



GRAPEVINE MAY 2020

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

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

www.townofgb.org

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

Center: 413-528-1881 **Dining Room:** 413-528-4118 www.greatbarringtonseniors.com



A NOTE FROM POLLY

The Claire Teague Senior Center building is currently closed but the work continues. I want to thank so many people and organizations for the calls, e-mails, support, donations, fun jokes, poems, face masks, planning, food distribution and even CAFFINATED coffee! (Thanks Mary Anne).

The senior center continues to receive donated baked goods from Big Y, mainly on Mondays and Wednesday mornings, which is placed on a cart in our back parking area when available.

Ray Palmucci has been faithfully picking up and delivering baked goods for the senior center faithfully for many years and continues his volunteer work twice a week; thank you Ray.

Joe Aberdale of Aberdale's in Housatonic has delivered toilet paper, paper towels, hand sanitizer and food products to be added to the monthly Brown Bags while supplies last. Brown Bags, which come from the Western Ma Food bank are available for pick up every second Wednesday of the month. If you would like to apply for this monthly service, please call the senior center for an application. For those that do not have the ability to pick-up, please let us know & we will deliver.

Gary Happ of Barrington Brewery has delivered over 60 meals for seniors for delivery. If you would like to be added to that list, please call 528-1881 for more information.

Nourishing Neighbors located at Berkshire South is distributing drive thru meals every Wednesday from 1pm-3pm--for those that are not able to pick -up and do not have access to e-mail, you can order through the senior center by calling (413) 528-1881. Please call before Tuesday at noon.

Thanks go to Administrative Assistant Joan Peters, COA Board Members Barbara Bailly and Susan Morris for making some very nice face masks that are being made available while supplies last.

Thank you Sheffield COA for sharing their transportation service for medical and shopping trips during SBETC's temporary closing.

The senior center is like a family; everyone is calling each other to check on how we are all faring during this very difficult time. I am looking forward to the days ahead that we will be outside in our beautiful picnic area with the new picnic tables and festive new shed; grilling hot dogs and burgers listening to great music and enjoying each other's company. In the meantime, please do not hesitate to call, staff is on site to assist you in any way we can.

Stay well!
Polly

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While Southern Berkshire Elderly Transportation has temporarily shut down due to the Covid-19 outbreak, the Sheffield senior van has offered to fill in until SBETC returns. If you need transportation for medical appointments or shopping, call Kathie Loring at 413 229 7037. Please make sure to wear a mask. Thank you Sheffield!!

Nourishing Neighbors

Is a south county meal program, providing 500 meals from local restaurants weekly!

WHO: Meals are available for all community members in the southern Berkshires needing extra support at this time, especially our senior population, those who have lost their jobs, and those otherwise financially struggling.

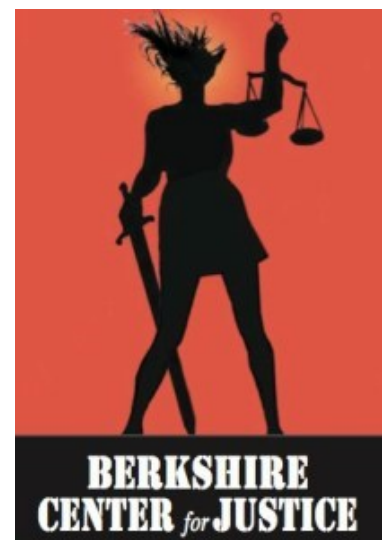
WHEN: Wednesdays, 1pm-3pm (For any updates or changes, follow Berkshire South's facebook page) - Please, no early birds!

