



GRAPEVINE NOVEMBER 2020

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

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

www.greatbarringtonseniors.org

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

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

A note from the Director

It's hard to believe it is already November. This year the fall colors have been spectacular with lots of sunny days which helped a great deal towards enjoying some outside activities during this "eventful" year. I hope everyone one is well and looking forward to returning to the senior center when we are finally fully open. The Council on Aging continues to provide services with limited use of the building.

On Wednesdays and Fridays you can hear the sound of synchronized "tap" "tap" "tap" of Carolyn Calandro's tappers dancing outside on their plywood boards that they constructed for outside use.

On Thursdays, Eunice Agar and two of her art students have been noted sitting out on the picnic tables painting scenes of fall colors and the nearby Housatonic River.

Daily meal pickup continues outside the back kitchen door and has now become "the meeting place." Familiar faces greet each other while checking out all the donated Big Y baked goods that are displayed outside in our picnic area.

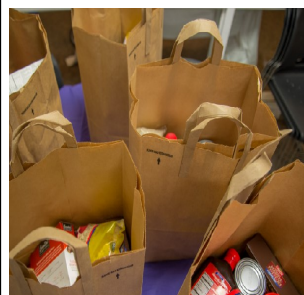
David Rutein's News and Views discussion group met for the summer in the picnic area under the oak trees to discuss current and historical events. The foot nurse began her services over the summer and continues to offer her clinic monthly. We continue to be open by appointment only until we can open safely.

We miss the seasonal parties, exercise classes and other social events, but I know at some point we will return to a full schedule and I will have so many ideas by then for some really fun times.

Please be safe and don't hesitate to call, we are here Monday through Friday.

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BROWN BAG
will be
November 9th at
the
Claire Teague Senior

As of October 1st, the town of Great Barrington began managing Council on Aging Transportation. We have just taken delivery of two BRTA now GBCOA vans as of Friday October 30. In the interim, staff (Polly-Director Claire Teague Senior Center, Joan Peters- Administrative assistant to the Director and Karen Smith-Senior Transport coordinator) have all completed the BRTA requirements to driving those vans.

If you were a rider of SBETC's service, please contact Claire Teague Senior Center at 528-1881, let us know your transportation needs & your contact information. Our files need to be updated with information so that we can provide service for your needs. We need 48 hour lead time in order to be able to accommodate your requests

The new transportation program will be servicing Great Barrington/Housatonic residents only and will be expanding over the coming months to other south county towns. Our goal to match the services that were offered by SBETC and as time goes on to increase what we can offer.

Please bear with us as we have had to get this arranged in a very short period of time and are thrilled that we will be able to take care of our seniors and disabled residents transport needs.

We are actively seeking Part time drivers, please contact Joan at the Senior Center 528-1881 or email jpeters@townofgb.org for an application and requirements.

If you have any questions, please call 528-1881 between 9 and 4 M-F.

**For winter closings and/or delays,
please tune into WSBS.**

We apologize for any inconvenience but there will be **NO** **Blood Pressure Clinic** this month.



The **Massachusetts Equipment Distribution Program (Mass EDP)**,

remains in operation under a limited capacity as a result of the COVID-19 virus. Home visits have been suspended as well as all outreach events until further notice. However, we have some exciting news to share that the Mass EDP team is working diligently in hopes to provide virtual outreach opportunities through the online platform WebEx in the near future. We will continue to update you on our progress as we move forward. As for now, we are still communicating with our clients by the 800 telephone number 1-800-300-5658 and email, and are processing applications as they are received. When possible we are drop shipping telephones to our clients to better assist them.

This process will remain in place until we are able to resume normal operations.

**If you have questions or concerns,
please call:**

**MassEDP Manager Grant Harrison at
508-821-7234**

or email him

at : grant.harrison@mass.gov



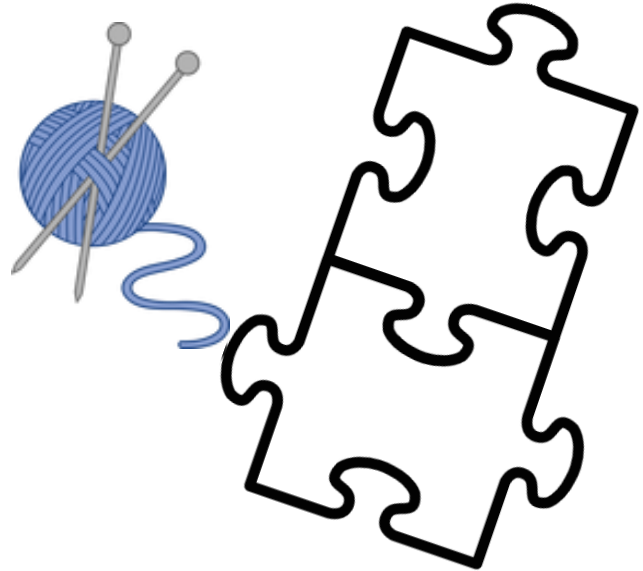
Claire Teague Senior Center is going “Hollywood” Check out CTSB T.V November schedule and watch for scheduled programs that are from the Claire Teague Center.

Our first program will be the Teague Tappers tapped during one of their outside classes held this summer—stay tuned for more televised programs
Want to play Bingo while staying at home or join a discussion group? There will be more to come, please call and give us your suggestions for T.V. shows from the center.

**WE are accepting DONATIONS
for:**

- Yarn
- Puzzles

Please call to arrange drop off time.



