

Pittsfield Senior Spirit

COUNCIL ON AGING, INC. Pittsfield Senior Center



Dave Saldano
IMAGES
2014

August 2021


330 North St. Pittsfield, M.A 01201 | 413-499-9346 | Fax: 413-442-8531

Elder Services of Berkshire County - Nutrition Program

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

AUGUST 2021

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

2	<p>3</p> <p>Cheese Burger 401 Sliced Red Potatoes 4 Asparagus Cuts 4 Hamburger Bun 190 Applesauce 0</p> <p>Cal 668 Carb 68 Sod 724</p>	<p>4</p> <p>Turkey Tetrazzini 162 Broccoli Florets 22 Peas 66 Oat Nut Bread 150 Sliced Pears 5</p> <p>Cal 860 Carb 126 Sod 530</p>	<p>5</p> <p>Chicken Bruschetta 365 Gold Potatoes 4 Spinach 76 Whole Wheat Bread 120 Mangoes 0</p> <p>Cal 506 Carb 68 Sod 690</p>	<p>6</p> <p>Pot Roast w/Gravy 386 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Sliced Peaches 6</p> <p>Cal 770 Carb 97 Sod 803</p>
9	<p>10</p> <p>Cauliflower Curry 447 Minted Green Beans 6 Carrots 43 Oat Nut Bread 150 Banana 1</p> <p>Cal 868 Carb 118 Sod 772</p>	<p>11</p> <p>Meatballs & Penne w/Marinara sauce 314 Broccoli & Cauliflower 10 Italian Bread 230 Fruit Cocktail 10</p> <p>Cal 642 Carb 93 Sod 689</p>	<p>12</p> <p>Pork Roast w/gravy 119 Mashed Sweet Potatoes 30 Brussel Sprouts w/cheese 74 12 grain bread 200 Applesauce 0</p> <p>Cal 668 Carb 82 Sod 548</p>	<p>13</p> <p>Cold Salmon Filet 67 Pineapple Mango Salsa 2 Coleslaw 169 Chic Pea & Tomatoes 280 Whole Wheat Bread 120 Apricots 5</p> <p>Cal 792 Carb 83 Sod 701</p>
16	<p>17</p> <p>Beef Stroganoff 84 Mashed Potatoes 33 Broccoli Florets 22 12 Grain Bread 200 Diced Pears 10</p> <p>Cal 758 Carb 80 Sod 474</p>	<p>18</p> <p>Chicken Marsala 281 Boiled Red Potatoes 4 Mixed Greens 149 Whole Wheat Bread 120 Pineapple Tidbits 1</p> <p>Cal 549 Carb 77 Sod 680</p>	<p>19 GLOBAL TABLE</p> <p>Southwestern Salad 306 Carrot Raisin Salad 160 Pasta Salad 235 Dinner Roll 210 Applesauce 0</p> <p>Cal 849 Carb 105 1036</p>	<p>20</p> <p>Low Sod Hot Dog * 540 Sauerkraut 136 Vegetarian Baked Beans 140 Hot Dog Bun 180 Fruit Cocktail 5</p> <p>Cal 691 Carb 75 Sod 1126</p>
23	<p>24</p> <p>Turkey & Gravy 468 Mashed Sweet Potatoes 30 California Blend 17 Dinner Roll 210 Blueberry Yogurt **</p> <p>Cal 408 Carb 75 Sod 800</p>	<p>25</p> <p>Beef Stew 72 Boiled Potatoes 4 Steamed Cabbage 13 12 Grain Bread 200 Sliced Pears 5</p> <p>Cal 700 Carb 80 Sod 419</p>	<p>26</p> <p>Veal w/Pepper & Onion 515 Buttered Egg Noodles 11 Peas and Carrots 69 Oat Nut Bread 150 Fresh Orange 0</p> <p>Cal 849 Carb 112 Sod 870</p>	<p>27</p> <p>Meatloaf w/ gravy 253 Mashed Potatoes 33 Capri Blend Vegetables 22 Whole Wheat Bread 120 Diced Mangoes 0</p> <p>Cal 566 Carb 81 Sod 553</p>
30	<p>31</p> <p>Orange Chicken 229 Steamed Rice 6 Spinach 76 12 Grain Bread 200 Honey Dew Melon 15</p> <p>Cal 535 Carb 81 Sod 651</p>	<p>Sponsored in part by:</p> 	<p>HOT LINE</p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at</p> <p>1-800-981-5201</p>	

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available
Nutrition information provided is not exact but will help guide you.



Elder Services
of Berkshire County, Inc.

Quality Care & Service

- Skilled nursing
- Short-term rehab
- Long-term care



A Member of Berkshire Healthcare
Managed by an Affiliate of Berkshire Health Systems

1000 North Street
Pittsfield, MA
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www.mountgreylockextendedcare.org



Berkshire County Arc

Do you care for someone at home? You may be eligible for professional support and a monthly stipend.

