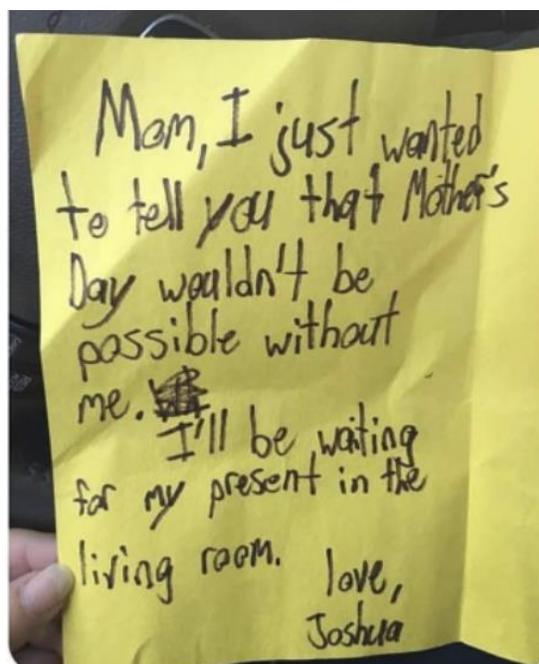


40 FIELD ST NEWS

Dalton Council on Aging & Senior Center
40 Field Street Ext. Dalton MA
413-684-2000
May 2022
Edition 3, Volume 5

Mask Mandate to Remain in Effect

At the April 13th board meeting of the Dalton Council on Aging a great deal of conversation took place regarding the lifting of the mask mandate at the Senior Center. The Board of Health is reporting that numbers in the County are increasing again. With a split board it was recommended to continue requiring masks until their May meeting. The May meeting will be held at 3:30 pm on May 11 at the Dalton Senior Center 40 Field Street Extension. This meeting is open to the public.



media source @carmenrodrigazchason



Massachusetts Bar Association Elder Law Program to present at the Dalton Senior Center May 19, 2022 at 1:00

The Dalton Senior Center welcomes Attorney Ben Smith of Benjamin Smith & Associates to present on May 19 at 1:00pm. Among the topics discussed are Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, COVID-19 resources, and alternatives to nursing home care. This event is free and open to the public. Please RSVP your intent to attend at 684-2000.

SCAM ALERT: DO NOT APPROVE WORK FOR DRIVEWAY/SIDEWALK PAVING FROM ANY DOOR-TO-DOOR OFFERS. THEY ARE PRACTICING UNDERHANDED SCAMS!



Sunday Lunch is Back May 1!

Join us at the Dalton Senior Center on the first and third Sunday of the month for Sunday Lunch. Dine-in and talk with your neighbors at this community hosted, prepared fresh-for-you social. Masks are required to enter the building until seated.

The event is free and open to the public (although small donations are appreciated should you wish).

Thoughts from a volunteer on DAFFODIL DAYS:

Whether from parents, teachers, or preachers, I bet you've all heard the saying "it's better to give than receive." After helping with the delivery of anonymously given daffodils to some very special recipients, I am wondering which is better...

Were you able to order a bunch or two? Did you decide to keep one and give one? Were you pleasantly surprised with a knock on your door?

Have you ever watched the "Harbinger of Spring" bring sunshine and promise into your home?

On a raw, rainy Thursday in March, a friend and I knocked on doors and rang bells—yes, a gift, but the SMILES and heartfelt expressions from the recipients—PRICELESS. To me, witnessing the receiving on that particular day was better than giving.

If asked to help out again next year, I would plan to leave time between deliveries to accept the invitations to come in and sit. Such a simple gift of time with rewards that will last a lifetime.

JKP

How Much Sun is Too Much Sun?

