

Palmer Senior Center Council on Aging

1029 Central Street
Palmer, MA 01069



Hours

8:30 am – 4:00 pm
Monday – Friday

(413) 283-2670 - Phone

(413) 283-2649 - Fax

Or visit us on our town website www.townofpalmer.com
and click on Council on Aging

Senior Center Staff

Marlene Johnson, Executive Director
Cindy Jasak, Outreach/SHINE Coordinator
Lisa Jacques, Activity/Volunteer Coordinator
Claudia Winkler, Meal Site Coordinator
Lisa Contrino, Activity Assistant
Terry Coty, Administrative Assistant
Bonnie Germain, Front Desk Receptionist
Rich Mailloux, Full-Time Van Driver
Larry Aresco, Part-Time Therapy Van Drive
Tom Masotti, Maintenance/Custodian

COA Staff/Affiliates Continued

Council On Aging Board Members: Lisa Contrino, Mary Desantis, Bridget Donato, Mary Fife, Sandy Gilman, V Chair, Martha Mundell, Cathy Plouffe, Chair and Victoria Randolph.

The Council on Aging Board meets on the third Wednesday in September, October, November, March, April and May from 12:15 – 1:15 pm. Councils on Aging are the principal agencies of local government which serve the elderly. First authorized by special legislation in 1956, there are now more than 348 councils in the Commonwealth of Massachusetts.

The Mission of the Palmer Council on Aging/Senior Center is to identify the total needs of the senior population, to promote and encourage new and existing activities, to provide services and education to enhance the quality of life for elders and to assist elders to age with dignity and independence. Senior Center staff are responsible for creating an atmosphere that acknowledges the value of human life, affirms the dignity and self-worth of the older adult participant, and maintains a climate of respect, trust, and support. Within this atmosphere, the staff creates opportunities for older adults to apply their wisdom, experience, and insight and to exercise their skills.

What is an Elder? An Elder is a person who is still growing, still learning, still with potential and whose life continues to have within it promise for a connection to the future.

What is a Senior Center? A Senior Center is a community focal point where senior citizens, as individuals or in groups, come together for services and activities which enhance their dignity, support their independence, and encourage their involvement in the community.

Palmer Senior Center Newsletter

The Palmer Senior Center News is published twelve times per year and lists programs, activities, nutrition program menus for the coming month and informational articles of concern for our senior citizens. The newsletters are free at the center or can be mailed to you for a nominal fee of \$4.00 per year for mailing costs. They are also located at the Town Hall and elderly housing complexes.

Services Provided by the Palmer Council on Aging/Senior Center

Health and Wellness: Breakfast, lunch, blood pressure checks, foot care, educational programs, message therapy, flu clinics, strength training, Tai Chi classes, Zumba, power hour, light movement, chair yoga and on-site exercise equipment.

Support Services: Monthly Memory Café, volunteer drivers, veteran agent, brown bag, meals on wheels, farm share, farmer's market coupons, senior tax work abatement and a S.H.I.N.E counselor.

Recreation and Socialization Activities: Cards games, movies, Wii bowling, marathon bingo, pool table, painting classes, dominoes, pitch tournaments, crafts, parties, celebrations, and picnics

Services Provided by the Palmer Council on Aging/Senior Center Continued

Congregate/Home Delivered Meals Programs: Congregate Meals: Lunch served on Mondays, Wednesdays, and Fridays 11:30 a.m. Breakfast is served on Tuesdays and Thursdays at 9:15 a.m. Reservations for Breakfast and Lunch ***MUST*** be made 24 hours in advance by calling the Senior Center at (413) 283-2670 *Congregate Meal prices – Lunch \$2.00 and Breakfast - \$3.00*

Meals On Wheels: Home delivered meals are for homebound elders who cannot attend a congregated meal site, prepare an adequately nutritious meal, and do not have family or friends to help. Hot meals are delivered 5 days a week. Call GSSSI Nutrition Department for more information. (413) 781-8800

Transportation: The vans are available **Monday-Friday from 8:30-2:30** 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 2:30 so plan accordingly.** Donations appreciated. (All appointments need to be made 48 hours in advance to give the center plenty of time to schedule the van). All ages 60+ and disabled under 60 accepted. Donation \$3.00 requested in Palmer. Donation \$5.00 and up outside of Palmer. Van services included transport to the Senior Center, Big Y, Medical Appointments, Bank, Pharmacy, Post Office, Library, Door to door services, Long Distance Trips Walmart, and Medical Appointments. **NO TRANSPORTATION SERVICES ON HOLIDAYS AND WEEKENDS**

