

Jan. Senior 2012 Grapevine

Claire Teague Senior Center
917 Main Street
Great Barrington, MA 01230
413 528 1881
Rebecca Tillinghast, Director
rtillinghast@townofgb.org
Open from 8:00 - 3:30 M - F

We are starting off the New Year with our brand new touch screen sign in system called MY SENIOR CENTER. It's easy and it's fun. Seniors around the country are loving it! Look for it in the lobby.

CLOSED
January
2nd & 16th

Movies on Mondays
*Join us at noon
in the library.*

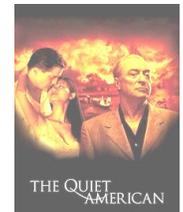


JANUARY'S MOVIE THEME:
Travelers And Their Adventures.

Notice: No movies shown on Jan 2 or Jan 16.
Closed for holidays.

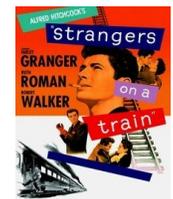
Mon, Jan 9 THE QUIET AMERICAN

A British reporter falls in love with a young Vietnamese woman and is dismayed when an American also begins vying for her attention in this drama set against the French Indochina War in 1952 Vietnam. This remake of the original movie stars Michael Caine.



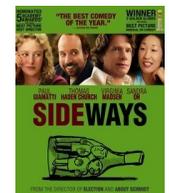
Mon, Jan 23 STRANGERS ON A TRAIN

When Bruno meets tennis star Guy aboard a train, he confesses he wants his rich father dead, prompting Guy to reveal that he wants to divorce his shrewish wife. So Bruno suggests that they "trade" murders. Guy laughs off the suggestion at first ... until he realizes Bruno is serious. This is an Oscar-nominated noir film from director Alfred Hitchcock .



Mon, Jan 30 SIDEWAYS

Two men go on an excursion to California wine country and end up inducing joint midlife crises in this critically acclaimed comedy-drama that won six Independent Spirit Awards, including Best Feature and Best Director.



We apologize for the movie "glitches" that happened in December. We believe we have the problem resolved. We appreciate your patience and hope you really enjoy the January movies.

CONTACT INFORMATION

Rebecca Tillinghast, Director Email: rtillinghast@townofgb.org
Sally Sanford, Assistant to Rebecca Email: ssanford@townofgb.org

SENIOR CENTER: 413-528-1881 **HOURS:** Monday - Friday 8:00 AM - 3:30 PM
DINING ROOM / RESERVATIONS OR CANCELLATIONS: 413-528-4118
SOUTHERN BERKSHIRE ELDERLY TRANSPORTATION CORPORATION: 413-528-4773
ON THE WEB AT www.townofgb.org/Pages/GBarringtonMA_COA/index

Marie Kirchner

as told to Sally Sanford



Marie and "Ferbie", a Senior Center friend, exchange smiles!

Marie was born in New York City, on Aug 31, 1934, and was later adopted by a wonderful family who affectionately named her after one of their children who had died from rheumatic fever at age 12. This family already had three sons and a daughter and they adored their new baby sister.

Marie grew up on Long Island where she attended St. Pascal's Elementary School. She loved to play stick ball in the street. There were hardly any girls in her neighborhood, so she mainly played with her brothers and other boys in the area and soon began to think of herself as a "tomboy."

Marie could hold her own and would often beat her brothers at stick ball. But a move "to the country" planted this street smart city girl and her family in the southern Berkshires.

Each year Marie and her family would return to their home on Long Island for the summer.

Marie remembers what it was like to be raised during World War II. There were lots shortages and very little was imported at that time. Things like gasoline, sugar, butter, meats and fresh produce were rationed. Families were encouraged to plant "Victory Gardens." Marie's mother did plant such a large garden and canned many vegetables to get the family through those tough times. Although Marie preferred to be outdoors rather than in the kitchen canning, she did learn many valuable life lessons from her mom during those times.

