



THE

RiverMills Reminder

THE NEWSLETTER OF THE CHICOPEE COUNCIL ON AGING

Sept/Oct 2020

5 West Main St • Chicopee, MA 01020 • 413-534-3698

Serving the Chicopee Senior Community



Meal Options for Chicopee Seniors

RiverMills Center Expands Curbside Meal Pick-Up Program

The senior center continues to offer its curbside meal pick-up program and has expanded it to five days a week, Monday-Friday. The meal price will increase from \$2 to \$3 to allow us to add two more days of meals. We hope you all understand the reason for the price increase and realize the meals are still a good deal. The meals are prepared by RiverMills staff. Chicopee older adults who would like a meal must call 534-3698 at least a day before to reserve a meal. A name and phone number must be provided. Meals will be available for pick-up between 1:00 and 3 p.m. Please note that meals will be cooked but will have to be heated at home. Please enter the senior center parking lot by going down the hill and around to the back entrance for meal pick-up.

Meals on Wheels: 5 home delivered meals per week for homebound residents 60 and over and their caregivers. Please contact West Mass Elder Care @ 413-538-9020 to learn more.

Lorraine's Soup Kitchen and Pantry: Weekly food assistance for any Chicopee resident. Please contact @ 413-592-9528 to learn more.

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DISCLAIMER:

We would like to thank our advertisers, presenters, and program sponsors for all they do to educate, inform, and inspire our members. RiverMills Center does not specifically endorse any service or product advertised, presented, or sponsored herein.

Transportation

The Transportation Department at RiverMills Center is doing emergency rides to supermarkets, pharmacies, and limited rides to doctors for people receiving treatments, such as radiation or chemo. Riders must adhere to new passenger safety standards. See Page 15 for more information. Please reach out to our Transportation Department if you have an emergency need at 413-536-5733. Please leave a message and someone will get back to you.



Mission Statement

The Council's mission is to promote the emotional, social, physical, and spiritual well being of older adults. Our vision is to be an indispensable asset to older adults and the community.

Staff Directory 413-534-3698

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RIVERMILLS CAFÉ ASSISTANTS
Ellen Garrow, Lorri Kornilieff & Madelyn Pettico

Message from the Director

Greetings to you all. I cannot believe that summer is winding down and fall is about to begin. I also can't believe that on September 16th it will be six months since RiverMills Center closed its doors to the public due to COVID-19. It is a small blessing that at least time seems to be moving very quickly, and that hopefully the end to this virus is in sight. There's nothing more the staff and I want than to see you walk through the doors of RiverMills Center.

While you still can't come to the center, RiverMills continues to come to you. There remains a wide variety of programming available online and on Charter Cable Channel 192. From fitness and crafts to recreation and education, it's all in this issue of the RiverMills Reminder. I hope there's something inside these pages that interests you and keeps your mind or body (or both) occupied.

I also want to remind you that while the doors of RiverMills are closed, the staff is inside working hard and is available to answer questions or make referrals to appropriate services. Both our Wellness Health Center nurses are here and available for phone consultations. They will be sending you a form to update your physicals, so you are ready to participate in our exercise programs when we finally open. Our S.H.I.N.E. counselor is available to help with Medicare questions and continues to work from home while he helps you sort through those difficult health care questions.

There is good news for those of you who have taken advantage of our curbside meal pick-up program. We are expanding it from three days a week to all five weekdays, starting August 24th. We will also be raising the price to \$3.00 per meal to ensure we have enough grant funding to get us through the next six months of curbside meals. We anticipate continuing this program until sometime next year. Most days you can find our entire staff in the kitchen cooking and preparing the meals for curbside pick-up, to make this program run smoothly.

Finally, thank you all again for your patience and your continued diligence in staying safe and healthy. Please continue to wear a mask, practice social distancing and wash those hands. Together we can beat this virus and in doing so see each other again at RiverMills Center.

Fondly, Sherry Manyak



ZOOM CRAFT TIME



FALL SHADOW BOX

THURSDAY, SEPTEMBER 10TH AT 10 A.M.

COST: \$10

Celebrate Autumn by creating this fall shadow box on Zoom! Space is limited. You must call RiverMills Center to register.



FALL BROOM MAKING

TUESDAY, SEPTEMBER 15TH AT 10 A.M.

COST: \$10

Get your front door ready for the season with a Fall Broom décor! This craft will take place on Zoom. Space is limited. You must call RiverMills Center to register.



FALL WREATH

THURSDAY, SEPTEMBER 24TH AT 10 A.M.

COST: \$10

Join RiverMills Center on Zoom to create a beautiful fall wreath for your door. You must register in advance by calling RiverMills Center.



MINI HAY BALE ARRANGEMENT

THURSDAY, OCTOBER 8TH AT 10 A.M.

COST: \$10

Need a festive centerpiece? Join us on Zoom for this Autumn centerpiece, perfect just in time for the season. Space is limited. You must register in advance by calling RiverMills.



