



APRIL 2021



THE SENIOR SCENE

LUDLOW SENIOR CENTER—228 STATE STREET, LUDLOW, MA 01056

JAMMIN' WITH JODI

Jammin' with Jodi...

Spring is in the air and thankfully there is a more positive vibe in the world than last Spring. Spring always brings with it new beginnings and a new chapter. Many of you, ok almost all of you, are wondering when we can begin to open our doors to the new Senior Center. I am happy to announce that we will begin to VERY SLOWLY add some activities inside the new Center. Beginning April 12th, we will offer tours of the new building by appointment, the use of the fitness room by appointment and Book Club will be meeting at the new building for their April Book Club meeting. We know it is not much but it gives us the opportunity to get comfortable with a new way of operating. There will be many restrictions and procedures to follow. If all goes well, we will add more to the calendar in May.

We want everyone to feel comfortable while visiting us. If you haven't had the vaccine yet or plan on not receiving one, please understand the risk you run coming to the new Center. It is very important that you think about having a vaccine. It will save your life!

We are still settling into the new building. It is quite the change from our old location. We have windows, a constant temperature through the building and awesome air quality. We know that you are going to love it! It is comfortable, warm and inviting. We still have a lot of unpacking to do and finding a place for everything is tricky. We are not yet accepting any types of donations for the Boutique. We will let you know once the Boutique is ready for merchandise.

To say that we miss you all is an understatement. As a staff, we struggle daily with not seeing you or really knowing what is going on with each of you. Grab and Go is awesome and we get to see your smiling faces but we also know there is a lot more going on with some of you. We are here to help. Whether it is with homecare, caregiver resources, an application or simply just to talk...WE ARE HERE! Everyday is one day closer to hugging you all! We are SeniorStrong and you are STRONGER THAN EVER!!!

~Jodi

Ludlow Senior Center

The Center is CLOSED to the public. Staff is available by phone.

Phone Number:

(413) 583-3564

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Senior Center Staff:

Executive Director:

Jodi Zepke
jzepke@ludlow.ma.us

Outreach Coordinator:

Debbie Johnson
outreach@ludlow.ma.us

Activities Director :

Maria Ardolino
activity@ludlow.ma.us

Deb Borecki –Clerk

Jack Alves-Driver

John Garcia-Driver

Naomi White-Receptionist

Jorge Fialho-Maintenance

Donna Haluch-LaRose-Cook

Community Survival Center Pantry

The Survival Center's Emergency Pantry provides bagged groceries up to 6 times a year, to low-income households in Ludlow and other communities. Seniors may reside anywhere in Hampden County and visit the Pantry each month. The Pantry is open on Mondays, Tuesdays and Thursdays from 9:30am to 3:00pm and Fridays 9:30am to 12:00pm. The mission of the Community Survival Center is to relieve hunger in our community by providing emergency food to individuals and families in times of need. This is a wonderful resource. The Survival Center is located at 240 Main Street, Indian Orchard and can be reached at 413-543-3930.

www.communitysurvivalcenter.org

APRIL GRAB AND GO LUNCH MENU

Apr 1: Ham Dinner—**Easter lunch**

Apr 6: Chicken Patty Sandwich

Apr 7: Baked Cod

Apr 8: Veggie Lasagna

Apr 13: Mac and Cheese

Apr 14: Roast Pork Dinner

Apr 15: Asian Chicken Salad



Apr 20: Fish and Chips—**PJ Day**

Apr 21: Ranch Chicken—**Birthdays lunch**

Apr 22: Chop Chef Salad

Apr 27: Lazy Turkey Potpie

Apr 28: Tuna Salad Plate

Apr 29: Salisbury Steak

PICK UP TIME - 11:30am—12:30pm at 228 State Street

Please remember you must be 60+, drive up to receive your meal and make reservations 24 hours in advance. Offered on Tuesdays, Wednesdays and Thursdays and the cost is \$2.00. If you would like to pay for the whole month of April it is \$26 per person and checks can be made out to Ludlow Council on Aging.

APRIL GRAB AND GO...

Grab and Go Fun!

~ Thursday, April 1st...**Easter Lunch**.
Happy Easter!!!