Marie attended the old Sheffield High School where she met David Kirchner, her future husband! Marie says that she was David's first (and last) girlfriend and that he was her only boyfriend. The young couple graduated in 1952 and both went right to work for the New England Telephone Company. They were married in 1954 and had a long and happy marriage.

By 1960 David and Marie already had two children and so they decided to move to Lenox where they built a home and continued to grow their family. In the 60's, the new trend was for women to either go back to school or join the work force. Marie was one of only a handful of women at that time in Lenox who decided to be stay-at-home moms. Her new title was "home maker." This choice brought many advantages and opportunities for Marie.

Having five children in less than seven years, Marie became *the* chaperone for all school field trips, a den mother for the Boy Scouts and later, a Girl Scout Leader for over 40 years. She would teach the other mothers how to become leaders, show them how to build camp fires and survive in the woods, and of course, how to build floats for the parades! If there was a job to be done in the community, Marie could do it. She learned about the paper mills, the sewage treatment plants, and even gave guided tours of the area in her old VW van for visiting out-of-town parents during band exchanges. Marie recalled one rare occasion when she was fortunately unable to attend a band exchange at Three Mile Island. The next day, the

meltdown at the nuclear plant occurred!

Never losing her love for the outdoors, Marie served with her husband David for 25 years as site managers for Camp Marion White, in Richmond, MA. During the early 1980's, she also served on the Board of Directors for the Western Massachusetts Girl Scouts.

While working as the Activities Director of the Edgecombe Nursing Home in Lenox, Marie became ill and had to be hospitalized. During her stay in the hospital, she saw an ad in the newspaper stating that Berkshire Community College in Pittsfield was offering a new class to become an LPN (Licensed Practical Nurse).

So at age 49, Marie took her turn at going back to school. Upon graduating from nursing school, she returned to the Edgecombe Nursing Home and worked 17 years as an LPN. She was the only LPN allowed to make in-home nursing visits with the VNA.

Long before she retired from nursing, Marie took on yet another big challenge with her husband, David. They decided to build a log home in Alford, while they were both still working full time jobs! David was so good at building and selling the log homes that the company made him a sales rep. It was at this time that David became ill and eventually succumbed to cancer. And Marie's life took yet another a big turn.

In 1990, Marie joined The Irish Wolfhound Association of New England and became involved in her real passion, rescuing Irish Wolfhounds. Over the last 20 years she has cared for 10 of them. Irish Wolfhounds are a gentle but giant breed of dogs, often weighing as much as 170 pounds. "Justice", the first dog she rescued, was seven years old and died from cancer shortly after Marie got him. She also took care of his sister, Lady Caroline, who lived till age 10. She kept another beautiful gentle giant named Ashaman for five years. The last dog she rescued was name Brian, who died three years ago. She still misses him terribly.



CELT "The Gentle Giant" with one of Marie's grandchildren

Marie has also been a volunteer at the Eleanor Sonsini Animal Shelter in Pittsfield for several years and has rescued several pups from there as well. Gidget and Kisha were two of them. Currently Marie has two dogs and a cat: Kelli, a Siberian Elkhound she found wandering in the woods near Otis; Biskit, a cross between a poodle and a miniature schnauzer; and Miss Kitty.

Marie has lived her life serving others and loving animals, both her true passions. For the last three years she has shared the position of Dining Room Site Supervisor at the Claire Teague Senior Center with her sister-in-law Marge Kirchner. When asked to describe her life, Marie answered, "I let my daily tasks educate me."

January's Birthday Honorees

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Marion Smith	4	5	6 Joan of Arc	7
8 Marilyn Sauer	9 Milton Arnold	10	11	12	13	14 Andy Rooney
15 Martin Luther King	16	17 Benjamin Franklin	18	19	20 George Burns	21
22	23	24	25 	26 Paul Newman	27 Jim Soules	28
29 Martha Wool	30	31 Gloria Prelli			Birthstone Garnet	Flower Carnation

BIRTHDAY BEAT

People born in January are invited to celebrate their birthday on Wednesday, January 25th at a birthday luncheon. Join us for cake and birthday wishes.



