

September 2012

# Senior Grapevine

917 Main st Great Barrington , Ma

Office 528-1881  
 Dining Room 528-4118  
 Transportation 528-4773  
 Mass Health 1(800)332-5545  
 Social Security 866-446-7111  
 Food Stamps 413 236-2000  
 Medicare 800-633-4227

UCP 413 442-1562  
 Construct 528-1985  
 SHINE 413 499-0524  
 Elder Services 499-0524  
 Hospice 413-2994

I'd like to welcome  
 Nancy Schuler to the  
 Claire Teague Senior Cen-  
 ter. Nancy will be joining  
 us as the new Administra-  
 tive Assistant to the direc-  
 tor beginning Thursday  
 September 6th.

I hope all of you had a won-  
 derful Labor Day weekend. I  
 know I did. I took "Joey the  
 dachshund up to the top of  
 the Lenox mountain fire  
 tower where we sat and

enjoyed a snack  
 and a beautiful  
 view of Hancock Shaker  
 Village, Bartlett's Orchard  
 and Mt Greylock. My grand-  
 son and I picked apples and  
 made apple pies as well as  
 crookneck squash pie from  
 my garden. I'm looking  
 forward to the Fall .



## Poem By Eileen Gaarn

### A Voice

All Seekers on a landscape  
 Of our own design  
 Travelers with in a journey  
 Of self renewal  
 Following paths  
 Forges Dreams  
 Yet we hold aloft

The light of hope  
 Lending us toward  
 Our own destiny  
 We admits a shared pride  
 An ownership in ourselves  
 Our past  
 A testimony to our future  
 Our yesterdays

Have become our todays  
 To our tomorrows  
 From trilogy of being  
 Share this time with us  
 Yes-we seek your company  
 Validate our lives  
 Eileen S Gaarn

*Eileen S Gaarn*

## **Monday Movies**

### **Monday September 10<sup>th</sup> "That Touch of Mink"**

When wholesome small-town girl Cathy moves to New York City and meets handsome tycoon Philip, she thinks she's found the man of her dreams. Philip assures her he's not the marrying kind, but Cathy has other ideas.

### **Monday September 17<sup>th</sup> "Out To Sea"**

Con artist Charlie (Walter Matthau) persuades his widower brother-in-law, Herb (Jack Lemmon), to join him on a cruise to meet lonely, rich ladies. But he doesn't mention that they'll be working as dance hosts and posing as wealthy bachelors. Before long, Herb rumbas his way into the heart of a fellow widower (Gloria De Haven), while Charlie sets his sights on a younger oil tycoon (Dyan Cannon). Brent Spiner plays the tyrannical cruise director.

### **Monday September 24<sup>th</sup> 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.

## **September Birthdays**

We wish a Happy Birthday to all who have a birthday in September. Every first Wednesday of the month, celebrate your birthday by joining us for a free lunch. Make sure you make your reservation in advance with the Dining Room 528-4118

## **Basic Facts**

September comes from the Latin words septem, meaning seven and septimus, meaning seventh. In ancient Rome, September was the seventh month of the year. When the Gregorian calendar was adopted, it became the ninth month of the year. It is one of the four months with thirty days.

## **Birthstone**

The birthstone for September is the sapphire which symbolizes heaven. Sapphire comes from the mineral Corundum. Most people think of the color

blue when the word sapphire is mentioned, but sapphire comes in many other colors including green, pink, purple, and yellow.

### **Flower**

The flower for the month of September is the aster which symbolizes love. It also stands for daintiness and patience. The aster is a well-known autumn flower along with its close relative, the chrysanthemum.

### **Historic Events in September**

Many major events happened during the ninth month of the year. Here are a few historical events that took place in September.

Continental Congress changed the name of the United Colonies to the United States on September 9, 1776.

President William McKinley was shot on September 6, 1901 while attending the Buffalo Pan-American Exposition in New York. He passed away eight days later on September 14, 1901.

The United States was attacked by terrorists on September 11, 2001. Almost 3,000 people in New York, Pennsylvania and Washington DC died because of the attacks that took place on that day.

### **Thank You**

Thank you Jim Soules for crafting a beautiful wood brochure stand for the Senior Center. Your workmanship, time and generosity are very much appreciated.

