

The Conz Street CHRONICLE



By Richard Szlosek

I can't vouch for what it was like in other sections of Northampton but, each September, in my home area of "the belt" (lower Pleasant Street and environs) the arrival of the Three County Fair during Labor Day week was a highly anticipated event. In an era before the lottery, casinos and off-track betting, the fair's six-day racing program seemed to make all those normally budget minded blue-collar workers in the area into gambling experts. Housewives and grandmothers, who usually pinched their pennies hard enough to make Abe Lincoln scream, suddenly couldn't wait to place a bet with some money they had been saving for months in a cookie jar. If they were unable to get to the track themselves, they would search out a friendly neighbor who was going and hand over two dollars to place on the daily double. "Just play my age" or "play my house number" would be their command. And, of course, the husbands and grandfathers were doing the same thing with the few bucks they had stashed aside.

It seemed the whole city and surrounding area would get caught up in the electricity generated by the fair. All week long, and especially on Labor Day, Routes 5 and 9 were clogged with traffic. There were men standing on the corner by the Main Street traffic lights

and selling racing forms. Car after car stopped to purchase them. Every lawn on Bridge Street and neighboring side streets became a temporary parking lot so that the owners could earn a little extra money. Jockeys, trainers and horse owners would patronize the local bars and restaurants and add some verve to those places with their jokes and allegedly inside stories. That week it was normal to regularly meet someone who had a "hot tip" on a horse he had gotten from a stable worker. It was the fastest week of the year and, just like that, it was all gone as the show moved on to Great Barrington.

There could be a seamy side to all the excitement as was illustrated by what happened to one of my uncles. He was a factory worker who lived a forty minute drive from Northampton and every year he planned his vacation to include fair week. He would drive his car to our yard and then walk or get a ride to the fairgrounds. My uncle always walked back from the fair around five thirty so that he could get home for supper at a reasonable time.

There came a day in the late 1960's when he did not return to his car at the usual time. It was long before cell phones, and we had no idea of how to contact him. Around eight a police car pulled into the yard and my uncle got out of the vehicle. There were scrapes on his face and hands and he looked exhausted. The officer said he was the victim of an assault and robbery and

had spent a few hours at the hospital and the station filling out a report.

While he was sitting at the kitchen table with a cup of coffee, my uncle told his story. He said he had experienced his greatest day ever at the track. He had hit the daily double and then let it all ride on a long shot that had also won. He had over a thousand dollars on his person and had stopped at the beer hall adjacent to the track to set everyone up. He felt like he was on top of the world and proudly flashed his wad of bills around. After a brief celebration he began his usual return walk down Pomeroy Terrace to our place. Someone jumped out from behind the bushes, knocked him to the ground, took his money and ran away. One of the neighbors saw him lying on the sidewalk and called the police. Fortunately, my uncle was not seriously hurt. He drove home that night and returned the next day. The perpetrator was never caught.

With the exception of that story, my memories of the fair are all good ones. In fact, September was always my favorite month of the year. My birthday is in the middle of the month and it always felt like the beginning of something new as the school year commenced. When you get to the end of the month you can see, just over the horizon, Halloween, Thanksgiving and Christmas approaching. As the song says, "the days grow short when you reach September" but, for my life, those days of late summer were among the best.

The Big Question

By Marie Westburg

As Fall arrives we hope you are finding ways to fill your days with stimulating activity, social connection and immune boosting efforts such as getting vitamin D, fresh air and a healthy diet. It appears that we will all need to continue to adjust our lives to the reality of covid. As the seasons change self-care will continue to be an important element in the ability to be resilient. We are aware that winter will create new challenges and we want you to know we are doing our best to anticipate how we can better assist you during the season. I am excited to say we will be starting up a shuttle service, in partnership with PVRTA. Van Trips for shopping will be provided in groups of three, allowing for safe distances between passengers. We will be sharing more details about these shuttles soon and hope that this will allow for more convenient and safe options for attending to shopping needs. Our taxi service program for medical appointments is going strong and will continue at least through March of 2021.

If you have yet to participate in our online programming this is a great time to get involved online! If you aren't tech savvy we can help you get acclimated by training you to use a tablet through our Technology Loan Program. We continue

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To access local resources and information, go to
<https://www.northamptonma.gov/>

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Submissions for monthly listing of events and information for seniors can be emailed to: svol@northamptonma.gov

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For questions, information etc. please call us directly at 587-1228

During the COVID-19 Pandemic, NCOA meetings will be held via Zoom conferencing. The meeting agenda and zoom link information are posted on the city website at www.northamptonma.gov. The public is welcome to attend and submit comments during the Public Session portion at the start of the meeting. Agendas and Minutes are posted on the city website at www.northamptonma.gov. The NCOA may be contacted for suggestions, comments or feedback regarding existing or desired programs, classes or services to meet the needs and interests of residents aged 55 or older by emailing councilonagingchair@northamptonma.gov or writing to NCOA Chair, Senior Center, 67 Conz Street, Northampton, MA 01060. 'Complaints' are to be submitted to Senior Center Director or staff directly. The NCOA advises the Senior Services Department on programs and services designed to meet the needs of the City of Northampton residents aged 55 or older. It is an advisory multiple-member body of the City.

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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.

The Conz Street Chronicle is a monthly publication of Northampton Senior Services. It is funded by donations, advertisers and the City of Northampton. The Conz Street Chronicle staff is made up of Senior Center volunteers and also receives assistance from many others. Contributors include staff from Senior Services and from other city departments and organizations.

The Chronicle: Who We Are

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.

The Conz Street Chronicle assumes no liability for any inaccuracies, omissions or misunderstandings.

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The Conz Street Chronicle does not endorse any products or services provided by public or private organizations. All work is published at the discretion of the editing committee.

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: Rich Szlosek and monthly guest writers

Photographer: Dennis Lee

Pre-Press Design Partner: Daily Hampshire Gazette

Artist of the Month - September

Marsha Humphrey

My work consists primarily of monotype prints which are one of a kind prints created by the transfer of ink to paper from a nonporous surface like plexiglass by putting them through the pressure of a press. I also work with drypoint and other carved plates to create monoprints.

Most of my work is abstract, although many evoke landscapes. My inspiration comes from many sources, primarily from the natural world.

