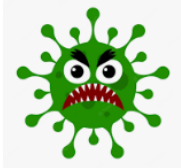


40 FIELD ST NEWS

Dalton Council on Aging & Senior Center
October 2022
Edition 3, Volume 10



SEASONAL FLU AND NEW COVID BOOSTER SHOTS WILL BE GIVEN AT THE DALTON SENIOR CENTER OCTOBER 5TH!

The Berkshire Health Alliance will be here on October 5th to administer Covid Vaccine Booster shots and Annual Flu Vaccine. You can sign up for one, the other, or both! Please use “control click” to follow the link below! High dose (Senior) flu shot is available while supplies last. If you need assistance scheduling please bring your insurance card and vaccination card to the Center and we will help you fill the registration form out.

<https://home.color.com/vaccine/register/berkshire>

OPEN ENROLLMENT

OCTOBER 15 – DECEMBER 7

IT'S THAT TIME AGAIN: OPEN ENROLLMENT (OCT 15-DEC 7) FOR ALL MEDICARE DRUG PLAN MEMBERS! You should have received your ANNUAL NOTICE OF CHANGE in the mail from your current prescription drug plan. Please read it carefully as it will advise you of any changes to your monthly premium and medication copays. There may be a more cost effective plan available for you for 2023 and you can find this out by going on the Medicare.gov website. If you need assistance our SHINE (Serving the Health Insurance Needs of Everyone) counselor Pattie can assist you. You will need to completely fill out the Drug Plan Information Sheet available at the office, after which a copy of the comparison will be given to you along with a thorough explanation of the results. Please fill the form out ASAP as the process is very time consuming and will be done on a first-come first-served basis.

The Dalton Council on Aging presents:



Halloween Harvest

Ghosts, Goblins & More



Friday

October 7th

1:00 pm

Dalton

Senior Center

40 Field St.

Dalton, MA

A lively participatory program of seasonal songs & stories by

DAVIS BATES

Parents' Choice Award-winning singer & storyteller

Celebrate the Season & the Diverse Cultural Heritage of New England.

Funded by the Friends of the Dalton COA. For info please call (413) 684-2000.

Friends of the Dalton Council on Aging **Craft Fair!**

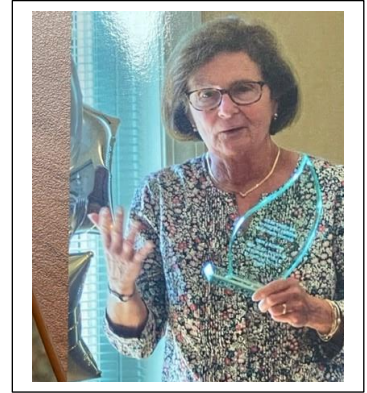
FINAL NOTICE!

Dian Elser, Francine Germaine, Diane Hoag, Dennis Hoag, Mary Lamke, Deborah Maynard, Susan Salvini, Bob Shepherd, Lisa Turner, Peter Traub, Laura Gardner and Louise Frankenberg. These are the committee members and helpers that have put together the Annual Craft Fair held at our spacious Senior Center. We just recently added another crafter. Please mark your calendar for Saturday, October 15, 2022 from 9:00 a.m. until 3:00 p.m. Lunch will be grilled and served under the large white tent outside with plenty of seating. Coffee will be served all day. There will be lots to see and purchase. Thank you for supporting all of our Seniors by stopping by on this day. We appreciate you!

Lisa Turner, Chair

SENIOR CENTER UPDATES TO CURRENT EVENTS:

On September 1st Pattie Pero was surprised by friends, family and Bob Bishop representing the Select Board who presented her with an award marking her 35th year providing Outreach to Dalton seniors. Pattie has assisted thousands of people over the past 35 years accessing community supports and benefits, provided advocacy on behalf of those unable to advocate for themselves and wellness checks to those without a personal network. ☺



FIELD DAY was a great deal of fun with the cookout, talking with friends, music and friendly competitions of Cornhole and Jarts. The weather was kind enough to cooperate this year. Many thanks go out to Bill Kenny Deslile (guitar strummer) for helping out with cooking and entertainment.

Speaking of friendly & entertaining competitions; the serious Cornhole match was between Police and Fire. Tied, the Chief's held a rubber match with PD winning 21-0.



**Vote Vote Vote Vote Vote Vote
Vote Vote Vote**

**Wednesday October 19 Special
Town Meeting 7:00 pm Wahconah
Regional High School**

**Saturday October 22 Early Voting
9:00-1:00**

**Monday - Thursday 9:00 - 6:30 thru
November 3rd. No Sunday voting
Location: Town Hall**

**Election Day Tues November 8th
Location: CRA
7:00am - 8:00pm**



I left my campsite and hiked south for three miles. Then I turned east and hiked for three miles. I then turned north and hiked for three miles, at which time I came upon a bear inside my tent eating my food!

What color was the bear?



Berkshire Community Action Council, Inc.