As the weather warms, and dining and activities move outside for seasonal events, as well as continuing COVID distancing, it is important to be aware of sun exposure. UVI is the measurement of intensity of UVB radiation. The Higher the index number the higher the risk of sunburn. According to skin characteristics, the limit of exposure to the sun's UV radiation is as follows:

Skin type 1: very light skin & eyes/doesn't tan, red or blond hair:

10 minutes

Skin type 2: light skin/often freckles/doesn't tan or light tan blond

or brown hair all eye colors: 20 minutes

Skin type 3: light or light brown skin/tans easily, dark blond or brown

hair grey or brown eyes: 30 minutes

Skin type 4: light brown/olive skin/no freckles dark brown hair or brown

eyes skin becomes deeply tanned: 50 minutes

Skin type 5: dark brown skin/dark brown or black hair/dark eyes/skin does

not get darker: 60 minutes



UV Index (UVI)	UV Intensity
0 to 2	Low
3 to 5	Moderate
6 to 7	High
8 to 10	Very High
11	Extreme

From Institute for Quality & Efficiency in Health Care (IQWiG)

"Spring is when you feel like whistling even with a shoe full of slush." Doug Larson



Carrot Cake Breakfast Sandwich

Active Time: 5 minutes

Total Time: 5 minutes

Ingredients:

2 whole-grain frozen waffles
2 tablespoons reduced-fat cream cheese

1/2 cup shredded carrot
2 tablespoons raisins
1 tablespoon chopped walnuts
2 teaspoons pure maple syrup

Toast waffles. Spread cream cheese on 1 waffle. Top with carrot, raisins and walnuts. Drizzle with maple syrup. Top with the remaining waffle. Enjoy your delicious carrot cake breakfast sandwich guilt free!
www.eatingwell.com

BEGINNER LINE DANCING

Have you been wanting to join line dancing but are intimidated by the speed and the steps?

Now is your chance to learn the basic steps in this 8 week crash course!

Starting Wednesdays May 4 – June 29 at 1:00

Please plan to attend at the Dalton Senior Center a minimum of 6 of the 8 weeks for full benefit

instructor fee: \$8 per class



Wanted!

The American Cancer Society of Berkshire County is looking for people living with cancer, survivors and caregivers to participate in Relay for Life special ceremonies which will be held on June 25 from 10am – 10pm.

Walkers are also wanted to start a team or join one to help raise funds to find a cure. If you are interested in participating in the survivor/caregiver exercises please call Ann Colacarro at 413-561-0024. You can also find more information and walk registration at

<http://www.relayforlife.org/berkshirecounty>

**DON'T FORGET TO
VOTE!**

TOWN MEETING

MAY 2 AT 7:00 PM

HELD AT THE NEW

WAHCONAH HIGH SCHOOL

150 OLD WINDSOR ROAD

TOWN ELECTIONS

MAY 9TH 11:00 AM-7:00 PM

**DALTON COMMUNITY
RECREATION ASSOCIATION**

**FREE TRANSPORTATION
FROM 11:00-2:00 PLEASE
CALL 684-2000 TO RESERVE!**

You asked for it! – an essay by Dorin Middlebrook:

“Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on different days in many parts of the world, most commonly in the months of March or May.”

One day a year I act a total fool. I stroll through the house demanding the attention I think I deserve, I jest about how very important I am *and* I insist my family 'loves on' me! “Gifts and grandeur should be poured down upon me,” I say. “What would you all do without me?” I ask. “Where would you be? Who but Mom could keep it all together? Would a crown be too much with these jeans?”

The day is right around the corner and I've started to remind my son because assuredly he has no idea. I'm prepping my partner too because let's face it, he is my son's financier on such occasions. The two roll their eyes at me. Dan will likely remind me that yes, he knows it's coming and also, I am not HIS mother. Jack will tell me he has other plans just to get a reaction from me. He uses a common line... “But I love you every day! Why do I have to do something special?”

They poke and joke at me. They laugh and I pout.

He's right though, he does love me every day. It makes me think about how we show our love because just as he doesn't live for grand gestures of his admiration neither do I, it's much subtler.

I show my love in the way I make sure his uniform is ready. I show it in the way I wait by the phone to be asked for a ride home, or to practice or to a friend's house, or to Dick's for new shoes or... the list is endless. I show it in the handmade sandwiches for his team after a long game. I show it when I spend hours on the road to catch a glimpse of my boy.

He shows it in his jokes and jabs, he shows it in his respect for my rules and his hard work in school. He shows it in his smiles when his friends want to “hang out” with me.

Let's be abundantly clear though, living with a teenager is not all rainbows and butterflies. It's moody mornings when the alarm goes off and it's hangery (hungry/angry) growls at dinner time when mealtime doesn't come quick enough. It's stinky laundry and messy bedrooms.

