



MONSON COUNCIL ON AGING

Fax 413-267-4143

413-267-4121

www.monson-ma.gov

The mission of the Monson Council on Aging is to identify and provide comprehensive programs and social and support services that enrich the quality of life for Monson's older adults and their families while also benefiting the well-being of the general community.

**Ice Cream Social**



The Youth Group from the First Church of Monson celebrate Independence Day. Not only will we have company but they also will be bringing ice cream and all that goes with it so that you can make your own sundae. If you'd like to join us for lunch first just give a call by 2:30 p.m. on July 1.

will be with us on Friday, July 2 to help us the pleasure of enjoying their wonderful

**See you there!**



**Christmas in July**

Come and join in the fun of celebrating Christmas in July. We will have the tree and decorations up and the hall looking like it should start snowing any minute. Appetizers will be served at 11:15 and lunch at noon. Wear your reds and greens and be prepared to sing those good old Christmas Carols along with Gavin Mackie from Hampden.

**Who knows who else might show up.....ho, ho, ho!!!**

**Free Friday**

If your last name starts with one of the letters in **JULY** check below to see when you will receive a free lunch, remember to make your reservations by 2:30 p.m. the day before.

Last name begins with <b>J</b>	<b>July 2</b>
Last name begins with <b>U</b>	<b>July 16</b>
Last name begins with <b>L</b>	<b>July 23</b>
Last name begins with <b>Y</b>	<b>July 30</b>

**Watch for our Seniors aboard the Monson Council on Aging van in the Summerfest Parade!**

## HORSESHOES

Come join in the fun of playing horseshoes during the months of July and August

Fridays from 9:00 a.m. to 11:00 a.m.

Please call the Senior Center at 267-4121 or stop in to let us know if you will be here.

## GUEST SPEAKER

**Tuesday, July 6, 12:45 p.m.:** Margarita Canuel, RN, Wing Memorial Hospital & Hospice presents:

**"Safe Fun in the Sun" and "Lyme Disease and Other Tick-borne Illness"**

## OUTREACH SERVICES

Annie Wuelfing, Outreach Coordinator

### WHAT DOES HEALTH CARE REFORM MEAN FOR YOU?

The newly signed 2010 Health Care Reform is called the "Patient Protection and Affordable Care Act." Many of the changes will be in stages, over years, but some are for 2010. There are massive amounts of information, and the information here comes from [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org), and a SHINE handout. Fuller understanding will come in time.

- **Immediate Access to Insurance for Uninsured Children & Adults with a Pre-Existing Condition.** Eligibility will be determined and this provision ends when "Exchanges are operational."
- **Prohibiting Rescissions.** Prohibits abusive practices when health ins. Companies rescind a policy on a sick enrollee to avoid covering their costs.
- **Eliminates Lifetime Limits & Restricting Use of Annual Limits.**
- **Covers Preventive Health Services.**
- **Extends Dependent Coverage.** Requires any group or individual market plan that provides dependent coverage for children to make the coverage available until age 26.
- **Improves Consumer Assistance,** particularly for

effective appeals.

- **Strengthens the Healthcare Workforce,** by expanding & improving low interest student loans, loan repayments & scholarships for health students & professionals to increase & enhance the capacity of the workforce to better meet patients' needs.

### FOR SENIORS:

- **Closes the Medicare "Donut Hole" or "Gap" in prescription drug coverage in Part D plans.** This is an incremental time line, and will be completed by 2020.
- **Reduces Unwarranted Subsidies to Private Health Plans.**
- **Strengthens the Financial Health of Medicare,** by investing in fighting waste, fraud & abuse.
- **Preventative Care for Better Health,** by eliminating deductibles, copays, and other costs for preventative care, and provide FREE annual wellness checkups starting 2011.
- **Affordable Long Term Care,** by creating a voluntary insurance program.

Also, controlling Chronic Diseases, Promoting Better Care after a Hospital Discharge, & improving general quality of care.

### HERE'S TO YOUR WELL-BEING!

Annie

### From The Director

Just recently during a conversation with someone it was mentioned that people just don't care anymore. That comment settled into my head and my heart and left me feeling troubled and concerned. Then I spent time reflecting on the staff here at the Council on Aging, the members of the Board of the Council on Aging and the numerous volunteers who help us out.

During the last 5 months staff have put in above and beyond. Staying when I needed them, coming in when not scheduled to help out in a pinch. Often times doing things that aren't the norms, like giving up their own precious time to paint, to move about the furniture, to go searching for just the right item for functions being held at the Senior Center. The ideas and creativity coming from this incredible group have been terrific

and shown me how fortunate I am.

There are members of the Board who put tremendous time into projects and events that will help us to flourish and succeed. There are the volunteers who come in anywhere from once a week to 5 days a week to just lend the extra hands that are needed.

So the next time someone tells me people just don't care anymore I am going to invite them to come meet and maybe even join this FANTASTIC group. They give of their time and talents because they care for our Seniors, the community and each other, and for that I am extremely grateful and blessed.

*Lori*

**IF YOU ARE HOMEBOUND AND NEED INFORMATION OR ASSISTANCE, ANNIE WUELFING, OUTREACH COORDINATOR, OR ELIZABETH FAICHNEY, HEALTH & HUMAN SERVICES COORDINATOR CAN VISIT YOU IN YOUR HOME.**

### ***Rename the Newsletter Contest!***

**WE'RE STILL WITHOUT A NAME!!!**

**We need your suggestions for the new name of the Monson COA's Newsletter.**

**Win a years free home delivery for the newsletter and a \$20.00 Gift Card from the IGA.**

Send your suggestions to:

**Monson Council On Aging**

**106 Main Street**

**Monson, Ma 01057**

### **Monson COA Friends**

Plans are underway to begin a *Friend's of the Monson Senior Center* group. The formation of the Friends group provides the vehicle to accept donations and raise funds, providing the opportunity to purchase equipment, establish programs and organize socialization activities such as trips and special events for our seniors.

With the growing population of seniors in town and an increasing deficit in town, state, and federal government funds, the formation of this type of

organization is a critical step in preparing to deal with the many big issues we will all face in the coming years.

Mary Ann Brazas, Chair of the Council on Aging Board, and Lori Stacy, Director of the Council on Aging, are planning an informational meeting on **Tuesday July 20 at 7:00 pm** at the Senior Center for those interest in participating in the Friend's Group. Everyone is invited to participate, young and old, Monson residents or not.

We hope this group will be up and running by fall. Stay tuned for further announcements concerning the formation of a board of officers, and upcoming fundraising efforts.

For more information, contact Lori Stacy, 267-4121, [lstacy@monson-ma.gov](mailto:lstacy@monson-ma.gov) or Mary Ann Brazas, 267-4264, [skeeterbsa@verizon.net](mailto:skeeterbsa@verizon.net).

### **Memoirs**

#### **Monson in the 1950's**

Our gifted storytellers have much to share. In May, we did a "brainstorming" on what quickly came to mind when folks considered Monson in the 1950's. Of course the flood of August '55 was immediate. In random order, this is what Amy, Helen, Johanna, Marie, Armando, Ken, Al, Doc, Floyd, Josephine, Mary, Gail, Bonnie, and Don had to say about that decade of their lives.

*I lived at Lincoln St., and recall the cold, pure water from the springs, getting a truck load of coal from Squires down the shoot and into the bin, riding our bikes ONLY on the sidewalks, and swimming trips to Smith's Pond, or catching a movie at Pete and Lena May Skwark's Monson Theatre!*

*I was working at the #3 Mills, and doing repair work on the roads at Monson State Hospital and Lake Dura.*

*I remember having to walk over wooden planks to go to school, and putting on plays, eating ice cream on*

*the way to lake George in Wales, and marching up and down the street banging pots and pans.*

*I walked to Sieron's store to buy meat; we had no car, or a refrigerator; we had a box in the window to put food in...one time, a dog had a nice meal!*

*I moved into my new home on Wilbraham Road on July 15, 1950; this year will mark 60 years there!*

*May 20, 1950 was my 21<sup>st</sup> birthday. I was working at C.F. Church Company - "Dusty City", 2<sup>nd</sup> shift. I had an olds convertible, and I was think of girls, dances, and beach parties!*

*I had been in this country for 6 years, and Monson State Hospital was my home at that time, working at the hospital's Power Plant as a Mechanical Handyman, and attending evening classes at Springfield Trade, and trying to improve my English, for when I arrived in this country in 1944 I could not speak English.*

*I was getting ready to get married, and working in St. Albans, VT.*

*I remember Trolley Cars, the self-propelled railroad car, and the Grand Trunk Railroad. I was an engineer working on the Mass Pike, Rt. 5, and 91.*

*G. William and I got married April 27, 1950. He worked at the Palmer National Bank, and I worked in the office for Palmer Motor Coach. We had five children from 1952-1962. During the flood we couldn't get off Stebbins Road, because of the huge holes above and below our house. Bill used his motorcycle through the field behind the house to go to the grocery store and to work at the bank for a week while they repaired the road.*

*We were at home at 46 Bridge St. It was raining hard, causing floods; the hill across from the house washed out, and covered our yards. During the flood my Dad crossed the brook behind our house and took a kerosene 2 burner stove and water to my*

*brother's house, because they had 2 children, and the youngest was a preemie, and had been in the hospital for 2 months and just got home. That way they had water to heat the baby's formula. My brother drowned in the flood.*

*Many days of heavy rain. A devastating flood. Bailing our our cellar. Where did the streets go? Ely Road was just boulders. Bridge Street was closed... no stores, no school. That was the Flood of 1955.*

## VAN TRIPS

Did you know that we have a van that can bring you to:

- Lunch at the Senior Center
- Classes and Programs at the Senior Center
- Medical Appointments
- Hair Dressers
- Bank/Post Office/Library/Town Offices
- Wal-Mart
- Voting on Election Day

Call the Center at 267-4121 to schedule your ride. Medical appointments and rides to the Center do take priority.

**OUR VAN TRANSPORTATION IS PROVIDED BY GREATER SPRINGFIELD SENIOR SERVICES, INC., THE TOWN OF MONSON AND DONATIONS**

## TRANSPORTATION DONATIONS

The following lists suggested donations for various round trips provided by the Monson COA vans.

- Trips in Monson – \$2.00
- To Palmer -- \$3.00
- To Wal-Mart -- \$5.00
- Long Distance Trips -- \$5.00+
- Volunteer Drivers -- \$10.00+ for trips to Springfield, Belchertown or Ware areas and \$15.00+ for Worcester or farther. Plus any tolls or paid parking.

## LONG DISTANCE VAN TRIPS

**Effective June 7, 2010**, if you wish to use the van for transportation to appointments out of our immediate area, (Sturbridge, Springfield, etc.) **please make your appointments for Monday or Wednesday.** This change is due to driver and scheduling changes. Thank you.

**YOU COUNT!!  
DON'T FORGET TO SIGN THE  
REGISTRATION BOOK**

**IN SYMPATHY**

The staff and volunteers of the Monson Council on Aging/Senior Center offer our deepest sympathy to the families who have lost the following loved one.

- |                  |                     |
|------------------|---------------------|
| Albert Corby     | James Egger         |
| Cecile Gates     | John J. Hanic       |
| Bess Harington   | Edward Kozikowski   |
| Jack Laffan      | Kenneth Lagimoniere |
| Germaine Milloux | Eva T. Roccisano    |

The Monson Council on Aging has medical equipment (walkers, canes, wheelchairs, etc.) that is available for loan to any senior in Monson. Just call the Center to make arrangements. A small donation is requested. Also, if you have medical equipment that is on loan from the Center and is no longer being used, PLEASE return it so that it may be made available to someone in need.

**PHONE NUMBER CORRECTION**  
Linda Pyzocha is listed on the June insert Respite Care List. Her correct number is 413-596-8217.

Because of PRIVACY LAWS, we don't always know who is in the hospital or rehab. Please let us know and we will be glad to visit, send cards or help in any way we can.

**WISH LIST**

**All donations are appreciated.**

- |                                       |                            |
|---------------------------------------|----------------------------|
| Sympathy Cards                        | Thank You Cards            |
| Toilet Paper                          | Scott Tissue               |
| Laundry Soap                          | Multi Purpose Copier Paper |
| Loose leaf Paper                      | Staples Gift Cards         |
| Wal-Mart Gift Card                    | Post – it Notes            |
| Staples                               | Scotch Tape                |
| Paper Clips                           | Postage Stamps             |
| Rite Aide Women's Select Small/Medium |                            |

**NEWSLETTER NEWS**

The COA's Newsletter is again available monthly. You may pick up the newsletter at the following locations:

- Colonial Village Laundry Room
- Monson Library
- Monson Medical Center
- Monson Savings Bank
- Monson Senior Center
- Monson Town Administration Building
- Woodbine Country Store

Or view it on-line at: [http://www.monson-ma.gov/Public\\_Documents/MonsonMA\\_COA/NEWSLETTER](http://www.monson-ma.gov/Public_Documents/MonsonMA_COA/NEWSLETTER)

If you prefer you may subscribe to have a year's subscription of *News & Views* mailed to your home, just send your check for **\$4.00** to:

**Monson Council on Aging**  
106 Main Street  
Monson, MA 01057

Keep Informed! Subscribe today!