For more info, visit bcarc.org or contact AFC Director at 413-464-7262 x15 or email sstewart@bcarc.org

Flynn and Dagnoli Funeral Homes

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521 West Main St. • No. Adams, MA

FULFILL

Join the Quality Time Club, Greylock's club for members age 55 and over, and take advantage of all the benefits and services the Club has to offer.

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ICE CREAM SOCIAL

THURSDAY AUGUST 19TH @ 1:30

BOX OFFICE CAFÉ

GRAB A FRIEND AND COME
HAVE A YUMMY DESSERT

FREE



Something to look forward to.....

TUESDAY, July 6, 2021 (HealthDay News) -- How long can a human live? New research predicts there's a chance that someone in the world will celebrate a 130th birthday in this century.

Owning a smartphone can be expensive, especially once you include texting, data and mobile hotspot connections. However, many communication companies have a variety of options and prices to accommodate different needs, including phone plans designed specifically



Before renting a car, ask about discounted rates for those above a certain age.



<https://www.facebook.com/pittsfieldseniorcenter/>



The top cell phone plans for seniors are:

- T-Mobile Unlimited 55+ Plan.
- Verizon 55+ Unlimited Plan.
- GreatCall Wireless.
- Consumer Cellular.
- AT&T Senior Nation.
- Sprint Unlimited 55+.
- Boost Mobile Unlimited.
- Ting Mobile Flex.
- Mint Mobile 15 GB Prepaid Plan.
- US Mobile Custom Plan.
- Republic Wireless.
- Snapfon.
- Cricket Wireless.

Budget: Up to 30% off at participating locations for AARP Members Sixt: Provides a 5% discount for seniors. Thrifty: Offers 5% off to those age 50 and older. Hertz: Savings of up to 20% for travelers 50 and over.

Avis: AARP Members can save up to 30% off .

Here are some exercise ideas to help you lift your mood:

Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.

Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.

Tai Chi. This "moving meditation" involves shifting the body slowly, gently, and precisely, while breathing deeply.

We will be hosting a weekly discussion Thursdays @ 11, facilitated by Jill Lebar of Elder Services..Join us for a discussion group to share your experiences during the height of the Covid -19 pandemic along with your hopes and fears as we enter the "new normal"

Report Elder Abuse Domestic/Community

1-800-922-2275 (Toll free in Massachusetts - Voice/TTY)

What is elder abuse? Elder abuse is a serious crime defined by Massachusetts Legislature as acts or omissions causing serious physical or emotional injury to elderly persons including but not limited to physical, emotional or sexual abuse, caretaker neglect and financial exploitation.

We lose a few bones along the way.

We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

Seniors hold the most voting power.

When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

Creativity doesn't diminish with age.

Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65. Millard Kaufman didn't publish his first novel until 90!

Age doesn't determine success.

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65! There's less stress after 65.

Despite citing other health and money concerns, those 65 and older experience less stress.

Learning can save your brain.

In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

Sleeping habits alter over time.

Our sleeping patterns change as we age: we get tired earlier and wake up earlier.

Hello Summer

Since our last article, The Ralph J Froio Senior Center has fully reopened. We are so happy to see our Seniors here again, enjoying the classes, the game room, eating in our congregate meal site and enjoying lunch, all while socializing with many of those friends they haven't seen in well over a year. Many are having breakfast in our new "Box Office Café", playing bingo and checking out our new slate of programs.

Some of our new programming that we have started this year is in the area of Health & Wellness. New programming includes: Chair Yoga, Meditation, Golden Walkers Club, and Therapeutic Touch sessions. In the information and education arena, we have started our Afternoon Tea event, where we present a different guest speaker each month in our newly re-imaged Box Office Café. Topics of discussions range from the benefits of CBD oil/creams, learning the techniques of therapeutic touch, preplanning of final arrangements, and coping with grief.

We will be bringing back our 'Froio After Hours' sessions in the upcoming months. These evening programs are designed to allow Seniors, who may otherwise not be able to attend sessions during the day, to partake in informational and educational events here at the center.

We are currently working with the travel agencies to resume our Travelling Seniors trips. Unfortunately, like in most areas of the country, destinations for our most popular trips are having difficulty obtaining staffing for their venues or attractions. Please call the center to find out more information about the trips as they become available.

Farmers Market coupons are here once again, and our distribution time is Monday - Friday from Noon to 3 PM. The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at our local farmers' markets through the month of October.

The interest for volunteering has been overwhelming, we are so happy to see so many of our community members wanting to get involved and lend a helping hand, as we all traverse this "new normal" together. Opportunities for volunteering are always available. We are always looking for new programs and ideas, please let us know what you would like to see here at your Senior Center.

Our Supportive Day Program, "The Happy Club", received a generous donation from The Crane Fund for Widows and Children through The Crane Corporation. This donation will be used to help provide scholarships to those clients who may otherwise not be able to attend this very important program as often as their caregivers would like. Many Thanks to Crane and Company.

