

Athol Council on Aging

**82 Freedom Street
Tel: (978) 249-8986
Fax: (978) 575-0277**

**Council on Aging Web Site: atholcouncilonaging.org
Town of Athol Web Site: www.athol-ma.gov**



COUNCIL ON AGING OFFICERS AND DIRECTORS

Cathy A. Savoy
Executive Director
Judith Thayer
Program Coordinator

Marcia Berkall
Benefits Counselor
Arthur Herk
Chairperson
Walter Lehmann
Vice Chairman

Directors
Lillian Bachelder
Mare Hawthorne
Deb Miller
Jackie Paluilis
Jean Ryder
Ann Shea

July 2021

Dear Friends,

We hope the July newsletter finds you are doing well. We have been busy at the Senior Center preparing to continue bringing back programming that many seniors have enjoyed over the years. To date the blood pressure clinics, painting, quilting and wood carving classes have started and we are currently working on bringing back senior fitness and card games mid July. Once those activities have settled in we look forward to opening the senior dining and bingo. Thank you for your patience during this transition and as always feel free to give us a call or stop by. Our doors are open!

Stay well,
Cathy

**ATHOL PUBLIC LIBRARY IS OPEN TO THE PUBLIC
MONDAY—THURSDAY 9:30 am –6:00 pm**

HOMEBOUND VACCINE PROGRAM—IMPORTANT UPDATE!

Beginning May 24, any individual who has trouble getting to a vaccine site is eligible for the homebound program. Please help get the word out. Individuals can call 833-983-0485 to register for an in-home vaccination. The registration phone line is open Monday through Friday from 9 AM to 5 PM and has representatives who speak English and Spanish, as well as translation services available in 100+ languages.

MEETINGS AT THE SENIOR CENTER

ATHOL GOLDEN AGE CLUB Pot Luck Lunch	July 19, 2021	12:00 noon
COUNCIL ON AGING	July 21, 2021	1:00 pm
FRIENDS OF COA	Date to be determined	1:00 pm
MT. GRACE AARP CHAPTER #3673	Date to be determined	1:00 pm
ROYAL RUBIES	Date to be determined	1:00 pm

Seniors participating in programs at the center are required to sign in by using a "My Senior Center" membership card. Cards are available at the Council on Aging office at no charge.

FRIENDS OF THE COUNCIL ON AGING

President

Leonard Venett

Treasurer

Marguerite Goulet

Secretary

Diane Gurney

Directors

Allen Hodgdon
Bonnie Hodgdon
Linda Lozier
Gerald Lozier
Cathy Muzzy
Toni Phillips
Joyce Phinney
Mary Raymond
Julia Temple
Tom Williams
Brent Winters
Ex-officio Member
Cathy Savoy



SMOKE AND CARBON MONOXIDE

Through the collaboration with the Athol Fire Department and the American Red Cross, smoke detectors and carbon monoxide detectors are available, free of charge, to be installed in your homes, The free services include installation of battery operated alarms. If you have hard-wired detectors you will be advised to call an electrician to install them properly. For more information, call the Council on Aging at 978-249-8986.

SUMMER SAFETY TIPS FOR SENIORS

How to help older adults stay healthy when it's hot outside

The summer months are a time of fun, adventure and relaxation for many, but they can also be a source of stress for older adults and their caregivers. As we age, our physiology changes in ways that boost sensitivity to summer's heat, humidity and sun exposure. In fact according to research conducted at Duke University more than 80% of heat-related deaths occur in people over 60. In addition to physiological factors like reduced sensitivity to thirst, poorer circulation and higher incidence of chronic conditions, seniors are especially vulnerable to heat-related illnesses due to social isolation.

Boost Your hydration

Seniors are more susceptible to dehydration than younger people because they don't sweat or recognize thirst as effectively as they used to. To prevent dehydration, make sure you drink plenty of water before heading outdoors and throughout time spent in the sun.

