



GRAPEVINE JULY 2020

Claire W. Teague Senior Center * 917 Main Street * Great Barrington * MA 01230

Polly Mann Salenovich, Director *** Joan Peters, Administrative Assistant

www.greatbarringtonseniors.com

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

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

Senior Center Updates

Summer is here!!

The senior center is only open by appointment only until we are given the green light to open.

Though many establishments are opening, the concern for safety of the senior population is a priority so we are being very cautious. Staff remains on site Monday –Friday to answer calls and offer SHINE counseling, ready to go meals, Big Y donations on Mon and Wed.

If you have questions about transportation please call SBETC for more information about their services at 528-4773.

Joan and Barbara continue to make masks so let us know if you need one. There are constant changes and updates as to what we can offer, so please don't hesitate to call with your question.

We will keep you informed when exercise programs will resume, each instructor will make decisions about how they want to go forward with their classes given all the restrictions that are required but we will keep you updated as things change.



INSIDE THIS ISSUE. . .

Exercise/Art/Birthdays	Page 3
Special Events	Page 1, 2, 3
Menu	Page 4
Word Search	Page 5
Crossword	Page 6

Special Music on the Lawn

Music and light refreshments on the lawn with Sandy Lord

When: Wednesday, July 15th
12:30-1:30 PM

Where: Senior Center picnic area in back parking area

RSVP Due to limited attendance

What to Bring: Your own lawn chair if possible, please wear a mask if you are not able to be at least six feet apart.



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 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.

Farmers Market Coupons are here

...and available to eligible seniors by calling the senior center at 528-1881.

These are coupons that can be used to purchase fresh picked vegetables and fruits grown and sold by local farmers at farmers' markets. The coupons cannot be used at the grocery store.

What Can You Buy With the Coupons?

You can use your coupons to buy fresh, locally grown fruits and vegetables, and fresh cut herbs. Seniors can also use their coupons to buy honey. Other items available for sale at the market cannot be purchased with farmers' market coupons. Fruit and vegetable choices may differ from market to market and at different times during the season. Not every market will have the same items – it depends on what your local farmer is growing!

How Do I Use Them?

Coupons can only be accepted by participating farmers at farmers' markets or farm stands. Check the opening and closing dates for the markets on our searchable map.

- Each coupon is worth \$2.50 and no change can be given. It is recommended that you bring small bills and change. In the event that you go over the amount, you will need to pay the difference.

Coupons expire October 31st. You cannot use last year's coupons.

Look for the Signs

Look for the green and white signs that say *Farmers Market Coupons Accepted*. Many farmers' markets also accept SNAP benefits (Food Stamps). Some may even double the value! Go to our [searchable map](#) to find out if your market accepts SNAP or check with the farmers' market manager.



By Appointment Only

(for appointments call 528-1881)

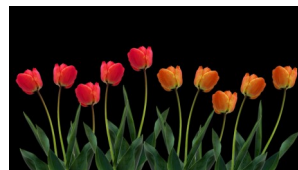
Blood Pressure Clinic by appointment only

The VNA will be on site at the Claire Teague Senior Center on Tuesday June 30th and July 21 at 10:30 in the back picnic area. The clinic will be inside if there is inclement weather, please call to make an appointment at 528-1881.

Foot Nurse by appointment only – On Monday July 13th this month

Be assured that steps have been taken to comply with state mandatory safety standards:

- Workers wear face coverings and social distancing in place
- Hand washing capabilities available and sanitizing high-touch areas
- Staff (Foot Nurse) have received training regarding social distancing and hygiene protocols
- Have established thorough cleaning and disinfecting protocols.



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.



JULY

Jane G
Joyce B
Barbara T
Anne M

Susan D
Patrice F
Marilyn S
Dot S

Nan W
Pia B
Jo R
Melissa H

Joan U
Judith S
Susan M
Patricia E

BROWN BAG

Wednesday, July 8th 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.

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 info; call SNAP (413) 247-9738.

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.

