



GRAPEVINE AUGUST 2020

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

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

www.greatbarringtonseniors.org

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

The senior center is 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 SBETC transportation service, please call them at 528-4773. Thanks goes to Devonshire Estates for delivering some home baked cookies and much needed lovely smelling lemon stress balls!

Thank you Sandra Sokul for the amazing homemade cards donated to the senior center, they are beautiful!

A big thank you to the wonderful organizations that never missed a beat during the pandemic and continue working very hard to adjust to the changes and bring much needed services to seniors.

Southern Berkshire Ambulance offered to shop for seniors from the very beginning, Berkshire South and local restaurants to bring the Nourishing Neighbors meal Program, the Brown Bag Program continued their monthly deliveries, grocery store employees continued to work, new programs were created and BRTA kept the vans running,

Seniors centers may have closed their buildings but not their work, staff stayed on to deliver services in a different way, meals on wheels increased tremendously and their drivers did not miss a day delivering meals to homebound seniors. I know there are many more not mentioned. Nobody really knows how long it will be before we open the doors fully but until then, I want to thank everyone who has been so helpful and to let them know how much they are appreciated. The thanks expressed for all those organizations and people who just kept on is remarkable.

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Music on the Lawn Series Aug. 13th ~ Thursday 2:30-3:30

Come join us for an hour of music and refreshments on the lawn ~ Pete and Eileen Czaja will be our entertainers along with Dixie the therapy dog!!

Please bring your lawn chair if you have one.

RSVP to reserve your space, attendance is limited
Please call 528-1881

Brown Bag for Elders

Wednesday, August 12th - 12:30-2:30 pm

Pick up @ Claire Teague Senior Center

What is it??

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 and active.

Where is it?

The Claire Teague Senior Center is a distribution site for the monthly Brown Bag.

917 Main Street in Great Barrington

How to receive it?

If you are interested in receiving a bag~

You can pick up an application at the senior center by calling 528-1881 or Print the application off their web-site <https://www.foodbankwma.org/get-help/brown-bag-food-for-elders/>.

Call the food bank to request an application 413 247 9738. "The food that we distribute comes from a number of different sources, including the state government (**MEFAP**), the federal government (**TEFAP**), local farms, our own Food Bank farm, retail and wholesale food businesses, community organizations, and individual donations".

Bingo Players!!



Bingo—Every Tuesday starting **August 5th** at **12:30-1:30**. Bingo will be held in the back parking lot picnic area of the Senior Center. Only two players per 8 foot picnic table. Masks required and rain cancels the game. There is no cost to play—winner receives a chocolate bar. Please RSVP to reserve your seat.

(413) 528-1881

If I Had

If I had taken the time to say

Some kindly words along the way

To people sad and in dismay

I could have brightened up their day

If I had taken time

If I had taken time to tell

Some striving one I wished him well

Or helped him if some ill befell

If I might have caused gloom to dispel

If I had taken time.

If I had taken time to look

For someone bad luck overtook,

And of his burdens I partook

I might have changed his life's outlook,

If I had taken time.

I might have made some lives sublime,

If I had only taken time.

Sent in by Theresa Roy

VNA Blood Pressure Clinic

On Thursday, August 27 at 10:00
in the back picnic area.

For more information call 528-1881.

Farmers Market Coupons are still available here at the senior center....

You must be at least 60 years of age and there are income eligibility limits so call 528-1881 if you have questions. 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.1

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)

Foot Nurse by appointment only – On Monday August 10th

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.



Nourishing Neighbors

Until August 15th

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.

WHEN: Wed, 1 pm-3 pm -Please, no early birds!

WHERE: Berkshire So Regional Community Center, drive thru*. 15 Crissey Road, Gt. Barrington.

Please contact meals@berkshiresouth.org to request delivery every week –deadline is Tuesday at 10am . If you do not have e-mail access, please call the senior center at 528-1881 and we will order for you.

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.



AUGUST

Amelia S
Donnice S
Claire O
Kathleen P
Sandra S
Pamela D

Irene C
Chuck H
Doris R
Shelley O
Norma P

Leonard K
Rose W
Ruth C
Martha R
Dorothy C
Gloria Y

Stephen M
Mary M
Anthony G
Bob L
Albert B
Dot C

PLEASE—We Need You!

I just received the percentages of residents in each town in the Berkshires that have completed the 2020 census. Only 55% of residents in Great Barrington have

completed it compared to Pittsfield at 73%, Adams 72% and Lanesborough 75%. The number of seniors over the age of 60 count!! We will receive money per senior that will be used to pay for senior transportation, senior center programs, pays the exercise classes at the senior center and much more so please make sure you are counted. The 2020 census number will be used for ten years. If you need help filling it out, lost it or just tossed it out, you can still complete it easily by calling the senior center at 528-1881 and having us help you online-over the phone.

The COA is looking for volunteers to shop for homebound seniors.