What I enjoy about printmaking is the indirectness, the spontaneity, and the serendipity involved in the process and in the final result. I have always been very visual, but printmaking allows me to translate my experience to paper. It might be a color or a combination of colors that first excites me. I then respond to the first inking of a plate, adding marks or colors, or subtracting with various tools and

techniques, and responding to each phase of the process.

I work intuitively and other than my membership and classes at Zea Mays Printmaking Studio for the last 10 years, I have had no formal training in art. I was exposed to art all my life as my father was an art historian, a museum director and curator and my brother was a successful artist and gallery owner. Those are also probably the reasons it took me until I was 63 years old to take the plunge and try my hand at it! I am thrilled that at this stage of my life I have found such joy in making art.

I have been in a number of juried shows, including twice at Gallery A3 in Amherst, the Elusie Gallery in Easthampton, and in Gallery 360 at Northeastern University in Boston.

My work can be viewed and purchased on the Zea Mays Printmaking website in the Flat File gallery <https://www.zeamaysprintmaking.com/galleries/>, or email me for more information about other images mlhumphrey@comcast.net



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What do Ice Cream, Sex, Sleep, the Mill River and the Federal Reserve have in common?

Answer: They are all topics covered in Northampton Neighbors' Speaker Series, which is free and open to all.

Northampton Neighbors is a no-fee non-profit organization that offers volunteer services, programs and events to older residents of Northampton who want to continue living independent, engaged lives in their homes and communities, with a little neighborly help. Anyone anywhere can join and anyone who lives in Northampton and is over 55 is eligible for our services. Before the COVID pandemic, we offered our 900+ members a wide variety of services, as well as opportunities for social engagement – all without any charges or fees. While we have been unable to offer in-person services during the pandemic for health and safety reasons, many of our neighborhood circles, committees and special interest groups continue to meet online. As does our popular Speaker Series.

Previously, all Speaker Series events took place once a month at – and were co-sponsored by – the Northampton Senior Center. With the arrival of COVID, we made the transition to remote Zoom events and increased the frequency to twice a month, kicking off this new format on May 1st with the President and CEO of Cooley-Dickinson Hospital bringing us up to date on the CDH response to the COVID crisis. We see these more frequent talks as a way to entertain and educate ourselves and to help members cope with the isolation and monotony of quarantine. We strive to include some topics of particular interest to older people as well as those intended for just about anybody.

Talks are offered Fridays at 3PM (every other



week) and last for about one hour. Speakers usually talk for about half an hour, leaving plenty of time for Q & A. We welcome anyone who wants to join in; to attend, you don't have to be a member of Northampton Neighbors.

Speaker Series events have included –

- the arts (the life and music of Duke Ellington; the inside story of making the film Casablanca; a best-selling novelist discussing her latest novel);
- local history (the Mill River; the infamous truck-eating bridge over Main Street; Sojourner Truth's time in the Valley);
- nature (the nearby Arcadia Sanctuary; the exotic birds of downtown Holyoke);
- topics of particular interest to older folks (memory and aging; sexuality in later life; how to organize your personal papers; aging "solo;" as well as intergenerational living in an award-winning alternative foster care community);
- topics that defy easy categorization (the life of

an ice cream impresario; cluster ballooning across the English Channel; the Federal Reserve and COVID; the mysteries of sleep).

Since March 2020, every Zoom talk has been recorded and made available for later viewing on the Northampton Neighbors website and YouTube Channel.

We hope you'll join us for our upcoming talks. You'll find them listed on the Speaker Series page of Northamptonneighbors.org. You can attend the talks by clicking on the Zoom invite link. Please email info@northamptonneighbors.org if you want us to email announcements for upcoming talks.

We intend to continue offering lively, informative and entertaining talks remotely during the COVID pandemic and, we hope, at some point in the future, once again live and in-person.

**Save the Date: 10/9/20 - Mark Karpel:
Like Nothing Else on Earth: Backyard
Visionaries and Handmade Worlds**

Body and Mind

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. A \$15 "wellness grant" is available to low-income Northampton seniors upon request. Call the office at 587-1228, leave a message and a staff person will call you back with information. 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

Our foot nurse, Piper Sagan is making house calls. If you're in need of her services please call her directly at 413.522.8432



Fitness Classes

FITNESS CLASSES:

Registration and payment for classes can be found at www.myactivecenter.com

Strength, Stretch and Balance with Dolores

Tues/Th, 9:00

Improve strength, balance, and flexibility in a supportive, fun and friendly environment. Classes begin with brief, low impact movements to upbeat music followed by a variety of strengthening exercises for upper and lower body, safe balance exercises for fall prevention, and ending with relaxing stretches. Great way to start the day!

Low Impact with Ashley

Mon/Wed/Fri, 10:00

is 3x/week on M, W, F

Get the blood flowing with simple movements, seated or standing, then move on to balance challenges and strengthening exercises. Participants will never get bored using a variety of props, like resistance tubing, light dumbbells, and balls. Finish with some relaxing stretches to help improve flexibility.

Classes with a  symbol are taught by the HRYMCA

Feldenkrais class with Michele

Wednesdays at 3:00pm
\$8/class

A method of movement education utilizing small, simple, easy motion patterns to develop bodily learning, with benefits of better flexibility, posture, balance and range of motion

*NEW Shake Your Soul with Emily Fox

Tuesdays at 12:30

Link to the class can be found in My Active Center

www.myactivecenter.com

*our thanks to the Holyoke COA for sharing this program with us.

Our building remains **CLOSED** and all fitness classes are being held remotely



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the City Website:
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SOCIAL/SUPPORT

Northampton Senior Services is scheduling non-emergency, medical appointment rides. **The rides are \$1 (each way) within Northampton (includes Florence and Leeds)** and you must be able to get in/out of the cab without assistance. We still require 48 hours advance notice to arrange the ride through one of our local cab companies. Call 413-584-7979 - leave a message with your phone number and your ride request. One of the Senior Services staff will call you back to confirm your ride!

PVTA's Noho Senior Shuttle Begins September 21, 2020

Van service for Northampton seniors is now available in a safe and convenient format 5 days a week, M-F from 7:30am-3:30pm. This service is best suited for seniors wishing to run errands and do their grocery shopping within the Northampton city limits.

