The times they are a changing’... It’s hard to keep up with the way things are constantly changing. Covid19 is making us all rethink our daily routines. At the Senior Center, we’re adapting ways to bring you your favorite programs, from the comfort of your couch!

Miss going to the gym, group exercise? Exercise at home! We have links for yoga, the YMCA available on our website. It’s easy to access on your computer, tablet, or smart TV. Visit townofbernardston.org and click on ‘Senior Center’. You’ll also find links for art resources, meditation, and more!

Do you need anything? How can we help? Let us know! The senior center building might not be open but we are still here to serve you!

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

Pop Up Food Pantry
The Franklin Area Survival Center is partnering with BSC to bring you a pop up food pantry. Grab some pantry staples like: pb, cereal, grains, etc... at no cost!! The Pop Up Pantry will be the last week of April (either the 29th or the 30th). Exact date and time to be announced.

Call (413) 325-3582 to sign up.
Calling all Sewers!
The Senior Center is actively seeking face mask donations. If you need materials, instructions, or elastic call (413) 834-4084.

It’s important to wear a face mask when you leave your house. If you need a mask, let us know! Call (413) 522-8245

What did the man say to the bartender? I’ll have a corona, hold the virus!

Need a book? Want a jigsaw puzzle? Cards? Games? Sewing supplies? Let us know! Call (413) 834-4084

Telehealth
Feeling stressed and not sure where to turn? ServiceNet is offering TeleHealth intakes and counselling. For more information, call: (412) 584-6855. You can also check out the Center for Human Development and Clinical Support Options for more resources.

Covid-19 Support Group
The Senior Center is in talks to set up a Covid-19 support group once we are able to open back up. If you’d like more info or are interested in attending please call: (413) 325-3582.

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? No problem, we can help! Call Outreach at (413) 522-8245
Foot Clinic

Foot Care by Nurses is closed to office visits, however, you can schedule a home visit. To schedule a visit please call (413) 367-8369. If financial assistance is needed call (413) 522-8245. If you are a LifePath client, your case manager can schedule the appointment for you.

Care Givers Take Care

Are you a caregiver for someone with Dementia? Covid-19 has disrupted everyone’s routine. This can be especially changing to someone with dementia and can manifest some behavioral changes in the person.

The Alzheimer’s Association is still open and operating. They’ve created a 24/7 helpline you can call with questions about to manage under these difficult times. That number is: (800) 272-3900. In addition to this number, you can access online educational programs and support groups at: https://www.alzmassnh.org/virtual-programs/

Deadline Changes

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 the existing 60 extension plus an additional 60 days. If your registration expires in May, you will have until July 22020 to renew.

Brown Bag Groceries

Interested in signing up for a monthly distribute of shelf stable groceries? Brought to you by the Food Bank of Western Mass. We’ll help you apply. Call (413) 325-3582 to sign up.

2020 Census

Bored at home? Filling out the 2020 Census is a great way to stay busy and help your community. Remember, you count! For each person who fills out the Census, towns receive $2300 in state funds every year for the next ten years. Filling it out is easy go online to: https://my2020census.gov/

Meals

Our drive thru meal pick up continues to grow at the Senior Center! We’re distributing meals Monday through Friday from 12pm-12:30pm. Donation of $3 is appreciated.

Please call (413) 325-3582 by 9AM the day before to sign up. You may order for multiple days at a time. See attached menu for May.