



GRAPEVINE FEBRUARY 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 www.townofgb.org

Seniors over 75 years of age are now eligible for the COVID-19 vaccination in Phase Two- priority one. To schedule an appointment at any clinic across Massachusetts go to this website to find appointment availability: www.immunizations.org

Berkshire County Clinics are held at:

1. Saint Elizabeth's of Hungary Parish: 70 Marshall Street, North Adams, 01247
2. Berkshire County College (BCC) Field House: 1350 West Street, Pittsfield, MA 01201
3. W.E.B Du Bois Middle School: 313 Monument Valley Road, Great Barrington, 01230

Clinics are filling up quickly so please call this hot-line frequently for updates on when Berkshire County clinics are open for registration. 413 449 5575. If you are eligible in Phase 2 Priority One you can schedule an appointment at ANY clinic in Massachusetts.

Once you have an appointment scheduled, it is really important that you bring a Photo I.D to the clinic to prove date of birth. Please bring your insurance card as well.

For those seniors without access to internet or email, scheduling assistance is available by calling the Claire Teague Senior Center (413) 528-1881.

Friendly calls

Most of us are feeling the isolation after so many months of social distancing and missing our friends at the senior center.

We have several volunteers that would love to have you join a friendly chat line by phone. If interested, please let us know by calling 528-1881.

We can also set up weekly zoom meetings for those that have access to computers.

The Humane Society
of
The United States has
donated cat food and
some pet food.



Please call ahead if
you are interested.

Senior Center will be closed on President's Day (Feb 15th)

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BROWN BAG

will be
February 10th at the
Claire Teague Senior
Center

Days of Yesterdays (Memories through the Decades)

I have a holiday memory of the 1950's.

The evening, just before Christmas, I went holiday browsing, not shopping, just looking in our neighborhood Woolworths. They were a double, very large store with a yard-long coffee counter – which I would always wander toward (coffee was ten cents a cup). The entire counter was seated except for one next to an elderly lady all by herself.

I sat myself down and smiled at my new found neighbor. She seemed to have a twinkle in her returned smile. Of course, we became instant talkers – how could we not. A shared cup of coffee is always so pleasant.

Then – all at once – the store loud speakers started (quite loudly may I say) to play music. It filled the entire area ~ the whole counter group started moving in their seats and all were together in motion; almost dancing in their seats. That was the first time I heard the Alvin and the Chipmunks song. Such joy! And to this day – so many years later – whenever I hear those first notes. I smile, remembering an evening and a very, joyous group in New York City.

Written and submitted by Eileen Gaarn

AARP TAX PREP The Claire Teague Senior will be hosting the AARP Tax Program again this year with Covid-19 safety precautions in place. If you have not already contacted the senior center for information please call us at 528-1881. Please note: If you have rental property this program will not be able to accommodate you.



The RMV is extending Senior Hours at RMV Service Centers through March for customers age 75 and older. RMV Senior hours are offered on Wednesdays at our Pittsfield RMV.



Beginning in February, 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** to make a reservation to visit an RMV Service Center. Select the “Senior Transaction” option on the “Make/Cancel a Reservation” transaction.

Email the RMV for assistance at **MassDOTRMVSeniors@dot.state.ma**

Or Call the RMV at **857-368-8005**.

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 55 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.

If you see these folks out in the community, wish them a....

Happy Birthday!

Bruce Bernstein	Robin Zeamer
Skip Johnson	Cynthia DelVaglio
Sandra Larkin	Christian Matthesius
Maryellen Brown	Anna Beining
Ron Boibeaux	Margaret Mansfield
Joan Wood	Bob Abolafia
Harriet Ebitz	Daphne Hurford
Beth Wilson	Maria Domat
Anita Coons	Traudi Chiaravalloti
Dorris Van Duesen	Helena Jennins
Priscilla Moulthrop	Margareta Thaute
Marjory Gardella	Patricia Andrus

Volunteer Opportunities with R.S.V.P.

Ventfort Hall

Exhibit Monitors: Answer questions that guests have as they self-guide through the house.

Volunteers in Medicine (VIM), Great Barrington, MA

Interpreter/Receptionist: fluent in both English and Spanish

Medical interpreters: Spanish, French and Brazilian Portuguese speakers needed who are also fluent in English.

Clinicians: Medical, dental and behavioral health clinicians are needed to help VIM deliver free comprehensive medical care to those in need.

Let RSVP know of your interest in any of the above opportunities

413-499-9345

**Winter Is here
and so is
Sand For Seniors**



We have buckets of a sand/salt mix for your convenience. If coming just for the sand mix, please try to avoid using the back entrance during meal pick up between 10:30 and 11:00 am.

Foot Nurse by appointment only – On Tuesday;Feb 2nd

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.




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

Elder Services of Berkshire County - Nutrition Program

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

FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Penne with Bolognese Sauce 140 Sliced Carrots 43 Italian Bread 230 Peach Crisp 11 Cal 636 Carb 98 Sod 551	2 Chicken Bruschetta 465 Rice Pilaf 11 Winter Blend Vegetables 10 Oat Nut Bread 150 Sliced Pears 5 Cal 551 Carb 77 Sod 766	3 Shepherd's Pie 75 Mashed Potatoes 33 Spinach 76 100% Whole Wheat Bread 120 Fruit Cocktail 5 Cal 651 Carb 76 Sod 434	4 Veal Marsala* 518 Boiled Potatoes 4 Brussel Sprouts 14 12 Grain Bread 200 Applesauce 0 Cal 739 Carb 92 Sod 861	5 Moroccan Beef Stew 170 Buttered Noodles 11 Asparagus Cuts 4 Dinner Roll 210 Mandarin Oranges 7 Cal 734 Carb 87 Sod 527
8 Roast Pork w/BBQ Sauce 290 Sliced Potatoes 4 Butternut Squash 34 Dinner Roll 210 Spiced Apples 11 Cal 737 Carb 85 Sod 674	9 Beef Patty w/Pepper & Onion 328 Augratin Potatoes 96 Peas 58 100% Whole Wheat Bread 120 Fresh Orange 0 Cal 686 Carb 71 Sod 727	10 Orange Chicken 329 Mashed Potatoes 33 French Cut Green Beans 3 Oat Nut Bread 150 Sliced Peaches 6 Cal 667 Carb 97 Sod 646	11 Mac & Cheese* 627 Beef Barley Soup 45 Broccoli 22 Dinner Roll 210 Diced Pears 10 Cal 669 Carb 76 Sod 1039	12 LUNAR NEW YR Oriental Chicken 365 Steamed Brown Rice 5 Oriental Mixed Vegetables 21 Oat Nut Bread 150 Pineapple Tidbits 1 Fortune Cookie 5 Cal 747 Carb 89 Sod 672
15 Happy President's Day Cal 737 Carb 85 Sod 674	16 MARDI GRAS Chicken & Sausage Jambalaya 426 Black Beans and Rice 83 Collard Greens 41 Corn Bread 210 Cupcake ** 140 Cal 962 Carb 122 Sod 1025	17 Breaded Catfish 214 Corn Salsa 52 O'Brien Potatoes 7 100% Whole Wheat Bread 120 Strawberry Cup 0 Cal 753 Carb 103 Sod 518	18 Chicken Puttanesca 439 Buttered Noodles 11 Cauliflower w/Pimento 17 Oat Nut Bread 150 Banana 1 Cal 685 Carb 98 Sod 743	19 Vegetarian Pinwheel* 521 Boiled Cabbage 13 Sliced Beets 7 12 Grain Bread 200 Sliced Pears 5 Cal 608 Carb 95 Sod 871
22 Bone in Chicken w/Gravy 106 Mashed Potatoes 33 Green Bean Almondine 3 100% Whole Wheat Bread 120 Apricots 5 Cal 735 Carb 77 Sod 392	23 Beef Stew 72 Boiled Potatoes 4 Broccoli Florets 22 Dinner Roll 210 Sliced Peaches 6 Cal 706 Carb 82 Sod 439	24 Goulash 94 Mixed Root Vegetables 99 Oat Nut Bread 150 Warm Fruit Compote 9 Cal 742 Carb 108 Sod 477	25 Turkey Picatta* 536 Sweet Potatoes 30 Mixed Greens 149 12 Grain Bread 200 Vanilla Yogurt ** 50 Cal 627 Carb 92 Sod 1090	26 GLOBAL TABLE Breaded Pollack 302 Mulligatawny Soup 121 Monaco Blend Vegetables 36 Corn Bread 210 Fresh Orange 794 Cal 768 Carb 90 Sod 794
If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	 Sponsored by:			

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.

SCIENCE FICTION WORD SEARCH PUZZLE



BATTLEFIELD EARTH
BRAVE NEW WORLD
CONTACT
DUNE
ENDER'S GAME

FLATLAND
GATEWAY
HYPERION
I ROBOT
LORD OF LIGHT

NEUROMANCER
RED MARS
RINGWORLD
SNOW CRASH
SOLARIS

STARSHIP TROOPERS
THE FOREVER WAR
THE TIME MACHINE
WAY STATION
XENOCIDE