Bernardston Senior Center
Coronavirus Info Sheet vol. 2, Cabin Fever Edition

It’s been a wild ride the last few weeks. If you’re feeling scared and alone, you’re not the only one. We’ve been making phone calls all over Bernardston to residents over 60. To help, we came up with some useful information and how the Bernardston Senior Center can help you get through this difficult time. This is an opportunity to work on those unfinished projects, start a new hobby, or reach out to someone you haven’t talked to in awhile. We’re all in it together!

Who to call at BSC:
Van Service: (413) 834-4084
Outreach: (413) 522-8245
Meals and all other calls: (413) 325-3582

Volunteers Needed
The senior center needs your help! We have a number of ways you can get involved and stay active. We need help with making calls, putting out mass mailings, grocery shopping for folks who can’t get out, our meal program, and more!

Mindfulness
Practicing mindfulness can help ease tension and stress. It’s a good way to keep your head on straight during all this uncertainty. All you need is 5 minutes to: Focus on your senses, Bring awareness to your breathing, how you’re sitting, sensation in your hands, etc..., If your mind wanders bring it back to your senses. This can help bring some peace and clarity to your day.

If you’d like more info try checking out youtube for videos. Some names to try are Sharon Salzberg or Jack Cornfield.

Sew What?
Face masks are this season’s biggest trend! But there’s a serious shortage. Included in this newsletter is a pattern you can use to make one. Need Supplies? Call us and we’ll get them to you. Drop off all finished masks to the senior center and help your neighbors!

Need a mask?
Call us and we will get you one!
**Deadline Changes**

Many State/Federal Deadlines have been postponed.

**Federal and State Income Tax:** Filing date postponed to July 15.

**MA Car Inspections:** extended 60 days

**MA Car Registration:** Expiring in March/April you will have additional 60 days to renew (May 31 renewal for March expiration and June 30 renewal for April expiration)

**Stimulus Funds**

If you receive social security, you will automatically receive a stimulus check. You do not need to have filed a tax return in 2019 to be eligible to receive a check. In fact, most Americans do not need to do anything in order to get a check. The money will be deposited into your account if the IRS has your information from your prior years return, otherwise a check will be mailed to you. If you have further questions regarding stimulus funds, check out IRS.gov for more information.

Please be aware that you may receive scam calls regarding stimulus funds. As always, screen your calls and never give out personal information like your social security number or bank account details.

**Help for Pets**

They’re part of the family too! The MA Humane Society’s Pet Care Assistance Program can help if you need food, litter, flea/tick prevention, and medication. They can even arrange to have these items shipped to your door! Email masshumane@aol.com or call: (781) 335-1300.

They need to know: your name, contact info, types of pets, and supplies needed.

**Pen pals**

Stuck at home but want to connect with others?

We’re working with the Bernardston Elementary School to create a pen pal program for school aged kids and seniors.

Prefer an adult to correspond with? We have those too!

If interested in being a pen pal, call (413) 325-3582.

**Meals**

Our drive thru meal pick up continues to grow at the Senior Center! Feel free to reserve multiple days at a time. Donation of $3 is appreciated. Please call (413) 325-3582 by 9AM the day before to sign up.

If you need groceries you can also use a new pick up service available through Bread of Life Kitchen. Call (413) 498-5065 for more information. This program is eligible for those who receive Meals on Wheels or are 60+ and homebound.

Don’t qualify? Call Outreach at (413) 522-8245