SPIDER WEB HOOP MAKING

TUESDAY, OCTOBER 20TH AT 10 A.M.

COST: \$10

Create this Spider Web wreath just in time for Halloween! Space is limited. This craft will take place on Zoom. You must register in advance by calling RiverMills.



CRAFT SUPPLY PICK-UP & PAYMENT DIRECTIONS

Upon registration, you will be informed as to when you can pick up and pay for the craft supplies via curbside pickup.

Joining a Zoom meeting for the first time? See Page 13 for step by step directions.



EXERCISE ON CHICOPEE TV GROUPS & MORE

Gentle Exercise Class will be broadcast on Chicopee TV (Charter Channel 192) at the following days and times:

Mondays, Wednesdays, and Fridays - 6:00 p.m.

Tuesdays & Thursdays - 7:30 a.m. & 7:30 p.m.

Saturdays & Sundays - 6:00 p.m.

Reset with Robin will be broadcast on ChicopeeTV (Charter Channel 192) at the following times:

Mondays, Wednesdays, and Fridays - 6:30 p.m.

Tuesdays & Thursdays - 8:00 a.m. & 8:00 p.m.

Saturdays & Sundays - 6:30 a.m.

This series is put on by Robin Davis of The Davis Method. Robin covers different topics such as stress relief, sleep and mood enhancement.

You can also find this and more programming at... vimeo.com/chicopeetv or facebook.com/chicopeetv

2020 CENSUS UPDATE

- 2020 Census response rate for the City of Chicopee is 67.7%
- Paper questionnaires have been mailed or you can complete questionnaire online at : <https://2020census.gov/en.html>
- If you need help completing your census, please call us at 413-534-3698.
- All federal government funding that the city and COA receive depends on the 2020 Census data collected.
- Anyone who has not completed the census can expect a visit from an official census worker. Door-to-door will occur through September 31st. Please ask census workers for their identification.

ZOOM PHOTOGRAPHY CLUB

1st and 3rd Tuesdays at 1:00 p.m.

Do you enjoy photography? The Photo Club is having regular meetings via Zoom. If you would like to join us and need assistance connecting to Zoom call 534-3698 ext.104.



COFFEE WITH THE MAYOR

THURSDAYS, SEPT. 3RD & OCT. 1ST AT 10:30 A.M.



Join Mayor John Vieau for a casual coffee hour on Zoom. The mayor will be available to answer questions and receive feedback. If you would like to join us and need assistance connecting to Zoom call 534-3698 ext.104.

COUNCIL ON AGING BOARD

The Council on Aging Board normally meets the 2nd Tuesday of the month at 4:45 p.m. at RiverMills. The board is on hiatus during the pandemic.

Susan Tawrel, Chairwoman

Sherryl Gelinis, Vice Chairwoman

Claire Gemme, Treasurer

Karen Rousseau, Secretary

Members: Ernest Laflamme, Henry Lenart, Joseph Lukasik, Stephen Michalik, Mary Rider, Kathleen LaBreck and Lynn Houle

FACE COVERING ORDER

The Baker-Polito Administration has ordered all residents over the age of two to use a face covering or mask in public places where maintaining proper social distancing measures to prevent the spread of COVID-19 are not possible. This statewide order went into effect on May 6th. If you need a mask, let us know, by calling 413-534-3698 or e-mailing caberdale@chicopeema.gov.

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY
<p>12:00 p.m. Gentle Exercise (Zoom) 1:00 – 3:00 p.m. Curbside Pick-up Meals 6:00 p.m. Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV)</p> <p>* Please call RiverMills if you would like more information about Zoom Fitness Classes. Zoom links will be shared on Facebook. If you do not use Facebook, please call 534-3698 to register.</p>	<p>7:30 a.m.– Gentle Exercise (Chicopee TV) 8:00 a.m.- Reset with Robin (Chicopee TV) 1:00 – 3:00 p.m. Curbside Pick-up Meals 7:30 p.m.– Gentle Exercise (Chicopee TV)</p>	<p>1:00 – 3:00 p.m. Curbside Pick-up Meals 6:00 p.m. Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV)</p> <p>* Our regular weekly programming will return once RiverMills Center reopens to the public. Social distancing measures may still be in place.</p>
THURSDAY	FRIDAY	
<p>7:30 a.m.– Gentle Exercise (Chicopee TV) 8:00 a.m.- Reset with Robin (Chicopee TV) 12:00 p.m.– Meditation (Zoom) 1:00 – 3:00 p.m. Curbside Pick-up Meals 1:30 p.m.– Tai Chi (Zoom) 7:30 p.m.– Gentle Exercise (Chicopee TV) 8:00 p.m.- Reset with Robin (Chicopee TV)</p>	<p>1:00 – 3:00 p.m. Curbside Pick-up Meals 6:00 p.m. Gentle Exercise (Chicopee TV) 6:30 p.m.–Reset with Robin (Chicopee TV)</p>	

GET UPDATES SOONER

STAY AT HOME ADVISORY

We are able to send updates via e-mail. If you have not been receiving our e-mails, please e-mail jruiz@chicopeema.gov to be added to the e-mail list. This is the fastest way for us to share any schedule changes and to receive program Zoom links. You may also call us in the office at 534-3698 to inquire. If you still don't see the e-mails, please check your spam/junk/promotions folder.



