



# GRAPEVINE NOVEMBER 2021

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)

**CLOSED ON: NOV. 11th – VETERAN'S DAY & NOV. 25th – THANKSGIVING DAY**

## Join Veterans Agent Laurie Hils

for lunch every 2nd  
Tuesday of the month.



Where: Claire Teague  
Senior Center

Time: 11:30 am

Cost: **FREE** for veterans &  
their spouses

Thank you to Jim at Prospect Lake for  
the donations of Ice Cream etc.

## **\$2 Breakfast with Barbara Bailly!!**

Join us Tuesday, November 16th @ 11:30 am

We listened! Breakfast for Lunch is back by  
popular demand!!

Please RSVP to 528-1881.

We will be showing Vintage Claire Teague  
Videos following lunch.

If you want to schedule your **Covid  
booster or vaccination** at Fairview  
Hospital, call (855) 262-5465.



**Chef Bob Avery Luncheon**

Wed Nov 23rd

Time: 11:30-12:30 pm

\$2.00 per person

Pork medallions, red cabbage,  
applesauce, peas and dessert.  
Call to reserve your seat @ 528-1881.

The Egremont Garden Club arranges Cups of  
Cheer for meals on wheels recipients each year  
as well as providing the cups for our dining  
room tables. This year the Garden Club is of-  
fering anyone to make their own Cup of Cheer  
at no cost - just bring any trinkets that you want  
to decorate all other supplies will be provided.  
If you have a favorite cup be sure to bring that  
as well. For reservations please call 528-1881

Where: Senior Center

When: Wed., December 1<sup>st</sup> @ 10:30 am

## **INSIDE THIS ISSUE. . .**

Events/Exercise	Pages 1– 4
Birthdays	Page 4
Article	Page 5
Menu	Page 6
Calendar	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:** Wed., Nov 17th

**Time:** 11:30 am

Call 528-1881 to make your reservation

## **AARP FOUNDATION TAX-AIDE ~ NEEDS 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 [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) (follow the BECOME A VOLUNTEER prompts)

Or call 1-888-227-7669

For local information call 1-413-446-7483



## **BINGO**

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



### **SHINE Open enrollment is October 15 – December 7.**

State certified SHINE counselors are available by appointment to help you understand your health care coverage, review cost increases, and find out what's new with Medicare.

Now is the time to review your Medicare coverage! Each Medicare beneficiary receives an Annual Notice of Coverage which is important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, co-payments and health coverage based on income and assets.

SHINE appointments fill up fast during this busy period so call (413) 499-0524 ext. 169 now to avoid making last minute decisions or staying in a plan that no longer works for you.



Appointments are done over the phone so there is no need to go to a counseling site. SHINE is a program of Elder Services of Berkshire County.



### **The Guthrie Center**

Thursday, Nov 25th ~ Thanksgiving Day

The Guthrie Center and Samel's Deli are preparing "another Thanksgiving Dinner that couldn't be beat"!

2 Van Deusenville Road. Great Barrington

PICK-UP dinners from 10 am to 1 pm  
(observe safety guidelines).

**Reservations required** (Timed Pick-ups).  
Call (413) 528-1955

Dixie the therapy dog is back!!  
Dixie will be visiting the senior center every  
Tuesday from 11:00-12:00 in the lobby.



### **Blood Pressure Clinic**

Every third Thursday

November 18th

10:00 am - 11:00 am

by the Southern Berkshire  
Public Health Collaborative

### **Art Classes :**



By Margaret Buchte

- **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.

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

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



By Eunice Agar

- **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!



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

Eric Schumann	Virginia Fenn
Helen Audino	Nora Hayes
Fawn Menard	Carolyn Arienti
Linda Difulvio	Brother Paul Brandt
Britt Ormsbee	Mike Vogt
Katie Kilmer	Trudi Gunsberg
Roberta Parry	Betty Pratt
Marlene TenBroeck	Matthew Tomich
Virginia Farnum	Danielle Gaherty
Paulette Johnson	Carolyn Carr
Molly Ann Hatfield	Pricilla Rueger
	Catherine Harvey

### BROWN BAG

**Nov 10th**

at the Claire Teague  
Senior Center.



**Foot Nurse by  
appointment only  
On Monday, Nov 8th**

### **Ron Terry's Tech Tips—**

learn how to use: computers, i-pads,  
cell phones.

