

40 FIELD ST NEWS

Dalton Council on Aging & Senior Center
40 Field Street Extension, Dalton, MA
413 684-2000
October 2024
Edition 5, Volume 10



Please remember the kids are walking throughout the town on Halloween night. It's fun to see them, but they may not see you!

Be Aware! Berkshire County is being targeted for Grandparent Scams!

Don't be a victim! Authorities are warning that there has been several reports of senior adults being scammed by these professional thieves. They call and claim to be a grandchild in need of money for an emergency. Some are using AI, Artificial Intelligence, to mimic the grandchild's voice (which they lift from social media). They sound convincing and ask that monies be sent through an app on the phone such as Venmo or Cash App, wire monies to an account and will even will accept gift cards express mailed (or sometimes even picked up!). Authorities are asking you to *HANG UP* and report the incident to the police. If you are unsure, call your grandchild or their parents to confirm that they are fine and not in distress.



The Veteran's Luncheon will be held on November 8th this year. Invitations will be out by the 15th of October so if you have not received yours please call and add your name to the list!

We are quite thankful that the Chef from Sugar Hill will be preparing the meal again this year! Yum!

Hybrid Programs for October:

October 9th 1:00 Carol Maynard, Master Gardner will share her extensive knowledge of planning your flower garden next year!

Wednesdays and Fridays: Strength and Mobility will go hybrid! Meet at the Senior Center and Robin will join in. 8:30 am – 9:30 am

The Life After Loss group will hold their October monthly meeting at Pub 116, on Route 116 in Plainfield at 1:00 P.M.

It's not a race...walk your pace! We are walking around the neighborhood of your Senior Center each Monday morning at 10:00 a.m. There is no need to sign up. Simply be here in front of the building each Monday morning and we'll begin our walk. It's a nice easy walk at an easy walking pace. Join us for a morning walk and conversation. Roughly ½ hour. We have enjoyed this very much so far! It's a great way to start your day.



It Is Open Enrollment Time!

NEWS FROM PATTIE PERO, SHINE COUNSELOR

IT'S THAT TIME AGAIN!

Open enrollment (October 15 – December 7) for Medicare Drug Plans is a critical time to evaluate your present prescription coverage. Every prescription drug plan must send its members an Annual Notice of Change sometime in September advising policyholders of any changes to be made to their coverage. The plan you have now may change its monthly premium, adjust drug tiers and copays, and add or discontinue medication coverage. **It is imperative** that you do the following:

1. Read your Annual Notice of Change
2. Decide if you want to keep your present plan or log onto www.medicare.gov to check what other plans are being offered and do a drug comparison OR...
3. Pick-up a designated form available in the office and list all of your current medications. Once completed, return the form to the office and a comparison of plans will be done to determine the most cost-effective drug plan available. You may also be eligible for programs, depending on your income, that could help reduce the cost of your drug premium, copays and possibly your monthly Medicare Part B premium.

This and more can be discussed with Pattie by calling 684-2000 on Mondays or Thursdays when she is in the office. Remember, you have a short window in which to make any changes. Don't miss out on the possibility of improved prescription drug coverage.



ADULTS AGE 50-PLUS

AARP Smart Driver course saves people money and extends their safe driving years

The AARP Smart Driver course is the Nation's first and largest refresher course for people age 50 and older. The course teaches participants proven driving techniques to help keep people safe on the road and extend their safe driving years.

74% enroll in the AARP Smart Driver course to obtain a discount on their auto insurance.

77%

receive an auto insurance discount

61%

save up to \$50 on their annual premium

31% enroll in the AARP Smart Driver course to refresh their driving skills.

90% are extremely or very likely to recommend the AARP Smart Driver course to others.

88%

say the course met their expectations extremely or very well

88%

also believe the course was extremely or very worthwhile given their time investment



The AARP Smart Driver course has a highly positive impact on driving behaviors and skills:

	Before	After
% who has confidence in their driving abilities on a 7-point scale	80%	89%
% who worked on flexibility or strength training	41%	61%
% who always avoid eating or drinking while driving	7%	55%
% who always limit driving in bad weather	16%	32%
% who always limit long distance driving	13%	27%
% who always maintain safe following distance	80%	90%
% who always limit driving at night	15%	25%
% who always avoid merging	7%	15%
% who always look for safety features when buying a car	67%	72%
% who never exceed the speed limit	9%	22%

Are you a safe driver? Take this AARP test to see how you are doing.

