



# GRAPEVINE JUNE 2020

Claire W. Teague Senior Center \* 917 Main Street \* Great Barrington \* MA 01230  
*Polly Mann Salenovich, Director \*\*\* Joan Peters, Administrative Assistant*  
[www.greatbarringtonseniors.com](http://www.greatbarringtonseniors.com)

Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM

**Center:** 413-528-1881 **Dining Room:** 413-528-4118 [www.townofgb.org](http://www.townofgb.org) **Transportation** (413) 528-4773

## Senior Center Updates

The senior center continues to receive donated baked goods from Big Y, mainly on Mondays and Wednesday mornings, which is placed on a cart in our back parking area when available.

Thank you to the Tai Chi Class for the beautiful flowers, what a nice surprise! and for all the calls of support and encouragement!

Ray Palmucci has been faithfully picking up and delivering baked goods for the senior center faithfully for many years and continues his volunteer work twice a week; thank you Ray.

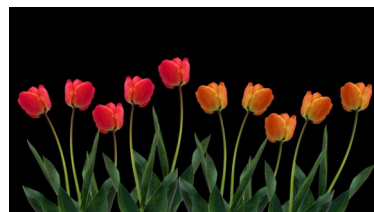
Joe Aberdale of Aberdale's in Housatonic has delivered toilet paper, paper towels, hand sanitizer and food products to be added to the monthly Brown Bags while supplies last. Brown Bags, which come from the Western Ma Food bank are available for pick up every second Wednesday of the month. If you would like to apply for this monthly service, please call the senior center for an application. For those that do not have the ability to pick-up, please let us know and we will deliver.

A reminder that we have face masks that are being made available while supplies last. Thank you Sheffield COA for sharing their transportation service for medical and shopping trips during SBETC's temporary closing.

For transportation, please call SBETC at 413- 528-4773.

A special thank you goes to the restaurants that are preparing the wonderful meals that Nourishing Meals has been providing! Some of the restaurants that have provided yummy meals have been: Barrington Brewery, Marketplace, The Bistro Box, Red Lion Inn, 20 Railroad and Pleasant and Main. Next week; GB Eats, Chef Hank Ferlauto, Baba Louie's and Old Inn on the Green will be providing meals.

**[Please do not hesitate to call the senior center for any questions you have at 528-1881.](tel:4135281881)**



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## **Have you completed your 2020 Census?**

WE NEED YOU!!! Please pass on the word that it is very important for funding for our programs that everyone is counted. If you need assistance, we will help you over the phone. You can call is at (413) 528-1881.

## Nourishing Neighbors

Nourishing Neighbors is a south county meal program, providing 500 meals from local restaurants weekly!

WHO: Meals are available for all community members in the southern Berkshires needing extra support at this time, especially our senior population, those who have lost their jobs, and those otherwise financially struggling.

WHEN: Wednesdays, 1 pm-3 pm (For any updates or changes, follow Berkshire South's Facebook page) - Please, no early birds!

WHERE: Berkshire So Regional Community Center, drive thru\*. 15 Crissey Road, Gt. Barrington. \*\*If you're not able to drive, please contact

[meals@berkshiresouth.org](mailto:meals@berkshiresouth.org) and we'll deliver to you! The deadline to request delivery every week is Tuesday at 10am so that we are able to plan ahead. If you do not have e-mail access, please call the senior center at 528-1881 and we will order for you.

DETAILS: This is a contactless system, please stay in your car. We'll be happy to take your order to you curbside. Questions: please email [meals@berkshiresouth.org](mailto:meals@berkshiresouth.org)



Ken Roht (Orphean Circus) has compiled a large work of short stories that the reader and senior can choose from. The reader (a volunteer from the Medical Reserve Corps) calls the senior once a week and they read for 15 min or so and then just check in. They can pick a book from what we have available or pick one of their own, just depending on the interest of the senior.

If you're interested, please call us at (413) 528-1881.

