

THE

RiverMills Reminder

THE NEWSLETTER OF THE CHICOPEE COUNCIL ON AGING

Nov/Dec 2020

5 West Main St • Chicopee, MA 01020 • 413-534-3698

Happy Holidays from RiverMills Center



Meal Options for Chicopee Seniors

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RiverMills Center’s Curbside Meal Pick-Up Program

RiverMills will continue to offer its curbside meal pick-up program through the winter. Meals are available Monday through Friday and cost \$3. Meals must be reserved at least a day before by calling 534-3698. You must give your name and phone number and confirm you are an older adult who lives in Chicopee. Meals are distributed between 1 and 3 p.m. Please pick up your meal by going down the hill and around to the back entrance. The meals are cooked on site, but must be heated up again at home.

In case of snow, please go to WWLP Channel 22 to see if the meal program has been cancelled for that day. Or, go to our Facebook page by searching for RiverMills Center Chicopee Council on Aging. Meal cancellations will also be posted on our page of the city website at www.chicopeema.gov.

Meals on Wheels: 5 home delivered meals per week for homebound residents 60 and over and their caregivers. Please contact West Mass Elder Care @ 413-538-9020 to learn more.

Lorraine’s Soup Kitchen and Pantry: Lorraine’s has resumed its evening meal program. Takeout meals are available Monday through Friday from 4 to 6 p.m. The food pantry is open Monday through Friday from 10 a.m. to 2 p.m. For more information, call 592-9528.

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www.goldenyearsusa.com

River Mills Assisted Living at Chicopee Falls

Assisted Living & Memory Support

For the safety of our residents, families, and staff, we continue to follow current COVID-19 state guidelines. Our team is available to answer your questions and schedule a tour following the safest protocols.

• Brand new studio and 1 bedroom apartments in Assisted Living include daily restaurant style dining, personal care support services and a variety of options for social engagement (theatre, expansive outdoor patio).

• Brand new private studio and companion suite apartments in a dedicated Memory Support Neighborhood include daily restaurant style dining, personal care support services, specialized programming and individualized engagement, and enclosed open air courtyard.

Short-term respite stays are also available.

If you've been considering assisted living, now is the time to select the apartment that best fits YOU! If your loved one would benefit from what our community offers, speak to our compassionate and experienced team whose desire is to enhance lives.

We Are Open
CALL TODAY!
413.531.0995
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7 River Mills Drive
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Mission Statement

The Council's mission is to promote the emotional, social, physical, and spiritual well being of older adults. Our vision is to be an indispensable asset to older adults and the community.

Staff Directory 413-534-3698

EXECUTIVE DIRECTOR EXT. 111
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Sharon Bressette

CUSTODIANS EXT.110
Don Meade Email: dmead@chicopeema.gov
Walter Borowiecki and Juan Velez

RIVERMILLS CAFÉ ASSISTANTS
Ellen Garrow, Lorri Kornilieff & Madelyn Pettico

Message from the Director

Greetings to everyone as the holiday season approaches. We all know the holidays will be different this year because of COVID-19, but I think it's important for all of us to try to embrace the sentiments of the season and to count what blessings we have. I know this is easier said than done sometimes, but this is the perfect time of year to try to find that joy and generosity that lives within all of us.

While the doors of RiverMills Center remain closed to the public, the staff and I are here for you and invite you to participate in programming online and via Charter Cable Channel 192 that are featured in this edition of the RiverMills Reminder. We have a Holiday Concert with David Neill planned for December 17th that we hope will put you in a festive mood, plus holiday crafts and yummy recipes.

The holidays can be difficult, especially when we're missing a loved one or a friend who no longer is around. If you find yourself getting down, please give us a call. You can talk to one of our wellness nurses or a staff member. We promise to get you in the right frame of mind, or refer you to appropriate services that will help lift you out of your doldrums.

This year's holiday season might be especially difficult given the constraints we're all under. Try to get creative in reaching out to family and friends. If you haven't sent out holiday cards in a while, this might be the year to resurrect that tradition. Throw yourself into baking cookies, making ornaments, and decorating. Then, sit back and appreciate those treats. It only happens once a year, so try to enjoy it all.

There is an election in a few days, November 3rd. Don't forget to vote and exercise your right to cast a ballot. No matter your political leanings, your vote is important.

Everyone here at RiverMills wishes you and your families a very blessed holiday season. We cannot wait to welcome you back in 2021. We will keep you posted on the reopening of the center. Until then, stay safe, wear your mask, and wash your hands frequently.

Fondly,
Sherry Manyak



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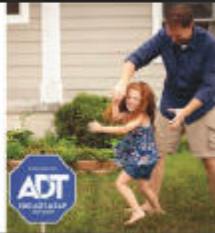
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ZOOM CRAFT TIME



TOILET PAPER PUMPKIN CRAFT
TUESDAY, NOVEMBER 10TH AT 10 A.M.
COST: \$5

Come make this adorable toilet paper pumpkin! Perfect for your fall decorations. You must call RiverMills Center at 534-3698 to register.



