



# GRAPEVINE DECEMBER 2020

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

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

[www.greatbarringtonseniors.org](http://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](http://www.townofgb.org)



## ***Giving thanks at Thanksgiving!***

*“Thank you Wheeler and Taylor for your very generous Thanksgiving donation!! Wheeler and Taylor purchased, packed and donated 75 bags of Thanksgiving meal bags. We loaded the bags up on the van and headed out to senior housing sites and handed them out. Thanks also go to the Guthrie Center and Berkshire South for their generosity in providing Thanksgiving meals to the senior community.*

*Thank you to Sheffield Senior Center for stepping up in October and transporting for us while we were in the process of securing our vans.*

*Thank you Anna Beining for coming in nearly every day to help hand out the ready to go meals. Thank you to Peggy Sullivan for donating so many wonderful puzzles.*

*Thank you Big Y for their continued twice weekly donations of breads and baked goods to our senior center.*

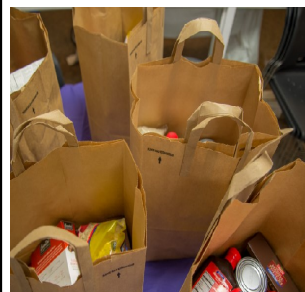
*Thank you to Michele Gilligan and Winnie Veretto for volunteering their expertise as SHINE counselors.*

***Thank you to all of you that make my job the best! ~ Polly***

***PS.*** *While re-staffing the transportation program with drivers, there may be times particularly in the afternoon we have to close the center to transport someone. While this is not ideal— is only temporary and I do apologize for any inconvenience.*

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## **BROWN BAG**

will be  
**December 9th at the**  
Claire Teague Senior  
Center

## **Great Barrington COA Transportation Policy**

Welcome to the Great Barrington Council on Aging Transportation Program located at the Claire Teague Senior Center. Transportation is available Monday through Friday from 8:00am-4:00pm for senior citizens age 60 and over and also the disabled.

### **Reservations and Cancellations:**

Appointments must be made 48 hours in advance by calling the senior center at (413) 528-1881. Please make a reservation each time you need a ride, we cannot guarantee standing reservations and medical appointments are a priority.

Please let us know as soon as possible if you are cancelling a ride

**Same Day Booking:** If space and drivers are available you will be offered a ride.

### **Rider Fees:**

Fares are \$3.50 one way and \$7.00 round trip for Gt Barrington/ Housatonic residents traveling within the town of Great Barrington/Housatonic.

There is no charge for a spouse or caregiver to accompany a rider.

*No person will be turned away for a ride if they cannot afford the fare.*

**Tips/Donations: Drivers cannot accept tips.** You are welcome to make a donation to the Gt Barrington COA Transportation Program which will be used to fund future outings.

### **Out of Town:**

We will transport to Pittsfield only if we have an available van and driver, the cost is \$15.00 per person round trip.

### **Multiple Stops:**

You must make advance reservations for multiple stops with the exception of the pharmacy after medical appointments. The GBCOA reserves the right to limit the number of extra stops per client given time and availability.

Riders are required to wear seat belts. During COVID- Masks are required at all times on the van.

Unsafe and or disruptive behavior may result in loss of van privileges

Seniors needing personal assistance require family or volunteers to accompany them on van.

### **SNOW DAYS:**

Snow day cancellations will be announced on WSBS. Typically if the schools are closed so will transportation. If you have a ride scheduled that day, staff will give you a call as well.

## Press Release—December , 2020

### Free AARP Tax-Aide Program returns in February

Free tax return preparation will be offered again at the Great Barrington Claire Teague senior center every week starting in February and continuing through April 14<sup>th</sup>. The service is available to all middle and low-income taxpayers with special attention to those aged 60 and older. Volunteers trained in cooperation with the IRS will assist in filing returns, either on paper or electronically. Taxpayers do not need to be a member of AARP or a retiree to use this service.

The 2020 pandemic has forced several changes to the local Tax-Aide program. After contacting the Senior Center a document package will be available for pickup or mailed to the taxpayer. The document package will contain a multi page Tax-Aide question form (13614-C). All pages must be completed before the first appointment. The package will also contain a checklist of required documentation to be supplied on the day of the appointment. Tax returns will not be completed on the appointment day as in prior years. A follow-up appointment will be scheduled approximately a week after the initial appointment to review results, gather signatures, print a copy for the taxpayer and file the return electronically.