Please remember to make your lunch reservation in advance in the Dining Room.

BOOK CLUB

The Claire Teague Book Group

In November The Claire Teague Book Group read *On Chesil Beach* by Ian McEwan and liked his writing so much that the group decided to read another book by him, **Atonement**.



On Thursday, January 12th at 1 pm in computer room we will discuss **Atonement**, the story of a young girl who makes an unjust accusation that sends a man to prison. She must live with the consequences of her action, and atone for it.



DIGGIN' FOR ANCESTORS

Genealogy Class with Steve Strommer

Steve is now offering one-on-one half hour sessions from 10:00 to 11:00am on Tuesdays in computer room. This has become one of our most popular classes! Please call 528-1881 to signup with Steve.

IMPROMPTU II WRITING CLASS

Please join us from 10:30 - 11:30 Thursdays - in computer room. Belle Fox-Martin leads the group. Anyone can drop in any time even if it's just to listen in. ***"It's the most stimulating experience I've had in a class!"*** - Roger Gutwillig



DECORATIVE PAINTING CLASS

Class resumes on January 11th. (in Bingo Room)
We meet on Wednesdays 4:30 - 6:30 pm (\$5 fee for supplies)

WATCH FOR OUR EXHIBIT IN THE LOBBY DURING FEBRUARY!

Feldenkrais Method: Awareness Through Movement

A personal story: from Misha Forrester, instructor of *Awareness Through Movement* Class

“Several years ago I broke my arm near my wrist getting out of a kayak on a rocky shore. Immediately, without hesitation I started doing Feldenkrais moves. When I got to the emergency room I was told that I had to wait (it was Friday evening) until Monday to have an orthopedist put a hard cast on it, which was done. Three weeks (not three months) later, the cast was taken off as the bone had healed correctly. I attribute this completely to the Feldenkrais Method.”

In these *Awareness Through Movement* classes, you will be guided through a series of movements designed to allow your body to remember how to move more easily through your day. You will regain your flexibility and improve your balance as you slowly and gently complete each movement, generally lying on a mat, or sometimes sitting. These movements are done in such a way to improve the neural linkage between the brain, bone, and muscle.

“Misha’s Awareness Through Movement class is absolutely spectacular! If you have an ache or pain, Misha can show you how to move to get rid of it. I have no more stiffness or pain, and I had back pain for years. Even if you’re not hurting, you should still take this class for flexibility. I wouldn’t miss this class for all the tea in China!” - Lester Ettlinger

One of the wonderful aspects of this process is that you don’t have to memorize anything or any sequence. Each class contains a new routine so the brain remains alert to new possibilities and opportunities for movement. Please call 528-1881 to join this class. We meet on Mondays at 10am in the Library.

AARP CHAPTER #89

Monday January 9th 2:00 pm (in Dining Room)

You are invited by the AARP to join their meeting and with guest speaker Roger Suters from ELDERS SERVICES in Pittsfield. Mr. Suters will give you information on home services being offered to seniors in Berkshire County.

Please come to educate yourself on what is available to help people remain in their homes.

Advanced Notice: Services Beginning in February

Help with Tax Preparation
on WEDNESDAYS Feb 1st – April 11th.
(9—12 in Computer Lab—please sign up)

Fall Prevention Classes
SIX TUESDAYS Feb 7th - Mar 13th
(10—11am Bingo Room - please sign up)

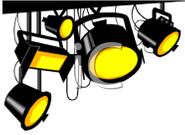
Connecting People with People

Tuesday January 24th 10 - 11:30 am (in Library)

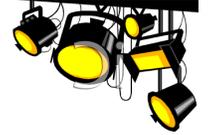
Have you ever felt alone in the midst of a crowd? Or missed the punch line of a joke? Put the television volume up quite loudly and still struggled to follow the broadcast? Have you ever bluffed during a conversation or misunderstood a telephone call? Have you ever made excuses to avoid social gatherings? Were you unaware of someone knocking at your door?