~Tuesday, April 20th...help us celebrate National
Pajama Day! Why bother changing, just stay in
your pjs to pick up lunch!

~Wednesday, April 21st...**Birthdays Lunch**. Let us
know it is your birthday month and lunch is on us!



Grab and Go Craft

Would you like to grow some spring flowers inside?
Stop by the Senior Center on Wednesday,
April 21st at 2:00pm and pick up a pot, seeds, dirt
and stickers to decorate your pot. Please call the
front desk at 583-3564 to reserve your project.

Contact information:

Representative Jake Olivera

State Representative, 7th Hampden District
Ludlow—Belchertown—Springfield—Chicopee
Phone: 413-206-6524

E-mail: Jacob.Olivera@mahouse.gov

The Ludlow Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Senior Center in writing. Thank you!

CONNECT WITH THE SENIOR CENTER FROM YOUR HOME

If you do not have a device and want to call in, call 1(929)205-6099 and use the meeting ID and password.

CURRENT WEEKLY SCHEDULE

ZOOM Bingo - Tuesday 2:00pm

Meeting ID: 837 6101 2789 Password: 801534
We can mail, email or hand you your own BINGO card. Lots of fun and laughs!

ZOOM Trivia - Friday 11:00am. - 12:00pm

Meeting ID: 811 1761 2769 Password: 585540
Join us for a game of multiple choice trivia. Lot of laughs are had in this just for fun game.

ZOOM Chair yoga is taking a little break. We hope to bring back Lisa and this program back real soon!

ZOOM EVENTS IN APRIL

ZOOM "Wheel of Fortune"

Thursday, April 1st and 22nd 1:00pm

Meeting ID: 859 9648 1090 Password: 764055
Just like on TV, Play Wheel of Fortune Spin the Wheel and guess the puzzle.

ZOOM Museum of Bad Art - a virtual tour with Louise Reilly Sacco, Museum Director

Monday, April 26th at 1:00pm

Meeting ID: 880 8185 3140 Password: 812588

Museum Of Bad Art :

The Museum Of Bad Art collects, exhibits, and celebrates art that will be seen in no other venue. Since 1993, they have collected art from thrift stores, yard sales, sidewalk trash, and even the artists who create it. They analyze, compare to classic art, and share with thousands of fans around the world. MOBA 101: The world's leading cultural institution dedicated to art in which something has gone wrong describes how and why it was established. MOBA presents pieces from their collection, with an insightful, pithy, and often humorous commentary.

April's Book Club Read...

"My Name is Anton" by Catherine Ryan Hyde

It's 1965, and life has taken a turn for eighteen-year-old Anton Addison-Rice. Nearly a year after his brother died in a tragic accident, Anton is still wounded—physically and emotionally. Alone for the holidays, he catches a glimpse of his neighbor Edith across the street one evening and realizes that she's in danger.

Anton is determined to help Edith leave her abusive marriage. Frightened and fifteen years Anton's senior, Edith is slow to trust. But when she needs a safe place to stay, she lets down her guard, and over the course of ten days an unlikely friendship grows. As Anton falls hopelessly and selflessly in love, Edith fears both her husband finding her and Anton getting hurt. She must disappear without telling anyone where she's going—even Anton.

If keeping Edith safe means letting her go, Anton will say goodbye forever. Or so he believes. What would happen, though, if one day their paths should cross again?

April's Book Club Meeting information is on page 5

Upcoming books:

May: "Then She was Gone" by Lisa Jewell

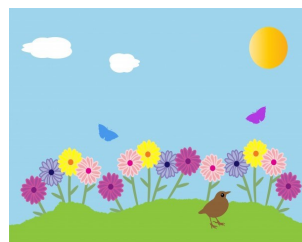
June: "Becoming" by Michelle Obama

July: "The Four Winds" by Kristin Hannah

New members welcome!!!

Calling all gardeners and/or retired landscapers!

If you would be interested in a Garden Club to help with the grounds of the new Senior Center, please give Jodi a call at 583-3564. The new Senior Center has a lot of outside space and we would love some help keeping up with it. This would include weeding, raking, pruning, planting summer annuals and fixing mulch beds.



Jackie Doyle won our Crazy Hat contest with her "Spring has Sprung" hat! Thanks to all who participated!



