



GRAPEVINE JANUARY 2021

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**

Welcome new drivers Pat Larkin and Jerry Thorson, Selectboard member Ed Abrahams and Town Manager Mark Pruhenski to the Great Barrington COA transportation team!! Due to all of the covid safety precautions, it has been a challenge to complete the trainings that are required to become a driver for the senior vans. We anticipate having a fully certified team by mid to late January. In the meantime Joan Peters, Karen Smith and Polly have been filling in as drivers for the past several months. If you have any questions or concerns, please call the senior center at 528-1881. Please note that the town buildings including the senior center are now closed to the public until we receive word that it is safe to open again. We will continue to be available by phone or appointment. Ready to go meals and transportation continue to be available—please call one day in advance to order a meal and one to two days in advance for transportation. Any food donations will be available outside in the back parking area of the senior center. During inclement weather donations will be inside the center. Thank you for your patience and understanding and wishing everyone a promising New Year!!!!

Winter Is here and so is Sand For Seniors



We have buckets of a sand/salt mix for your convenience. If coming just for the sand mix, please try to avoid using the back entrance during meal pick up between 10:30 and 11:00 am.

Foot Nurse by appointment only – On Monday, January 11th

- 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.

**Senior Center will be closed at noon on New Year’s Eve and
CLOSED New Year’s Day and Martin Luther King Day (Jan 18th)**

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BROWN BAG

will be
**January 13th at the
Claire Teague Senior
Center**

Press Release—December , 2020

Free AARP Tax-Aide Program returns in February

(We will not be taking appointments until the last week of January.)

Free tax return preparation will be offered again at the Great Barrington Claire Teague senior center every week starting in February and continuing through April 14th. The service is available to all middle and low-income taxpayers with special attention to those aged 60 and older. Volunteers trained in cooperation with the IRS will assist in filing returns, either on paper or electronically. Taxpayers do not need to be a member of AARP or a retiree to use this service.

The 2020 pandemic has forced several changes to the local Tax-Aide program. After contacting the Senior Center a document package will be available for pickup or mailed to the taxpayer. The document package will contain a multi page Tax-Aide question form (13614-C). All pages must be completed before the first appointment. The package will also contain a checklist of required documentation to be supplied on the day of the appointment. Tax returns will not be completed on the appointment day as in prior years. A follow-up appointment will be scheduled approximately a week after the initial appointment to review results, gather signatures, print a copy for the taxpayer and file the return electronically.

“Memories through the decades”

We would love to read and learn about your recollection of days gone by through the decades.

Anyone remember the 20’s - what was life like in the 30’s, 40’s and so on.

With your permission, we would like to feature one or two memories a month in the senior grapevine newsletter or just share them when we can safely gather together again at the senior center.

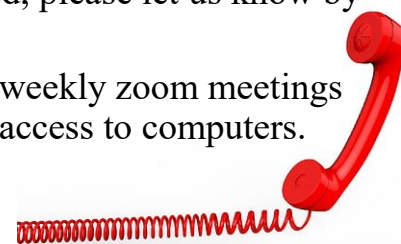
Either drop off or mail your stories to the Claire Teague Senior Center at 917 Main St. Great Barrington Ma 01230. You can also e-mail your memories to:
pmann@townofgb.org.

Friendly calls

Most of us are feeling the isolation after so many months of social distancing and missing our friends at the senior center.

We have several volunteers that would love to have you join a friendly chat line by phone. If interested, please let us know by calling 528-1881.

We can also set up weekly zoom meetings for those that have access to computers.



The Humane Society of The United States has donated cat food and some pet food. Please call ahead if interested.



Great Barrington COA Transportation Policy

Welcome to the Great Barrington Council on Aging Transportation Program located at the Claire Teague Senior Center. Transportation is available Monday through Friday from 8:00am-4:00pm for senior citizens age 60 and over and also the disabled.