Medical Advocate: The center offers 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 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 to the office. **All the information is completely confidential for this service.**

Volunteer Drivers: Available **Monday-Friday 8:30 AM - 2:30 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 appreciated. NO TRANSPORTATION SERVICES ON HOLIDAYS AND WEEKENDS.**

OTHER SERVICES AND INFORMATION

Outreach Services: Our Outreach Coordinator is S.H.I.N.E. certified and can assist our elders with health insurance (Medicare/Mass Health). **Hours available are; Monday-Friday from 8:30-4:00, please call to schedule services, services that our provided include** application assistance, caregiver support and education, free cell phone services, case management, file for life, fuel assistance, sewer abatement, utility discounts, property tax exemptions, health care proxies, SHINE services, snap applications, Knox box, elder abuse, GSSSI referrals, care giver support and protection services.

“How Old Would You Be If You Didn’t Know How Old You Are?” Satchel Paige

Other Services and Information Continued

Senior Community Service Employment Program: The center has a contract with SCSEP that offers assisting 55 + year old seniors who are looking to get back into the work force or start a new career. SCSEP is the largest program offered by the Center for Workforce Inclusion. If anyone over 55+ is interested in getting back into the work force, please stop by the center to fill out an application and we can connect you with the employment program from Springfield.

The SCSEP program is under Title V of the Older Americans Act; as well as state and local grants which enable them to help thousands of low-income individuals, age 55 and older. The participants are placed in the community service positions (like the center) they are paid through the program but provide a service at the center, which assists our Activity/Volunteer Coordinator.

Greater Springfield Senior Services, Inc (GSSSI), For many, the frailty of advancing age and chronic illnesses makes it impossible to live at home without outside help and support. The mission of G.S.S.S.I. remains the same today as it was in 1972 when the non-profit organization was founded. To keep people aged 60+ living at home safely and independently by aiding and accessing a comprehensive range of services. Services include Case Management, Home Care, Home Delivered Meals and Congregate Meals, Money Management, Congregate Housing and Adult Day Care. **GSSSI** is at 66 Industry Avenue, Suite 9, Springfield MA 01104 at (413) 781-8800.

Volunteer Opportunities

Volunteers - giving and caring individuals needed!! Volunteers are the backbone of our Senior Center. Each month they donate numerous hours to help our Senior Center function the way it does. Thank you for all you do! Include but not limited to COA Board membership, newsletter mailing, program/exercise instructors, baking for holiday events, kitchen staff, and senior tax relief program. **If you would like to volunteer your time, please call the Palmer Senior Center at (413) 283-2670.**

Senior Tax Relief Work Abatement Program: The center also offers a work abatement program for Palmer and surrounding villages seniors when volunteers hours are available. Participants must be at least 60 years of age, there is a \$ 750.00 maximum limit per household, qualifications are established by the annual adjusted income (for exact numbers please see Senior Center Director). If interested, please stop by the center and fill out an application.

"Few of us ever test our powers of deduction, except when filling out an income tax form." – Laurence J. Peter

Municipality Information

Non-Emergency

Palmer Police Department (413-283-8792)

Bondsville Fire Department (413-283-9036)

Palmer Fire Department (413-283-3861)

Three Rivers Fire Department (413-283-7161)

Schools

Old Mill Pond School: is a Pre K-6 school with a population of approximately 650 students. Located in southwestern Massachusetts, the school was opened in 1991 and serves the villages of Bondsville, Thorndike, Three Rivers, and the Town of Palmer. **Contact Information**, 4107 Main Street, Palmer, MA 01069-1869, Phone: 413-283-4300 and Fax: 413-283-2619

Palmer High School: serves grades 7 through 12 with an enrollment of approximately 450 students. PHS has a vibrant academic, athletic, and artistic culture that strives to meet the needs of all students. Contact Information 4105 Main St, Palmer, MA 01069-1868, Phone: 413-283-6511 and Fax: 413-283-3476