OUTREACH INFORMATION...

The Brown Bag Program

Tuesday, April 20, 2021

1:00pm—3:00pm

This monthly program provides shelf stable foods from the Food Bank of Western MA. Bags are put together at the Senior Center and are available for pick up or delivery the 3rd Tuesday of every month. Pick up is at the **FRONT DOOR of the NEW BUILDING at 228 State Street.**

What is Brown Bag? It is a program for those that are 55 and over and meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance or Veteran's Aid, you may qualify to receive Brown Bag monthly. There is a simple application and the program is free. For an application or more information, please call Debbie Johnson at 583-3564.

Fuel Assistance Extension

Valley Opportunity Council is extending their Fuel Assistance registration through May 28, 2021. If you are in need of help with your fuel bill (oil, gas, electric or propane) or if your heat is included in your rent, you may qualify for assistance. Please call Debbie Johnson at 583-3564 with any questions or to set up an appointment.

Fuel Assistance

Income guidelines for 2020/2021 heating season

Family Size Income Limit:

1 - \$39,102 3 - \$63,169

2 - \$51,137 4 - \$75,201

The following documentation is also required:

- Proof of all income: Social Security, SSDI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages
- Electric Bill-most recent
- Oil Statement or Gas Bill (or both)-most recent
- Property Tax and/or Homeowners Bill
- Photo ID, Social Security Card or Birth Certificate
- Mortgage Statement if not paid in full or Monthly Rent
- Current Homeowners Insurance Bill
- If working, four previous pay stubs (must be the most recent)

Vaccine Preregistration Signup

Sign up to be notified about appointments at mass vaccination locations



Add your name to the list



Get notified when appointments are available



Schedule your appointment within 24 hours

COVID Vaccine Update

We know how frustrating it has been for many of you to book a vaccine appointment. The Senior Center is here to help and we are trying our best to schedule appointments when we can find them. Please call the Center at 583-3564 for assistance. For those of you with a computer and are eligible for an appointment, we urge you to pre-register for an appointment at www.vaccinesignup.mass.gov or call 211. This will be for the Eastfield mall site. You can check other sites at www.vaxfinder.mass.gov.

Please be patient and know that if you would like to receive the vaccine, you will. It is just going to take time.

Other locations for vaccines are also local Big Y, CVS and Walgreens and other regional sites such as Northampton/Amherst, Palmer, Baystate and Mercy. You can check their sites individually or visit www.vaxfinder.mass.gov.

If you haven't been vaccinated or do not plan to be vaccinated, please remember it could save your life or the life of a loved one, it is safe and FREE!

INDOOR ACTIVITY INFORMATION....

We are pleased to announce that the Ludlow Senior Center will begin some limited indoor activities beginning Monday, April 12th. PLEASE be aware this is **BY APPOINTMENT ONLY**. Please be sure to read carefully all in the information associated with indoor offerings.

Those that wish to participate in any indoor activity MUST book an appointment.

You will be required to wear a mask, sanitize when entering and through out the building.

Please beware of social distancing as well.

We are hoping to add more activities in May if all goes well in April. Please call us with any questions or concerns.

New Senior Center Tours

Beginning April 12th, we will begin tours by appointment.

Tours will be on the following days:

Mondays: 10:00am—1:00pm

Tuesdays and Thursdays: 10:00am and 10:30am

Fridays: 9:00am—11:00am

You must book an appointment. The van is available so please book a van ride as well. Please do not arrive early. You must wear a mask and sanitize your hands on the way in.

There is 30 minutes set aside for each tour.

Exercise Room

Beginning April 12th, you may begin to book an appointment to use the exercise room. The room contains treadmills, recumbent bikes and a stepper. The exercise room will be available Monday-Friday 9:00am-3:00pm. Appointments will be 45 minutes long. You must have your medical provider sign a new medical form prior to utilizing the equipment.

Please call the Center and we will send or e-mail you the form.

There is no TV in the room yet.

Music is available by request.

April Book Club

Thursday, April 29th at 1:00pm (new time)

The Book Club will be meeting in person at the new Senior Center. The van is available so be sure to book your ride as well. This group is limited to 10 participants so please be sure to call and reserve your spot. 583-3564.

