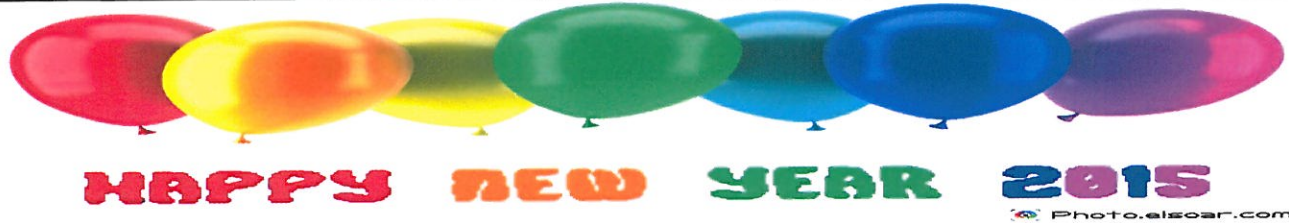


# GRAPEVINE

Claire W. Teague Senior Center

917 South Main Street \* Great Barrington, MA 01230 \* 413-528-1881

Dining Room: 528-4118 Transportation: 528-4773



**Free AARP Tax-Aide Program returns in February! We will begin scheduling appointments on January 14th!**

Free tax return preparation will be offered again at the Great Barrington Claire Teague senior center **every Wednesday from February 4th through April 8th from 9 AM to Noon.** The service is available to all middle- and low-income taxpayers with special attention to those aged 60 and older. Volunteers trained in cooperation with the IRS will assist you in filing your return, either on paper or electronically. You do not need to be a member of AARP or a retiree to use this service. Please call 528-1881 to schedule an appointment.

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## What is A Matter of Balance?

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance: Managing Concerns About Falls** is a program designed to reduce the fear of falling and increase activity levels among older adults.

**A Matter of Balance** includes 8, 2-hour sessions for a small group, led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University. During the class, participants learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

**SIGN UP FOR THIS GREAT CLASS!!**

**Classes will be offered on MONDAYS from 9:30-11:30 for the following 8 weeks:**

**February 2nd, 9th, 23rd**

**March 2nd, 9th, 16th, 23rd and 30th**







## HOUSING REHABILITATION PROGRAM NOW ACCEPTING APPLICATIONS

Applications are now being accepted for the Great Barrington-Sheffield Housing Rehabilitation Program, funded by a FY14 Community Development Block Grant (CDBG).

The Great Barrington-Sheffield Housing Rehabilitation Program (HRP) is managed by Berkshire Regional Planning Commission, and provides home improvement assistance in the form of 0% percent deferred payment loans for low and moderate-income homeowners. The maximum award of funds for a single rehabilitation project is \$30,000. Under the Great Barrington-Sheffield Housing Rehabilitation Program, approximately 15 housing units will be rehabilitated. The type of repairs which can be undertaken using Program funds include: roofing, foundation repair, installation of energy efficient windows and doors, insulation, accessibility improvements, plumbing, electrical repair or replacement, septic, water supply, lead paint removal, exterior paint, etc.

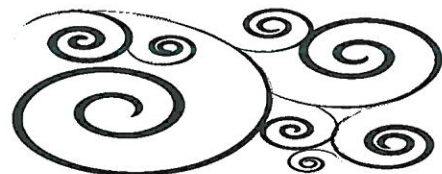
All HRP eligible applicants must be owner-occupants whose property is located within the town of Sheffield or Great Barrington,

with preference given to residents living in the Program's target areas (Housatonic Village and town-wide in Sheffield).

Applicants must not exceed the following income limits based on household size: 1 person: \$44,750; 2 persons: \$51,150; 3 persons: \$57,550; 4 persons: \$63,900; 5 persons: \$69,050; 6 persons: \$74,150; 7 persons: \$79,250; 8 or more persons: \$84,350.

The Towns of Great Barrington and Sheffield were awarded \$803,100 by the Massachusetts Department of Housing and Community Development's CDBG program. The grant includes engineering designs for infrastructure improvements in Housatonic Village, architectural designs for the elimination of accessibility barriers in Sheffield Town Hall, as well as this regional Housing Rehabilitation Program.