FARE WILL BE \$1.00 EACH WAY

Ridership on the Senior Shuttle will be limited to 3 passengers per trip. Riders must wear a mask and adhere to social distancing guidelines while riding/boarding/exiting. Roundtrip service will be booked allowing riders 1 hour between drop off and return unless a longer period of time is requested. There is a three bag limit per rider for shopping trips. The service will operate only in Northampton (including Florence and Leeds) Please call the senior transportation line to schedule rides at least one day prior, at 413-584-7979. Leave a message and our transportation coordinator will return your call. Advance bookings are encouraged, however same day trips can be booked with 90 minutes advance notice directly through the PVTA phone line at 413-739-7436 only. All riders must identify their trip as being on the PVTA's Noho Senior Shuttle when scheduling as there are other services such as Dial-A-Ride which would be the least expensive ride choice for seniors who have medical appointment needs outside of Northampton.

PVTA DIAL-A-RIDE SERVICES

Please call PVTA directly to arrange for rides outside of Northampton.



PVTA offers shared ride, demand responsive, accessible van service to seniors aged 60 and older anywhere in the PVTA service area (Holyoke, Springfield, Agawam, Amherst, Belchertown, Chicopee E. Longmeadow Easthampton, Granby, Hadley, Williamsburg).

Rides are available Mon-Fri from 6:30 AM to 5:00 PM (Please note: these are expanded hours to accommodate needs during the pandemic, there is no guarantee of these hours once there is a return to normal operations).

To schedule a ride call (413) 739-7436. A brief intake will be conducted before scheduling. You will receive a phone call the night before your trip that will provide a 20-minute pick-up window

Advance reservation is required. Reservations can be made by 4:30 PM the day before your trip and up to seven (7) days in advance. It is recommended to schedule your trips as soon as you know you will be needing transportation. One way trip costs range from \$3.00 to \$5.00 depending on locations and distance. Companions may ride with the individual making the trip but must be booked at the time of scheduling and must pay full fare.

DIAL-A-RIDE Phone Numbers: Local 413-739-7436

Toll Free 1-866-277-7741

1-877-752-2388 TTY English 1-866-930-9252 TTY Spanish

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Transferring the House

- Michael Hooker, Esq.

Many clients ask me, "Why can't I transfer my real estate (house) to my children? I just read in the paper that my neighbor did it for a dollar." The short answer is "yes, you can transfer to your children for a dollar." However, such a step should not be taken lightly, given that the house is often the elder's most significant asset.

Transferring the house prior to death is often the answer to protecting assets and passing them to the next generation outside of probate court. In fact, the closest thing I know of to a "silver bullet" in elder law/estate planning is for an elder(s) to transfer the house to the children provided they retain a "life estate". This retained life estate means the elder(s) can live there for the balance of their lives and cannot be evicted by one or more of the children. Upon the death of the second parent/elder, the only filing needed is a death certificate and an Affidavit that no inheritance taxes are due. This is a lot simpler, cheaper and quicker than passing the house to the children by way of a Will.

The retained life estate also may help minimize capital gains taxes when the children sell the house years from now. When you give the entire house to your

children (without retaining a life estate) it may trigger capital gains taxes when the children later sell. For example, if you give a house to your children which you paid \$15,000 for and then they later sell it for \$250,000, they will pay approximately 20% taxes on the \$235,000 gain which equals \$47,000. You can avoid this tax if you retain a life estate, because the children would take the property at your death and obtain what is referred to by the IRS as a "stepped up basis." They "inherit" it from you at the value as of date of death, so no capital gains when it is sold thereafter.

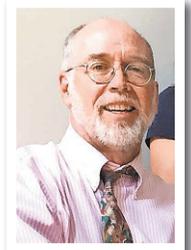
Transferring the house also moves assets away from you. Should you unfortunately be admitted long term to a nursing home, you have less money at risk of having to be used for your care. In a sense, you have "protected" some of your nest egg. You must realize, however, that you need to stay healthy following the transfer. If you transfer your house and six months later have a stroke and are institutionalized, the state (Medicaid) is not going to allow you to be eligible because you just gave away significant assets. The ineligibility period is currently 5 years. It could increase given the dire straits that our government and health care funding is at.

If you transfer the house while retaining a life estate,

and subsequently need to sell the house (say to move to an assisted living facility) you will need the children's cooperation and signature on the deed. In 99% of my cases the children do step up to the plate. However, I have had a few nightmare situations where the child has not.

They generally involve estrangement and/or substance abuse issues. I have also witnessed instances where a child has surprisingly predeceased the elder. We had no choice but to probate the child's Will. That is why I prefer that elders transfer to the children as joint tenants rather than tenants in common. How many to transfer to? Any number above 3 is too many. When you have that many recipients you should consider transferring to just two of the reliable children or to an Irrevocable Trust (Not a Revocable trust which don't protect assets). You should likely avoid a transfer to 6 children. Too many things can happen to so many people.

Please visit Atty. Hooker's website at Elderlawservice.com for additional columns written on a wide range of elder law topics.



EARN >>

EMPLOYMENT AFTER RETIREMENT NETWORK

How EARN Is Meeting the Impact of the Covid-19 Pandemic

By Heather J. Johnson,
EARN Co-Chair

The Covid-19 pandemic is already having an impact on the ability of seniors to find jobs and other ways to generate the income they need to have a good quality of life. With extensive job losses throughout the country due to the pandemic, the competition for jobs will become even more fierce once the pandemic has lifted.

EARN, the Employment After Retirement Network, is determined to meet this new and growing challenge. An initiative of the Northampton Senior Center, EARN was formed in 2017 by seniors from Hampshire County who needed more income in order to have a better quality of life. Some seniors could not afford food and basic necessities; others just wanted to be able to go to a movie or out to lunch with a friend once in awhile. Many felt a sense of shame or self-blame because of their financial circumstances.

Even before the pandemic, not having enough income was a growing problem facing seniors in Northampton as well as across the country. The reasons are varied---some seniors lost money in the 2008 recession, some have had a serious illness that depleted their savings, or others lost their job and pension due to downsizing. Many seniors are living longer than expected because of advances

in medicine and outlasting their savings. Social security is just not enough. According to the Bureau of Labor Statistics, seniors between the ages of 65 and 74 are the fastest growing segment of the labor market.

EARN is working to improve the lives of seniors residing in the Northampton area during the Covid-19 pandemic by increasing awareness of safer job opportunities, remote work resources and other income generating activities. Because of the pandemic quarantine and lockdown, this spring EARN and the Massachusetts Council on Aging began to offer our Job Seekers 50+ workshops online via Zoom. Through these virtual workshops, seniors have found support as well as information on a variety of topics so they can update their job search skills and prepare to navigate the job search process when they feel ready.

The goals of our workshops and networking events are to enhance senior job seekers' ability to use Internet technology, handle ageism in interviews, and create updated resumes and cover letters that will get through today's computer screenings. All of our activities aim to increase the ability of area senior residents to find or develop new income streams and in the process enhance social support, reduce financial stress, increase physical and mental health, empowering everyone involved.

Join us virtually this fall!

EARN Leadership Team Members:

Co-Chairs: Heather Johnson and Mary Lou Meddaugh

Team Members: Marianne Beach, Linda Desmond, Ellen Dickinson, Pennington Geis, Bill and Joyce Mastroianni

Check Out the New EARN Website!

Go to our new website to find out about current local job openings, age friendly employers in the area, news about upcoming job search skill workshops, networking events, and links to resources that will help you successfully find a job. Content is being added every week!

The EARN website address is:

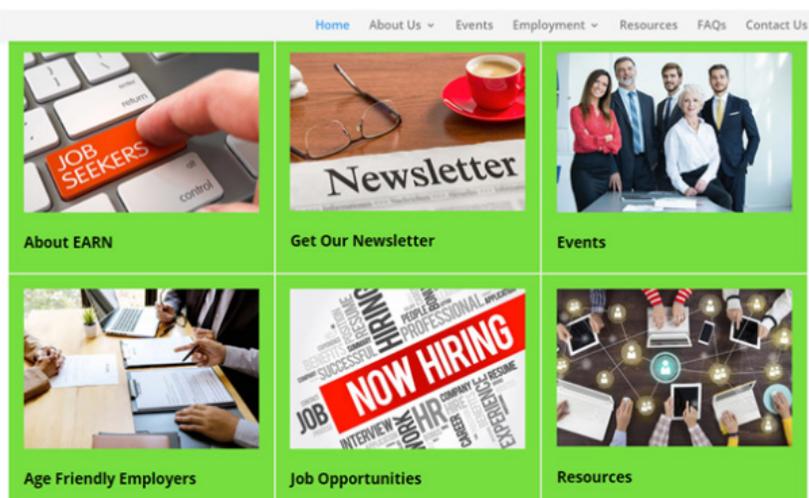
<https://earnnorthampton.org>

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.

WORKING REMOTELY: DID YOU KNOW....

In an April Gallup poll, 3 in 5 U.S. workers who were doing their jobs from home during the pandemic said they want to continue to work remotely, even after public health restrictions are lifted.



CHECK OUT OUR NEW EARN WEBSITE!

Find Resources to Enhance your Job Search & Info on Current Job Opportunities

Our EARN website is now live and content is being added regularly to help you succeed in your job search!

The EARN Website address is: <https://earnnorthampton.org/>
Check out the Resources Page for information on job search skills trainings through MassHire Franklin Hampshire Career Center and the Employment Page for local Job Opportunities listed on the AARP Job Board.

SOCIAL/SUPPORT

Open Enrollment for Medicare Beneficiaries October 15- December 7, 2020

- The annual Medicare open enrollment period runs from October 15 to December 7.
- Medicare Advantage open enrollment (January – March)
- Medicare changes for 2020

Q: When is Medicare Open Enrollment?

A: The annual Medicare open enrollment period begins on October 15 and ends December 7. for coverage changes effective in January 2021.

What is Medicare open enrollment?

Medicare open enrollment – also known as the annual election period or annual coordinated election period – refers to the annual period (October 15 through December 7) during which Medicare plan enrollees can reevaluate their coverage — whether it’s Original Medicare with supplemental drug coverage, or Medicare Advantage — and make changes if they want to do so.

During the annual enrollment period (AEP), a beneficiary can make changes to various aspects of coverage. If you’re enrolled in Medicare, you can:

- Switch from Original Medicare to Medicare Advantage, or vice versa.
- Switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
- And if you didn’t enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.
- If you want to switch to a Medicare Advantage plan, you must meet some basic criteria.
- You must be enrolled in Medicare Part A and B.
- You must live in the plan’s service area.
- You cannot have End-Stage Renal Disease (some exceptions apply; ESRD patients will be able to enroll in Medicare Advantage plans as of 2021, under the terms of the 21st Century Cures Act).

The annual open enrollment does not apply to Medigap plans, which are only guaranteed-issue in most states during a beneficiary’s initial enrollment period (a one-time, six-month window which begins when they’re at least 65 and enrolled in Medicare Parts A and B), and during limited special enrollment periods.

There is also another open enrollment period that only applies to people who have coverage under Medicare Advantage plans. The Medicare Advantage open enrollment period runs from January 1 to March 31, and allows Medicare Advantage enrollees to either switch to Original Medicare (plus a Part D plan if they want one) or switch to a different Medicare Advantage plan. Enrollees are only allowed to make one change during this three-month window — they can’t switch to a Medicare Advantage plan in February and then switch to a different one in March, for example.

Suggested read: Three Medicare open enrollment mistakes to avoid at all costs

Is auto-renewal available?

If you’re already enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you don’t want to make changes to your coverage for the coming year, you don’t need to do anything during open enrollment, assuming your current plan will continue to be available. If your plan is being discontinued and isn’t eligible for renewal, you will receive a non-renewal notice from your

carrier prior to open enrollment. If you don’t, it means you can keep your plan without doing anything during open enrollment.

But be aware that your benefits and premium could change from one year to the next. So even if you’re confident that you want to keep your current coverage for the coming year, it’s important to make sure you understand any changes that may apply, and that you’ve double-checked to make sure that your current plan is still the best available option.

The available plans and what they cover changes from one year to the next, so even if the plan you have now was the best option the last time you shopped, it’s important to verify that again before you lock yourself in for another year.