How can you tell if a loved one or friend cannot hear well? Are there communication strategies to reduce the stress and frustration for both parties of a conversation? Will hearing amplification help at all? What are assistive listening devices and how might one benefit from using them? Where does one start this journey and what resources are out there?

Please join us for Connecting People with People, a conversation with seniors and baby boomers about living with hearing loss in their family. **Carole Rossick, a trainer from the MA Commission for the Deaf and Hard of Hearing**, will lead this discussion and share some personal experiences.



MONTHLY HIGHLIGHTS



- ◆ **Photographs by Ray Kwiatkoski will remain on exhibit through January.**
- ◆ **The Decorative Painting Class will have their work on display in February.**
- ◆ **Tuesday, Jan 3rd. AVADA Hearing Aid Service with Herman.**
- ◆ **Monday, Jan 9th. Roger Suters from ELDER SERVICES speaks at AARP meeting about home services offered to Berkshire County seniors.**
- ◆ **Wednesday, Jan 11th. BROWN BAG Distribution**
- ◆ **Thursdays Jan 12th and 26th VETERANS luncheons.**
- ◆ **Thursday, Jan 12th. Top 3 winners in the GUESS WHO CONTEST will be announced and awarded prizes! Entry forms in lobby.**
- ◆ **Friday, Jan 13th 9 - Noon. FUEL ASSISTANCE . Please sign up for help!**
- ◆ **Friday, Jan 13th 9 - 1:30 FOOT NURSE**
- ◆ **Tuesday, Jan 17th 10 - 11:30 Share your WAR TIME STORIES.**
- ◆ **Tuesday, Jan 17th 11 - 11:45 Jan & Willie Nininger music.**
- ◆ **Tuesday, Jan 24th 10 - 11:30 Carol Rossick - HEARING LOSS presentation.**
- ◆ **Tuesday, Jan 24th 10 - 11:30 Field Trip to Sheffield Senior Center to learn about the stars and the universe from Sam Cabot, a high school student.**
- ◆ **Wednesday, Jan 25th BIRTHDAY LUNCH**
- ◆ **Thursday, Jan 26th 11 - 11:45 Dave Mindell “Rockin’ Robin” SOCK HOP**
- ◆ **Thursday, Jan 26th 9 - 11 BLOOD PRESSURE CLINIC with VNA**
- ◆ **Tuesday, Jan 31st 10 - 11:00 “Take Care of The Skin You’re In” presentation by Tammy Flynn from the WOUND CLINIC**

Bulletin Board

Be on the lookout!

One day in January, Nora from "Hayes Happy Dogs" will bring in her 4 week old Golden Retriever Puppies for a visit!

Watch for the notice in the lobby.

Reminder!

Jan & Willie
Nininger

Performing on
Tuesday Jan 17th
11—11:45am

FIELD TRIP TO SHEFFIELD SENIOR CENTER TUESDAY JAN 24th 10 to 11:30 am Expand Your Universe



Mark your calendar and plan to learn *What's Over Sheffield and Great Barrington* during a fun non-technical interactive presentation by Sam Cabot on topics like the Sun, other stars, nebulas, black holes, galaxies and dark matter.

Sam is a junior at the Berkshire School in Sheffield, Massachusetts. He has a strong interest in astronomy and is currently involved in restoring the *Berkshire School's* Dixon Observatory for use both in observing the Universe as well as capturing pictures of deep space objects.

Sam will give his "stellar" presentation about the UNIVERSE on a huge screen at 10:15 AM on Tuesday, January 24, 2012 in the Library at the Sheffield Senior Center. You'll receive handouts to pass along to family and friends. We'll be back in time for lunch.

Please call Sally or Rebecca at 528-1881 if you need a ride.

