



# GRAPEVINE OCTOBER 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)

Southern Berkshire Elderly Transportation corporation ( SBETC) will be ending their service as of September 30th. First and foremost, we would like to thank SBETC for nearly 40 years of service to south county seniors and disabled riders.

As of October 1st, the town of Great Barrington will be managing transportation. We anticipate having a hybrid service available at that time until full service on or about November 1<sup>st</sup>. In the interim, staff is working diligently with BRTA to have a van on site as soon as possible so that we can resume a full service transportation program.

If you are a current rider of SBETC's service, please contact Claire Teague Senior Center at 528-1881, let us know your transportation needs & your contact information. Historically, SBETC served most south county towns as a regional model. The new transportation program will begin service for Great Barrington/Housatonic residents only and will be working towards the possibility of expanding services to the outlying south county towns as well. There are other transportation options that are listed below:

- Mass- Health Standard
- Veterans-Soldiers On
- Navi-Care (Mass Health)
- Fixed Route
- BRTA Para Transit
- RSVP

If you have questions about qualifying for any of these other options, please call us. Please be assured that when the new transportation program is in place; it will be our goal to match the services that were offered by SBETC. The long range goal is to expand opportunities for trips to the Farmers Market, religious services and some evening events as well.

**If you have any questions, please call 528-1881.**

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I would like to invite anyone that is in need of just getting out and visiting with a small group, that we'll call the "**Coffee Klatch**" to join us. While the weather is in our favor, the meetings will be held under the shade of the large oak trees in our picnic area. Please call the senior center if you are interested in joining or leading one of these groups.



**Dorothy H  
William K  
Theresa R  
Peggy B  
Pat B**

**Ted P  
Augusta W  
Florence S  
Mary H  
Barb D**

**Richard D  
Mary Anne M  
Amita O  
Janet S**

**Bob S  
Mark B  
Edmond T  
Ron P  
Bill C**

## **FALL HOT DOG SOCIAL**



Join us on **Thursday, October 8th** for hot dogs, chips, beverages and music on the lawn. This event will be held outdoors in the back picnic area weather permitting. There is a limit of 30 people so please call us to reserve your space. Family groups may sit together but all others are required to mask and practice social distancing.

## **BROWN BAG**

**Due to holiday—date may be different**

**Call Senior Center for date**

Pick up @

Claire Teague Senior Center



**Retired Senior Volunteer Program** based out of Pittsfield is offering many volunteer opportunities, such as:

- Drivers (which we need for our new transportation in Great Barrington/Housatonic)
- Tree watchers/pruners
- Pittsfield rain garden angels
- Book sorters
- Ventfort Hall—Exhibit Monitor

## ***Foot Nurse by appointment only – Due to Columbus Day On Monday, October 19th this month***

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.

## **Bingo Players!!**



**Bingo**—Every Tuesday in October~ **12:30-2:00 pm**. Bingo will be held in the back parking lot picnic area of the Senior Center. **Only two players per 8 foot picnic table.** **Masks required ~ rain, sleet or snow cancels the game.** We will be offering Bingo inside once the weather is too cold to play outdoors. There will be strict safety precautions in place including masks and distancing. Masks are required and social distancing will be in place.

There is no cost to play—winner receives a chocolate bar. Please RSVP to reserve a seat at **(413) 528-1881**.

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

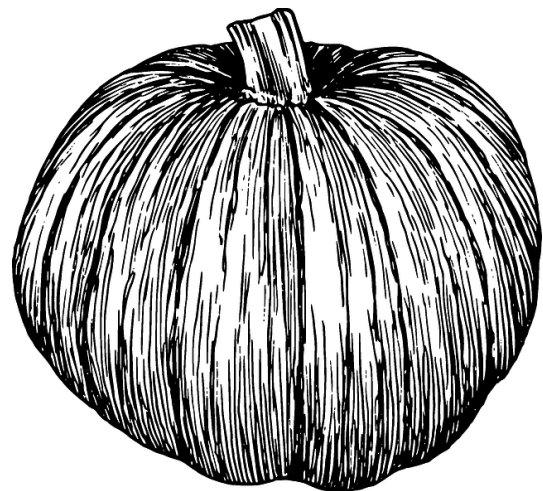
October 15th -December 7th

Mark your calendars for Oct 15th to Dec 7th!! If you are new to Medicare, 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.