### **SHINE ~ Open Enrollment time:**

October 15th -December 7th

Mark your calendars for Oct 15th to Dec 7th!! This is the time to make changes to your Medicare prescription plans or go from Original Medicare to an Advantage plan or vice versa. The Claire Teague Senior Center will be offering SHINE counseling by phone. If you have access to Medicare.gov, it will be very helpful for the counselors if you have had set up an account set up in advance. If you need assistance please be prepared to have a list of all of your prescriptions with the dosages, your Medicare card information and other insurances information available so we can better serve you.



**Sarah H  
Marie I  
Madeline L  
Grace Z  
Misha F**

**Helen N  
Mary R  
Linda K  
Stanley K  
Patricia W**

**Marji W  
Marie D  
Peggy L  
William D  
Lester E**

**Calder M  
Janice F  
Carol G  
Mary W  
Olga M**

We apologize for any inconvenience but there will be  
**NO Blood Pressure Clinic**  
this month.

**Holiday Events**-For local holiday events check out the Berkshire Edge. Naumkeag, Hancock Shaker Village, Stockbridge and much more are still offering both virtual and in person events. One of my favorite things to do is to drive around and see the lights. Of course this year it will be light shows on T.V., computer or just one or two trips in the car driving around.

I am looking forward to next year's holiday season when we can gather in groups of friends taking tours in the vans to see the lights around our community and much more. There will be weekday and weekend trips to theatre, museums, casinos and much more....much to look forward to!!

We are still open by appointment only, ready to go meals, foot nurse, transportation and meet ups by appointment. Once we get the green light from the Health and Safety professionals we will let you know by press release, radio and newsletter about fully re-opening. In the meantime—stay connected and looking forward to a wonderful New Year!!!

***Foot Nurse by appointment only –  
On Monday, December 14th***

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

- Workers wear face coverings and social distancing in place
- Hand washing capabilities available and sanitizing high-touch areas
- Staff (Foot Nurse) have received training regarding social distancing and hygiene protocols
- Have established thorough cleaning and disinfecting protocols.



# DECEMBER 2020


## Elder Services of Berkshire County - Nutrition Program

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.