Pathfinder Regional Vocational Technical High School has been providing technical education to the communities of Belchertown, Granby, Hardwick, Monson, New Braintree, Palmer, and Ware in Massachusetts. **Contact Information**, 240 Skyes St, Palmer, 413-283-9701

Kids Corner (after school program), **Old Mill Pond**, (413-283-4300)

Quaboag Children's Center, 1060 Central St, Palmer MA 01069 (413-283-3475)

The Learning Factory, 6 Springfield St, Three Rivers MA (413-284-1191)

Local Library/Book

Palmer Public Library, 1455 N Main St Palmer MA 01069 (413-283-3330)

The Library Loft, 1085 Park St Palmer MA 01069, **Service Provided:** a used bookstore operated by the **Friends of the Palmer Public Library**. Thanks to the tireless work of the Friends and generous book donations from library patrons, the Loft raises money that helps to support library programming.

Top Floor Learning, 1455 North Main St, Palmer MA 01069 (413-283-2329)

“As We Grow Old, the Beauty Steals Inward,” Ralph Waldo Emerson

Palmer Town Administration Building Office Directory

Town Manager: Brad Brothers, 413-283-2645

Marlene Ottomaniello, Executive Assistant, 413-283-2646

Gabriela Potter, Town Account, 413-283-2648

Rachael Carney, Principal Assessor, 413-283-2694

Nicole Gauthier, Health Agent Director, Board of Health, 413-283-2688

William Fenner, Building Inspector, 413-283-2681

John Latour, Community Development Director, 413-283-2685

Heidi Mannarino, Town Planner/ Economic Development Director, 413-283-2690

Carolyn Baldayga, Tax Collector, 413-283-2692

Shelby Lamothe, Town Treasurer, 413-283-2693

Tina Broham, Veteran's Service Director, 413-283-2610

Rich Josephson, DPW Director, 413-283-2651

Marlene Johnson, COA Executive Director, 413-283-2670 (ext. 1)

Stephanie Maher, Library Director, 413-283-3330 (ext. 7)

Chief Christopher Burns, 413-283-8792

Sue Coache, Town Clerk, 413-283-2683

Danica Griswold, HR/Payroll Director, 413-283-2695

Resource Contact Information

Social Security, 70 Bond St, Springfield MA 01001, (800-772-1213)

MassHealth, PO Box 4405 Taunton MA 02780, (1-800-841-2900)

Medicare, Medicare Contact Center Operations, PO Box 1270, Lawrence, KS 66044 (800-633-4227)

SNAP, 45 Congress St, Salem MA 01970, (800-645-8333)

Prescription Advantage, **(1-877-610-0241) for the deaf and hard of hearing or (800-243-4636)**

Fuel Assistance, 413-552-1548

Veteran's Services [Mass.gov/veterans](https://www.mass.gov/veterans), 100 Cambridge St. 14th floor, Boston MA 02114 (617-210-5480)

Government Representatives

Todd Smola, (413-221-7874), 24 Beacon St, Boston MA 02133. Office Email Toddsmla@mahouse.gov

State Senator: Jake Oliveira, 24 Beacon St. Boston MA (617-722-1291) Office Email Jacoboliveira@masenate.gov. Please contact **District Director Jennifer Pickering** if you need assistance 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@masenate.gov

Recreation Area in Palmer Villages

Bondsville Grammar Park, South Main St Bondsville (offers walking path, flower gardens with benches and green space)

Burleigh Park, 2 Waverly St Palmer (offers multiple sports fields, several trails, basketball court, small pavilion and opens spaces)

Chase Memorial Park, 19 Oakland St Palmer (open multi-Sport Fields)

Diamond Playground, Corner of Main & Church Thorndike (offers playground and basketball court)

Endelson Playground Park, 121 Main St, Bondsville (offers playground, basketball, and picnic tables)

Hryniewicz Park, off Park Ave Three Rivers (offers playground, green space, and gazebo)

Laviolette Field 2015 Main St, Three Rivers (offers fitness areas, bathrooms, several fields, and walking paths)

Legion Field, 24 Converse St, Palmer (offers multi-sport facilities, Eager Park playground, and picnic area)

Palmer High Tennis Courts, 4205 Main St (offers open to public tennis courts)

Swift River Green Belt, Bondsville (offers entrance at the end of cul-de-sac on first street and hiking)