**October 28<sup>th</sup> from 12:00-2:00 pm**

Health New England representative, Lee Jaggi will be hosting a **drive thru** information session on October 28<sup>th</sup> from 12:00-2:00 in the front parking lot of the senior center. Health New England offers advantage plans and supplemental plans. If you are interested in learning the differences in original Medicare and Medicare Advantage this is a great opportunity.



## **TOWN FLU CLINIC**

**Date will be on the Town Website**

- Please bring your Medicare card
- You must wear a mask
- Your temperature will be taken - immunization should be deferred if you are sick or have a fever




# Elder Services of Berkshire County - Nutrition Program

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

# OCTOBER 2020

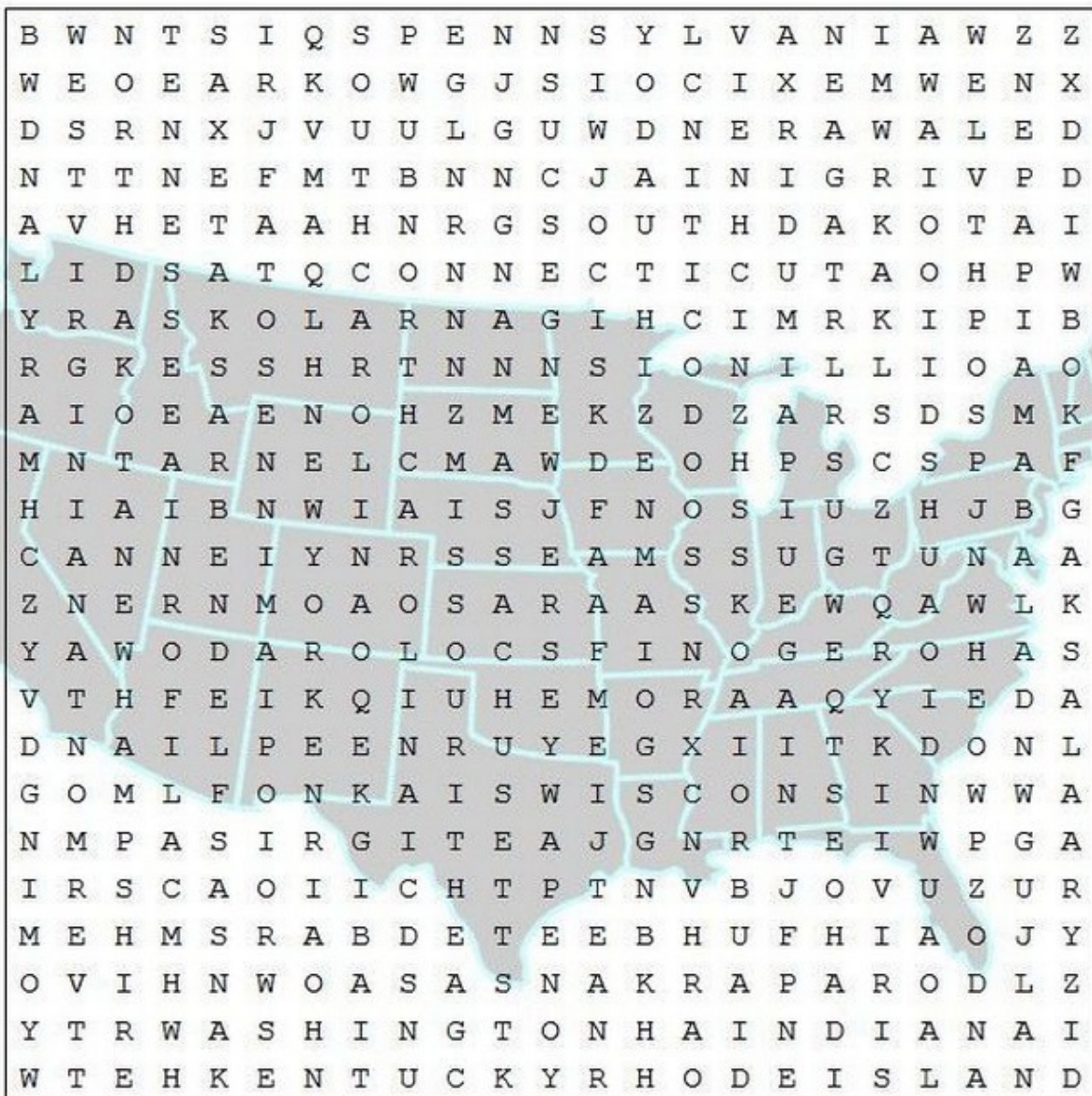
All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sponsored in part by: 			
<b>5</b> Beef Stew 72 Mashed Potatoes 39 Winter Blend Vegetables 10 Dinner Roll 210 Applesauce 0 <b>Calories: 731 Sodium: 456</b>	<b>6</b> Sweet N Sour Meatballs 384 Sliced Buttered Potatoes 4 Sliced Carrots 43 100% Whole Wheat Bread 120 Mandarin Oranges 6 <b>Calories: 571 Sodium: 682</b>	<b>7</b> Stuffed Shells 441 Wax Beans 3 Brussel Sprouts 5 Italian Bread 230 Sliced Peaches 6 <b>Calories: 555 Sodium: 810</b>	<b>8</b> Chicken Divan 379 Steamed Rice 4 Green Bean Almondine 3 12 Grain Bread 200 Fresh Orange 0 <b>Calories: 667 Sodium: 1232</b>	<b>9</b> Homemade Meatloaf w/ gravy 284 Mashed Potatoes 39 Mashed Winter Squash 2 Dinner Roll 210 Mangos 5 <b>Calories: 610 Sodium: 781</b>
<b>12 COLUMBUS DAY</b>  <b>CLOSED</b>	<b>13</b> Baked Pollock Loin 97 Buttered Boiled Gold Potatoes 4 Mixed Greens 149 Oat Nut Bread 150 Pineapple Chunks 1 Tartar Sauce 261 <b>Calories: 674 Sodium: 787</b>	<b>14</b> Greek Style Chicken Stew 391 Rice w/ Black beans 29 Broccoli Florets 22 100% Whole Wheat Bread 150 Apricots 