

May
2012

Senior Grapevine

Claire Teague Senior Center
917 Main Street
Great Barrington, MA 01230
413 528 1881
Rebecca Tillinghast, Director
rtillinghast@townofgb.org
Open from 8:00 - 3:30 M - F

The Senior Center will be **CLOSED** on Memorial Day - Monday, May 28th.

Movies on Mondays
Join us at noon
in the library.

MAY'S MOVIE THEME: *Marilyn in May*



Mon, May 7 GOODBYE NORMA JEAN

The dramatic story of Marilyn Monroe's rise to stardom is told as never before in this dazzling movie that follows young Norma Jean Baker's transformation into the blonde bombshell that captivated the world. Starring Misty Rowe as Marilyn Monroe, the film traces the starlet's earliest years in the business, showing how she had to fend off the advances of almost every man she met and overcome many setbacks before she got her moment in the spotlight.

Cast: Misty Rowe, Terence Locke, Patch Mackenzie, Preston Hanson, Marty Zagon, Andre Philippe, Ivy Bethune, Stuart Lancaster, Lilyan McBride, Adele Claire, Frank Curcio, Paula Mitchell, Jean Sarah Frost

Mon, May 14 NIAGARA

Marilyn Monroe's a shameless hussy who wears skin-tight sweaters and flirts with anybody in long pants. Joseph Cotton is her long-suffering husband who, nonetheless, remains obsessed with her. On a vacation trip to Niagara Falls, everything unravels: Marilyn and her lover plot to kill Cotten by flinging him over the falls, but their plan goes awry in this fine noir thriller. This time around, Marilyn even ... sings!

Cast: Marilyn Monroe, Joseph Cotten, Jean Peters, Max Showalter, Denis O'Dea, Russell Collins, Lurene Tuttle

Mon, May 21 MY WEEK WITH MARILYN

While filming a movie in England, Hollywood icon Marilyn Monroe slips away with a young Brit for a week of self-discovery and frivolity. The story that ensues is based on the real-life memoirs of Colin Clark, once assistant to Sir Laurence Olivier. This 2011 film was nominated for several Academy Awards.

Cast: Michelle Williams, Eddie Redmayne, Kenneth Branagh, Dominic Cooper, Julia Ormond, Emma Watson, Judi Dench, Zoë Wanamaker, Toby Jones, Derek Jacobi, Dougray Scott

Mon, May 28 NO MOVIE. CLOSED.

CONTACT INFORMATION

Rebecca Tillinghast, Director Email: rtillinghast@townofgb.org
Sally Sanford, Assistant to Rebecca Email: ssanford@townofgb.org

SENIOR CENTER: 413-528-1881 **HOURS:** Monday - Friday 8:00 AM - 3:30 PM

DINING ROOM / RESERVATIONS OR CANCELLATIONS: 413-528-4118

SOUTHERN BERKSHIRE ELDERLY TRANSPORTATION CORPORATION: 413-528-4773

ON THE WEB AT www.townofgb.org/Pages/GBarringtonMA_COA/index

Wilma Darada

As told to Sally Sanford

On April 9, 1921 Homer D. Broderick and his wife Clarice celebrated the birth of their first child in their home in Lee, Massachusetts. They named her Wilma. When Wilma was about three years old, the family moved to Florida where the economy had been booming. But by the time Wilma had turned 5 or 6, the Great Depression had begun. In 1927, they decided to return to Massachusetts and moved to Pine Street in Great Barrington. Wilma's father went into business as a very successful painter and decorator.



Wilma went to Dewey School from the first through third grades and then attended Byant School during the 4th through 8th grades. She enjoyed all the perks of being an only child until 1934. Wilma had been a teenager for just a few months when her first little sister was born. Her parents bought a house on Russell Street and Wilma began the 9th grade at Searles High School on Bridge Street.

Three years later a new baby brother came along. So Wilma spent her high school years being a second mother to her siblings. She loved taking home economics courses and graduated from Searles in 1938. Her class was the first ever to graduate with caps and gowns. The ceremony was held in the Mahaiwe Theatre. After graduating, Wilma continued to live at home with her family and helped out with the smaller children. When Wilma was 20, her mother had a fourth child, another girl. Wilma recalls that when her mother would go out to play cards for the afternoon, she would bathe all three kids, get them dressed, feed them and clean the house by the time her mother returned home! Wilma would also babysit for other families in the area.