**THANK YOU FOR VOLUNTEERING**

*"Seek to do good for others, and you will find fulfillment. Forget yourself and you will discover what you are seeking."*  
-McQuiston

Thank you Volunteers for giving your time and energy to support the Center, its programs, and Monson's seniors. Without your caring support, the Center would not be able to offer the many services and programs to our seniors who come to the Center as well as to those who must remain at home.

MARCH: 68 Volunteers provided 560.25 Hours of Service, Saving Monson Taxpayers \$5,015.50.

APRIL: 57 Volunteers provided 571.75 Hours of Service, Saving Monson Taxpayers \$5,245.01.

**DID YOU KNOW?**

**MONEY IS NOW AVAILABLE THROUGH THE MONSON COUNCIL ON AGING COMMUNITY PRESERVATION GRANT FOR HOME MODIFICATIONS AND/OR EQUIPMENT TO MAKE A HOME HANDICAPPED ACCESSIBLE AND KEEP PEOPLE SAFE.**

1. You must be a Monson resident 60 plus years of age.
2. You must own your own home, or have a Life Estate.
3. You must meet the following Household Income Guidelines:

Number of People in Household	Annual Income Range
1	\$29,126 up to \$38,835
2	\$38,087 up to \$50,782
3	\$47,049 up to \$63,478
4	\$56,011 up to \$74,682

**PLEASE CALL THE SENIOR CENTER AT 413-267-4121 TO REQUEST AN APPLICATION AND GET MORE INFORMATION**

**July Events and Activities**

- July 2<sup>nd</sup> Ice Cream Social, 12:00pm
- July 6<sup>th</sup> Footcare, 9am
- July 8<sup>th</sup> Lunch Bunch,
- July 9<sup>th</sup> Red Cross Blood Mobile, 1– 6pm
- July 12<sup>th</sup> Wal-Mart, 9:30am
- July 12<sup>th</sup> Salvation Army, 12:30-2:30pm
- July 13<sup>th</sup> Birthday Celebration, 12:00pm
- July 14<sup>th</sup> Glucose/Blood Pressure Clinic, 9am
- July 15<sup>th</sup> Christmas in July
- July 19<sup>th</sup> Ocean State Job Lot/Big Y
- July 20<sup>th</sup> Brown Bag Pick Up, 1:30-2:30pm
- July 28<sup>rd</sup> COA Board Meeting, 7pm

**THE MONSON TRAVEL CLUB  
UPCOMING TRIPS**

The Monson Travel Club is pleased to sponsor the following trips for the year 2010.

**CANADIAN ROCKIES AND GLACIER**

**NATIONAL PARK, July 16-24, 2010** Cost is \$2,749 per person double occupancy including air.

**CUSTY’S & FOXWOODS, Friday, August 20, 2010** – Price is \$85 per person.

**BOSTON RED SOX VS BALTIMORE**

**ORIOLES, Wednesday, Thursday & Friday, September 1 - 3, 2010** - \$399.50 per person double occupancy.

**On-Going Activities**

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>Strength Training</b> 9 a.m. <b>Pilates</b> NO SUMMER MEETINGS <b>Chair Exercise</b> 10:30 a.m. <b>Art Class</b> NO SUMMER CLASSER	<b>Knitting &amp; Crocheting</b> 10 a.m. <b>Cribbage</b> 1:30 p.m <b>Adams IGA</b>	<b>Chair Exercise</b> 10:30 a.m.	<b>Strength Training</b> 9 a.m. <b>Ceramics</b> 9:30 a.m. <b>Pilates</b> NO SUMMER MEETINGS <b>Pitch</b> 1 p.m.	<b>Chair Exercise</b> 10:30 a.m.

