

SENIOR GRAPEVINE



Claire W. Teague Senior Center, 917 South Main Street, Great Barrington, MA 01230

Telephone 413-528-1881

THE FIRST FULL MONTH OF AUTUMN HAS ARRIVED!

We're having a Halloween Party!

Ghosts and witches and black cats, oh my! On **Thursday, October 31**, we'll have a yummy pot roast lunch, with a surprise special dessert provided by our friends at Great Barrington Rehab.

Throughout the morning, we'll have Halloween candy and treats for all.

AND, wear your best costume to win a fun prize!



REMINDER:

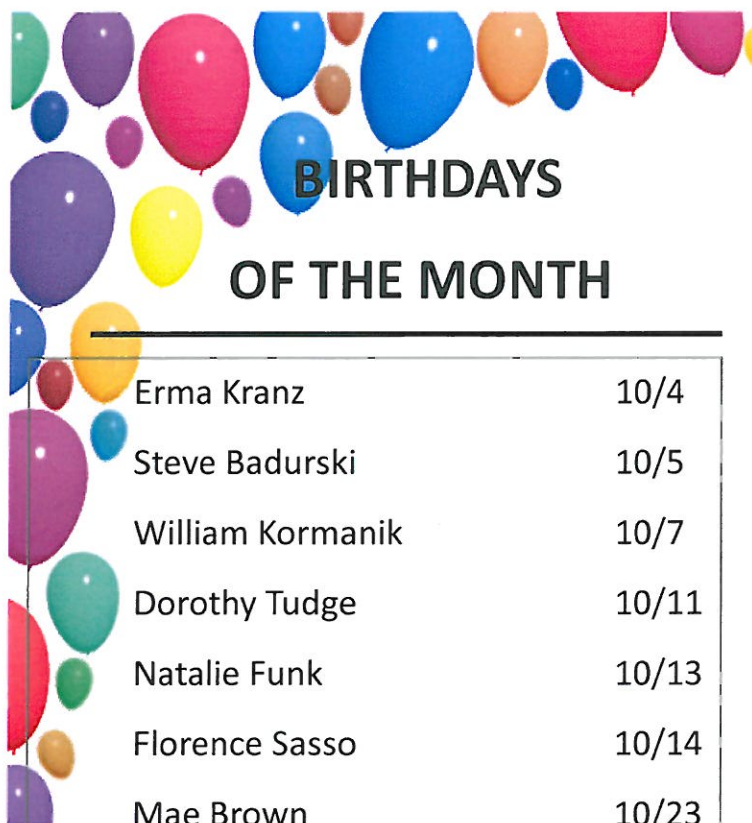
The Senior Center will be **CLOSED Monday, October 14** in observance of Columbus Day.



Columbus Day

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BIRTHDAYS OF THE MONTH

Erma Kranz	10/4
Steve Badurski	10/5
William Kormanik	10/7
Dorothy Tudge	10/11
Natalie Funk	10/13
Florence Sasso	10/14
Mae Brown	10/23
Robert Farnum	10/24
Nora Cowherd	10/25
Paul Murray	10/25
Edmond Troccia	10/25
Bill Clark	10/28

HAPPY BIRTHDAY!

The birthday lunch will be
Wednesday, October 2 at 11:30 AM.

Thank You...

Kiwanis Club for the yummy food they prepared for our Open House;

Fire Chief Charlie Berger for sharing lunch with us and answering our questions.

Movies

Monday, October 21

12 noon to 1:30 PM



This month's film documenting World War II will be ***Tawawa Pelelui***. It is the third in a series of five videos, all of which include actual photographs and film footage from WWII.

BOOK CLUB

This month's selection is

Bad Monkey by

Carl Hiaason. We will meet on **Monday, October 28 at 12:00 noon** in the Senior Center library.



Halloween with all its
ghosts and goblins
to be the hosts;

There's no end of things
to do, and all the
witches to pursue.

Let's have lots of fun this night
and behold the witch's flight.

They go trick or treating up our
streets to see who gets
the most treats.

I love to see their little faces—
next year they will
wear braces!



~ by Grace's Mom

SPECIAL EVENTS



Thursday
October 10
will be a
fun day!

Laurel Lake will bring us a **FREE** lunch that day! Menu will feature chicken cacciatore on a bed of rice, with garlic bread and pie for dessert. Call **528-4118** or sign up in the dining room to make a reservation.

PLUS, Sandy & Sandy will be here to entertain you with their music from **11:00 AM to 12 noon**.

AND, our Town Planner, Christopher Rembold, will join us for lunch!



Exercise Your Brain
and keep your gray matter in shape!

Beginning on **Tuesday, October 8** at **10:00 AM**, our new **Crossword Club** will meet! We will divide the participants into groups and each group will have an allotted time to complete the same crossword puzzle. It's an opportunity to share some friendship as you collaborate on the solution while exercising your brains. We expect the Club to meet weekly, provided there is enough interest. Please join us!

