

September 2014

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 meal this month will be chicken and biscuits cooked by Chef Sharon Call and served at noon. There is a \$2.00 donation for the dinner. There will be coffee and socializing at 10am and Cider and donuts donated by Pine Hill.

Next month's dinner on October 8 will be pot roast.

Special program for October 8 dinner will be at 11am

Gretchen Smith from FCHCC and Peter Wingate, Energy Director at Community Action present information on how to get help paying winter fuel bills and save money by improving the energy efficiency of your home. Details on the LIHEAP, WAP and Mass Save programs are discussed. Homeowners and renters age 60 and up work with benefits counselors to identify options for home repair, weatherization, and accessibility modifications and then get hands on help with the application process. Regardless of income there is a program out there that can help ease your budget and improve your home.

Gretchen Smith
Benefits Counseling Program Coordinator
Franklin County Home Care Corporation
(413) 773-5555 x2258; (978) 544-2259 x2258

Come early and enjoy coffee and Pine Hill donated Cider and Donuts while you listen to this very important presentation.

SHELBURNE FALLS MILITARY BAND CONCERT

September 22, 2014 at 7pm. Inside at the Colrain Community Church, 306 Main Rd., Colrain. Free and welcome to all. Sponsored by the Colrain Council on Aging.

APPLE DAY AT PINE HILL

(Note change of dates)

Apple Day at pine hill has been scheduled for Sept. 24, rain date Sept. 25, from 11am to 1pm. Colrain COA will pay for one bag of apples for Colrain Seniors. There will be coffee or cider and a doughnut available for all seniors. Friends of West County Seniors will be joining us for apple day and will pay for a bag of apples for seniors in the 10 towns of Western Franklin County. See Friends newsletter and posters. (one ½ peck bag per household)

Bus trip to Big E

First Choice tours invites the Colrain Council on Aging to a fun filled day at the Big E, Thursday, September 18, 2014, (Massachusetts Day). \$59.00 per person. Seniors from Colrain pay \$39.00. Colrain Council on aging pays \$20.00. To reserve your seat on this outstanding day trip please call Kathy Phelps (413)624-3351. This fabulous trip includes: Round trip luxury motor coach transportation, driver gratuity, admission ticket and lots of fun!!! Motor coach departs from Gill at 8:55am and returns approximately 7:05pm.

TRIP TO OGUNQUIT PLAYHOUSE

(There are still openings)

The Colrain COA is planning a trip to the Ogunquit Playhouse in Maine to see the Broadway Musical "The Adams Family". This trip includes a luncheon at the famous Warren's Lobsterhouse Restaurant. You have a large selection of entrees to choose from and their famous salad bar! The price for Colrain Seniors will be \$96.00, and \$146.00 for others. This includes Orchestra seats, a delicious lunch at Warren's, luxury coach and driver gratuity is included. This trip is in conjunction with the Gill-Montague Seniors. Departs on October 15, 2014 from Gill at 8:00am and returns at 8:55pm. Check the fliers available at our dinner on August 13. Please sign up and submit payment before August 15, 2014 with Richard Herzig, 413-624-3417. Make checks payable to: First Choice Tours, 110 North Hillside Rd., South Deerfield, MA 01373

FOOT CLINIC

Next foot clinics will be October 1 and 8.

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.

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.

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 2015: *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. To make an appointment with a SHINE counselor, call your local senior center **now!**

Lorraine York-Edberg, SHINE program director from FCHCC will be joining us for our November 12 dinner at 10:30 am to share information about this open enrollment period. Please come early and enjoy Pine Hill Cider and donuts and coffee starting at 10am.

For fiscal year July 1, 2013 through June 30, 2014 Colrain COA served meals to 242 individuals from 16 different towns and 5 different states for a total of over 1500 meals for the year.