Changing Medicare Advantage coverage after the annual enrollment period

Between January 1 and March 31 each year, if you are enrolled in a Medicare Advantage plan, you can leave your plan and return to Original Medicare, and buy a Part D prescription drug plan to supplement your Original Medicare. You also have the option to switch to a different Medicare Advantage plan during this time.

[From 2011 through 2018, there wasn’t an option to switch to a different Medicare Advantage plan outside of the fall open enrollment period unless you had a circumstance that allowed you a Special Enrollment Period. But the 21st Century Cures Act (Section 17005) replaced the shorter, more limited Medicare Advantage disenrollment period with the current Medicare Advantage open enrollment period; it lasts three months and adds the option to switch from one Medicare Advantage plan to another.]

Only one switch during this time frame is allowed each year — you can change your mind multiple times during the enrollment period in the fall, but can only switch to a different Medicare Advantage plan (or back to Original Medicare) once in the first quarter of the new year. But if you signed up for a Medicare Advantage plan in the fall and then decide you don’t like it once it takes effect in January, you have until the end of March to make a change.

You can only sign up for Part D coverage during the first three months of the year if you’re switching from a Medicare Advantage plan back to Original Medicare. You cannot, for example, be enrolled in Original Medicare with a Part D plan and then switch to a different Part D plan during the January — March enrollment period. Instead, you’d need to make that change during the fall election period (October 15 to December 7).

If you make changes to your coverage during the Medicare Advantage open enrollment period, they’ll take effect the first of the following month.

Keep in mind that your access to a Medigap plan is not necessarily guaranteed if you’re using the Medicare Advantage open enrollment period to switch to Original Medicare (you do, however, have guaranteed access to a Part D prescription drug plan to supplement your Original Medicare). Unlike other private Medicare coverage, there’s no annual enrollment window for Medigap plans. If you’re not in good health, your ability to enroll in a Medigap plan (after your initial enrollment window has ended) will depend on how long you’ve been in the Medicare Advantage plan, and/or the state where you live.

Have questions or need assistance?

SHINE (Serving Health Insurance Needs of Everyone) - Regional Office at 1-800-498-4232 or 413-773-5555 or contact your local Council on Aging. Northampton Seniors can contact Northampton Senior Center at 413-587-1228 and choose option #5 for the Social Services line. Please leave a detailed message with your contact information and someone will get back to you to set up a SHINE phone appointment.

On-Site Services

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 Program being held in the Northampton Senior Center Parking lot until further notice.

Nutritional Outreach/Deals & Steals

Monthly 3rd Friday 10:30 - 11:30 a.m. Supplemental Food for Northampton

8 - Conz Street Chronicle - September 2020

Seniors sponsored by Deals & Steals. Program being held in the Northampton Senior Center Parking lot until further notice. To apply call Northampton Senior Social Worker 413-587-1226.

SHINE (Serving Health Information Needs of Everyone)

Only phone appointment available until further notice for Northampton Seniors. Call Northampton Senior Social Worker Social Worker 413-587-1226.

TECHNOLOGY

Northampton Senior Services is offering an IPAD or CHROMEBOOK LOAN PROGRAM!

**Currently we have a waiting list that may be up to 30 days. Please call and add your name to the waiting list as availability changes often.*

If you are interested in participating in the IPAD/ CHROMEBOOK LOAN PROGRAM, give us a call at 413-587-1227. Leave a message with your name and phone number. A staff person will return your call.

We will ask you a few questions to determine your eligibility or interest, explain in further detail how the loan program works, we will set up an appointment to bring you an IPAD or CHROMEBOOK and all the necessary training to get you well on the road to technical proficiency!



We have volunteers available to help you remotely. If you need tech help please call the center and a staff person will call you back.

We are in need of technology volunteers. Please email seniorservices@northamptonma.gov if you can lend a hand.



The outdoor election ballot drop box is at the side entrance of City Hall on Crafts Avenue.



INTERACTIONS MAY LOOK AND FEEL A BIT DIFFERENT RIGHT NOW, BUT STAYING CONNECTED IS MORE IMPORTANT THAN EVER.

Florence Hearing Health Care is still here to help you find the best solutions for you and your communication partners so that you may lead your best life! We are now providing curbside, contactless hearing aid clean & check appointments, supply pickups and hearing aid repairs. In-office appointments for hearing tests and hearing aid fittings are available with all of the recommended protocols in place to help prevent the spread of COVID-19.



FLORENCEHEARING.COM | 413-776-1700 | 190 NONOTUCK ST SUITE 102, FLORENCE, MA

UPCOMING & NEW EVENTS

Here is another way you can connect to quality programs online

DOROT UNIVERSITY WITHOUT WALLS

“DOROT’s University Without Walls (UWW) program offers hundreds of teleconference programs, appealing to a wide range of interests – all over the telephone. Participants from New York and across the country can choose from ever-changing topics and perennial favorites such as Museum Discussions, Literature & Storytelling, Music & Performing Arts, Current Events, Jewish Interests, and Health & Wellness. Our support groups also enable older adults to connect with peers over common experiences such as vision loss and coping with the loss of a loved one. Advance registration is necessary.

UWW programming is facilitated by experts from cultural institutions, medical and legal authorities, as well as professionals and volunteers who are eager to share their expertise and enthusiasm on specific issues.” Call 1-877-819-9147 to register for all programs

Connecting To Your Fall 2020 Programs

University Without Walls Programming is offered in two different formats: Dial-In and Staff Connected.

The format will be noted next to the times and dates of each program.

Dial in programs: You will call a phone number and dial a four digit “password” to join your program. The number and password are given when you register.

Staff connected programs: DOROT staff will call and connect you approximately 10– 15 minutes before the program. You will be on hold until the program begins. You must call to register 1-877-819-9147

The Beauty of Opera (Dial In)

4 Thursdays at 1pm October 1 – October 22
Manhattan School of Music Graduate Student

Opera aficionados and newbies alike—join us for an unforgettable journey that will have you listening, singing and celebrating opera! Together we’ll explore the composers, plots and arias of well-known operas.

Introduction to Jazz (Dial In)

4 Tuesdays at 2pm October 6 – October 27
Manhattan School of Music Graduate Student

Join us for a lively discussion as we listen to the great jazz legends and explore the history of jazz music.

