By Richard Szlosek

W ell folks, the 2020’s are upon us. Let’s all hope that they become known as the “Terrific Twenties” and not the “Terrible Twenties”. It would not surprise me if future historians called them the “#twitter twenties” but who can predict? What is certain is that once again it is time for me to make my New Year’s resolution.

For the sixty fifth consecutive year, I hereby resolve to try to become suave and sophisticated during the next twelve months. The fact is that I have always been a bit of a klutz. For instance, the last time I was at the airport, I saw scores of people, including little kids, effortlessly wheeling their suitcases around the terminal. Mine constantly wobbled and threatened to tip over. Whenever I get to the x-ray machine and have to remove my jacket, the zipper invariably gets stuck and I have to pull it off over my head. Even when I get TSA pre-check, I seem to do something wrong such as leaving my Kindle inside my carry-on which always leads to a stern little lecture from one of the security people.

I have been making the same unsuccessful resolution since I was in high school. Back then people who knew me would probably have described me as “out to lunch” – someone who is not quite with it. I was naturally introverted and never developed any social skills. On the rare occasions I did go out, you could always tell where I had been sitting because there would be gravy stains on the tablecloth and bread crumbs under my seat. I was also good at accidentally knocking over my water glass and overfilling my coffee cup. Exacerbating that sad picture, I possessed no abilities to compensate for my shortcomings. People would ask me to stop singing out loud and just mouth the words. And don’t even ask about dancing. My legs always felt like cement posts on the dance floor and my GPS has yet to locate my sense of rhythm.

See RESOLUTION page 8

New Opportunities in a New Year

By Marie Westburg

I hope everyone had a wonderful holiday season. I thoroughly enjoyed our holiday luncheon last month, and it was a special honor to spend time over a meal with the Senior Center members who were able to attend.

I would like to sincerely thank everyone who has taken the time over the past few months to give feedback about the programs and services we provide at the Senior Center. This kind of input is invaluable as we strive to maintain a high-quality, relevant, and appropriate assortment of offerings.

I deeply care about the experience of all seniors at the center, and I am committed to the continuous improvement of the culture and environment here. In this month’s article, it is my goal to provide updates about some key efforts underway here on Conz Street.

Fitness Program

January is often the time when we set new intentions. It is common for many of us to make a pledge to get in shape, take

See RESOLUTION page 8

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EDITOR'S NOTE: Submissions for monthly listing of events and information for seniors can be emailed to: seniorservices@northamptonma.gov

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Disclaimer: Any opinions, or information about businesses, candidates or services do not constitute an endorsement or recommendation by the Conz Street Chronicle, the City of Northampton, Northampton Senior Services or any of its employees.

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How can I receive the Chronicle?

Mailings: The Chronicle is produced in tabloid style monthly and mailed to all households in Northampton, Florence and Leeds with residents over the age of 60 at no charge.

Subscriptions: For non-residents or for individuals aged 55-59 years, there is an annual subscription rate of $36. Please make checks payable to Northampton Senior Services with “Chronicle” on the memo line, and either mail, or drop off at the senior center located at 67 Conz St., Northampton, MA 01060.

Email: There is no charge for anyone to receive the online version.

A link to each month’s online Chronicle is sent to all for whom we have an email address. If you wish to be added to this list, please send your name(s) and email address to seniorservices@northamptonma.gov with “Chronicle” in the subject line. You will also receive weekly updates which highlight the next weeks offerings as well as community news and happenings. Rest assured, we will never share your email address.

Chronicle Team Volunteers

Editing Committee: Nancy Yesu, Marie Westburg

Writers: Deborah Packard, Judy Hennessy, Rich Szlosek

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Pre-Press Design Partner: Daily Hampshire Gazette

Mission statement

Northampton Senior Services is dedicated to enhancing the quality of life for the city’s elders aged 60 and over, with some programs and activities available to those 55-59 years of age. Every elder is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence. To meet this goal, Northampton Senior Services identifies needs and provides a range of programs, activities and services to address those needs. Northampton Senior Services serves as a community focal point around issues of aging and a liaison to local, state and federal resources for elders and their families.
Lindsay Fogg-Willits

Lindsay is an instructor at the Hill Institute and owner of Art Always in Florence, an art school and drop-in art space for creatives of all ages.

What is your artistic medium?
I’m most interested in combining media in my work: graphite, watercolor, charcoal, pastel and acrylic paint, too.

What is your background?
I have a degree in art from Skidmore College and have spent the last 18 years making art, teaching art to adults and children, running a business and starting a family.

How long have you been doing this type of art?
This series was a deviation from my past work. At the time these pieces were made (2014), I was mommy-ing a 2 year old, pregnant with my son, exhausted, and any free time I had was happily spent doing absolutely nothing. But I felt like an imposter. How could I call myself an artist if I never made art? So, I set out to challenge myself: Each day for a year I would do something creative on a 4” x 4” page. I might have only 15 minutes (or maybe less) but I wouldn’t use the lack of time as an excuse. I would (hopefully) find joy in the process of a creative outlet rather than in the product I would create. I would paint, draw, or write anything I pleased and wouldn’t feel bound by what my art had always been, what people expected it to be or what I planned to do with it.

What inspires you and how did you get started?
The experiences of my life have always inspired me most and I am interested in how these personal narratives are linked with patterns and cycles in nature. I’m intrigued by symbolism as a method of storytelling, and am drawn to complex surfaces and texture. It was a rare skin infection in college that catapulted me into this autobiographical approach to art-making.

Is any of your art for sale?
Absolutely.

Conz Street Chronicle - January 2020 - 3
**OTHER CLASSES**

**Dynamic DVD Fitness**
8:20 a.m.
Self-led (no instructor) exercise to various DVDs
Offered on M, W, F
No charge
No class on Jan 1, Jan 20

**MONDAY**
Free Tai Chi with Denise (beyond beginner level)
1:30-2:30 p.m.
(Free RESIDENTS, $5 NON-RESIDENTS)
No class Jan 20

Free Tai Chi with Denise (beginner level)
2:45-3:45 p.m.
(Free RESIDENTS, $5 NON-RESIDENTS)
No class Jan 20

**TUESDAY**
Healthy Bones & Balance with Carrie
1:00-2:00 p.m.
Run by the RSVP program
No charge for this class
The RSVP Healthy Bones & Balance Program is designed to increase participants' strength, mobility, flexibility and balance. ... Healthy Bones & Balance classes are a free, fun way to exercise and socialize.

**TUESDAY/THURSDAY**
Stretch & Tone
10:00-10:45 a.m.
A routine of exercises designed to strengthen all the muscle groups, improving posture, strength and balance as we age. Class includes exercise on floor mats.

**WEDNESDAY**
Zumba Gold with Johnna
1:00-2:00 p.m.
(3 classes) No class Jan 1, no class Jan 29 due to vacation
(Looking ahead Johnna will also be away on Feb 5 and Feb 12)
Modified, low impact version of the Zumba fitness program. Combining Latin and international music with fun dance moves. No dance experience necessary.
$18 residents 60+
$21 non-resident/55-59
No Drop-ins

**THURSDAY**
Tap Classes with Carol Watelet-
12:00 noon  Mixed level tap
1:00 p.m. Advanced level tap
2:00 p.m. Intermediate tap
(4 classes):
$12 Residents 60+
$20 non-residents/55-59
No Drop-Ins, Must register for the month

Tai Chi with Suzanne
3:00-4:15 p.m.
(5 classes)
Class includes learning the postures of the Cheng form as well as some easy exercises to enhance alignment and balance.

**FRIDAY**
Gentle chair yoga with Donna
1:00-2:00 p.m.
(5 classes)
Gentle stretching, breathing techniques and relaxation all performed while seated (option to use floor mat)
$8 Drop-in

Yoga with Michelle
2:45-3:45 p.m.
This basic yoga class focuses on poses, working to develop muscles, flexibility and increasing breath capacity. Instruction style honours the needs of the attendees, working towards strength, evenness, and balance. She leads these alignment based yoga classes informed by her 18 year yoga career and 24 years of Feldenkrais experience.
* Michelle’s Pricing is
4 classes: $30 Resident 60+,
$35 Non-resident/55-59
8 classes: $60 Resident 60+,
$70 Non-resident/55-59
$8 drop-in

**Gym membership**

Y membership is $10 a month for Northampton residents.

Classes with a symbol are taught by the HRYMCA.
FITNESS CLASS CARD

How does the new Fitness Class Card system work?