“Youth Is the Gift of Nature, but Age is a Work of Art.” – Garson Kane

Transportation Services

Palmer village Bus Operated by Pioneer Valley Transportation Authority, Main St, Springfield MA 01001 (1-877-779-7880). **Services on Monday-Sunday with stops at Palmer High, Big Y, Palmer Senior Center, Palmer Library, Baystate Wing, and surrounding towns**

Quaboag Connector, West St, Ware MA (413-544-3401). **Monday-Friday 6:30 AM to 7 PM.** Serves **Belchertown, Brookfield, East Brookfield, Hardwick, Monson, Palmer, Ware, Warren**

Advertising Services, Graphics, Media Printing

Roberts & Ludlow Printing, 1791 Boston Rd, First Floor, Springfield 01129, (413-283-9356)

Local Newspapers include: The Journal Register serving Palmer, Monson, Brimfield, Hardwick, New Braintree, Holland, and Wales.

Local Radio Stations include: 97.7 FM (The Valley Classics) and 1250 AM (The Valleys Classic Hits)

Local TV Station: MPACT (channel 12): can be reached at 1659 North Main St Palmer at contact Bruce Henriques, General manager at (413) 283-7373 or fax at (413) 283-8369.

Animal Rescue/Officer

Palmer Animal Control Facility, 125 Palmer Rd, Monson, MA 01057 (413-893-9569)

Here Today Adopted Tomorrow Animal Sanctuary, 180 Sturbridge Rd, PO Box 557, Brimfield MA 01010 (413-324-8224)

North Brookfield (Second Chance) Community Vet Hospital, 372 N. Main St, North Brookfield, MA 01535 (508-637-1333) **Second Chance Adoption Center**, 111 Young Road, East Brookfield MA 01515 (508-867-5525)

Arts, Attractions, and Museums

Palmer Historical & Cultural Center, 2072 Main St, Three Rivers MA 01080 (413-289-9295)

Silver Bell Farm, 305 Silver St, Monson MA 01057 (413-977-8447)

Attorneys

Attorney Geoffrey R. Farrington, 16 King St, Palmer MA 01069 (413-283-6455)

Attorney's Bacon Wilson, PC, 33 State St, Springfield MA 01103 (413-781-0560)

Attorney White Jos R. 3 Converse St, Suite 104, Palmer MA 01069 (413-284-2642)

Attorney Warren Thompson, 1032 Thorndike St, Palmer MA 01069 (413-283-2461)

Auto Services/Repairs

Les Auto Center, 1575 North Main St, Palmer MA 01069 (413-283-4488)

Demore's Auto, 1307 Park St, Palmer MA 01069 (413-213-2475)

D and M Auto, 1422 Park St, Palmer MA 01069 (413-636-2929)

Main St Tire and Auto, 1515 Park St, Palmer MA 01069 (413-283-6663)

Track Side Truck/Auto and Equipment, 1237 Park St, Palmer MA 01069 (413-283-4846)

Buddy's Auto, 1150 Park St, Palmer MA 01069 (413-283-7531)

Apple Automotive, 250 Wilbraham St, Palmer MA 01069 (413-283-4496)

Local Banks

Country Bank, 1485 North Main St, Palmer MA 01069 (800-322-8233)

Monson Savings, 146 Main St, Monson MA 01057 (413-267-4646)

Westfield Bank, 250 Palmer Rd Palmer MA 01069 (413-594-6692)

North Brookfield Savings Bank, 2060 Main St, Three Rivers MA 01080 (413-283-5681)

“The Oldest Trees Bear the Most Fruit.” – David A. F. Linsley

Home Services

Insurance Agencies

J. Stolar Ins Agency (413-283-2561)

Kszepka Insurance (413-283-7588)

Moulton Insurance (413-967-3327)

Crimmins Graveline Insurance (413-283-8378)

Home Services Continued

Oil/Gas Companies

Palmer/Noonan Oil, 1488 North Main St, Palmer MA 01069 (413-289-1777)

American Discount Oil, 1182 Park St, Palmer MA 01069 (413-289-9428)

Contractors: JCS Custom Carpentry, 141 Old Palmer Rd, Palmer MA 01069 (413-433-5454)

Osterman Propane, 1 Blanchard Rd, Palmer MA 01069 (413-283-7621)

Food and Drink

Figlio Italian Restaurant, 1366 Main St, Palmer MA 01069 (413-283-6140)

