



# GILL MONTAGUE

## Council on Aging

July—August—September 2021

### Gill Montague Council on Aging

Bev Demars: Gill Chair

#### Committee Members:

Diane Boutin,

Larry Parker, Barbara Kuklewitz,

Deb Bourbeau, Linda Hodson-

Mayo

**Director:** Roberta Potter

#### Senior Center Reception

Kathy Truesdell, Elsie Gilman,

Gail Cross

#### Senior Center Hours

Monday through Friday

9:00 am to 2:00 pm

62 Fifth Street, Turners Falls

Tel: 413 863-9357

The Senior Center schedule is in the weekly *Montague Reporter*. The monthly calendar and menus are on the Gill Montague COA website:

Our newsletter is published and distributed several months in advance. Some information and schedules may be updated subsequent to publication so check the Montague Reporter, call the Senior Center, or check our website for updates. This is particularly important as we navigate reopening and as we adapt to any changes that that the pandemic may bring us going forward

## The Senior Center is Open

Well, here we are. It's June 2021 and our world is reaching for normal. The Gill Montague Senior Center is open. During the time of the pandemic restrictions, we were still doing our monthly foot clinic, brown bag, and parking lot pantry all with masks, social distancing, and not a small amount of anxiety. Staff was on hand, though often working from home, to answer questions, provide information, and help arrange vaccination appointments. Fuel assistance applications were completed, all of the wood from the Montague wood bank was distributed, food assistance was arranged, and the AARP tax preparation program prepared tax returns for 36 seniors. The COA was able to schedule over 200 vaccination appointments for seniors who did not have access to the on-line registration and the number of people 65 and older in our community who are fully vaccinated is truly impressive. .

The Senior Center opened starting in mid-June for drop in hours from 9:00 AM to 2:00 PM Monday through Friday and our regular programs are starting back up bit by bit. There are two card groups meeting on Thursday afternoon, a knitting circle on Monday afternoons and chair yoga is practicing on the Discovery Center lawn on Thursday mornings. Please check our calendar for exact times. We're delighted that Linda Allis has started up her Monday, Wednesday, and Friday exercise classes, aerobics at 10:15 am and chair exercise at 11:00 am. She's promised to go gently for a few weeks just in case we haven't been keeping up with our fitness routines at home.

We have contracted with *Foot Care By Nurses* in Greenfield to do a monthly foot clinic on the second Wednesday of every month. The client cost is \$10.00 and the Council on Aging pays the balance with funds from the Executive Office of Elder Affairs. Appointments are available on the half hour between 9:00 am and 2:30 pm. Call the Senior Center at 413-863-9357 to book.

Registration for classes or programs is not required and the only Covid related rule that remains is that guests and participants who are not fully vaccinated must wear masks. Over the winter, we had a very fancy whole-building air purification system and we have hand sanitizer everywhere. We are air conditioned and we always have a pot of coffee on. Please call 413-863-9357 if you'd like more information. Please remember that this is still a moving target and if things Covid-wise change, we may have to make sudden changes. Check our website [gillmontaguecouncilonaging.org](http://gillmontaguecouncilonaging.org)

### Monthly Events and Programs

**First Thursday:** Brown Bag 10:30 am to Noon

**Second Wednesday:** Foot Clinic by Appointment

**Third Wednesday:** Parking Lot Pantry 1:30 PM to 2:30 PM

### Weekly Programs

Monday 10:15 AM: Aerobics with Linda Allis

Monday 11:00 AM Chair Exercise with Linda Allis

Monday 1:00 PM: Knitting Circle

Tuesday 3:00 PM Tai Chi with Mari Rovang

Wednesday 10:15 AM: Aerobics with Linda Allis

Wednesday 11:00 AM: Chair Exercise with Linda Allis

Thursday 10:00 AM : Chair Yoga with Andrea Chesnes at the Discovery Center backyard

Thursday 1:00 PM: Five Crowns & Pitch

Friday 10:15 AM: Aerobics with Linda Allis

Friday 11:00 AM: Chair Exercise with Linda Allis

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**Lunches, Bingo, Gentle Yoga, and Regular Pot Lucks are yet to come**

## TRANSPORTATION

**The Med-Ride Program** is a volunteer driver program service provides transportation for individuals needing to travel outside of Franklin County for medical appointments in MA. All drivers for this program are volunteers using their own personal vehicles. The Med-Ride Program is available to residents, 60 years of age or older. There is a small fee to the consumer for this service: at the end of each month the consumer is billed \$0.40 per mile traveled, in addition to any parking fees or highway tolls. Rides can be scheduled up to two months in advance, at least 3 business days in advance. Schedule rides Monday through Friday by calling the FRTA at (413)-774-2262 or 888-301-2262, call center representatives available Monday-Friday 8am 3pm. Up to 2 trips per week.

**FRTA's Demand Response curb to curb small bus service** is also available to seniors for trips to local appointments, shopping, the Senior Center, and other. To access service one needs to complete an application to be approved by the FRTA which can be sent or downloaded from the FRTA website [www.fрта.org](http://www.fрта.org). Once one is approved one can schedule a trip by calling FRTA at least 48 hours in advance (not counting weekends or holidays) Transportation must be scheduled in advance by calling FRTA at 413-774-2262

**The FRTA Access** offers self-scheduling of your transportation up to one week in advance to the General Public! Using our mobile app or our online web portal, you may schedule your own transportation within the following four zones: For example, Zone 1 includes Deerfield, Erving, Gill, Greenfield, Leyden, Montague and Whately. Services are offered from 6:30 a.m. to 7:00 p.m. Monday through Friday and 9:30 a.m. to 5:30 p.m. on Saturdays and Sundays.