Elder Services of Berkshire County - Nutrition Program

JULY 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
 MEALS @ WHEELS BERKSHIRE COUNTY	Sponsored in part by:  C. REYLOCK PARTNER OF THE FIRST WARRIOR	1 Beef Stew Parslled Buttered Potatoes Cauliflower 100% Whole Wheat Bread © Blueberry Snack Loaf** Calories: 777 Sodium: 500	2 PICNIC Hot Dog* Vegetarian Baked Beans Apple Crisp Hot Dog Roll Coleslaw Calories: 937 Sodium: 1174	3 CLOSED
6 © Chicken Drumstick w/ gravy Sweet Potatoes w/ Apples Almond Broccoli Florets 12 Grain Bread © Sliced Peaches Calories: 700 Sodium: 945	7 © Swedish Meatballs Buttered Noodles Stewed Tomato Medley 100% Whole Wheat Bread © Mixed Fruit Calories: 676 Sodium: 790	8 Sweet & Sour Pork* Dirty Rice Steamed Cabbage 100% Whole Wheat Bread © Diced Peas Calories: 604 Sodium: 927	9 © Chicken Marsala Buttered Gold Potatoes Sonoma Blend Vegetables Dinner Roll © Fruit Cocktail Calories: 532 Sodium: 745	10 © Oriental Beef White Rice Carrots Dinner Roll Mandarin Oranges & Pineapple Calories: 500 Sodium: 851
13 Chicken Cordon Bleu* Mashed Sweet Potatoes Cauliflower w/ Pimento 100% Whole Wheat Bread © Pear Halves Calories: 607 Sodium: 800	14 Breaded Veal Patty Scallopini Ziti Zucchini 100% Whole Wheat Bread Fresh Orange Calories: 628 Sodium: 715	15 © Breaded WG Pollock Scalloped Potatoes Brussel Sprouts 100% Whole Wheat Bread © Mixed Fruit Calories: 530 Sodium: 472	16 Beef Burgundy Mashed Potatoes Peas & Carrots 100% Whole Wheat Bread © Sliced Peaches Calories: 591 Sodium: 418	17 Chicken Bruschetta Buttered Potatoes California Blend Vegetables Italian Bread © Sliced Peas Calories: 545 Sodium: 840
20 Moroccan Beef Stew Mashed Potatoes Harvard Beets Rye Bread Apricots Calories: 732 Sodium: 675	21 Chicken w/Asparagus Red Potatoes Italian Blend Vegetables 100% Whole Wheat Bread Diced Mango Calories: 502 Sodium: 345	22 © Beef & Pepper Casserole © Peas Wax Beans 100% Whole Wheat Bread © Applesauce Calories: 533 Sodium: 430	23 © Cheese Lasagna w/Marinara* Mixed Greens Green Beans Italian Bread Sugar Cookie** Calories: 680 Sodium: 1000	24 © Shepards Pie Mashed Potatoes Mixed Greens 100% Whole Wheat Bread Fresh Nectarine Calories: 604 Sodium: 508
27 Cod w/Pomodoro Sauce* Boiled Potatoes Peas & Mushrooms 100% Whole Wheat Bread © Cherry Loaf Dessert** Calories: 742 Sodium: 1052	28 Hamburger German Potato Salad Broccoli Florets Hamburger Bun Strawberry Yogurt Ketchup Calories: 754 Sodium: 1132	29 © Curry Chicken Steamed White Rice Monaco Blend Vegetables Rye Bread Honey Dew Melon Chunks Calories: 526 Sodium: 389	30 Veal w/ Marinara Meat Sauce* Buttered Noodles © Sliced Carrots 100% Whole Wheat Bread Fresh Orange Calories: 798 Sodium: 820	31 Turkey w/Gravy Mashed Potatoes © Mixed Vegetables 100% Whole Wheat Bread © Sliced Peaches Cranberry Sauce Calories: 762 Sodium: 903

HOME DELIVERED MEALS: if you will not be home when your meal

is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.

Menu Subject to change.