WIRE PUMPKIN CENTERPIECE
THURSDAY, NOVEMBER 12TH AT 10 A.M.
COST: \$10

This Wire Pumpkin Centerpiece will be the star of the Thanksgiving dinner table, aside from the delicious turkey of course! To register, please call RiverMills Center.



FALL CORNUCOPIA
TUESDAY, NOVEMBER 17TH AT 10 A.M.
COST: \$5

Create a mini fall cornucopia that will surely be a hit. Perfect for anywhere in your home. You must register in advance by calling RiverMills Center.



FALL EMBROIDERY HOOP WREATH
THURSDAY, NOVEMBER 19TH AT 10 A.M.
COST: \$10

Embroidery Hoops are a great way to make an easy and beautiful wreath to hang on your door. Join us on Zoom to make this fall themed embroidery hoop wreath. You must call RiverMills Center to register.



CHRISTMAS GREEN DOOR STOP
TUESDAY, NOVEMBER 24TH AT 10 A.M.
COST: \$10

With Christmas right around the corner, get ready to get into the Holiday spirit! Join us on Zoom to make this fun Christmas door stop! You must register in advance by calling RiverMills Center.



CHRISTMAS WREATH
TUESDAY, DECEMBER 1ST AT 10 A.M.
COST: \$10

Join us on Zoom as we decorate a faux wreath just in time for Christmas. You must register in advance by calling RiverMills Center.



WINE GLASS CANDLE HOLDER
THURSDAY, DECEMBER 3RD AT 10 A.M.
COST: \$10

Create this Christmas Candle Holder Centerpiece to add to your holiday decoration collection. You must register in advance by calling RiverMills Center.



FAUX SUCCULENT ORNAMENT
TUESDAY, DECEMBER 8TH AT 10 A.M.
COST: \$4

Make this simple succulent Christmas ornament that lasts forever! Once Christmas is over, you can hang it in your window, or somewhere else to show it off. You must register in advance by calling RiverMills Center.



CHRISTMAS CANDLE WREATH CENTERPIECE
THURSDAY, DECEMBER 10TH AT 10 A.M.
COST: \$10

Create a Christmas Candle wreath to add to your holiday décor! You must register by calling RiverMills Center.



GREEN CHRISTMAS CRATE
TUESDAY, DECEMBER 15TH AT 10 A.M.
COST: \$15

This is a craft you will want to sign up for quickly! This would look perfect around your fireplace or to see when you first open your front door. You must register in advance by calling RiverMills Center.



CHRISTMAS CEMETERY LOG
THURSDAY, DECEMBER 17TH AT 10 A.M.
COST: \$10

Join us on Zoom for our annual Holiday Memorial Log craft. You must register in advance by calling RiverMills Center.



*Upon registration, you will be informed as to when you can pick up and pay for the craft supplies via curbside pickup.



EXERCISE ON CHICOPEE TV GROUPS & MORE

Gentle Exercise Class will be broadcast on Chicopee TV (Charter Channel 192) at the following days and times:

Mondays, Wednesdays, and Fridays - 6:00 p.m.

Tuesdays & Thursdays - 7:30 a.m. & 7:30 p.m.

Saturdays & Sundays - 6:00 p.m.

Reset with Robin will be broadcast on ChicopeeTV (Charter Channel 192) at the following times:

Mondays, Wednesdays, and Fridays - 6:30 p.m.

Tuesdays & Thursdays - 8:00 a.m. & 8:00 p.m.

Saturdays & Sundays - 6:30 a.m.

This series is put on by Robin Davis of The Davis Method. Robin covers different topics such as stress relief, sleep and mood enhancement.

You can also find this and more programming at... vimeo.com/chicopeetv or facebook.com/chicopeetv

FUN HOLIDAY CRAFT

Looking for something to do when you're a little bored? Do you have the grandkids for a few days? Give RiverMills Center a call to come and pick up fun holiday craft kits, complete with instructions! Choose from a Christmas tree, a Snowman ruler to measure the snowfall, a reindeer and a paper Christmas light for your tree or window. **Each kit is \$1** and is available first come, first serve while supplies last.



ZOOM PHOTOGRAPHY CLUB

1st and 3rd Tuesdays at 1:00 p.m.

Do you enjoy photography? The Photo Club is having regular meetings via Zoom. If you would like to join us and need assistance connecting to Zoom call 534-3698 ext.104.



COFFEE WITH THE MAYOR

THURSDAYS, NOV. 5TH & DEC. 3RD AT 10:30 A.M.

Join Mayor John Vieau for a casual coffee hour on Zoom. The mayor will be available to answer questions and receive feedback. If you would like to join us and need assistance connecting to Zoom call 534-3698 ext.104.



