



Senior Grapevine

October 2012

Welcome to Nan, Polly's Assistant

Nan Schuler has joined Polly to assist her in carrying on the wonderful happy work here at Teague. She brings to us a varied work background earning two degrees and experience in fields such as law, healthcare, investment services, education and tax preparation among others.

Nan lives in Alford and enjoys getaways to the side of the sea, sports on TV such as tennis and the Tour de France as well as quiet moments at home on her porch or deck surrounded by horses, cows, a goat and her favorite little gray donkey named Huckleberry – all on lands of her neighbors. She also has written a screenplay and enjoys music and dance – endeavoring to further her writing time in the future.

Nan said upon coming to interview for her position, she was struck by the very friendly smiling staff and members of the Center; and when her interview was over, she left truly hoping she would be selected for the position – so she could be a “regular” among all the happy smilers. The warmth and lightness in her personality will indeed continue to enhance our Center and she looks forward to many pleasant days here at Teague.

Please be sure to introduce yourself to Nan when you see her on Tuesdays, Wednesdays and Thursdays.

CONTACT INFORMATION

Polly Mann, Director email: pmann@townofgb.org

Nan Schuler, Administrative Assistant email: nschuler@townofgb.org

Senior Center: 413-528-1881 Hours: Monday-Friday 8am-3:30pm

Dining Room/Reservations & Cancellations: 413-528-4118

Southern Berkshire Elderly Transportation Corporation 413-528-4773

Website: www.greatbarringtonseniors.org

COLUMBUS DAY, MONDAY, OCT. 8

CLAIRE TEAGUE SENIOR CENTER IS CLOSED

Christopher Columbus



Posthumous portrait of Christopher Columbus by Sebastiano del Piombo. There are no known authentic portraits of Columbus.⁽¹⁾

Though Columbus was not the first European explorer to reach the Americas (having been preceded by the Norse expedition led by Leif Ericson in the 11th century⁽⁶⁾), Columbus's voyages led to the first lasting European contact with America, inaugurating a period of European exploration and colonization of foreign lands that lasted for several centuries. They had, therefore, an enormous impact in the historical development of the modern Western world. Columbus himself saw his accomplishments primarily in the light of the spreading of the Christian religion.⁽²⁾



Many thanks to Great Barrington Rehab for the ice cream and lottery tickets donated to our Birthday Luncheon Celebration on the first Wednesday of every month
.....to Fairview Commons for the Seasonal Gift Basket donation to be raffled at our Luncheon on the third Wednesday of the month AND for the delicious Pot Pie Luncheon they hosted at our Halloween Sock Hop on the 25th of October
..... to Laurel Lake Center for Health & Rehabilitation for hosting a delicious complimentary spaghetti dinner for Great Barrington seniors at 5pm on October 10th here at Claire Teague
.....and to Marlon Smith: a serenade of thanks for your entertaining and delightful accordion accompaniment at our Luncheon on September 20



To clean spots on rugs and carpets, use window cleaner. It works as well as the spray-on carpet cleaners and it is more economical.



Dryer sheets are good for scouring pans.

HAVE
A GREAT
DAY!

To keep a cooking spoon from falling into a pot or bowl when you step away, wrap a rubber band around the upper part of the handle. The

DAYLIGHT
SAVING TIME
ENDS



Sunday, November 4, 2012 at 2:00 am

It really does matter...

REMEMBER TO



As Time Goes By..... David Rutstein

Two Woman With Pittsfield Connections and their Presidents:

One Became the First Lady and the Other Did Not

Part I: Mary Hulbert Peck

Of Berkshire interest, was the stage play Edith performed this summer by the Berkshire Theatre Group at the Main Fitzpatrick Stage in Stockbridge. This play depicts President Woodrow Wilson's second wife, Edith Bolling Galt, during the last years of his presidency. If it wasn't for the moral, social and political conventions of that time, is it possible that Wilson would have married a former Pittsfield resident instead of Edith Galt?

Mary Hulbert Peck was married to Thomas Dowes Peck of Pittsfield who owned the Peck Woolen Mills which became the Berkshire Woolen Company. While Mrs. Peck was vacationing alone in Bermuda in 1907, she met Woodrow Wilson, also by himself, who then was the president of Princeton University. They both enjoyed each others company and shared their intellectual interests. For eight years, they both carried on a love affair by mail. Wilson's wife Ellen was in a state of depression; however, she may have encouraged her husband's friendship with Mrs. Peck.