Special Events for Large Audiences Political Town Hall (Dial In)

Wednesday at 3pm on October 14

Moderated by Charles Perkins, Historian

Hear ye! Hear ye! Join us for our first large audience UWW program, where a panel of professionals from media, academia and other sectors will discuss the challenges America is facing in the economy, health-care and our criminal justice system. The focus is on the role of these issues in our November election. Registrants will be invited to email questions ahead of the event for the moderator to pose to the panel. Please note that due to the larger audience format, conversation will be limited to the panel itself.

You are invited to register for our follow up discussion on October 15th which is listed under the "News, Politics & Our Society" section.

Let’s Talk About Anti-Racism (Staff Connected)

3 Thursdays at 11am October 8 – October 22

Colette Phipps, LMSW, CDP

Current events in our society have brought to

the fore many public discussions about racism and anti- racism. This series of conversations will provide an opportunity and platform to talk about these sensitive topics. We will define and explore various terms, connect the present to the past, and critically self- reflect. Participants are encouraged to share their experiences and listen to the experiences of others. Book will be mailed in advance of program.

What has the Supreme Court Done? (Staff Connected)

4 Wednesdays at 11am October 28 – November 18

Malla Pollack, J.D., Legal Writer

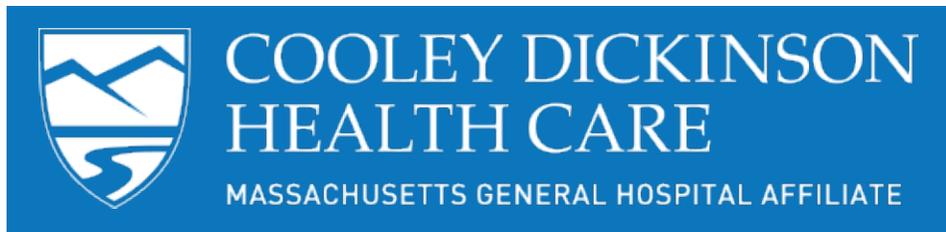
We will analyze cases decided by the U.S. Supreme Court during its last term (October 2019 through June 2020). Is the Court changing course? How much of the Court’s announced basis for decision is political compared to legal? How do these decisions impact our lives? Materials will be mailed in advance.

Museum Discussions Stepping Out (Staff Connected)

3 Mondays at 2pm October 12 – October 26

Floyd Sklaver, Educator, Whitney Museum of American Art

Explore and learn how gay/lesbian/bisexual/transgender and queer artists used various media throughout the 20th and 21st centuries to explore themes of visibility, advocacy and memory. Materials will be mailed in advance.



Dr. Paul Jodka and Laura Hummel, MSN, talk about the differences between palliative care and hospice care

Tuesday, October 20, 2020 • 1-2 pm • Via zoom:

Join Zoom Meeting

<https://partners.zoom.us/j/95638191014>

Meeting ID: 956 3819 1014

If you want to listen in by phone without video you can call 646- 876- 9923
Enter Meeting ID: 956 3819 1014 when prompted



Do you have a story you’d like to share with our readers?

The Chronicle is looking for writers. Tell us about how you’ve been spending your time during this pandemic or write about a specific topic.

We want to hear what you have to say. Please contact Communication Manager at NYesu@northamptonma.gov

UPCOMING & NEW EVENTS

Coming in October

Oh My, That's Good Pie:

TUESDAY, OCTOBER 27 • 1:30pm

It's pie season. And every good pie starts with a winning crust. Southern cook, Julia Mitchell, will show you how to make a foolproof pie crust recipe and provide you with a number of recipes so you will be the dessert star at your next gathering. And pies aren't just for those with a sweet tooth. We will show you how to make pies that will be the main course of the meal and how to even use those left over pie scraps for crafty appetizers.

Online Zoom Cooking class With Julia Mitchell

Please email
seniorservices@northamptonma.gov
for the link to the class.

It will be emailed to you prior to the class.

The link will also be available in My Active Center

www.myactivecenter.com

This program is brought to us without charge thanks to the generosity of Julia Mitchell.

We thank her for this gift.



Holiday Fraud Prevention

October 28th at 10:00

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identity theft and fraud prevention.

Join us for this important conversation as we head into the holiday season

Join Zoom Meeting

<https://us02web.zoom.us/j/86757668189?pwd=ODQzRWtrSkQra2g1NG1PZUd1RktZQT09>

Meeting ID: 867 5766 8189

Passcode: 962059

If you want to dial in and listen by phone only dial the phone number below

1-646-558-8656 then follow the prompts

for Meeting ID: 867 5766 8189 and Passcode: 962059



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 offer as well as the freedom of your own private apartment. Whatever the season, Christopher Heights has options!

For more information or to schedule a tour, call **Amie Miarecki** today at **413-584-0701**. We'd love to hear from you!



CHRISTOPHER HEIGHTS™ of Northampton

AN ASSISTED LIVING COMMUNITY

sage Advocacy & Services for LGBT Elders
We refuse to be invisible!



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



A sincere "Thank You" for all the community support and gratitude for the front line workers.

50 Village Hill Road • Northampton, MA 01060

UPCOMING & NEW EVENTS

Coming in October

“Being a Senior Citizen In a Coronavirus Era Challenges and Solutions”

Online Zoom presentation

Thursday, October 22 • 1:00pm

Henry Quinlan, author of upcoming book, “How to Build Your Emotional Pension in a Corona Virus Era” will make this presentation.

Henry M. Quinlan, owner and publisher of Omni Publishing Company, has 40+ years of varied experience in the publishing of books, newsletters, DVDs and CDs and the organizing of seminars. He is a graduate of Boston College and Suffolk University Law School.

He founded Quinlan Press, a book publishing company, in 1986.

1. Introduction
2. How I came to the topic
3. Major impacts for seniors brought on by Coronavirus and solutions
 - (a) Living with uncertainty and anxiety
 - (b) Need for critical thinking skills
 - (c) Staying in touch – digital and non-digital tools
 - (d) Travel issues
4. Major concerns and treatments
 - (a) Depression
 - (b) Loneliness
5. Brain Fitness
 - (a) Learning
 - (b) Increasing memory
 - (c) Benefits

6. Alpha State of Mind
 - (a) Definition
 - (b) How to obtain it
7. Now is the time to write and self-publish your story
 - (a) Writing tips
 - (b) What to avoid
 - (c) Power of anecdotes
 - (d) Examples
 - (e) How to self-publish
8. Summary – Conclusion

The retirement years will be forever changed by coronavirus.