COUNCIL ON AGING BOARD

The Council on Aging Board normally meets the 2nd Tuesday of the month at 4:45 p.m. at RiverMills. The board is on hiatus during the pandemic.

Susan Tawrel, Chairwoman

Sherryl Gelinas, Vice Chairwoman

Claire Gemme, Treasurer

Karen Rousseau, Secretary

Members: Ernest Laflamme, Henry Lenart, Joseph Lukasik, Stephen Michalik, Mary Rider, Kathleen LaBreck and Lynn Houle

FACE COVERING ORDER

The Baker-Polito Administration has ordered all residents over the age of two to use a face covering or mask in public places where maintaining proper social distancing measures to prevent the spread of COVID-19 are not possible. This statewide order went into effect on May 6th. If you need a mask, let us know, by calling 413-534-3698 or e-mailing caberdale@chicopeema.gov.



WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY
12:00 p.m. Gentle Exercise (Zoom) 1:00 – 3:00 p.m. Curbside Pick-up Meals 6:00 p.m. Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV) * Please call RiverMills if you would like more information about Zoom Fitness Classes. Zoom links will be shared on Facebook. If you do not use Facebook, please call 534-3698 to register.	7:30 a.m.– Gentle Exercise (Chicopee TV) 8:00 a.m.- Reset with Robin (Chicopee TV) 1:00 – 3:00 p.m. Curbside Pick-up Meals 7:30 p.m.– Gentle Exercise (Chicopee TV) * The schedule for our programs that are aired on ChicopeeTV is subject to change. Call for the latest schedule: 534-3698.	1:00 – 3:00 p.m. Curbside Pick-up Meals 6:00 p.m. Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV) * Our regular weekly programming will return once RiverMills Center reopens to the public. Social distancing measures may still be in place.
THURSDAY	FRIDAY	
7:30 a.m.– Gentle Exercise (Chicopee TV) 8:00 a.m.- Reset with Robin (Chicopee TV) 12:00 p.m.– Meditation (Zoom) 1:00 – 3:00 p.m. Curbside Pick-up Meals 1:30 p.m.– Tai Chi (Zoom) 7:30 p.m.– Gentle Exercise (Chicopee TV) 8:00 p.m.- Reset with Robin (Chicopee TV)	12:00 p.m.– Gentle Exercise <i>(New day, on Zoom. Begins November 6th)</i> 1:00 – 3:00 p.m. Curbside Pick-up Meals 6:00 p.m. Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV)	

GET UPDATES SOONER

STAY AT HOME ADVISORY

We are able to send updates via e-mail. If you have not been receiving our e-mails, please e-mail jruiz@chicopeema.gov to be added to the e-mail list. This is the fastest way for us to share any schedule changes and to receive program Zoom links. You may also call us in the office at 534-3698 to inquire. If you still don't see the e-mails, please check your spam/junk/promotions folder.



Governor Baker's Stay at Home Advisory is still in effect for people over the age of 65 and people who have underlying health conditions, who are at high risk for Covid-19. You should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.



NOVEMBER 2020 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>3 1 p.m.-Photography Club (Zoom) 1 p.m.- Living Again (Zoom)</p> <p style="text-align: center; color: #008080;">Election Day</p>	<p>4</p>	<p>5 10:30 a.m.– Coffee with the Mayor (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom)</p>	<p>6 10:30 a.m.– Food for Thought 12:00 p.m.– Gentle Exercise (Zoom) <i>(New day!)</i></p>
<p>9 10:00 a.m.– Let’s Talk About Diabetes (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>10 10 a.m.– Toilet Paper Pumpkin Craft (Zoom) 6 p.m.– Grandparents as Parents Support Group (Zoom)</p> <p style="text-align: center; color: #008080;">National Vanilla Cupcake Day</p>	<p>11</p>  <p>HAPPY VETERAN'S DAY CLOSED</p>	<p>12 10 a.m.– Wired Pumpkin Centerpiece (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom) 1 p.m.-Tech Connect (Zoom)</p>	<p>13 10:30 a.m.– Food for Thought with AIC (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)</p>
<p>16 11:00 a.m.– Let’s Talk About Diabetes (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>17 10 a.m.– Fall Cornucopia (Zoom) 1 p.m.-Photography Club (Zoom)</p>	<p>18 11:00 a.m.– Let’s Talk About Diabetes (Zoom)</p>	<p>19 10 a.m.– Fall Embroidery Hoop Wreath (Zoom) 12:00 p.m.– Meditation (Zoom) 1p.m.- Mom’s WWII Letters (Zoom) 1:30 p.m.-Tai Chi (Zoom)</p>	<p>20 11:00 a.m.– Healthy Holiday Eating 12:00 p.m.– Gentle Exercise (Zoom)</p>
<p>23 11:00 a.m.– Let’s Talk About Diabetes (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>24 10 a.m.– Christmas Green Door Stop (Zoom)</p>	<p>25 10 a.m.- Reclaim Your Space (Zoom)</p>	 <p style="text-align: center; font-weight: bold; color: #008080;">Happy THANKSGIVING</p>	
<p>30 10 a.m.– Weight Loss & Hypnosis (Zoom) 11:00 a.m.– Let’s Talk About Diabetes (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)</p>			<p>CLOSED</p>	<p>CLOSED</p>