Thank you to Ward's Nursery for their very generous donation of the wonderful Flowers in the front entry barrels.

### **"New This Month"**

**New Exercise Class**

Misha , our instructor for Awareness Through Movement is offering an advanced movement class starting in September on Thursdays from 4:15-6:00pm

**It's a Raffle"**

Fairview Commons is raffling off a beautiful harvest basket during the lunch hour on Wednesday September 19<sup>th</sup>.

**Therapy Dog Training**

Keep an eye out for Nora and her therapy dogs in training. They will be visiting us at the senior center both for puppy training and therapeutic visits.

**Music Jam**

The acoustic music jam will be meeting Fridays at 12:00pm in the Dining Room starting in September. If you play an instrument please bring it and join us or just sit and listen. If you know someone who might be interested in playing please pass the word on.

**Special Craft Class****"NEW" Basket Weaving Class**

**Tuesday September 11<sup>th</sup> 12:30pm-2:00pm**

**Tuesday September 18<sup>th</sup> 12:30-2:00pm**

Polly will be teaching a two part basket weaving class. Each participant will weave a basket to take home and decorate. The class limit is 8, if we have more people than 8, I will hold another class at a different time. Please sign up at the Dining table by September 11<sup>th</sup> so I will have enough material.

If you suspect a problem, always contact your doctor or insurance plan first. You can also report problems to the Senior Medicare Patrol program at **1-800-243-4636**. This is a new government program which has been established to help seniors prevent healthcare fraud, abuse and errors.

### **Brown Bag**

Wednesday September 12<sup>th</sup>

The Brown Bags will be available starting at 12:00pm- 3:30 pm. Please make sure you sign in.

### **Tag Sale**

There will be a TAG sale at the Claire Teague Senior Center Saturday September 29 10:00-2:00. Please call 528-1881 for more information. We are also looking for crafters during the TAG sale. The cost for a table is \$25.00.

### **Establishing you final directive as you age is the topic for Hospice.**

Hospice will be at the Claire Teague Senior Center on Wednesday September 26<sup>th</sup> from 10:30-11:30. This is a great opportunity to ask questions about end of life decisions, health care proxies, DNR's etc..

### **Book Club**

Thursday September 13 at 1:00

The Book of the month is Helene Hanff's 84 Charing Crossroad's.

### **AARP Covered dish Monday September 10<sup>th</sup> 5:00pm**

### **Spaghetti Dinner**

Mark Your Calendar for October 10<sup>th</sup> 5:00pm More info to come..

### **Out To Lunch Bunch**

The Out to Lunch Bunch will be dining at Koi on Rt 23, Monday September 10<sup>th</sup>.

**Monthly Breakfast** is Tuesday September 18<sup>th</sup> at 8:30. \$2.00 per person  
Menu: Scrambled eggs with ham @ cheese, potato patties, fruit, assorted breads coffee /tea

### **Special Event**

Berkshire County Board of Health Association with the AGE Triad & the Egremont Council on Aging presents:

### **A Personal Emergency Preparedness Workshop**

**September 12<sup>th</sup> 9:30 Kit Building 10:00 Workshop in Bingo Room**

Make a Plan. Build a Kit. Stay Informed. A Personal Emergency Preparedness Workshop will be held in the Bingo Room. The workshop begins at 10:00AM, you can build your emergency kit in the Dining Room from 9:30-10:00

***Don't Wait Until It's Too Late!***  
**Medicare's Open Enrollment Period**

**October 15 – December 7**  
Medicare plans change every year!

This is the time to decide on your coverage for 2013.

**SHINE Can Help!**

SHINE counselors provide **free** Medicare counseling.

***Call your senior center for a SHINE appointment now!***

~ Or ~

You can call **1-800-AGE-INFO (1-800-243-4636)**, then *press* or *say* 3.  
Once you get the SHINE answering machine, leave your name and number.  
A volunteer will call you back as soon as possible.

~ Or ~

For assistance from a Medicare customer service representative  
24 hours/day, 7 days/week, call **1-800-MEDICARE**.