Your non-financial retirement plan must incorporate lessons learned from our coronavirus experiences.

Heightened anxiety caused by fear of being infected by Covid 19, further increased by misinformation and out-right lies leave a mark on all of us. However, seniors are often the best equipped to effectively deal with these issues.

This presentation will guide you through strategies designed to minimize the impact of your anxieties and to increase your critical thinking skills. The presentation also addresses depression and loneliness and their impact on seniors. This also includes best actions that seniors can take to avoid depression and loneliness. These skills will couple with other non-financial issues you need to be aware of in the retirement years.

The link for Henry’s presentation can be found at

Zoom using meeting id 890 4739 1337

or on www.myactivecenter.com or call the Center for information.



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

Join us Thursday, October 29th at 10:00am

This is a CMS approved presentation on products such as Medex, Blue MedicareRx or our Medicare Advantage Plans: Medicare HMO Blue and Medicare PPO Blue.

<https://register.gotowebinar.com/register/2154044843442249742>

Blue Cross Blue Shield is using GoToWebinar as a platform for these programs. You will need to register ahead using the link above and then go to

<https://www.gotomeeting.com/webinar/join-webinar>

Plug in the information you get from your registration.

It’s free to use this platform.

Any questions can be directed to a staff person at 587-1228 option #2.

A Toast to Forbes Library

On Friday, October 23, the Friends of Forbes Library invite you to support Northampton's vibrant and vital public library through our online fundraiser called A Virtual Toast to Forbes. You can buy tickets (at tiered prices) then stay safely at home, reading a good book and enjoying a favorite beverage. The event website will offer drink ideas from local establishments, suggested book titles, local authors and more.

Check out forbeslibrary.org/friends for more information.

Forbes Library relies on funding from the Friends to supplement adult and children's programming, the book and media fund, technology upgrades and community engagement. Covid 19 restrictions forced the Friends of Forbes to cancel its two major in-person fundraisers for 2020. We hope for broad community participation in our only fundraiser this year.

Please get your tickets and raise your glass to Forbes on October 23!

Are you or someone you know print disabled?

The Perkins Library has all sorts of pre-recorded and live programs that you can access including technology instructions, movie Mondays, radio dramas, poetry hour and many, many more. These are available as call ins or on zoom.

**Call Perkins library at 617-924-3434 ext 3
to find out more.**

UPCOMING & NEW EVENTS

Coming in November

Spirits, Mediums and Charlatans with Alexander George MONDAY, NOVEMBER 16th @6:00pm

This program is co-sponsored with Forbes Library and we thank them for their support.
Spirits, Mediums, and Charlatans

A short history of Spiritualism, the fascinating religious movement that took the United States by storm in the second half of the 19th Century. Its rich history is populated by spirits, mediums, and charlatans - and unfolds against the backdrop of significant social and intellectual changes in our culture. This will be an informal presentation illustrated by many photographs, with attention to Spiritualism's significant manifestations in western Massachusetts. (If time permits, we might try a demonstration - bring a deck of cards if you can!)

Alexander George is a professor of philosophy at Amherst College. He has an amateur's interest in Spiritualism and its local history, fueled in part by his love of the history of magic and mental conjuring. For more information, see his website www.alexandergeorge.net. For information about his own performances, see www.hereadsminds.com.

**Join us on Zoom using
Meeting ID 97494969116 passcode is 300542
The link can also be found in My Active Center
www.myactivecenter.com**



DIRECTOR continued from page 1

to offer plenty of virtual programming via video or audio platforms. Our registration process is easy and once you have a myactivecenter.com account, you can sign in any time to choose to participate in self-guided workout videos, live exercise classes with familiar instructors or fun activities like live bingo, books, cooking, languages and a wide range of interesting topics to discuss with seniors from all over the country. These programs have been curated and are offered to help combat loneliness and isolation resulting from the distancing required to stop the spread of COVID-19. If you don't yet have an account on myactivecenter.com, you can still sign up. All you need is an email address, your Senior Center scan card # (key tag) and your full telephone number that we have on file for your Senior Center membership. If you need help with signing up for a myactivecenter.com account, or if you are not a member of the Senior Center, and are 55 years old or older, you can join any time by giving us a call at 413-587-1228 option #2. Though we are not physically working at the Senior Center, the staff is checking phone voicemails and returning calls every day.

We recognize that though the online programs are wonderful alternatives, they don't provide the same camaraderie we experience when we are all together in one place. The Senior Center staff often comment that they miss going into the Center, the routine of seeing familiar faces, meeting new members, and the energy



of being in the presence of the Seniors that we serve every day.

And so, as one day runs into the next since we closed the doors, the big question on everyone's minds is:

“When will the Senior Center Reopen?”

It would be great to have a definitive answer to this question! As it stands right now, we still plan to remain closed for regular, onsite Senior Center activities and

programs until at least Phase 4 of Governor Baker's 4-Phase Reopening Plan which reads as follows: “New Normal. Development of vaccines and / or treatments enable resumption of “new normal”. And when we do reopen, there are sure to be new safety protocols in place until we can be sure that the virus has been well contained.

In the meantime, the City has authorized that the Senior Center building be used as a cooling center when necessary and as a polling station for voting as usual. These one-off activities are set up, frequently sanitized, and closely monitored for compliance with the methods required to stop the spread of COVID-19. Traffic into, inside and out of the building is controlled to allow people to maintain safe distances from each other. The areas that are occupied during the activity are thoroughly cleaned/sanitized after each use. And when it is time for Senior Services to resume our daily activities in the Senior Center, it will have been thoroughly cleaned and sanitized so that we all have a safe environment in which to work, play, and meet.

We all look forward to the “new normal” phase when we can get back into the building, operate more of our programs in person and see you all enjoying all that the Senior Center and Staff have to offer. In the meantime, be well and stay safe.

Warmly, Marie

COMMUNITY NEWS & EVENTS

Mather Telephone Topics

With Telephone Topics, you simply call a toll-free number at the start time of the program to listen to a wide range of interesting discussions and programs.

All calls are FREE!