Wilma remembers getting her first “real” job at the Great Barrington Manufacturing Company (later New England Log Homes) on Bridge Street. It was during World War II. She operated sewing machines and hemmed sheets. This was really the beginning of Wilma's lifelong love of sewing and creating things with her hands. A coworker and friend of hers introduced her to John Darada, who had just come back from the War overseas. John worked there at the same factory preparing the fabric.

In 1947 Wilma and John were married and for their honeymoon, John took her to New York City to watch Jackie Robinson (the first black man to play in Major League Baseball) play with the Brooklyn Dodgers. It was very exciting to witness such an historical event! Later they had a son whom they named Homer John Darada after both his grandfathers. In 1951 the Daradas had a home built on Sumner Street in Great Barrington, where Wilma still lives today.

In 1961 the manufacturing plant closed. John went to work for the State Highway Department and Wilma landed a job at WSBS Radio Station. She worked there for six years doing billing and clerical work and managing the traffic and chaos. Then Wilma walked across the street to The Jennifer House and took on the job of working customer service for the New England Americana Market Place for 19 years until they finally closed in the late 1980's. Her husband had retired a couple of years earlier and her son had gone into the Service and gotten married.

All these years Wilma was steadily mastering two essential skills: “piece-making” with her hands and “peace-making” with her heart. And now that she had finally “retired”, she was free to explore how many ways she could “knit together” (pun intended!) and profit from these two very special gifts.

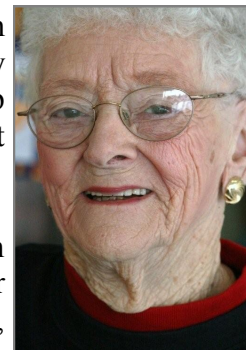
On her own parents 50th Wedding Anniversary, Wilma made and decorated for them a 4-tiered wedding cake. She began making quilts, special linen pieces, cute clothes pin bags that looked like shirts and skirts, decorative clothing and many other creative items that required sewing, knitting, crocheting, or embroidery, etc. She even made beaded necklaces to match some of her items. Wilma made a handsome profit from selling these creative pieces at various craft shows and county fairs, including the Norfolk, CT Fair in 1992.



But it was when Wilma started knitting little hooded sweaters (that zipped up the back!) for infants that her business really took off! She would personalize each little sweater with either the child's name or a toy or design of some sort. One mother who worked in a New York City bank kept requesting more and more sweaters and then other bank associates just had to have one for each of their children, nieces and nephews and grandchildren and so on and so on. She would knit pink ones for the little baby girls and blue ones for the baby boys. Soon, simply by word of mouth, Wilma was filling custom orders for people who lived in Europe! She was piece-making and peace-making around the world!

A couple of years ago Wilma had a torn rotator cuff and could no longer sew or knit. Then just last fall, a charity put out a plea to "knitting mothers" to help make mittens for needy children. Wilma's heart warmed up her hands and away she went making mittens to keep the little children warm! Wilma says that she also was able to finally complete an Irish knit sweater for herself for St. Patrick's Day.

Wilma loves coming to the Claire Teague Senior Center to play cards and socialize with her friends. She even remembers how her own mother used to spend time at the Senior Center. So at age 91, Wilma Darada is still sharing her kind heart and her creative hands, bringing peace and warmth to others and comfort to herself.



Wilma Darada

Friends of The Claire Teague Senior Center, Inc.

*Every year, the challenges the Senior Center faces are substantially greater than those of the past. **The Friends of the Claire Teague Senior Center** was established to help provide the necessary funds to sustain the important activities and programs enjoyed at the Senior Center.*

Please accept our sincere gratitude for all contributions made to "The Friends" during the past several months:

Margaret Rose (to honor Marge Clark)

Wilma Darada (to honor Linda Norris)

Edward and Joyce Dumont (to honor Alice Dumont)

David and Amy Rutstein (to honor Frank Mackoul)

Generous contributions were also made by:

Michele Gilligan

The Thursday Morning Club

The Unitarian Universalists

Ruth Shibuya

Don and Priscilla Moulthrop

Joseph Tuzza

Norman and Joan Holub

Belle Fox-Martin and Cheryl Hutto

Bob and Linda Warner

ATE-Che Christiana

John-Arthur and Trudy Miller

Jyl and Jane Kelley

Jeffrey and Elise Title

Joan Freitas

Bobbie Nussbaum

Bill and Sue Kormanik

Constance Hamilton

Joan Polesak

Carolyn Jones

David and Amy Rutstein

Edith Leveille

Rita Valliere

Norwin and Joan Rehm

The Friends of The Claire Teague Senior Center, Inc. is a private, 501c(3) non-profit corporation organized and operated exclusively for charitable purposes specific to the Claire Teague Senior Center of Great Barrington, Massachusetts.