Reservations and Cancellations:

Appointments must be made 48 hours in advance by calling the senior center at (413) 528-1881. Please make a reservation each time you need a ride, we cannot guarantee standing reservations and medical appointments are a priority.

Please let us know as soon as possible if you are cancelling a ride

Same Day Booking: If space and drivers are available you will be offered a ride.

Rider Fees:

Fares are \$3.50 one way and \$7.00 round trip for Gt Barrington/ Housatonic residents traveling within the town of Great Barrington/Housatonic.

There is no charge for a spouse or caregiver to accompany a rider.

No person will be turned away for a ride if they cannot afford the fare.

Tips/Donations: Drivers cannot accept tips. You are welcome to make a donation to the Gt Barrington COA Transportation Program which will be used to fund future outings.

Out of Town:

We will transport to Pittsfield only if we have an available van and driver, the cost is \$15.00 per person round trip.

Multiple Stops:

You must make advance reservations for multiple stops with the exception of the pharmacy after medical appointments. The GBCOA reserves the right to limit the number of extra stops per client given time and availability.

Riders are required to wear seat belts. During COVID- Masks are required at all times on the van.

Unsafe and or disruptive behavior may result in loss of van privileges

Seniors needing personal assistance require family or volunteers to accompany them on van.

SNOW DAYS:

Snow day cancellations will be announced on WSBS. Typically if the schools are closed so will transportation. If you have a ride scheduled that day, staff will give you a call as well.



**Johanna B
Marion S
Joan R
Marilyn S**

**Lynn W
Don F
Connie H
Henry F**

**Jean C
Jim S
Dean I
Theresa T**

**Richard N
Estella B
Cettina M
Dorrie S**

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

Volunteer Opportunities with R.S.V.P.

Contact for these R.S.V.P. opportunities is **RSVP**
413-499-9345

Volunteers in Medicine- Great Barrington, MA

Interpreter/Receptionist: Are you fluent in English and Spanish?

Greet arriving patients and check them into electronic system, answer the telephone, triage calls and schedule appointments. Communicate as needed in Spanish. Interpret for providers and patients as requested during medical appointments.

Medical interpreters: Spanish, French and Brazilian Portuguese speakers needed who are also fluent in English to interpret during medical appointments.

Clinicians: Medical, dental and behavioral health clinicians are needed to help Volunteers in Medicine deliver free comprehensive medical care to those in need.

Please contact RSVP for more information.

BEAT (Berkshire Environmental Action Team)

Wildlife trackers: Wildlife Tracking at McLennan Reservation

Sunday 12/20/2020, 9:00 a.m. - 12:00 p.m.
(pre-registration required)

Join BEAT for a morning of wildlife tracking at the McLennan Reservation in Tyringham. Trail includes secluded woods, both upland and riparian areas, and an interesting beaver pond we can explore. No experience is necessary, but come prepared for winter weather/temperatures, as we stop often to examine and discuss any and all interesting finds along the way. Group size is limited to 10 including co-leaders.

Sign up by sending an email to Kathy at BEAT (kathy.kessler@gmail.com) and Diane at RSVP. Please bring a mask as we will follow COVID-19 safety protocols. Please arrive between 8:45 and 9:00 a.m. as we leave promptly at 9:00.