Tables at the Farm, 3092 Palmer MA 01069, (413-324-2986)

Rondeau's Dairy Bar, 1300 Ware Rd (rt 32), Palmer mA 01069 (413-284-0068)

Paramount Pizza, 1618 North Main St, Palmer May 01069 (413-283-5555)

Steaming Tender Restaurant, 28 Depot St, Palmer MA 01069 (413-283-2744)

**“It’s Amazing How a Little Tomorrow Can Make up for a Whole Lot of Yesterday.” —
John Guare**

Mental Health Services

Emergency Services (911)

MA Recovery Hotline (1-800-327-5050)

Palmer Griswold Center, Wright St Palmer MA 01069 (413-370-5285)

National Suicide Prevention (1-800-273-8255)

Domestic Violence hotline (877-785-2020) and Palmer Domestic Violence Task Force (413-283-8792)

Al-Anon Family, Groups Find a Meeting (1-888-425-2666)

Alcoholic Anonymous, Find a Meeting (844-548-4469)

Overeaters Anonymous, Find a Meeting (888-851-4352)

Gamblers Anonymous, Find a Meeting (800-327-5050)

Behavioral Health Network, 96 South St, Ware MA 01082 (413-355-6689)

Churches/Memorial/Funeral Homes

Second Congregational Church, 1080 Pleasant St, Palmer MA (413-283-6958). Worship is Sunday @ 10:00 AM with fellowship hour after services. Services can be seen on cable Channel 15, Sunday at 7:00 AM & 4:00 PM

Faith Baptists Church, 251 Shearer St, Palmer MA 01069 (413-283-7560) Worship is Sunday @ ten;45 AM and 6:00 PM. Bible Study is Sunday at 9:30 AM. Wednesday night prayer meeting @ 7:00 PM. Services are also on Channel 15 on Sunday at 12:00 PM

Crossway Christian Church, 2230 Main St, Three Rivers MA Worship held Sunday @ 10:00 AM, bible study @ 9:30 AM.

St Paul's Unitarian Universalists Church, Corner of Park and Central St, Palmer MA 01069 (413-283-8185) Worship held Sunday @ 11:00 AM

Divine Mercy Parish, 2267 Main St Three Rivers MA (413-283-6030), Masses are held on Saturday @ 4:00 PM, Sunday @ 8:00 AM and 10:00 AM

Beers & Story Funeral Home, 1475 North Main St, Palmer MA 01069 (413-283-9061)

Motyka Funeral Home, 2186 Main St, Three Rivers MA 01080 (413-283-7111)

Health and Wellness

Baystate Medical Practice, 42 Wright St, Palmer MA 01069 9413-370-5254)

Baystate Rehab, 42 Wright St, Palmer MA 01069 (413- 370-5254)

Baystate Wing Hospital, 412 Wright St, Palmer MA 01069 (413-283-7651)

Quabbin Valley Eye Care, 1448 North Main St, Palmer MA 01069 (413-283-2946)

Professional Medical Services, 1525 North Main St, Palmer MA 01069 (413-289-9018)

Palmer Food Share Inc, 39 Walnut St, Palmer MA 01069 (413-283-3614), hours of operation are:
Tuesday and Friday's from 9:30-11:15

O'Connell Care at Home, (413-284-4040)

Senior Housing

Cedarbrook Village, 73 South St, Ware MA 01082 (413-758-5377)

Christopher Heights of Belchertown, 99 Front St, Belchertown MA 01007 (413-323-5500)

Palmer Green Estates at 1 Beacon Drive, Palmer MA 01069, call 283-9753 for more information.

Laurel Manor, Palmer Housing Authority at 13 Fletcher Street, Palmer MA 01069, call 283-9311 for more information.

Kirkwood Place at 4216 Main Street, Thorndike MA 01079, (Mailing address – Palmer MA 01069).
Owner contact: S&K Management Realty at (603) 878-2400

SMOC Housing, Main St, Palmer MA 01069 (508-857-7922)

Hope Transitional Housing, Carol Estridge (413-324-6240)

My Father's House, Rev. Jack Desroches, 4058 Church St, Thorndike MA (413-289-6766)

**“Age Is an Issue of Mind Over Matter. If You Do Not Mind, it Does not Matter.” –
Mark Twain**

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