SCHEDULE CHANGES FOR JANUARY

- * No Transportation to Berkshire South Meal until Daylight Savings Time resumes in the spring.
- * No Monthly Breakfast Till March, 2012
- * No Diabetes Support Group in January.
- * AVADA Hearing Aid Service now meets on the 1st Tuesday of each month.
- * CLOSED 2 Mondays: JAN 2ND and JAN 16TH

DAVE MINDELL "The Rockin' Robin"



WINTER SOCK HOP

THURSDAY JANUARY 26th
11 TO 11:45am

Dress up like the 50's and dance!

Japan Attacks Pearl Harbor- Why?

Exactly 70 years ago last month, the imperial Japanese navy launched a surprise and unexpected attack against the American Pacific fleet at Pearl Harbor. In asking Congress to declare war on Japan the following day, President Franklin Roosevelt called December 7, 1941 “a date which will live in infamy.”



We all know what happened on that date, but why? Why did the empire of Japan find it necessary to go to war with the United States of America? The primary reason Japan attacked the United States was because of oil. That's right, OIL!

Japan is devoid of natural resources, especially of the energy kind. During the 1930's and early 1940's, Japan was at war with China and occupied parts of this nation. After the fall of the Netherlands and France to Nazi Germany in 1941 and with England fighting for its existence, the colonies of these nations in the Far East were ripe for picking. These included the two oil rich colonies of British Malaya and the Dutch East Indies. Without oil, Japan's war machine would come to a halt.

Of great importance is that about half of Japan's oil was imported from the United States. If Japan's oil supply was threatened, there would be serious consequences. And that's what happened. The Roosevelt administration began to take measures that were aimed at bringing to a halt Japan's aggression, if possible.

During the months of 1940 and 1941, before the Pearl Harbor attack, the U.S placed an embargo on raw materials and resources that Japan could use in waging war such as oil, scrap iron, steel and more. Furthermore, the U.S. froze all of Japan's financial assets in the country.

Then, a few months before the attack, President Roosevelt warned Japan that an attack on British and Dutch possessions in the Far East (that is oil rich Malaya and the Dutch East Indies) would not be in Japan's best interest. Without American oil there would be a crisis since Japan only had oil reserves of about a six months duration to fuel its war effort.

Since an attack on Malaya and the Dutch East Indies would mean war with America anyway, Japan opted to strike first at Pearl Harbor to eliminate the Pacific fleet. This would give Japan a free hand without naval repercussions from the American Navy stationed at Pearl Harbor. American sea power in the Pacific would be neutralized with Japan in control of the Pacific Ocean (as a footnote, all three American aircraft carriers of the Pacific fleet were not at Pearl Harbor and would be used to stifle Japanese aggression later).

By the way, Japan never expected to defeat the United States in a war. Many Japanese leaders were realistic in believing that this could never be done. But with American strength crippled in the Pacific it was hoped that an accommodation or a least a settlement could be reached with a Japanese sphere of influence and occupation established over much of the Far East and the eastern Pacific area.

Of course this was a serious miscalculation on their part since this would never happen. With Japanese defeats in 1942 at the Coral Sea, Midway Island, and at Guadalcanal, the war's initiative passed to America and with the dropping of two atom bombs in 1945, the empire of Japan ceased to exist and World War II was over.

War Memories Of Our Times: Our Personal Experiences

Discussion will be led by David Rutstein - Tuesday Jan17th 10:00 - 11:30am (in library)

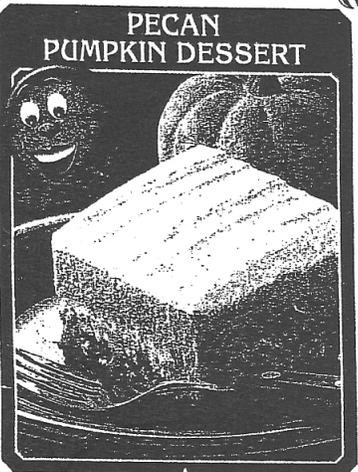
Our generation of seniors has experienced, during the last forty years of the twentieth century, the Second World War, the Korean and Vietnam conflicts, and also the Cold War here and abroad as civilians or members of the armed forces, both men and women. We'll be getting together just to talk about memories of living during these times that have affected our lives and those of our families.