**TUESDAYS**

**12:00-2:00 pm**

By appointment



## **EXERCISE CLASSES :**



- Pilates for Osteoporosis Prevention w Kathi Casey on TUESDAYS at 9:45 am is being held on **zoom** only at this time. If you are interested in attending; please call the senior center for zoom information and to register for the class



- Strength Training w Christine Faber on TUESDAYS at 3:30 –4:30 pm \$3 per person per class

- Tai Chi w Christine Faber on FRIDAYS at 9:00 am \$3 per person per class

- Bridge TUESDAYS at 12:00 pm
- Pitch WEDNESDAYS at 12:00 pm

**WE NEED BRIDGE & PITCH  
PLAYERS!!!!**

**Tap Classes \$ 5 /class**

**MONDAYS & FRIDAYS**

\* Join Carolyn Calandro 2:00 pm

**~~Move and Groove~~ — \$ 3 /class**



**TUESDAYS & THURSDAYS**

**On hold for now**

**For more information or to register for these classes,  
please call us at 413-528-1881.**

## Senior Tax Deferral – A Safety Net in Uncertain Times

By Vivian Orlowski

Home sales and valuations have surged in Great Barrington, but many retirees' fixed incomes have not kept pace. How can low/middle income older residents stay in their homes, when facing a growing property tax burden? **If approved by 2022 Town Meeting**, an updated Senior Tax Deferral program would provide a **safety net**—allowing seniors to use their own financial resources—when they're faced with additional health care costs, family emergencies or major home repairs.

### How does Senior Tax Deferral work?

If 2022 Town Meeting approves, older year-round residents could apply for tax deferral annually if they meet **age, residency and income requirements**. If the Assessor approves, the town gets a **lien on the senior's property** and **later the senior pays the full tax, plus interest**. Because it's a deferral, not an exemption, no expenditures are needed. Decades of experience in dozens of towns with active deferral programs show town tax rates are not affected and no taxes are increased.

### How would Senior Tax Deferral benefit the community?

- Enhancing community stability by helping seniors remain in their homes near family and friends.
- Minimizing financial burdens on family members who otherwise might need to provide funding.
- Keeping seniors from adding to the intense competition for renting or buying less expensive homes.
- Preventing possible conversion to short-term rentals (Airbnb), if seniors are forced to sell their homes.
- Reducing home sales turnover, which impacts market prices and real estate valuations, thus protecting all property tax payers.

### Who decides Great Barrington requirements?

Outdated state law currently allows qualifying seniors with \$20,000 or less annual income to defer taxes to pay later with 8% interest. Updating Senior Tax Deferral requirements needs to be voted by Town Meeting (as already voted by 83 Massachusetts towns). Then, annually, the Selectboard would decide income and interest requirements. On **Tuesday November 16** at 6:00pm, the Finance Committee will consider:

- Will Great Barrington seniors with incomes above \$20,000/year qualify for a tax deferral? Many towns make deferral available to seniors with \$40,000 - \$60,000 annual incomes. Some towns have increased eligibility to \$92,000 annual income.
- Will those who qualify be required to pay outdated 8% annual interest rate or will our seniors be charged 1% - 3% as shown by other towns?

### Where else is Senior Tax Deferral being discussed?

- **Great Barrington Council on Aging** voted unanimously to support a Senior Tax Deferral program. **Affordable Housing Trust Fund Board** members Bill Cooke, John Katz, and Garfield Reed strongly support (but no vote was taken). The **Selectboard & Planning Board Housing Subcommittee** will consider soon.
- *The Berkshire Eagle*, ["Amid rising home values, Great Barrington to eye tax deferrals for seniors"](#) and *Eagle* editorial, ["Our Opinion: Regional growth shouldn't leave anyone behind"](#)
- Supported by: **Massachusetts Council on Aging**, **Governor's Council to Address Aging in Massachusetts**, **Boston College Center for Retirement Research**.