**The only person you should try and be better than, is the person that you were yesterday.**

**Matty Mullins**

Open Table provides well-prepared, healthy meals to the Stockbridge area for whoever wants or needs them. We have partnered with [The Lost Lamb](#), helping them to retain staff and remain a delicious part of our community. Food is an essential part of human flourishing and so whether you accept the meals as our gift, offset the costs of your own meals, or even help to support meals for others, we hope that this offering of love and sustenance helps in these difficult times.

We invite you to use our online order form below. If you need assistance, please call the church office at 413-298-3137 Monday through Friday, 9AM to 1PM.

**Order deadline:** Orders must be submitted by noon on Wednesday. The order form will open again Friday morning.

**Pickup:** On-site pickup will be available at The Lost Lamb, 31 Main Street, Stockbridge, MA on Thursday between 5:00PM and 6:30PM. All people picking up their meals must wear masks and maintain a six-foot distance from other people.

**Delivery:** Delivery is available in the towns of Stockbridge, West Stockbridge, Lenox, Lee, and Great Barrington. Orders for delivery will depart The Lost Lamb at 5:30. Delivery will be made to external locations (front steps, sidewalk, etc.) only. The delivery person will contact you at the phone number you provide to inform you that your meal has arrived.

Happy Birthday!

Carolyn C  
Connie J  
Elizabeth P  
Gertrude M  
Sally H  
Harold F

Joan P  
Margaret M  
June B  
Eileen C  
Lorraine L

Elaine T  
Barbara W  
Pat L  
Peggy W  
Ruth P

Catherine G  
Sue F  
June H  
Louis T  
Kate R

### BROWN BAG

Wednesday, June 10th 12:30-2:30 pm  
Pick up @ Claire Teague Senior Center



Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy & active. The food Bank of Western Ma also assists with SNAP –for more information: (413) 247-9738.

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### Berkshire Center for Justice

The Claire Teague Senior Center is offering **free legal help**. The clinic is staffed by the [Berkshire Center for Justice](#), which offers services (health care proxies, wills, power of attorney, etc.) for prospective clients who are 60 or older. The legal clinic is a grant-funded program that will be available while funding is available.