It feels a lot like living with a grizzly bear that lives in captivity. When hibernation is over he slowly emerges from his dark den in search of food. He stretches and gnashes his teeth if anything or anyone gets a little too close. In my case, if I ask one too many questions. It's a fine line I balance between getting all the info I want and being annoying. I tip toe around him like you would if you were trying not to alert a predator that you are there. He wanders about until he settles in the kitchen, pawing at the cabinets and fridge – hoping a full meal will fall directly into his mouth.

Once the feeding session is complete the transformation is astonishing, the messy haired beast becomes docile and dare I say, sweet? The grizzly bear is now a teddy bear, laughing and smiling back to his jokes and jolly nature, playing and teasing.

What a whirlwind it can be but I wouldn't have it any other way...

To all the moms, mom figures, dads doubling as moms, auntie moms, friends' moms, people who have/had moms – it's a day for us all to enjoy and appreciate what we have in whatever form we have it, Happy Mother's Day!

>>> MAY 2022

Goal of the month:Make a New Friend!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	29:30 Line Dancing 12:00 Lunch 1:00 Art Class 1:00 Meet Smitty, Pignatelli & Paul Mark	3 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting	4 9:00 Veteran's Soul 10:00 Pole Walking 12:30 Cribbage 1:00 Intro to Line Dance (LD)	5 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	6 9:00 Pitch	7
8	9 9:30 Line Dancing 12:00 Lunch 1:00 Art Class	10 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting	11 10:00 Shake Soul 9:00 Foot Care 10:00 Pole Walking 12:30 Cribbage 3:30 COA Board 1:00 Learn to Line	12 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	13 9:00 Pitch 11:00 Chair Yoga NOTE: Senior Center Closed at 1:00 Today	14
15	16 9:30 Line Dancing 12:00 Lunch 1:00 Art Class	17 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting	18 10:00 Pole Walking 1:00 TRIAD	19 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge 1:00 MA Bar Elder Law Talk	20 9:00 Pitch 11:00 Chair Yoga 1:00 Life After Loss Group	21
22	23 9:30 Line Dancing 12:00 Lunch 1:00 Art Class 1:15 BINGO	24 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting	25 9:00 Veteran's Soul 10:00 Shake Your Soul 12:30 Cribbage 1:00 Learn to Line Dance	26 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	27 9:00 Pitch 11:00 Chair Yoga 1:00 MOVIE Last Looks	28
29	30 Memorial Day Senior Center Closed	31 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting	1 9:00 Veteran's Soul 10:00 Shake Your Soul 12:30 Cribbage 1:00 Learn to Line Dance	2	3	4

Note: Smitty Pignatelli & Paul Mark PLEASE RSVP FOR ELDER LAW TALK 684-2000

POLE WALKING IS BACK!

Intro to Line Dancing will be held May 4 – June 29

Meals MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals are sponsored in part by Greylock Federal Credit Union	2 Cod Pomodor Scalloped Potatoes Sliced Carrots Whole Wheat Bread Fresh Orange	3	4	5 MOTHER'S DAY MEAL Sliced Turkey/Gravy Mashed Potato Asparagus Cuts Whole Wheat Bread Cookie	6	7
8	9 Chicken Caesar Salad Rice Salad Carrot Raison Slaw Whole Wheat Bread Mandarin Oranges	10	11	12 GLOBAL TABLE Veal Parmesan Shells w/Marinara Yellow & Green Beans Oat Nut Bread Mixed Fruit	13	14
15	16 Berkshire Grown Roast Pork w/Gravy Mashed Potatoes Winter Blend Veggie Oat Nut Bread Applesauce	17	18	19 Meatloaf w/Gravy Mashed Potatoes Spinach Oat Nut Bread Blueberry Yogurt	20	21
22	23 Chicken Piccata Sour Cream Mashed Potato Mixed Greens Whole Wheat Bread Fruit Cocktail	24	25	26 MEMORIAL DAY PICNIC Low Sodium Hot Dog Vegetarian Baked Bean Sauerkraut Hot Dog Roll Vanilla Ice Cream Cup	27	28
29	30 Memorial Day Closed 	31	1	2	3	Seniors 60 and older suggestion donation \$3 & fund Elder Services Nutrition Program

Meals are held at the Dalton Senior Center, 40 Field Street Ext. Dalton at 12:00. 24 business hours are required for reservations. 684-2000