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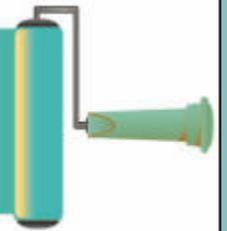
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DECEMBER 2020 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 a.m.– Christmas Wreath (Zoom) 1 p.m.- Living Again (Zoom) 1 p.m.-Photography Club (Zoom)	2 11:00 a.m.– Let’s Talk About Diabetes (Zoom)	3 10 a.m.– Wine Glass Candle Holder (Zoom) 10:30 a.m.– Coffee with the Mayor (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom)	4 12:00 p.m.– Gentle Exercise (Zoom) National Cookie Day
7 10 a.m.– Weight Loss & Hypnosis (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)	8 10 a.m.– Faux Succulent Ornament (Zoom) 6 p.m.– Grandparents as Parents Support Group (Zoom)	9 10 a.m. Reclaim Your Space (Zoom)	10 10 a.m.– Christmas Candle Wreath Centerpiece (Zoom) 12:00 p.m.– Meditation (Zoom) 1:00 p.m.– Tech Connect (Zoom) 1:30 p.m.-Tai Chi (Zoom)	11 12:00 p.m.– Gentle Exercise (Zoom)
14	15 10 a.m.– Green Christmas Crate (Zoom) 1 p.m.-Photography Club (Zoom)	16	17 10 a.m. & 6 p.m.– Christmas Concert on Chicopee TV 10a.m.– Christmas Cemetery Log (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi	18 12:00 p.m.– Gentle Exercise (Zoom)
21 10 a.m.– Weight Loss & Hypnosis (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)	22	23 10 a.m. Reclaim Your Space (Zoom)	 CLOSING AT NOON	 CLOSED
28 12:00 p.m.– Gentle Exercise (Zoom)	29	30	 HAPPY NEW YEAR CLOSING AT NOON	 CLOSED

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WELLNESS

Hours	Monday– Thursday	Friday
	8:00 a.m.– 3:00 p.m.	8:00 a.m.– 2:00 p.m.
Wellness Center Nurses	Helen Biglin, R.N. Dianne Copeland, R.N.	

While RiverMills Center remains closed at this time, the Wellness Center nurses are available for one-on-one phone consultations. Please call 534-3698, ext. 119 to reach a nurse.

ALZHEIMER'S ASSOCIATION

Did you or someone in your family recently receive a diagnosis of Alzheimer's disease or another form of dementia? Would you like some help navigating decisions after a diagnosis? Are you worried about how to provide the best care for a loved one? Are you concerned about your own memory? The Alzheimer's Association provides free Care Consultations that are confidential and personalized to the needs of individuals and families. Consultations can be provided by phone or video conference and can include family members in separate locations. Call 617-393-2100 or email careconsultationmanh@alz.org to schedule a Care Consultation today. We know this is an unprecedented time, and no one should be doing this alone. The Alzheimer's Association staff are still operational and continue to help families each day living with dementia. Our 24/7 Helpline is available at 1-800-272-3900 to anyone who needs to talk about the challenges of dementia during this time. They can help address feelings of isolation, and link you to other resources. Additionally, we are now offering all of our educational programs and support groups via video conference or over the phone. We also offer Meet Ups for those living with dementia. Virtual Meet Ups are a fun, social hour that provide an opportunity to connect with others living with similar experiences.

FOOT CARE HOME VISITS

Cost: \$50

RiverMills Center's foot care Registered Nurse Pat O'Brien is now making house calls. To make an appointment with Pat call 596-4680.

Sharon Beaulie, Registered Nurse, is also available for home visits for foot care in Chicopee and South Hadley. To schedule an appointment with Sharon call 552-9533.

SOCIAL SERVICES

SNAP - Supplemental SNAP benefits will continue as of the time of this printing. Please contact Diane @ 413-534-3698, ext.120 for help to complete an application.

Wellness Calls: Our volunteers and staff are staying connected to residents more than ever through the hundreds of phone calls they are making weekly. Would you like a call? Do you know someone who would like a call? Contact Colleen @ 413-534-3698 ext. 105.

50+ Job Seekers Program: Any Massachusetts resident 50+ years old can register to participate. Each session is guided by a professional employment coach. Please Visit: www.50plusjobseekers.org to register.