For more information, please visit the program website at <http://berkshireplanning.org/projects/regional-community-development-block-grant-project/>. Applications are available on the website, or at the senior centers, libraries, and town halls in Great Barrington and Sheffield. If you would prefer to call or email, contact Patricia Mullins at 413-442-1521 x1 ([pmullins@berkshireplanning.org](mailto:pmullins@berkshireplanning.org)) or Jaclyn Pacejo at 413-442-1521 x32 ([jpacejo@berkshireplanning.org](mailto:jpacejo@berkshireplanning.org)).






***The dining room will be available for Winter Walking Monday thru Thursday 8 a.m. until 10 a.m. AND 1 p.m. until 3:00 p.m. Fridays 1-3:00. Call ahead in case of a scheduled event.***



### ***Top 10 Health Benefits of Walking Every Day***

It's a gentle, low-impact form of exercise that's easy, free and suitable for people of all ages and most abilities. Here's why it's so good for you:

#### **1. It strengthens your heart**

Regular walking has been  shown to reduce your risk of heart disease and stroke. It lowers levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol and keeps blood pressure in check.

According to the Stroke Association, walking briskly for up to 30 minutes can help prevent and control the high blood pressure that can cause strokes – reducing your risk by up to 27 per cent.

#### **2. It lowers disease risk**

As well as heart disease, a walking habit can slash your risk of developing type 2 diabetes, asthma and some cancers. A study in the *British Medical Journal* showed taking more steps every day can help ward off diabetes. And according to the charity Walking For Health, regular exercise such as walking could reduce risk by up to 60 per cent.

#### **3. It keeps weight in check**

"If you're trying to lose weight, you need to burn about 600 calories a day more than you're eating," says Amory. "Walking also increases muscle mass and tone and the more muscle you have, the faster your metabolism – so the more calories you burn, even at rest," he adds.

#### **4. It can help prevent dementia**

Dementia affects one in 14 people over 65 and one in six over 80.



We know being active has a protective effect on brain function and regular exercise reduces dementia risk by up to 40 per cent.

#### **5. ...and osteoporosis, too**

"Walking counts as a weight-bearing activity," says Amory. "It stimulates and strengthens bones, increasing their density – really important, especially for women."

#### **6. It tones your legs, bum – and tum**

A good walk can help strengthen and shape your legs, giving great definition to calves, quads, hamstrings and lifting your glutes (buttock muscles) – especially if you add hills. But if you really pay attention to your posture as you walk, it can tone your abs and whittle your waist, too.

#### **9. It gives you energy**

It might seem like a paradox (and the last thing you might feel like) but a brisk walk is one of the best natural energizers around. It boosts circulation and increases oxygen supply to each and every cell in your body, helping you to feel more alert and alive. It wakes up stiff joints and eases muscle tension so you feel less sluggish.

#### **10. It makes you happy**

The ability of exercise to boost mood is undisputed. Studies have shown regular, moderate-intensity exercise (such as brisk walking) to be as effective as antidepressants in cases of mild to moderate depression. Getting active releases feel-good endorphins into the bloodstream, reducing stress and anxiety. And don't forget it's often a social activity – joining a walking group or meeting friends to walk and chat is a great way to banish feelings of isolation and loneliness. A survey by the charity Mind found 83 per cent of people with mental health issues look to exercise to help lift their mood. For greatest benefit, they say, get active outdoors and somewhere green. *Tesco Living, 10/4/13*



## LOOKING



## AHEAD...

☺ Join in for singing some old favorite tunes the 2nd Monday of each month from 10:30 a.m. until 11:30 a.m. beginning in January. Have some fun and join in to "hummm" or sing a few bars!



☺ Winter BINGO

and Subway sandwiches are back on the following Saturdays: 1/24, 2/28, & 3/28 from 12 until 3. See flyer for sign-up!!

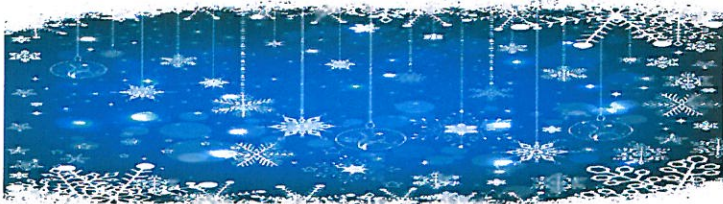
☺ Flagg Rock Bingo Monday, 1/12 10:30-11:30

☺ In South County: Berkshire Community College, 343 Main Street, Great Barrington ~ A Veterans' Representative will be available every Tuesday, 10 a.m. to 2 p.m. (beginning January 6, 2015) to assist in job searching.

