



GRAPEVINE AUGUST 2022

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 www.townofgb.org

Disability Placards and Plates Also Real ID facts

Thursday August 25th
10:30-11:30 am

Registry of Motor Vehicles' Community Outreach Coordinator, Michele Ellick will be presenting a workshop on Disability Placards & Plates. This workshop will explain how to obtain information on obtaining a placard or plate and the laws governing it. In addition, Michele will provide info on new federal and state requirements concerning drivers' licenses, ID and renewals.

Please RSVP by calling 528-1881 ~
Walk ins are welcome as well.

Special Event in honor of Marion Smith

who shared her gift of music
through the accordion

and piano throughout the community.

Author/musician, Angelo Paul
Ramunini will be on site



Friday August 19th
at 11:45-12:45.

Don't miss this opportunity to listen to him perform his beautiful accordion music and inspire us with his stories. Paul is the Director of the New England Accordion Museum in Canaan Connecticut as well as the author of the "Accordion Stories from the Heart" which is available at the senior center.

Barbara's Breakfast for Lunch

Join us for a delicious "brunch lunch"
on **Wed., August 17th**

@ 11:30 am ~ \$2.00 / person.

Please call 413-528-1881
for reservations.

INSIDE THIS ISSUE. . .

Events/Exercise	Pages 1-4
Birthdays	Page 4
Article on Skimming Scams	Page 5
Calendar	Page 6
Menu	Page 7
Word Search	Page 8

Geer Village :

Sponsoring **FREE Box Lunch**
followed by a **30 min Balance Class**



Where: Claire Teague Senior Center

When: Tue; August 23rd

Time: 11:30 –12:30 am Call 528-1881
to make your reservation.

Knowing the Rules is Everything!

Elder Law Attorney, Paula Almgren
will be on site at the senior center on
Friday, August 5th at 10:00 am

Join Attorney Paula Almgren as she discusses the essential estate planning documents everyone needs and the rules regarding community based and nursing home Medicaid, obtaining cash and health care benefits from the VA. Paula has an office in Lenox, MA. She is past President of the National Academy of Elder Law Attorneys (Mass Chapter) and has a team that consists of attorneys, a nurse / care coordinator, VA and public benefit coordinators who work together to support and advocate for their clients.



BROWN BAG on **August 10th**

At the Claire Teague
Senior Center.

The Second Session of **World War II: To Be Remembered** for August has been postponed due to a scheduling conflict. This Session will begin on
Thursday, September 8th
9:30-11:30 AM
And will consist of documentaries, movies, and end with discussion related to what we just watched.

SENIORS NEED YOU !

Volunteer in your community

You've got just what it takes to help your neighbors in need. Many older, low income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, AARP Foundation Tax-Aide offers free tax preparation and filing help to those who need it most. You can make a big difference in someone's life. We'll show you how.

We're looking for compassionate and friendly individuals to join our team of local volunteers for the 2022 tax season. Our volunteers receive training, IRS certification and continued support in a welcoming environment. And, as our current volunteers say, you'll not only learn new skills but also get that great feeling from helping someone else.

Apply at <https://www.aarp.org/volunteer/programs/tax-aide/> (select the SUBMIT AN INTEREST FORM button)

Or call 1-888-227-7669

For local information call 1-413-446-7483

Recent volunteers include: Engineer, Doctor, Lawyer, Teacher, Student, Professor, Accountant, Military, Administration, Tax Preparer, Homemaker, Finance, Retired and more.

Sites include: Williamstown, North Adams, Adams, Dalton, Pittsfield, Lenox, Lee, Great Barrington



Ron Terry's Tech Tips

Tuesdays 12-2 pm

Get individual help with smart phones, laptops, email, networks, wifi, internet access/navigation and other tech issues.

Big thank you to our great drivers:

Pat Larkin, Marilyn Fracasso,

David Reichmann and Alan Soto

Caregivers Support Group

We meet 3rd Wednesday of each month at 1:00 pm facilitated by Elder Services of Berkshire County.