From SHINE

Due to the holidays the schedule for SHINE has been changed to:

Monday September 10<sup>th</sup> 10:30-3:30

Friday September 14<sup>th</sup> 10:30-3:30

Monday September 24<sup>th</sup> 10:30-3:30

**From Joan Ury SHINE Counselor**

**DON'T BE A VICTIM OF MEDICARE ABUSE, FRAUD, OR ERRORS**

Did you know that every year Medicare loses **BILLIONS OF DOLLARS** because of abuse, fraud and errors? There is much you can do to protect yourself from being one of the victims and help prevent this terrible problem. You can make a difference! Here are some suggestions:

- Never give your Medicare, Mass Health or Social Security number to a stranger.
- Be aware that Medicare does not call or visit to sell anything.
- Carry your Medicare or Mass Health cards with you only when you need them so they can't be lost or stolen easily
- Record your doctor visits, tests and procedures in a personal health care journal (these are available free from the Senior Center Shine counselor).
- Save Medicare Summary Notices and Part D Explanation of Benefits statements and compare them to your own records to make sure they are correct. Look for three things:
  1. Charges for services you didn't receive
  2. Billing for the same thing twice
  3. Services that were not ordered by your doctor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Closed for Labor Day Holiday</p>	<p>4 8:30-Coffee Hour 9:00-Bingo 9:00-12:00-AVADA Hearing Assistance (528-442-0184) 11:30-Lunch-Chicken Parm 12:00-Bingo, Cards, &amp; Bridge 4:00-Strength Training with Christine</p>	<p>5 8:30-Coffee &amp; Donuts 9:30-Easy does it Yoga 9:30-Wii Games 11:30-Birthday Lunch-Chili 12:00-3:00 Open Computer Lab 12:30-Cards and Dominos 4:30-6:30-Decorative Painting</p>	<p>6 8:30-Coffee and bagels (while they last) 9:00-Bingo 9:30-Painting with Vera 10:00-BOCCE 10:30-11:30 Impromptu11 Writing Class 11:30-Lunch-Barbeque Beef12:00-Crafty Hands 12:30-Poker, Rummikub, Mahjong, Wji Gr.</p>	<p>7 8:30-Coffee Hour 9:00-Tai Chi with Christine 10:00-Chair Exercise with Harriet 11:30-Lunch-Turkey Dinner 12:00-Music Jam 12:30-Bridge</p>
<p>10-8:30-Coffe Hour 9:00-F1:30-Foot Nurse 10:00-Awareness Through Movement 10:30-3:00-SHINE 11:30-Out To Lunch Bunch-To KOI 10:30-Tour of Wound Care Center 11:30-Lunch-Mac&amp; cheese 12:00-Movie 1:00-Balance and Movement</p>	<p>11 8:30-Coffee Hour 9:00-Bingo 11:30-Lunch-Baked Fish 12:00-Bingo, Cards, &amp; Bridge 12:30-Basket Class 4:00-Strength Training with Christine</p>	<p>12 8:30-Coffee &amp; Donuts 9:30-Easy Does it Yoga 9:30-Wii Games 10:00-Emergency Workshop 11:30-Lunch Beef Stew 12:00-3:00 Open Computer Lab 12:00-BROWN BAG 12:30-Cards &amp; Dominos 4:30-6:30-Decorative Painting Class</p>	<p>13 8:30-Coffee and bagels 9:00-Bingo 9:30-Painting with Vera 10:00-BOCCE 1:00PM Book Club 10:30-11:30 Impromptu11 Writing Class 11:30-Lunch Chicken dhran Veterans &amp; spouse Free12-Craftyhands 12:30-Poker, Rummikub,Mahjong, Wji 4:00-5:30-Women with Cancer Support</p>	<p>14 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-Meatballs 12:00-Music Jam 12:30-Bridge</p>