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*Vivian Orlowski has lived in Great Barrington for more than 30 years and has served on the Master Plan Committee, the Economic Development Committee and the Agricultural Commission (which she chairs). For many years, she also coordinated the Southern Berkshire Interfaith Clergy Association. If you have **comments or questions for Vivian**, please leave your name, phone or email with the Senior Center and Vivian will contact you directly.*






# Elder Services of Berkshire County - Nutrition Program



# NOVEMBER 2021

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

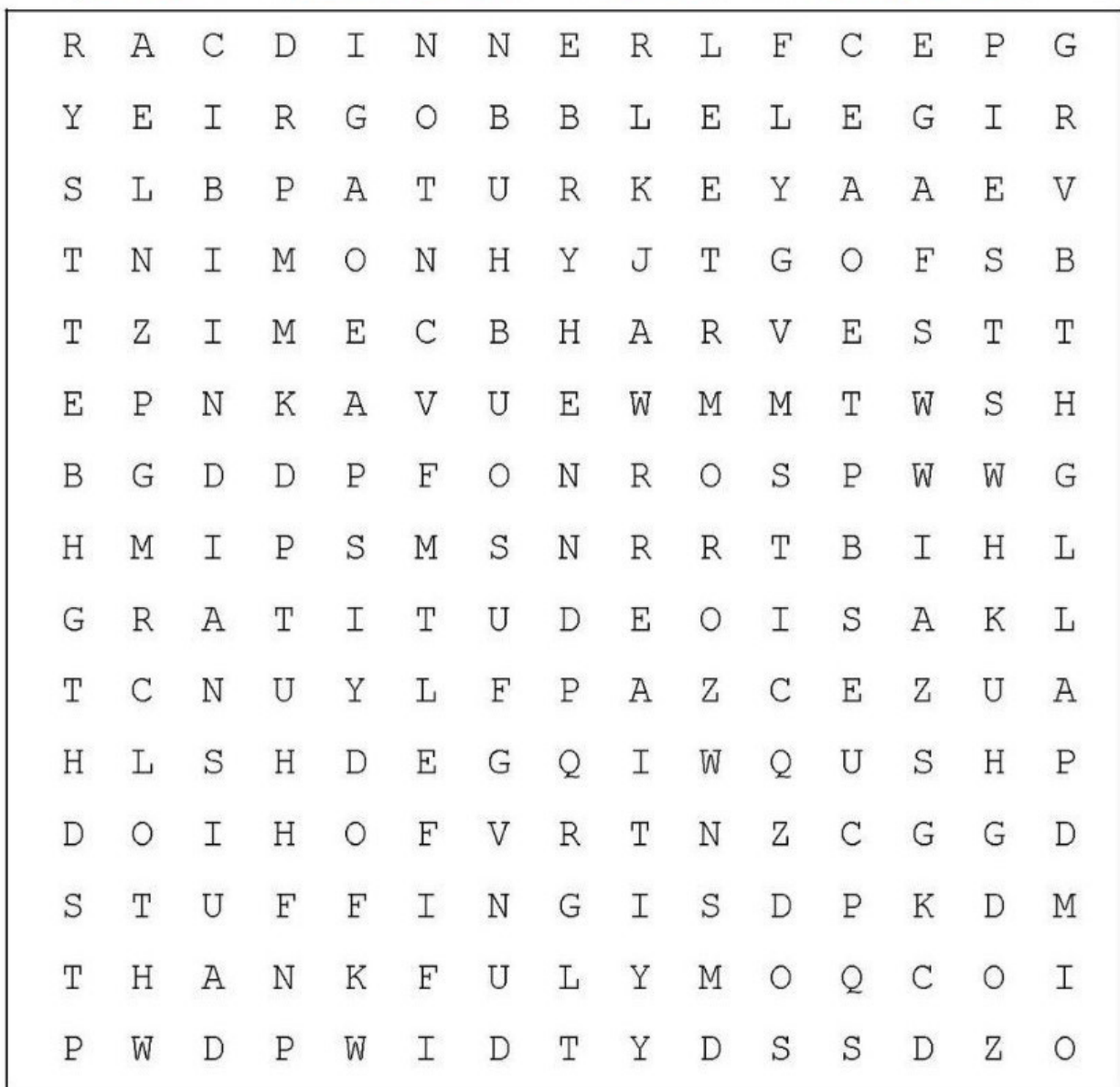
All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Chicken Cordon Bleu*</b> 557 Mashed Potatoes 33 Butternut Squash 2 Dinner Roll 210 Sliced Pears 5 Cal 761 Carb 101 Sod 932	<b>2</b> Roast Pork w/Gravy 62 Mashed Sweet Potatoes 36 Broccoli Florets 22 Oat Nut Bread 150 Applesauce 0 Cal 624 Carb 79 Sod 395	<b>3</b> Beef Stew 72 Boiled Red Potatoes 4 Mixed Greens 149 Whole Wheat Bread 120 <b>Chocolate Pudding**</b> 430 Cal 837 Carb 93 Sod 900	<b>4</b> White Chicken Chili 261 Steamed Brown Rice 5 Monaco Vegetables 7 Corn Bread 210 Fresh Orange 0 Cal 741 Carb 100 Sod 608	<b>5</b> Swedish Meatballs 299 Buttered Noodles 8 Steamed Red Cabbage 13 12 Grain Bread 200 Sliced Peaches 6 Cal 709 Carb 95 Sod 651
<b>8</b> Salmon Newberg Sauce 391 O Brien Potatoes 7 Antiqua Vegetables 12 Oat Nut Bread 150 Apricots 5 Cal 607 Carb 83 Sod 690	<b>9</b> Chicken Pot Pie 105 Asparagus Cuts 4 Biscuit 220 Warm Fruit Compote 7 <b>Veterans Lunch</b> Cal 616 Carb 86 Sod 461	<b>10</b> Italian Meatballs & Ziti 311 Italian Green Beans 3 12 Grain Bread 200 Fruit Cocktail 5 Cal 638 Carb 91 Sod 644	<b>11</b> <b>HAPPY VETERAN'S DAY</b>  <b>CLOSED</b> Cal 474 Carb 62 Sod 963	<b>12</b> <b>Turkey Picatta*</b> 653 Autumn Harvest Soup 54 Boiled Red Potatoes 4 Whole Wheat Bread 120 Mandarin Oranges 7 Cal 474 Carb 62 Sod 963