Card Games:

(new players welcome)

- **Bridge (Tue. at 12 pm) ***
- * **Looking for more players**
- **Pitch (Wed. at 12 pm)**
- **BINGO (Tue. @ 12:30 pm)**
~refreshments included



- Do you own an i-phone?
- Are you still trying to figure out how to use it?

Doug Wilber is an *i-phone wiz!*

Doug will be here the **third Thursday** at 1 pm



~ When scheduling an appointment, please make sure you bring any and all passwords with you. For an appointment, call us at (413) 528-1881.

Octoberfest Trip is coming

Wed., Oct 12th at the Log Cabin in Holyoke \$59 per person

Please RSVP no later than Sept 15th ~
Seats are limited.

Flyer with more info will be coming.

Senior Moments:



Your short term memory has been replaced by pad & pencil; but you can't remember where you put the pad.



Your train of thought stops at every station.

Art Classes :

- **Drawing/Painting w Eunice Agar**

CLASS IS TAKING A BREAK FOR THE MONTHS OF JULY AND AUGUST

- **Decorative Painting w Liz Macchi ~ 3 pm-5 pm**
\$ 5 / class plus supplies ~ call for updated times.

- **Vera's Painting Class on Thursdays at 10:30 am**

- All levels are welcome to join these groups!



By Eunice Agar

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

Donna MacDowell	Trilby Miller
Eddy Kay	Betty Ann Stalker
Amelia Sydlosky	Martha Roarbagh
Claire O'Toole	Dorothy Capasse
Kathleen Purcell	Susan McKay
Sandra Sokul	Lis Richard
Pamela Drumm	Stephen Matava
Barbara Syer	Mary Machia
Irene Cangialosi	Dattaa Haynes
Fred Drenckhan	Marge Gillette
Chuck Hamilton	Gloria Casey
Larry Zingale	Anna Scorsone
Doris Race	Bob Lagowski
Norma Pothul	Marie Kirchner
Ruth Champigny	Dot Conklin



Grief Support

Friday, August 5th & 19th
at 1:00 pm

All ages and circumstances are welcome. Collette Plaquet will now be facilitating a group **twice a month** on the first and third Friday of each month.

Please let us know if you will be joining us. 528-1881

Vaccination/Booster/Covid Testing

Info: Call (855) 262-5465
CHP (413) 528-0457

Foot Nurse by appointment only
On Monday, August 8th

EXERCISE CLASSES :

- Move and Groove w Dee Foster on TUE & THU at 9:30 am \$ 3/class
- Gentle Chair Yoga w Crystal Sheehan on THURSDAYS at 12 pm \$ 2 /class
- Strength Training w Christine Faber on TUESDAYS at 3:30 pm \$ 3 /class
- Tai Chi w Christine Faber on FRIDAYS at 9:00 am \$ 3 /class
- Yoga for the Young at Heart w Aleta on FRIDAYS at 10 am \$ 3/class

For more information or to register for classes, please call 528-1881.

TAP CLASSES:

Classes are \$5

Mondays:

2:00 to 3:00 MIXED - beginner and intermediate

Fridays :

1:00 to 2:00 Beginner

2:00 to 3:00 for intermediate/advanced



MASS. Residents Advised to Protect Public Benefits from Scams

BOSTON – Today the Department of Transitional Assistance (DTA) issued additional warnings to residents of skimming scams that have impacted some DTA clients. The agency and its investigations team became aware of banks and retailers who appear to have had their ATMs and card processing terminals compromised. These scams are aimed at obtaining credit, debit and Electronic Benefit Transfer (EBT) card information and Personal Identification Numbers (PINs). [Skimming](#) is the use of an electronic device to steal card information from a card reader and create a fake card, known as *cloning*, to steal money or benefits.

As a precaution, DTA strongly recommends that clients change the PIN on their EBT cards at this time and before each scheduled benefit issuance date. Clients do not need to receive a new card to safely access their benefits. The Department has taken several preemptive steps to help protect clients' benefits, including sending out multiple targeted text messages and creating a notice to inform clients and encourage them to re-PIN their card. The agency also created a [webpage on Skimming](#) and how to protect benefits.