Two Ways to Participate:

Call-in number: (855) 880.1246

or join us online: zoom.us/join

Enter Meeting ID: 386 399 7030

Note some programs are geared more towards Zoom and you will see this indicated by "WATCH ON ZOOM" and other programs are fine with you just calling in on a phone.

Below we have listed some of the programs available at the end of the month but there are many, many, more provided all month long.

- Go to www.mather.com
- Look for tab that says "Programs"
- Then click on "Telephone topics"

Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Monday, September 28, 2:00 p.m.

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

Chair Yoga

WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, September 28, 3:00 p.m.

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Lessons in Love and Violence***

WATCH ON ZOOM

David Blecher, Opera Lovers Lecture Corps

Tuesday, September 29, 12:00 p.m.

Hear about an exciting new modernist opera that the New York Times describes as a "raucous beauty." With music by George Benjamin and a libretto by Martin Crimp, this searing musical drama has a contemporary setting but was inspired by an Elizabethan masterpiece. ***Not recommended for young children or more sensitive adults.

Mind & Body Practices

WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, September 29, 2:00 p.m.

Jaci will guide us through simple and empowering



meditation, breath practices, and relaxation techniques, as well as ways to connect and tools for compassionate interaction.

Virtual Tech Explorations for Beginner Users

WATCH ON ZOOM

Vivian Chazen,

Tuesday, September 29, 5:00 p.m.

Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

The Healing Power of Compassionate Curiosity

Ann Dionne, Author & Certified Life Coach

Wednesday, September 30, 10:30 a.m.

Ann will guide us in discovering ways to gain a greater capacity for understanding of our own experiences as well as those of others. Curiosity keeps us exploring the world and opens us up to deeper levels of willingness.

Around the World in 60 Minutes

Heather Braoudakis, Vocalist

Wednesday, September 30, 12:00 p.m.

Take a trip around the world through the magic of music. We'll visit all seven continents with favorite songs like "Slow Boat to China," "Road to Morocco," and "April in Paris"!

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 30, 2:00 p.m.

Have fun testing your knowledge! Do you know the right answers to these weird facts and bizarre stories?

Qi Gong

WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, September 30, 3:30 p.m.

Learn a guided system of coordinated body postures and movements, breathing, and meditation, used to facilitate optimal health.

Did you know there are **3 ways**

you can find links to many *interesting* and *informative* programs?

1. Our Facebook page. This page is where you can get the most up to date information about programs and events. Find us on Facebook by searching for Northampton Senior Services.

Every day we curate at least 3 programs that we think will be of interest to seniors.

These are local, state wide, regional and nation wide programs.

2. We also highlight free and low cost programs and events in our weekly Friday eblast.

If you aren't part of our weekly eblast send us an email at seniorservices@northamptonma.gov to join. We send an email on Fridays and we will never sell your email address to anyone.

3. Use My Active Center to find all of our fitness classes and other curated programs that we are offering directly or are available for you to participate in. www.myactivecenter.com

COMMUNITY NEWS & EVENTS

FREE programs for you to enjoy can be found at Highway 61.

We are regularly highlighting programs that are being offered through Highway 61 in our weekly email.

If you'd like to receive our weekly email please email us at seniorservices@northamptonma.gov and we will add you to the list.

We also make suggestions on our Facebook page (Northampton senior services)

Please note that Highway 61 web address ends in .co NOT .com

Highway 6 now requires the passcode 125645

Everything on Highway61 is in real time. It is like a radio station that never shuts off and that never has a host. And best of you, you can participate!

Below we have listed just a few of the programs available for the end of September. Go to the website to see the monthly listing of ALL programs.

We hope you will enjoy these offerings and connect with other seniors from around the country. Let us know

which programs are your favorites! (email NYesu@northamptonma.gov)

Your Favorite Classic Movies

September 28 @ 2:30 pm - 3:30 pm

Let's get together to chat about your favorite classic films – be it drama, comedy, romance, or film noir – and the actors and actresses who make them so memorable. Carol, who has Turner Classic Movies on in her home 24/7, will be leading the chat. Come to share or just to get recommendations from those who appreciate the finer things in film!

Reading Room • Host: Jordan

September 29 @ 12:00 pm - 1:00 pm

Every week, your host will read a poem, short story or article, followed by discussion!

Aging Alone

September 29 @ 3:30 pm - 4:30 pm

Hosted by Carol Marak

Carol is a syndicated columnist and the founder of The Elder Orphan Facebook Group. She will speak

about practical tips on how to build your self-reliance and confidence to face the future!

She will be speaking about how to create a roadmap to age confidently! To feel more confident about having more control of the future, solo agers, seniors aging alone without a nearby family, must actively plan for what they want. It's through understanding the options and then creating a strategy that will reduce uncertainty and confusion, and ultimately, give peace of mind and confidence. It starts with shifting the mindset, assessing the situation, and seeing possibilities.

Your favorite memories • HOST: JORDAN

September 30 @ 3:30 pm - 4:30 pm

Come hear everyone's favorite memories of ____! You will listen to people's favorite childhood memory, favorite memory of their best friend, favorite memory of feeling gratitude, joy or jealousy. It's definitely going to be an interesting discussion you don't want to miss!



See us on www.facebook.com
Search for Northampton Senior Services
or on our page on the City Website:
www.northamptonma.gov

The Conz Street

CHRONICLE

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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The Conz Street Chronicle
is a publication of the
Northampton Senior
Services & Senior Center
67 Conz St.
Northampton, MA 01060

Some services may have adjusted hours and offerings due to the covid 19 pandemic so please call the providers listed directly to confirm.

Resource Directory

Nutritional Programs

MANNA Soup Kitchen, Inc., 48 Elm St., Northampton. Meal site. Call for hours: 413-210-2084.

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. Food distribution will take place outdoors from 12-3 on M-W-F at 265 Prospect St.

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.northamptonneighbors.org

Home Care Services & Referrals

Highland Valley Elder Services Your first call for senior services and referral in Hampshire 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

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 - Assistance is also provided in Spanish, Portuguese and Haitian Creole.

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

Hampshire County Sheriff's Dept is once again providing medical equipment loans. Please call Dave Fenton at 413-582-7787

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. Call 413-587-1228 to sign up for the EARN email list.