Fall Concert Luncheon

Monument Mountain High School has invited area Seniors to a free **Fall Concert Luncheon** to be held there on **November 21**! Everyone wishing to participate **must sign up** in the dining room **by Thursday, October 31**. We will have a van available or you can drive there. Details will follow...



AARP will meet on **Monday, October 21** at **2:00 PM**, program for the meeting to be announced. The 2014 scholarship was awarded to Devorah Sawyer, a graduate of Mt. Everett High School. She is majoring in television & radio.

TIME TO WINTERIZE YOUR CAR!

Students from Monument Mountain High School will be here on **Friday** morning, **October 25** (no charge). Sign up in the dining room.



UPCOMING TRIPS

There are **8 tickets available** for the trip to **Foxwoods Resort & Casino** on **October 29, 2013!** The package includes round trip deluxe motor coach transportation with reserved seats for the Tokens, the Angels and Jimmy Clancy at the lovely restored **Garde Arts Theatre**. **Cost: \$69.00.** Call Grace Zbell at **413-528-0230**.



Fall Foliage Trek on Laura's Tower Trail

We will take a van to Stockbridge on **Wednesday, October 2 at 10:00 AM** to enjoy the fall colors. The walk will take about 30 minutes at an easy pace and the trail is handicapped-accessible.

Cost is **\$3.00**

per person.



Limited seating, so sign up soon! Then we'll have lunch at MacDonald's in GB!

A TRIP FOR 2014!

The **Berkshire Travellers** will be going to **Atlantic City** for 3 days, from **February 18 to February 20, 2014**.



Bright Nights at Forest Park

On **Tuesday, December 3**, we'll have 2 vans travelling to Springfield for you to enjoy this holiday spectacle. Minimal walking involved since we stay inside the van for the tour. Seating on the vans is limited so don't hesitate to sign up!

We'll have supper at **The Olive Garden** (Dutch treat) before the tour.

Cost per person is **\$10.00**, payable by **November 23**.

OCTOBER SCHEDULE CHANGES OF NOTE

Because of the Columbus Day holiday, we have made the following schedule changes:

The **VNA Foot Nurse** will be here on **Tuesday, October 15** instead of Monday.

The **SHINE** counselor will be here on **Friday, October 18** rather than Monday that week.



MONTHLY EVENTS

- ❖ The **Out-to-Lunch Bunch** will be going to **The East** on **Monday, October 21**, leaving the Senior Center at **11:30 AM**.
- ❖ **Brown Bag** will be distributed on **Wednesday, October 9** between **12:30 PM** and **3:00 PM**.
- ❖ The **Women's Cancer Support Group** will meet **Thursday, October 10** and **Thursday, October 24** from **4:00 PM** to **5:30 PM**.
- ❖ The **October Veterans' Lunches** will be on **Thursday, October 10** and **Thursday, October 24** at **11:30 AM**.
- ❖ **Caregivers' Support Group** will meet on **Wednesday, October 16** from **1:00 PM** to **2:30 PM**.
- ❖ **Berkshire South** offers a **FREE** community supper on the last **Monday** every month (**October 28** this month) starting at **5:00 PM**. **PLEASE NOTE:** *Unfortunately, we can no longer provide transportation. Anyone wishing to offer rides is welcome to sign up in the dining room.*
- ❖ **Blood Pressure Clinic** will be on **Thursday, October 24**, from **12:00 noon** to **1:30 PM**.
- ❖ This month's **Council On Aging Board Meeting** will be held **Wednesday, October 30** at **1:30 PM**.
- ❖ **Hearing Aid Assistance by Avada: Tuesday, October 1** by appointment. (413) 442-0184.
- ❖ **Foot Nurse: Friday, October 11** and **Tuesday, October 15** (change of day this month only), from **9:00 AM** to **1:30 PM** by appointment. Cost **\$35.00**.
- ❖ **FREE Health Insurance Counseling** by SHINE counselor Joan Ury, **Monday, October 21** and **28** between **10:30 AM** and **2:00 PM** by appointment. *This month only she will be here on Friday, October 18 instead of October 7.*
- ❖ **Computer Lab** will be on **Tuesday, October 1, 8, 15, 22** and **29, 12:15** to **1:15 PM**.