5 <b>Calories: 604 Sodium: 722</b>	<b>15</b> Veal Patty* 460 Pepper & Onion Sauce 49 Mashed Potatoes 39 Carrots & Parsnips 29 12 Grain Bread 200 Fruit Cocktail 5 <b>Calories: 810 Sodium: 907</b>	<b>16</b> Chuckwagon Stew 394 Sliced Potatoes 49 Mixed Vegetables 43 100% Whole Wheat Bread 120 Fresh Apple 2 <b>Calories: 718 Sodium: 688</b>
<b>19</b> Veg. Lasagna w/ Meat Sc* 510 Italian Green Beans 3 Asparagus Cuts & Tips 4 Oat Nut Bread 150 Sliced Peaches 6 <b>Calories: 709 Sodium: 798</b>	<b>20</b> Chicken Breast w/Gravy 327 Mashed Potatoes 39 Peas with Mushrooms 65 100% Whole Wheat Bread 120 Mixed Fruit 10 Cranberry Sauce 8 <b>Calories: 651 Sodium: 694</b>	<b>21</b> Meatball Grinder 311 Tater Tots 29 California Blend Vegetables 17 6" Sub Roll 280 Fresh Pear 2 <b>Calories: 768 Sodium: 764</b>	<b>22</b> Roast Pork w/Gravy 183 Mashed Sweet Potatoes 36 Cauliflower w/ Pimiento 17 Dinner Roll 210 Applesauce 0 <b>Calories: 791 Sodium: 571</b>	<b>23</b> Beef and Cabbage Casserole 88 Spinach 76 Sliced Beets 185 100% Whole Wheat Bread 120 Fig Bar ** 35 <b>Calories: 740 Sodium: 629</b>
<b>26</b> Chicken Puttanesca 479 Buttered Egg Noodles 8 Brussel Sprouts 5 12 Grain Bread 200 Sliced Pears 5 <b>Calories: 579 Sodium: 822</b>	<b>27</b> Salisbury Steak 440 Steamed Rice 5 Lyonnaise Carrots 74 Oat Nut Bread 150 Fresh Orange 0 <b>Calories: 610 Sodium: 794</b>	<b>28</b> Sliced Turkey & Gravy * 675 Mashed Potatoes 39 Green Beans French Cut 3 100% Whole Wheat Bread 120 Mangoes 0 <b>Calories: 616 Sodium: 962</b>	<b>29 Halloween</b> GHOU LASH 94 Sliced Beets 185 Broccoli Florets 22 Dinner Roll 120 Fruited Orange Gelatin ** 89 <b>Calories: 682 Sodium: 635</b>	<b>30</b> Vegetable Pinwheels w/ Marinara Sauce* 470 101 Sanoma Blend Vegetables 20 Pear Crisp 11 <b>Calories: 573 Sodium: 727</b>

**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.

# 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