



GRAPEVINE MARCH 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

A Note From The Director

Spring is coming!!



I hope everyone is finding their way to getting their vaccinations, it certainly has been a mix of hopeful anticipation and frustration. The Senior Centers around the state have been asked to assist seniors with registration, little did we know what an undertaking it would become given the difficulties in the registration process!!

We will continue to assist those that are having difficulties. My best advice for registering for those who have computer access or family members helping is to go to getvaccinatedberkshires.org. For those that do not have access to a computer and still need a vaccination please call 528-1881 and leave your name and number we will do our best to assist you in registering for a vaccination clinic. Our waitlist is long so don't stop trying. You can also check out Price Chopper, Big Y and the Walgreens in Lee.

New Phones

The phone lines have been jammed up for weeks due to the high call volume for vaccination assistance. My apologies if we missed your call or you did not get a call back. The town has installed a new automated phone system that I am still working out the kinks out--so sorry for any frustrations.



Transportation

Welcome new drivers Jerome (Jerry) Thorson and Pat Larkin and a big thank you to our Great Barrington Senior Transport Team! Joan Peters, Karen Smith and I all stepped up and became senior van drivers during the transportation transition.

At this time we are serving Great Barrington and Housatonic residents Monday through Friday 8:00am -3:30pm. If you would like to schedule a ride or have questions about this service, please call 528-1881.

Meals

We have been offering the ready to go meals from Elder Service daily between 10:45-11:15 Check out the menu enclosed and call 528 4118 and leave a message as to the days you would like to pick up a meal. There is a \$2.00 donation per meal and we need one day advance notice to order.



SHINE

We have SHINE counselors available by phone appointments only to help you with your health insurance questions. Call 528-1881 for an appointment.

If you see these folks out in the community, wish them a.... **Happy Birthday!**

- | | |
|--------------------------|----------------------------|
| Sarah Hudson | Susan Peisner |
| Elizabeth Macchi | Judith Corbett |
| Bobbi Nussbaum | Rose Tannenbaum |
| Rosemary Smith | Pat Shultis |
| David Rosenberg | Barbara Bailly |
| Margaret Tringali | Rachel Shaw |
| Cathy Walker | Agnes Walker |
| Pat Broughan | Elisabeth Pachulski |
| Evelyn Race | Mimi Hassett |
| David Tucker | Steve Strummer |
| Kathi Casey | Aleta Frectman |
| Bruce Bailly | Pat Larkin |
| Norbert Gudath | Mary Rogers |
| Alice Olender | |

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, March 8th**

- Our appointments are all full at this time but if you want to be placed on our cancellation wait list—call us at 413-528-1881

BROWN BAG
will be
**March 10th at the
Claire Teague Senior**



Great Barrington Council on Aging Transportation Team




Meet our transportation team (Polly Mann, COA Director; Joan Peters, Administrative Assistant, Karen Smith, GBCOA Transportation Coordinator, Pat Larkin and Jerry Thorson). Our new drivers, Pat Larkin and Jerry Thorson (above) are being seen all over town.

