

# *Shutesbury Geezette*

*The Newsletter of the Shutesbury Council on Aging*

*Winter 2020*

## *Home Care Services from LifePath*

**LifePath**, the local Area Agency on Aging and the Aging Services Access Point, is a non-profit organization serving Franklin County residents with headquarters in Greenfield. Its goals are to help elders (from age 60) and persons with disabilities, maintain independence and quality of life in their own homes and communities. Home care services range from brief home visits, to daily care, to care provided a few times a week. Each person or family member requesting assistance from **LifePath** is evaluated for individual needs and assigned a case manager. There are many service options, including personal care homemakers, nutritional consultants, physical, occupational and speech therapists, and respite care. LifePath also offers coaching to provide strategies in understanding and coping with Alzheimers's and other dementias. **LifePath** listens first, then helps each person find the best options for their unique needs.

**The Silverline:** A **LifePath** Directory of Resources for Elders, Caregivers and Persons with Disabilities is now available online at [lifepathma.org/silverline](http://lifepathma.org/silverline) or call 800-732-4636 to receive a copy by mail.

### **How to get in touch with LifePath**

Mailing Address: LifePath, Inc., 110 Munson St., Suite 201, Greenfield, MA 01301

Phone: Toll Free: 800-732-4636 In Western MA: 413-773-5555

Website: [lifepathma.org](http://lifepathma.org) (email access there)

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To receive updates from your COA, please send your email to [coa@shutesbury.org](mailto:coa@shutesbury.org). Also, let us know if you would like to receive your *Geezette* by email instead of a paper copy. Thanks!

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

## ***Foot Care By Nurses***

The Foot Clinic is held on the **third Wednesday of each month** from 8:30am to 12noon. Next three months: Feb. 19, Mar. 18 and Apr. 15. Half-hour appointments include nail trim and massage. A donation of up to \$35.00 is appreciated. Call **413-259-3796** for more information and to schedule an appointment. Transportation is available through the Med-Ride program and home visits can be arranged if needed.

## ***Med-Ride Program***

The Shutesbury COA offers rides for many medical and dental appointments for those over 55 who are ambulatory and do not need either a walker or a wheelchair. This program is funded by a grant from the Mass. Executive Office of Elder Affairs. The area covered is Franklin, Hampshire and Hampden counties, as well as Orange and Athol. Call the COA at **413-259-3796** and leave a message. Two weeks' notice is appreciated.

***2020 Census***

***You Count.  
Get Counted.  
Don't Miss It!!***

## ***Monthly Community Potluck Lunch***

Usually held the first Tuesday of the month from 12-1pm in the Senior Lounge at Town Hall. The 5th of March 2020 is Super Tuesday, the Mass. Primary Election. So, the March potluck will be Mar. 10. Lunches for the following months will be Apr. 7 and May 5.

## ***Library Programs of Interest***

### ***Fitness Classes***

All classes are held at Town Hall, they are free and most are drop-in. Classes are ongoing and offered on a weekly basis.

Tuesdays, 9am

**Strength Foundations**

Wednesdays, 9am

**Gentle Yoga**

Wednesdays, 10:15am

**Chair Yoga**

Thursdays, 9am

**Advanced Strength Training**  
(by permission of instructor)

Thursdays, 10:15am

**Therapeutic Yoga**

Fridays, 9am

**Zumba Gold**

Saturdays, 10am

**Strength Foundations**

## ***Libraries in the Woods*** ***Community Read***

This spring, 20+ local public libraries are collaborating on a community-wide read of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* by Robin Wall Kimmerer.

The M.N. Spear Memorial Library has planned three programs related to the themes discussed in *Braiding Sweetgrass*.

### **Bark Basket Making Workshop**

with Jennifer Lee

Sunday, March 15<sup>th</sup>, 10am - 3pm.

### **Nipmuc history and cultural-political issues**

presented by Larry Spotted Crow  
Mann

Tuesday, March 24<sup>th</sup>, 7pm.

### **Tree Medicine Plant Walk**

with Jade Alicandro Mace of Milk &  
Honey Herbs

Saturday, April 18<sup>th</sup>, 11:30am,  
Location TBA

**Visit the Library's website for updates and more information on Fitness and the Community Read:**

**<https://sites.google.com/site/mnspearmemoriallibrary/>**

## ***David Wheeler***

A resident of Shutesbury and an appointed member of the Council on Aging, David Wheeler died on December 30, 2019.

David had an intuitive gift for getting right to the point of issues. He often came away from COA meetings regretting that he had ruffled feathers, but he was open-minded, fun-loving and a good listener, which more than made up for any discomfort he might have caused.

He served on the Aging in Place Task Force which led to the formation of *Village Neighbors*. He also helped organize and presided at a fun, COA-sponsored, Friday evening dinner with Bingo at the SAC.

Having lived with diabetes, he had an extensive knowledge and understanding of the disease. He was a member of the PFAC (Patient, Family Advisory Council) of Cooley Dickinson Hospital and shared his experience with others.

He is missed by his wife Rebecca, the rest of his family, and many friends for his kindness, quick wit, and contributions to the community. In the Spring, there will be a public event to celebrate his life.

At press time, we learned with sadness of the unexpected death of Andy Fairfield, husband of *Geezette* editor Sally Fairfield.



Shutesbury Council on Aging  
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## **Membership to Village Neighbors is now FREE!**

*Village Neighbors* is a volunteer-run community of neighbors helping those of us over 60 years of age to live high-quality, independent lives at home, in Leverett, New Salem, Shutesbury and Wendell. We offer FREE simple services, transportation and activities.

**We invite you to become a member or a volunteer! Call 413-345-6894 or e-mail:**

**[membership@villageneighbors.org](mailto:membership@villageneighbors.org)**

**[volunteers@villageneighbors.org](mailto:volunteers@villageneighbors.org)**

**Check out our website:  
<http://www.villageneighbors.org>**

## **Council on Aging**

**Linda Avis Scott and JoAnn  
Bernhard, Co-Chairs**

**Melissa Makepeace-O'Neil**

**Susan Millinger, Secretary**

**Janis Gray**

**Susan Gomberg**

Monthly meetings are the 2nd  
Wednesday of the month  
5:30pm at Town Hall

Contact: **Phone 413-259-3796**

**P.O. Box 276, Shutesbury, MA**

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