Membership Options:

\$15 Individual Membership

\$25 Family Membership

\$50 Business Members

Please mail your tax-deductible check made payable to:





Friends of the Claire Teague Senior Center, Inc.

P.O. Box 988

Great Barrington, MA 01230

Thank you.

May's Birthday Honorees

			
2 Patricia Sikes	8 Howard Swanson	16 Peggy Sullivan	26 Elinor Reilley
3 Natalie Tublitz Alice Koletty	12 Berna Passetto	18 Winifred Staunton	27 Theresa Macchi
4 Suzannah Schiff- Holiday Linda Santos Janet Bratteseni	13 Helen Stockwell Lynne French	22 Nancy Demarzi Ernie Brush	28 Sandy Iriarte Vicki Santolan
6 Bernice Olsen	14 Martha Laramie	23 Eileen Gaarn	29 Barbara Robbins
7 Dan Sayers	15 Robert Feltz Ronald Ramseur Barbara Kurfchinski	24 Violet Hardisty	31 Raymond Phillips

Birthstone: Emerald

Flower: Lily of the Valley

People born in May are invited to celebrate their birthday by attending a

Birthday Luncheon
Wednesday, May 30th



Please remember to make your lunch reservation in advance with the Dining Room. (528-4118)

If for some reason your name is not on the above list and you do have an May Birthday, either you are not in the database at all, or we don't have your information entered correctly, or you may have registered after the newsletter went to print. Either way, we need your help to include you.

Please drop by the Claire Teague Senior Center and register with us so we can have your correct information on file. If you are on the list but don't have a swipe card yet, please give us a call to update your information and obtain your new card. About 1/3 of our seniors do not yet have their new cards. If you are one of them, please come in to get one. They are very easy to use!

If you are unable to come, you may send a relative or call us with the information. We'll then mail you a new card. Thank you.

Congratulations to everyone who has a Birthday in May!

MAY'S IMPORTANT DATES

May Holidays

Many Mexican Americans celebrate what they call **Cinco De Mayo**, on May 5th. It is the anniversary of the Mexican victory over the French at Puebla in 1862. It is a national holiday in Mexico.

The **Kentucky Derby** takes place on the first Saturday in May at Churchill Downs, Louisville, Kentucky. It is the most famous horse race in the United States.

Mother's Day was first observed in 1908. It was designated by Presidential proclamation, and was recognized officially by Congress and the President in 1914. It is celebrated in honor of Mothers on the second Sunday of May.

Armed Forces Day is celebrated the third Saturday of May. The United States honors the men and women of the military services. The Armed Forces Day Celebration combined the Army, Navy, and the Air Force in 1950. Prior to that year, they had been held at separate times

Memorial Day or **Decoration Day** is observed, in most states of the United States, the last Monday in May. It is a legal holiday and is observed in memory of those who died while serving the United States in war. The graves of the war heroes are decorated with flowers. It was first observed



Did you know that ... On **May 22 1819** The first bicycles called "swift walkers" were introduced to the United States in New York City?
On **May 22, 1906** Orville and Wilbur Wright received a patent for a "Flying Machine" with a motor.



HISTORY QUIZ

(answers in next month's newsletter)

1 What was put on sale for the first time in May of 1886?

- ☐ United States Savings Bonds
- ☐ Coca-Cola
- ☐ Hot Dogs
- ☐ Ice cream cones

2 Which holiday was made official on May 9th, 1914?

- ☐ Arbor Day
- ☐ Groundhog Day
- ☐ Mother's Day
- ☐ Father's Day
- ☐ Mardi Gras

3 Which two signs of the zodiac share the month of May?

- ☐ Capricorn and Gemini
- ☐ Aires and Taurus
- ☐ Taurus and Libra
- ☐ Gemini and Cancer