Slather on sun block and dress for the weather

The fatty layer below our skin gets thinner with age, making seniors more sensitive to the dehydrating effects of sun exposure. To help seniors stay safe from sun damage, follow these tips::

- ◇ Purchase a sunscreen with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays.
- ◇ Cover exposed areas with sun block- including often-forgotten spots like ears, upper lip, the back of hands and the tops of feet.
- ◇ Put on sunglasses and a hat with a brim to help shield the delicate skin around eyes.

Portion of the this article are taken from care.com

MEETING'S AND ACTIVITIES ARE IN THE PROCESS OF RETUNING TO THE SENIOR CENTER



FOOT SCREENING AT THE ATHOL SENIOR CENTER

July 27th & August 24th

Appointments are required,

Call the Athol Council on Aging at 978-249-8986 for more information and to make an appointment.

BLOOD PRESSURE CLINIC AT THE SENIOR CENTER



July 21st

10:30 — 11:30 am

Appointments Accepted, call the Athol Council on Aging at 978-249-8986



PAINTING CLASSES

Beginning June 7, 2021

On Mondays with

Instructor Polly Kiely

12:30 pm—2:30 pm

Whether you're an experienced artist looking for a refresher in the basics (or curious about trying out a new medium), or a newcomer who has never picked up a brush before, Polly's classes can help you.

SENIOR CENTER'S QUILTING BEE



Beginning June 9, 2021

On Wednesdays—9:00 am - 12:00 pm

A quilting bee is a get-together for people who sew and quilt, to work on their individual or group projects with like-minded individuals.. All are welcome to join the Quilting Bee and enjoy the art and the camaraderie of others and to promote the knowledge of and interest in quilting.



WOODCARVING CLASSES

Beginning

Wednesday

12:00pm — 2:00 pm

Instructor Marcia Berkall

Learn to create items sculpted in wood and in a fun relaxed atmosphere. Emphasis on safety, skills development, design and visualizing in three dimensions. Some hand strength is required.

BROWN BAG PROGRAM— Food is provided by The Food Bank of Western Massachusetts to the Council on Aging once a month to distribute to qualified participants. All applicants must be at least 55 years old or receive SSDI (Social Security Disability Income). Only one bag allowed per household. The registration forms are available by calling the Athol Council on Aging at 978-249-8986, The distribution takes place at the Senior Center on the third Wednesday of each month.

Pick up time is 10:30 am—11:30 pm.

SNAP FOR SENIORS SNAP is a Supplemental Nutrition Assistance Plan, offering nutrition assistance to millions of eligible, low-income individuals, seniors, and families in the USA. SNAP recipients receive a card, very much like a credit or debit card, which is automatically re-loaded monthly with eligible funds, to pay for food at supermarkets, convenience stores, some CO-OPS, Farmers Market, and most other places where food is sold. Call the Council on Aging at 978-249-8986 for more assistance completing the application.

NORTH QUABBIN AREA FOOD PANTRIES

THE ATHOL SALVATION ARMY

107 Ridge Avenue, Athol, Ma 01331—Telephone 978-249-8111
Tuesday and Friday—9:00 am—12:00 pm or by appointment only

OUR LADY IMMACULATE CHURCH

192 School Street Athol, Ma 01331 Telephone 978-249-2738
Tuesdays 10:00 am—4:00 pm - Serves residents of Athol, Royalston, Petersham

ORANGE FOOD PANTRY

118 East Main Street, Orange , Ma. 01364 Telephone 978-544-2149
First four Thursdays of month 10:00 am—3:00 pm
On the 5th Thursday of a month: 10:00 am -1:00 pm produce distribution only

ST. VINCENT De PAUL / ST. MARY'S CHURCH

Serves residents of Franklin County Towns of Orange, New Salem, Warwick, Erving
Please call 978-544-6814 to make an appointment

FRANKLIN COUNTY COMMUNITY MEALS PROGRAM

Orange Food Pantry

118 East main Street Orange, Ma 01364 Telephone 978-544-2149
Safe and Quick Outdoor Food Pick-ups—Drive Through or Walk Up, Prepared bags and boxes of produce, meat, dairy and shelf stable items. EVERY THURSDAY 10AM -3PM

GOOD NEIGHBOR'S FOOD PANTRY

Old Town Hall in Wendell Center
Sundays from 12:00 noon—2:00 pm (including holidays)
Call 978-544-3775 to find out your shopping time.

