

GRAPEVINE APRIL 2021

Claire W. Teague Senior Center * 917 Main Street * Great Barrington * MA 01230

*Polly Mann Salenovich, Director *** Joan Peters, Administrative Assistant*

www.greatbarringtonseniors.org

Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM

Center: 413-528-1881 **Dining Room:** 413-528-4118 **Transportation** (413) 528-1881

Massachusetts Homebound Vaccination Program Resource Guide and Information ~ 23 March 2021



Massachusetts Homebound Vaccination Program

The Commonwealth is working with local Boards of Health and developed a statewide program to offer in-home vaccinations for homebound individuals who cannot leave their home to get to a vaccination site.

Eligibility for Massachusetts Homebound Vaccination Program

In-home vaccinations are for homebound individuals who are not able to leave their home to get to a vaccination site, even with assistance. These individuals require either:

1. Ambulance or two-person assistance to leave the home, or
2. Are not able to leave the home for medical appointments under normal circumstances, or
3. Have considerable difficulty and/or require significant support to leave the home for medical appointments.

How to Connect with the Massachusetts Homebound Vaccination Program

Organizations who support individuals who are homebound and may require an in-home vaccination may be referred to the State Homebound Vaccination Central Intake Line, operated by MassOptions, to be screened for appropriateness for an in-home vaccine and connected to resources to schedule a vaccination.

Homebound Vaccination Program Central Intake Line:

1-833-983-0485

Monday through Friday

9:00 AM to 5:00 PM

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**Senior Center will be closed on
April 19th in observance of
Patriot's Day!**

**Foot Nurse by
appointment only
On Monday, April 12th**

- Be assured that steps have been taken to comply with state mandatory safety standards.

BROWN BAG
will be
April 14th at the
Claire Teague
Senior Center



**If you see these folks out in the
community, wish them a....
Happy Birthday!**

**Charles VanAusdall
Judy Hearn
Gail Heath
Ann Waldman
Pat Kinne
Harvey Kaminoff
Karen Smith
Linda McMeekin
David Rutstein
Pete Hirbour
Louise Briggs
Jane Green
Theresa Matava
Josephine Elling
Margaret Blackwell**

**Carol Piontek
Jeanne Holocomb
Amy Rutstein
Michele Gilligan
Lee Miller
Linda Tornicelli
Martha Shaw
Kathy La Rose
Joe Lockwood
Margery Kirchner
James Harris
Marlene Soudant
Mark Errichetto
Carolyn Jones
Michael Houghlihan**

The RMV is extending Senior Hours at RMV Service Centers through APRIL for customers age 75 and older. RMV Senior hours are offered on Wednesdays at our Pittsfield RMV. The RMV will expand available senior appointments to include registration and title services and transactions in addition to in-person license renewals.

You can visit [mass.gov/rmv](https://www.mass.gov/rmv) to make a reservation to visit an RMV Service Center. Select the "Senior Transaction" option on the "Make/Cancel a Reservation" transaction.

If you are a AAA member, you may make a reservation now to renew your driver's license/ID or registration at a AAA location. Visit www.aaa.com/appointments to schedule your visit.

Email the RMV for assistance at MassDOTRMVSeniors@dot.state.ma
Or Call the RMV at **857-368-8005**.




Elder Services of Berkshire County - Nutrition Program

APRIL 2021

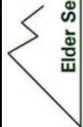
SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		Sponsored in part by: 	1 SPRING DINNER LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Peas and Onions 43 Snowflake Roll 180 Key Lime Bavarian ** 60 Cal 563 Carb 86 Sod 850	2 Baked Breaded Pollock 220 O'Brien Potatoes 7 Broccoli Florets 22 Oat Nut Bread 150 Sliced Peaches 6 Cal 677 Carb 92 Sod 530
5 Pork Chili* 518 Steamed White Rice w/leontils 7 Asparagus Cuts and Tips 4 Corn Bread 210 Diced Pears 5 Cal 704 Carb 95 Sod 869	6 Sliced Turkey & Gravy 450 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11 Cal 604 Carb 84 Sod 876	7 Beef Cabbage Casserole 87 Green Beans 2 Cauliflower w/Pimento 17 Oat Nut Bread 150 Mixed Fruit 10 Cal 580 Carb 72 Sod 391	8 Stuffed Shells 390 Spinach 76 3 bean salad 118 Italian Bread 230 Peach Crisp 6 Cal 599 Carb 99 Sod 945	9 Curry Chicken 77 Parmesan Risotto 79 Brussel Sprouts 14 12 Grain Bread 200 Strawberry cup 0 Cal 711 Carb 90 Sod 495
12 Beef Stroganoff 84 Buttered Noodles 8 Winter Blend Vegetables 10 Dinner Roll 210 Fruit Cocktail 5 Cal 719 Carb 80 Sod 442	13 Chicken Almondine 326 Sliced Potatoes 4 Peas & Carrots 69 Oat Nut Bread 150 Blueberry Yogurt ** 75 Cal 631 Carb 86 Sod 749	14 GLOBAL TABLE Tuna on Bed of Lettuce 399 3 Bean Salad 150 Cold Spiced Beets 179 12 Grain Bread 200 Fresh Orange 0 Cal 696 Carb 76 Sod 1053	15 Swedish Meatballs 299 Steamed Brown Rice 5 Lyonnaise Carrots 74 100% Whole Wheat Bread 120 Diced Mangoes 0 Cal 655 Carb 89 Sod 623	16 Pork Roast w/Gravy 119 Mashed Potatoes 33 Mixed Vegetables 43 12 Grain Bread 200 Applesauce 0 Cal 717 Carb 85 Sod 520
19 PATRIOT'S DAY 	20 Veal Picatta* 502 Mashed Potatoes 33 Green Beans 2 100% Whole Wheat Bread 120 Sliced Peaches 6 Cal 743 Carb 92 Sod 788	21 Chicken Bruschetta 465 Buttered Noodles 8 Mixed Greens 149 Oat Nut Bread 150 Apricots 5 Cal 653 Carb 89 Sod 902	22 Cheese Omelet 420 Sliced Potatoes 4 Italian Blend Vegetables 40 1/2 Biscuit 220 Bananas 1 Cal 686 Carb 80 Sod 810	23 Beef Teriyaki w/Broccoli 411 Steamed Rice 5 Oriental Vegetables 21 Oat Nut Bread 150 Pineapple & Mandarin 4 Cal 739 Carb 90 Sod 716
26 Hawaiian Chicken 492 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 635 Carb 91 Sod 899	27 Beef Stew 72 Buttered Potatoes 4 Mixed Greens 149 Dinner Roll 210 Fresh Apple 2 Cal 763 Carb 92 Sod 562	28 Salisbury Steak 410 Rice Pilaf 11 Butternut Squash 22 12 Grain Bread 200 Strawberry Cup 4 Cal 721 Carb 99 Sod 772	29 Mac & Cheese 627 Chunky Tomato Soup 262 Cut Green Beans 2 Oatnut Bread 150 Sliced Pears 5 Cal 631 Carb 79 Sod 1171	30 Chicken Divan 379 Buttered Noodles 8 Peas and Mushrooms 65 100% Whole Wheat Bread 120 Tropical Fruit Mix 10 Cal 671 Carb 92 Sod 707

