



The Granby Council on Aging

10 West State Street, Granby, MA 01033

Granby's Adult Community Center

Granby Senior Center :

Hours: Monday - Friday
9:00 a.m. to 3:00 p.m.
Telephone: 413-467-3239
Fax: 413-467-7209

Website: www.granby-ma.gov
Facebook: Granby Senior Center

Senior Center Staff:

Jessica Langlois

Senior Services Director
coadirector@granby-ma.gov

Kimberly Myers

Activities Coordinator
Nutrition Site Coordinator
kmyers@granby-ma.gov

Deborah Legrand-Wellman

Outreach Worker
Wed & Thurs 9:00-2:00
outreach@granby-ma.gov

Robin Oey

Receptionist
coaclerk@granby-ma.gov

Ralph Blanchard

Rich Gaj
Gerry Gennari
Drivers

Council on Aging Executive Board:

Donna Kmelius-*Chair*
Beth Isabell-*Co Vice-Chair*
Robert Camus-*Co Vice-Chair*
Lillian Camus-*Secretary*
Cynthia Custeau
Bill Kmelius
Bill Parent
Joyce Polverini
Gail Roy
Lynn Trompke
Carol Zebrowski

Mission Statement
The Granby Council on
Aging is committed to
enhancing the lives of senior
citizens, age 60 and older,
through services, programs and
activities that educate, assist and
advocate on behalf of the
elderly.



We would like to welcome Deborah Legrand-Wellman to the Senior Center. She began working as the new Outreach Worker on September 7th. She is very welcoming and will make a great addition to the COA. Stop down on **Thursday, October 13th from 11am-12pm** to meet Deb and introduce yourself. Refreshments will be served. We would like to thank Mary Russell for her many years of dedicated service to the our Center. We wish her the best!



GOT DRUGS?

Do you or your relatives have a cabinet full of old medication?
Help get rid of them safely.

Medication Drop Box Location:

Granby Safety Complex-259A East State St.

(A full list of drop locations are located at the Senior Center.)

Accepted: Prescription and non-prescription drugs, vitamins and veterinary medicines.

NOT Accepted: Liquids, syringes, IV equipment or chemotherapy drugs.



Cider and Donuts with Senator Eric P. Lesser

Thursday, October 6th
11am



Join Senator Eric Lesser and his District Director, Mary Lee Walsh here at the Senior Center. He'll be bringing donuts and cider for all to enjoy.



Medicare Open Enrollment

The Medicare Open Enrollment will be from **October 15, 2016 to December 7, 2016**. This is the time when you can make medical plan or drug plan changes that will start on January 1, 2017. It is a good time to review your coverage and make sure your health plans work for you. Our SHINE volunteer, Fred Thomas is available on **Tuesdays & Fridays from 9am to 12pm**. Please call ahead to schedule an appointment and we will see that your questions and concerns are addressed.

O
C
T
O
B
E
R



2
0
1
6

Fuel Assistance

Now is the time to start organizing your paperwork for fuel assistance. If you applied and received fuel assistance last year, you should be getting your renewal application in the mail. If you have questions please call Deb Legrand-Wellman in the outreach program at 467-3239.

If you are a first time applicant, applications should be available at the COA starting October 1st. Please call the Center to make an appointment to come in, receive a list of the needed documents and fill out the application.

Eligibility is based on the number of people in your household and the combined gross (before taxes) income of all persons residing in the household.



Cholesterol Screenings

Presented by: Porchlight VNA

**Tuesday, November 1st
9am-11am**

The cost is \$5 and appointments can be made by calling 467-3239.



Fallon Health Insurance Informational
Friday, October 7th
10am

Founded in 1977, Fallon Health provides health care services designed to meet the unique and changing needs of all we serve. Fallon is the only health plan in Massachusetts that is both an insurer and provider of care.

Join Brian Guagnini here at the Center as he answers your questions and talks about what Fallon has to offer.



The Senior Center presents:

Travel Log

The Dennette Family has traveled all over the world. Each month they bring one of those trips to us in a slide show form. Hearing the history of the land and personal stories from their trips, you'll think you traveled with them!

Thursday, October 20th @12:45pm

Traveling to: Barging in France



PLEASE HELP! Our Thanksgiving Basket donations are WAY DOWN. Currently we have enough food to only fill 16 baskets and we have over 50 seniors and families on our list. Anything you can donate will be a huge help! This program helps so many in our community, we must keep it going.

2016 Thanksgiving Baskets Donations

- Gravy
- Corn
- Cake Mixes
- Stuffing
- Cranberry Sauce

We'll start taking donations of Turkeys & Potatoes in November!

HALLOWEEN COSTUME PARTY!

WEDNESDAY, OCTOBER 26TH

12PM

JOIN US (IN COSTUME) FOR OUR ANNUAL HALLOWEEN PARTY!

DESSERTS, REFRESHMENTS AND GAMES AFTER LUNCH.



Friday, October 28th

9am-11am

Informational session with HNE.

From the desk of: Deb Legrand-Wellman

Happy Autumn to All, I hope that everyone is enjoying warm Fall days and cool Fall nights.

Let me introduce myself. I have just taken on the position of the Outreach Worker, and I know that I am going to enjoy my job here.

I have lived in this area all of my life—a dyed in the wool Western Mass Resident. I have been married for 15 years—my husband, John is an avid woodworker, and a dedicated American Legion member. We both love reading, cooking, music and we also raise and show our lovely Oriental Cats. I am also learning how to design and make beaded jewelry. I am a licensed certified social worker—I attended Elms College and then did my graduate work through Antioch University. I have worked as a social worker for over 40 years now (I swear that before that I was an infant)

I will be available at the Center on Wednesdays and Thursdays from 9 am until 2 pm. I am also able to make home visits as needed.

I will be able to assist people with applications for services and programs, help with referrals to community agencies, and to address general concerns.

As a reminder—the Open Enrollment period for Medicare is from Oct 15 through Dec 7. This is the period of time that you can change or modify your insurance program. You will be seeing a lot of advertising on TV and other media as well. The Center also has a SHINE volunteer available to answer your questions.

At the end of the month we will be enjoying another Halloween. My husband and I enjoy the kids Trick Or Treating.

This year, John will be ready. Earlier this year—he was involved in a costume contest—and made a terrific Pirate with his very own Parrot. (one of our kitties who did not mind wearing a costume) John - or rather, Bloody John, will be answering our door in costume.

AARRGGHH.

Granby Senior Center Food Pantry

Days:

Monday-Friday

Time:

9:00 a.m.- 3:00 p.m.

Applications can be obtained by calling 467-3239

DONATIONS

Food Pantry: Kazuko Lebel, Anita Laramée, The Marcy Family, The Presbyterian Church

Fuel Fund: In memory of Armand Couture from the Buss Family In memory of Martin Merrill from Elinor White

General Gift: In memory of Dorothy Lovern, In memory of Ron Orzechowski

Thanksgiving Baskets: Henry & Yvette Choquette



Many thanks to all those who made donations anonymously during the month of September!

Just a reminder that the Center has a fridge and freezer that can be used for food pantry donations. Butter, eggs, hamburger and chicken are always appreciated.

This newsletter is partially funded by grants received from the Executive Office of Elder Affairs! We thank them for their continued support!!



Medical Equipment Loans

The Senior Center is now able to loan out medical equipment. Interested parties will need to sign a release form before borrowing any equipment.

Donations to the Granby Senior Center

Your donation to the Senior Center will help to enhance elder services in our community. Your support is greatly appreciated!

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (indicate name, address & relationship)

Donation amount _____

Please use donation for the following programs:

- Food Pantry
- Newsletter Fund
- Fuel Assistance
- Thanksgiving Baskets

___ Check here if you would prefer to remain anonymous.

If no area is specified, the funds will be designated to general need.

Please make check payable to:
Town of Granby/COA
10 West State Street, Granby MA, 01033