SERVICES

MEALS ON WHEELS

Meals on Wheels provided by LifePath Inc. for short-term or long term to homebound elders age 60 and older who are unable to prepare a nutritional balanced noon meal for themselves and are unable to attend congregate hot lunches.

Call Lifepath Inc. 1-800-732-4636.

FREE LEGAL INFORMATION ASSISTANCE

A non-profit civil legal aid program serving low-income and elderly residents of Central and Western Ma.

For more information call the Council on Aging at 978-249-8986

SENIOR TRANSPORTATION WITH MART.

(Montachusett Regional Transit Authority)
Athol Senior residents to transport between Athol and Orange. To shopping centers, Athol appointments, hospital, work, etc.

Contact MART in Athol 978-575-9966

GRANDPARENTS RAISING GRANDCHILDREN

A group that is aimed at helping grandparents strengthen their families For more information call

North Quabbin Patch at 978-249-5070.

FUEL ASSISTANCE

Need help paying for home heating?

Keeping your heat on in the winter is extremely important, especially for the elderly or disabled. since being too cold can cause serious illness. For more information call The Athol Council on Aging at 978-249-8986.

FOOD RESOURCES

To obtain a list of Food Pantries in the area, call the Council on Aging at 978-249-8986

SMOKE & CARBON MONOXIDE DETECTORS

Free services to be installed in your home. For more information call the COA at 978-249-8986

SHINE Program

(Serving the Health Insurance Needs of Everyone) The program provides free health insurance information, counseling and assistance to residents with Medicare. For more information call the Council on Aging at 978-249-8986

MONEY MANAGEMENT

The program provides valuable one-on-one money management services to elders or people with disabilities who need assistance with their financial affairs. These services include helping with organizing bills, writing checks for payment, balancing checkbooks, reviewing bank statements, and developing a budget. For more information call Lifepath Inc. at 413-773-5555.

SNAP FOR SENIORS

SNAP is a Supplemental Nutrition Assistance Plan offering assistance to eligible, low-income individuals, seniors, and families in the USA. SNAP recipients receive a card, very much like a credit or debit card, which is automatically re-loaded monthly with eligible funds, to pay for food at supermarkets, convenience stores, and most other places where food is sold. To see if you are eligible for SNAP benefits, make an appointment to complete the application contacting the Council on Aging at 978-249-8986.

PROGRAMS



FOOT SCREENING

July 27th & August 24th

Appointments are required,
Call the Athol Council on Aging at
978-249-8986 for more information and to
make an appointment.

BLOOD PRESSURE CLINIC AT THE SENIOR CENTER



Wednesdays 10:30—11:30 am
Appointments accepted, call the
Athol Council on Aging at
978-249-8986

SENIOR DINING AT THE SENIOR CENTER

Tuesday and Wednesday

Projected Date—A Fall Return

BROWN BAG
July 21, 2021 - 11:00—11:45 pm
The distribution of the Brown Bag is the 3rd
Wednesday of each month. The Bag
contains a variety of staples.

PAINTING CLASSES MONDAY 1:00—3:00 PM

Painting is fun! In this painting class, you'll
learn how to mix and blend colors, how to use
brushes, and how to paint some simple objects
and landscapes. Whether you're an experienced
artist looking for a refresher in the basics or a
newcomer who has never picked up a brush
before, The class instructor is well qualified to
work with you.