Clients who receive TAFDC or EAEDC cash benefits can have their benefits sent to a checking or savings account through direct deposit. Direct deposit is a safe and reliable method to receive benefits and protect against fraud. Residents can contact their case manager if they have a bank account and want to set up direct deposit. There have also been reports of a phishing scam where individuals are receiving scam text messages that their Pandemic EBT (P-EBT) benefits have been blocked. The message directs individuals to call a number where they are asked to provide their P-EBT card number. This message is not from DTA. DTA only sends text messages from 382-674 and would only direct clients to call the Assistance Line (877-382-2363) or EBT Customer Service Line (800-997-2555).

People should never provide their personal information or EBT/P-EBT card number over the phone to unidentified callers. If any DTA client believes they may have fallen victim to a skimming or phishing scam, they are encouraged to report it to DTA's fraud hotline at 1-800-372-8399.


AUGUST 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:30 LUNCH-Cheese Burger 2:00 TAP Mixed-Beginner and Intermediate	9:30 Move & Groove 11:30 LUNCH- Goulash 12:00 Tech Tips w Ron 12:00 Bridge 3:30 Strength Training	3 11:30 LUNCH-Turkey Tetrazzini 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	4 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Chicken Bruschetta 12:00 Gentle Chair Yoga w Crystal	5 9:00 Tai Chi 10:00 Estate Planning 10:00 Yoga for the Young at Heart w Aleta 11:30 LUNCH- Pot Roast w Gravy 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter /advanced
8 Foot Nurse 11:30 LUNCH-Cauliflower Curry 2:00 TAP Mixed-Beginner and Intermediate	9:30 Move & Groove 11:30 LUNCH- Chicken Frajita 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10 BROWN BAG 11:30 LUNCH-Meatballs & Penne 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	11 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Pork Roast w Gravy 12:00 Gentle Chair Yoga w Crystal	12 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Aleta 11:30 LUNCH-Cold Salmon Filet 1:00 TAP Beginner 2:00 TAP inter /advanced
15 11:30 LUNCH-Beef Stoganoff 2:00 TAP Mixed-Beginner and Intermediate	9:30 Move & Groove 11:30 Tuna Nicoise Salad 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	17 11:30- Barbara B's Breakfast for Lunch 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz Macchi	18 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Southwestern Salad 12:00 Gentle Chair Yoga w Crystal 1:00 i-Phone -by appt.	19 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Aleta 11:30 LUNCH Low Sod Hotdog 11:45 Accordion Performance 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter /advanced
22 11:30 LUNCH-Turkey & Gravy 2:00 TAP Mixed-Beginner and Intermediate	9:30 Move & Groove 11:30 Geer Village free box lunch & Balance class after 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	24 11:30 Beef Stew 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	25 9:30 Move & Groove 10:30 Vera's Painting Class 10:30 RMV's Disability Placards/Plates and REAL ID 11:30 LUNCH-Veal w Peppers and Onions 12:00 Gentle Chair Yoga w Crystal	26 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Aleta 11:30 LUNCH- Meatloaf w Gravy 1:00 TAP Beginner 2:00 TAP inter /advanced
29 11:30 LUNCH-Orange Chicken 2:00 TAP Mixed-Beginner and Intermediate	9:30 Move & Groove 11:30 Lunch- Shepherd's Pie 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	31 11:30 Breaded Pollock 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi		October Fest Trip is coming! Wed., Oct 12th at the Log Cabin in Holyoke \$59 per person Please RSVP no later than Sept 15th ~ Seats are limited.

