**Bernardston Senior Center**

*Monthly Newsletter: February 2021*

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**Chicken Noodle Soup**

*Tuesday, February 23, 12-1pm*

Stop by the Senior Center for a hearty bowl of chicken soup! Served up with homemade rice krispie treats and plenty of crackers!

To sign up call: (413) 648-5413. Sign up by Thursday, February 18th appreciated. Please let us know how many in your party at sign up.

Suggested donation of $3/meal.

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**Feel the Love: Cookie Decorating**

We’re getting into the Valentine’s spirit with some sweet treats! Call (413) 648-5413 to reserve one of our take home cookie kits. Decorate the cookies for your valentine or eat them all yourself!

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**Coffee Talk**

*February 12 at 10:30am*

Join us for a (virtual) meet up! Pour yourself a cup of coffee and enjoy some lively conversation over Zoom.

Meeting ID: 879 1899 6563
Passcode: 261244

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**Who to call at BSC:**

Van Service: (413) 834-4084
Outreach: (413) 522-8245
Office: (413) 648–5413

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**Snail Mail:**

PO Box 504
Bernardston, MA 01337

**Social Media:**

Facebook.com/BSCCOA
**Did you know?**

- Studies have shown that chewing gum helps people relax.
- The average adult’s head weighs about 8 pounds. I wonder if that’s with brains...

**Which would you rather?**

- Have spaghetti for hair OR have scissors for hands??
- Have to use lemon juice eye drops every night before bed OR have fingers for toes??

**Life Hacks:**

- **Need an easy way to cook a dozen eggs? Crack an egg into a muffin tin and bake for 15-20 minutes at 350°. They’ll come out the perfect size for an English muffin breakfast sandwich.**
- **Put your mug on the top of the coffee maker as it brews. When it’s done, you’ll have a pre-warmed mug that’ll help keep your coffee hot!**

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**Caregiver Support Group**

TBA

We are still in talks to set up a caregiver support group, however our plans are delayed! We now anticipate starting in March. If you need support specific to an individual with dementia/Alzheimer’s, the Alzheimer’s Association has a free 24/7 toll number you can call for help with caregiving. The number is: (800) 272-3900. If you’d like more info on our virtual support group, call (413) 648-5413.

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**Tax Help**

TBA

The senior center will again be offering tax help for the 2020 season. We are taking names for appointments, dates and times are still to be announced. Call: (413) 648-5413 to be added to our waiting list. We will contact you with timeslots when they become available.
SCAM ALERT: Virtual Presentation

Thursday February 25th at 11AM

Feels like there’s always some new scam going around. Especially with all the new Covid-19 related ones! Attend this virtual workshop to learn about the latest ways scam artists are trying to take your $$$ and how to protect yourself. Zoom Info:

Meeting ID: 881 9889 1667
Passcode: 084118

Senior Savvy Consumer Protection Day:
Virtual Workshop

Tuesday, February 23rd at 10:30am

We invite you to join Attorney General Maura Healey and staff for an overview of our actions and programs to assist seniors affected by scams/fraudulent activities during the COVID-19 pandemic. At this brief online summit, seniors and service providers will learn about preventive measures, a variety of protection guidelines, and assistance available that can be used to assist seniors in our communities across the Commonwealth.

If you have any questions, email us at:
AGOCommunityEngagement@mass.gov.

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Calendar Raffle Winners:

Thanks again to everyone who supported the senior center during our calendar raffle! Here are the winners:

November 26th: **Ed Jarvis** ($100 GC), November 26th: **Marcia McCrory** ($25 Stop&Shop gc), November 28th: **David Messer** ($25 BJ's gc), November 29th: **Rodney Greenough** ($50 gc), November 30th: **Sharyn Artus** ($10 Dunkies gc), December 1st: **Laurie Bagetta** ($10 Cumberland Farm gc), December 2nd: **Jack Dutcher** ($15 Antonios II), December 3rd: **Isabell Grover** ($20 Sunoco), December 4th: **Frieda Guillette** ($25 Big Y), December 5th: **Maggie Haigis** ($25 WalMart), December 6th: **Sandy Patch** ($50 gc), December 7th: **Wendy Wiles** ($10 Dunkies), December 8th: **Andrew Girard** ($10 Cumberland Farms), December 9th: **Leanda Fountaine** ($15 Four Leaf), December 10th: **Brian Kier** ($20 Hillside Pizza), December 11th: **Leroy Rose** ($25 Stop&Shop), December 12th: **Karen Delorne** ($25 BJ's), December 13th: **Ann Streeter** ($50 gc), December 14th: **Bob Eddy** ($10 Dunkies), December 15th: **Irene Seaman** ($10 Cumberland Farms), December 16th: **Pat Miller** ($15 Antonios II), December 17th: **Nicole Trott** ($20 Sunoco), December 18th: **Lori Manson** ($25 Big Y), December 19th: **Kris Moriaty** ($25 WalMart), December 20th: **Marcie Hebert** ($50 gc), December 21st: **Tyler Lennox** ($10 Dunkies), December 22nd: **Lorna Rose** ($10 Cumberland Farms), December 23rd: **Eunie Grover** ($15 gc), December 24th: **Beverly Demers** ($20 Hillside Pizza), December 25th: **Ann Streeter** ($100 gc)
Pop Up Food Pantry

February 24th at 3:30pm

Call (413) 648-5413 to sign up, RSVPing by February 18th is appreciated.

Delivery is available if needed!

If you’d like to make a food donation to our pantry, call (413) 648-5413 to make arrangements or drop it off on the bench in the parking lot.

This program is made possible through a partnership with the Franklin Area Survival Center and the support of the Bernardston Select Board.

Drive Thru Meals for Seniors

Over 4000 meals served!

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!*

Brown Bag

Thursday February 4th 11:30am—12:30pm

Brown Bag is a once monthly, income eligible, program brought to you by the Food Bank of Western Mass. Participants receive shelf stable groceries on the first Thursday of each month.

Interested in applying? Call (413) 834-7200.

Foot Clinic: Thursday, February 18th

The BSC Foot Clinic is back, but adhering to the “new norm”. Call: (413) 834-7200 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 EOEA and LifePath.