driver who can help you at the Dr.'s office. This advocate will accompany you into the office & be your ears & eyes. This program is only for those who need the help because they do not hear well or do not understand what the Dr. is telling them. If needed call & schedule an appointment. We also will have you sign off that you give permission for this person to accompany you into the office.

All information is completely confidential for this service.

CHAIR MASSAGE:

with Brenda Thibeault, LMT by appointment only **10:00-1:00 on June 13th and 27th. Price is \$10.00 per person for 15 minutes.**

HEARING AIDS:

If you need batteries, please call the center ahead of time and we can order them for you. The price will remain the same, **\$2.50 for a package of four \$ 25.00 for carton**

BLOOD PRESSURE CLINIC

with Jane Bobowicz RN **on Thursdays 9:30-11:30.**
Please stop by or call for an appointment.

FOOT CARE NURSE

with Allison Williams **June 26th** Please call 283-2670 (press 3) to make an appointment.

OUTREACH COORDINATOR/SHINE REP CINDY JASAK

Healthy Incentives Program HIP

If you live in Massachusetts and get SNAP benefits, you automatically get HIP. This program puts \$\$ back on your EBT card when you use your SNAP to buy healthy, local fruits & veggies from HIP farm vendors. Look for the HIP logo. Make sure you have SNAP benefits left on your EBT card to access HIP. If your SNAP balance is zero, you will not be able to use HIP until you have SNAP benefits available again. A 1-2-person household benefit is \$40 limit monthly. To locate a HIP vendor, visit DTAFinder.com.



Cindy is available Monday through Friday from 8:30-4:00 at 413-283-2670 press 2 when prompted. *(this position, in part, has been made possible by funding from the Older Americans Act as granted by Greater Springfield Senior Services, Inc)*





BREAKFAST, BROWN BAG & LUNCH

Breakfast: T & Th @ 9:15. \$3 for meal is required.

Congregate Lunches by GSSSI: M, W & F @ 11:30-12:00. Please call before 10 the day before. \$2 donation

Brown Bag: Second Friday of the month from 1-3 for pick up. For app call 283-2670

Food Share of Palmer
39 Walnut St Hours of operation: T & F 9:30-11:30

MON	TUES	WED	THURS	FRI
3	4	5	6	7
9 am No Yoga 10:30 am-11:30 am Therapy Dog 1 pm Bake & Take		1 pm Wii Bowling	1 pm Rice's Fruit Farm Ice Cream Trip	9 am Yoga Rescheduled
10	11	12	13	14
10 am Marathon Bingo 10:30 am-11:30 am Therapy Dog	1:00 Trip to McKinstry Market Garden They accept snap	11:15 am Lunch and Learn Careforth	10-1 am Massage by appt. 1 pm Sunshine Village Craft	9 am Yoga Rescheduled 12:30 pm Movie "August Rush" 1-3 pm Brown Bag Pick-up
17	18	19	20	21
10:30 am-11:30 am Therapy Dog 1 pm Father's Day		Closed 	11:30-1:30 Memory Café 1 pm Sunshine Village Paint	11:30 am Book signing "Shadows on the Heath"
24	25	26	27	28
10:30 am Mass EDP 10:30 am-11:30 am Therapy Dog		9-2:30 Footcare by appt. 1 pm Wii Bowling	10-1 Massage by appt. 1 pm Sunshine Village Painting	12:30 pm Movie "Playing with Fire"

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:30 am Zumba 10:00 am Chair Yoga 11:30 am Lunch 12:15 pm Pool Table	9:00 am Knit/Crochet Group Walking Group 9:30 am Breakfast 10:00 am Arthritis/ROM 12:30 pm Pitch 1:00 pm Painting Group	10:00 am Strength Training 11:15-3:15 NEW PROGRAM Reiki (Canceled) By appointment 11:30 Lunch	9:00 am Walking Group 9:30 am Breakfast 10:00 am Tai Chi 12:15 pm Pool Table 1:00 pm Big Y	10:00 am Gentle Stretch 11:30 am Lunch

6/3 - Bake and Take - Small Batch Brownies

6/7 - Rice's Fruit Farm Ice Cream Trip—Self pay, and donations for the van accepted

6/10 - Marathon Bingo - \$10 for 4 cards, breakfast goodies and lunch.

6/11 - McKinstry Market Garden Trip - They accept SNAP benefits

6/12 - Lunch and Learn - Adult Foster Care program through Careforth, which is a Masshealth covered benefit. The AFC program provides a tax free daily stipend for the caregiver who is caring for a loved one at home and a clinical team who oversees their individual cases.