**Monson Dates to Remember**

- July 4** Ice Cream Social 1:00 – 3:30 pm Keep Homestead Museum
- July 5** Summerfest
  - Girl Scout Pancake Breakfast 6:30 – 9:00 am
  - Parade 10:00 am
- July 18** Monson Bellmen Antique Fire Apparatus Club/Museum
  - Open House Noon – 4:00 pm
- July 20** Monson Rotary Concert Memorial Hall
- July 24** Motorcycle Rodeo Food Drive

**A MEMORIAL / HONOR TO THE  
MONSON COUNCIL ON AGING /SENIOR CENTER GIFT ACCOUNT**

I have enclosed \_\_\_\_\_

In Memory / Honor of \_\_\_\_\_

My Name \_\_\_\_\_

My Address \_\_\_\_\_

Please Acknowledge Gift to \_\_\_\_\_

Acknowledgement Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

# JULY 2010

## Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>8 OZ. CONTAINER 1% MILK SERVED W/MEAL</b>		<b>1</b>	<b>2</b>
			Hamburgers Oven Fried Potatoes Beets Roll Peaches	Grilled Cheese w/Tomato Soup Carrot Salad Ice Cream Social
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Closed</b>  <b>July 4<sup>th</sup> Holiday!</b>	French Bread Hamberg Pizza Broccoli Apple Sauce Pudding Parfait	Meatloaf Mashed Potatoes Green & Waxed Beans WWB Brownie	Juice Fish Rice Carrots WWB Fresh Fruit	Chicken Sweet Potato Peas Rye Pears
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Chicken Patty on Roll Wax Beans Green Beans Peaches	<b>BIRTHDAY PARTY</b> Hot Dog's & Beans Carrots Roll <b>Birthday Cake</b>	Sweet Honey Pork Patty Mashed Potatoes Broccoli Roll Jello/Fruit	<b>Xmas In July</b> (Beef) Carbonnade a La Flamande Garlic Mashed Potatoes Bean Medley Strawberry Delight	Cheese Lasagna Spinach Succotash WWB Fresh Fruit
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Juice Salmon w/White Sauce Mashed potatoes Carrots Apricots	Roast Beef Sandwich Soup 4-bean salad WWB Fresh Fruit	Chicken Rice Italian Vegetables Roll Pie	Spaghetti & Meatballs Green Beans WWRoll Pudding	Finnish Pancake Sausage Oven Fried Potato WWB Apple Sauce
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Ham Au Gratin Potatoes Carrots WWB Pudding	Veal Parm. Spaghetti Green Beans Rye Plums	Beef Tips mashed potatoes Beets WWB Cake	Chicken Sweet Potato Corn WWB Fresh Fruit	Tuna Salad Sandwich Soup Carrot Salad WWB Jello/Fruit

**MONSON COUNCIL ON AGING**

106 Main Street  
Monson, Massachusetts 01057

RETURN SERVICE REQUESTED

**COA BOARD MEMBERS**

Mary Ann Brazas, President  
Michael Benfield, Vice President  
Pamela Quirk, Secretary  
Mary Beth Dowd  
Andrew Dimauro  
Diane Farquhar  
James Hobbs  
Christina Moriarty  
Albert Wilcox

**COA ASSOCIATE BOARD MEMBERS**

Peter Klassanos  
Mary Anne Powers  
Suzanne Ruegsegger

**LIAISON – HOME FOR THE AGED**

David Royce

**SENIOR CENTER HOURS –  
MONDAY – FRIDAY – 8 AM TO 3 PM  
CLOSED HOLIDAYS**

<b>Lori Stacy</b> Director	M-F 8 - 3 pm	<b>Robert Grammo, Jr.</b> Town/Grant Funded Van Driver	M – F 7:30 – 3 pm
<b>Annie Wuelfing</b> Town/Grant Funded Outreach Coordinator	W & TH 8 – 2 pm M & F 9 – 3 pm	<b>Jacinthe Marie Bilodeau</b> Interior Maintenance	M - F Various
<b>Elizabeth Faichney</b> Health & Human Services Coordinator Town Funded	T & W 9 – 3 pm Th 8 – 2 pm F 8 – 1 pm	<b>Robert Presho</b> Part-time Van Driver Grant Funded	M – F Various
<b>Mona St. John</b> Town Funded Administrative Assistant	M & Th 8 – 2pm	<b>Home Meal Drivers</b> Grant Funded Robert Presho Jacinthe Bilodeau	T, TH &F 9 - 1 pm M & W 9 - 1 pm
<b>Danielle Boots</b> Grant Funded Head Cook	M-F 6 – 1pm	<b>Rose Therrien</b> Grant Funded Kitchen Aide	M – F 10 – 1pm
<b>Marilyn Knudsen</b> Grant Funded Clerk	M-F 10 - 3pm		