This is a self-paced class. The cost is \$29.95 with a \$3.00 discount if you are an AARP member. Your insurance may give you a discount on your car insurance when you submit your certificate. This could be a win-win for you.

There is a Fitness to Drive Screening Tool that is free to take by friends, family or an individual concerned about a loved one's driving ability. It can be found at <https://ftds.php.ufl.edu/us/>

Additionally, AARP has a smart phone app that also monitors a person's driving habits and they can see how they rate according to others using the app and if they are AARP members, they can earn reward points. The best part is that the data belongs to them and is not shared with anyone. Go to <http://aarp.org/safetrip>

Did you know... Bananas are a perennial crop that is grown and harvested year-round. They have no fat, cholesterol or sodium and they are loaded with vitamins and potassium. They contain a protein called **tryptophan** that may help improve mood and ward off depression. They are also a rich source of iron. Bananas have a natural antacid effect in the body and have been used to relieve heartburn. As they ripen, the starch in the fruit turns to sugar. So, the riper the banana, the sweeter the fruit. Bananas are a perfect food because they are good for you, affordable and delicious! This next fact blows my mind... most bananas are grown on plantations owned by five giant corporations that have enormous influence over the economies and politics of the nations where they operate! No THAT'S bananas! Anyway...sneak one into your weekly/daily diet to help maintain your health. It's an easy, cheap way to stay strong and healthy.



SHAKE YOUR SOUL!

Join us each Wednesday morning at 10:00 a.m. Shake your soul is a mindful and soulful dance experience set to music. It promotes joy and freedom. It can help release emotional tension and produce a sense of well-being. This is a fun class that will have you feeling invigorated! Why not try it this fall?



We are painting and decorating small pumpkins. We'll provide the various supplies. Your only job is to come and relax with friends for about an hour and mingle as you create a take home fall decoration. This is very easy. No skill necessary. Just stop in and chat with friends for a while.



**Monday, October 21st at
1:00 p.m.**

A friendly reminder to those who utilize our transportation services:

Dalton Senior Van Service availability is LIMITED!
Some Alternate transportation options include:

- Elder Services Volunteer Transportation Program at 413-499-0524
- BRTA Paratransit Services at 413-499-4782 (Requires pre-authorization, call us for an application)
- Soldier On Transportation (Veterans and spouses) at 413-418-4300
- RSVP Wheels for Wellness at 413-395-0109

Currently, we have Dave as our only driver. We are very lucky to have him, for sure. Thank you, Dave!

SENIOR CENTER MONTH WINNERS!

- Louise F. was the scrabble game winner. She wowed us with the word ZED meaning Z, as in the letter Z. Who knew! Thank you to Katie and Jan who joined us in the game.
- The winner of beer can bowling was Diane H. A big thank you to Katie who was also a winner simply by joining in with us and making it more fun! The bowlers were certainly troopers!
- The winner of Name That Tool was John M. who won a \$25 Home Depot gift card and tool hat!
- **Thank you to everyone who participated in all of our Senior Center Month activities! We hope you had fun. Just so you know.....you are ALL winners to us.**

COLOR THE PICTURE **AND** FIND ALL THE WORDS!!



Halloween WORD SEARCH

K D M L P B J H H J N S R E O N B C S N Q Z
 K N P U L A L E A J V P Q F J D A A B M C O
 D R A C U L A A N L H G S Y E X C N Q X L Q
 Y A B Q B G P P C W L P K T B U L D A P K Z
 O C T O B E R Q N K Y O N K C E G Y W F U L
 M R M A G F O W C O E U W M U F J M A S K Y
 Y W Y O Z Y X A S K A Y S E M R O Z A H E R
 B P E C B K L V D H N I Y B E A G I W B U S
 F F U A O B J B S I B K T D Z N T C K U W P
 M T Z M R X Z B L G O W J L R K P R A N K V
 N N O X P R K B V O N C S C X E S E E L B H
 Y I R R B K O D P G L M E R I N Z E K A A C
 W G A C O G I S C A R Y L B Y S I P T V T A
 P H N S P X Y N K G M U M M Y T S Y Y S S U
 H T G P P E P M V H B O N E S E C G N I N L
 B C E Q T I C N W O Z P N E W I S P E W H D
 Q Z Z F J R D A Q S A S M O N N K Q Y L R R
 Y R C H E B I E S T T V S C A R E C R O W O
 B O D O D W V C R D H N H Z U T L R S R H N
 R X S R G B P M K F O R A D N A E M H H D O
 O E F R H Q G M G O S C M O N S T E R N N Y
 O X Y O C P L F M L W C A P L Z O F O A Q E
 M J G R Y W S Y C H A Y R I D E N Q H P O O