Elder Services of Berkshire County - Nutrition Program

AUGUST 2022

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Burger 401 Sliced Red Potatoes 4 Asparagus Cuts 4 Hamburger Bun 190 Applesauce 0 Cal 668 Carb 68 Sod 724	2 Goulash 94 Cauliflower 9 Sliced Beets 185 Italian Bread 230 Fresh Peach 0 Cal 673 Carb 71 Sod 643	3 Turkey Tetrazzini 162 Broccoli Florets 22 Carrot Coins 43 Oat Nut Bread 150 Sliced Pears 5 Cal 817 Carb 119 Sod 507	4 Chicken Bruschetta 365 Gold Potatoes 4 Spinach 76 Whole Wheat Bread 120 Mangoes 0 Cal 506 Carb 68 Sod 690	5 Pot Roast w/Gravy 386 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Sliced Peaches 6 Cal 770 Carb 97 Sod 803
8 Cauliflower Curry 120 Minted Green Beans 6 Carrots 43 Oat Nut Bread 150 Banana 1 Cal 607 Carb 89 Sod 445	9 Chicken Fajita 365 Black Beans and Rice 28 Corn W/pimientos 52 Flour Tortilla 220 Snack Loaf** 160 Cal 835 Carb 104 Sod 970	10 Meatballs & Penne w/Marinara sauce 314 Broccoli & Cauliflower 10 Italian Bread 230 Fruit Cocktail 10 Cal 660 Carb 93 Sod 689	11 Pork Roast w/gravy 119 Mashed Sweet Potatoes 30 Brussel Sprouts w/cheese 74 12 grain bread 200 Applesauce 0 Cal 668 Carb 82 Sod 548	12 Cold Salmon Filet 67 Pineapple Mango Salsa 2 Coleslaw 169 Chic Pea & Tomatoes 280 Whole Wheat Bread 120 Apricots 5 Cal 792 Carb 83 Sod 767
15 Berkshire Grown Beef Stroganoff 88 Buttered Noodles 11 Broccoli Florets 22 12 Grain Bread 200 Diced Pears 10 Cal 777 Carb 83 Sod 455	16 Tuna Nicoise salad 426 Cucumbers 1 Hard boiled egg 55 Oat Nut Bread 150 Mandarin Oranges 7 Cal 658 Carb 67 Sod 764	17 Barbara B's Breakfast for Lunch	18 GLOBAL TABLE Southwestern Salad 222 Corn, Pepper & Onions 60 Blackbeans & Tomato 45 Dinner Roll 210 Applesauce 0 Cal 554 Carb 57 Sod 662	19 Low Sod Hot Dog * 540 Sauerkraut 136 Vegetarian Baked Beans 140 Hot Dog Bun 180 Fruit Cocktail 5 Cal 691 Carb 75 Sod 1126
22 Turkey & Grawy 468 Mashed Sweet Potatoes 30 California Blend 17 Dinner Roll 210 Blueberry Yogurt ** 75 Cal 408 Carb 75 Sod 800	23 Geer Village Free Box Lunch w Balance Class Afterwards	24 Beef Stew 72 Boiled Potatoes 4 Steamed Cabbage 13 12 Grain Bread 200 Sliced Pears 5 Cal 700 Carb 80 Sod 419	25 Veal w/Pepper & Onion 470 Buttered Egg Noodles 11 Peas and Carrots 69 Oat Nut Bread 150 Fresh Orange 0 Cal 840 Carb 110 Sod 825	26 Meatloaf w/ gravy 253 Mashed Potatoes 33 Capri Blend Vegetables 22 Whole Wheat Bread 120 Diced Mangoes 0 Cal 566 Carb 81 Sod 553
29 Orange Chicken 229 Steamed Rice 6 Spinach 76 12 Grain Bread 200 Honey Dew Melon 15 Cal 535 Carb 81 Sod 651	30 Shepherd's Pie 75 Mashed Potatoes 33 Asparagus Cuts 4 Oat Nut Bread 150 Fresh Pear 2 Cal 669 Carb 89 Sod 389	31 Breaded Pollock 190 Buttered Noodles 8 Cauliflower w/pimento 17 Whole Wheat Bread 120 Mixed Fruit 10 Cal 599 Carb 87 Sod 470	Ingredients purchased from: 	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201

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.

BASEBALL TEAMS WORD SEARCH PUZZLE



ASTROS
ATHLETICS
BLUE JAYS
BRAVES
BREWERS

CARDINALS
DIAMONDBACKS
DODGERS
GIANTS
INDIANS

MARINERS
MARLINS
PADRES
PHILLIES
PIRATES

RANGERS
ROCKIES
ROYALS
WHITE SOX
YANKEES