Once you purchase a $15 class card you can use this card for any five classes offered by the Hampshire Regional YMCA here at the Northampton Senior Center. For instance, you can take one of each class offered here. Pick up a fitness calendar at the reception desk.

What if the class is full?

If the program becomes very popular this may happen. We know this might be frustrating but there will likely be another class soon after the one you wanted, so please take the next class. As we see classes filling up we will work on adding more classes.

What do I do when my card is used up?

When you use up your card just purchase another card at the front desk. We will keep old cards in order to record attendance.

Why do I need to leave my card at reception once I purchase it?

In order to avoid loss of cards, each time you purchase a card it will be placed into a box that will be kept at the reception desk. Only instructors will be able to remove this box to bring it to the class they are teaching. If you attend their class they will mark your card with the class code and date.

How will I know when I have used up my card?

The instructor will alert you when you have used up the last credit on your class card.

How long is my card good for? Does it expire?

The cards class credits are only valid for fitness classes during this 3 month pilot. Cards will expire on March 31st, 2020 however you will be credited any remaining funds.

When will we know if this new system will become permanent?

We will determine how the program will continue based on data from this 3 month pilot and announce any changes, likely before March 31st. Our hope is that there is enough interest to make this system fiscally sustainable.

Why can’t I use the card for all Fitness Classes offered at the Center?

At this time Class Cards are only good for classes advertised as HRYMCA classes. These are marked with the Y logo on our fitness calendar - see below.

Can I use the Wellness Grant to purchase a class card?

Yes, if you qualify for a Wellness Grant you can apply it towards the purchase of a $15 class card.

January 2020 Fitness Calendar

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:20 Dynamic DVD Fitness</td>
<td>8:45 Strength, Stretch &amp; Balance</td>
<td>8:20 Dynamic DVD Fitness</td>
<td>8:45 Strength, Stretch &amp; Balance</td>
<td>8:20 Dynamic DVD Fitness</td>
</tr>
<tr>
<td>9:15 Low Impact</td>
<td>10:00 Stretch &amp; Tone</td>
<td>9:15 Low Impact</td>
<td>10:00 Stretch &amp; Tone</td>
<td>9:15 Low Impact</td>
</tr>
<tr>
<td>10:30 Strength, Stretch &amp; Balance</td>
<td>11:00 Stretch &amp; Tone</td>
<td>10:30 Strength, Stretch &amp; Balance</td>
<td>11:00 Fit for Life</td>
<td>10:30 Strength, Stretch &amp; Balance</td>
</tr>
<tr>
<td>1:00 Free Tai Chi Beyond Beginner Level with Denise</td>
<td>1:00 Healthy Bones &amp; Balance</td>
<td>1:00 Zumba Gold with Johnna</td>
<td>Noon Mixed Level Tap</td>
<td>1:00 Advanced Beginner Tap</td>
</tr>
<tr>
<td>2:45 Free Tai Chi Beginner Level with Denise</td>
<td>5:30 ZUMBA Gold</td>
<td>2:45 Feldenkrais</td>
<td>2:00 Intermediate Tap</td>
<td>2:45 Yoga</td>
</tr>
</tbody>
</table>

Non-Y classes are priced monthly. Classes are priced monthly according to how many days they will occur during the month, therefore, pricing may change from month to month based on building closings/holidays.

http://northamptonma.gov/1769/Senior-Center for class descriptions

All classes require preregistration at reception desk.

Call for more information: 413-587-1228

Please see class descriptions on pg 4 for details about classes that require registration, allow drop-ins and for pricing.

www.facebook.com Search for Northampton-Senior-Services

The new year of films begins on January 2, with “Yesterday”. The Beatles have been forgotten, and Lennon is still alive. You may recognize director Danny Boyle’s work from his two highly successful films, “Trainspotting” (1996) and “Slumdog Millionaire” (2008).

This one tells the story of the struggling English musician Jack Malik, played by Himesh Patel. Jack discovers he’s the only person alive who remembers the Beatles’ song, “Yesterday.” With great success, he starts playing it and then lots of Beatles songs. Lily James plays Jack’s childhood friend and soon-to-be girlfriend, Ellie. Kate Middleton plays Jack’s aggressive manager Debra.

Thanks to his success, Jack travels to Moscow as the opening act for real-life pop star Ed Sheeran. Debra signs him to a record label, and Ellie decides she can’t remain with Jack because of his new lifestyle. A heartbroken Jack heads back from Los Angeles to England and goes to meet John Lennon. Lennon counsels him to tell the truth and pursue his love for Ellie.

“Yesterday” is a pleasant excursion into a world where a young musician finds his way to success. Too bad the movie doesn’t say what’s happened to the other Beatles.

“Ghost” is one of the most successful films of the fantasy genre and will be next to view on January 9. Directed by Jerry Zucker, it stars Patrick Swayze, Demi Moore, Whoopi Goldberg and Tony Goldwyn, grandson of Hollywood mogul Sam Goldwyn. Goldberg won an Oscar for Best Supporting Actress, and the film earned their toddler granddaughter C.J.

After C.J.’s mother Gloria (Betty Gilpin) absconds with her daughter, Bailey’s owners ask Bailey to find her, going through four reincarnations in the process. Years later, as the canine reincarnations take place, C.J. grows up. The widowed Gloria, an alcoholic, is not a positive influence on her daughter. If you’re a dog lover and not bothered by the sentimentality of “A Dog’s Journey,” you may enjoy this syrupy tale.

The month’s final film, scheduled for January 30, is “Spectre,” a James Bond spy thriller. It’s the 24th iteration of the Bond films, and Daniel Craig plays the inimitable sleuth 007. This is the seventh time Craig has played Bond, and the film won an Oscar for Best Original Song. Director Sam Mendes is a prize-winner, too, winning an Oscar for the 1999 film “American Beauty. It’s his second Bond film, the first being 2012’s “Skyfall.”

Bond heads on an unauthorized mission to Mexico City, where he stops a terrorist bomb threat and kills its leader, Marco Sciarr. Next he heads to Rome for Sciarr’s funeral in another unauthorized excursion. Spectre is the name of an evil organization threatening to launch a global surveillance network and take over the world. Bond delves into his past to search for Spectre and destroy it.

As is the case in so many of these films, Bond travels to plenty of exotic locations, including Austria Tangier and the Sahara, as well as Rome and Mexico City. There are several beautiful women for 007 to cavort with. Bond seduces the widowed Lucia Sciarr (Monica Bellucci) and later hooks up with Dr. Madeleine Swann (Léa Seydoux).

Judy Dench steps in for a cameo as the deceased M, head of the Secret Intelligence Service and Bond’s former boss. It’s her eighth iteration of the character, and Ralph Fiennes has taken over after her to head the organization.

There’s plenty of twists and turns to keep you entertained, as well as the expected explosions, escapes and a helicopter shoot-down. Once things settle down, Bond departs in his usual distinctive fashion, getting ready, perhaps for next Bond thriller.
COOKING CLASSES

JANUARY COOKING CLASS:
Soup's On!
Just in time for the cold season we will be learning ways to prepare a couple of hearty soups and stews. Caldo Verde (Portuguese Kale soup), the national soup of Portugal, Mulligatawny Soup, a hearty chicken soup flavored with curry and apples, and a traditional beef stew will all be covered.

Wednesday, January 29th from 11:30 to 1:00
$30.00 per person

FEBRUARY COOKING CLASS:
Chocolate, Chocolate, Chocolate
What better class to be offering in the one month of the year where possibly the greatest amount of chocolate is sold in comparison to any other month, and just in time for Valentine's Day. In this class we will be making chocolate truffles, individual chocolate lava cakes, and chocolate mousse.

Thursday, February 13th from 2:30 to 4:00.
$30.00 per person.

Mary’s Bistro
January Lunch Menu

Northampton Senior Center Bistro Hours:
Tuesday and Thursday Noon - 1:00 p.m.

$3.00 meal residents/60+
$7.00 55-59yr olds (dine in and To-go)
$7.00 Non-seniors (To-go only)

Reservations 48 hours in advance call 413.587.1228
Email: seniorservices@northamptonma.gov, or fax to: 413-587-1233

We will make every effort to accommodate your dietary requirements. Please let us know when placing your order. Vegetarian option will always be the regular menu offering without meat, or something comparable.
Fresh fruit can be requested in place of dessert.

New! Now you can register for LUNCH on the city website senior services page.