ONGOING WEEKLY ACTIVITIES

EXERCISE & MOVEMENT

Walkabout to Music—Monday, Tuesday, Thursday, 9:00 AM

Awareness Through Movement—Monday, 10:00 AM

Balance & Movement—Monday, 1:00 PM

Strength Training—Tuesday, 4:00 PM

Tap Dancing for Grown-ups—Wednesday, 9:00 AM

Easy Does It Yoga—Wednesday, 9:30 AM

**Wii Games for Exercise—Wednesday, 10:00 AM;
Thursday, 12:30 PM**

Tai Chi—Friday, 9:00 AM

Chair Exercise—Friday, 10:00 AM



EDUCATIONAL

Computer Group Lessons—Tuesday, 12:15 PM

Impromptu Writing Class—Thursday, 10:30 AM

Genealogy Class—to be announced



ARTS

Painting with Vera—Thursday, 9:30 AM

Crafty Hands—Thursday, 12:00 noon

Quilting Guild—2nd Tuesday, 7:00 PM

Holiday Handcrafts—Wednesday, 12:00 noon

Decorative Painting with Liz—Wednesday, 4:30 PM



COME HAVE LUNCH WITH US!

Join us for a delicious lunch while you meet friends, old and new! Samples of this month's menu include favorites like macaroni & cheese (Thu., 10/25), lasagna (Mon., 10/1), roast turkey (Wed., 10/9), cheeseburger (Tue., 10/29) and veal parmesan (Tue., 10/15). All served with sides for a healthy, balanced meal. **AND**, a surprise dessert! **All this for \$2.00!** Call **528-4118** or sign up in the dining room to reserve for the next day.

HEALTH & WELLNESS

MEDICARE PART D AND PART C OPEN ENROLLMENT

Just a reminder to everyone that the Medicare Part D (drug plans) and Part C (Medicare Advantage Plans) **open enrollment is October 15-December 7**. If you want to switch your plan for 2014 you must do it during this time. If you have one of these plans, you should be receiving a packet of information from your current plan labeled "Notice of Change" before October 15. In this packet you will find out if your plan is changing in any way. For the drug plans make sure all your meds are still covered and look to see if the premium, deductible and/or co-pays have changed. Look at all the medical and drug coverage for the Advantage Plans (e.g. Health New England HMO or AARP Medicare Complete Choice) and make sure it's still right for you.

Medicare's open enrollment *isn't* part of the new Health Insurance Marketplace plans which start in 2014. These are plans for people who do not have Medicare and they won't have any effect on your Medicare coverage. **DO NOT** share your Medicare number or other personal information with anyone who knocks on your door or contacts you uninvited to sell you a health plan!

(continued in next column)

Our **Shine Counselor, Joan Ury**, will be giving an update talk on **Friday, Oct. 18** at **9 AM** at the Senior Center if you would like help deciding on a plan during Open Enrollment. At that time, she will have information about all the different plans offered in 2014. You can also make an individual appointment with her, by calling the office at **413-528-1881**. You can also fill out an information sheet, which are available at the center, and she will contact you.

FUEL ASSISTANCE HELP

On **Wednesday, October 16**, from **9:00 to 11:00 AM**, two representatives from BCAC will be available at the Senior Center to help qualified individuals complete their fuel assistance applications. Both recertifications and new applicants are welcome.

FREE Alzheimer's Workshop

HomeInstead Senior Care will provide an educational course for families caring for Alzheimer and other dementia sufferers on **Wednesday, October 23** from **10:00 to 11:30 AM**, here at the Senior Center.

Learn about this devastating disease, including its causes, symptoms and how it's diagnosed.

Sign up in the dining room.

HEALTH & WELLNESS (continued)

UPCOMING CHANGES TO S.N.A.P. (Food Stamps) BENEFITS

Although some seniors may see benefit increases in October, 2013 due to an increase in the standard deduction, the revision of the American Recovery Reinvestment Act will cause a subsequent decrease in November, 2013.

If you have concerns about how these changes may affect your monthly benefit amount, please contact the **FoodSource Hotline** at **1-800-645-8333** for a screening. Counselors can give you an idea if these changes will affect you, and if so, to what extent. Counselors can also ensure recipients are taking advantage of all available deductions that may limit the decrease they see.

When you call, please have the following information available to ensure an accurate screening benefit amount: **gross** income from sources such as social security, pensions, bank interest, etc.; monthly rent/mortgage,

property tax, homeowners' insurance, and medical expenses including monthly insurance premiums.

FoodSource Hotline Counselors are available to assist callers in over 160 languages **Monday-Friday 8:00 AM to 7:00 PM and Saturdays 10:00 AM to 2:00 PM.**, or via **LiveChat** or **www.gettingsnap.org**.

FLU CLINIC

This year's flu clinic will be held here at the Senior Center on **Thursday, October 24**, from **12:00** noon to **1:30 PM**. Sign up in the dining room.