WHERE: Berkshire So Regional Community Center, drive thru*. 15 Crissey Road, Gt. Barrington. ****If you're not able to drive**, please contact meals@berkshiresouth.org and we'll deliver to you! The deadline to request **delivery** every week is Tuesday at 10am so that we are able to plan ahead. **If you do not have e-mail access, please call the senior center at 528-1881 and we will order for you.**

DETAILS: This is a contactless system, please stay in your car. We'll be happy to take your order to you curbside. Questions: please email meals@berkshiresouth.org

HOW: We are so grateful for Berkshire United Way, Berkshire Taconic Community Foundation and the COVID 19 Emergency Response Fund. We're also thankful for Berkshire Bounty for delivery assistance, Price Chopper and M Designs for

Berkshire Center for Justice The Claire Teague Senior Center is offering **free legal help**. The clinic is staffed by the [Berkshire Center for Justice](#), which offers services (health care proxies, wills, power of attorney, etc.) for prospective clients who are 60 or older. The legal clinic is a grant-funded program that will be available while funding is available. You can call them at 413 854 1955 .



We are looking for more of your pictures, cards, conversations, etc. that are bringing you joy from your children, grandchildren or great-grandchildren. Maureen Avery sent in this sweet picture her granddaughter, Ainsley drew & painted...I can almost hear the ocean. Please send anything you have to Joan at jpeters@townofgb.org.



BROWN BAG

Wednesday, May 13th

Pick up @ Claire Teague Senior Center
12:30-3:00 pm



Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy & active.

The food Bank of Western Ma also assists with SNAP –for more information:
SNAP (413) 247-9738.

LIHEAP (Fuel Assistance)

The deadline to apply has been extended to May 31, 2020 for new applications. If you have questions about your application or other services BCAC provide, please call 413-445-4503.

<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

**Happy
Birth-**

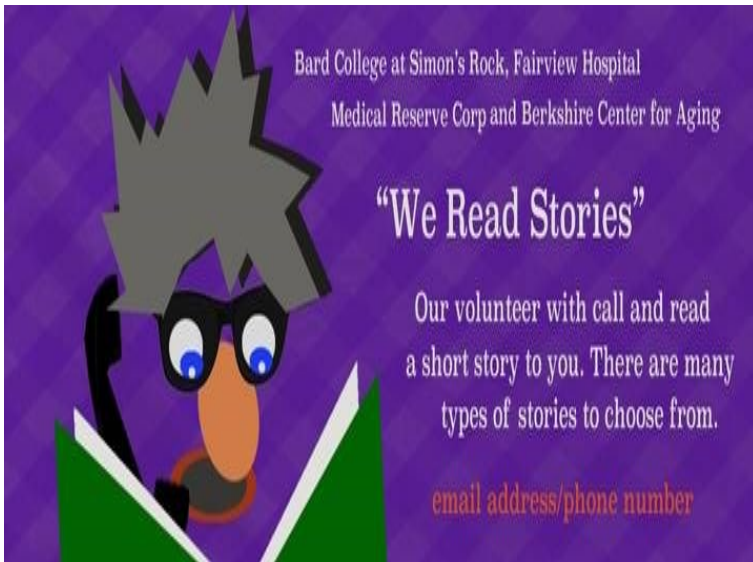
**MAY
days to:**

**Polly M
Marlene A
Natalie T
Suzannah H
Linda S**

**Betty M
Chris R
Katherine L
Faith P,
Eileen G,
Theresa M**

**Janet B
Mary M
Audrey L
Gary L
Eunice A
Wes O**

**Peggy F
Winnie S
Hank B
Eugene K
Ruth V**



Have you completed your 2020 Census?

WE NEED YOU!!! Please pass on the word that it is very important for funding for our programs that everyone is counted. If you need assistance, we will help you over the phone. You can call is at (413) 528-1881.

Stressed?

The National Alliance on Mental Illness is taking take calls until 8:00pm each day. The calls will be answered by a NAMI staff member or trained volunteer that has experience with mental health issues and trauma. If you leave your name and number the agency will return your call within 24 hours and all calls are confidential. You can reach us at 413-445-1136 .

This services is funded by the Berkshire United Way, The Taconic Foundation, the Williamstown Community Chest and the Northern Berkshire United Way.