☺ Chair Volleyball - Wednesdays at 10:30 a.m. in the Bingo Room

☺ Crafting Class - Fridays at 12:15 P.M.

☺ **Winter Blues PARTY!! FREE lunch from Fairview Commons and music by Sandy and Sandy ~ Thursday, Jan. 22 11-12!**



☺ **We are beginning a Low Vision Support Group the 2nd Monday of the month beginning January 12th at 12:15. You don't have to feel alone! If you need transportation, call 528-4773.**

## ~ MONDAY AT THE MOVIES ~



**@12:15 pm**

January 5th, "*Mountain Men*" with Charlton Heston

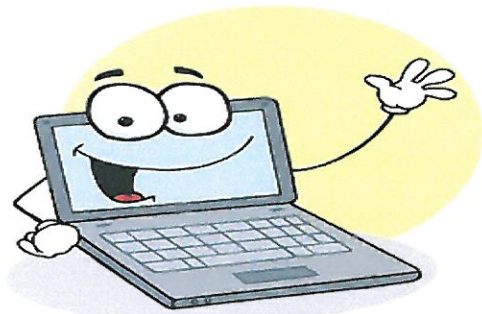
February 2nd, "*A Good Year*" with Russell Crowe and Robert Finney

March 2nd, "*Keeping Mum*" with Maggie Smith

March 2nd, "*The Notebook*" with James Garner

To view the Grapevine online and in **COLOR** (!), go to: [www.townofgb.org](http://www.townofgb.org)

and click on Council on Aging. The menu and calendar are also listed and can be viewed.

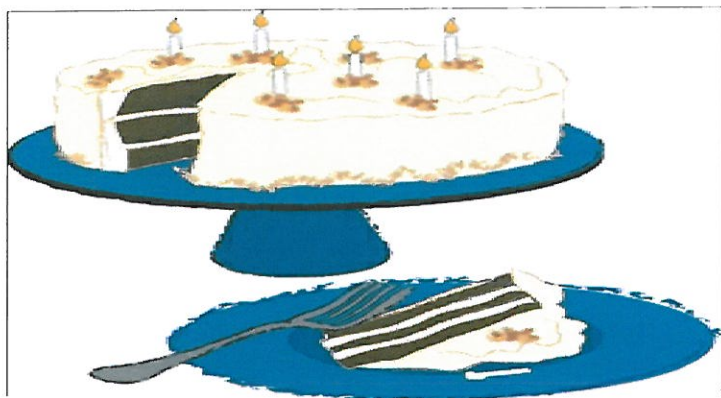
**NOTE!!**

Our Polly Mann, Director of Claire Teague Senior Center will be interviewed about the center on Wednesday, January 21st at 1:00 P.M. on WSBS - be sure to listen!

***Wednesday, January 7th is Birthday lunch  
free to all January birthday participants!!***



***1st Flo Tisserand  
3rd Marion Smith  
4th Jean Deaming  
8th Marilyn Sauer  
15th Edie Froggatt  
17th Preston Tinker  
19th Daves Rossell  
20th Georgette Banks  
20th Bob Mellillo  
27th Jim Soules  
28th Dean Inglis  
29th Martha Wool  
30th Vera Thyberg  
31st Theresa Terry  
31st Richard Needelman***



***Monday, Jan. 26th @ 12:30 ...***

*Great Barrington Rehab will be calling Bingo and bringing the ice cream and toppings. Invite your friends for this fun event!*



***To ~ "Misha for your wonderful class, Awareness Through Movement—a class **everyone** could benefit from. The gentle but effective nature of the movement makes one feel wonderful!" Class participant***

***To ~ Barbara and Virginia for their terrific breakfasts***

***To ~ Earth Angels for their great performance***

***To ~ Great Barrington Rehab. for the ice cream***

***To ~ Monument Mountain Pathways Program for Girls Chorus Caroling***

***To ~ Monument Valley Middle School students for their wonderful singing.***

***To ~ Hevreh for their Hanukkah Ceremony***



**~MONTHLY EVENTS~**

**Monthly Movie ~ Monday, January 5th 12:00-200**

**Grief Support Group** will meet **Monday, January 5th 5:30-7:00. Open To All.**

**AVADA Hearing** will be on site **Tuesday January 6th by appointment.**

**Veterans - FREE Lunch - January 8th and 22nd at 11:30 AM.**

The **Women's Cancer Support Group** will meet **Thursday, January 15th and January 29th from 4:00 PM to 5:30 PM.**