SHINE ~ Open Enrollment time:

October 15th -December 7th

Mark your calendars for Oct 15th to Dec 7th!! If you are new to Medicare, this is the time to make changes to your Medicare prescription plans or go from Original Medicare to an Advantage plan or vice versa. The Claire Teague Senior Center will be offering SHINE counseling by phone. If you have access to Medicare.gov, it will be very helpful for the counselors if you have had set up an account set up in advance. If you need assistance please be prepared to have a list of all of your prescriptions with the dosages, your Medicare card information and other insurances information available so we can better serve you.

We will be putting items out on the lawn in the front of the building on fair weather days between 10:00 and 2:00.

We have cards, puzzles and depends in different sizes. The cards are marked at 4 /\$ 1.00, puzzles can be borrowed and returned, all puzzles that are returned will be placed in “quarantine” for two weeks before we place them out again and the depends are free.



Happy Birthday!

Helen A
Linda D
Britt O
Katie K
Maureen A

Roberta P
Marlene T
Virginia F
Nora H
Carolyn A

Betty P
Barbara M
Virginia Fenn
Matt T
Danielle G

Carolyn C
Priscilla R
Catherine H
Eric S
Paulette J



I would like to invite anyone that is in need of just getting out and visiting with a small group, that we'll call the "**Coffee Klatch**" to join us. While the weather is in our favor, the meetings will be held under the shade of the large oak trees in our picnic area. **Please call the senior center** if you are interested in joining or leading one of these groups.

***Foot Nurse by appointment only –
On Monday, November 9th***

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.





Happy
Thanksgiving

Elder Services of Berkshire County - Nutrition Program

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

NOVEMBER 2020

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
2	Chicken Cordon Bleu* Mashed Potatoes Mixed Vegetables Dinner Roll Mixed Fruit	3	Beef Stew Buttered Red Potatoes Mixed Greens 100% Whole Wheat Brea Banana	4	Pork Roast w/Gravy Mashed Sweet Potatoes Broccoli Florets Oat Nut Bread Chocolate Pudding **	5	Swedish Meatballs Buttered Noodles Steamed Red Cabbage 12 Grain Bread Sliced Pears	6	White Chicken Chili @ Steamed Brown Rice Sliced Carrots Corn Bread Fresh Orange	104 5 43 210 0
9	Beef Stroganoff Buttered Noodles Peas & Pearl Onions 100% Wheat Bread Diced Pears @	10	Salmon Filet O'Brien Potatoes Antiqua Blend Vegetables Oat Nut Bread Strawberry cup	11	Veteran's Day CLOSED	12	Chicken Almondine Mashed Potatoes Winter Blend Vegetables 12 Grain Bread Mandarin Oranges	13	Meatballs w/Penne & Sau Italian Green Beans Italian Bread Fruit Cocktail	293 3 230 5
16	Global Table Macaroni & Cheese* Beef Taco Soup Broccoli Florets Oat Nut Bread Pineapple Tidbits	17	Orange Chicken Wild Rice Pilaf Brussel Sprouts 100% Whole Wheat Bread Diced Pears	18	Beef Patty w/ Pepper & Onion Gravy Sliced Potatoes Wax Beans 12 Grain Bread Tropical Mixed Fruit	19	Holiday Meal Sliced Turkey & Gravy* Mashed Potatoes Butternut Squash Snowflake Roll Pumpkin Pie **	20	Calico Beans and Sausag Steamed White Rice Harvard Beets 100% Whole Wheat Bread Fresh Apple	656 469 4 4 120 2
23	Chicken Drumstick w/ Gravy Buttered Red Potatoes Cauliflower w/ pimento Rye Bread Sliced Peaches	24	Vegetable Lasagna w/White Saut 4 Mixed Greens 17 Sliced Carrots 100% Whole Wheat Brea Mandarin Oranges	25	Moroccan Beef Stew Mashed Potatoes Peas and Pearl Onions Dinner Roll Sliced Pears	26	Thanksgiving Day CLOSED	27	Chicken Pot Pie Asparagus Cuts Biscuit Warm Fruit Compote	105 178 220 9
30	Veal Picatta* Lyonnise Potatoes Brussel Sprouts 100% Whole Wheat Brea Fruit Cocktail	502 7 5 120 5	HOME DELIVERED MEALS If you will not be home when your meal is delivered, please call the nutrition hotline at: 1-800-981-5201	622	Sponsored in part by: 	637		637		
Calories: 766 Sodium: 984		Calories: 747 Sodium: 472		Calories: 899 Sodium: 610		Calories: 785 Sodium: 692		Calories: 789 Sodium: 487		
Calories: 710 Sodium: 372		Calories: 607 Sodium: 413		Calories: 708 Sodium: 670		Calories: 631 Sodium: 752		Calories: 689 Sodium: 656		
Calories: 684 Sodium: 1059		Calories: 535 Sodium: 644		Calories: 708 Sodium: 670		Calories: 631 Sodium: 752		Calories: 722 Sodium: 724		
Calories: 551 Sodium: 599		Calories: 539 Sodium: 982		Calories: 790 Sodium: 622		Calories: 685 Sodium: 1168		Calories: 589 Sodium: 637		
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Dietary Information: All meals include 1% Milk 110 calories/125 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.



Elder Services
of Berkshire County, Inc.

GRAND CANYON WORD SEARCH PUZZLE



ARIZONA	GUANO POINT	MOHAVE POINT	ROOSEVELT
BACKCOUNTRY	HAVAASUPAI	MULE DEER	SCENIC VIEWS
BIGHORN SHEEP	HIKING	NATIONAL PARK	SKYWALK
CAMPGROUNDS	HOPI HOUSE	PACK MULES	SOUTH RIM
COLORADO RIVER	HUALAPAI	RAFTERS	TOURISTS