This information provided by—Berkshire Regional Planning Commission Age Friendly Coordinator Peg Mc Donough

If you are interested in receiving a call for a short story from this fun, new program please call 528-1881

Senior (60 +) and Immunocompromised Safe Shopping Hour:

- 1) Big Y 7:00- 8:00AM 7 Days a week
- 2) Price Chopper 6:00-7:00AM
7 days a week
- 3) Berkshire Co-Op Market 8:00-9:00AM
7 days a week
- 4) Guido's Fresh Marketplace 9:00-10:00 AM
Mon. - Sat. Closed Sundays.
- 5) Shiro Asian Market 11:00AM-12:00PM
Monday- Saturday. Closed Sundays
- 6) El Puento de Encuentro- Latin Market TBD
- 7) Gorham and Norton 8:00 - 9:00AM
Monday- Saturday. Closed Sundays
- 8) Aberdale's TBD

Pharmacy safe Shopping Hour (s):



- 1) Walgreen's 8:00-9:00 AM Monday- Friday
9:00-10:00AM Saturday & Sunday
- 2) Price Chopper Pharmacy TBD
- 3) Big Y Pharmacy TBD
- 4) CVS 8:00-9:00 AM Monday- Friday
9:00-10:00 AM Saturday & Sunday

Elder Services of Berkshire County - Nutrition Program

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

MAY 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Sponsored in part by:</p> 	<p>HOME DELIVERED MEALS: If you will not be home when your meal is delivered please CALL our NUTRITION HOTLINE at 1-800-981-5201</p>	<p>Monday -Friday bagged lunch pick -ups at the Claire Teague Senior Center. Please call one day prior to order your meal.</p>		
<p>4</p> <p>Pollock Cacciatore 271 Scalloped Potatoes 20 Sliced Carrots 43 100% Whole Wheat Bread 120 Fresh Orange 0</p> <p>Calories: 482 Sodium: 579</p>	<p>5 Cinco de Mayo</p> <p>Beef Chili 184 Steamed Rice 5 Peas 58 Mini Corn Bread Loaf 210 Tropical Fruit Salad 10</p> <p>Calories: 592 Sodium: 592</p>	<p>6</p> <p>Moroccan Beef Stew 178 Sweet Potatoes 36 Brussel Sprouts w/ Cheese 5 12 Grain Bread 200 Sliced Peaches 6</p> <p>Calories: 687 Sodium: 550</p>	<p>7 Mother's Day Meal</p> <p>Sliced Turkey w/ Gravy 467 Mashed Potatoes 97 Cut Asparagus 3 100% Whole Wheat Bread 120 Cupcake** 89</p> <p>Calories: 562 Sodium: 901</p>	<p>8</p> <p>Sweet N Sour Pork 522 Buttered Penne 3 Broccoli Florets 22 Oat Nut Bread 150 Apricots 5</p> <p>Calories: 782 Sodium: 827</p>
<p>11</p> <p>Greek Style Chicken 391 Rice w/ Orzo 6 Tuscan Style Vegetables 35 12 Grain Bread 200 Mandarin Oranges 7</p> <p>Calories: 691 Sodium: 764</p>	<p>12</p> <p>Beef Stew 72 Sliced Gold Potatoes 4 Mixed Greens 149 Rye Bread 150 Applesauce 0</p> <p>Calories: 535 Sodium: 500</p>	<p>13</p> <p>Salmon Burger 240 Augratin Potatoes 93 Cauliflower 19 Hamburger Bun 190 Sliced Peas 10</p> <p>Calories: 608 Sodium: 677</p>	<p>14</p> <p>Veal Parmesan 677 Shells w/Marinara Sauce 33 Wax & Green Beans 1 Italian Bread 200 Mixed Fruit 5</p> <p>Calories: 779 Sodium: 1041</p>	<p>15</p> <p>Broccoli & Cheese Stuffed Chicken w/ chicken gravy 415 Sweet Potatoes 36 Mixed Vegetables 133 Dinner Roll 210 Banana 1</p> <p>Calories: 868 Sodium: 920</p>
<p>18</p> <p>Roast Pork w/ Gravy 88 Mashed Potatoes 97 Winter Blend Vegetables 10 Dinner Roll 210 Applesauce 0</p> <p>Calories: 619 Sodium: 530</p>	<p>19</p> <p>Beef Teriyaki 614 Steamed White Rice 4 Sliced Carrots 43 Oat Nut Bread 150 Pineapple & Mandarin Oranges 4 Fortune Cookie 2</p> <p>Calories: 635 Sodium: 942</p>	<p>20</p> <p>Bone in Chicken w/Gravy 102 Buttered Noodles 8 Asparagus Cuts 3 Rye Bread 154 Fresh Apple 2</p> <p>Calories: 394 Sodium: 394</p>	<p>21</p> <p>Macaroni & Cheese 627 Stewed Tomatoes 101 Peas & Pimientos 79 100% Whole Wheat Bread 120 Sliced Peaches 6</p> <p>Calories: 594 Sodium: 1058</p>	<p>22 Memorial Day Picnic</p> <p>Hot Dog 540 Vegetarian Baked Beans 140 Sauerkraut 136 Hot Dog Roll 180 Ice Cream Cup** 46</p> <p>Calories: 757 Sodium: 1167</p>
<p>25 Memorial Day</p> <p>Closed</p> <p>Calories: 553 Sodium: 950</p>	<p>26</p> <p>Chicken Piccata 462 Mashed Potatoes 120 w/ sour cream and chives 3 Wax & Green Bean Blend 230 100% Wheat Bread 10 Fruit Cocktail 10</p> <p>Calories: 553 Sodium: 950</p>	<p>27</p> <p>Breaded Pollock 190 Broccoli Florets 22 Potato Leek Soup 23 Oat Nut Bread 200 Apricots 5</p> <p>Calories: 632 Sodium: 565</p>	<p>28</p> <p>Chicken & Sausage Casserole 426 Rice w/ Lentils 18 Mixed Greens 149 100% Whole Wheat Bread 150 Vanilla Yogurt w/ Granola** 57</p> <p>Calories: 802 Sodium: 925</p>	<p>29</p> <p>Beef Burgundy 59 Garlic Mashed Potatoes 33 Lyonnaise Carrots 74 100% Whole Wheat Bread 120 Diced Peas 10</p> <p>Calories: 620 Sodium: 421</p>