ALLERGENS
S=SOY
E=EGG
D=DIARY
P=PEANUTS
T=FREE NUTS
W=WHEAT
G=GLUTEN
S=SHELLFISH
F=FISH

INGREDIENT KEY
DF=DAIRY FREE
GF = GLUTEN FREE

THURSDAY, JANUARY 2
New Year's Soup, Ham and Swiss Panini (G, D), Sugar Cookies (G, D, E)

THURSDAY, JANUARY 9
Vegetable Soup, Macaroni and Cheese (G, D), Hermits (D, G, E)

THURSDAY, JANUARY 16
Quiona Salad, Roasted Chicken and Cheddar Sand (G, D), Earl Grey Shortbread Cookies (D, G)

THURSDAY, JANUARY 23
Chicken and Rice Soup, Spanakoptia (G, D, E), Oatmeal Raisin Cookies (G, D, E)

THURSDAY, JANUARY 30
Caesar Salad (D, G, F, E), Spaghetti and Meatballs (G, D, E), Biscotti (G, D, E)

TUESDAY, JANUARY 7
Couscous Salad (G), Roasted Vegetable Wraps (G), Poached Pears

TUESDAY, JANUARY 21
Tossed Salad, Tuna Salad in a Croissant (F, G, S), Brownies (G, D, E)

TUESDAY, JANUARY 14
Minestrone Soup (G, D), Eggplant, Tomato & Spinach Pizza, Apple Crisp (G, D)

TUESDAY, JANUARY 28
Tomato Soup, Monte Cristo Sandwich (D, G, E), Snickerdoodles (D, G, E)

THURSDAY, JANUARY 30
Caesar Salad (D, G, F, E), Spaghetti and Meatballs (G, D, E), Biscotti (G, D, E)

TUESDAY, JANUARY 9
Vegetable Soup, Macaroni and Cheese (G, D), Hermits (D, G, E)

THURSDAY, JANUARY 16
Quiona Salad, Roasted Chicken and Cheddar Sand (G, D), Earl Grey Shortbread Cookies (D, G)

THURSDAY, JANUARY 23
Chicken and Rice Soup, Spanakoptia (G, D, E), Oatmeal Raisin Cookies (G, D, E)

THURSDAY, JANUARY 30
Caesar Salad (D, G, F, E), Spaghetti and Meatballs (G, D, E), Biscotti (G, D, E)

NEW! Now you can register for LUNCH on the city website senior services page.

Volunteers needed for weight training study!

What is this study? We are weight training older adults understand the effects of different exercise programs on skeletal muscle function.

Do you qualify? Healthy, non-smoker, not exercising heavily, 65 to 75 years old and willing to undergo tests for body composition and muscle function including a biopsy and electrical stimulation.

How much time is required? Approximately 4 months: 3 days/week, one-hour exercise sessions + 12 hours total of (non-consecutive) testing.

For your participation, you will receive: Guided, one-on-one exercise training; scientific data on your muscle strength and body composition, and $500 upon completion.

Please Contact: Brayden Woods 413-545-6084, umasschamp@gmail.com

Coming in February
Valentine's Concert & Lunch featuring the Young @ Heart Chorus
(stay tuned for details)
NORTHAMPTON NEIGHBORS

Neighborhood Circles
Ring in New Year

Northampton Neighbors offers many ways to be neighborly. Our nearly 100 volunteers provide rides, friendly visits, tech help and small household repairs to members who request them. More recently we’ve created Neighborhood Circles that offer opportunities for neighbors to know each other better.

“It’s an informal way to help each other with simple tasks and sudden emergencies, like when you’ve run out of milk or need a friendly visit.” Desmond noted. “If this can be achieved, neighbors will be there to support their oldest friends and neighbors to age with dignity, companionship and ‘fun’.”

Circles also are forming in Northampton Housing Authority buildings, and one is well-established in Michael’s House. Sara Lennox, chair of the NN Outreach Committee, observes, “Everybody needs help from a good neighbor.” Outreach is also beginning to connect with the Latinx community, and our Latinx Outreach Coordinator, Carlos Santiago Arroyo, says, “Todos están bienvenidos a participar en nuestras conversaciones!”

In Ward 4b’s Neighborhood Circle, members meet monthly in each others’ homes, sharing potluck dinners and news. Besides keeping in touch, the group has launched a new initiative -- 4bXpress -- or "in a pinch" neighbors who are just a phone call, e-mail or text away, and ready to jump in when there’s an emergency or a special need.

If you’re interested in forming a Circle in your neighborhood, or joining one, contact Northampton Neighbors at (413) 341-0160 or info@northamptonneighbors.org.

RESOLUTION continued from page 1

I used to go to the movies at the Calvin and watch those handsome male stars effortlessly light up two cigarettes; give one to the woman they were chatting up and all the while engage in clever repartee. They could fight the villain and never get a mark on their face or even have their hair mussed up. One of my boyhood favorites was Roy Rogers who I thought was cool. He could shoot the gun out of the bad guy’s hand without even hurting his arm. Roy and his gang, the Sons of the Pioneers, would round up the rustlers with guns and then harmonize a song. And, of course, he looked great sitting on Trigger, his Palamino horse. I took riding lessons way back then. The instructor assured me the horse I had been assigned was the gentlest in the school, but, nevertheless, I got thrown off every single session.

I naively assumed I would become sophisticated when I entered to college. I wasn’t the only one with that hope for one of my new classmates informed a group of us that he intended to be very suave by graduation. Unfortunately, he pronounced the word “swave”. For four years that pronunciation was a joke among us as we would mockingly compliment each other with comments like “that was a pretty swave move you made last Saturday night”. In those years, on our campus the most flattering comment you could make was that you had been “snowed”. If you enjoyed a lecture, your praise would be “I was really snowed by that talk”. The most socially adroit guys were “snowmen”. However, hearing a “snow job” meant you had just been subjected to a lot of baloney. During those four years I managed to become, at best, a snowflake and maybe just a flake.

Once, in a futile attempt to show the world how cool I really was, I bought a British sports car. It was the worst vehicle I ever owned and was always in the garage. When I put the top down on a sunny day, it never failed to start raining in ten minutes.

So here I am still attempting to be suave and this year it is going to be different. It’s 2020 which means I will see things clearly and everyone will see my new level of sophistication as I pass by. - - Oh well, who am I kidding? It’s not going to happen and I long ago learned to live with my inner klutziness. I was never meant to be Cary Grant or Sean Connery. But why did I have to be so much like Lou Costello? Happy New Year everybody!

Where’s your birth certificate?
Deed? Car title?
Safe-deposit box key?

Feeling overwhelmed at the thought of gathering and organizing your personal records?

You’re not alone!

Come to:

“Getting It Together,”
a talk and workshop by Cheri Cross, a communications professional and NN member, who will offer guidance and resources for how to tackle this important task. Cheri actually enjoys creating systems and organizing material, and she’s eager to help people get control of their personal records.

Wednesday, January 15th,
from 5:30-7:00 p.m. Free.
Northampton Senior Center,
67 Conz St., Northampton.
Co-sponsored by Northampton Neighbors and the Senior Center

Northampton Neighbors
All City Circle

Come to the Senior Center on January 23 from 9:30-10:30 for the first All City Circle in the Bistro.

Northampton Neighbors Circles are popping up all over town and it's a good way for folks to get together again, or for the first time with folks in their building or on their street.

The Senior Center is natural gathering place for many and is the perfect spot to meet up and connect with your Northampton Neighbors from all over the city. You may find an old friend and will likely make a new one. Join us, and help us form a City Circle that brings together the best of our neighborhoods.
EARN Is Near
By Bill Mastroianni,
EARN Leadership Team

Once, while talking with someone about EARN, I accidentally substituted the word NEAR for EARN. Since the N in EARN stands for network, it reminds me of how important networking is for those of us who are seeking appropriate work at any point in our lives.

Two of the most interesting and satisfying jobs I ever enjoyed came about as a result of networking. One was due to informal (someone I happened to work with knew someone who...) and the other to formal (he was my co-chair on the NEVEST New England Volunteer Employment Service Team who obtained a position before I was able to do so) networking.

The first instance took me to Boston University where I attained a professorship. I must have been destined to get that job because, after my first interview there for a position in the guidance office of the College of Liberal Arts I decided that I did not feel ready. A year later the position was still open and, by then, I felt quite ready. I interviewed again and was given the position.

The second experience took me to a computer company where I actually held two different positions, both of which were richly rewarding. One position took me to Saudi Arabia where I worked in computer facilities management in a military city that the Army Corps of Engineers was building in the desert. The other was as an editor of business magazines with multiple issues in the Boston and Washington DC areas.

Another instance of informal networking a few years ago led my wife, Joyce, and me to positions on the EARN leadership team. We had met a soon to retire Massachusetts representative at a function honoring our daughter in law. The representative agreed to talk with us about employment for seniors. She was able to direct us to the group meeting at the Northampton Senior Center which evolved into EARN.

I have taken this opportunity to reminisce but I hope the main point is very clear. Whether you place the N at the end of or at the beginning of EAR, networking is an essential part of anyone’s job search and it can lead to the most interesting and unexpected places and experiences. Networking is one of EARN’s principal functions and a primary part of our activities to help our age group to find appropriate employment.

Hopefully you have attended a previous Networking Group Event and found it useful. To register for upcoming events contact the Northampton Senior Center at 413 – 587 – 1228 or stop in at the Reception Desk or go online at: www.mcoaonline.com/50plus.

EARN’S MISSION
The Employment After Retirement Network (EARN) is a Northampton Senior Center Initiative that facilitates a win/ win outcome for seniors seeking additional income and employers who will benefit from hiring skilled, experienced employees. EARN also aims to eliminate discrimination against mature workers over 50.

50+ JOB SEEKERS A Northampton Senior Center Initiative
NETWORKING GROUP
EARN Networking Workshops at Northampton Senior Center
Facilitated by 50+ Job Seekers Networking Group

Schedule and Topics for 2020

To Register for these EARN Networking Events, contact the Northampton Senior Center at 413-587-1228 or stop in at the Reception Desk or online at: www.mcoaonline.com/50plus.

The 50+ Job Seekers Networking Group is being made possible by the Executive Office of Elder Affairs, the Massachusetts Council on Aging and organized by the EARN Leadership Team.
**Monday**
*Caregiver Support Group* - 10:00 - 11:30 a.m.
Requires intake prior to participation. Jewish Family Services. Call Cathy Chandler at 413-455-1936

*Irish Conversation and Craic*
11:00-12:00 - The group welcomes new members to discuss Irish culture.

**Tuesday**
*Cup of Conversation* - 9:30 - 11:30 a.m.
Join other seniors for coffee & conversation.

*Caregiver Support Group* - 10:00 - 11:45 a.m.
Requires intake prior to participation. Jewish Family Services. Call Cathy Chandler at 413-455-1936

**Wednesday**
*Low Vision Peer Support Group*
on hiatus for January and February, will meet again on March 4, 2020 at 10:00-11:30 a.m.

**Thursday**
*Wisdom Project*
Discuss, describe and define wisdom, identify wisdom sources and create community dialogue. Every Thursday 10-11:30

*Readers & Thinkers Book Club*
1:30-3:30 p.m. January 9 (Monthly, 2nd Thursday)
“Educated” by Erin Morganstern
*all are welcome to join us*

*Mystery Book Club*
“An Unkindness of Ravens” by Ruth Rendell
“A Most Peculiar Malaysian Murder” by Shamini Flint
We’ll meet on Thursday, January 16th, from 6:00 – 7:00 p.m.

**55+ Lesbian Discussion Group**
Thursdays 3:00-4:30 (Monthly First & Third Thursdays) January 2, 16

*Rainbow Luncheon Club Meeting*
Planning Group (Previously Steering committee)
The Northampton Rainbow Club Planning Group is seeking community members to lead the planning process for the monthly luncheons. This will entail working together to identify and schedule speakers, and events to meet program needs. Please join us on Thursday January 9, 2020 at 3:00-3:45PM. Bring your ideas and friends.

**Friday**
*Morning Tea, Every Friday*
10:30 - 11:45 a.m. Relax, share in good conversation & enjoy a hot cup of tea. Light refreshments served. (Free with scan card)

*Challenges of Aging with Grace*
10:30 a.m. - Noon - 2nd and 4th Fridays
January 10, 31. Bi-weekly support group focuses on aspects of aging such as health, finances, identity, wisdom, new interests & more. *by Jan 31 and then include that "this is a change from normal meeting date and is for January only*

*Senior Gay Men's Drop-In Group*
1:00 - 3:00 p.m. Weekly peer led support group for older gay men

*Better Breather Monthly Support Group*
meets every third Friday from 10:00am-11:00am
Please RSVP to Dawn Lucia 586-3150 Ext. 1364 application assistance By appointment only, call for days and times to schedule 413-587-1228

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**On-Site Services**

*Office of Representative Lindsay Sabadosa*
1st Hampshire
Office hours here at the center with legislative aide, Laura Britton:
Mon, 1/13, 3-4 pm
Mon, 2/10, 3-4 pm
Mon, 3/9, 3-4 pm

*Brown Bag - Sponsored by Western MA Food Bank Supplemental Food for Elders*
Monthly, 2nd Thursday 10:00 - 11:00 a.m.
To apply call the Food Bank 413-247-9738 or 1-800-247-9632 Or pick up an application at the Senior Center reception desk & mail to:
The Food Bank of Western Massachusetts, 97 North Hatfield Road, P.O. Box 160 Hatfield, MA 01038

*Nutritional Outreach/Deals & Steals*
Monthly 3rd Friday 10:30-11:30 a.m.

**SHINE**
(Serving Health Information Needs of Everyone)
By appointment only, call for days and times to schedule 413-587-1228

**Fuel Assistance**
appointments available on specific Fridays please call for an appointment.

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**Transportation**

**NEW PROGRAM!!**

**SHOPPING IN HADLEY**
Monthly every 2nd Wednesday

2 hours of shopping
- Mountain Farms Mall - 10:30 a.m. - 12:30 p.m.
- Hampshire Mall - 11:00 a.m. - 1:00 p.m.

Door to door van service 3 bag limit

Pick-ups: 9:00 - 10:00 a.m.
Drop offs: 1:30 p.m. - 2:30 p.m.
$5 round trip/$2.50 one-way

Call to schedule 1 week prior 587-1228

The Senior Center van offers rides to the following:

**Big Y and River Valley Market**
9:00 a.m.-1:00 p.m., every Tuesday, call 48 hours before to schedule, 584-7979

**Stop & Shop**
9:00 a.m.-1:00 p.m. every Thursday, call 48 hours before to schedule, 584-7979

**Rides** for errands & other needs Monday/Wed/Friday, 8:30 a.m. to 3:30 p.m. are available. Call 48 hours in advance to schedule, 584-7979

**Rides to medical appointments are provided by volunteers.**

Call one week in advance, Monday- Friday, 587-1301
2020 Trips & Tours

Monday, February 24
Day trip to the MGM Casino in Springfield. Cost per person $25 Includes transportation to the Casino, $20 slot play, and $20 lunch voucher. Payment is due by January 27th. Limited seats.

May 1-10

May 31 - June 13

Tuesday, June 16

TESTIMONIAL: “I’d like to commend everyone involved in planning this trip (to Vermont)--it was beautifully done down to the smallest details, including our guides’ candy corn earrings and scarves and the seasonal accents at our welcome coffee break. The timing was very good and I believe everyone enjoyed our late lunch at the Marina in Brattleboro. Even the weather and foliage obliged!

This is the first time I’ve taken a day trip with the senior center as they tend to be on Thursdays when I normally go to knitting group and tai chi class. However, I’m very glad I went, with an out-of-town friend who was also impressed. Your multi-day trips always look interesting but I haven’t yet signed up for one of those because they’ve so far included places I’ve already visited. But I’m hoping there will be some in the future to pastures new. All seem to be very good value for money.

Again, a big pat on the back to those who made the Vermont trip possible and please keep up the good work.
Sincerely, “H”
CREATIVE GROUPS & CLASSES

Dining Decor Class
Would you like to be part of a group that plans and creates tabletop décor for the Bistro? No specific artistic ability is needed, just a sense of creativity.
Program coordinator, Nancy Yesu, will lead a group of interested people. The idea is simple- we will meet on Tuesday, January 7th at 1:00 to prepare table top décor for the Bistro. We are hoping to meet monthly but plan to attend as your time allows. You don’t have to commit to coming each month. Please call the front desk to let us know you will be joining in. Questions can be directed to NYesu@northamptonma.gov

(*images above are just examples and not necessarily the actual projects we will work on.)

Bag Sew for Bagshare Project
Thursday, January 16th
1:00-2:30
Come join us as we sew bags for The Bagshare Project!
Registration preferred so we can properly plan our space. Call the office or just drop in—we’d still love to have you even if it’s last minute. Over 30,000 bags have been made from scrap fabric by Bagshare Project volunteers for over a decade! Be part of the movement to reuse and repurpose. The bags are donated to libraries, food pantries, farmers markets and other bagshare locations. Many are made from upholstery samples donated by Fly by Night Futon and the handles are often made using neck ties collected at The Senior Center. The sewing machines are refurbished by Bagshare volunteers and donated to The Senior Center. Have Fun, meet new people and create!

Drop in Art Buffet
Drop in on Monday, January 6, January 13, January 27.
The space will be open from 10-noon.
Do you feel the need to be creative but don’t have the materials at home to help you express yourself? Are you afraid of trying to do something artistic because you can’t draw a stick figure? Well here’s your chance. Check out our Drop in and CREATE Art Buffet. This weekly opportunity will allow you to try different mediums each week under the guidance of local artist Susan Gelotte. All materials will be provided and no art experience is needed. This program will be offered at no charge but donations will be accepted to offset the cost of materials each week.
Give it a try- come drop in and CREATE.

Let's Get Crafty
We will meet Friday, January 17th from 10:00-11:00
Would you be interested in a monthly class where the object is to work on a craft project that you can complete in one sitting? Do you want to feel creative but don’t want to take a specific traditional art class? Our “Get Crafty” class will feature a different project each month allowing you to bring out your creative talents. We will make a Valentine inspired craft this month.
Cost of class is $5 resident 60+ $8 non-resident 55-59 • Sign up at the front desk
We must have at least 4 people registered by 1/13 to run this class

PHOTOGRAPHY

Digital Photography Workshop
with Jim Spencer
Wednesdays from 10 am - 12 noon
*5 week session
Jan 8, Jan 15, Jan 22, Jan 29, Feb 5
Fee:$25 Northampton over 60
$30 Non residents/55-59

The goal of this participant-directed workshop is to improve your ability to take photos. To best capture an image, you need to understand the components of great photography. While it’s true that no amount of technical knowledge can match up to natural ability, the opposite also holds true—no amount of raw talent can teach you the fundamentals of what is becoming a unique art form. The primary objective of this workshop is to understand and control the entire process of taking a “wow” photo.
The workshop is basically divided into two broad components addressed together. We cover all the technical aspects, like camera equipment and support, as well as the camera's most important setting. Throughout the entire workshop, we will look at the artistic side of photography, focusing on light, composition, and creativity. Specialized technique sessions will include Portrait, lowlight, special occasion, landscape, action and other types of photography.
The workshop leader is Jim Spencer. Jim is a professional photographer with over forty years of experience. He has instructed hundreds of individuals, and many have advanced to successful careers as photographers. All fees for this workshop go to the Senior Center — Jim is a paid instructor.
**VISUAL ART CLASSES**

**PAINTING ON TILES WITH ALCOHOL INKS with artist Barbara Sullivan**

Wednesday, JANUARY 22nd from 10:30-12:30

Limit 12 participants, $8 senior residents/$10 non-residents/55-59

Have fun with Alcohol Ink Art! It is fun for both the experienced artist who would like to try something new and absolutely perfect for those who have never done art before. No previous experience is necessary. There are no mistakes. Alcohol Inks are highly fluid and transparent with the brilliance of stained glass. When used on a non-absorbent surface the inks interact with each other creating surprisingly vibrant images which will delight the participant. If you love color you will love this fun experience. You will leave with your own individual unique piece of art.

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**DANCE**

Do you want to beat the winter blues with a lively Latin dance? We have a teacher willing to lead Latin dance classes- now we just need YOU! We need a few more folks to express interest in this class. The cost will likely be around $8.00/class (1.5 hours) for Northampton residents (slightly more for non residents or 55-59 age) We have reserved room on Tuesdays from 2:30-4:00

Please call the office and tell us if you are interested by January 20th and if enough express interest we will begin this class in February.

---

**MUSIC**

**Community Drumming**

Classes will run January 14, January 21, January 28

Sign up at the front desk.

$22.50 for 3 classes or drop in fee of $9/class Drums provided or bring your own.

Drumming is fun; it’s also good for you because it gets you moving, keeps you mentally alert, and lets you communicate with others through music. You’ll learn to play interesting middle-eastern rhythms with local musician Joe Blumenthal.

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**Country Western Line Dance**

class is beginning in January!

We have 20 slots available (because of space limitations) so we encourage you to sign up quickly.

The class will be offered on January 13, January 27, February 3 and February 10.
(no class Jan 20- MLK holiday)

1:00-2:00pm

Each class will stand alone and will be taught by Bob Purinton. Bob has 40+ years of experience leading line dances. He will be leading the class and also using some YouTube videos to assist him in teaching the steps. This class DOES NOT require a partner and we encourage folks of all abilities to give it a try. Cost for the 4 week session will be $20 for Northampton residents +60 and $35 for 55-59/non residents

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**TIMELESS TUNES**

Wednesday, January 15th from 1:00-2:30.

“Timeless Tunes is a seniors (over 60) band dedicated to performing for local seniors in the Northampton area. We come together each Wednesday to either practice or perform. Our band members and size (both band and members) are constantly changing, however, at present our members include a pianist, accordionist, violinist(s), guitar players and several vocalist. All of our members are unpaid.”

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**INTRODUCTION TO DRAWING**

**with Jane Morrison**

Fridays from 3:30-4:30 (limited to 10 students)

Jan 17, Jan 24, Jan 31, Feb 7 • $20 for the 4 week class.

A beginner’s class that teaches the easy-to-follow steps of how to draw a picture you can be proud of! During the four week session, you will learn the building blocks of drawing: line, shape, and composition. The final product will be a completed still life. Come and discover the joy of making art!

**OR Introduction to Drawing 2: This class is for those who already have some experience drawing**

Fridays: 2:00-3:00 (limited to 10 students)

Jan 17, Jan 24, Jan 31, Feb 7 • $20 for the 4 week class.

We need a minimum of 5 people to run both of these classes. Jane Morrison is an artist and art teacher. She holds a MA Educator’s License in Art Education from Westfield State College, and a BA in the Visual Arts from Smith College. She lives in Northampton.
TECHNOLOGY

Computer help with Mateo
Fridays from 4-5pm
Please call the front desk to sign up
January 3rd-Making the switch to streaming
January 10th-Tablets and iPads
January 17th-Music - the best ways to get, save and share music
January 24th-Running your own website part 1
January 31st-Running your own website part 2

Do you need some help with technology?
Bob A. will be here on Tuesday mornings from 10am-12pm
*NEW beginning in January
January 7 • January 14
(No class Jan 21) • January 28
and Wednesday afternoons from 1-3pm
January 8 • January 15
(No class Jan 22) • January 29
Sign up is REQUIRED for a 40 minute slot. 413.587.1228. This assistance is free but does require signing up ahead. *NEW beginning in January- you may only sign up for one slot per week. Also, once you have signed up for a slot if you are unable to come in for that slot please call the front desk to cancel so that others have a chance to fill that slot. This will allow more folks to use Bob’s services.

Do you need some help learning about your new Chromebook?
Do you want to get up to speed with all the features on your smartphone? Mark C. can help you. Timeframe is 1:00-2:00 and sign up is required.
Drop in available as space allows but preference will be given to those who have signed up ahead.
Jan 2 –Chromebook help
Jan 9 -Smartphone assistance
Jan 16- Chromebook help
Jan 23- Smartphone assistance
Jan 30-Chromebook help

READERS

Mystery Book Club
Third Thursday of each month, from 6:00 - 7:00 p.m.
January 16
"An Unkindness of Ravens" by Ruth Rendell
"A Most Peculiar Malaysian Murder" by Shamini Flint
All are welcome to join our discussion.

Readers and Thinkers Book Club
Thursday, January 9th at 1:30
"Educated" by Erin Morganstern

LEARN

We are close to finalizing an Intro to Spanish and and Intro to French class. Please watch Facebook and the weekly eblast in the coming weeks for more details. We hope to have things ready for a mid/late February start date. Once classes are finalized we will also put the announcement in the Chronicle.

Any questions can be directed to Program Coordinator, Nancy Yesu NYesu@northamptonma.gov or 587-1228 ext 1313

CALL FOR INTEREST:
DO YOU ENJOY READING POETRY, WRITING POETRY OR EVEN JUST HEARING OTHERS READ?

Would you attend a 3-4 week poetry class? Would you be willing to lead a class for 3-4 weeks in the early spring? Please call the desk 587-1228 and express your interest or willingness to lead a class.
If we have enough interest we will strive to begin a class in March.
**Weekly Games Calendar**

Billiards Room is open during regular business hours Monday-Friday
Private billiard instruction is available upon request- please contact Program Coordinator at 587-1228 ext 1313 to arrange.

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<th>Monday</th>
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<td>2 - 4 p.m.</td>
<td>1:30 - 5:30 p.m.</td>
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<td>Canasta</td>
<td>Duplicate Bridge</td>
<td>Pitch Drop-in</td>
<td>Mah-jongg</td>
<td>Duplicate Bridge</td>
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<td>1:00 p.m.</td>
<td>Cribbage Drop-in</td>
<td>12:30 p.m.</td>
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<td>Pitch Drop-in</td>
<td>3:15 p.m.</td>
<td>Scrabble Drop-in</td>
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<td>Bingo</td>
<td>Contract Bridge</td>
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**Weekly Arts and Music Calendar**

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<tr>
<td>10:00-11:30 a.m.</td>
<td>12:30 Tuesday Quilt Group</td>
<td>1:00 p.m.</td>
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<td>Drop in Art Buffet</td>
<td>Timeless Tunes Sing-along</td>
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<td>Knitting Drop-in</td>
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<td>10:00 a.m.</td>
<td>Creative Writing 1</td>
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<tr>
<td>Creative Writing 1</td>
<td>Needle Arts Workshop</td>
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<td>1:30 p.m.</td>
<td>Creative Writing 2</td>
<td>1:30 p.m.</td>
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<tr>
<td>Pitch Drop-in</td>
<td>Lap Quilt Project</td>
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<td>1:00 p.m.</td>
<td>Coloring for Adults Drop-in</td>
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**SAVE YOUR HOME FOR YOUR BENEFICIARIES**

I frequently meet with clients who want to avoid the forced sale of the home to pay the nursing home bill. Instead, they wish to give the home to their beneficiaries. This is a real problem. For example, let’s say Mom, a widow, goes into a nursing home and receives MassHealth benefits to pay the nursing home bill. MassHealth cannot force Mom to sell her home while she is alive. However, upon her death, through the probate court process, the Estate Recovery Unit for the Medicaid Office will force the sale of Mom’s home to pay Mom’s MassHealth bill. For every month Mom resided in a skilled nursing home, MassHealth paid the nursing home approximately $7,000 per month. The bill adds up fast. Typically, the bill swallows up the entire house; meaning, the house must be sold in order to pay MassHealth back.

To avoid this sad result, I recommend that Mom sign a MassHealth qualified irrevocable trust; and, sign a deed conveying her home to the trust. Mom retains a Life Estate interest in her home, which ends automatically at her death avoiding probate and estate recovery. Because the deed to the trust is treated by MassHealth as a gift, Mom must sign this deed at least five years before she may have to go into a nursing home. If, within five years from the date Mom signs the deed, Mom goes into a nursing home and applies for MassHealth benefits to pay for her care, the house must be deeded back to Mom. The plan fails and Mom’s house is vulnerable to Estate Recovery. On the other hand, if Mom goes into a nursing home after five years from the date she signed the deed, Estate Recovery is avoided. The trust will own her home automatically upon her death; and, the trust states that the trustee shall give her home to her named beneficiaries.

Advice: If you want to preserve your home for your beneficiaries, sign this type of trust and sign the Life Estate deed conveying your home to this trust more than five years before you might have to enter a nursing home. This type of trust must be very carefully drafted so it complies with the MassHealth rules. Note: any other real estate and non-retirement assets can be given to this trust, not just the home.

Jackson Law is located 1 mile south of the Delaney House on Route 5 - easy parking!
Wellness grants available

The Senior Center doesn’t want anyone to be left out of its fitness offerings, clinics or farm shares because of lack of funds. Low-income seniors who are no longer driving may also apply for these funds to attend our group van excursions to local destinations. A $15 “wellness grant” is available to low-income Northampton seniors upon request. Ask for an application at the reception desk. A maximum of $15 per month is allowed with a cap of $180 per year. These funds come from donations to our gift fund and are tax deductible.

Foot Doctor
Tuesday, January 21
9:40 a.m. - 12:40 p.m.
$25 - by appointment only - call to schedule 587-1228

The Sound of Soul
Thursday, January 9
5:30 - 6:30 p.m.
Monthly, 2nd Thursday, no cost
Anyone interested is invited to join a group that meets to experience chanting Hu, an ancient Sanskrit word for God. The session begins with 20 minutes of chanting followed by silent contemplation and spiritual conversations with others of like heart. It is said that chanting Hu can uplift people of any religion, culture or walk of life and lead to a higher form of creativity and healing for the mind, body and spirit.

30-Minute Reiki Sessions
Mondays, 9:00 a.m. - 1:00 p.m.
With Reiki Master, Bob Nelson, RN. By Appointment - please visit front desk to schedule. $20-$25 per 30-minute session (payment due at sign-up).

Learn How to Meditate:
Tuesdays from 5:30-6:30pm
An open workshop for those wishing to learn how to meditate and to explore how this ancient practice can increase your confidence in being who you are.
Basic techniques of mindfulness practice taught in each class can ease stress and worry, enabling us to enjoy each day more fully, allowing us to appreciate opportunities for good health and caring relationships.
A drop in class for either beginners or people with meditation experience looking to extend their practice.
All welcome. The class is offered free with a suggested donation of $5.00. Registration is encouraged so we can properly plan the space but drop in is allowed.
Carl Nardiello is long-time meditation practitioner, certified Teacher / Meditation Instructor in the Shambhala Lineage.

Happy New Ears!

Hampshire Hearing and Speech
243 King Street, Suite 105
Northampton, MA
413-537-4798
HampHearing.com
Many of you may know that Medicare does not pay for long term care costs; it only pays for short term rehab. What about Medicaid aka Masshealth? That agency only pays for your care if you are single, have less than $2,000 and have not made substantial gifts during the preceding five years. If you are married, Medicaid allows the spouse in the home to retain a house and up to $126,000 in savings. Everything above that (including your condo on the Cape) is exposed to care costs.

If you don’t like the idea of transferring your assets to your children (because you are worried about your children experiencing a bad marriage, bankruptcy, estrangement, etc) then can you transfer to a Trust? Yes, but a transfer to a probate avoiding Revocable Trust will not achieve the result. Medicaid would simply mandate that you revoke the trust if you ended up in a nursing home, re-acquire the asset individually in your name and spend it on care.

Does an Irrevocable Trust therefore protect the asset from Medicaid? It depends. This area of Medicaid and elder law has been the most hotly contested/litigated topic for the last 8 or 10 years. Medicaid does not like the fact that elders have transferred to their child as Trustee where the elder only receives income and supposedly has no access to the principal. Medicaid has done gymnastic contortions to convince the courts that certain language of trusts that applicants have used (there is no uniform Massachusetts trust form) allow the elder to conceivably access the bulk of the money (principal) in the trust and therefore must use it for his or her care.

There have been multiple litigated cases that have been appealed to our highest court, the Massachusetts Supreme Judicial Court. The rulings have been scattershot in supporting such trusts as protective strategies but have also gone against applicants. Elder law attorneys now know there is certain language that is taboo in an Irrevocable Trust if you want to pass muster with Medicaid. But even a well-crafted Irrevocable Trust may run into problems. My primary complaint is that the client/applicant only learns of Masshealth’s quarrel with the plan at the time of application. If the Trust is deemed deficient and therefore accessible, it is too late to change the plan! The elder is already in the nursing home. Medicaid, unlike the IRS, does not provide advance advisory opinions about whether a legal/financial strategy is ok under the regulations.

I recently attended an elder law seminar on Irrevocable Trusts hosted by an expert in litigation against Medicaid. Her point was this: Irrevocable Trusts can protect assets in the event of nursing home placement….but don’t be surprised when Medicaid denies the case and you have to go through the appellate process. Do you want that potential agony or do you choose to simply transfer your assets directly to one or more children? Your call.
UPCOMING AND NEW EVENTS

MONTHLY DOCUMENTARY
We will occasionally use the Computer Room to show educational films.
This month we will show the documentary
“Jane”
Wednesday, January 22
It will be shown in the Computer Room beginning at 1:30pm and is approx. 1.5 hours long. Drawing from over 100 hours of never-before-seen footage that has been tucked away in the National Geographic archives for over 50 years, award-winning director Brett Morgen tells the story of JANE, a woman whose chimpanzee research challenged the male-dominated scientific consensus of her time and revolutionized our understanding of the natural world. Set to a rich orchestral score from legendary composer Philip Glass, the film offers an unprecedented, intimate portrait of Jane Goodall - a trailblazer who defied the odds to become one of the world's most admired conservationists. During this time, the Computer Room will be closed except to those watching the documentary. Sign up at front desk is requested but not required. Please join us!

Intergenerational Birthday Celebration
Beginning in January we will have a monthly birthday celebration for Northampton residents 60+. Moving forward, the celebration will take place on the last Monday of the month (January 27th) from 12:30-1:30. We will serve birthday cake in the Bistro and you are welcome to invite a max of 3 registered guests to join you, family is welcome. Cake will be served at 12:45 but you are welcome to use the space with your guests from 12:30-1:30. If you have a January birthday please call the desk and tell us you’d like to attend.

Going South for the Winter?
We are here to care for Mom or Dad.
At Ruth’s House Assisted Living Residence
Our Home will provide the warmth, support and comforts they need.
You’ll sleep well at night knowing Mom or Dad are well cared for.
Call Lori for more information: 413-567-3949 X 3105 or lpayson@JGSLifecare.org

Ruth’s House Assisted Living Residence
780 Converse Street, Longmeadow, MA 01106
JGSLifecare.org
A Community Conversation
Ending Older Adult Homelessness in Hampshire County
Date: January 17th, 2020
Time: 1pm to 4pm • Location: Northampton Senior Center

- Panel
- Resources
- Questions & Answers
- Networking

With any questions or accommodation need please call 413-587-6478 or Earl.C.Miller@MassMail.State.MA.US

Sponsored by the Western MA area of the Department of Mental Health in collaboration with local partners.

Medication Safety Tips and How to Prevent Poisonings
January 21st • 1:30-2:30
The Regional Center for Poison Control is a nonprofit organization that provides assistance and expertise in the medical diagnosis, management, and prevention of poisonings throughout Massachusetts and Rhode Island. The presentation will discuss reasons as to why poisonings are the #1 injury death in the United States, and ways to prevent poisonings from occurring. It will include safety tips on what to ask your doctor about medications, and precautions you can take around your household. Remember, an ounce of prevention is worth a pound of cure.

Swipe in and win a prize!
Did you know that swiping into every activity you attend here
- impacts the funding we get from the state
- helps us secure funding from grants for more programs?
- provides data for reports to our funders on how we serve you?
- helps us bring you more of what you love?
Starting this month we will be asking everyone to sign in and want to start having guests and visitors sign in as well. Each week we will pick a name from our sign-in software and if you have signed in you may win a prize!

Christopher Heights™ now offers new living option packages for every season of your life.

Christopher Heights Assisted Living now offers Senior Lifestyle Plans to fit your way of life while providing quality care in a warm and supportive environment. Enjoy everything our community has to give as well as the freedom of your own private apartment. Whatever the season, Christopher Heights has options!

For more information, call Teresa Weybrew today at 413-584-0701. We’d love to hear from you!

50 Village Hill Road • Northampton, MA 01060

To learn more about Christopher Heights Assisted Living or to take a virtual tour of our community visit:
www.christopherheights.com
UPCOMING AND NEW EVENTS

COMING IN FEBRUARY
Introduction to Sewing Class

February 4, 11, 18, 25
Class time is 10-12 each week
Instructor Shirley Smith will lead you in an introductory sewing class. You will learn the basics and also learn how to cut out fabric and sew a basic project such as an apron. Machines are provided and *we do have some fabric available but you may need to purchase some of your own fabric depending on the sewing project you decide on. $20 over 60/resident for 4 week class. $35 non-resident 55-59 for 4 week class. Drop in instruction allowed on space available basis $8.00/class. Although the class doesn’t start until February you may sign up starting January 2.

COMING IN FEBRUARY
ESSENTIAL OILS MADE EASY

Would you like to create vibrant health, have better sleep, relieve & prevent stress and decrease pain with natural solutions? Come learn how to use safe, effective, medicinal grade essential oils to address root causes of these issues and more. You’ll leave empowered with tools to enhance your physical, mental and emotional well-being.

In this fun class we’ll cover:
• What Essential Oils are.
• How to use them safely & effectively.
• How Essential Oils can change your life.
• Come join us…you’ll be glad you did!

There will be a raffle for a personalised essential oil blend.
If you’ve been curious about essential oils then come to this workshop to learn more.
February 19th from 1:00-2:00
Jill Wolk, Empowered Healing Coach & Essential Oil Wellness Educator will teach us about the oils.

ROBO CALLS
FYI-Occasionally we send out phone messages to various groups. If you see the phone number 617-440-3507 it is a call from the Center. We cannot control the number that comes up and we know it can be confusing to answer a call with a 617 prefix. We just wanted you to know in case this number comes up on your phone that it is a legitimate call from the Center.

The Northampton Senior Center proudly welcomes back the AARP Tax Aide Volunteers to assist area seniors with tax preparation.

Appointments are available at the Northampton Senior Center, 67 Conz Street in Northampton, on Wednesday mornings between 8:30-12:30, February 5-April 8, 2020. Priority scheduling is given to Northampton Seniors ages 60 and older beginning Monday, January 6, 2020.

*Seniors from surrounding communities may schedule appointments beginning Monday, January 27, 2020. To schedule your tax appointment, please call Northampton Senior Center at 413-587-1228. The AARP foundation tax aide helps low to moderate income taxpayers, ensuring they receive applicable tax credits and deductions, with special attention to those age 60+. Through the assistance of trained volunteers, AARP Foundation Tax Aide is offered in cooperation with the IRS.
DIRECTOR continued from page 1

better care of ourselves or to finally join a gym because our previous intentions went astray. This year, we have made it even easier for you to fit exercise into your new plans. After a year-long pilot and an assessment of feedback from the fitness survey conducted this summer, we have learned a lot about how our services are being used and what our patrons want in a fitness program. It has been my goal to create a program that will not only offer high-quality instruction but provide flexibility, affordability and meets the needs of both retired and working seniors. During this pilot, many new members joined specifically because of the expanded availability of fitness center/programs during evening and weekend hours. We will continue to offer extended hours and will begin an exciting new pilot! I am excited to announce that starting this month, we are piloting a three-month punch card system for all fitness classes offered by the HRYMCA. When you purchase a 5 Class Card ($15) you will be able to attend any class on our fitness calendar that is marked with the Y logo. This is a fixed price of $3 per class and can be used interchangeably to attend any, or all, of the 6 different classes offered here, five days a week.

During this pilot, your routine can reflect your needs for the day and you can fit a class in, around other commitments. Start your day with Strength Stretch & Balance, come to Low Impact before lunch or end the day with one of the upbeat dance-based exercise classes offered by the Y. Non-Y classes will continue as usual.

Commitments. Start your day with Strength Stretch & Balance, come to Low Impact before lunch or end the day with one of the upbeat dance-based exercise classes offered by the Y. Non-Y classes will continue as usual.

Director, Nancy Yesu, will check our attendance software and select someone to receive a prize for signing into activities they attend. It might seem like a small thing but the data we collect about how we serve you helps us obtain grants and other funding. Starting this month you will notice that we are also asking everyone (members and visitors) to sign-in. We will be posting signs at each entrance to remind patrons and guests to sign in for all activities they attend. Just a reminder that to attend programs you need to be a member or sign-in as a guest. Safety is another reason we need folks to sign-in. If there is any kind of emergency we need to know who is in the building and who to call on behalf of a visitor/guest or patron who may need medical attention.

Social Services

It is important to remember that as a social service agency, it is our responsibility to do our best to identify needs and serve all seniors who reside in the city. We do have limitations to what we can provide at the Senior Center and so we primarily serve as a gateway to other services. When we cannot meet a need at the Center we provide information, education, and advocacy. We have some social services available onsite that are very important to many people. Socialization, programs for health and wellness as well as education are our focus programmatically. But there are many support services that we host here in partnership with other agencies. These programs help seniors and low-income residents who are struggling to make ends meet, are on fixed incomes, and often are having to work very hard to access these resources for addressing needs such as medication, nutrition, fuel, and transportation. We rely heavily on partnerships with other area service agencies in our efforts to serve seniors and we refer seniors to these other resources every day.

Supplementing Income

If you are retired and finding that your income from social security, a pension and any savings you might have is not enough to make ends meet, we want to remind you of the many different ways we can support you in finding solutions.

Benefit Programs: Although many people shy away from utilizing benefit programs even a small amount of supplement can make other expenses more manageable. You may think you don’t qualify but some programs allow for deductions of medical costs, and even travel expenses to get to these appointments. These costs, when deducted from your monthly gross income, may actually bring you within the required income range.

EARN Program: The Employment After Retirement Network, see page 9, has many opportunities for job seekers including job readiness skills workshops, job fairs and networking events. The Tax Work-Off Program allows qualified seniors and veterans to volunteer for an assignment to work that is needed in city departments in exchange for credit towards the reduction of property taxes (up to $1500) each year. Seniors wishing to apply can do this on the city website or pick up an application here at the Senior Center. Applications should be submitted to me and once your application is processed I can match you up with work that suits your skills and schedule.

Coffee with the Director and Frequently Asked Questions

This Month Coffee with the Director is scheduled for January 16, 2019, 10 am - 11 am in the Bistro. Last month over Coffee, we discussed topics such as the fitness program, bingo, transportation, and the visitor policy. I am committed to offering this Coffee hour on a monthly basis to give anyone who wishes to participate, the opportunity to bring questions, concerns, suggestions, and compliments directly to me for consideration. Another great source of information is our Frequently Asked Questions (FAQ) book. You can find the FAQ book on the reception desk counter next to the suggestion box. The FAQ book is a dynamic source of information where you will find answers about many of the Senior Center operations, policies, and procedures. We are adding new information to the FAQ book on a regular basis so be sure to check it often for updates.

One last bit of news, I am excited to announce that two new staff members will be joining our team this month. Laura Scott will be joining us as Department Assistant and Sara Destromp is coming on as our new Transportation Coordinator. I hope you will join us in welcoming them to the center.

Warmly, Marie

Conz Street Chronicle - January 2020 - 21
The Conz Street

Each year we appeal to our readership to assist in covering the costs of producing and distributing the Chronicle. We provide this publication for free to every Northampton* resident (*includes Florence and Leeds) over the age of 60. We also offer a subscription for non-seniors, out of town members and businesses.

Your support remains important to us! Consider making a donation to keep the Chronicle published and delivered at no cost to our reading audience.

YES! I wish to support the costs of producing the Chronicle and I am enclosing

$ _______________________

Tell us how you want to receive the Chronicle:

☐ I am a Northampton Resident over 60.
   Please send me my free monthly copy of The Chronicle
   ☐ by mail
   ☐ by email _______________________

☐ I am not yet over 60 (or not a resident) and I would like to receive The Chronicle by
   ☐ Annual Subscription for $36 per year
   ☐ By email at _______________________

☐ I no longer wish to receive The Chronicle, please remove me from your mailing list

Please send this card with your correspondence. If including a check please address to:
Northampton Senior Services, 67 Conz St, Northampton, MA 01060
(with Chronicle in the Memo Line)
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A Big Thank You to all our 2019 donors!

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Thank you to all the Donors for 2019! If your name does not appear on the list and you donated, it may possibly have been received after submission for publication, on December 1, 2019. If your donation was received before then, and your name is not on the list, we apologize for any missing names.
Resource Directory

Nutritional Programs


Center for Human Development (SRO Outreach) 129 Main St., Northampton Food Pantry. Call for hours: 413-584-4457.

Human Resources Unlimited (Star Light Center Pantry) 251 Nonotuck St., Florence. Pantry Phone: 413-586-8255

Soldier On, Inc. (Soldier On Pantry for Homeless Vets) 421 North Main St., Leeds. Call for hours: 413-588-4232

Northampton Survival Center Pantry, 265 Prospect St. Available every month for groceries and weekly for produce, and assistance with SNAP applications and other referrals. Phone: 413-586-6564. Pantry Hours: Mon/Wed/Fri: 11a.m.-2 p.m.; Tue/Thur: 4-7 p.m.

Supplemental Nutritional Assistance Program (SNAP) Department of Transitional Assistance DTA Assistance Line: 1-877-382-2363.

The Food Bank of Western MA Assistance with SNAP applications. Call 413-247-9738

Peapod food delivery Fee-based program from Stop & Shop. You can order groceries online and have them delivered to your home. Find out more at www.peapod.com.

Benefits Counseling

Fuel Assistance Application and recertification assistance for Northampton seniors. Call 587-1228 for appointment. All others/Community Action of the Pioneer Valley: 1-800-370-0940

Salvation Army/Emergency Food, Fuel, or Medication Vouchers Northampton Senior Center - one time emergency assistance with referral from a social service agency. By appointment only Call 413-587-1226.

Safe Passage Hotline Feeling unsafe or being emotional or physically abused, call for help and information: 1-888-345-5282.

Western MA Elder Abuse Hotline To report elder abuse or concerns 1-800-922-2275

Homeless Services

Interfaith Emergency Shelter 43 Center Street, Northampton. Call for hours: 413-585-1300

Grove Street Inn, Shelter (ServiceNet, Inc.) 91 Grove Street, Northampton. Call: 413-586-6001

Transportation Services

PVTA Paratransit Service Call ADA coordinator at: 1-800-752-1638 x214 or 1-800-732-6248 x214.

PVTA offers free Travel Training to seniors and people with disabilities. Contact: PVTA’s Mobility Services Coordinator 2808 Main St., Springfield. Phone: 413-732-6248 ext. 235 E-mail: MobilityTrainer@pvta.com

Free Daily Shuttle Service to Mass General Hospital Call 1-888-554-4CDH (4234) Departs Monday – Friday 6:30 a.m.

from 8 Atwood Drive, Northampton. Please specify if you require handicap-access.

Northampton Neighbors Nonprofit organization provides volunteer services to members who need just a little help to stay independent in their homes & helps older people stay active and involved in both their neighborhoods & in the larger Northampton community.

Call 413-341-0160 or go online www.northeasternneighbors.org

Appointment Hours at Northampton Senior Center 1st Mondays, 1:00-5:00 pm Call ahead to register at 413-587-1228

Home Care Services & Referrals

Highland Valley Elder Services Your first call for senior services and referral in Hampshre and Hampden Counties 413-586-2000 Area Agencies on Aging (AAAs) are local aging programs that provide information and services on a range of assistance for older adults and those who care for them. By contacting your local agency you get access to critical information including:

- Home Care & benefits counseling
- Mobility assistance programs-housing and referral
- Individual benefits counseling support groups & caregiver training
- Respite care
- Meals on Wheels

PVTA Paratransit Service Call ADA coordinator at: 1-800-752-1638 x214 or 1-800-732-6248 x214.

Northampton Congregate Meal Service Monday - Friday 11:30 a.m. - 12:15 p.m.

Walter Salvo House dining room, 81 Conz Street, Northampton. Pre-registration required. Call for more information: 413-584-6784.

Legal Assistance

Hampshire Elder Law Program (H.E.L.P) Civil & legal needs of low income elders in Hampshire County. Call 413-586-8729

The Massachusetts Senior Legal Helpline 1-800-342-5297

Attorney General’s Elder Hotline 1-888-243-5337

MASS 211 Centralized hub for comprehensive information about and referral to complete spectrum of services in Massachusetts addressing social determinants of healthy lives and communities. Provides a stigma free 24/7 contact center & public portal website empowering people with the information needed to make informed decisions & get the right help for their circumstances. Call 211 from most phones

Stavros Information & referral line: 1800-804-1899 x 201. Assists individuals of any age with disabilities living in the community.

Assistive Devices/ Medical Equipment

Mass Rehabilitation Commission Assistive Technology Program UCP-Berkshire County Dawn Matthews, Director of Assistive Technology 208 West St, Pittsfield, MA Call 413-442-1562 dmatthews@ucpberkshire.org

Employment Services

Employment After Retirement Network (EARN) EARN assists senior job seekers by sponsoring activities such as job fairs for mature workers, networking opportunities, and workshops. EARN also maintains an email list for seniors who want to receive info on current job openings, upcoming job fairs, networking events and workshops to update job search skills. Stop by the Senior Center Reception Desk or call 413-587-1228 to sign up for the EARN email list.