

PALMER SENIOR CENTER

MAY
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

WEBISTE

[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, Bonnie Arooth,
Secretary, Lisa Contrino,
and Victoria Randolph



NOTE FROM DIRECTOR

It looks like April is coming in like a lion, let us hope that May goes out like a Lamb. I want to thank all those who have been attending and participating in our monthly Memory Café programs. Each month the group keeps getting bigger and bigger. I also want to thank MCOA for approving the grant to provide the café and Friggo's Catering of Springfield for providing us with the best lunches.

We have two more cafés to go to, one in May on Thursday the 16th and the last one June 20, both cafés start at 11:30 for lunch and end with entertainment. If you know anyone who cares for someone with memory loss or has anyone with memory loss this is a nice program to get out of the house for a couple of hours and enjoy the camaraderie. If interested in attending, please sign up or call the front desk.

I just want to remind you if you have any suggestions or concerns, please call, or stop by. Have a Happy Spring Marlene

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
(tcoty@townofpalmer.com)

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 May 2nd, 16th, and 30th, 2024. 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 **May 17, 2024** Please call 283-2670 (press 3) to make an appointment.

OUTREACH COORDINATOR/SHINE REP CINDY JASAK

Get Help Paying Medicare Costs

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies? Medicare beneficiaries who meet the following income limits:

- Single: Your income is at or below \$2,824 per month
- Married: Your income is at or below \$3,833 per month

New as of March 1, 2024: There is NO asset limit

MSP applications are available at the senior center or by calling 1-800-841-2900
Learn more at Mass.gov/MedicareSavings

Outreach Services is has been made possible in part by funding from the *Older American Act as granted by Greater Springfield Senior Services*

Donations are greatly appreciated for this service


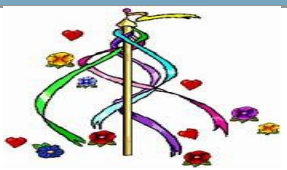







BREAKFAST, BROWN BAG & LUNCH

Breakfast: Tues & Thur @ 9:15. \$3 is required.

Congregate Lunches by GSSSI: Mon, Wed & Fri @ 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: Tues & Friday 9:30-11:30

MON	TUES	WED	THURS	FRI
		1	2	3
		1 pm Wii Bowling	10-1 am Massage by appt.	9 am *Yoga Rescheduled 1 pm Movie "Boys in the Boat"
6	7	8	9	10
10:30 am-11:30 am Betty Boop Therapy Dog 1 pm Bake & Take PB Bars for 2			1 pm Sunshine Village Craft	1-3 pm Brown Bag Pick-up
13	14	15	16	17
1 pm Mother's Day Tea and Pastries	1:00 pm Trip to McKinstry Market Garden They accept snap benefits	10:30 am GSSSI Options Councilor	10-1 am Massage by appt. 11:30-1:30 am Memory Café Entertainment Kevin Driscoll	9 am-2:30 pm *Footcare Rescheduled
20	21	22	23	24
10 am Marathon Bingo		1 pm Wii Bowling	1 pm Sunshine Village Paint	
27	28	29	30	31
closed Memorial Day 			10-1 am Massage by appt.	1 pm Movie "My All American"

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

5/1 - Wii Bowling

5/3 - Movie "Boys in the Boat" A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.

5/6 - Bake & Take -

5/13 - Mother's Day Tea and Pastries - Come relax and enjoy some light conversation as we Mother's Day we will have pastries and tea.

5/14 - Trip to McKinstry Market Garden—they accept snap benefits

5/15 - Options Councilor Ethan from GSSSI will be here with services offered by GSSSI. Stop by and speak with him.

5/16 - Memory Café - A gathering for all with a focus on activities for people who have Alzheimer/ Dementia. This is an inclusive environment for all to form friendships. We will have Kevin Driscoll for entertainment, lunch will be provided and different activity areas. *"Memory Café Innovations and start up"* This program has been produced in full by a grant awarded to the MCOA by the MEOEA.

5/17 - Foot Care *Rescheduled— foot care is by appointment, please call to schedule.

5/20—Marathon Bingo - \$10 for 4 cards, breakfast goodies and lunch.

5/22 - Wii Bowling

5/31 - Movie "My All American" - Freddie Steinmark, an underdog on the gridiron, faces the toughest challenge of his life after leading his team to a championship season.

Please note: This calendar can change on short notice. We will do our best to contact you for the programming you have sign up for if there is a change. Please make sure to give the best contact number when signing up for programs so that we can contact you. We will do our best to keep programming changes to a minimum. Thank you for your understanding.

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

\$ 4, 110 of salary.

Thank You For All You Do.

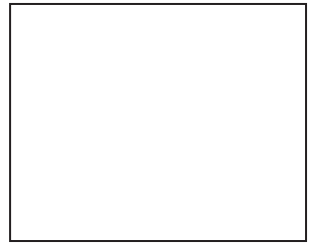
**Thank You for the following
DONATIONS**

David Bishop for the plates and napkins, David Ridz, Sue Strange, Pat Ferrell and Larry Aressco

MON	TUES	WED	THURS	FRI
		1	2	3
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.	Lunch is a suggested donation of \$2.00	Lunch Tuna salad, tossed salad w/ranch, citrus carrot salad, WW bread, raisins	Breakfast Ham and cheese roll	Lunch Braised pork, California blend veggies, yellow rice and beans, multigrain bread, chilled applesauce
6	7	8	9	10
Lunch Cheese lasagna w/meat sauce, Italian blend veggies, Oaknut bread, chilled pineapples	Breakfast Assorted Pastries	Lunch Indian style butter chicken, steamed spinach, white rice, buttermilk biscuit, mandarin oranges	Breakfast Blueberry French toast	Lunch Pot roast w/gravy, tossed salad w/ Italian, garlic mashed potatoes, WW bread, brownie
13	14	15	16	17
Lunch Chicken pot pie, California blend veggies, biscuit topping, pear crisp	Breakfast Cinnamon buns	Lunch Turkey taco plate, tossed salad w/ ranch, yellow rice, sour cream, tortilla chips, chilled pineapple	Breakfast Ham and cheese roll	Lunch Chicken marsala, steamed broccoli, parsleyed penne, WW roll, raisins
20	21	22	23	24
Lunch "Lazy" stuffed cabbage, peas & onions, WW bread, Jello w/ topping	Breakfast Waffle and sausage	Lunch Chef salad w/ Italian, ham & turkey, celery salad, WW bun, chilled peaches	Breakfast Egg, bacon, cheese croissant	Lunch Lemon chicken, parsleyed carrots, roasted red bliss potatoes, WW bread, cookie
27	28	29	30	31
Closed 	Breakfast French toast and sausage	Lunch Hamburger w/ cheese, coleslaw, onions & mushrooms, wheat burger bun, cookies	Breakfast Ham, egg and cheese croissant	Lunch Turkey w/gravy, parsleyed carrots, mashed potatoes, WW bread, cupcake

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CURRENT RESIDENT OR: