

Profile



Steve Damon

By Kate Higginbotham

After years of schooling, working toward his Bachelor's and Master's degrees in music related subjects Steve Damon found himself laid off from his job teaching music in the hard hitting economy of 2010. On the first day of his lay off he was driving past a senior center near his home and on a whim stopped in carrying his flute and offered to play for the seniors during their lunch time. "I agreed to play in exchange for my lunch," he said chuckling. That first experience soon led to over 17 venues in senior centers throughout the Western Massachusetts area north to Brattleboro, Putney and Keene.

Steve, whose mother hails from Shelburne and Dad from Ashfield grew up surrounded by his mother's musical side of the family. His Mom played piano while a student at

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# Love & Friendship

**Y**ou will find as you look back upon your life that the moments when you have really lived are the moments when you have done things in the spirit of love."  
~Henry Drummond~

**T**he best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."  
~Helen Keller~

**D**o all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."  
~John Wesley~

**T**here are only three things in life that matter -- good friends, good chocolate and, oh dear, what was that other one?"  
~unknown~

**T**he smallest act of kindness is worth more than the grandest intention."  
~unknown~

**T**he glory of friendship is not the outstretched hand, nor the kindly smile...it's the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him with his friendship."  
~Ralph Waldo Emerson~

**O**f all the earthly music, that which reaches farthest into heaven is the beating of a truly loving heart."  
~Henry Ward Beecher~

**T**here is always something for which to be thankful."  
~Charles Dickens~

**L**ove is a fruit in season at all times, and within the reach of every hand."  
~Mother Teresa~

**L**ove changes darkness into light and makes the heart take a "wingless flight."  
~Helen Steiner Rice~

**T**oday, see if you can stretch your heart and expand your love so that it touches not only those to whom you can give it easily, but also those who need it so much."  
~Daphne Rose Kingma~

**N**obody has ever measured, even poets, how much a heart can hold."  
~Zelda Fitzgerald~

**W**hat brings joy to the heart is not so much the friend's gift as the friend's love."  
~Alfred of Rievaulx~

**E**verytime you smile at someone, it is an action of love, a gift to that person, a beautiful thing."  
~Mother Teresa~

**U**se what talents you possess: the woods would be very silent if no birds sang there except those that sang best."  
~Henry Van Dyke~

**A** friend is there when everyone else isn't, believing when everyone else hasn't, understanding when everyone else doesn't, loving when everyone else wasn't."

**I** have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."  
~Maya Angelou~



# wisdom cafe

A Forum for Sharing Stories that Inspire

## MISSION STATEMENT

The mission of the West County Consortium of Councils on Aging is to facilitate the work of local Councils on Aging in developing local support networks that enrich the lives of aging citizens in the towns we serve.

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## NEWSLETTER

SeniorWise is produced by Senior Center Staff. Content contributions are welcomed.  
Layout & design  
by Diana Hardina,  
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.....  
**THE SHELBURNE SENIOR CENTER**  
**7 MAIN STREET**

**SHELBURNE FALLS, MA 01370**

413.625.2502

**sfsrctr@crocker.com**

townofshelburne.com/senior\_cen.html

## Haiku: Winter Dreams

*By Carol Purington, Colrain*

The road new with snow...  
a neighbor's black-and-white dog  
noses out the night's tale –  
some of us read for character,  
some for plot

Bird voices  
intersect my dream  
of flying...  
in the shadow of snowflakes  
only a fool would wake

Dazzling sky -  
bluejay calls ricochet  
against its chill

She tells me  
about amaryllis blossoms  
flaring scarlet  
almost out of thought  
in the winter-dark cellar

Snowy owl on a fencepost -  
before and after flurries  
its white presence

Sap drip-drops  
onto bare rock - descending notes  
of a song sparrow

From the root-cellar  
the last of the winter squash  
still succulent

the poem you wrote recalling  
a grandmother's hearty soup

Watching sparrows feed  
at the feeder  
- a sparrowhawk

Valentine's Day  
Those love poems  
I wrote to you  
they never fit  
I never sent them  
you never threw them away

The bitterness  
of dandelion greens  
dug this cold day  
by someone white-haired  
and hungry for spring

Only snowflakes  
and the shadows of black-and-white birds  
in this frozen world  
pink daffodils will bloom  
and I will be happy

Leftover snow –  
cries of killdeer ring  
the skinny moon

Cleaning last summer's nest  
out of the bluebird house  
- cold-clumsy fingers

## profile

*continued from front*

Arms Academy and was a ground breaking musician as a female snare drum player in the school band. A great aunt from Buckland attended Julliard School of Music in New York City where she played the clarinet. "All I ever wanted to do was teach music," Steve recalls.

Steve's parents moved with him to Greenfield in the 1960s where Steve graduated from Greenfield High School. He went on to U.Mass. Lowell then to U.Conn. Storrs before returning to his native stomping grounds to take music teaching jobs in area elementary schools. He sang in the Buckland Men's Chorus and played in and conducted the Shelburne Falls Military Band from 1985 through the present. He also served on the board of the former Shelburne Falls Art Bank.

Steve lives in Gill with his wife Joyana, who teaches elementary music in a school in southern Vermont; and son, Isaac. He is active in his church in Bernardston where he serves as the Coordinator of Christian Education and works on projects with the youth group. "The most recent project involved making 28 pies!" he laughed. He helps out in the church kitchen during its monthly public suppers. "I'm happy in the kitchen," he says.

In August of last year Steve decided to tackle his unemployment head on and founded 'A Natural Music School'. "Essentially, I created my own job," he says with pride and optimism. The school is geared toward four types of students. First

*continued on page 5*

## special events

**Hugh's Valentine Lunch & Live Music** - On Wednesday, February 1, Hugh Knox will serve a delicious meal of ham, potatoes, squash, coleslaw, rolls and a dessert at Noon. Prior to the meal, don't miss the wonderful voice of Christopher Worth from 10:30-11:45 a.m. Cost for the meal is \$6 per person, payable at the door, however reservations are required and space is limited. The musical program has been generously sponsored by Friends of Seniors.

**Phil Buck's Travel Adventures Presentation**- Journey with Rowe native, Explorer and Biologist Phil Buck as he relates stories of his two reed ship expeditions completed so far in the years 2000 (Viracocha I) and 2003 (Viracocha II), and will preview the next reed ship Expedition (Viracocha III) from Boston to Egypt. The show will also include information about previous expeditions including: canoeing across the USA, and climbing the highest mountains in all countries in North, Central and South America.

This presentation is sure to fascinate all who attend on Tuesday, February 28 at 1:30 p.m. and is free and open to the public.

**Concert -by the "Four Seasons"** Don't miss this instrumental performance by a group of wonderful musicians of all ages, directed by Robin Stone. The show features a repertoire of light music to the classics and will take place on Tuesday, February 14 at 2:00 p.m. The music and refreshments are sponsored by our Friends of Seniors.

### **Chef Marty's - You Take The Cake! Gluten Free!**

Have fun while letting Chef Marty teach you how to make luscious (Yet GLUTEN-FREE) Brandied Cherry Chocolate Black Forest Cake AND THEN TAKE THE CAKE THAT YOU MAKE HOME!! (serves 4-6), you will also learn how to make amazing Gluten-Free Chocolate Rum Balls.

Sunday, February 19 from 2-5p.m. Pre-Registration required by February 17.

Fee: \$40 FCC Coop Members/seniors 60+: \$35 Register online at [www.thelittlecookingschool.com](http://www.thelittlecookingschool.com) or call 413-834-3407.

**Tai Chi and Chai Tea** - Are you curious about Tai Chi? Wondering which Tai Chi form is right for you? Already a Tai Chi Player? Come to our Tai Chi Play Day and ...Learn about Yang Style Tai Chi and E-Z Tai Chi for Health, enjoy a demonstration of the Cane Form, receive instruction on one Animal Frolic and learn to make authentic Chai Tea from scratch. Instructors: Mark Deaver, Deborah Yaffee, Chef Marty Yaffee. Saturday, March 3 from 1:00 - 5:00 p.m. This is a free event but you must pre-register as space is limited. Register online at [www.riversidehealingarts.com](http://www.riversidehealingarts.com) or call 413-834-3407.

**Men's Night** - Come meet other West County senior men for dinner and conversation on Wednesday, February 8 from 5:00 - 7:00p.m. at the Shelburne Senior Center. A light dinner and dessert provided. If you have questions or to request a ride, contact Therese at the Senior Center 413-625-2502 or [tfitzsimmons@crocker.com](mailto:tfitzsimmons@crocker.com) by Thursday, February 2. This is a program of the Neighbor to Neighbor Project and supported by volunteers and Friends of Seniors.

## Lifelong Learning

**Creative Writing** - This program is designed for senior adults who would like to share their stories, as novices or to improve their current writing skills. Initial exercises will focus on revealing an individual's themes and aspirations which will then be used for subjects of our writings. Opportunities for publishing works in our newsletter or exhibiting writings will be offered. Jacqueline Cooper from Ashfield will lead this six session program which takes place on Wednesdays from 1-2:30 p.m. from February 15-March 21 at the Buckland Public Library. It is free to participants thanks to funding from the Ashfield, Buckland and Shelburne Cultural Councils, and the Marian Tomes Memorial Fund. Please call 625-2502 to pre-register by February 9. Space is limited.

**ESTATE PLANNING AND ELDER LAW**

**Kate Downes**

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*Attorney at Law*

11 Main Street (413) 625-2482  
Shelburne Falls, MA 01370 [katedownes@comcast.net](mailto:katedownes@comcast.net)

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# February 2012

<b>MONDAY</b> <small>Meals on Wheels / Meal Site</small>	<b>TUESDAY</b> <small>Meals on Wheels / Meal Site</small>	<b>WEDNESDAY</b> <small>Meals on Wheels</small>	<b>THURSDAY</b> <small>Meals on Wheels / Meal Site</small>	<b>FRIDAY</b> <small>Meals on Wheels</small>
<p>6 10-11 Health Clinic 10-11:30 Staff Meeting 10:30 Scrabble 12:15 Wii Bowling 1-3:00 Computer Lab Open</p>	<p>7 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise Class 12:15 Wii Bowling 1:30 Friends Meeting 4:00 Tai Chi</p>	<p>1 In-town Shop ☰ 8:30 Yoga 10:00 Osteo Fitness 10:30-1 Hugh's Valentine Luncheon &amp; Music ☰ 4:00 "Try Zumba" @ BSE</p>	<p>2 8:30 Yoga 10:00 Exercise Class Noon-Ashfield Luncheon 12-1:45 Bingo</p>	<p>3 9:00 Morning Meditation  Staff available by phone</p>
<p>6 10-11 Health Clinic 10-11:30 Staff Meeting 10:30 Scrabble 12:15 Wii Bowling 1-3:00 Computer Lab Open</p>	<p>7 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise Class 12:15 Wii Bowling 1:30 Friends Meeting 4:00 Tai Chi</p>	<p>8 In-town Shop ☰ 8:30 Yoga 9:45-3:30 SHINE ☰ 10:00 Osteo Fitness 11:00 Lunch Bunch ☰ 4:00 Zumba @ BSE 5-7 Men's Night</p>	<p>9 8:30 Yoga 10:00 Exercise Class 12-1:45 Bingo 3:30 Board of Directors</p>	<p>10 9:00 Morning Meditation  Staff available by phone</p>
<p>13 10-11:30 Staff Meeting 10:30 Scrabble 12:15 Wii Bowling 1-3:00 Computer Lab Open</p>	<p>14 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise 12:15 Wii Bowling 2:00 Concert of Music by The Four Seasons 4:00 Tai Chi</p>	<p>15 In-town Shop ☰ 8:30 Yoga 10:00 Osteo Fitness 10:30 Transitions Noon Brown Bag 1:00 Creative Writing @ B.L. 4:00 Zumba @ BSE 4:00 Food Pantry held @ Ctr.</p>	<p>16 8:30 Yoga 10:00 Exercise Class 11:50 February Birthdays 12-1:45 Bingo</p>	<p>17 9:00 Morning Meditation  Wal-Mart Shop ☰ Sunday, February 19, 2-5 Chef Marty Baking Class ☰  Staff available by phone</p>
<p>20  CENTER CLOSED FOR PRESIDENTS DAY</p>	<p>21 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise 12:15 Wii Bowling 1-3 Sense of Belonging ☰ 4:00 Tai Chi</p>	<p>22 In-town Shop ☰ 8:30 Yoga 10:00 Osteo Fitness 10-3 AARP Tax Prep ☰ 1:00 Creative Writing @ B.L. 4:00 Zumba @ BSE 4:00 Food Pantry</p>	<p>23 8:30 Yoga 10:00 Exercise Class 12-1:45 Bingo</p>	<p>24 9:00 Morning Meditation  Staff available by phone</p>
<p>27 9-3 Foot Clinic by Kip Moeller, R.N. ☰ 10-11:30 Staff Meeting 10:30 Scrabble 12:15 Wii Bowling</p>	<p>28 8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise Class 1-3 Sense of Belonging 1:30 Phil Buck Travel Adventures Presentation 4:00 Tai Chi</p>	<p>29 In-town Shop ☰ 8:30 Yoga 10:00 Osteo Fitness 1:00 Creative Writing @ B.L. 4:00 Zumba @ BSE</p>	<p>☰ Must make reservation or appointment. Please call 625-2502. ☰ For Meal Site lunches call 625-6266.</p>	

# calendar

## item descriptions

**Lunch Bunch** - Enjoy lunch at the Franklin County Technical School Apprentice Restaurant on Wednesday, February 8. Following lunch we will visit the newly opened photography exhibit "Imitating Art" at the Hallmark Gallery in Turners Falls. Cost for riding in the van is \$4 and we depart at 11a.m. or you may drive yourself. We order off the menu with individual checks issued. Admission to the exhibit is free. Please call to pre-register. Space is limited.

**AARP Tax Preparation** - Trained representatives from AARP will be at the Center to help you with your online tax return this year. Please call to make an appointment and receive a list of items to bring on one of the following Wednesdays: February 22, March 21 or April 4 between 10 a.m. and 2:15 p.m. This service is free and priority is given to seniors from Ashfield, Buckland, Colrain and Shelburne. Please call early as space is limited.

## Wellness

### Tai Chi for Arthritis

The movements of this easy form of Tai Chi are designed to relieve joint discomfort and stiffness.

You will learn the principles of the ancient, holistic wellness practice of Tai Chi and a simple Tai Chi format of 12 moves that are specifically designed to improve flexibility, stability, balance, circulation and energy. The program was created by Tai Chi Master and family physician, Dr. Paul Lam, and a team of medical and Tai Chi experts. The program is led by Certified Instructor Deborah Yaffee. Tuesdays: 4:00 – 5:00 pm. \$6 per class or \$48 per 8 week session. Come find some quiet time to benefit your health this winter. Please pre-register.

**Zumba!** – Join this fun and energetic form of exercise which incorporates some dance moves

**THE BAKER PHARMACY**

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HOURS:

Monday–Friday 8:30am–8pm

Saturday 8:30am–5pm

Sunday Closed

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into the routine and is accompanied by lively music. Classes are meeting at the Buckland-Shelburne Elementary School Gym on Wednesdays at 4 p.m. The class is led by certified instructor Lisa Blakeslee.

A free introductory class is scheduled for February 1. Come try it out! A new session takes place February 8- April 4 (no class March 7) and is free to adults 60+ from Ashfield, Buckland, Colrain and Shelburne thanks to support from Friends of Seniors. For others the fee is \$20 for the session. Please call for details and to pre-register.

### Foot Clinic

Kip Moeller, R.N., offers Professional Nursing Foot Care which includes nail clipping, filing, corn and callus reduction, gentle foot massage, diabetic foot care and care for people who are on blood thinners. Kip offers half hour sessions and charges \$25 per visit. Our next dates for appointments are Mondays: February 27, March 19 and 26 from 9a.m.-3p.m. Please call for availability. If you would be interested in having foot care in Ashfield, please see "Local Happenings."

**Osteo Fitness** RSVP of Hampshire & Franklin Counties Osteoporosis Exercise Program is sponsoring a self-paced, low-impact, osteoporosis exercise class. It is an ongoing program held on Wednesdays at 10 a.m., led by our trained instructors. Exercises which are designed to strengthen bones and improve balance can be done sitting or standing and may include hand and ankle weights. The class is free.

### Health Screening

Sue Roberts, R.N. will be here on Monday, February 6 from 10-11 a.m. to take blood pressure and glucose readings. No appointment is necessary. The screening is free thanks to the generosity of nurse Roberts.

### Gentle Yoga

Classes are held on Tuesdays, Wednesdays, and Thursdays from 8:30-9:30 a.m. Tuesdays are led by Leah Teece, Wednesdays by Terri Kaiser and Thursdays by the group accompanied by a recorded audio program. For each class we ask you to register by the month. The fee is \$15 for once per week, \$25 for twice per week and \$35 for three classes per week. (per month). Come try one out. No obligation! We have mats or bring your own. Beginners welcome. Please arrive 10 minutes prior to the start of your first class.

### Morning Meditation

Join Center director Jamie Godfrey for meditation every Friday morning at 9 a.m. Simple. No dogma or doctrine. No right or wrong. A few words, but mostly silence. Just breathing and presence.

## profile

*continued from front*

are home schooled youngsters. "We bring them in in small groups and encourage them to sing, dance and make music." Secondly Steve, a certified music teacher works with private students, public school students and adults alike. "Thirdly we also work closely with fellow musical educators who are looking to enhance their skills, and lastly we provide professional development for teachers of all subjects to enrich their general teaching skills."

Meanwhile this music man intends to continue dropping by the Shelburne Senior Center for lunch and to play a few tunes, everything from hymns to jazz, "except the bagpipes", he says.

## calendar item descriptions

continued from page 5

### Caregivers Support Transitions For Seniors

Monthly support group led by Winnie Ganshaw from Hospice of Franklin County where relevant topics are presented and shared. On Wednesday, February 15 from 10:30-11:30 a.m. Lesley Kayan from Franklin County Home Care, Corp. will share information about a variety of Healthy Aging Programs. These free programs, led by trained instructors provide information to improve your health and quality of life managing chronic conditions like arthritis, diabetes and heart disease.

Transitions for Seniors is funded in part by a grant from Franklin County Home Care Corp. and the Massachusetts Executive Office of Elder Affairs and offered at no charge. Newcomers are welcome anytime.

**Sense of Belonging** – Loved ones (and their caregivers) are both invited to attend this multi-media art workshop specifically designed for adults who may have some type of memory impairment. Led by Jacqueline Cooper, participants will create a personal scrapbook with writings, images and objects capturing their own personal stories. The program takes place for six weeks on Tuesdays: February 21- March 27 from 1-3 p.m. at the Senior Center and is free thanks to support from the Ashfield, Buckland and Shelburne Cultural Councils and Friends of Seniors. Please call to pre-register by February 16. Space is limited.

# Local & Regional Happenings

## Ashfield

**Luncheon and Program** – The Ashfield Senior Luncheon will be held on Thursday, February 2 at Noon at the First Congregational Church Hall. Bring a bag lunch. Please call Janice Howes for details at 628-4455.

## Foot Care for Ashfield Seniors

Foot Care is now available for Ashfield Seniors. Home visits will include pedicures and general foot care. The cost is \$5.00 per visit. To make an appointment call Bev LaBelle at 625-6086.

## Shelburne Shelburne Falls

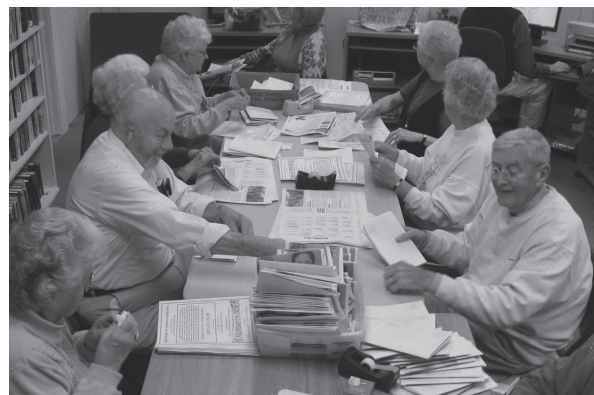
The indoor **Senior Walking Group** at the Cowell gym takes place Mondays, Wednesdays and Fridays from 9-10 a.m. for any senior adult. For further information, please contact Bob Lawler at 625-6619. Sponsored by Town of Shelburne.

**Weekly Meditation Group** - Open to all ages and levels of experience. We gather Monday mornings in the Senior Center activities room from 7:30-8:15 a.m. and start the week sharing silent meditation and reflecting on a short reading. We follow the Buddhist tradition of Vietnamese monk Thich Nhat Hahn, and will offer meditation guidance for newcomers. All are welcome. If you have questions, contact Karen at 625-8115.

## Volunteer Opportunities

**Activity Assistant** - We are looking for volunteer(s) to assist with activity set-up and hosting Monday-Thursday, 9 a.m.-Noon. The position requires a mature, responsible adult who enjoys seniors, feels comfortable overseeing an activity and can set up and take down chairs and folding tables. If interested in one or more days, please see or call Cathy at the Center.

**Newsletter Mailing** - Our mailing crew prepares the printed pages of our newsletter for a bulk mailing including folding, taping, applying labels and sorting. We meet for about 2 hours bi-monthly on a chosen date. If you are interested in joining us, please call or see Cathy at the Center.



*Our ace newsletter crew puts together another issue of "Senior Wise." New Helpers are always welcome.*

## New Group Forming: *Living Fully, Aging Gracefully, & Befriending Death*

Area residents are invited to participate in a new support group to explore the issues of "Living Fully, Aging Gracefully, and Befriending Death". The first meeting will be on Monday, January 23, 6:30 to 9pm, at S.Deerfield Congregational Church, 71 N. Main St. in South Deerfield. The group will meet twice each month through June, and participants may attend regularly or occasionally. Participants will discuss their own experiences and views, as well as resources such as the documentary films "Griefwalker" and "Fierce Grace"; the audio recording "The Radiant Coat: Myths and Stories about the Crossing Between Life and Death" by Clarissa Pinkola Estes; and the book by Ram Dass "Still Here: Embracing Aging, Changing, and Dying." The group will be led by John Berkowitz of Shelburne. There is no charge except for photocopied materials. For more information, call 625-6374 or johnpberk@gmail.com.

Nolan's Neighbors  
244 Main Street  
Ashfield, MA

## services

**Fuel Assistance** - A limited amount of financial assistance to cover heating costs this winter is available to qualifying residents. If you are a new applicant, applications are still available. Contact Jackie at the Center for information and an appointment.

### SHINE Medicare Insurance Free Assistance

You can receive confidential information about your Health Insurance options from a SHINE representative by making an appointment between 9:45 a.m. and 2:45 p.m. on February 8 or March 14. Call 625-2502 to schedule. This is a free service.

You may also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE (1-800-633-4227).

**Transportation** - The Senior Center offers a Van Transportation program for seniors 60+ covering 9 towns in West County funded by the FRTA. Rides are only provided in Franklin County plus a monthly shopping trip to WALMART in Hadley. Rides are prioritized as follows: medical appointments, grocery shopping, and other shopping. Rides to Senior Center activities and congregate meals will be provided as the schedule and funding permits. We are not able to provide transportation to and from employment or education nor ongoing medical trips such as dialysis or physical therapy. Please call 625-2502 to make an appointment several days in advance. Please call Jackie for information about reservations and fees.

**Home-Delivered Meals** - For seniors in West County up to 7 days per week. Call Franklin County Home Care at 773-7702 for information and registration.

### Congregate Meals

Served at the Senior Center on Mondays, Tuesdays, and Thursdays at 11:30 am by FCHCC. Reservations must be made before 11 a.m. one meal site day in advance by calling Hugh at 625-6266. \$2 donation suggested. Printed menus are available at the Center or go to: [fchcc.org/menus/menu](http://fchcc.org/menus/menu).

### Jonathan F. George Sr., CPA, CFP

Taxes - Accounting

89 Main Street  
Shelburne Falls, MA 01370  
Ph: 413/625-9593  
Fx: 413/625-9461  
[george@crocker.com](mailto:george@crocker.com)



**Outreach** - Jackie Stanford, Outreach Coordinator, is available for confidential office or home visits by appointment to Ashfield, Buckland, Colrain, and Shelburne residents. She will assist you with any questions you may have for services for yourself or someone you know including fuel assistance, home health care, food and transportation. Please call her at 625-2502.

**Home Repair Program** - Through this program, a handyman volunteer is available to do minor home repairs for seniors such as replacing broken windows, small plumbing and electrical jobs, and other repairs. This is a free service, but the senior is expected to purchase all needed parts and materials. Voluntary donations are accepted. This program is funded by a Title III grant from Franklin County Home Care and the Massachusetts EOE. If you have a project or are a handymen/women who is interested in helping please call Jackie at 625-2502.

### Buckland-Shelburne Neighbor-to-Neighbor Program

The Neighbor to Neighbor program matches Buckland and Shelburne residents who are 60 years old or older with neighbors who are interested in visiting, providing transportation, or helping with a small chore. If you are someone who would like to volunteer to help and meet a neighbor in the process or if you are someone who would like to receive a visitor through this program, call Therese at the Senior Center, 413-625-2502. The program is funded through a Community Block Grant received by the Towns of Buckland and Shelburne.

### Veterans Services at the Senior Center

Every first Tuesday of the month, Leo Parent, Jr., or Mark Fitzpatrick of Veteran's Services will be holding office hours from 8:00am until 10:00am at the Senior Center. Office hours on all other Tuesdays of the month will remain in the Selectmen's meeting room at Shelburne Town Hall from 8:00am until 10:00am. Please call Mr. Parent or Mr. Fitzpatrick at their Montague office at 863-3205 to schedule an appointment.

### Food Programs

The West County Emergency Food Pantry, a program of Community Action, is held at the Center on the third and fourth Wednesdays of the month from 4-5:30 p.m. for low income individuals and families from West County. Please call the Center For Self Reliance at 773-5029 for information and registration.

The Brown Bag program is a bag of groceries specifically for low income adults who are 55 years and older (or younger with documented disability) and distributed on the third Wednesday of the month at the Center. A \$3 donation is requested per month. To apply for the monthly bag of groceries, call the Food Bank of Western Massachusetts at 800-247-9632.

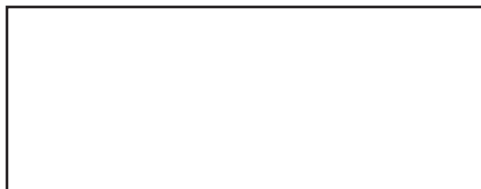
## Friends Of Seniors

**Monthly meeting** - We will hold our monthly meeting on Tuesday, February 7 at 1:30 p.m. All are invited to attend. We work together to provide programs and services to elder adults in Ashfield, Buckland, Colrain and Shelburne.

**Raffle Winners** - Congratulations to our gift certificate winners at the Holiday Sing : Eunice Bolaski won the Gift Basket and Beyon Buck won a \$25 gift certificate from Key-stone Market.

Shelburne Senior Center  
7 Main Street  
Shelburne Falls, MA 01370

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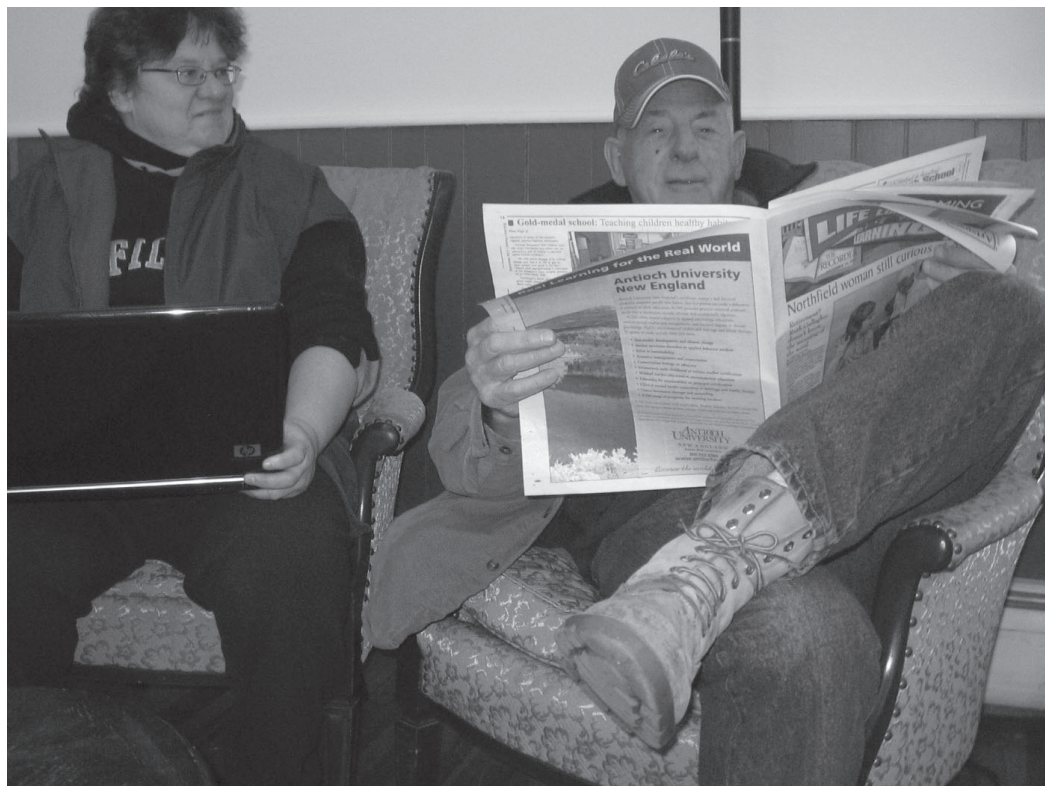


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*Deb Brinkman and Paul Cetto catch up on the news. Free Wireless Internet service (WiFi) is available at the Center as well as the local newspapers for reading. Come on in and relax with a cup of coffee or tea.*