6/14 - Movie "August Rush" - There's music in the wind and sky. Can you hear it? And there's hope. Can you feel it? The boy called August Rush can. The music mysteriously draws him, penniless and alone, to New York City in a quest to find—somehow, someway—the parents separated from him years earlier. And along the way he may also find the musical genius hidden within him.

6/17 - Father's Day - Come enjoy some wings, chip and dip and root beer as we celebrate you for Father's Day

6/19 - Juneteenth Closed

6/20 - A gathering for all with a focus on activities for people who have Alzheimer's/Dementia. This is an inclusive environment for all to form friendships. We will have a sing along for everyone to participate and enjoy, lunch will be provided, and different activity available. *"Memory Café Innovations and start up"* This program has been produced in full by a grant awarded to the MCOA by the MEOEA.

6/21 - Book signing "Shadows on the Heath" by Dr. Janice Crosier. Janice will discuss how she was inspired to write the book. For those interested in learning to write, Janice will discuss starting a workshop as well.

6/24 - Mass EDP - Margurite will be here with the phone program from Mass EDP

6/28 - Movie "Playing with Fire" When firefighter Jake Carson and his team rescue three sibling in the path of a wildfire, the quickly realize that no amount of training could have prepared them for their most challenging job yet—babysitting. While trying to locate the children's parents, the firefighters have there lives, jobs and even their fire station turned upside down and learn that kids—much like fires—are wild and full of surprises. Hilarious and heartwarming.

Looking for people interested in sewing and crafts. Cost would be \$5. Sewing (machines provided along with some small, limited supply of notions. Crafters bring your craft to work on also a small limited supply of craft notions available for use. Please call 413-283-2670 x5 if interested.

VOLUNTEERING

Join RSVP (the Retired and Senior Volunteer Program) and help to support non-profits in your community. If you are over fifty-five and have hours available each week or month to volunteer your time, experience, interests, and talents, we have dozens of opportunities with area organizations that need you. RSVP offers free liability insurance to all volunteers, mileage reimbursement if needed and other benefits.

RSVP is a federal Senior Corps program, sponsored locally by the Hampshire Council of Governments, working with fifty-eight non-profits and over six hundred volunteers in Hampshire, Franklin and expanding to Hampden Counties. **Sandra Mongeon, Program Assistant, RSVP of the Pioneer Valley, smongeon@communityaction.us (413) 387-1298**

Thank You To The Volunteers Who Assist The Senior Center


In **February** we had **19 volunteers** who donated 274 **hours** which is equivalent to

\$ 4, 110 of salary.

Thank You For All You Do.

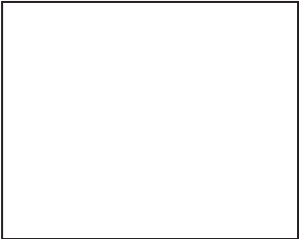
Thank You for the following DONATIONS

Sue Strange, Marcia Porter, Dottie Bachand, Pat Ferrell, Laura Yarbrough, Phil Hebert, David Rdz, Leo from Roadside Rest., Marie Matera and Pat Ferrell.

MON	TUES	WED	THURS	FRI
Lunch is a suggested donation of \$2.00	Breakfast cost is \$3.00 Please note: You need to sign up for breakfast. If you don't, no meal will be ordered for you.			
3	4	5	6	7
Lunch American chop suey, brussels sprouts, wheat roll, chilled apples	Breakfast Waffle and Sausage	Lunch Traditional egg salad, three bean salad, broccoli slaw, hamburger bun, raisins	Breakfast Ham and Cheese Roll	Lunch Meatloaf w/ mushroom gravy, steamed peas, mashed potatoes, WW bread, pudding w/ topping
10	11	12	13	14
Lunch Mac & Cheese, stewed tomatoes, WW bread, Jello w/topping	Breakfast Egg, bacon, Cheese Croissant	Lunch BBQ pulled pork, celery salad, baked potato, hamburger bun, fresh fruit	Breakfast Banana Chip French Toast	Lunch Rose Chicken, parsleyed carrots, penne pasta, WW bread, mandarin oranges
17	18	19	20	21
Lunch Beef stroganoff, roman blend veg, egg noodles, multigrain bread, fudge round cookie	Breakfast Blueberry Muffin and sausage	Lunch Closed 	Breakfast	Lunch Spaghetti & meatballs, tossed salad w/ranch, garlic toast, raisins
24	25	26	27	28
Lunch Shepherd's pie, steamed peas, mashed potato topping, 12 grain bread, spiced peaches	Breakfast Quiche	Lunch Tuna Salad, tossed salad w/ranch, marinated cucumber salad, 1/2 WW pita, fresh fruit	Breakfast	Lunch Chicken Cordon Bleu, Herbed green beans, roasted red potatoes, dinner roll, cake Birthdays Meal

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CURRENT RESIDENT OR: