



GRAPEVINE FEBRUARY 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

We will be closed on
February 21 in
observance of :



Strawberry Shortcake anyone?
Barbara Bailly will be serving her special
Strawberry Shortcake on
Thursday, February 10th after our
Elder
Services Mac & Cheese lunch—
all are welcome-\$2.00 donation.



Valentine's Day Luncheon \$2 Donation
with special music
Breaded Chicken and Gravy.
Mashed Potatoes. Green Beans
Almondine



Followed by Spiced --Apple dessert

**Geer Village : Sponsoring FREE Box
Lunch** Followed by a **30 min Balance
Class**

Where: Claire Teague Senior Center

When: Tue; Feb 22nd **Time:** 11:30 am

Call 528-1881 to make your reservation.

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Need to get out and get some exercise? We are
offering *a new class*



"Gentle Chair Yoga"

with **Crystal Sheehan**

beginning on Thursday, February 17th
at 12:00 pm each week at the senior center.

Crystal Sheehan is a Certified Yoga
Instructor. She currently resides in Canaan
CT. Crystal is continuing her yoga instruction
education through various YA approved work-
shops, seminars and certification course to gain
knowledge and experience towards therapy
training. There is a \$2.00 charge for this class.

Classes I have experience in teaching:

Breath and Therapeutic Movement
Chair Yoga for Seniors
Chair Yoga all levels
Beginners Yoga levels I-II
Gentle Yoga
Therapeutic Yoga
Restorative Yoga
Recharge Yoga
Rejuvenation/ Power Yoga
Yoga for Recovery and Addiction
Yang

Barbara's Breakfast for Lunch

is back! Join us for a delicious "brunch lunch"
on Wednesday, February 16th at 11:30 am ~
\$2.00 per person. Please call 413-528-1881
for reservations by February 14th.

Sand for Seniors is back!

Sand/gravel mix is available in the back parking lot of the senior center for winter use. Please let us know if you need assistance loading up your container– we will be happy to help.



Community Health Program will once again be at the Sheffield Senior Center to provide Covid-19 Vaccines, boosters and Testing. The clinic will be held on Thursday, February 10th from 10:30AM to 12:30PM. To schedule your appointment, please contact CHP at 413-528-0457.

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

Doug Wilbur is an *i-phone wiz!*



Doug will be here every third Thu of the month at 1 pm
~ When scheduling an appointment to meet with Doug, please make sure you have any and all passwords (and any other pertinent information) to bring with you.

For an appointment, please call us at (413) 528-1881.

Vaccination/Booster/Covid Testing Information

Fairview is offering vaccinations by appointment only:

- Mondays and Fridays 10:00 am- 1:00pm (Pfizer & Moderna)
- Saturdays 11:00am- 2:00 pm (Pfizer & Moderna)

Call (855) 262-5465

Art Classes :

- **Margaret Buchte's Art Class Thu at 12:15 pm**

Come and join Margaret as she instructs a variety of mediums. Please bring supplies if you have them.



By Margaret Buchte

- **Drawing/Painting w Eunice Agar on Wed at 10:00 am**

Come and join Eunice as she teaches drawing and painting. \$ 5 / class

- **Decorative Painting w Liz Macchi ~2 pm-4 pm**
\$ 5 / class plus supplies.

- **Vera's Painting Class on Thursdays at 10:30 am**
- **All levels are welcome to join these groups!**



By Eunice Agar

As Time Goes By... A Monthly Commentary on Local and Other Events of Historical Interest and Note... By A. David Rutstein (author of *A History of Searles High School 1898- 1967, Great Barrington, Massachusetts*)

President Theodore Roosevelt's Non-stop Visit to Great Barrington: A Berkshire Tragedy

Several years ago, many of us may remember viewing the Ken Burns seven-part PBS series on Theodore, Franklin, and Eleanor Roosevelt. During the second episode, a brief film clip commented on a tragic accident that befell President Teddy Roosevelt and his company on a short excursion for political purposes to the Berkshires. Here is the full story of this event.

On the morning of September 3, 1902, President Teddy Roosevelt arrived here with two travelling companions and was joined by Massachusetts' governor Winthrop Murray Crane. The carriage, a horse drawn landau, first stopped at Park Square in Pittsfield where Teddy delivered a very short oration and then continued on to South Street for a reception at the Pittsfield Country Club. Teddy never arrived at this destination.

At this same time, an electric streetcar numbered 29, of the newly formed Berkshire Street Railway, had been following the landau. As the carriage took a short curve across the railroad tracks just before the country club, the street car slammed into Teddy's carriage killing one of the horses and pushing the heavily damaged landau, which also was being dragged by three of the four horses, 30-40 feet before coming to a stop. The President's Secret Service bodyguard, agent William Craig, was instantly killed and Teddy sustained bruises and cuts. The driver of the carriage was a casualty too being found hurt and unconscious. However, Governor Crane miraculously remained unscathed. By the way, William Craig was the first Secret Service presidential guard to be killed while on protection duty to a President of the United States.

After trying to recover from this accident at a nearby house, a shaken Roosevelt continued on with his itinerary stopping in Lenox at the Curtiss Hotel and to a crowd gathered there exhorted "This is a damnable outrage." Then on to Stockbridge and to another crowd where he angrily exclaimed that "A man has been killed!" He then boarded a train which was supposed to stop at the Great Barrington train station located behind the town hall for a very short speech to a large crowd that had gathered. The President was still shaken and upset over what had happened and had no intension of stopping in Great Barrington. His train slowed down upon reaching the station with Teddy on the back platform of the last car waving briefly to the crowd. The train then speeded on and thus President Theodore Roosevelt quickly exited the Berkshires never to return.



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

Harriet Ebitz	Margaret Mansfield
Dorris VanDeusen	Maryellen Brown
Beth Wilson	Nora Burch
Anita Coons	Marjory Gardella
Bruce Bernstein	Margareta Thaute
Sandra Larkin	Barbara Beckerman
Deborah Holmes	Ronald Boibeaux
Joan Wood	Patricia Andrus
Daphne Hurford	Norma Haight-Coleman
Laura Keefner	Priscilla Moulthrop
Christian Matthesius	Tara Rahkola
Anna Beining	



Blood Pressure Clinic
by the Southern Berkshire
Public Health Collaborative
Has been postponed

Ron Terry's Tech Tips –
will not be held during **January, February & March** while he is
managing the AARP
Tax Prep Program.



Veterans—join us
for lunch every 2nd Tuesday of
the month.
At the Claire Teague Senior
Center at 11:30 am
Cost: **FREE** for veterans &
their spouses



BROWN BAG
February 9th
at the Claire Teague Senior Center.

Foot Nurse by
appointment only
On Monday, February 14th

EXERCISE CLASSES :



- **“Gentle Chair Yoga”** with Crystal Sheehan beginning on Feb 17th at 12 pm
- Tai Chi w Christine Faber on FRIDAYS at 9:00 am
\$3 per person/class
- Bridge TUESDAYS at 12:00 pm
- Pitch WEDNESDAYS at 12:00 pm

Tap Classes MONDAYS & FRIDAYS
Will be taking a Winter Break.

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

Senior Circuit Breaker Tax Credit - *You may be eligible for a refundable real estate tax credit!*

By Laura Feakes, *Elder Services I & R Specialist*

Certain seniors who own or rent residential property are eligible for a refundable tax credit – find out below if you qualify:

The Circuit Breaker (CB) tax credit is offered to older persons in Massachusetts to offset high property tax bills. This tax break is called the “circuit breaker” because it is triggered like an electrical circuit breaker, when property tax payments (including water and sewer debt charges but excluding any abatement or exemption) exceed 10% of a person’s income for the same tax year. Even though the CB tax credit is based on your property tax payment, it is the state that pays you back - not your local city or town.

To be eligible for the credit for the 2021 tax year you must be at least 65 years of age before January 1, 2022, **own or rent a home or apartment** in Massachusetts and occupy it as your principal residence. Your 2021 total income cannot exceed \$62,000 for a single filer, \$78,000 for a head of household, or \$93,000 for married couples filing a joint return. For purposes of this credit, “total income” includes taxable income as well as exempt income such as social security, treasury bills, and public pensions. The assessed valuation of your property cannot be more than \$884,000. If the taxpayer owns more than one acre of land, only the assessed value of the principal residence, together with the land that immediately surrounds and is associated with that residence, not to exceed one acre, should be used in determining the eligibility of the taxpayer for the credit. The maximum credit allowed for tax year 2021 is \$1,170.

If you rent, the law assumes that 25% of your rent goes toward property taxes. A formula, based on actual rent paid during the calendar year, is used to determine the amount of an elder tenant’s CB credit. No credit is allowed if the taxpayer claims the married filing separate status, receives a federal or state rent subsidy, rents from a landlord who is not required to pay real estate taxes, or is the dependent of another taxpayer.

You claim the credit by submitting a completed Schedule CB Worksheet and Schedule CB, Circuit Break Credit, with a 2021 state income tax return. If you do not normally file a state return because you don’t owe any state taxes, you still can take advantage of this tax break by filing a Form One plus the Schedule CB. You cannot apply online for the CB Credit with MassTaxConnect. If you’re eligible, complete Schedule CB with your Mass state income tax return, using your tax software. You can also print out the forms found online and mail them to the Mass DOR. Any credit received by an eligible taxpayer is not considered income for the purposes of obtaining eligibility or benefits under other means-tested assistance programs including food, medical, housing, and energy assistance programs.

If you find yourself eligible, you can go back 3 tax years and claim the credit retroactively. For example, you have until April 19, 2022 to file for the circuit breaker tax rebate for 2018. If you filed a Form One, you must file a Form CA-6, which is an Application for Abatement/Amended Return. Along with the amendment form, you submit a Schedule CB to calculate your credit. If you did not file Form 1, you must file Form 1 for that year now, together with Schedule CB. This

must be completed within 3 years from the last day for filing the return, without regard to any extension of time to file.

For more information, you can go to the Mass. Dept of Revenue website, www.mass.gov/dor, where you can download forms and detailed instructions, including the brochure “Tax Tips for Seniors and Retirees” and “Massachusetts Tax Information for Seniors and Retirees”.



Berkshire Community Action Council, Inc.

LIHEAP (fuel assistance) is a program to help assist low-income families pay their heating bills. LIHEAP fuel assistance pays some of the winter heating costs for eligible families. The benefit amount depends on family income and heating costs.

Eligibility for fuel assistance is based on the current combined gross annual income for everyone in your household 18 years or older. Current gross annual income means income that you are getting now, from all sources, such as a job, government assistance, pensions, child support payments, interest on savings, etc., before deductions.

The income limits depend on the number of people in your household. To be eligible for fuel assistance, your household's gross income must be less than or equal to the eligibility table below:

Fuel Assistance Income Limits	
Winter 2021-2022	
Household size	Gross Annual Income
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751
5	\$91,351
6	\$103,951
7	\$106,314

FOR FIRST TIME APPLICANTS

To begin the application process, you will need to have the following with you:

Picture ID for head of household

Social security cards for all

Income verification for all household members over age 18

Heating source and account number

Copy of current utility bills

Rent or mortgage verification

The program will run from November 1st – April 30th.

Toll Free Status Line: 1-(866) 216-6200

BINGO



will be held every Tuesday
12:30-2:00.



Refreshments will be served.

Elder Services of Berkshire County - Nutrition Program

FEBRUARY 2022

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.