4 Which of the following debuted on May 2th, 1885?

- ☐ The Wall Street Journal began publishing
- ☐ Good Housekeeping magazine, the first "female oriented" publication
- ☐ Tchaikovsky conducts "Swan Lake" at Carnegie Hall
- ☐ The first hearing aid was offered for sale

5 Which of the following historical events occurred on May 13th, 1913?

- ☐ The first commercial airline was formed
- ☐ Fort Knox opened
- ☐ The dishwasher was invented
- ☐ The first movie theater opened
- ☐ The first soldier was buried in Arlington



MONTHLY HIGHLIGHTS



- ♦ Tuesday May 1 - May Day Basket Making with Sandy Nunn and Mary King Austin
- ♦ Tuesday May 1 - AVADA Hearing Aid Service with Herman Ogulnick
- ♦ Tuesday May 1 - Political Candidates Forum
- ♦ Wednesday May 2 - Computer Presentation "Computer Basics"
- ♦ Tuesday May 8 - G.B. Garden Club for lunch and gardening at Brookside Manor
- ♦ Tuesday May 8 - Quilting Guild
- ♦ Wednesday May 9 - BROWN BAG Distribution
- ♦ Wednesday May 9 - A.G.E. Triad Meeting
- ♦ Wednesday May 10 - Elder Services Offers a Pre-retirement Seminar
- ♦ Thursday May 10 - Beeline Ramblers Music
- ♦ Thursday May 10 - Free Lunch for VETERANS and their spouses
- ♦ Thursday May 10 - BOOK CLUB - "*The Book Thief*" by Markus Zusak
- ♦ Thursdays May 10 and 24 - Women With Cancer Support Group
- ♦ Thursday May 10 - OUT TO DINNER GROUP goes to The Bridge Restaurant
- ♦ Friday May 11 - FOOT NURSE (call for appointment) *Day 1
- ♦ Monday May 14 - FOOT NURSE (call for appointment) *Day 2
- ♦ Monday May 14 - OUT TO LUNCH GROUP goes to The East Restaurant
- ♦ Monday May 14 - AARP Meeting
- ♦ Tuesday May 15 - "Sharing The Stories of Our Lives" Nancy Franklin
- ♦ Tuesday May 15 - "Rockin' Robin" Music
- ♦ Wednesday May 16 - "Remember 1942-45" with Winnie Veretto
- ♦ Wednesday May 16 - Caregivers Support Group
- ♦ Monday May 21 - Fairview Commons coming for Lunch
- ♦ Monday May 21 - Free Meal at Berkshire South (bus \$3)
- ♦ Tuesday May 22 - Brain Fitness Presentation
- ♦ Wednesday May 23 - Special Veterans Luncheon hosted by Fairview Commons
- ♦ Thursday May 24 - BLOOD PRESSURE CLINIC with VNA
- ♦ Friday May 25 - 2nd ANNUAL DOG SHOW "Bow Wow Pow Wow"
- ♦ Monday May 28 - CLOSED. MEMORIAL DAY.
- ♦ Wednesday May 30 - BIRTHDAY LUNCHEON
- ♦ Wednesday May 30 - COA BOARD MEETING (open to public)

Bulletin Board

BRIDGE PLAYER WANTED!



We need one more player to complete 3 tables of bridge on Tuesdays or Fridays! ***Fun Guaranteed!***

Please call 528-1881 if you are interested.

AARP CHAPTER #89

Monday, May 14 at 2:00 pm
(meets in Library following the Monday Movie)



BROWN BAG DISTRIBUTION

(Wed. May 9 12:30—3:00pm)

Please remember to scan your MySeniorCenter swipe card and select "Brown Bag" on the touchscreen **BEFORE** you pick up your food. See Sally if you don't yet have a card.



SCHEDULE CHANGES

- Due to demand, Jane Kelley, R.N., The Foot Nurse, is now coming on the 2nd Monday and 2nd Friday of each month. These days may not fall in the same week, so please call ahead to schedule your appointment with her. 528-1881
- BLOOD PRESSURE CLINIC with VNA Nurse Cindy In May we will return to the 4th Thursday of the month. Please note the new time of 12:00-2:00pm
- NO Veterans Luncheon on the 4th Thursday in May. This will be replaced by a SPECIAL EVENT for VETERANS ON WEDNESDAY MAY 23RD HOSTED BY FAIRVIEW COMMONS. LESAGNA AND STRAWBERRY SHORTCAKE ! Call or come by to reserve a seat.