**Foot Nurse: Friday, January 9th and Monday, January 12th from 9:00 AM to 1:00 PM by appointment. Cost \$35.00.**

**Out-to-Lunch Bunch** taking the winter months off for dining out and will be begin their dining out again in April!

**Quilting Guild** will meet on **Tuesday, January 13th at 7:00 PM.**

**Brown Bag** will be distributed on **Wednesday, January 14th** **NOTE: Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds PLEASE.**

This month's **TRIAD** meeting will be on **Wednesday, January 14th at 2:00 PM.**

**Caregivers' Support Group** will meet on **Wednesday, January 21st from 1:00 PM to 2:30 PM.**

**Blood Pressure Clinic with VNA , Thursday January 22nd from 10:00 AM to 11:00 AM.**

**Winter Bingo— Saturday, January 24th from 12 to 3**

This month's **Council On Aging Board Meeting** will be held on **Wednesday, January 28th at 1:15 PM.**

**\*Please Note:** Classes/events ending for the winter and beginning again in spring include: Barbara and Virginia's Breakfast, Lunch Bunch, Cross Training, and Squeaky Sneakers.

*AS TIME GOES BY...A Monthly Commentary on Local and Other Events of Historical Interest and Note....by David Rutstein*

**Father Theodor Suk: From All Saints Church in Housatonic  
to The Dachau Concentration Camp**

I am a referral and reference person for the Gt. Barrington Historical Society in regards to trying to answer questions about our town from people all over the United States and even from overseas. Such inquiries are usually genealogical in nature. Recently, I received an unusual inquiry from a Barbara Pulaski of Clinton, MA. She needed some information on a Catholic priest, Father Theodor Suk, who became the permanent pastor of the Housatonic All Saints Church from 1915 to 1923. He had been transferred from Professor Pulaski's hometown of Clinton to Housatonic. She has been invited by the American Historical Association to address this prestigious organization this January on Father Suk. Fr. Suk was born in Wielun, Poland in 1870. After becoming an ordained priest he was sent to America to administer to the religious needs and care of Polish immigrants. After enrolling in a special seminary here to learn English and American ways, he eventually was sent to Clinton in 1913 as the pastor of St. Mary's Church. Clinton had a large Polish community and with other immigrants had come to this town to work in the mills.

The Polish community was raising money to purchase land to build their church. A controversy arose when his constituents wanted to acquire property next to where they lived and Fr. Suk wanted to locate the Church elsewhere. Fr. Suk seemed to be a very stubborn man. Then something very extraordinary happened. These Polish immigrants, some only here for a short time, organized a religious boycott against their priest. It appears that these new immigrants to America were learning quickly American ways and how democracy works. This never could have happened in Poland. This was known as the St. Mary's Strike. The bishop of this area quickly removed Fr. Suk and sent him to All Saint's Church in Housatonic to be their new pastor from 1915-23.

While in Housatonic, Fr. Suk became an American citizen. Then, for reasons unknown, Fr. Suk left All Saints Parrish Church in 1923 and returned to his hometown of Wielun, Poland. When World War II broke out with the Nazi invasion of Poland on September 1, 1939, during the first hours of war, Wielun, which was 12 miles from the German border, came under attack by German Stuka dive bombers. With sirens wailing, the Stukas released their bombs onto Wielun, practically destroying Fr. Suk's town. There was no apparent reason why Wielun was bombed. There was no military presence there, no vital industries, and it was not a main transportation route. The Stukas were probably using the town as target practice. This was the very first recorded war crime of this new war.

German troops occupied Wielun and Polish priests, including Fr. Suk, were arrested and placed under protective custody by the Nazis. Fr. Suk was sent to the Dachau Concentration Camp in Bavaria. He died there in 1942.