FUEL ASSISTANCE

The fuel assistance program helps income-eligible households pay part of their winter heating bills. If your gross household income falls within the limits shown below, you may qualify for fuel assistance.

1-person household: maximum annual income of \$39,105

2-person household: maximum annual income of \$51,137

To apply for fuel assistance you will need to complete an application along with documentation verifying income, identification, and utility bills. Applications for new participants are now available and can be submitted as early as November 1st. Current fuel assistance participants should have received renewal applications in August.

For more information and help filling out the form, contact Program Assistant Diane Gay at 534-3698, ext. 120.

MEDICARE OPEN ENROLLMENT – SHINE (SERVING THE HEALTH INSURANCE NEEDS OF ELDERS) COUNSELING IS AVAILABLE

October 15th—December 7th

During Medicare Open Enrollment you may change your insurance plan for next year. You should have received information about your plan at the end of September.

Make sure to understand and save this information regarding changes to your plan for 2021.

While RiverMills Center remains closed, S.H.I.N.E.

Counselors Alan Bunusewicz and Fred Thomas are available for phone sessions. An appointment is required by calling 534-3698. Slots for open enrollment are filling up fast. You must be available at your phone during the time of your scheduled appointment. The S.H.I.N.E. counselor will call you. If you miss your appointment you will have to reschedule it, but there's no guarantee a slot will be available to you. In preparation of your appointment, please have your Medicare Card or other insurance cards available, along with a list of your current medications.

When open enrollment ends, Alan will continue to remain available for phone appointments to answer your questions about Medicare and other health insurance issues.

SUPPORT GROUPS

RECLAIMING YOUR SPACE

Nov. 25th & Dec. 9th & 23rd
10 a.m.- 11:30 a.m.

Are you indecisive, do you procrastinate? Work with this support group to conquer clutter and reclaim your life.

This support group was previously called *Buried In Treasure*. This group meets on the 2nd & 4th Wednesdays. For more information call Helen Biglin at 534-3698 ext.119.

ALZHEIMER'S SUPPORT GROUP

This group is for caregivers of older adults with memory loss. Gerry Bennett, R.N., is the facilitator. The Alzheimer's Support Group will NOT meet via zoom. Facilitator Gerry Bennett can still reach out to people if interested. Please call Casey Conroy or Holly Angelo for more information.

GRANDPARENTS AS PARENTS

2nd Tuesdays, Nov. 10th & Dec. 8th
6 p.m.-7:15 p.m.

This support group is for grandparents who have assumed the caregiving responsibility for their grandchildren. All GAPP meetings will take place via Zoom. This group is open to all grandparents, regardless of how old they are or where they live. For more information call Casey Conroy at 534-3698 ext.118.

Supported by the City of Chicopee & Margo Chevers Memorial Fund Grant.

VETERAN'S BENEFITS COUNSELING

Chicopee Veterans' Services Department is available to answer questions about veterans' benefits. Any veteran or surviving spouse of a veteran is encouraged to call the Veterans' Services Department at 594-3470 between 8 a.m. and 4 p.m. on weekdays with any questions they may have.

LIVING AGAIN (ZOOM)

1st Tuesdays at 1 p.m. Nov. 3rd & Dec. 1st

This group supports anyone who has suffered the loss of a loved one and needs the support of others. A facilitator runs the group. For more information contact Casey Conroy at 534-3698 ext.118.



TRANSPORTATION

The Transportation Department at RiverMills Center is doing rides to supermarkets, pharmacies, and doctor's appointments. Riders must adhere to new passenger safety standards. See below for more information. Please reach out to our Transportation Department if you have an emergency need at 413-536-5733. Please leave a message and someone will get back to you.

PASSENGER SAFETY

The RiverMills Center Transportation Department follows the CDC and State Standards for drivers, passengers and vehicle safety. The following outlines those guidelines.

1. **Non-contagious medical appointments and grocery shopping etc.**
2. **Only 1 passenger (with 1 companion) is allowed in the vehicle at a time.**
3. **Passenger MUST wear a mask and use hand sanitizer BEFORE entering the vehicle.**
4. **Driver will take passenger's temperature with a non-contact thermometer.**
5. **Passengers with a temperature of 100.4 degrees or higher will not be allowed to ride in the vehicle.**
6. **All vehicles are cleaned and disinfected before and after each passenger.**

The Chicopee Council on Aging receives Federal Older Americans Act Funding from local Area Agency on Aging, West Mass Elder Care, the State Executive Office of Elder Affairs, and the Federal Administration for Community Living.

FRIENDS OF RIVERMILLS CENTER

A 501 (C) (3) NON-PROFIT ORGANIZATION
DEDICATED TO HELPING OLDER ADULTS.