BOCCE

Thursdays 10 am.

Please drop by the Senior Center if you would like to have a **FREE large magnetic "File of Life"** to keep your emergency info right on your frig.

Available NOW.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF	MO. YR.
Name:	Sex: M F
Address:	Phone #:
Doctor:	Preferred Hospital:
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	Name:
Phone #:	Phone #:



BOOK CLUB

Thursday May 10th
1:00 pm

"The Book Thief"
by Markus Zusak

We travel to World War II Germany and are introduced to a young German girl, Liesel Meminger, who lives outside of Munich with a foster family. The inventiveness of this author makes "The Book Thief" a very different kind of WWII novel, with the humanity of Liesel, her foster family and her best friend always at the fore. Please join us in the computer room.

VOLUNTEER DRIVERS NEEDED IN SOUTH BERKSHIRE COUNTY

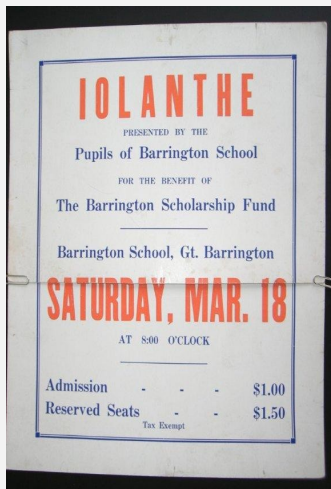
Could YOU volunteer to drive a senior to a doctor's appointment?
If so, please call Elder Services at:
413-499-0524

Important

"One of these Days Alice...Pow: Right In the Kisser"

In 1923, the Searles Castle became the Barrington School For Girls. This school was a private boarding school educating young ladies from the seventh grade through high school. The school closed in 1948.

Two of its most famous alumnae were the Cotter sisters, Jayne and Audrey. They were born in China where their parents Mr. and Mrs. Francis Cotter were missionaries. The girls grew up speaking Chinese before they could speak English. Upon leaving China, the family returned to their home in Sharon, Connecticut. Both girls were enrolled in the Barrington School For Girls.



At spring time, the Barrington School staged musical productions. On Saturday, March 18, 1939 a seventeen year old Audrey Cotter played an Arcadian shepherdess named Strephon in Gilbert and Sullivan's Iolanthe.

Left: An original advertising poster of the operetta.

In the photo below of six players—Audrey Cotter (Meadows) is fourth from the left holding a small flute.



Upon graduation, Jayne and Audrey went into show business changing their last names to Meadows. Jayne married the comedian Steve Allen and Audrey played Alice Kramden in the hit TV series The Honeymooners opposite Jackie Gleason as Ralph Kramden.

By the way, if you have Time-Warner cable, you can watch reruns of The Honeymooners on channel 556. It's always a pleasure to remember while watching Audrey Meadows as Alice Kramden that one of her early stage appearances was right here in Gt. Barrington.



Audrey Meadows & Jackie Gleason

"One of these Days Alice...Pow: Right In the Kisser"

The Council On Aging would like to thank

Great Barrington Rehabilitation and Nursing Center

for their generous donation that helped pay for the printing of the May 2012 issue of the Senior Center Grapevine. We so appreciate other organizations within our community who through their sponsorship are actively helping us understand and meet the needs of seniors in Southern Berkshire County. Thank you.

Please join us for...

**A May Day Celebration!
Making May Day Baskets**
with Sandy Nunn and Mary King Austin



**TUESDAY
MAY 1st
9:00am — Noon
in the Dining Room**

Mary King Austin and Sandy Nunn will bring flowers and everything you will need to make a lovely May Basket. They will bring some examples and some spring music to "get you going!" Baskets will be completed by lunchtime at 11:30am. During lunch they will talk briefly about May Day traditions. May is all about spring, new beginnings, growth and love. You will be encouraged to take your May Basket home or give it to a friend. Join the fun on May Day! (There is a limit of 20 participants for this event. Please sign up now!)

**TUESDAY
MAY 15th
10:00am
in our Library**

**A Gathering called
"Sharing The Stories of Our Lives"
with Nancy Franklin**

Nancy will be reading excerpts of her childhood and adult life from her longer work, "Shippan Point". She will read for approximately 20 minutes.

Then she will invite the audience to share stories of their lives. Everyone will be welcomed to read something they have written or talk about their own life experiences with family members, friends, events that they have lived through, or really anything of their life they feel needs to be given voice.