# Elder Services of Berkshire County - Nutrition Program

June 2020

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Chili 104 Black Beans and Rice 235 Mixed Greens 140 Corn Bread Mini Loaf 211 Sliced Peaches 0 Calories: 1030 Sodium: 830	<b>2</b> Salmon Filet 07 Scalloped Potatoes 20 Green Beans 2 100% Wheat Bread 120 Fresh Orange 0 Calories: 464 Sodium: 334	<b>3</b> Breaded Chicken Pasty w/ Tomato* 367 Cranberry Mayonnaise 94 Corn Chowder 173 Brussel Sprouts 5 Mixed Fruit 10 Hamburger Bun 190 Calories: 738 Sodium: 1164	<b>4</b> Beef Stew 72 Mashed Potatoes 97 Sliced Beets 20 Dinner Roll 210 Sliced Peas 5 Calories: 763 Sodium: 535	<b>5</b> Homemade Meatloaf w/ Gravy 284 Buttered Red Potatoes 4 Broccoli Florets 22 Oat Nut Bread 150 Apricots 5 Calories: 753 Sodium: 500
<b>8</b> Vegetable Lasagna 370 w/Marinara Sauce 70 Mixed Vegetables 133 Italian Bread 230 Pear Crisp 11 Calories: 781 Sodium: 930	<b>9</b> Cialico Beans and Sausage 400 Wild Rice Pilaf 60 Steamed Cabbage 13 100% Whole Wheat Bread 200 Chocolate Pudding** 185 Calories: 1038 Sodium: 1052	<b>10</b> Pot Roast with Gravy 135 Mashed Potatoes 97 Lyonnaise Carrots 74 Dinner Roll 210 Sliced Peaches 0 Calories: 778 Sodium: 647	<b>11</b> Sloppy Joe on Bun 91 Peas and Mushrooms 30 Spinach 70 Hamburger Bun 190 Mandarin Oranges 7 Calories: 575 Sodium: 510	<b>12</b> Chicken Curry 77 Buttered Noodles 8 Winter Blend Vegetables 10 100% Whole Wheat Bread 120 Fruit Cocktail 5 Calories: 580 Sodium: 345
<b>15</b> Hot Dog* 540 Vegetarian Baked Beans 140 Coleslaw 100 Hot Dog Roll 180 Fruit Crisp 10 Calories: 685 Sodium: 1164	<b>16</b> Roast Pork with Gravy 83 Mashed Sweet Potatoes 36 Broccoli Florets 22 Dinner Roll 210 Applesauce 11 Calories: 580 Sodium: 487	<b>17</b> Goulash 94 Peas 36 Carrots 43 100% Whole Wheat Bread 120 Peas 5 Calories: 650 Sodium: 423	<b>18 Father's Day</b> Bone In Chicken with Gravy 102 Mashed Potatoes 97 California Blend 20 Dinner Roll 210 Chocolate Chip Cookie** 100 Calories: 760 Sodium: 654	<b>19</b> Macaroni and Cheese* 627 Chunky Tomato Soup 101 Italian Beans 3 Oat Nut Bread 150 Banana 1 Calories: 665 Sodium: 1007
<b>22</b> Sliced Turkey and Gravy 450 Mashed Potatoes 97 Butternut Squash 34 Dinner Roll 210 Sliced Peas 10 Calories: 630 Sodium: 935	<b>23</b> Spanish Rice 93 Calico Bean Soup 298 Oriental Mixed Vegetables 21 Oat Nut Bread 150 Pineapple Chunks 1 Calories: 626 Sodium: 688	<b>24</b> BBQ Chicken Breast* 501 Sliced Gold Potatoes 4 Mixed Greens 140 Rye Bread 150 Fresh Orange 0 Calories: 631 Sodium: 980	<b>25</b> Ravioli with Marinara Sauce 301 Sliced Carrots 43 Green Beans 22 Italian Bread 230 Sliced Peaches 0 Calories: 527 Sodium: 727	<b>26</b> Chicken Ala King 89 Steamed White Rice 17 Cauliflower with Pimento 4 100% Whole Wheat Bread 120 Fig Bar 35 Calories: 726 Sodium: 300
<b>29</b> Salisbury Steak 364 with Mushroom Gravy 178 Harvest Beets 70 Spinach 70 Oat Nut Bread 150 Calories: 544 Sodium: 898	<b>30</b> Chicken Almondine 326 Buttered Red Potatoes 7 Asparagus 3 100% Whole Wheat Bread 120 Fresh Plum 0 Calories: 550 Sodium: 581	 <b>MEALS ON WHEELS</b> BERKSHIRE COUNTY	Sponsored in part by:  <b>C R Y L O C K</b> BAKERY & BREADS LTD.	<b>HOME DELIVERED MEALS:</b> If you will not be home when your meal is delivered please CALL our NUTRITION HOTLINE at 1-800-981-5201

Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium  
 Calories and sodium from salad dressings, margarine, crackers and condiments  
 are not included. \*High Sodium \*\*Modifications for restricted sugar available  
 Nutrition information provided is not exact but will help guide you.

Menu subject to change



## Free Printable Word Search Puzzles

### Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

## ACROSS

1. Beloved TV star
7. Give approval
9. Tic-tac-toe victory
10. "See ya!"
11. Fee, fi, \_\_\_\_, fum
12. Part 1 of an observation by 1 Across (three words)
14. Part 2 (three words)
18. Baltimore's favorite bird
20. Right away
24. Part 3 (four words)
26. Part 4 (two words)
31. You and I
32. Layer
33. Presidential nickname
35. Bygone love
36. Part 5 (three words)

## DOWN

1. Bills home
2. In the direction of
3. Child's delight
4. \_\_\_\_-hoo!
5. Lady Byng Memorial Trophy sport
6. Catch some rays
7. Olive \_\_\_\_
8. Shade of green
10. Neuwirth of *Cheers*
13. Hagar the Horrible's daughter
15. Oklahoma's second-largest city
16. Prize money
17. Fragment
19. "Go, team!"

21. Slangy denial
22. Healthy break
23. Overexert one
24. Traditional ch donation
25. Paradise
27. Bad spell
28. Seek political
29. Clamor
30. Hit the slopes
34. *The Wizard of*