**SOUTHERN BERKSHIRE ELDERLY
TRANSPORTATION CORP. (S.B.E.T.C.)**

Telephone (413) 528-4773, Monday through Friday from 8:00 AM to 4:00 PM.
S.B.E.T.C. serves: Alford, Egremont, Monterey, Great Barrington, New Marlborough, Sandisfield, Sheffield and Otis. Round trip fees are: **Great Barrington and Housatonic—\$7; Sheffield, Ashley Falls, Egremont, Alford, Sandisfield, New Marlborough, Otis and Monterey—\$10.** Each additional stop is \$2. If you have any questions or need additional information, call the telephone number listed above.

New Dispatch Hours: Mon. 8:00 AM to 12:00 noon; Tues. 8:00 AM to 3 PM; Wed. 8:00 AM to 3:00 PM; Thurs. 8:00 AM to 2 PM; Fri. 8:00 AM to 12:00 noon.

COUNCIL ON AGING

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Mr. Wizard Says...

"Speak Like A Geek"

If you're trying to use a computer to do a particular task, and it's not working, the geek who's trying to help you may ask, 'what version of Windows do you have'? Meanwhile, you're asking yourself, "what the heck *is* Windows"? In geekspeak, Windows is an operating system, a compilation of programs that make a computer work. It is the foundation upon which you add programs to surf the internet, print a document, send email, or do just about anything else that involves communicating with other human beings, or other computers.



Richard

Another geeky word which you may hear from time to time is 'default'. What the heck is default? Regarding computers, it just means a preselected choice. For example, a couple of minutes after you've turned on your computer, the background color of the screen may be blue. The reason why? Microsoft simply *chose* blue as the background color, so blue is your 'default' screen color. If you change the background color to red, shut the computer off, start it again and the background color is red, it means that red is now the 'default' color. And, if you replace the background color with a picture, which a lot of people do to 'personalize' their computers, then the default choice for your screen background will be that picture.

Now see, look how easy it was to learn how to 'speak geek'! if you'd like to speak geek too, or would just like to learn how to use your computer better, please come join us geeks at the Senior Center, **Tuesdays at 12:15 PM.** We would love to have you join the group. Bring your computer, bring your questions, and we'll all learn something while we're having fun. Until next month, or until I see you again, do me a favor: don't forget to 'speak like a geek'!



Welcome to the Claire Teague Senior Center

For those of you who are new to the Senior Center, we'd like to introduce our programs to you. Our facility is open Monday-Friday from 8:00 AM to 3:30 PM. We are located at 917 South Main Street (Route 7) in Great Barrington, just beyond Brookside Manor. Our telephone number is **413-528-1881**.

We offer regular weekly and monthly activities, plus special events each month. A nutritious and delicious lunch is served daily for just \$2.00 per meal! We invite seniors to come and relax in our lobby, meet other seniors, make new friends, build a puzzle, play board games, enjoy the camaraderie. We serve fresh coffee and treats (free) throughout the day. Transportation by Southern Berkshire Elderly Transportation Corp., including handicapped-accessible vans, is available to and from the Senior Center if needed. The phone number is **413-528-4773**.

Examples of our weekly activities include: bingo three times a week, several different exercise & health programs, painting, computer class, genealogy research, SHINE counseling (medical insurance information) and writing. Our newest class, Tap Dancing for Adults, is a great success and we'd happily welcome new students. Also available is space for a bridge set, card game groups, dominoes, mahjong. In October, we will start a crossword puzzle club and encourage new members to join the group. And, if you don't see it here, please come start your own group! The staff will be happy to assist you.

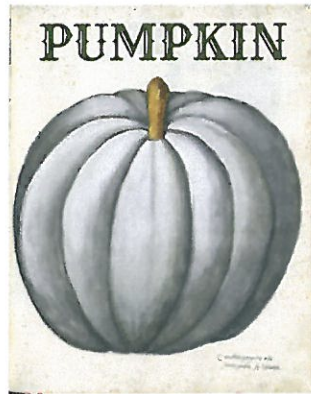
Each month, we offer a blood pressure clinic, VNA foot care, hearing aid service, cancer and caregiver support meetings, book club, and free lunches for veterans and spouses, among other activities.

Examples of special events we've recently held include a luau, Mardi Gras, summer cookouts, concerts, free lunches. Each year, we sponsor several trips to shows, casinos, historic villages and holiday festivals. Seasonal activities include flu clinic, tax counseling, holiday crafting, and gardening.

We also have openings for seniors who wish to volunteer their time. Our current volunteers find that helping others here adds new pleasure and purpose to their lives. Call if you'd like to join us!

The Senior Center's goal is to provide area seniors with a comfortable, welcoming, safe and enjoyable place to come. Our staff is friendly, attentive and sincerely willing to help with any issue, big or small. We're always here for you, so *please come join us anytime!*

The BRAIN GAME word
for OCTOBER is



Make as many words as you can using *only* the letters in this word. Write them down, tear off this page and hand it in to Annie. We'll announce the winner at lunch on Friday, October 25. GOOD LUCK and HAVE FUN!