In 1908, Wilson had a speaking engagement at Williams College and visited Pittsfield where the Pecks entertained him at a tea, a reception, and dinner. The Peck house today doesn't exist anymore but it stood at East and Fourth Streets.

Mary Peck separated from her husband in 1909, left Pittsfield, and eventually divorced Thomas Peck. Wilson was elected President of the United States in 1912 and Ellen died in 1914, and the president and Mrs. Peck still continued their relationship by mail.

In 1916, Wilson was up for re-election and most important, during the previous year of 1915 he fell in love with a widow, Edith Bolling Galt. Because of this, he wrote Mary Hulbert Peck a letter ending their relationship. This was done for a very good reason as we shall see. In 1915, the president married Edith Bolling Galt and had to tell Edith about Mary Hulbert Peck. She felt hurt but tried to put this behind her.

President Wilson never could have married Mary Hulbert Peck, even if he wanted to, for the same reason the British monarch Edward VIII gave up his throne in 1936 "for the woman he loved." The moral, social, and political conventions of that time would never have allowed or accepted such important men to marry a divorcee. President Wilson wanted to be re-elected president and he never could have done this if had married Mary Hulbert Peck. Edward VIII gave up the British throne to marry Wallis Simpson but unlike him, Woodrow Wilson could never give up the Presidency of the United States for a woman.

Part II for the November Grapevine: Nancy Davis Reagan's Pittsfield connection

Upcoming Events & Info

Brown Bag

Our *Brown Bag* monthly program is very popular and we have numerous participants. However, if you are getting a bag each time and no longer wish to receive one, please let us know so the process of distribution can run smoothly for our volunteers. Thank you for your cooperation.

Gift Shop

Reminder.....Our *Gift Shop* here at the Center is open and we invite you to contribute your items to be placed on the table or in the hutch in our Lobby. As you may know, all proceeds from the sales will benefit the Center.

New York State Museum Field Trip

Next month on November 7th, Fairview Commons is sponsoring a field trip for us. The group will meet at 8am at the Center and travel by SBETC van to the Cracker Barrel restaurant and gift shop for breakfast and then on to Albany to the museum to view the World Trade Center Rescue and Recovery Exhibit. We will end our day on a ride on the 1912 carousel. The cost of the trip is \$5 per person plus money for breakfast. *HURRY to sign up in the Dining Room today! Seats are filling up fast!*

Italian Dinner

The Laurel Lake Center for Health and Rehabilitation is serving a delicious, complementary *Italian dinner* featuring spaghetti, garlic bread and salad at the Center at 5pm on Wednesday, October 10th. We will be treated to live music by Guitarist Willie Nininger, invite seniors new to the Center to tour our facility and visit with our current members and also be entered into a raffle.




VOLUNTEER DRIVERS NEEDED

We need people to volunteer transportation to individuals who have appointments in Pittsfield. Please call the Center if you can help. Thank you.

Monday Movies for October

Movies on Mondays
Join us at noon
in the library.



Monday October 1

Midnight in Paris

In this charming romantic comedy, legendary director Woody Allen focuses his lens on an engaged young couple whose experiences traveling together in Paris make them begin to question the kind of life they want to live.

Monday October 15

The Queen

After Princess Diana's shocking death, Queen Elizabeth II and the newly elected Tony Blair try to manage Diana's loss on a personal level while reacting to public demand that the princess be memorialized in a manner beyond standard protocol

Monday October 22

Elizabeth

This Oscar-winning treatise on absolute power and its human toll sees fledgling queen Elizabeth I sacrificing happiness for her own safety and placing her trust in her stealthy "spymaster," Sir Francis Walsingham.

Monday October 29

The King's Speech

2010R119 minutes

Britain's King George VI struggles with an embarrassing stutter for years until he seeks help from unorthodox Australian speech therapist Lionel Logue in this biographical drama that chalked up multiple Academy Awards, including Best Picture

Exciting News !

The Claire Teague Senior Center has a presence on the www.greatbarringtonseniors.org website. With the expertise of Mickey Freedman, our Mel Greenberg has been overseeing the data on this site. Our sincere thanks to both. The October data is currently being supported on the site and Nan will be maintaining it in the future. We invite you to log on and enjoy all of our programs, menu and special events online!