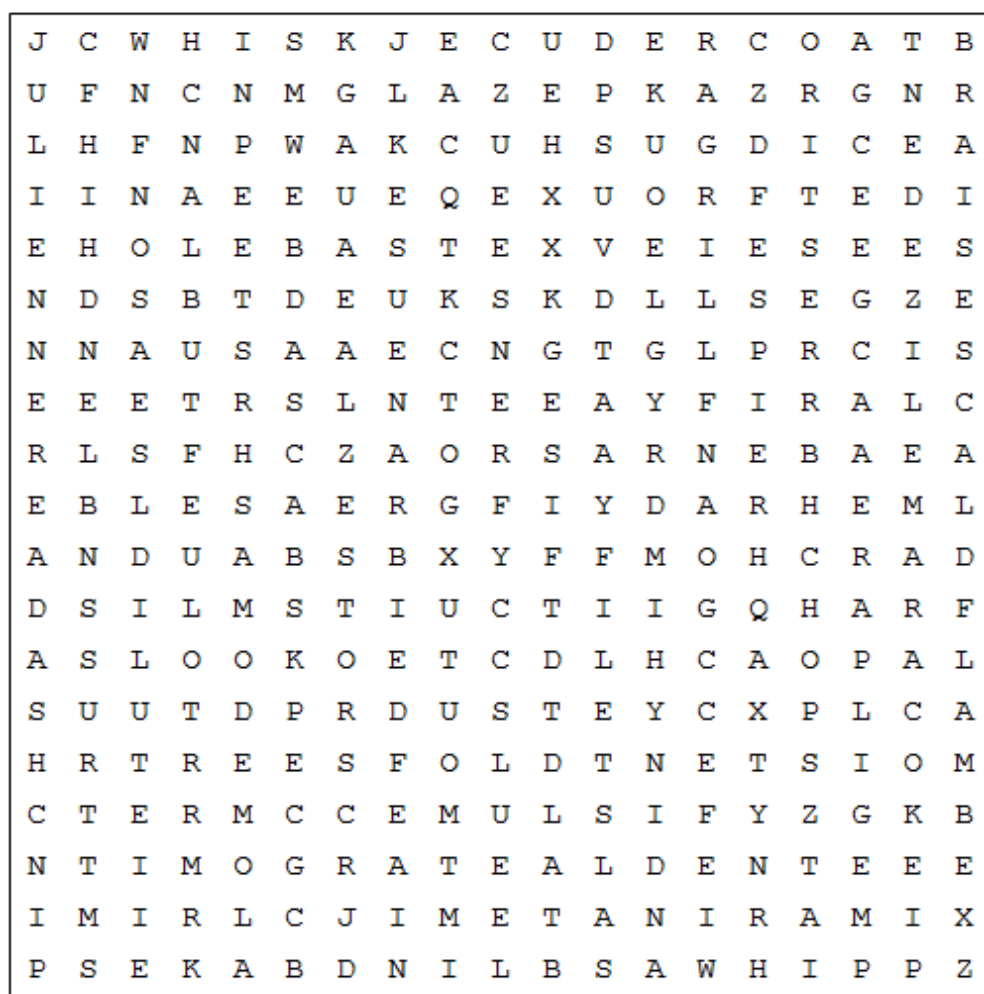
Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium

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.



65 Cooking Terms Word Search



AL DENTE
BASTE
BEAT
BLANCH
BLEND
BLIND BAKE
BOIL
BRAISE
BROIL
CARAMELIZE
CHIFFONADE
CHOP
CLARIFY
COAT
CREAM
CRUSH
CUBE

DASH
DEEP FRY
DICE
DILUTE
DREDGE
DUST
EMULSIFY
FILET
FILTER
FLAMBE
FOLD
GLAZE
GRATE
GREASE
GRILL
GRIND
HULL

JULIENNE
KNEAD
MACEDOINE
MARINATE
MASH
MIREPOIX
MIX
MOISTEN
MULL
PARE
PINCH
POACH
PUREE
REDUCE
ROUX
SAUTE
SCALD

SCORE
SEAR
SEASON
SHUCK
SIFT
SIMMER
STEAM
STEEP
STIR
TOSS
TRUSS
WHIP
WHISK
ZEST