Professor Pulaski can only speculate as to why he left All Saints Church to go back to Poland. If possible, she would like to know the real reason why. If any of our friends in Housatonic, especially family members of the former All Saints Parrish Church, have any knowledge of why Fr. Suk left the church to return to Poland, Professor Pulaski would appreciate your help. Just give Polly or Rita in the office of the Claire Teague Senior Center your phone number or e-mail address and I'll get back to you.

Most important, I would like to thank Barbara Pulaski for permission to use her research on Fr. Suk for my January column.



**HELLO!** To help us make the senior center the best it can be for you, please let us know your thoughts by circling your responses below.

### **LUNCH**

1. Do you like the musical performances during lunch?    Very much            Sometimes            Never
2. How do you find the musical performances?            Too loud            Want more            Annoying
3. How do you find the announcements and reminders during lunch?  
                  Very helpful            Only when needed            Annoying
4. How do you find the lunch food?    Very good most of the time            Awful, but I like socializing  
    Okay

### **FRIENDLINESS AT THE SENIOR CENTER**

1. Do you feel welcome?            Always                            Sometimes                            Feel left out

### **EXERCISE CLASSES**

1. How do you find the exercise classes offered?    Not enough            Cost too high            Too easy  
    Too hard
2. Would you participate in a walking club?    No    Yes, but only in:    Spring            Summer            Fall

### **TRIPS**

1. Would you like to see more trips?            Yes            No            Longer Trips?            Yes            No
2. Are the trips too expensive?            Yes            No
3. Would you like more bus trips?            Yes            No

### **ADDITIONAL COMMENTS ON ABOVE OR ANYTHING OTHER THOUGHTS:**

Please put your completed survey in the box on the sign-up table. Thank you so much!

JANUARY 2015		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY					
<b>Lunch at 11:30</b> <b>Veteran's Lunch</b> <b>8th and *22nd</b> <b>(*free)</b>	<b>WINTER WALKING IN THE DINING ROOM !</b> <b>MONDAY thru THURSDAY</b> <b>8 to 10 a.m. &amp; 1 to 3 p.m.</b> <b>FRIDAY 1 p.m. until 3 p.m.</b>		<b>CLOSED @ 1:00 PM</b> <b>DECEMBER 31st and CLOSED</b> <b>NEW YEAR'S DAY</b> <b>2015</b>		
5. 10:00 Awareness through Movement 10:30 SHINE by APPT. 12:15 Movie— "Mountain Men" 1:00 Balance & Movement – CANCELLED THIS WEEK 2:30 Tap Dancing—open to all 5:30-7:30 Grief Support Group-open to all	6. 9:00 Bingo 9-12 Tracing your ancestry (By APPT) 10:00 Crossword Puzzle 10:00-AVADA Hearing Aid by appt 12:00 Cards, Bridge 12:30 Bingo 4:00 Strength Training	7. 9:00 Tap Dancing 9:30 Easy Does it Yoga 10:30 Chair Volleyball *NEW!! 12:30 Cards 4:00 Decorative Ptg. w/Liz	8. 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 Brain Games 12:30 Poker, Rummikub 2:30 ZUMBA GOLD 4:00 Misha's Advanced Exercise	9. 9:00 – 12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Harriet's Chair Exercise 12:00 - 3:30 Bridge 12:15 Crafting *NEW!!	
12. 9:00 – 12:00 Foot Nurse by appt. 10:00 Awareness through Movement 10:30 SHINE by Appt. 10:30 Sing Some Old Favorites!! 10:30 FLAGG ROCK DAY FOR BINGO! 12:15 Low Vision Support Group NEW! 1:00 Balance & Movement 2:30 Tap Dancing	13. 8:45 9:00 Bingo 9-12 Tracing your ancestry (By Appt) 10:00 Crossword Puzzle 12:00 Cards, Bridge 12:15 Computer Class *NEW TIME!! 12:30 Bingo 4:00 Strength Training	14. 9:00 Tap Dancing 9:30 Easy Does it Yoga 10:30 Chair Volleyball *NEW!! 12:30 Brown Bag 12:30 Cards 2:00 Triad 4:00 Decorative Ptg. w/Liz	15. 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 Brain Games 12:30 Poker, Rummikub 2:30 ZUMBA GOLD 4:00 Misha's Advanced Exercise 4:00 Womens' Cancer Support Group	16. 9:00 Tai Chi 10:00 Harriet's Chair Exercise 12:00-3:30 Bridge 12:15 Crafting *NEW!!	
19. CLOSED In OBSERVANCE of MARTIN LUTHER KING DAY 	20. 9:00 Bingo 9-12 Tracing your ancestry (By Appt) 10:00 Crossword Puzzle 12:00 Cards, Bridge 12:15 Computer Class *NEW TIME!! 12:30 Bingo 4:00 Strength Training	21. 9:00 Tap Dancing 9:30 Easy Does it Yoga 10:30 Chair Volleyball *NEW!! 12:30 Cards 1:00-2:30 Caregiver Support Group 4:00 Decorative Ptg. w/Liz	22. 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 Brain Games 10-11 Blood Pressure Check 11-12 Free Lunch ~ Sandy and Sandy Per-forming! 12:30 Poker, Rummikub 2:30 ZUMBA GOLD 4:00 Misha's Advanced Exercise	23. 9:00 Tai Chi 10:00 Harriet's Chair Exercise 10:30 SHINE By Appt. 12:00-3:30 Bridge 12:15 Crafting *NEW!! SATURDAY BINGO & SUBWAY TOMORROW 12:30!!	
26. 10:00 Awareness Through Movement 10:30 SHINE 12:15 Bingo/ice cream social 1:00 Balance & Movement 2:30 Tap Dance	28. 9:00 Bingo 9-12 Tracing your ancestry (By Appt.) 10:00 Crossword Puzzle 12:00 Cards, Bridge 12:15 Computer Class *NEW TIME!! 12:30 Bingo 4:00 Strength Training	29. 9:00 Tap Dancing 9:30 Easy Does it Yoga 10:30 Chair Volleyball *NEW!! 12:30 Cards 1:00-2:30 Caregiver Support Group 1:15 COA Board Meeting 4:00 Decorative Ptg. w/Liz	30. 9:00 Tai Chi 10:00 Harriet's Chair Exercise 12:00-3:30 Bridge 12:15 Crafting *NEW!!		