As Nancy's husband Conrad so eloquently says "after all, what is our life but a necklace strung with stories? Is it not beautiful and to be shown about?"

Feel free to bring pictures, mementos, poetry or other writing to share. Please let Rebecca know if you plan to read a written piece, or if you'd like help preparing something to share.



Nancy Franklin

Actor Nancy Franklin began her Broadway career in 1945 with Walter Huston in "Busman's Holiday", and later appeared in "The White House" with Helen Hayes. She has been seen on all major networks and in commercials. It was as a writer that Nancy won two Emmys for work on "One Life to Live" and "Guiding Light".



**"Remember 1942-1945"
with Winnie Veretto**

Guest speaker Winnie Veretto will walk us thru the years 1942-1945. Winnie will have a table set up with memories from this time.

**WEDNES-
DAY
MAY 16th
10:00am**

MAY TREATS!

Ladybug Appetizers Recipe



Ingredients

- 2 ounces cream cheese, softened
- 2 tablespoons sour cream
- Black paste food coloring
- 1/2 teaspoon minced chives
- 1/8 teaspoon garlic salt
- 1/8 teaspoon minced fresh parsley
- 36 butter-flavored crackers
- 18 cherry tomatoes, quartered
- 18 large pitted ripe olives

72 fresh chive pieces (about 1-1/2 inches long)

Directions

- In a small bowl, beat cream cheese and sour cream until smooth. Remove 1 tablespoon to a small bowl and tint black. Place tinted cream cheese mixture in a small plastic bag; set aside.
- Add the chives, garlic salt and parsley to the remaining cream cheese mixture. Spread over crackers. Arrange two tomato quarters on each for the ladybug wings.

For heads, halve the olives widthwise; place one half on each cracker. Insert two chives into olives for antennae. Use tinted cream cheese mixture to pipe spots onto wings. **Yield:** 3 dozen.

(Taken from Taste Of Home recipes)

Date Filled Cookies

from Jean Palfini

Recipe: Date filled Cookies

From: Jean Palfini

Makes: 2 doz

1/2 c. Crisco

1/2 tsp salt

1 tsp vanilla

1 c sugar

1 egg with beaten

3 c. flour

3 tsp baking powder

1/4 c. milk



Date filling

1 c dates chopped

1/2 c. sugar

1/4 c. water

Combine Crisco, salt, vanilla and blend. Add sugar and cream well. Add beaten egg and mix well. Sift the flour with baking powder. Add to first mix alternately with milk. Blend thoroughly. Chill dough. Roll dough 1/8 inch thick on floured board and cut with 2" cookie cutter. Filling - cook dates, sugar and water over direct heat until thickened, stirring constantly.



work - place 1 tsp filling on one cookie. Press another cookie on top and press together. Press top of each cookie with a fork. Place on baking sheet greased with Crisco. Bake in moderate hot oven 375°F, 15 minutes. Makes 2 dozen.

©CURRENT, INC., COLORADO SPRINGS, CO 80941

Apple Carrot Quencher

Ingredients:

- 2 cups carrot juice
- 1/2 cups apple juice
- 6 ounces non-fat vanilla or plain yogurt, frozen
- 1 banana

Directions:

Put all ingredients into blender. Blend until smoothie consistency is reached.



(Taken from Summer Recipes)

ADDITIONAL ANNOUNCEMENTS

“PRESENTATION and PRACTICE” COMPUTER CLASS

The Senior Center Computer Class teachers offering group instruction on the first Wednesday of each month at 12:30 in the Computer room. Each month they will cover only one main topic related to computer use.



Topic for May 2th: **“Computer Basics”**

Anyone can come and you do not need to call ahead for an appointment on this day. You will receive handouts that you can take home for reference.

Please join us in the computer room at 12:30 for a great class followed by practice and individual help with computer basics.

The rest of the Wednesdays in each month they will continue to offer you individual help learning about computers.

This month's presenter/teacher:
MIMI HASSETT

Sally Sanford will also teach the one-on-one sessions.

Please call 528-1881 to schedule your individual session with either of these experienced computer teachers.

IF YOU ARE INTERESTED IN BECOMING A VOLUNTEER COMPUTER TEACHER, PLEASE CONTACT CORY, OUR VOLUNTEER COORDINATOR FOR AN INTERVIEW. CALL 528—1881

2nd Annual Dog Show

“Bow Wow Pow Wow”

At The Claire Teague Senior Center Front Parking Lot

FRIDAY MAY 25th

OPEN TO THE PUBLIC. INVITE YOUR FRIENDS!