Elder Services of Berkshire County - Nutrition Program

MARCH 2021

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
1 Orange Chicken 329 Boiled Potatoes 4 Peas & Pearl Onions 34 Oat Nut Bread 150 Pineapple Tidbits 1 Cal 626 Carb 92 Sod	2 Beef Chili 234 Steamed Brown Rice 5 Mixed Greens 149 Mini Cornbread Loaf 211 Sliced Peas 5 Cal 785 Carb 105 Sod 729	3 Sliced Turkey & Gravy 472 Mashed Potatoes 33 Butternut Squash 34 Dinner Roll 210 Banana 1 Cal 672 Carb 89 Sod 875	4 Chuck wagon Stew 394 Buttered Noodles 11 Broccoli Florets 22 100% Whole Wheat Bread 120 Applesauce 0 Cal 700 Carb 83 Sod 672	5 Cheese Lasagna w/Marinara 501 Sliced Carrots 43 Italian Beans 3 Oat Nut Bread 150 Fruit Cocktail 5 Cal 674 Carb 98 Sod 827
8 Salisbury Steak 362 Rice w/Orzo 6 Lyonaise Carrots 74 12 Grain Bread 200 Fresh Orange 0 Cal 634 Carb 90 Sod 767	9 Roast Pork with Gravy 119 Sweet Potatoes 36 Cauliflower 11 Dinner Roll 210 Lemon Bavarian 77 Cal 606 Carb 72 Sod 578	10 Veal w/ Pepper & Onion* 515 Au gratin Potatoes 96 Beets 185 100% Whole Wheat Bread 120 Pineapple Tidbits 1 Cal 734 Carb 90 Sod 1042	11 Broccoli & Cheese Chicken 417 Mashed Potatoes 33 Green Beans 2 Oat Nut Bread 150 Pears 10 Calico 724 Carb 92 Sod 737	12 Lentil Stew 104 Mixed Greens 149 Peas w/Mushrooms 65 12 Grain Bread 200 Sliced Peaches 6 Cal 588 Carb 90 Sod 649
15 Ravioli w/Meat Sauce 342 Broccoli Florets 22 Italian Blend Vegetables 40 Oat Nut Bread 150 Fruit Cocktail 5 Cal 626 Carb 88 Sod 684	16 BBQ Chicken Breast* 561 Buttered Noodles 8 Sliced Carrots 43 12 Grain Bread 200 Fresh Orange 0 Caloric 630 Carb 86 Sod 937	17 ST. PATTY'S DAY Sliced Corned Beef* 560 O'Brien Potatoes 7 Steamed Cabbage 13 100% Whole Wheat Bread 120 Green Gelatin w/Pears** 89 Cal 581 Carb 73 Sod 914	18 Calico Beans and Sausage 469 Steamed Brown Rice 5 Cauliflower w/Pimento 17 Pumpernickel Bread 154 Apricots 5 Cal 724 Carb 85 Sod 775	19 Baked Pollock Loin 250 Sliced Gold Potatoes 4 Mashed Butternut Squash 2 Dinner Roll 210 Applesauce 0 Cal 591 Carb 82 Sod 591
22 Moroccan Beef Stew 170 Red Potatoes 4 Mixed Greens 149 100% Whole Wheat Bread 120 Sliced Peas 5 Cal 692 Carb 81 Sod 573	23 Chicken Marsala 378 Mashed Potatoes 33 Mixed Vegetables 133 Oat Nut Bread 150 Sliced Peaches 6 Cal 700 Carb 107 Sod 825	24 Macaroni & Cheese* 627 Stewed Tomatoes 101 Green Beans 3 100% Whole Wheat Bread 120 Mandarin Oranges 7 Cal 554 Carb 63 Sod 983	25 Meatloaf w/Gravy 371 Scalloped Potatoes 20 Brussel Sprouts 14 12 Grain Bread 200 Fresh Apple 2 Cal 573 Carb 92 Sod 732	26 Tuna Salad 399 Tomato Rice Soup 323 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 7 Cal 850 Carb 124 Sod 1103
29 Chicken Piccata 362 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Diced Mangoes 0 Cal 603 Carb 86 Sod 763	30 Goulash 94 Spinach 76 Broccoli Florets 22 Italian Bread 230 Fruit Cocktail 5 Cal 643 Carb 82 Sod 552	31 Beef Stew 72 Sweet Potatoes & Apples 116 Scandinavian Vegetables 59 100% Whole Wheat Bread 120 Sliced Peaches 6 Cal 769 Carb Sod 498	Sponsored by:  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 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.



BEAUTY SALON



BALD
BANGS
BARBER
BARRETTE
BEARD
BLACK
BLOND
BRAID
BROWN
BRUSH

BUN
CLIP
COMB
CURLERS
CURLY
CUT
DRYER
FILE
FINGERNAIL
FRECKLES

HAIR
LIPSTICK
LONG
MANICURIST
MASCARA
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