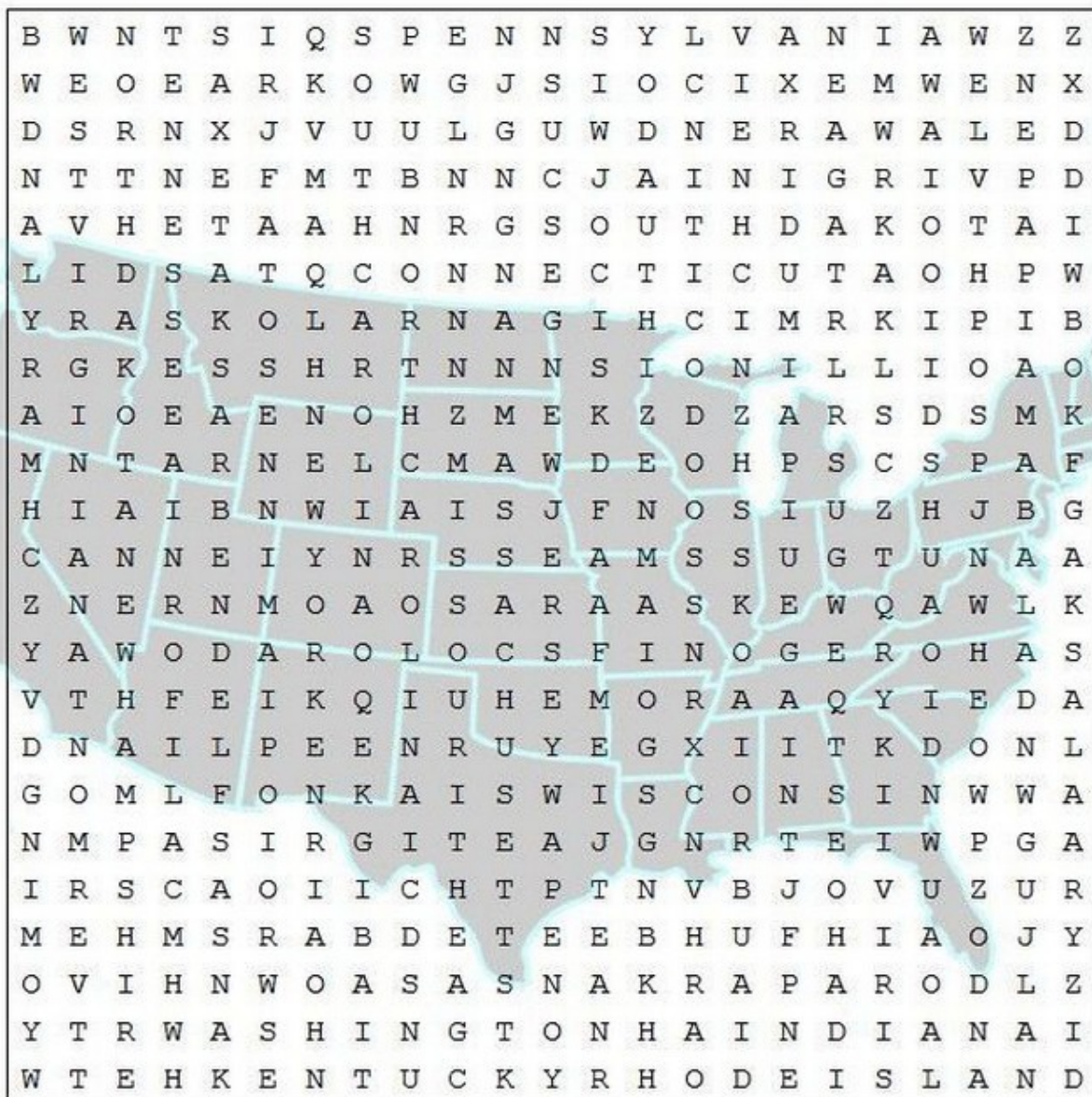
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Roast Pork w/BBQ Sauce Sliced Potatoes Butternut Squash Dinner Roll Spiced Apples Cal 737 Carb 85 Sod 674	1 Chicken Bruschetta Rice Pilaf Winter Blend Vegetable Oat Nut Bread Sliced Pears Cal 551 Carb 77 Sod 766	2 Shepherd's Pie Mashed Potatoes Spinach Whole Wheat Bread Fruit Cocktail Cal 651 Carb 76 Sod 434	3 Moroccan Beef Stew Buttered Noodles Asparagus Cuts Dinner Roll Mandarin Oranges Cal 734 Carb 87 Sod 526	4 Veal Marsala* Boiled Potatoes Brussel Sprouts 12 Grain Bread Applesauce Cal 739 Carb 92 Sod 861
8 Beef Patty w/Pepper & Onion Augratin Potatoes Peas Whole Wheat Bread Fresh Orange Cal 686 Carb 71 Sod 727	9 Chicken Almondine Mashed Potatoes French Cut Green Beans Oat Nut Bread Sliced Peaches Cal 631 Carb 87 Sod 543	10 Mac & Cheese* Beef Barley Soup Broccoli Dinner Roll Diced Pears Strawberry Shortcake Cal 669 Carb 76 Sod 1039	11 GLOBAL TABLE Oriental Chicken Steamed Brown Rice Oriental Mixed Vegetables Oat Nut Bread Pineapple Tidbits Fortune Cookie Cal 736 Carb 110 Sod 672	12 CHEF SPECIAL Vegetarian Wheat Chili Rice with Lentils Sliced Beets 12 Grain Bread Sliced Pears Cal 517 Carb 98 Sod 979
14 Music~ Breaded Chicken & gravy Mashed Potatoes Green Bean Almondine Whole Wheat Bread Apricots- Spec Dessert Cal 685 Carb 92 Sod 866	15 Sloppy Joe on a bun Steamed Brown Rice Mixed Greens Hamburger Bun Sliced Pears Cal 684 Carb 87 Sod 592	16 Barbara Bailly's Breakfast for Lunch Cal 711 Carb 96 Sod 615	17 Chicken Puttanesca Buttered Noodles Winter Blend Oat Nut Bread Banana Cal 678 Carb 97 Sod 728	18 Breaded Pollack Mulligatawny Soup Monaco Blend Vegetables Corn Bread Fresh Orange Cal 768 Carb 93 Sod 794
21 President's Day 	22 Geer Village Free Box Lunch followed by 30 Min Balance Class Cal 706 Carb 82 Sod 439	23 Goulash Mixed Root Vegetables Oat Nut Bread Warm Fruit Compote Cal 742 Carb 108 Sod 477	24 Turkey Picatta Sweet Potatoes Mixed Greens 12 Grain Bread Vanilla Yogurt ** Cal 627 Carb 92 Sod 1032	25 Breaded Pollack Mulligatawny Soup Monaco Blend Vegetables Corn Bread Fresh Orange Cal 768 Carb 93 Sod 794
28 Orange Chicken Boiled Potatoes Peas & Pearl Onions Oat Nut Bread Pineapple Tidbits Cal 606 Carb 92 Sod 543	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.

FEBRUARY 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30 LUNCH- Chicken Bruschetta 12:00 Bridge 12:30 Bingo 3:30 Strength Training	2 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH -Shepherd's Pie 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	3 10:30 Vera's Painting Class 11:30 LUNCH- Moroccan Beef Stew 12:15 Margaret Buchte's Art Class	4 9:00 Tai Chi 11:30 LUNCH-Veal Marsala
7 11:30 LUNCH-Roast Pork w/ Barbecue Sauce	8 11:30 LUNCH- Beef Patty 12:00 Bridge 12:30 Bingo 3:30 Strength Training	9 BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH –Chicken Almondine 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	10 10:30 Vera's Painting Class 11:30 LUNCH- Mac & Cheese followed by Barbara's Strawberry Shortcake 12:15 Margaret Buchte's Art Class	11 9:00 Tai Chi 11:30 LUNCH- Oriental Chicken
14 9:00 Foot Nurse by Appointment Valentine's Day Luncheon w Special Music 11:30 LUNCH-Breaded Chicken w/ Gravy followed by Spiced Apple dessert	15 11:30 Lunch- Sloppy Joe 12:00 Bridge 12:30 Bingo 3:30 Strength Training	16 10:00 Drawing/Painting w/ Eunice Agar 11:30- Barbara Bailly's Breakfast for Lunch 12:00 Pitch 1:00 Caregiver's Sup Group 2:00 Dec. Painting w/ Liz	17 Blood Pressure Clinic (POSTPONED) 10:30 Vera's Painting Class 11:30 LUNCH- Chicken Puttanesca 12:00 NEW Gentle Chair Yoga with Crystal Sheehan 12:15 Margaret B's Art Class 1:00 i-Phone -by appointment	18 9:00 Tai Chi 11:30 LUNCH- Vegetarian Wheat Chili
21 Closed on observance of: Presidents' Day	22 11:30 Geer Village Free Box Lunch followed by 30 Min Balance Class 12:00 Bridge 12:30 Bingo 3:30 Strength Training	23 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Goulash 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	24 10:30 Vera's Painting Class 11:30 LUNCH-Turkey Picatta 12:00 NEW Gentle Chair Yoga with Crystal Sheehan 12:15 Margaret Buchte's Art Class	25 9:00 Tai Chi 11:30 LUNCH- Breaded Pollack
28 11:30 LUNCH–Orange Chicken	AARP Tax Prep beginning on Wednesdays			

50 State Word Search



Alabama
Alaska
Arizona
Arkansas
California
Colorado
Connecticut
Delaware
Florida
Georgia
Hawaii
Idaho
Illinois

Indiana
Iowa
Kansas
Kentucky
Louisiana
Maine
Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Montana

Nebraska
Nevada
New Hampshire
New Jersey
New Mexico
New York
North Carolina
North Dakota
Ohio
Oklahoma
Oregon
Pennsylvania
Rhode Island

South Carolina
South Dakota
Tennessee
Texas
Utah
Vermont
Virginia
Washington
West Virginia
Wisconsin
Wyoming