President: (Steve Michalik, Acting President)

Vice President: Steve Michalik

Recording Secretary: Joan Jaquith

Corresponding Secretary: Diane Gay

Treasurer: Bob Kupiec

FRIENDS Meetings

The FRIENDS normally meet the second Friday of every month at 10:00 a.m. at RiverMills. The Friends' meetings are on hiatus.

The Friends of Chicopee Senior Citizens, Inc. would like to thank Al Picard for his leadership over the past four years. Al became president during the summer of 2016 and stepped down from office this year. He helped oversee the Summer Concert Series, the Dan Kane fund-raising concerts, and the closing out of the Friends' \$2 million Building Fund pledge to the city. The Friends and Council on Aging thanks Al for his time and effort and we wish him all the best.

Friends Vice President Steve Michalik is now the acting president of the Friends group. Anyone interested in more information about becoming president should call Steve at 532-3544. The Friends' new Recording Secretary is Joan Jaquith and its new Corresponding Secretary is Diane Gay. The Friends thanks Theresa Picard for her time spent as recording secretary, and Rosemary Dachowski for her service as corresponding secretary.

The Friends hopes you had a good Fall and wishes all of you a joyous holiday season. Please stay safe. We will all see each other again soon!



We are looking for a new president. If you are interested in learning more about these positions, please contact Steve Michalik—413-532-3544.

UPDATE FROM YOUR SENIOR TRAVEL CLUB

We hope you are all healthy. Your Travel Club Planners are anxious to get back to scheduling some trips. We regret that all of our events for the balance of the year have been cancelled. Once RiverMills reopens, with the permission of the Health Department and the Governor's Office, your travel planners will be ready to go. We will develop a tentative schedule of trips as we do each Fall. We look forward to seeing all of you as soon as it is safe to travel. Best wishes for a "Happy and Healthy Holiday Season."

Your Senior Travel Planners,
Bob, Sandra, Ron, Ann, Lori and Joyce



JOINING A ZOOM MEETING

COVID-19 Scams

Please allow extra time to get online.

If this is your first time using Zoom we ask that in consideration of the whole group, **please arrive 15 minutes early** in order to get successfully connected. Someone will be on hand to help you if needed. If you come late to the conversation and have difficulties connecting, please disconnect and phone in.

- Close any program on your computer that uses your camera, for instance Skype.
- Have a headset available if possible to minimize feedback – your cellphone earbuds will work well.
- Click the **Zoom link** that’s been sent to you in an email, and Zoom should automatically and quickly download to your computer.
- In Downloads on your computer, click Zoom_launcher.exe. Zoom should direct you to this with a large orange flag.
- Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting.

You should now be part of the meeting. Click the green button that says “Join Audio By Computer.”

Join by tablet or smartphone

• If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time. Once you have downloaded the Zoom app, follow the “Join by computer” instructions above.

Join by telephone

- First, dial the phone number provided in the Zoom email.
 - When prompted, dial the meeting ID number that is also provided.
- Your phone will be automatically muted once the meeting starts. If you want to speak, press *6 to unmute.

If you would like to participate but are unfamiliar with Zoom, our Program Technician can help you get connected. To schedule an appointment for assistance, please call Jona at 413-534-3698 ext.104, or send an email to: jruiz@chicopeema.gov.

Don’t have a device to get online? Ask about our **Tablet Lending Program!** Call: 534-3698 ext:104.

Don’t let your fear of the pandemic make you a victim of a coronavirus scam. Beware of e-mail, phone, and door-to-door scams. The most important thing to remember is to never give your personal information, such as your Social Security number, to anyone over the phone. If you want information about coronavirus, go to: www.mass.gov/dph. The following is what to watch out for:

- **Beware of Coronavirus Testing & Vaccine Scams.** Testing should be ordered by your physician only. In addition, there is no vaccine available at this time to protect you from the virus. Anyone who contacts you or approaches you to offer you testing or a vaccine for a fee is trying to scam you. Never give out your Medicare number, Social Security number, or bank account information.
- **Beware of phone calls, e-mails and texts from people claiming to be a coronavirus expert.** Especially beware of e-mails that appear to be from the CDC (Centers for Disease Control), the WHO (World Health Organization), Medicare or Social Security. Don’t click on any links or download attachments from e-mails you aren’t expecting.
- **Beware of fake charities** asking for donations to help fight coronavirus.
- **Federal Coronavirus Checks** will be sent through direct deposit or mailed. These are the checks the federal government promised to individuals and families to help them get through the pandemic. There are no fees attached to the checks. To check on the status of your payment go to www.irs.gov.
- **Census workers** going door-to-door will have official Census I.D. badges around their neck.



TECH TIME

PROGRAM TECH OFFICE HOURS

By appointment

Program Technician Jona Ruiz is now offering 1-on-1 phone calls or Zoom meetings for tech related issues. Help may be limited due to social distancing. Book an appointment by calling 534-3698, ext. 104 or send an e-mail to jruiz@chicopeema.gov.