TRANSPORTATION UPDATE....

We are happy to announce that the Senior Center van will now run 5 days a week, Monday-Friday, from 8:30am to 3:30pm for IN-TOWN transportation. A 24-hour notice for all rides is required.

Big Y shopping trips will return to Tuesdays and Thursdays at 11:00am and 1:00pm. We understand that this may not be accommodating to everyone but we still only have one driver. Please book your shopping trips on Tuesday and Thursday.

Thank you for your understanding.

Just a reminder that all rides have a 30 minute window. For example, if you are going to Walgreens and you would like a 10:00am pick up, that means the van will arrive between 9:45am—10:15am. Medical appointments and hair dressers are a bit different and are a priority over other rides because these appointments have specific COVID restrictions related to appointment times. Again, thank you for your understanding and please call the Center with any questions, concerns or to book a ride. 583-3564.

As always please wear your mask, stay home if you do not feel well and respect social distancing!

FROM THE BOARD OF HEALTH....

COVID DISEASE SURVEILLANCE

Hello my name is Angela Kramer, Public Health Nurse. Part of my job is to contact residents and their families who have developed COVID-19. Many of you ask how do we know you or your family have COVID-19. This is reported to us by the State through their secure disease surveillance system called MAVEN. Daily we receive updates concerning Town residents who have contacted COVID-19. Once we receive this notification, an acknowledgement is applied and an investigation begins. This investigation is a series of questions inquiring about your onset of symptoms, the symptoms you experienced and how you are recovering. It is important to be honest and answer our calls as this has helped with stopping the spread and preventing future cases.

If you have tested positive for COVID-19, you are instructed to quarantine for 10 days. If you have had direct contact with someone who is COVID-19 positive and you spent a total of 15 minutes throughout an entire day with them, your quarantine is 14 days from the initial date of exposure. If you have been exposed, it is suggested to wait 5 days prior to testing. If you receive a negative result, you no longer are required to remain in quarantine. Should you receive a positive result, you will continue to remain in quarantine for 10 days. If you have any questions please contact our office at (413)583-5600 ext 1267.

I'd also like to review a few reminders and protocols in regards receiving the vaccine:

1. If you have had your vaccine and become exposed to someone who is positive for COVID-19, you will follow the same exposure protocols (14 days quarantine).
2. All vaccinated individuals must continue to comply with the current travel orders.
3. Everyone must continue to follow the current protocols which includes wearing your masks, practicing hand hygiene, and social distancing even if you are vaccinated.
4. We are seeing many individuals who are now testing positive for COVID-19 and do not develop symptoms. It is very important to remain diligent to our current practices to help stop the spread of this contagious virus.
5. The vaccine is safe and we encourage everyone to receive their vaccine to protect themselves, their family and others.

RESOURCES....

Dial-A-Lawyer: Free Legal Advice by Phone for Elders

The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call our hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience.

On the first Wednesday of every month, from 5:30 – 7:30 p.m., attorneys are available at (617) 338-0610 or (877) 686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more. Questions? Contact the MBA Community Service Department at (617) 338-0695 or via email at communityservices@massbar.org.

SNAP Benefits

Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet the following income guidelines:

Income guidelines for 1 person household—\$2,127
Income guidelines for 2 person household—\$2,873

Call Debbie to apply and to ask questions about SNAP benefits.

alzheimer's association®

Our 24/7 Helpline is available at 1-800-272-3900 to anyone who needs to talk about the challenges of dementia during this time. Our Helpline staff are available around the clock for any questions or concerns you might have.

FRIENDS OF THE LUDLOW SENIOR CENTER

Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advancing, the welfare of senior citizens in the Town of Ludlow.