Recently, we spoke with Verizon regarding the fact that the Center is listed ONLY in the white pages under Town of Great Barrington and not in the yellow pages and that people have trouble finding our number. So, we now have requested that the Center be listed in the yellow pages under Senior Citizen Service Organizations in the next edition. We will also be getting copies of the Super Book (the little, thick one in which we are already listed appropriately).

In speaking with the execs at the community TV station in Lee (CTSB), Channel 16, regarding the possibility of filming a special event here to raise awareness of the wonderful programs and happy, supportive environment at Claire Teague and also about a former show entitled "Suddenly We're Seniors", hosted by Bobbi Glass, some years back, may provide helpful information on topics of interest to seniors. Some of you might remember the original shows. These shows are archived at the station and Nan will try to develop the programming of some of these shows for our TV here.

Halloween Sock Hop & Chicken Pot Pie Luncheon

On Thursday, October 25th at 11:30am Fairview Commons will be hosting a Halloween Sock Hop and providing a delicious complimentary chicken pot pie luncheon together with entertainment by Guitarist Dave Malanchino at the Center. Costumes, socks and dance are encouraged but optional. Please join us for this fun event!



Medicare Advantage or Original Medicare? Your Choices.

Are you on Medicare or about to turn 65? Here's your opportunity to learn about the options in our area. Health New England Advantage Plan and AARP's Secure Horizon's representatives will be on hand to explain their advantage plans, supplemental plans as well as SHINE counselors to answer the questions you may have about the differences in the plans. The Panel will be held on Tuesday, October 2nd from 10-11:30am at the Center.

BCAC Fuel Assistance

Do you need help filling out your fuel assistance forms or want information about eligibility for fuel assistance? A representative from BCAC will be on hand at the Center on Thursday, October 4th from 9:30-10:30am to assist you with your application and to answer questions.

Medicare D Open Enrollment

Open Enrollment presentation by SHINE counselor Joan Ury will be held at the Center on Tuesday, October 16th at 11am.

AARP Meeting

Due to the Columbus Day holiday, this meeting will be held on Monday, October 15th at 2pm at the Center. The topic of discussion will be "dog therapy".

Flu Clinic

This clinic will be held on Thursday, October 25th from 1:30-3:00pm at the Center. This clinic is free for Medicare & Mass Health members over age 18. Bring your Medicare or Mass Health card and wear loose clothing. No appointments are necessary. For more info call Berkshire Visiting Nurse Association at 800-788-2862.

MONDAY	TUESDAY	WEDNESDAY
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1 8:30-Coffee Hour 10:00-Awareness Through Movement 10:30-3:00-SHINE 11:30-Lunch-Chicken ala orange 12:00-Movie Midnight in Paris 1:00-Balance and Movement	2 8:30- Coffee Hour 9:00-Bingo 9:00-12:00-AVADA Hearing Assistance (528-442-0184) 10:00-11:30- Health Insurance Panel 11:30-Lunch-Barbeque Beef 12:00-Bingo, Cards,& Bridge 4:00-Strength Training with Christine	3 8:30-Coffee & 9:30-Easy does 9:30-Wii Games 11:30- Birthday 12:30-Cards and 4:30-6:30-Decor
8 Closed for Columbus Day Holiday	9 8:30-Coffee Hour 9:00-Bingo 11:30-Lunch-Oriental Chicken 12:00-Bingo, Cards,& Bridge 4:00-Strength Training with Christine 7:00 -Quilters Guild	5:00-pm Spagh 8:30-Coffee & 9:30-Easy Does 9:30-Wii Games 11:30-Lunch Ch 12:00-3:00 Oper 12:00-BROWN E 12:30-Cards & D 4:30-6:30-Decor
15 — 8:30-Coffee Hour 10:00-Awareness Through Movement 10:30-3:00- SHINE 11:30-Lunch-Hot Dog 12:00-Movie- The Queen 1:00-Balance and Movement 2:00-AARP- MTG Dog Therapy	16 8:30-Coffee Hour 8:30-Monthly Breakfast 9:00-Bingo 11:30-Lunch-Lasagna 12:00-Bingo, Cards,& Bridge 4:00-Strength Training with Christine	17 8:30-Coffee & 9:30-Easy does 9:30-Wii Games 11:30-Lunch-Bal Commons Baske 12:30-Cards & D 1:00-2:00-Caregi 4:30-6:30-Decor
22 — 8:30-Coffee Hour 10:00-Awareness Through Movement 10:30-3:00-SHINE 11:30-Lunch-Meatballs 12:00-Movie- Elizabeth 1:00-Balance and Movement	23 8:30-Coffee Hour 9:00-Bingo 11:30-Lunch-Creamed Cabbage Soup 12:00-Bingo, Cards,& Bridge 4:00-Strength Training with Christine	24 8:30-Coffee & d 9:30-Easy does It 9:30-Wii 11:30-Lunch-Bak 12:00-3:00-Open 12:30-Cards & Dr 4:30-6:30-Decor
29 8:30-Coffee Hour 10:00-Awareness Through Movement 10:30-3:00-SHINE 11:30-Lunch-Chicken Parmesan 12:00-Movie- The Kings Speech 1:00-Balance and Movement 5:00-FREE Berkshire South Dinner	30 8:30-Coffee Hour 9:00-Bingo 11:30-Lunch-Goulash 12:00-Bingo, Cards,& Bridge 4:00-Strength Training with Christine	31 8:30-Coffee & dc 9:30-Easy does It 9:30-Wii 11:30-Lunch-Roa 12:30-Cards & Do 4:30-6:30-Decorat