TECH CONNECT CLASS (ZOOM)

2nd Thursdays, Nov. 12th & Dec. 10th at 1 p.m.

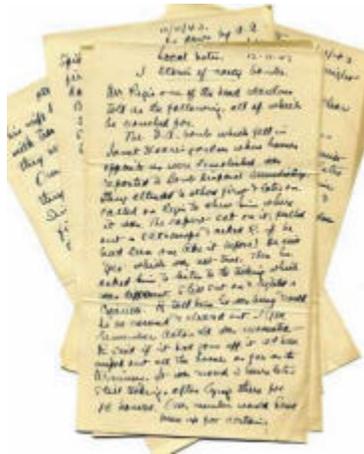
Are you interested in learning more about technology and how to use it? Join Program Technician Jona Ruiz as he leads classes on a variety of tech topics every month. Do you need a hand connecting to Zoom? Call 534-3698 Ext.104 for assistance.

PROGRAMS

MOM'S WWII LETTERS (ZOOM)

Thursday, November 19th At 1:00 p.m.

In May 2017, Corrine Smith found her mother's stash of more than 80 letters from 16 servicemen she had corresponded with from 1944-1945. Corrine began to trace the soldiers' family trees with one goal in mind: to return the letters in person to their children. This presentation links history and genealogy to present-day research and diligence. it revisits a time that we may not want to forget, and it may prompt others to wonder for themselves what treasures lurk in their own, old family boxes, and how they can share the information with others. This program is sponsored in part by the Chicopee Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Corrine H. Smith is a writer who is originally from Lancaster County, Pennsylvania. Her first book was a self published family history, titled "From Saxony to the Lehigh Valley: The Descendant's of Ludwig Hossfield" (1992) Since then, she has written several books about American Author Henry David Thoreau. She now lives in Garden, MA. This program was rescheduled from September 3rd.



LET'S TALK ABOUT DIABETES



Monday, Nov. 9th at 10:00 a.m.

Mondays, Nov.16th, 23rd & 30th at 11:00 a.m.

Wednesdays, Nov. 18th & Dec. 2nd at 11:00 a.m.

This series is open to those with diabetes, those who care for a person with diabetes, those who just want to know more and offer support or want to learn more healthy habits. Each class will allow for an open discussion on defining diabetes, how to eat to control blood sugar and how to properly manage medication and lifestyle to allow you to lead a healthy, happy life. Join Holyoke Medical Center beginning Monday, November 9th for this 6 part series. Zoom link will be provided on RiverMills Centers Facebook page or by calling 534-3698

HEALTHY HOLIDAY EATING (ZOOM)

Friday, November 20th At 11:00 a.m.



The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. In this Zoom workshop with Ascentria Care Alliance, we will share ways to get creative in the kitchen to make healthy foods fun and festive as you celebrate.

WEIGHT LOSS & HYPNOSIS (ZOOM)

Mondays, Nov. 30th, Dec. 7th & 21st

Cost: \$25

Join us for this three-session Zoom weight loss series taught by Robin Davis. It incorporates mind and body techniques, including hypnosis. The goal is to encourage a healthy lifestyle and eating habits. The cost is \$25 that must be paid before the first session begins. Payment can be dropped off at RiverMills Center.

Holiday Concert with The Christmas Brass Band on Chicopee TV

Thursday, December 17th at 10 a.m. & 6 p.m.

Even though we can't have a Holiday Concert in person this year, we still want to bring the holiday spirit to your television! Join David Neill and the Holiday Brass Band on Chicopee TV, Charter Channel 192, on Thursday, December 17th for a wonderful holiday concert filled with the classics! This program is sponsored in part by a grant from the Chicopee Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



HOLIDAY RECIPES

CHRISTMAS PAST

Macaroons

- 5 ½ cups flaked coconut
- 14 oz. sweetened condensed milk
- 2 tsp. vanilla
- 1 ½ tsp. almond extract



Pan preparation: butter and flour a baking pan. Put parchment paper on top, then lightly butter the top of the parchment paper.

Combine all ingredients above and use spoon to create tbsp size balls. Place balls on parchment paper lined baking pan.

Bake at 350 degrees for 8-10 minutes.

To top your macaroons with chocolate, melt some dark chocolate chips (Ghirardelli are recommended) with 1 Tbsp of butter in the microwave. Microwave for 30 seconds and then stir. Keep doing this until the chocolate is smooth. Then drizzle the chocolate over the macaroons.

Apple Cobbler

FOR THE APPLES

- 6 apples, cored and sliced
- 1/4 c. granulated sugar
- 2 tsp. ground cinnamon
- 1/2 tsp. kosher salt
- Juice of 1/2 lemon

FOR THE COBBLER

- 2 c. all-purpose flour
- 1/2 c. granulated sugar
- 2 tsp. baking powder
- 1/2 tsp. kosher salt
- 1/2 c. (1 stick) butter, cold, cut into 1/2" cubes
- 1/2 c. heavy cream
- 1 large egg, beaten
- Egg wash, for brushing
- Coarse sugar, for sprinkling



Preheat oven to 350°. In a large bowl, combine apples, brown sugar, cinnamon, salt, and lemon juice. Let apples macerate for 15 minutes.