HALLOWEEN
 CANDY
 BROOM
 NIGHT
 PUMPKIN
 SKELETON
 SPIDER
 SPOOKY
 CAULDRON
 ORANGE
 GOBLIN
 BATS
 GHOST
 HAYRIDE
 CREEPY
 BLACK
 BONES
 TRICK
 MONSTER
 TREAT
 MUMMY
 OCTOBER
 HAUNTED
 SCARY
 ZOMBIE
 FRANKENSTEIN
 SCARECROW
 MASK
 DRACULA
 PRANK
 HORROR
 BLACK

ACTIVITIES OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	2 90+ BIRTHDAY CELEBRATION! 9:00 Veteran's	3 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	4 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$ 1:00 Aging Mastery	5
6 1:00 Sunday Lunch HOST: FCC	7 9:30 Line Dancing \$ 12:00 Lunch 1:00 Movie: The Curse of Bridge Hollow	8 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	9:00 Veteran's 9 8:30 Strength & Mobility \$ 9:00 Foot Care \$ 9:00 Veteran's 10-12 Intro to Computers 10:00 Shake Y' Soul \$ 1:00 Plan Next Year's Flower Garden 3:30 COA BOARD	10 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	11 8:30 Strength & Mobility \$ 9:00 Pitch 1:00 Aging Mastery 1:00 Life After Loss Group (Meet at Pub 116)	12
13	14 Columbus Day Senior Center Closed	15 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	16 8:30 Strength & Mobility \$ 9:00 Veteran's Agent 10-12 Intro to Computers 1:00 TRIAD	17 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	18 8:30 Strength & Mobility \$ 9:00 Pitch 11:00 Chair Yoga \$ 1:00 Aging Mastery	19
20 1:00 Sunday Lunch HOST: St. Agnes	21 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together	22 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting 1-3 FLU/COVID CLINIC	23 8:30 Strength & Mobility \$ 9:00 Veteran's Agent 10-12 Intro to Computers 2-00 Drumming w/ Tamarack Hollow	24 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	25 8:30 Strength & Mobility \$ 9:00 Pitch 1:00 Aging Mastery	26
27	28 9:30 Line Dancing \$ 12:00 Lunch 1:00 Art Together 1:00 BINGO	29 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	30 8:30 Strength & Mobility \$ 9:00 Veteran's Agent 10:00 Shake Your Soul \$ 10-12 Intro to Computers	31 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage		

Special Events are indicated in **red font**. Please remember to sign-up for special events and lunches by calling 684-2000 or we may not be able to accommodate you! Events highlighted in yellow are Hybrid! Come in person or meet virtually!

Meals OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M/TH Elder Services meals are sponsored in part by Greylock Federal Credit Union		1 Tuna Salad Sandwiches & Chips Pickle	2	3 Chicken Scallopini Buttered Noodles Peas & Carrots WW Bread Fruit Cocktail	4	5
6 1:00 Sunday Lunch HOST: FCC	7 Chicken Puttanesca Warm Barley Monaco Vege's Italian Bread Fresh Apple	8 Cheeseburgers Chips	9	10 Mexican Mac & Cheese Fiesta Corn Summer Vege's WG White Bread Pineapple	11	12
13	14 Columbus Day Senior Center Closed.	15 Rotisserie Chicken Salad Sandwich Chicken Noodle Soup	16	17 Roast Pork w/Gravy Mashed Sweet Potatoes Succotash Oat Nut Bread Tropical Fruit Mix	18	19
20 1:00 Sunday Lunch HOST: ST AGNES	21 Beef Burgundy Buttered Noodles Brussel Sprouts Dinner Roll Sliced Peaches	22 Taco Salad	23	24 White Chicken Chili Brown Rice Monaco Vege's Corn Bread Banana	25	26
27	28 Teriyaki Beef w Broccoli Rice Snap Peas Oat Nut Bread Pineapple	29 Caution: Absolutely Frightful!	30	31 Ghoulash Beets & Pearl Onion Green Bean Almondine 12 Grain Bread Fruit Orange Gelatin	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 and cancellations. 684-2000 Suggested donation to Elder Services \$3. Soup & Sandwich \$5 fee, Sunday Lunch Donations are appreciated.