ESDAY	THURSDAY	FRIDAY
ts Baked Fish nos Painting	4 8:30-Coffee and bagels (while they last) 9:00-Bingo 9:30-Painting with Vera 9:30- Fuel Assistance Rep on hand 10:00-BOCCE 10:30-11:30-Imprompt11 Writing Class 11:30-Lunch- Meat loaf12:00-Crafty Hand 12:30-Poker, Rummikub, Mahjong, Wil	5 8:30-Coffee Hour 9:00-Tai Chi with Christine 10:00-Chair Exercise with Harriet 11:30-Lunch-Shepards Ple 12:00-Music Jam 12:30-Bridge
anner/Music lad puter Lab s ainting Class	11 Veterans & Spouse lunch is free 8:30-Coffee and bagels (while they last) 9:00-Bingo 9:30-Painting with Vera 10:00-BOCCE 10:30-11:30-Imprompt11 Writing Class 11:30-Lunch- Roast Pork /Gravey2:00- Crafty Hands 1:00-Book Club 12:30-Poker, Rummikub, Mahjong, Wil	12 8:30-Coffee Hour 9:00-Tai Chi with Christine 9:00-1:30- Foot Nurse 10:00-Chair Exercise with Harriet 10:30-3:30-SHINE 11:30-Lunch-Macaroni & Cheese 12:00-Music Jam 12:30-Bridge
icken/Fairview e s upport Group ainting Class	18 8:30-Coffee and bagels 9:00-Bingo 9:30-Painting with Vera 10:00-BOCCE 10:30-11:30 Imprompt11 Writing Class 11:30-Lunch Roast turkey Veterans 12-Craftyhands 12:30-Poker, Rummikub,Majong, Wil 4:00-5:30-Women with Cancer Support	19 8:30-Coffee Hour 9:00-Tai Chi with Christine 10:00-Chair Exercise with Harriet 11:30-Lunch-Beef Burgundy/Noodles 12:00-Music Jam 12:30-Bridge
n uter Lab inting Class	25 8:30-Coffee & Bagels 9:00 Bingo 9:00-Bingo 9:30-Painting with Vera 10:00-BOCCE 10:30-11:30 Imprompt11 Writing Class 11:30-Lunch-Fairview'sFreeChicken pot pie luncheon and Halloween sock hop 1:30-3:00FLU CLINIC-FREE w Medicare 12:30-Poker, Rummikub,Majong, Wil	26 8:30-Coffee Hour 9:00-Tai Chi with Christine 10:00-Chair Exercise with Harriet 11:30-Lunch-Cheeseburg /Fries 12:00-Music Jam 12:30-Bridge
ey/Gravy inting Class		

Medicare Questions:

Question:

I saw a few doctors during my inpatient hospital stay. Will Original Medicare pay for the doctors' services I received while I was in the hospital?