Administrative Offices (413)445-4503 Fax (413)447-8006
1531 East Street, Pittsfield, MA 01201

North County (413)663-3014 Fax (413)664-6759
85 Main Street, Suite 201 –
North Adams, MA 01247

LIHEAP (fuel assistance) is a program to help assist low-income families pay their heating bills. LIHEAP fuel assistance pays some of the winter heating costs for eligible families. The benefit amount depends on family income and heating costs.

Eligibility for fuel assistance is based on the current combined gross annual income for everyone in your household 18 years or older. Current gross annual income means income that you are getting now, from all sources, such as a job, government assistance, pensions, child support payments, interest on savings, etc., before deductions.

The income limits depend on the number of people in your household. To be eligible for fuel assistance, your household's gross income must be less than or equal to the eligibility table below:

Fuel Assistance Income Guidelines	
Winter 2022-2023	
Household size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$106,314

FOR FIRST TIME APPLICANTS
To begin the application process, you will need to have the following documentation with you:
Picture ID for head of household
Proof of citizenship
Income verification for all household members over age 18
Heating source and account number
Copy of current utility bills
Rent or mortgage verification

The 2022-2023 fuel assistance program will run from November 1, 2022 – April 30, 2023.

Toll Free Status Line: 1-866 216-6200

Meals OCTOBER 2022

Sunday	Monday	Tuesday	W-day	Thursday	Friday	Saturday
Meals are sponsored in part by Greylock Federal Credit Union						1
2 Sunday Lunch 1:00 Host: FCC Donations are Appreciated	3 Baked Pollock Loins Boiled Red Potato Asparagus Cuts Oat Nut Bread Sliced Pears	4 Autumn Wild Rice Soup Tuna Sandwich	5	6 Sweet & Sour Meatball Wild Rice Pilaf Cauliflower WW Bread Fruit Cocktail	7	8
9	10 Happy Columbus Day!	11 Asparagus Quiche Side Salad	12	13 Chicken Fajita w/onions & peppers Rice w/Beans Peas Tortilla Shell Sliced Apples	14	15
16 Sunday Lunch 1:00 Host: COA Donations are appreciated	17 Chicken Putanesca Mashed Potato Monaco Vegetables WW Bread & Apple	18 (Bill's) Chili and Cornbread	19	20 Chicken Divan Boiled Gold Potato Spinach 12 Grain Bread Diced Pears	21	22
Monday 24th Beef Burgundy Buttered Noodles Brussel Sprouts Dinner Roll Sliced Peaches	24/ Monday 31st Chicken Cordon Bleu Mashed Potato Butternut Squash Dinner Roll Sliced Pear	25 Mummy Dogs Slow Cooked Eyeballs & Beans	26	27 HALLOWEEN Ghoulash Sliced Beets Mixed Greens 12 Grain Bread Fruit Orange Gelatin	28	Seniors 60 and older suggestion donation \$3 & funds Elder Services Nutrition Program on M/Th

M/Th Elder Services Senior 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. Suggested \$3 donation
**Tuesday's Soup & Sandwich: \$5.00 Reservation by the Friday before. Reservations are made by calling 684-2000 or at the front desk.
 Sunday Lunch: All ages. Free and open to the public - Donations are welcome**

>>> OCTOBER 2022

Goal of the month:Get Out & Enjoy the Nature's Parklands!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Flu shot & Covid Boosters October 5 11:30 – 2:00 Preregister- go to Town of Dalton & use the Link. Call if you don't have a computer			1
2 Sunday Lunch: 1:00 Host: FCC	3 9:30 Line Dancing 12:00 Lunch	4 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	5 CLINIC! 9:00 Veteran's Agent 10:00 Shake Soul 1:00 Aging Mastery	6 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	7 9:00 Pitch 11:00 Learn Mahjong 1:00 Halloween Harvest –Davis Bates Performance	8 9-3 FRIEND'S CRAFT FAIR Your purchases helps fund COA programs!
9	10 Columbus Day Senior Center Closed	11 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	12 9:00 Foot Care 1:00 Aging Mastery 3:30 COA Board	13 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	14 9:00 Pitch Craft fair set up!	15
16 Sunday Lunch 1:00 Host: COA	17 9:30 Line Dancing 12:00 Lunch 1:00 Art Together	18 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	19 9:00 Veteran's Agent 10:00 Shake Your Soul 1:00 Aging Mastery 1:00 TRIAD	20 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	21 9:00 Pitch 11:00 Learn Mahjong 11:00 Chair Yoga 1:00 Life After Loss Group	22
23	24/31 9:30 Line Dancing 12:00 Lunch 1:00 Art Together	25 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	26 9:00 Veteran's Agent 10:00 Shake Your Soul 1:00 Aging Mastery	27 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	28 9:00 Pitch 11:00 Mahjong 1:00 Movie: Elvis	29
30						

Please sign up in advance for Field Day for food preparation! Items in red font are special events!
Soup & Sandwich (S&S) Register by the Friday before: Fee \$5.00.
Sunday Lunch is held at the Dalton Senior Center. Free & open to the public. Donations are appreciated