Please join us whether you were a homemaker, working in the war plants, in combat, an air raid warden, a plane spotter or serving in a branch of our armed forces here or overseas. Moreover, maybe we can convince Rebecca to serve K- or C- rations and maybe a can of spam for lunch. That by itself should bring back fond (or not so fond) memories. I wonder if the kitchen has that special key to open up a can of C-rations or spam? Let's find out. Please join us.



Speaking of food....here are a couple of popular recipes!

PECAN PUMPKIN DESSERT



2 cans (15 ounces *each*) solid-pack pumpkin
1 can (12 ounces) evaporated milk
1 cup sugar
3 eggs
1 teaspoon vanilla extract
1 package (18-1/4 ounces) yellow cake mix
1 cup butter *or* margarine, melted
1-1/2 cups chopped pecans

FROSTING:
1 package (8 ounces) cream cheese, softened
1-1/2 cups confectioners' sugar
1 teaspoon vanilla extract
1 carton (12 ounces) frozen whipped topping, thawed

Line a 13-in. x 9-in. x 2-in. baking pan with waxed paper and coat the paper with nonstick cooking spray; set aside. In a mixing bowl, combine pumpkin, milk and sugar. Beat in eggs and vanilla. Pour into prepared pan. Sprinkle with dry cake mix and drizzle with butter. Sprinkle with pecans. Bake at 350° for 1 hour or until golden brown. Cool completely in pan on a wire rack. Invert onto a large serving platter; carefully remove waxed paper. In a mixing bowl, beat cream cheese, confectioners' sugar and vanilla until smooth. Fold in whipped topping. Frost dessert. Store in the refrigerator. Yield: 16 servings.

Meet the Cook
◆◆◆
Sue Williams, Mt. Holly, North Carolina
PECAN PUMPKIN DESSERT

I always fix this recipe for Thanksgiving. It was given to me by a friend and I've shared it with many others.



The recipe to the left is offered by Dorothy Capasse who brought this delicious dessert to our December Potluck. Everyone was asking for the recipe, so here it is!

Recipe: Super Easy Supper

Baked Potatoes - Oven or Microwave
Hormel Canned Chili - (with or without
Shredded Cheddar Cheese beans)
Split the baked potatoes - top
with Chili and Cheese.

From the kitchen of: Ruth Phillips



The recipe above is taken right out of Ruth Phillips recipe box! Enjoy.



COMMUNITY RESOURCES

2012 RSVP SENIOR RESOURCE CALENDARS ARE HERE!

They contain Telephone Listing of all the Senior Services for Berkshire County . Easy to read. And very helpful. You can pick up your FREE copy at the Claire Teague Senior Center. RSVP is celebrating their 40th Anniversary! Congratulations RSVP! Get your copy while supplies last.

THE CENTER FOR WOUND CARE AND HYPERBARIC MEDICINE

is opening a new center at 10 Maple Avenue in Great Barrington in January, 2012. The Center will treat wounds associated with Diabetes, Circulatory Problems, Traumatic Injuries, Surgical Wounds, Effects of Radiation and Chronic Wounds that are not responding to normal medical care within 30 days.

New Patient Referral Scheduling in Great Barrington: (413) 854-9616 Appointments are made by Physician Referral and must include the following: Physician Prescription/note; Insurance Referral from PCP; Pertinent Clinical Data (Labs, Progress Notes, Patient History)

Tammy Flynn will be giving a presentation “**Taking Care of The Skin You’re In!**” at the Claire Teague Senior Center on January 31st at 10 am. Mark your calendar!