HANDYMAN MINOR HOME REPAIR

Limited services in your home
by a qualified person. The
homeowner is responsible for
any materials needed to be purchased for
the project. There is no charge for the labor
provided. Applicants must be 60 years of
age or more and meet all program
qualifications. For more information call the
Athol Council on Aging at 978-249-8986

The Handyman program is sponsored by the
Athol Council on Aging, LifePath, Inc. and Title III Older
Americans Act. Title III applicants and recipients may file a
grievance with the
Corporation (LifePath Inc.,
101 Munson Street, Suite 201, Greenfield Ma. 01301) within
twenty-one (21) days.

CARD PLAYING AT THE SENIOR CENTER

CRIBBAGE—Mondays— 12:30—3:00 pm

RED ACES—Tuesdays— 10:00 am - 3:00 pm

SAMBA—Tuesdays—10:00am—3:00 pm

BRIDGE— Thursday—12:00—3:00 pm

COMING SOON

WOODCARVING CLASSES AT THE SENIOR CENTER

With Instructor Marcia Berkall
Beginning Wednesday 12:00pm —2:00 pm

FITNESS CLASSES

Every Tuesday and Thursday
9:00 am at the Senior Center
Get into shape by joining the fitness class.
It's beneficial to your health.

COMING SOON

BINGO

Projected Date—A Fall Return

SENIOR CENTER'S QUILTING BEE

Wednesdays—9:00 am - 12:00 pm
A get-together for all who enjoy the art of
sewing and quilting..

SENIOR TRANSPORTATION

Council on Aging transportation is for Athol Senior Residents to transport between Athol and Orange. Shopping Centers. Physicians Offices, Athol Hospital, Work, etc.

Fee: .50 each way

Reservations: At least 2 days ahead to schedule your ride. Rides are scheduled on a first come first serve basis.

Contact MART in Athol at 978-575-9966

TRANSPORTATION WITH MART

(Montachusett Regional Transit Authority)

MRTA is closed on Saturday and Sunday.

- **Fixed Route Transportation**, operates every Monday through Friday between Athol and Orange from Market Basket to Orange Innovation Center (covering Route 2A.)
- **Connecting Fixed Route Options** from Athol Hannaford to Wachusett Station and North Station are available.
- **Contact Mart** at 800-922-5636 for more information, fees, and schedule. Or go to <http://www.martus/mart>

MONTACHUSETT VETERANS

Van Transportation for Veterans

Phone: 978-632-9601

Call for more information

SENIOR MOMENTS

TRIPPING DOWN MEMORY LANE.

An article from Readers Digest Kim deArrillage, Mokelumme Hill, Ca. I use “secretary syndrome” to explain my own memory holes, similar to the ones described in Bruce Kelley’s editor’s note. When you’re young the secretary in your brain files away all the information you gather and pulls it out when you need it. When you turn 50, she goes part time. The information is still filed, but it takes longer to retrieve. When you turn 60 , she retires.

YOU KNOW WHEN YOU’RE READY TO RETIRE

1. You remember where your office is, but not exactly what you do there.
2. It’s less embarrassing to carry your dog’s pooper scooper than your briefcase.
3. You’ve been drinking the office coffee so long you think it actually tastes good.
4. Spreading sheets sounds more appealing than a spreadsheet.
5. A “nice little fling at the office” means you hit the wastebasket with a wad of paper.
6. The office stockboy is younger than your grandkids.
7. You can’t remember when it was that they offered you an early retirement package, but you’re pretty sure Reagan was president then.



CAMCER JUNE 21—JULY 21

Strength: Dedicated, emotional, feeling and soft.

Weakness: Unchangeable moods, pessimism, suspicion.

Color: Blue **Numbers:** 2, 7, 9

Lucky Day: Sunday and Monday **Birthstone:** Ruby, Emerald

Get ready to celebrate, because your season begins this month. This is your time to be selfish and ask for what you want. Do you need more affection? Usually, you're the one doing the pampering but this transit encourages you to turn the tables. Grab your snacks, hang out with your pet, or friends. Do what you need to do to keep yourself off of social media if possible.