Dietary Information: All meals include 1% Milk 100 calories/107 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.

Menu subject to change

MAY DAY

Y F L A V I T S E F S N O B B I R
P S R E W O L F N Z J T Y O B W Z
U P G W C H I L D R E N K K U F L
R B C S M A Y Q U E E N N Q T E A
I T N E I C N A S R O L O C T R U
T R A D I T I O N S J U G J E T G
A L I O E K S P O R D N I A R I H
N Q L K M O S S O L B U P L F L T
S M S F G W J S M N S A B P L I E
R A O O L H T R M A R P B L Y T R
B O V Y Z Y O A X A Y N R C O Y Q
S U S G P M Y G D D U D P I U O C
D T E H A D C E M F Y F A W N G M
O S T N A E N I H S N U S Y K G N
B I S Y P E T A R B E L E C D H X
C D D M A Y P O L E S I N G I N G
I E W O B N I A R E N A T L E B V

ANCIENT	BASKET	BELTANE	BLOOM
BLOSSOM	BUDS	BUTTERFLY	CELEBRATE
CHILDREN	COLORS	FERTILITY	FESTIVAL
FLOWERS	FUN	LAUGHTER	MAY DAY
MAY QUEEN	MAYDAY	MAYPOLE	OUTSIDE
PARADE	PURITANS	RAINBOW	RAINDROPS
RIBBONS	ROMANS	SINGING	SPRING
SUNSHINE	TRADITION		