In another large bowl, whisk together flour, sugar, baking powder, and salt. Incorporate butter into flour mixture until it resembles coarse crumbs then stir in heavy cream and egg.

Pour apples into a large baking dish and top with dollops of dough. Brush dough with egg wash and sprinkle with coarse sugar. Bake until golden brown and bubbling, 1 hour. Let rest 10 minutes before serving.

This recipe was taken from delish.com



A LETTER FROM SENATOR JOHN VELIS

Hello Everyone!

I hope you all are doing well. I truly can't believe that fall is already upon us and that winter is around the corner! I've tried to get out into the community as much as possible, because soon it will be difficult to hold events outside. We've also been having plenty of virtual and online meetings as well.

Our lives have changed quite a bit this year due to COVID-19 and our job in the legislature is to respond and help with those changes as best we can. We've put forward and passed significant relief bills, with focuses on small businesses, hardworking families, and broader economic recovery. We've also passed strong Chapter 70 and Chapter 90 funding legislation for our communities, which has made critical investments to our roadway infrastructure and our school systems that have been adapting to hybrid and remote systems.

We've also been working hard on our final state budget that will take us through the end of the fiscal year. Without knowing what the federal government was going to do, or what our state income taxes were going to look like, it was difficult to do a budget this past summer as normal. With everybody being asked to do more with less right now, it is my job during this time to meet and hear from organizations from the district about their needs and concerns. I've been lucky enough to spend time with a lot of incredible different groups, from food pantries to veterans' organizations to boys and girls clubs. So many have stepped up for our community during this time, and I look forward to continuing working with these organizations and advocating for them.

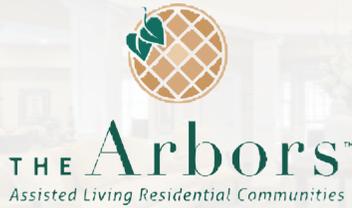
In early September the RMV announced special hours at certain locations for those 75 and older to renew their licenses in person. Many of my Western Mass legislative colleagues were excited by this

initiative, which will help protect our elderly population during these difficult times. As a result, we wrote a letter to Secretary Pollack at MassDOT asking for additional Western Mass RMV locations to be opened. Starting October 14th, the Greenfield, Pittsfield, and Springfield RMV locations will be open and will offer Senior hours on Wednesdays for license renewals by appointment. You can go to [Mass.Gov/RMV](https://www.mass.gov/RMV) to find specific hours or make an appointment, or give me a call. If you are ever experiencing difficulties with the RMV or any other State Agency, please reach out to my office as we absolutely want to help in any way we can.

I know this year has been extremely difficult for all of us, from work issues to family issues, to our physical and mental health. I hope everyone is staying healthy and safe, and sooner rather than later, we will all be back in person enjoying the great programs that the Chicopee Council on Aging and others put on for us. If there is anything I can do to assist you, please never hesitate to reach out: I can be reached at my email: john.velis@masenate.gov or by phone: (413) 572-3920, and you can find more about my work online at senatorjohnvelis.com.

Sincerely,
John C. Velis





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Thankful For...

Find and circle all of the people and things to be thankful for.
The remaining letters spell a secret message.

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Mail to: Chicopee Council on Aging, 5 W. Main Street, Chicopee, MA 01020-1864

Program/Event Registration Policy

Chicopee residents will have priority registration for one week following the date registration opens. Non-residents will then be able to buy tickets or register for programs after the one-week resident registration period ends. RiverMills Center welcomes all older adults ages 55 and older, but must give priority to City of Chicopee residents. The Council on Aging is a city department that is supported by taxpayers. Thank you for your understanding. Registration for any event begins on the first of the month the event is taking place. If an event is scheduled the 1st week of a month, registration will begin a week early.

Acknowledgments

The RiverMills Reminder is printed and distributed with funds provided by the City of Chicopee, the state Executive Office of Elder Affairs, local businesses, and individual contributors. The Chicopee Council on Aging receives federal Older Americans Act funding from local Area Agency on Aging WestMass Elder Care, the state Executive Office of Elder Affairs, and the federal Administration for Community Living. The Chicopee Council on Aging is a proud member of the Massachusetts Council on Aging & Senior Centers; National Council on Aging; and National Institute of Senior Centers.



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Monday-Friday

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COA Phone Number

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Transportation	536-5733
Travel Desk	534-3698
Fax	557-6989



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RECOGNITION

We want to thank the following businesses and individuals for their time & generous donations to the COA:

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