Yes, Medicare Part B (medical insurance) covers doctors' services you receive in the hospital. For example, Part B typically covers services you receive from the doctor who oversees and manages your inpatient hospital care. In addition, Part B generally covers the radiologist who reads your hospital X-rays. Keep in mind that in order to be considered a hospital inpatient, as opposed to outpatient, you must be formally admitted to the hospital by a physician. Medicare Part B also covers outpatient doctors' services, such as when you see the doctor at his or her office.

Original Medicare Part B generally covers 80 percent of the cost of most doctors' services you receive, after you've met your yearly deductible. In most cases, you are responsible in paying the remaining 20 percent coinsurance. Remember, a deductible is the amount you must pay out of your own pocket, before Part B begins to cover the health care services you receive.

While Medicare Part B mainly covers doctors' services, Medicare Part A (hospital insurance) typically covers non-physician services you receive while you are a hospital inpatient. Medicare Part A covers the following inpatient services:

- A semiprivate room
- Meals
- General nursing care
- Care from non-physician professionals
- Medically-necessary medications
- Supplies, appliances, and equipment the hospital provides for you to use during your inpatient hospital stay

Keep in mind that you must pay a Part A deductible, before Part A covers your inpatient hospital care. The amount Original Medicare pays for inpatient hospital care and doctors' services may be different from what Medicare Advantage plans will pay. Click [here](#) for more information on Original Medicare costs. If you have a Medicare Advantage plan, check with your plan to see what your plan benefits and costs are.

-Marci

October 2012

spending strategy right in
"Motivation for market research clients
desperately seeking solutions to business strategy

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken ala Orange Wild rice Mand Spinach Rye Bread Banana	Barbeque Beef Sweet Potatoes Green Beans Almondina Dinner Roll Pineapple	Baked Fish AuGratin Potatoes Buttered Beets Multigrain Bread Pears	Meatloaf w/gravy Red Potatoes Peas & Carrots Multigrain Bread *Fruited Gelatin Whopping	Shepard's Pie Mashed Potatoes Mixed Vegetables Oatmeal Bread *Chocolate Pudding w/topping
COLUMBUS DAY	Oriental Chicken Brown Rice Sugarsnap Peas Rye Bread Orange	Chef Salad Potato Salad Carrot Raisin Salad Multigrain Bread Peaches	Roast Pork w/Gravy Garlic Mashed Potatoes Corn Salad 100% Wheat Bread Apple Crisp	Macaroni & Cheese Tomato Medley Wax Beans Oat Bread *Pudding Whopping
Hot Dog** Baked Beans Coleslaw Hotdog Roll Fruit Crisp	Lasagna w/Meat sauce Italian Green Beans Zucchini Squash Italian Bread Spiced Apples	Baked Chicken New Red Potatoes Carrots Rye Bread Peaches	Roast Turkey Mashed Potatoes Butternut Squash 100% Whole Wheat Bread Mixed Fruit	Beef Burgundy w/mushrooms Egg Noodles Braised Red Cabbage 100% Wheat Bread Pears
Meatballs Ziti w/Sauce Broccoli Florets Italian Bread Mixed Fruit	Creamed Cabbage Soup Egg Salad Mixed Vegetables Hamburg Roll Peach Charlat	Baked Ham Sweet Potatoes Cheesy Spinach Oatmeal Bread *Butterscotch Pudding w/topping	Chicken ala King w/mushrooms Buttered Noodles Summer Squash 100% Wheat Orange	Cheesecake Steak Fries Succotash 12 Grain Bread Banana
Chicken Parmesan Roll w/Sauce Sugarsnap Peas Rye Bread Apple	Goulash Green Beans Cauliflower Au Gratin Dinner Roll Mixed Fruit Green Salad (Comp)	Roast Turkey w/gravy Mashed Potatoes Butternut Squash 100% Whole Wheat Bread *Halloween Cupcakes	Nutrition Message: Physical activity is one of the major components in maintaining brain function. People who exercise regularly have healthier minds than those who don't. Keep the heart pumping, the muscles active and blood flowing to the brain. SUGGESTED VOLUNTARY DONATION	

*Modification for sugar restricted diets
 **High sodium foods

and low sodium when your meal is deli-ordered
 TELL YOUR DRIVER OR CALL 1-800-681-5201
 orders are returned to the company.

... ..

CALL 1-800-DRIVER OR CALL 1-800-881-5201

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

BRAIN GAME

How many words can you make out of:

Halloween

**Write your name and your words on this
paper and leave it on Nan's desk . The entry
with the most words wins a prize!**