

# Bernardston Senior Center

Monthly Newsletter: October 2020



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## Fire Safety Presentation

Tuesday October 13th at 4pm



It's Fire Safety Month and we're welcoming Chief Pete Shedd back to the Senior Center to discuss fire safety and prevention. Program will take place in the parking lot with limited seating (please bring your own chair). Sign up required, please call (413) 648 5413 to reserve your spot. If you have specific questions, please let us know at sign up and we'll make sure Pete covers it.

## Flu Clinic

Wed. October 14, 1-3pm

Call (413) 648-5413 to sign up.

Preregistration required.

Open to all. Please RSVP  
by Wednesday October

7th at 3pm



## Technology Crash Course

Tues. Oct. 6th at 1pm

We're hosting technology workshop in the parking lot! If you're new to computers, tablets, or smart phones this is for you! We're teaching the very basics, no experience necessary. We're teaching how to Zoom, how to set up an email account, and tips for web browsing. Bring a computer or a phone from home or borrow one of ours.

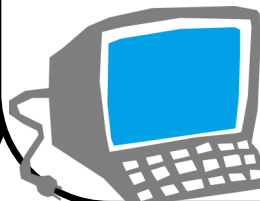
Seating is limited, call (413) 648-5413 to sign up.

## Coffee (& donuts) with a Cop

Tuesday October 20th at 10am.

Chief Palmeri is here for a socially distant coffee hour in the parking lot!

Limited seating. Sign up required, please call (413) 648 5413 to reserve your seat.





## Meal Programs and Foot Clinic



### Pop Up Food Pantry

Oct. 28th at 4:30pm

Call (413) 834-7200 to sign up. Sign up needed each month. Pantry date is the last Wednesday of each month. Delivery is available if needed!



If you'd like to make a food donation to our pantry, call (413) 834-7200 to make arrangements or drop it off on the bench in the parking lot.

### Drive Thru Meals for Seniors

*Closing in on 3500 meals since March!*

Enjoy a delicious meal with the Senior Center's drive thru meal pick up program! Meals are distributed Monday through Friday from 11:45-12:15pm in the parking lot.

*Donation of \$3.00 is appreciated.*

Please call (413) 834-7200 by 9AM the day before to sign up. You may order ahead for multiple days at a time. *\*Free delivery now available!\**



### Drive Thru "Trick or Treat"

Friday October 30 from 11:30am to 12:30pm

To celebrate Halloween we're handing out candy curbside. Drive through to get your candy fix, without ever leaving your car! Bonus candy to anyone in costume or with a costumed car.



### September Foot Clinic: Thursday, October 15th

The BSC Foot Clinic is back, but adhering to the "new norm". Call: (413) 648-5413 to schedule an appointment. When you arrive, you'll need to call the senior center (413) 648-5413 to notify us you're here. You will not be able to wait for your appointment inside the building. We ask that you wear a mask during the entire session. If you feel unwell (for any reason!) please do not attend the clinic! Suggested donation for the appointment is \$20, call our outreach worker if financial assistance is needed (413) 522-8245.

Foot Care by Nurses is offering home visits, if you would like to have them come to you.

*BSC Foot Clinic is made possible by: COA and Title III grant from EOE and LifePath.*



## At the Center



**Fire Pond:** Mon. Oct. 5th at 5pm. **Zoom ID: 820 7647 1289**

**Dennis and Megs:** Mon. October 19th at 5pm.

**Zoom ID: 850 4846 1583**

Attendees must call in advance to sign up. Dial (413) 834-7200 to reserve your spot. Suggested donation of \$3. Please bring your own lawn chairs and feel free to bring snacks! Can't come to see? Watch on Zoom! No password required. Technical difficulties connecting to stream? Call (413) 834-7200. Need a lift? Call the van! We can pick you up, dial (413) 834-4084.

### ED the Wizard

Mon. Oct. 26th  
at 1pm



From Mind-Reading to Coins to Cards, there is something magical for all. Several impromptu magic effects will be taught so that patrons can perform for their friends and grandchildren. Be prepared to be amazed with Ed the Wizard's award winning performance. Sign up required, please call (413) 648-5413. Performance will be in the parking lot, with social distancing. Please bring your own chair.

This program is supported in part by a grant from the Bernardston Cultural Council, a local agency which is supported by the MA Cultural Council, a state agency



### BSC Book Club

Wed. Oct 21, 1pm

*Murder on the Orient Express*

In honor of the most scary month of the year, this October join us for Agatha Christie's famous murder mystery with the famed detective Hercule Poirot. Her pioneering novels defined the mystery genre as we know it.

Copies can be reserved through the senior center. We'll meet in the parking lot, weather permitting to discuss this thrilling mystery classic. To sign up, call (413) 648-5413.



## Online

### Chair Yoga Stretches & Guided Relaxation

Tues, Oct. 20, 11:00-11:30am

*Presenters Luisa Lewis and Janet Fontana*

Join us to practice stress-relieving chair yoga stretches to ease tight muscles in your neck, shoulders, and back. Followed by a 10 minute guided meditation. Practicing meditation & connecting with others can help cope with stress and feelings of isolation. No experience necessary.

Register at: [bcbsa.info/Oct20](http://bcbsa.info/Oct20)

### Smithsonian Channel Presents: *Amazing Dogs: Man's Best Friend*

"Discover the surprising journey of man's best friend and how dogs have evolved to change the course of human history." Episode One available free, no log in required.

Type the following into your web browser:

<https://watch.smithsonianchannel.com/video/series/amazing-dogs/68310>



### Volunteers Needed

The Senior Center is actively seeking volunteers who can help assist with upcoming programs. Duties include: checking people in, handing out refreshments, serving food, sanitizing contact surfaces, etc... If you'd like to join the BSC Volunteer

Crew call:

(413) 648-5413.



### Find us online!!

**Facebook.com/BSCCOA**

**Who to call at BSC:**

Van Service: (413) 834-4084

Outreach: (413) 522-8245

Office: (413) 648-5413, 10am—2pm

**Meals and other calls:**

**(413) 834-7200**

**Need to mail us something?**

PO Box 504

Bernardston, MA 01337



# Fuel Assistance: What You Need to Know



Fuel Assistance for the 2020-2021 Heating Season is managed by Community Action of the Pioneer Valley and is just getting up and running. We are working to help you be prepared to complete the application process. If you received assistance last year you should receive renewal application soon, if not already received. We anticipate working with first time filers very soon.

Did you know that if you are on certain benefit programs you can get a discount rate on your electricity? If eligible for Fuel assistance, or receiving SNAP, SSI, Mass Health, Subsidized housing, or Ch 115 Veteran Benefits or Veteran Disability Pension you can apply for the discounted rate.

**If interested in applying contact outreach services at (413) 522-8245 or email [seniorcenter@townofbernardston.org](mailto:seniorcenter@townofbernardston.org).**

## Income Guidelines:

Number of People	Annual Income Limit
1	39,105
2	51,137
3	63,169
4	75,201
5	87,233
6	99,265



## What to Provide:

- Social Security numbers & birth dates
- Proof of citizenship or qualified alien status
  - Proof of identity
- Homeowners: mortgage statement, real estate tax bill, homeowner's insurance bill
- Renters: lease; subsidy verification if applicable
  - Heating bill
  - Electric bill
- All income for the four weeks prior to the appointment.

*This information is required for all household members regardless of age. Further verification may be requested after you apply.*

In our last issue there was typo. The correct number for our outreach is: (413) 522-8245!

OOPS!