Dietary Information: All meals include 1% MILK 110 calories/125 mg sodium

Calories and sodium from salad dressings, butter, crackers and condiments

are not included. *Higher Sodium **Modifications for restricted sugar available

Nutrition information provided is not exact but will help guide you.

l	i	v	i	n	g	s	t	o	n	h	b	c	d
r	f	a	b	p	e	u	x	d	o	m	a	e	w
s	w	a	y	m	b	p	k	y	m	m	f	b	a
d	e	c	l	a	r	a	t	i	o	n	k	w	s
c	d	v	i	r	y	r	n	l	y	i	x	v	h
x	p	w	m	a	l	a	i	v	x	r	s	z	i
s	h	y	a	f	m	d	a	f	l	a	g	l	n
e	m	i	f	r	f	e	u	z	r	u	f	l	g
p	o	z	e	p	v	o	h	o	h	a	w	r	t
i	a	h	c	a	x	z	w	w	s	m	b	a	o
r	s	v	i	t	b	a	r	b	e	c	u	e	n
t	c	a	f	r	r	d	b	f	i	d	r	f	e
s	h	u	i	i	v	a	i	u	n	q	n	c	i
d	p	e	r	o	x	m	v	c	o	i	n	w	n
n	a	j	e	t	a	s	r	y	l	e	j	o	d
a	t	w	w	i	e	j	a	k	d	w	e	o	f
s	r	b	o	c	y	a	n	n	c	e	f	i	r
r	i	u	r	v	r	a	e	h	n	h	f	c	q
a	o	k	k	w	r	p	b	i	e	h	e	b	b
t	t	b	s	f	e	q	h	d	e	q	r	d	a
s	i	l	a	d	w	s	u	v	t	u	s	i	v
r	c	p	n	q	n	j	p	p	r	z	o	a	m
f	c	i	o	u	k	b	r	f	i	k	n	y	o
t	e	v	s	x	h	a	z	o	h	a	h	e	f
s	d	x	z	c	d	f	l	v	t	f	a	x	g

flag
Patriotic
sunshine
barbecue
family

parade
fireworks
Jefferson
Franklin
Adams

Declaration
Independence
Washington
Livingston
Sherman

thirteen colonies
Stars and Stripes

ACROSS

- 1) Anklebones
 6) University in Texas
 11) "This means ___!"
 14) For all to hear
 15) Truly love
 16) Anger
 17) They are see-through
 19) "... heat, ___ gloom of night ..."
 20) "Mode" preceder
 21) Munched
 22) Tall Australian bird
 23) Becoming morning
 27) Like some humor
 29) ___-Wan Kenobi
 30) Jewish homeland
 32) Below-the-belt comment
 33) Animal house
 34) "Come in!"
 36) Nosy thing to do?
 39) Roams
 41) Auctioneer's hammer
 43) Voyaging on an ocean
 44) Fire remnant
 46) Andrea Bocelli, for one
 48) Malone on "Cheers"
 49) Coral strip
 51) 100-meter event
 52) Clairvoyance, e.g.
 53) Breastbone
 56) Some instrument pluckers
 58) When doubled, a dance
 59) Airport schedule abbr.
 60) Chunk of lawn
 61) Common tree
 62) Achieve total victory
 68) "___ moment, please"
 69) End of a bridal path
 70) Contents of some office cartridges
 71) The "p" in mpg
 72) Be educated
 73) Prepare to be tested

DOWN

- 1) Glass shooter
 2) Legendary Muhammad
 3) "Anchorman: The Legend of ___ Burgundy"
 4) Country in northeastern Africa
 5) Put on a pedestal
 6) Drink from a dish
 7) Org. on toothpaste tubes
 8) One-celled organism
 9) Ridges on ranges
 10) Caulks again, e.g.
 11) Some juicy vats
 12) Bouquet
 13) Any "I Love Lucy," now
 18) On the decline
 23) Avoid artfully
 24) Crosswise, on deck
 25) Jacket worn on a blustery day
 26) Intimated
 28) Russian assembly
 31) Decisive refusal
 35) Kidney-related
 37) Minimal amount
 38) Reading lights
 40) Nostradamus, purportedly
 42) Plague item of biblical proportions
 45) Subscriber's option
 47) Sharp replies
 50) Pointless, as an effort
 53) Ice cream portion
 54) Macbeth was one
 55) Kind of ray
 57) Far from a Mensa candidate
 63) Steering device, on water
 64) Jumbo coltfoot
 65) Large African antelope
 66) "___ he a fool not to!"
 67) Attempt

A WIN-WIN-WIN-WIN SITUATION

By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17				18						19		
		20				21				22		
23	24	25			26	27			28			
29			30			31		32				
33			34			35		36			37	38
39		40		41				42		43		
44			45		46			47		48		
		49		50		51				52		
53	54				55		56			57		
58			59				60					
61			62			63	64			65	66	67
68			69					70				
71			72					73				