<b>15</b> Calico Bean & Sausage 469 Steamed Rice 6 Harvard Beets 178 12 Grain Bread 200 Applesauce 0 Cal 779 Carb 99 Sod 977	<b>16</b> <b>BREAKFAST for LUNCH</b> w <a href="#">Barbara Bailly</a> Showing vintage videos of Claire Teague Senior Center afterwards. Cal 514 Carb 68 Sod 587	<b>17</b> Gear Village sponsoring ~ Box Lunch w Balance Class afterwards Cal 638 Carb 91 Sod 644	<b>18</b> <b>Thanksgiving Meal</b> Sliced Turkey & Gravy 402 Mashed Potatoes 33 Carrot, Parsnips, & Butternut 46 100% WW Bread 120 Pumpkin Pie ** 300 Cal 830 Carb 120 Sod 1026	<b>19</b> Beef stroganoff 84 Buttered Noodles 8 Peas and Pearl Onions 43 12 Grain Bread 200 Fresh Orange 0 Cal 775 Carb 90 Sod 460
<b>22</b> Orange Chicken 229 Boiled Red Potatoes 4 Capri Blend Vegetables 22 Oat Nut Bread 200 Banana 1 Cal 615 Carb 94 Sod 581	<b>23</b> <b>Macaroni &amp; Cheese*</b> 627 Stewed Tomatoes 101 Mixed Greens 149 Oat Nut Bread 150 Sliced Pears 5 Cal 651 Carb 79 Sod 1157	<b>24</b> <b>CHEF AVERY</b> Pork Medallions Red Cabbage, Peas, Applesauce Dessert Cal 651 Carb 79 Sod 1157	<b>25</b> <b>HAPPY THANKSGIVING</b>  <b>CLOSED</b> Cal 577 Carb 74 Sod 549	<b>26</b> Baked Pollock Loin 97 Boiled Gold Potatoes 4 Cauliflower au Gratin 107 Dinner Roll 210 Sliced Peaches 6 Cal 577 Carb 74 Sod 549
<b>29</b> Beef Cabbage Casserole 87 Butternut Squash Soup 24 Wax beans 2 Whole Wheat Bread 120 Pineapple Tidbits 1 Cal 542 Carb 70 Sod 359	<b>30</b> Moroccan Beef Stew 170 Mashed Potatoes 33 Lyonnaise Carrots 74 Oat Nut Bread 150 Fresh Apple 2 Cal 817 Carb 104 Sod 554	SPONSORED IN PART 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.

