

January 2015

Colrain COA Newsletter

Dinners held at Colrain Community Church, 306 Main Rd., Colrain on the second Wednesday of each month.

Foot Clinics held at Colrain Community Church on the first and second Wednesdays of each month.

The winners of last month's raffle were Cindy Kent for JaDuke tickets, Pete ? for the basket, Jan Harden, Julie Clark, Jerry Dupree, Teresa Peters and Nellie Williams for the scratch ticket cards, Diane Herzig, Richard Ladd, Katherine Lively, Duane Brothers and Judy Graves for the \$20 Christmas gift cards, Audrey Brown for the tie tac and angel mec., Ed Rose for the Christmas tie, Theresa Smith for the crocheted afghan and Pillow, and Carl Herzig, Sarah Looman, Sandy Clark , Jan Wallace, Cheryl Billiel, Dot Wells, Sonny Herzig, Don Billiel, Don Call, Conrad Long, Linda Giard, Elizabeth Pyfrom, Barbara Webber, and Trudy Ralph for the Poinsettias on each table. **THANK YOU FOR GENEROSITY OF ALL OUR DONORS FOR THE DOOR PRIZES.**

The meal this month will be meatloaf by Chef Sharon Call and served at noon. There is a suggested \$2.00 donation for the dinner. There will be coffee and socializing at 10am and Cider and donuts donated by Pine Hill. **Please be sure to sign up for the meal by the Monday before the meal if you wish to attend.**

Next month's dinner on February 11, 2015 will be scalloped potatoes with ham.

Would Mediation Help?

Are you a senior facing decisions about health care, living arrangements, inheritance or other problems? Or do you have a family member who is dealing with a consumer complaint, divorce or custody dispute, or other issues?

A brief presentation will be offered at our January 14 dinner, at 11am by The Mediation and Training Collaborative (TMTC), a program of Community Action.

Find out how a neutral mediator can help you discuss and resolve troubling conflicts. TMTC offers a variety of mediation services for free or on a sliding scale.

SHINE

Larry Bezio is available monthly for SHINE appointments starting at 10am. SHINE is serving health insurance needs of Elders and is a program of the Executive Office of Elder Affairs in conjunction with local Councils on Aging. Questions can be addressed to Lorraine York-Edberg, SHINE Program Director, 413-773-5555 Ext. 2275 or you may speak with Larry at any of our dinners.

FOOT CLINIC

Next foot clinics will be February 4 and 11, 2015.

Foot clinic appointments with Kip Moeller, RN may be made by calling our COA number at 624-5120 or 624-3417 and leave a message and someone will get back to you. There is a suggested donation of \$4.00. This program is funded in part by Franklin County Home Care/Area Agency on Aging and by the Executive Office of Elder Affairs and the Colrain Council on Aging.

TRANSPORTATION

At present the FRTA has a contract with the Shelburne Senior Center to manage the transportation needs of nine West County towns, including Colrain. If you are in need of transportation you should call Bob Szafran at 413-625-2502. FRTA provides trips to the Big Y in Greenfield on Tuesdays and a monthly trip to Wal-Mart in Hadley. Call FRTA at 413-774-2262 Ext.163.

EXERCISE AT COLRAIN CENTRAL SCHOOL GYM

Tuesdays, Starting January 20, 2015, 5:00 - 6:00 PM Colrain Central School Gym **Gentle Zumba exercise/dance with Kathy Steinem** all ages, men and women, no need to sign up, free but donations accepted. This and the class below will continue as long as there is interest. Format tailored to participants' needs and interests.

6:15 PM More Challenging Zumba class - Call Kathy at 624-3709 for more info.

BOOK PROJECTS

We would like to borrow old pictures or other materials to illustrate Mrs. Cram's book written before 1940. Her manuscript is called "**Industries & occupations of Colrain**". She was Dr. Cram's wife and nurse. We are working on another project combining two manuscripts: A history written before 1860 and one written by a nonresident who traveled through Colrain about 1890. Book to be titled "**WANDERING THROUGH COLRAIN NEIGHBORHOODS**". The sale of these two books will benefit Catamount Hill Association and Colrain's Griswold Memorial Library. Items will be scanned into a computer, captioned and returned to the owner within 72 hours. Please contact Dot Willis Giffin at 525-9009 or Muriel Russell at 624-3311. **THANK YOU**

Audrey Brown was appointed to the Colrain COA by the Colrain Selectmen on January 5, 2015. Welcome aboard Audrey. Present members of Colrain COA are: Larry Bezio Chairman, Janice Barnes Vice Chairman, Valeda Peters Secretary, Bing Waldsmith Treasurer, Richard Herzig Assistant Treasurer, Russell Barnes, Kevin French, Amy Herzig, Carl Herzig, Joan McQuade, Kathleen Phelps, and Mary York.