<https://www.mass-trails.org/towns/Tyringham/mclennanreservation.html>

JANUARY 2021

Elder Services of Berkshire County - Nutrition Program

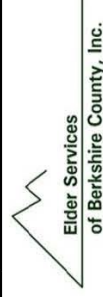
SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sponsored in part by: 	HOME DELIVERED MEALS If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		1 Happy New Year! CLOSED
4 Veal w/Peppers and Onions 478 Mashed Potatoes 39 Sliced Carrots 43 Oatnut Bread 150 Applesauce 0	5 Chicken Strips 214 Pasta Alfredo 376 Broccoli 22 100% Whole Wheat Bread 120 Fruit Crisp 11	6 Salmon Newburg Sauce 424 Steamed Brown Rice 5 Mixed Greens 149 12 Grain Bread 200 Fresh Orange 0	7 Eggplant Parmesan 353 with Marinara Sauce 101 Calico Bean Soup 298 Winter Blend Vegetables 10 100% Whole Wheat Bread 120 Sliced Peaches 6	8 Chicken w/Gravy 327 Mashed Potatoes 39 Green Beans 3 Dinner Roll 210 Apricots 5
Cal 851 Carb 92 Sod 835	Cal 701 Carb 100 Sod 868	Cal 592 Carb 90 Sod 903	Cal 617 Carb 100 Sod 1013	Cal 604 Carb 84 Sod 709
11 Chicken Almondine 333 Sliced Potatoes 28 Peas and Carrots 69 100% Whole Wheat Bread 120 Sliced Pears 5	12 Calico Beans and Sausage 469 Steamed Brown Rice 5 Butternut Squash 2 Oat Nut Bread 150 Strawberry Cup 0	13 Chicken on a biscuit 105 Buttered Noodles 11 Broccoli Florets 22 Whole Grain Biscuit 220 Mixed Fruit 10	14 Beef Stew 72 Sour Cream and Chive Mashed 33 Roasted Root Vegetables 37 Dinner Roll 210 Lemon Bavarian ** 77	15 Swedish Meatballs 305 Gold Potatoes 4 Brussel Sprouts w/Cheese Sauce 71 100% Whole Wheat Bread 120 Fresh Apple 2
Cal 574 Carb 82 Sod 680	Cal 841 Carb 112 Sod 751	Cal 573 Carb 81 Sod 493	Cal 690 Carb 75 Sod 554	Cal 790 Carb 87 Sod 627
18 CLOSED MARTIN LUTHER KING	19 Roast Pork w/gravy 183 Sweet Potatoes 30 Boiled Cabbage 6 100% Whole Wheat Bread 120 Applesauce 0	20 Global Table Butternut Squash Mac&Cheese 370 Tomato Soup 262 Tuscan Blend Vegetables 35 Oat Nut Bread 150 Sliced Peaches 6	21 Chicken w/Apple Raisin Gravy 322 Steamed White Rice 4 Asparagus 4 Corn Bread 210 Fruit Cocktail 5	22 Sloppy Joe on a bun 91 Cream of Broccoli Soup 37 Carrots 43 Hamburger Bun 320 Chocolate Chip Cookie ** 222
Cal 574 Carb 82 Sod 680	Cal 841 Carb 112 Sod 751	Cal 573 Carb 81 Sod 493	Cal 690 Carb 75 Sod 554	Cal 790 Carb 87 Sod 627
25 Chicken Curry 77 Coconut Rice 6 Minted Green Beans 6 Oat Nut Bread 150 Apricots 5	26 Cheese Lasagna 476 Mixed Greens 149 Minestrone Soup 63 100% Whole Wheat Bread 120 Spiced Apples 5	27 Chicken Cacciatore 437 Wild Rice Pilaf 60 Peas and Pearl Onions 34 12 Grain Bread 200 Banana 1	28 Homemade meatloaf & Gravy 284 Lyonnais Potatoes 7 Sliced Beets 185 Dinner Roll 210 Pineapple & Mandarin Oranges 4	29 Beef Stroganoff 85 Mashed Potatoes 39 Mixed Vegetables 53 12 Grain Bread 200 Sliced Pears 5
Cal 720 Carb 91 Sod 369	Cal 665 Carb 94 Sod 938	Cal 636 Carb 101 Sod 857	Cal 795 Carb 97 Sod 815	Cal 835 Carb 87 Sod 838

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.

Classical Composers

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

Bach	Mahler
Beethoven	Mendelssohn
Bernstein	Mozart
Brahms	Pachelbel
Cavalli	Rachmaninoff
Chopin	Ravel
Copland	Schubert
Handel	Tchaikovsky
Haydn	Vivaldi
Liszt	Wagner