SENIOR 50% TEAMS OF AGE OR OLDER - \$39.95/30.00 Donation - \$2.00

MEALS ON WHEELS  
BERKSHIRE COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>BBQ Pulled Pork Sandwich* 548 Vegetarian Baked Beans 140 Coleslaw 169 Hamburger Bun 190 Fruit Crisp 11</div> <div>Cal 835 Carb 88 Sodium 1183</div>	<div>2</div> <div>Chicken Bruschetta 465 Buttered Noodles 8 Winter blend vegetables 10 Italian Bread 230 Sliced Peaches 6</div> <div>Cal 578 Carb 80 Sodium 844</div>	<div>3</div> <div>Salisbury Steak 410 Buttered Red Potatoes 74 Peas 112 12 Grain Bread 110 Apricots 59</div> <div>Cal 718 Carb 86 Sodium 890</div>	<div>4</div> <div>Chicken Tetrazzini 290 Sliced Carrots 43 French Cut Green Beans 3 Oat Nut Bread 150 Orange 0</div> <div>Cal 803 Carb 94 Sodium 611</div>	
<div>7</div> <div>Beef Burgundy 68 Mashed Potatoes 39 Mixed Vegetables 43 12 Grain Bread 200 Sliced Pears 5</div> <div>Cal 802 Carb 91 Sodium 480</div>	<div>8</div> <div>Greek Style Chicken 397 Rice with Lentils 6 Broccoli Florets 22 100% Whole Wheat Bread 120 Spiced Apples 5</div> <div>Cal 503 Carb 74 Sodium 675</div>	<div>9</div> <div>Macaroni &amp; Cheese* 627 Stewed Tomatoes 101 Mixed Greens 149 Oat Nut Bread 150 Banana 1</div> <div>Cal 694 Carb 91 Sodium 1153</div>	<div>10</div> <div>Chicken Marsala 381 Sweet Potatoes 36 Cauliflower w/pimento 17 12 Grain Bread 200 Fruit Cocktail 5</div> <div>Cal 550 Carb 84 Sodium 764</div>	<div>11</div> <div>Beef Chili 234 Steamed White Rice 4 Lyonnais Carrots 74 Corn Bread 210 Mangoes 5</div> <div>Cal 662 Carb 104 Sodium 647</div>
<div>14</div> <div>Oriental Pork 239 Buttered Noodles 8 Asparagus Cuts 4 100% Whole Wheat Bread 120 Pineapple Tidbits 1</div> <div>Cal 722 Carb 86 Sodium 497</div>	<div>15</div> <div>Chicken w/ Gravy 327 Mashed Potatoes 39 Green Beans 2 12 Grain Bread 200 Sliced Peaches 6</div> <div>Cal 612 Carb 86 Sodium 699</div>	<div>16</div> <div>Spanish Rice 93 Broccoli Florets 22 Tortilla Shell 170 Pear Crisp 11</div> <div>Cal 720 Carb 92 Sodium 421</div>	<div>17 HOLIDAY MEAL</div> <div>Roast Beef w/ Gravy 106 Mashed Potatoes 39 Mixed Root Vegetables 99 Snowflake Roll 180 Cheesecake ** 220</div> <div>Cal 800 Carb 91 Sodium 769</div>	<div>18</div> <div>Cod Pomodoro 397 Sliced Potatoes 4 Spinach 76 Oat Nut Bread 150 Fruit Cocktail 5</div> <div>Cal 542 Carb 79 Sodium 757</div>
<div>21</div> <div>Chicken Cacciatore 437 Steamed White Rice 4 Peas and Pearl Onions 34 12 Grain Bread 200 Applesauce 0</div> <div>Cal 625 Carb 85 Sodium 800</div>	<div>22</div> <div>Mini Ravioli, Beef Marinara 342 Zucchini Medley 4 California Mixed Vegetables 27 Oat Nut Bread 150 Butterscotch Pudding ** 295</div> <div>Cal 786 Carb 104 Sodium 943</div>	<div>23</div> <div>BBQ Chicken Breast* 561 Scalloped Potatoes 20 Sliced Beets 185 100% Whole Wheat Bread 120 Mandarin Oranges 7</div> <div>Cal 525 Carb 71 Sodium 1018</div>	<div>24</div> <div>Shepherd's Pie 75 Mashed Potatoes 39 Mixed Greens 149 Oat Nut Bread 150 Apricots 5</div> <div>Cal 748 Carb 93 Sodium 543</div>	<div>25 CHRISTMAS DAY</div> <div>CLOSED</div>
<div>28</div> <div>Hearty Beef Stew 72 Potato Wedges 27 Wax Beans 3 12 Grain Bread 200 Fresh Orange 0</div> <div>Cal 765 Carb 89 Sodium 427</div>	<div>29</div> <div>Chicken Salad Sandwich 251 Italian Wedding Soup 303 Brussel Sprouts 5 Hot Dog Soft Roll 180 Diced Mango 0</div> <div>Cal 741 Carb 65 Sodium 864</div>	<div>30</div> <div>Potato Pollock 270 Red Potatoes 4 Winter Blend Vegetables 10 Oat Nut Bread 150 Sliced Peaches 6</div> <div>Cal 660 Carb 87 Sodium 565</div>	<div>31 NEW YEAR'S EVE</div> <div>Roast Pork w/ apple gravy 142 Sweet Potatoes 36 Peas with Fresh Mushrooms 65 Dinner Roll 210 Applesauce 0</div> <div>Cal 866 Carb 91 Sodium 578</div>	<div>Sponsored in part by:</div> <div></div>

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.

## ON BROADWAY WORD SEARCH PUZZLE

**A CHORUS LINE****CABARET****CATS****CHICAGO****GREASE****HAIRSPRAY****JERSEY BOYS****LES MISERABLES****MAMMA MIA****MARY POPPINS****MISS SAIGON****MY FAIR LADY****RENT****ROCK OF AGES****SOUTH PACIFIC****THE LION KING****THE PRODUCERS****THE WIZ****TOBACCO ROAD****WICKED**