Rx 24/7 DROPBOX

NOW AVAILABLE

**Prescription Drug
Disposal Lock Box
Great Barrington
Police Station
465 Main Street**



The CHP-South Berkshire Community Coalition’s mission is to prevent and/or delay the onset of alcohol and other drug use among youth in South County in a long term and sustainable manner and to empower the community by advancing community generated ideas.

www.southberkshirecommunitycoalition.org

**No need to talk with anybody.
Remain completely anonymous.**

**No questions. No hassles.
Just walk in, open up the box and
drop in pills and/or sharps.**

HOME SERVICES OFFERED TO SENIORS IN BERKSHIRE COUNTY

January 9th at 2:00pm

AARP CHAPTER #89 invites you to their meeting on January 9th at 2:00pm at The Claire Teague Senior Center to hear Roger Suters from ELDER SERVICES in Pittsfield give you information on Home services available in Berkshire County.

Please come and educate yourself on exactly what is available to help people remain in their homes.

50/50 raffle. Refreshments will be served.

AVADA HEARING AID SERVICE— FIRST TUESDAY EVERY MONTH

Herman Ogulnick from AVADA Hearing Aid Service comes to the Senior Center on the first Tuesday every month to help folks with their hearing aids. This is a free service. Herman has offered to see folks on a 2nd day if all the Tuesday appointments are filled. Please **call Herman directly at 413 - 442 - 0184** to schedule an appointment.



Introducing..... "My Senior Center"

With the unanimous support of the Council on Aging Advisory Board, as well as the newly formed non-profit organization, "Friends of the Claire Teague Senior Center", and the Town of Great Barrington, the Claire Teague Senior Center has been given the opportunity to install a new, state-of-the-art, card swipe station and touch screen monitor check-in system. It's called "My Senior Center".

This new resource will help us to accurately keep track of information, such as inquiries, requests, sign-ups, activities, room usage, cancellations, messages, contact information, and even weekly movies and their whereabouts! In addition to facilitating smooth and efficient day to day operations, this system will be a huge help in generating annual funding reports and applications for grant money. Our goal is to continue to offer a range of services and programs as well as to improve the quality of your experience here at the Center.

Each time a participant "signs in" by swiping a small card, (like you would at the grocery or at Berkshire South), he or she can instantly see what activities are going on in which room, sign up for lunch or special events, and even log in work or volunteer hours just by touching the screen. With your cooperation this easy-to-use system, will help to lower costs, increase funding, and attract and serve a growing number of new participants.

As we prepare to launch this new way of signing in, we will show each of you how easy it is to swipe your new card. We're looking forward to bringing in the New Year with innovation and improvement!

Falls Prevention Program

A Free Educational Series of Six Classes

- Offered by Berkshire Visiting Nurse Association
- Classes are meant to be taken as a sequence.
- Starting Tuesday Feb. 7th and running for 6 consecutive Tuesdays.

Unintentional falls are a great threat to the independence and health of adults ages 65 and older. Falls are often preventable through strength and balance training, education and improving home safety. The Berkshire VNA will be presenting a fall prevention program in collaboration with "Strength In Numbers," a fall prevention program from the VNA and Hospice of Cooley Dickinson.

Berkshire VNA physical and occupational therapists will lead sessions once a week for 6 weeks on determining your own risk of falling, strengthening exercises, balance activities, managing your own medications, visual concerns and home safety recommendations. Practical items such as strengthening devices, medication organizers and visual aids will be distributed to participants of the series of classes.

Please contact Rebecca Tillinghast or Sally Sanford at the Claire Teague Senior Center in Great Barrington (528-1881) if you want to participate in the fall prevention class. **There is a limit of 20 participants.**

Fuel Assistance

Need help with fuel?

These people want to help YOU.

- 1) Janie McCormick from BCAC (Berkshire Community Action Council) will be at the Claire Teague Senior Center on Friday January 13th. 9am—noon.

Please call **528-1881** to set an appointment with her and to learn what papers you will need to bring with you to apply for fuel assistance.

- 2) Call Joe Kennedy **1-(877) JOE 4 OIL**
that's..... **1-(877) 563 - 4645**