

October 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 for the free August door prizes were: pickles donated by Lil Brigham were won by Walker Miles, banana bread and muffins donated by June Kimberly were won by Heze Ward and Una Miller, 2 mum plants donated by Mary Parsons were won by Kathy Phelps and Lil Brigham .

At 11:45 Scott Cote will have a short presentation on the Homestead Act.

The meal this month, October 14, will be Pot Roast by Chef Sharon Call and served at 12:15.

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 November 11, 2015 will be Thanksgiving.

FOOT CLINIC

Next foot clinics will be on November 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.

TRIP

There will be another First Choice Tours trip on Tuesday, November 17, 2015 to Plantsville, Ct. The show will be "Country Diva's", Patsy, Reba, Minnie Pearl and the one and only Dolly portrayed by nationally renowned tribute artists. Price \$114. See fliers and Richie and Amy Herzig or call 413-624-3417 for details or to sign up.

Apple Day at Pine Hill

Apple day at Pine Hill was a success 43 seniors attending, 27 from Colrain and 16 seniors from the other towns of "Friends of West County Seniors". The pies donated by Colrain COA were won by Betty Griffin, and Arnie Miller.

SHINE

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to **review, understand and save this information!***

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call your local senior center **now!**

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.

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.

Computer Class

The Colrain COA is looking into having a computer class for Colrain seniors at the library. If you are interested please sign up with Amy Herzig at the meal or call her at 413-624-3417.

Memorial Contributions

The Colrain Council on Aging would like to thank the following people for their contributions in memory of Marjory Dumas: Annette Kowaleck.