All rides are \$3.00 to \$4.00 per one-way trip. (additional riders are \$1.50 to \$2.00). Download the FRTA app today to get started from Apple App Store or Google Play. For Assistance call dispatch at 413.773.8090 ext. 103 for more information on this new program or email us at [FRTAaccess@gmail.com](mailto:FRTAaccess@gmail.com).

**For MassHealth** Standard and CommonHealth members, there is a free non-emergency transportation service available to medical appointments if the appointments themselves will be covered by MassHealth. The first step to receive this free transportation is for your Primary Care Physician to fill out a Prescription for Transportation (PT-1) which they will need to fax to MassHealth for approval. Your best bet is to contact your PCP

**LifePath** also has a volunteer escorted transportation program, Rides for Health, for active Home Care clients only. Call LifePath to see if the Home Care program might be right for you (413) 773-5555

## Movie Time Tuesday

**July 27 at 1:00 PM**



### GRUMPY OLD MEN

John Gustafson (Jack Lemmon) and Max Goldman (Walter Matthau) are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel (Ann-Margret) comes along and provides a love interest for both of them. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend.

### \*\*\*HELP FOR LOW INCOME SENIORS\*\*\*

**BROWN BAG THE FOOD BANK OF WESTERN MASS** provides a free bag of healthy groceries to eligible seniors once a month at local senior centers. Food items are selected to meet seniors' special dietary needs to stay healthy. Distribution is on first Thursday of the month from 10:30 am to noon at the Senior Center. Applications are available at the Senior Center.

**The Gill Montague Council on Aging** has access to grant money to help low to moderate income seniors make home repairs, particularly those related to home safety. Please call 413-863-9357 for eligibility criteria and more information.

**Parking Lot Pantry** is a Western Mass Food Bank program that happens on the third Wednesday of every month in partnership with the Community Meals Program and Northfield Mt Hermon School. The food bank distributes a generous bag or two of food, fresh, frozen, and pantry to anyone regardless of circumstances or age. There's no sign up and no registration. Just come by and bring your own bags.

**Community Legal Aid & Senior Citizen's Legal Advocacy** The mission of Community Legal Aid (CLA) is to improve the lives of low-income and elderly people through legal assistance that protects fundamental rights, secures access to basic needs, and challenges policies and practices that harm our clients. Franklin County residents over the age of 60 may be eligible for free legal services. Call the Greenfield office for additional information at (413) 774-3747. This agency is supported by the Franklin County United Way.

**SNAP Healthy Incentive Program** is an innovative program in the Commonwealth of Massachusetts that rewards SNAP (formerly known as food stamps) recipients with extra benefits when they use SNAP to purchase fruits, vegetables, and food-producing plants at farmers markets, farm stands, CSAs, and mobile markets. Look for the HIP sign for participating vendors. Administered by the Massachusetts Department of Transitional Assistance ([DTA](#)), HIP is the first program of its kind established in the U.S. HIP matches SNAP benefits dollar-for-dollar at participating venues.

### Hip Hop Dance Chair Exercise



**Monday, August 16th at 10:30 AM**

**Please join us at the Senior Center for this one-hour senior exercise class with Professor Rondae Drafts, Ph.D**

Travel through Time and Space on the Soul Train and chair dance to clean hip hop music with Professor Drafts. This class is about an hour long and begins and ends in chairs. Professor Drafts uses drums, maracas, and other creative props to make the music come alive.

There is evidence that physical activity can improve our quality of life. This is just as much about fun and engagement as it is about exercise so come and try out something new.

This program is brought to you by a generous grant from the Gill Cultural Council with support from the Mass Cultural Council, a state agency and no registration is necessary for the chair dance but we will have a potluck lunch after the program so let us know if you'll be here for lunch and what your pot of luck will be.

### POT LUCK AFTER HIP HOP

**August 16th Monday**

**Give us a call and let us know you're coming and what you might bring**

The Gill Montague Senior Center requires all unvaccinated guests and participants to wear a mask. If you've not yet received the Covid-19 vaccine and you need help finding a location or appointment, please call the Senior Center at (413) 863-9357 and we'll help you. There are walk-in clinics at local pharmacies and you no longer need to sign up on line. The vaccine is free and readily available.

**Gill Montague Council on Aging**  
**PO Box 166**  
**Turners Falls, MA 01376**

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### **Important Numbers**

Life Path — 413 773-5555

SHINE — 800 498-4232

Meals On Wheels — 413 773-5555

FRTA—413-774-2262

GM Senior Center 413-863-9357

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### **The Mission of the Gill Montague Council on Aging is to:**

- Provide referral, outreach, nutrition and health services in cooperation with other town departments and area agencies;
- Set policy for the operation of the Senior Center;
- Enhance the quality of life for seniors in the community by providing health, education, and casual and formal programs and activities.

### **Small Services at the Senior Center**

Copy Machine, Document Shredder, Book Swap, Jigsaw Puzzle Exchange, Hot Coffee & Tea, Fax Machine, Battery Recycling, Cell Phone Recycling through Triad, Continuous Jigsaw Puzzle, Big Screen TV, Magazine Exchange, & Physician's Scale, Computer station with Internet Access and Free Wifi.