NOVEMBER 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>11:30 LUNCH –Chicken</b> <b>Cordon Bleu</b> <b>2:00 TAP</b>	<b>2</b> <b>9:30 Move &amp; Groove</b> 9:45 Pilates on ZOOM <b>11:30 LUNCH – Roasted</b> <b>Pork and Gravy</b> 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	<b>3</b> 10:00 Drawing/Painting w Eunice Agar <b>11:30 LUNCH –Beef Stew</b> 12:00 Pitch 2:00 Decorative Painting w Liz Macchi	<b>4</b> <b>9:30 Move &amp; Groove</b> 10:30 Vera's Painting Class <b>11:30 LUNCH- White Chicken</b> <b>Chili</b> 12:15 Margaret Buchte's Art Class	<b>5</b> 9:00 Tai Chi <b>11:30 LUNCH-Swedish</b> <b>Meatballs</b> 2:00 TAP
<b>8</b> <b>9:00 Foot Nurse by</b> <b>Appointment</b> <b>11:30 LUNCH-Salmon w</b> <b>Newberg Sauce</b> <b>2:00 TAP</b>	<b>9</b> 9:45 Pilates on ZOOM <b>11:30 LUNCH- Chicken Pot</b> <b>Pie (VETERANS- Join VA</b> <b>Agents Laurie Hills)</b> 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	<b>10</b> <b>BROWN BAG</b> 10:00 Drawing/Painting w Eunice Agar <b>11:30 LUNCH –Italian</b> <b>Meatballs and Ziti</b> 12:00 Pitch 2:00 Decorative Painting w Liz Macchi	<b>11</b> CLOSED 	<b>12</b> 9:00 Tai Chi <b>11:30 LUNCH- Turkey</b> <b>Picatta</b> 2:00 TAP
<b>15</b> <b>11:30 LUNCH –Calico Bean</b> <b>and Sausage</b> <b>2:00 TAP</b>	<b>16</b> <b>9:30 Move &amp; Groove</b> 9:45 Pilates on ZOOM <b>11:30 Breakfast for lunch w</b> <b>Barbara Bailly</b> 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	<b>17</b> 10:00 Drawing/Painting w Eunice Agar <b>11:30- Geer Village ~ Box</b> <b>lunch w Balance Class</b> <b>afterwards</b> 12:00 Pitch 2:00 Decorative Painting w Liz Macchi	<b>18</b> <b>9:30 Move &amp; Groove</b> 10:00 Blood Pressure Clinic 10:30 Vera's Painting Class <b>11:30 LUNCH- Thanksgiving</b> <b>Meal – Sliced Turkey and</b> <b>Gravy</b> 12:15 Margaret Buchte's Art Class	<b>19</b> 9:00 Tai Chi <b>11:30 LUNCH- Beef</b> <b>Stroganoff</b> 2:00 TAP
<b>22</b> <b>11:30 LUNCH-Orange</b> <b>Chicken</b> <b>2:00 TAP</b>	<b>23</b> <b>9:30 Move &amp; Groove</b> 9:45 Pilates on ZOOM <b>11:30 LUNCH – Macaroni</b> <b>and Cheese</b> 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	<b>24</b> 10:00 Drawing/Painting w Eunice Agar <b>11:30 LUNCH- <u>CHIEF AVERY-</u></b> <b>Pork Medallions</b> 12:00 Pitch 2:00 Decorative Painting w Liz Macchi	<b>25</b> CLOSED 	<b>26</b> 9:00 Tai Chi <b>11:30 LUNCH-Baked</b> <b>Pollock Loin</b> 2:00 TAP
<b>29</b> <b>11:30 LUNCH –Beef</b> <b>Cabbage Casserole</b> <b>2:00 TAP</b>	<b>30</b> 9:45 Pilates on ZOOM <b>11:30 LUNCH–Moroccan</b> <b>Beef Stew</b> 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	The Egremont Garden Club arranges Cups of Cheer for meals on wheels recipients. This year the Garden Club is offering anyone to make their own Cup of Cheer - at no cost. For reservations please call 528-1881 When: Dec 1 <sup>st</sup> at 10:30 am @ Claire Teague Senior Ctr		

# Thanksgiving Word Search



CORNUCOPIA  
CRANBERRIES  
DINNER  
FALL  
FAMILY  
FEAST  
GOBBLE

GRATITUDE  
HARVEST  
HARVEST  
INDIANS  
NOVEMBER  
PIE  
PILGRIMS

PUMPKINS  
STUFFING  
THANKFUL  
TURKEY  
YAMS