Registration at 12 noon

Contests:

- Best Smile
- Best Trick
- Look Alike
- Festive Attire
- Quickest Sit
- Longest Down



Gift Bags and Refreshments

for all participants!

All dogs must be leashed, current on vaccinations and non-aggressive.

Great Prizes and Trophies!!

This year's event is co-sponsored by:

Claire Teague Senior Center
Interim Healthcare
Hayes HappyDog Daycare Boarding and Training
Great Barrington Nursing and Rehab
Fairview Commons

For more information and to pre-register, call or email:

NORA 413-528-0877 norahayes3@aol.com or

REBECCA 413-528-1881 rtillinghast@townofgb.org



What the heck
is *that* ?



**Bring your dog!
Join in the fun!**

HELPFUL RESOURCES

Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is the state prescription drug assistance program for seniors and people with disabilities in Massachusetts.

Who can join?

Prescription Advantage is available to Massachusetts residents who are:

- 65 years of age or older and eligible for Medicare or;
- 65 years of age or older and not eligible for Medicare or
- Under age 65 and meet disability guidelines.

Note: Income limits may apply. Call Prescription Advantage or SHINE for more details.

How can Prescription Advantage help you?

- If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).
- If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan **now**, instead of waiting for Open Enrollment in October.
- If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan **now**, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form.

Dial 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Also, help is available from the **SHINE program**. **Call 528-1881 and ask for a SHINE appointment.** Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

“Hitting The Mark”

A Pre-Retirement Seminar

(For those about to turn 65
or those about to retire at any age)

This Presentation is offered by Elder Services on
Wednesday May 10th 2:30—4:30pm

Everyone is welcome!





The Claire Teague Senior Center is always looking for volunteers to help out in the following ways:

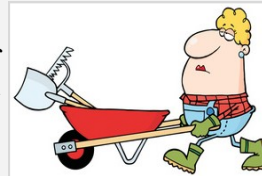
- Teach Computer Classes
- Serve Lunch in the Dining Room
- Drive Seniors to Doctor Visits
- Take Seniors Shopping

If you are interested in helping out by becoming a volunteer in one or more of the ways above, or if you have some other really helpful skill, please contact Cory Hines, our Volunteer Coordinator to set up an interview. 528-1881

We have 10 Garden Plots which are now ready to be planted. 4 have already been reserved by seniors. Please see Rebecca if you would like to reserve a plot.

Please plan to mark your garden lot with clear signage identifying yourself as the gardener. Each garden plot must be well maintained.

The Great Barrington Garden Club is helping out the residents of Brookside Manor with weeding their gardens on **May 8th**.



They are also going to join us for lunch in the Dining Room on the same day to answer your gardening questions.

The ladies who have volunteered to weed gardens at Brookside Manor are:

Ginger Warnes	Barbara Syer	Diana Harwood
Michele Gilligan	Rebecca Namislo	Hilda Shapiro

DAVE MINDELL

“The Rockin’ Robin”

Tuesday May 15th

11:00—11:45am



Lisa and Fran Mandeville

Performing at the Senior Center

THURSDAY

May 10th

11:00—12:00 noon

Mandolin, Dulcimer, Guitar,
Vocals

Looking for an easy and fast way to directly reduce YOUR stress and distress?

Do you sometimes feel stressed out? Have you ever wondered why others aren't necessarily stressed out by the same things that bother you? Could you possibly be adding a stressful meaning of your own to a situation that simply didn't go as you had assumed it would?

One way to reduce stress and tension in your mind and body is to just observe yourself and listen to what you tell yourself about a situation without necessarily believing what you say! Your interpretation could be causing you more pain than the actual situation. Here's the simple formula:

EVENT + MY RESPONSE —> NEXT EVENT + MY RESPONSE —> NEXT EVENT ...and on and on

Life is pretty good about arranging surprises for us. If you factor the unexpected into your life as an opportunity to experience something new rather than as a disturbance to your habitual agenda, you may begin to enjoy change rather than resist it. This alone can reduce most of the stress and distress you currently feel. Try it. Just watch and listen without adding any extra meaning. You may notice that things that used to upset you don't seem to any more.