<p>17- 8:30-Coffe Hour 10:00-Awareness Through Movement 10:30-3:00-MO SHINE 11:30-Lunch-Calico Beans 12:00-Movie 1:00-Balance and Movement</p>	<p>18 8:30-Coffee Hour 9:00-Monthly Breakfast 9:00-Bingo 11:30-Lunch-Hot Dog 12:00-Bingo, Cards, &amp; Bridge 12:30-Basket Class 4:00-Strength Training with Christine</p>	<p>19 8:30-Coffee &amp; Donuts 9:30-Easy does it Yoga 9:30-Wii Games 11:30-Lunch-Egg Salad/Basket Raffle 12:00-3:00-Open Computer Lab 12:30-Cards &amp; Dominos 1:00-2:00-Caregivers Support Group 4:30-6:30-Decorative Painting Class</p>	<p>20 8:30-Coffee &amp; Bagels ( While they last) 9:00-Bingo 9:30-Painting with Vera 10:00-BOCCE 10:30-11:30 Impromptu11 Writing Class 11:30-Lunch-Roast Pork/Gravy 12:00-Crafty Hands 12:00-1:30-Blood Pressure Clinic 12:30-Poker, Rummikub,Mahjong, Wji</p>	<p>21 8:30-Coffee Hour 9:00-Tai Chi with Christine 10:00-Chair Exercise with Harriet 11:30-Lunch-Tuna Noodle 12:00-Music Jam 12:30-Bridge</p>
<p>24 8:30-Coffe Hour 10:00-Awareness Through Movement 10:30-3:00-SHINE 11:30-Lunch-Cheeseburger 12:00-Movie 1:00-Balance and Movement 5:00-ERCE Berkshire South Dinner</p>	<p>25 8:30-Coffee Hour 9:00-Bingo 10:30-Talking To Your Doctor 11:30-Lunch-Baked Chicken 12:00-Bingo, Cards, &amp; Bridge 12:00-Friend's Mtg 1:00-COA Board Meeting 4:00-Strength Training with Christine</p>	<p>26 8:30-Coffee &amp; donuts 9:30-Easy does it Yoga 9:30-Wii 10:30-HDSPACE Presentation 11:30-Lunch-Meatloaf 12:00-3:00-Open Computer Lab 12:30-Cards &amp; Dominos 4:30-6:30-Decorative Painting Class</p>	<p>27 8:30-Coffee and bagels 9:00-Bingo 9:00-11:00 Blood Pressure VNA 9:30-Painting with Vera 10:00-BOCCE 10:30-11:30 Impromptu11 Writing Class 11:30-Lunch-Ham Salad/Veterans &amp; Spouse Free 12:00Crafty Hands</p>	<p>28 8:30-Coffee Hour 9:00-Tai Chi with Christine 10:00-Chair Exercise with Harriet 11:30-Lunch-Lasagna 12:00-Music Jam 12:30-Bridge</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY	4 Chicken Parmesan Rotini & Sauce Broccoli Cuts Italian Bread Pears	5 Not Too Hot Chili Aztec Corn Tijana Rice Multigrain Bread Pineapple	6 Barbeque Beef Roast Potatoes Cauliflower w/Cheese Sauce Rye Bread *Chocolate Pudding w/Topping	7 Turkey Dinner Mashed Potatoes Green Beans Amandine 100% Whole Wheat Bread Apples
	11 Mac & Cheese Stewed Tomatoes Mixed Vegetables Multigrain Bread Mixed Fruit	12 Baked Fish New Red Potatoes Sliced Carrots Rye Bread Pineapple	13 Beef Stew Boiled Potatoes Wax Beans 100% Whole Wheat Bread Banana	14 Meatballs Ziti w/ Sauce Spinach Italian Bread Peaches
	18 Calico Beans Brown Rice Broccoli Rye Bread Pears	19 **Hot Dog Baked Beans Cole Slaw Hot Dog Roll Apple Crisp	20 Egg Salad Potato Salad Tossed Green Salad Hamburg Roll *Butterscotch Pudding w/Topping	21 Tossed Green Salad (Cong) Tuna Noodle Casserole Peas w/Mushrooms Summer Squash Oatmeal Bread Pineapple
Cheeseburger Roast Potatoes Harvard Beets Hamburg Roll Peaches	25 Baked Chicken Wild Rice Blend Mixed Greens Multigrain Bread *Vanilla Pudding w/topping	26 Meatloaf Au gratin Potatoes Sugar Snap Peas 100% Whole Wheat Bread Mixed Fruit Tossed Green Salad (Cong)	27 **Ham Salad Potato Salad Carrot Raisin Salad Hot Dog Roll Pineapple	28 Lasagna Broccoli Mixed Vegetables Italian Bread Applesauce