Our monthly Brown Bag program has collaborated with Door Dash, an online food ordering and food delivery service, that assists us with the delivery of our food pantry items. We are happy to be able to partner with them. This partnership allows us to continue to offer this important program, while minimizing the disruption of transporting our seniors on those days.

Thank You to all for making our reopening a great success. Your understanding and compliance with the mandates and local requirements has been remarkable. We appreciate your willingness to return to the center and socialize with your friends and fellow seniors. For those who have yet to return and those who have never been, we are here to welcome you to, one of the hidden Gems of Pittsfield, The Ralph J Froio Senior Center.

Did You Hear?



WEEKS ARE
REPEATED

**Hearing & Balance Center at
Berkshire Medical Center**
invites you to a **FREE**
hearing screening evaluation &
hearing aid cleaning:

Tuesday, August 17th
1:30PM-3:45PM
at

Ralph J. Froio Senior Center

Hearing loss is one of the most common
chronic conditions affecting quality of life.

BMC Hearing & Balance Center has provided services to the
community for over 35 years. Meet with an experienced,
licensed audiologist to learn more.

Call **Ralph J. Froio (413) 499-9346** to
schedule an appointment.



Hearing & Balance Center
Berkshire Medical Center
BERKSHIRE HEALTH SYSTEMS, INC.

510 North Street, Suite 6, Room 202, Pittsfield, MA 01201

We are sincerely grateful for the donations made to the Pittsfield COA in support of many activities ,programs and services we provide.



Joel Whitcomb

- | | | | |
|-----------------------------------|---------------------------|----------------------------------|----------------|
| Turner Auto Repair | Kathleen & Shaun Kerwood | Elaine & Peter Merchand | |
| Ronnie's Cycle Sales & Service | Marjorie & Stanley Caesar | CM & MJ Cariety | |
| Philip & Suzanne Alderman | Jean Haywood | Lauren Gaherty | Rozine Cariety |
| Thomas & Linda Weigand | Lauren Gaherty | Anita & Gary Virgilio | |
| Kathleen Casella & Michelle Costa | | Barbara Goldstein & Judith Disco | |

BRAIN TEASERS

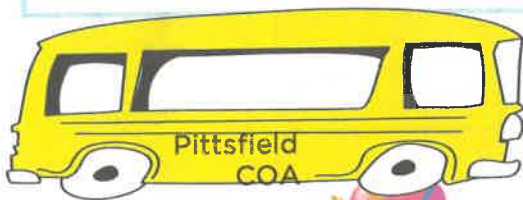
BLOOD WATER	m ce m ce m ce	MILONELION
PUMKIN PIE	GENNIES	TESSMALLTINE
BEEEEEE	Funny Funny Word Word Word Wor	b bird b bird b bird b b b

ANYONE FOR LEFT-OVERS?

FIGURE OUT THE WORDS WE ARE LOOKING FOR FROM THE DEFINITIONS ON BOTH SIDES OF THE MAGIC BOXES.
THE WORDS ON EACH SIDE WILL BE SIMILAR — THE ONLY DIFFERENCE BEING ONE LETTER.
PUT THAT ONE LEFT-OVER LETTER IN THE BOX (BETWEEN THE DEFINITIONS) AND SEE WHAT FAMOUS MARVEL GROUP YOU COME UP WITH!

1. TO RECOVER SOMETHING THAT WAS LOST		SLANG FOR A "FIVE DOLLAR BILL"
2. SOMETHING YOU DO WITH A MARVEL COMIC BOOK		A CAR HAS ONE TO HELP COOL THE ENGINE (ABBREV.)
3. POSSESSIVE FORM OF "WE"		COMES AFTER NUMBER THREE
4. TO BE AFRAID OF, DREAD		A LONG DISTANCE IN TIME OR SPACE
5. SLANG FOR A DIAMOND		KIND, THOUGHTFUL, CONSIDERATE
6. COMPLETED, ENDED		A SINGLE UNIT OR THING
7. CLOSE ATTENTION; TO LIKE		AUTOMOTIVE TRANSPORTATION
8. THE COMPLETION OF A STORY		TO TEAR, PULL APART, RIP UP
9. TO TRAVEL BY WATER		TO BE FEELING PAIN' BE ILL

Need a ride to a Medical appointment ,Groceries, The Senior Center ,Library? Transportation available M-F 9:15-2:30 Call 499-9346 X 210 for details.



July Birthday Club Winner
Anne Menard



"Age has taught me that what other people think of me is none of my business" -Jane Tara

Are you signed up for our BROWN BAG??? Its available to seniors over 55 who meet income guidelines or those under 55 who have documented disability and currently receiving SSDI .The BROWN BAG program is fully funded by The Food Bank Of Western Mass and provides a FREE bag of healthy groceries once a month. Call Danielle @ 499-9346 X 211 to find out more.
NEXT BROWN BAG August 27

We are currently taking applications for our Supportive Day Program, better known as "The Happy Club", a respite care for individuals 55 years and older who are facing various challenges to socialize maintain Independence, stay active both cognitively and physically. Call for more information 499-9346 Janie X 212.