Please call 528-1881.

Clever child's letter: submitted by: Theresa Roy

Dear Auntie, I am sorry I forgot your birthday. It would serve me right if you forgot mine next Friday!

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

AUGUST 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		
3	Chicken Tetrazzini Casserole Carrots Broccoli Florets 100% Whole Wheat Bread Diced Peas	288 43 22 120 10	Shepard's Pie Mashed Potatoes French Cut Green Beans Oat Nut Bread Mixed Fruit	75 39 3 150 10	Pot Roast w/Gravy Buttered Potatoes Brussel Sprouts 12 Grain Bread Sliced Peaches	95 4 5 200 6	Italian Meatballs w/Marinara Buttered Penne Spinach Italian Bread Fresh Plum	292 8 76 230 0	Home-style Baked Fish Sweet Potatoes Green Peas Rye Bread Mandarin Oranges	220 30 58 150 7
Calories: 580 Sodium: 608		Calories: 720 Sodium: 402		Calories: 672 Sodium: 435		Calories: 621 Sodium: 731		Calories: 582 Sodium: 590		
10	Beef Patty w/ Peppers & Onion Gravy Mashed Potatoes Mixed Vegetables 12 Grain Bread Fresh Orange	328 39 133 200 0	Beef Stroganoff Buttered Noodles Cauliflower w/Pimento Dinner Roll Sliced Peas	83 8 48 210 5	California Chicken Salad Tossed Garden Salad w/Tomato Spiced Beets Hot Dog Roll Diced Mango	65 5 179 180 0	BBQ Pulled Pork Boiled Potatoes Green Beans Cornbread Pineapple & Mandarin Oranges	283 6 2 210 4	Chicken & Chickpea Stew * Steamed Rice Mixed Greens 100% Whole Wheat Bread Apricots	696 5 149 120 5
Calories: 919 Sodium: 825		Calories: 716 Sodium: 479		Calories: 519 Sodium: 554		Calories: 732 Sodium: 630		Calories: 1011 Sodium: 1100		
17	Roast Pork w/Gravy Mashed Sweet Potatoes Asparagus Cuts Dinner Roll Applesauce	79 36 3 210 0	Sweet & Sour Meatballs Steamed Rice Broccoli Florets 100% Whole Wheat Bread Fresh Peach	384 5 22 120 0	Veg. Lasagna w/White Sauce* Peas & Carrots Summer Squash/Zucchini Blend 12 Grain Bread Fresh Nectarine	630 69 4 200 0	Chicken Breast w/Gravy Boiled Potatoes Brussel Sprouts 100% Whole Wheat Bread Fruit Cocktail	327 4 5 120 5	Hot Dog * Vegetarian Baked Beans Sauerkraut Hot Dog Roll Blueberry Yogurt	540 140 136 180 75
Calories: 578 Sodium: 453		Calories: 562 Sodium: 656		Calories: 627 Sodium: 1028		Calories: 491 Sodium: 586		Calories: 727 Sodium: 1196		
24	Chicken Marsala Garlic Mashed Potatoes Yellow Beans 100% Whole Wheat Bread Fruit Loaf**	381 33 3 120 170	Black Bean Burger Tomato Slices Peas & Pearl Onions Hamburger Bun Apricots	290 2 34 190 5	Chicken Bruschetta Buttered Noodles Broccoli/Cauliflower Blend Italian Bread Diced Peas	465 8 13 230 10	Meatloaf w/Gravy Mashed Potatoes Lyonnaise Carrots Oat Nut Bread Sliced Peaches	253 39 74 150 6	Beef Stew Buttered Potatoes Sliced Beets Dinner Roll Fresh Orange	72 4 26 210 0
Calories: 686 Sodium: 832		Calories: 434 Sodium: 646		Calories: 567 Sodium: 851		Calories: 654 Sodium: 647		Calories: 694 Sodium: 437		
31	Salmon Burger Fried Rice French Cut Green Beans 100% Whole Wheat Bread Pineapple Tidbits	240 12 3 120 1			<p>Sponsored in part by:</p> 				<p>HOME DELIVERED MEALS: If you will not be home when your meal is delivered please CALL our NUTRITION HOTLINE at 1-800-981-5201</p>	
Calories: 487 Sodium: 501										

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.

Menu Subject to change.



Bald	Bangs	Barber	Barrette	Beard
Black	Blond	Braid	Brown	Brush
Bun	Clip	Comb	Curlers	Curly
Cut	Dryer	File	Fingernail	Freckles
Hair	Lipstick	Long	Manicurist	Mirror
Mousse	Mustache	Nails	Part	Pedicurist
Polish	Ponytail	Powder	Razor	Red
Rinse	Scalp	Scissors	Shampoo	Short
Sink	Spray	Straight	Stylist	Suds
Tip	Toenail	Wash	Wavy	Mascara