

SHUTESBURY COUNCIL ON AGING NEWSLETTER

Feb.-Mar. 2016

Vol. 1 Issue 3

Spring Open House and "The Bars"

The Council On Aging (COA) is planning another **Open House** on **Saturday April 16th from 10:00-noon** in the Senior Lounge. Please join us to welcome spring and learn about the many programs and activities we are engaged in. Refreshments will be provided. The COA is pleased to have **Ziporah Hildebrandt** provide a demonstration of **Access Consciousness, The Bars** during the open house. This is a unique method of releasing bioelectric load from the nervous system by a light touch to the head. The COA invited Ziporah to a recent Council Meeting in which she described the process and gave a small demonstration. We thought it worthwhile for others to learn about it.

Also, a representative from **Franklin County Home Care Corporation** will be at the Open House to share information about their programs and answer questions.

Please come **Saturday April 16th** to our Open House and learn more about what we are doing. Share with us any ideas you have for how we can better serve Shutesbury elders.

This newsletter is produced with funding from the Massachusetts Office of Elder Affairs.

M.N. Spear Library Discussing Mortality: A Community Conversation

Shutesbury library patrons are invited to join Cooley Dickinson Hospital and the Forbes Library in a regional "community-wide read" of **Being Mortal** by Atul Gawande, MD. The acclaimed best seller has started a national conversation about the deep flaws in our society's current treatment of aging and dying people. Using his book as a springboard, we hope to begin a conversation about our goals for end-of-life care and how to bring about better outcomes for ourselves and our loved ones. There are books available at the library to borrow.

On **Wednesday, April 6 at 7pm** at the **Shutesbury Athletic Club**, there will be a discussion of the book. A representative from the hospital's Palliative Care Department will join our community discussion, offering information and insight into developing trends and resources to address end-of-life care locally.

The library also has a DVD of a **Frontline** production with **Atul Gawande**. In it he shares his own family experience and those of others, both doctors and patients.

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Ongoing COA Programs

Monday Morning Foot Clinic

The foot clinic continues to meet on the fourth Monday of the month. This month it will be **February 22**. Half-hour appointments with a foot-care specialist are from 9am to noon. In March, the fourth Monday is **March 28**. The April clinic will be **April 25**. Call **David Dann** at **259-1554** for more information or to schedule an appointment.

After a midwinter break, the **Potluck Lunch** resumes its monthly schedule. Due to the 2016 Primary Election, it will be on **March 8, at 12 noon in the Senior Lounge**. In April the lunch will be **April 5**. Please call **Marilyn Tibbetts** at **259-1976** by the Sunday before, to let her know you are coming and what you are bringing.

Med Ride Program: Free rides to medical and dental appts. in Hampshire, Franklin and Hampden counties are available to those who need them. Call **259-3796**. Two weeks notice is appreciated.

Tai Chi: Ongoing with **Henry Geddes**. Call him at **259-2127** to let him know you are coming. Meets Weds. 7:15-8:15pm at the school.

Coffee Drop-in: Mondays 10-noon, Senior Lounge.

Did you know that Shutesbury residents can be members of the Amherst Senior Center? Sign up at the Bangs Center.

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As the notes on the DVD box read: "**Being Mortal** shines an unprecedented spotlight on how patients, families and doctors all experience the end stages of life, for the ultimate goal is not a good death but a good life - all the way to the very end."

Another event is the movie **How to Die in Oregon** which will be shown **Wed. March 23rd at 7 pm in Town Hall**. For more information, check out the website: howtodieinoregon.com

More programs that might also be of interest to seniors are:

Memoir Writing,
Yoga and a
Quabbin Talk and Slide Show

The **Memoir Writing Workshop**, led by **Mara Bright**, is a three-part series, meeting the following Wednesdays: **March 30th, April 13th and April 27th, 7-9pm at Town Hall**. The series will explore the art of memoir writing with techniques designed to call forth responses followed by sharing our writing in the safety of the group. For more information visit the M.N. Spear Memorial Library website.

mnspearlibrary.org

Gentle Yoga, taught by **Carina Antonino DiMare**, will meet **Wednesdays at 9am during April and May at Town Hall**. This program is funded by **The Shutesbury Cultural Council**. Please bring a Yoga mat. (cont'd on pg. 3)

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Quabbin Seasons and Wildlife Program

On **Wednesday, March 16 at 7 pm at Town Hall**, there will be a Quabbin talk and slide show, presented by naturalist **Dale Monette**. He will give a talk with accompanying images of the Quabbin, its wildlife and his experiences there.

Since retiring from the DCR Quabbin Visitor Center, Dale has spent many hours observing and photographing wildlife and scenic vistas of the Quabbin. From hummingbirds and loons to bears and moose, see what Dale and his cameras observed as the animals went about their lives through the four seasons of a year on the watershed.

COA Monthly Meeting

The next **COA** will be at **5:30 pm in the Senior Lounge on Wed. March 9**. There will be a report on the **Shutesbury Aging in Place Task Force**. If you are interested in serving on either the Task Force or the Council on Aging please contact David Dann at 259-1554. There is a vacancy on the Council.

There will also be a report on the **Rural Age-Friendly Communities** meeting held at the end of February. Hosted by FCHCC for area Councils on

Aging, a panel of speakers from the **Berkshire County Age-Friendly Project** shared information on how the project is organized, how the members built partnerships and how it is funded.

Making Connections with FCHCC

At the January Council on Aging meeting, **Laurie Deskavich** from **Franklin County Home Care Corporation** gave a presentation on services they provide. Their mission statement is:

"Empowering elders, persons with disabilities, and caregivers to lead independent lives since 1974."

Resource consultants can connect you with services you may need by coming to your home, talking to you personally and making an assessment about how best FCHCC can help.

For more information:

Call: **413-773-5555**

Email: **info@fchcc.org**

Website: **www.fchcc.org**

Council on Aging

Muriel Gross, honorary member
David Dann

Melissa Makepeace-O'Neil

Linda Avis Scott

Marilyn Tibbetts, chair

COA meetings 2nd Weds. of the month, Senior Lounge, 5:30 pm.

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