Donations have been made in the memory of the following friends:

- Naomi White: Ray Colby
 - Helen Grabowski: Ray Colby
 - Sylvia Ouellette: Lou Cristina
 - Helen Grabowski: Lou Cristina
 - Virginia Bourdeau: Marion Reed
 - M/M Don Grimaldi: Catherine Gauthier
- Other donations:
- Big Y World Class Markets (BF)
 - Olga Lozyniak (BF)
 - Elaine Karalekas (BF)
 - Freedom Credit Union (BF)
 - Grab and Go participants (BF)
- Alfredo Ricardi:**
- Naomi White
 - Janet Reynolds
 - W.J. Kingston, Jr.
 - M/M Joseph Dumay
 - Sylvia Ouellette
 - Helen Grabowski
 - Linda Ricardi
- Theresa Detke
 - Ella Holbrook
 - M/M David Dunaj
 - Deborah Thompson
 - Miriam Stone
 - Edmund Nolan
 - Lauren Nolan
- Philomena Wajdul (general fund)
 - M/M Allen Thyberg (general fund)
 - Elaine Allen (tax prep)
 - Marie Willette (tax prep)

Visit our website:
Friendsofludlowseniorcenter.com

New Building Corporate Donor Spot Light: Kapinos-Mazur Funeral Home

Thank You to Kapinos-Mazur Funeral Home for a very generous donation to our New Senior Center Building Fund. This was our **first** corporate donation and we appreciate the support from Maxine Mazur. The donation is being made in memory of Ed Mazur who many of us knew as a good friend to Ludlow and especially its Seniors. The Game Room in the new building will be proudly dedicated to the memory of Ed.

New Building Donor Spot Light: Joan Cormack

Joan Cormack, a Ludlow native who passed away in 2013, left a generous contribution to The Friends of Ludlow Senior Center with hopes this might help support the effort to approve a new Senior Center in town. This endowment was our first contribution and became seed money for our Building Fund! The front foyer will be known as "Cormack Corner" in honor of Joan and her contribution to bettering the lives of older adults in our community.

DONATIONS to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to enhance elder services in our community today and tomorrow. Your support is always appreciated.

Donation from _____ Address _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to: _____

(kindly indicate name, address & relationship) Donation amount \$ _____ Used For: * _____

Check Here if you would prefer to remain anonymous _____ *New Building Fund - General Need - Other

**If no area is specified monies will be designated for Building Fund*

Please make check payable to: **Friends of the Ludlow Senior Center** 228 State Street, Ludlow MA, 01056

The Friends of the Ludlow Senior Center continue to fundraise for the new building. There are many sponsorship opportunities still available! Contact us at 583-3564 and someone will get back to you. Thank you to families that think of us. For many of you, it is a time of loss and please know we appreciate you and the memories of your loved one will live on at the Ludlow Senior Center..

THE SENIOR SCENE

228 STATE ST, LUDLOW, MA 01056



Phone Number:

(413) 583-3564

NEW Address:

228 State Street
Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

Chairman:

Fred Lafayette

Vice Chairman:

open

Secretary:

Kara Ribeiro

Treasurer:

Helen Grabowski

Members:

Nancy Pauze
John DaCruz
Rosalind Forti
Sheena Santolini
Janice Grimaldi
Diane Peacey
Frank Krzanik
Debbie Johnson

Once Upon an April Day...

Once upon an April day, robins chirped a roundelay. Tulips drenched in morning dew, dazzled me in their debut. Once upon an April day, flowers bloomed in full array. Golden beams of sunlight spilled upon my garden daffodilled. Once upon an April day, thunderclouds came out to play. And after raindrops tumbled down April wore a rainbow crown. ~Nora M. Bozeman

CHANNEL 192 PROGRAMMING...

We are working with Mike Hill and Ludlow Cable Access to bring more programs into your home. The following is a schedule of programs for the month of April on channel 192.

We would love your feedback on the schedule and the programs so let us know what you think!

Monday:

9am—Moving & Grooving
3pm—Yoga

Tuesday:

9am—Chair Yoga
3pm—Today's Hot Topic!
(Healthy Eating with Big Y,
Bay Path Univ presents
Spring Gardening)

Wednesday:

9am—Tai Chi
3pm—Zumba

Thursday:

9am—Today's Hot Topic!
(Healthy Eating with Big Y,
Bay Path Univ presents
Spring Gardening)

3pm—Chair Yoga

Friday:

9am—Boomer Boot Camp
3pm—Cooking Class

Saturday:

9am—Chair Yoga

Before you go,
have you read
everything in this
newsletter? There
is a ton of
information so
please be sure you
read it all!!

Happy Passover
and Happy Easter!!