## January 2015 Final

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NEW YEAR'S DAY	2 Mild Chili Rice Pilaf Broccoli Oatmeal Bread Pineapple
5 Veal Parmesan Ziti w/ Sauce Italian Green Beans Italian Bread Pineapple	6 Swedish Meatballs Buttered Noodles Peas & Mushrooms Rye Bread Orange	7 Beef Burgundy Roasted Potatoes Zucchini Multigrain Bread Mixed Fruit	8 Meatloaf Garlic Mashed Potatoes Italian Mixed Vegetables Dinner Roll *Chocolate Pudding w/ Topping	9 Lasagna w/ Meat Sauce Broccoli Wax Beans 100% Whole Wheat Bread Banana
12 Baked Fish Boiled Potatoes Sugar Snap Peas Oatmeal Bread Apple	13 Cheeseburg Red Potatoes Winter Blend Vegetables Hamburg Roll Peaches	14 Baked Chicken Breast Rice w/ Black Beans Mixed Greens Dinner Roll *Cookie	15 Soup & Sandwich Cream Cabbage Soup Egg Salad Potato Puffs Hamburg Roll Apple Crisp	16 Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Rye Bread *Vanilla Pudding w/ Topping
19 MARTIN LUTHER KING JR. DAY	20 Barbecue Beef Sweet Potatoes Corn w/ Pimento Multigrain Bread Pineapple	21 Stuffed Cabbage Casserole Sliced Beets Spinach Oatmeal Bread *Butterscotch Pudding w/ Topping	22 FREE LUNCH TO BE ANNOUNCED BY FAIRVIEW COMMUNITY	22 Roast Pork w/ Gravy Scalloped Potatoes Peas & Carrots Dinner Roll Apricots
26 Chicken w/ Asparagus Buttered Noodles Sweet & Sour Cabbage Sour Dough Bread Pineapple	27 **Hot Dog Baked Beans Coleslaw Hot Dog Roll Apple Crisp	28 Soup & Sandwich Lentil Soup **Ham Salad Mixed Vegetables Hamburg Roll *Peach Crisp	29 Pepper Steak Red Potatoes Green Beans Dinner Roll *Fruited Gelatin w/ Topping	30 Calico Beans w/ Sausage Brown Rice Mixed Greens Multigrain Bread Banana

If you will not be home when your meal is delivered  
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION  
\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.