Governor Baker's Stay at Home Advisory is still in effect for people over the age of 65 and people who have underlying health conditions, who are at high risk for Covid-19. You should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.



SEPTEMBER 2020 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 1 p.m.- Living Again (Zoom) 1 p.m.-Photography Club (Zoom)</p>	<p>2</p>	<p>3 10:30 a.m.– Coffee with the Mayor (Zoom) 12:00 p.m.– Meditation (Zoom) 1:00 p.m.– Mom’s WWII Letters 1:30 p.m.-Tai Chi (Zoom)</p>	<p>4</p>
<p>7</p> 	<p>8 6 p.m.– Grandparents as Parents Support Group (Zoom)</p>	<p>9 10 a.m.. - Reclaim Your Space (Zoom)</p>	<p>10 10:00 a.m.– Fall Shadow Box (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom) 1 p.m.-Tech Connect (Zoom)</p>	<p>11 10:30 a.m.– Food for Thought with AIC (Zoom)</p>
<p>14 10 a.m.– AIC Occupational Therapy (Zoom) 12:00 p.m.– Gentle Exercise (Zoom)</p>	<p>15 10:00 a.m.– Fall Broom Making (Zoom) 1 p.m. -Photography Club (Zoom)</p>	<p>16</p>	<p>17 11:00 a.m.– Eat Healthy, Stay Active (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom)</p>	<p>18 10:30 a.m.– Food for Thought with AIC (Zoom)</p>
<p>21 8:30 a.m.-11:00 a.m.– Fall Flu Clinic 12:00 p.m.– Gentle Exercise (Zoom) 10 a.m.– AIC Occupational Therapy</p>	<p>22 11:30 a.m.– The Clutter Doctor (Zoom)</p>	<p>23 10 a.m.. - Reclaim Your Space (Zoom)</p>	<p>24 10:00 a.m.– Fall Wreath Making (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.-Tai Chi (Zoom)</p>	<p>25 10:30 a.m.– Food for Thought with AIC (Zoom)</p>
<p>28 10 a.m.– Overcoming Adversity (Zoom) 12:00 p.m.– Gentle Exercise (Zoom) 1 p.m.– Healthy Living & Essential Oils (Zoom)</p>	<p>29 2:00 p.m.– Protect Yourself from Covid-19 Scams</p>	<p>30 11 a.m.– Chat with Senator James Welch (Zoom)</p>		

OCTOBER 2020 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30 a.m.– Coffee with the Mayor (Zoom) 12:00 p.m.– Meditation (Zoom) 1:30 p.m.–Tai Chi (Zoom)	2 10:30 a.m.– Food for Thought with AIC
5 10 a.m.– AIC Occupational Therapy 12:00 p.m.– Gentle Exercise (Zoom)	6 11 a.m.– Senator Lesser Update (Zoom) 1 p.m.- Living Again (Zoom) 1 p.m. -Photography Club (Zoom)	7	8 10:00 a.m.- Mini Hay Bail Arrangement 11:00 a.m.– Enjoy Healthy & Delicious Food Choices (Zoom) 12:00 p.m.– Meditation (Zoom) 1:00 p.m.– Tech Connect (Zoom) 1:30 p.m.–Tai Chi (Zoom)	9
12 Columbus Day  CLOSED	13 6 p.m.– Grandparents as Parents Support Group (Zoom)	14 10 a.m. Reclaim Your Space (Zoom)	15 12:00 p.m.– Meditation (Zoom) 1:30 p.m.–Tai Chi (Zoom)	16 10:30 a.m.– Food for Thought with AIC
19 8:30 a.m.-11:00 a.m.– Fall Flu Clinic 10 a.m.– AIC Occupational Therapy 12:00 p.m.– Gentle Exercise (Zoom)	20 10 a.m.– Spider Web Hoop Making 1 p.m.-Photography Club (Zoom)	21	22 12:00 p.m.– Meditation (Zoom) 1:30 p.m.–Tai Chi (Zoom)	23 10:30 a.m.– Food for Thought with AIC
26 10 a.m.– AIC Occupational Therapy 12:00 p.m.– Gentle Exercise (Zoom) 1 p.m.– Toxin Free Living with Essential Oils	27	28 10 a.m. Reclaim Your Space (Zoom)	29	30 10:30 a.m.– Food for Thought with AIC 

WELLNESS

Hours	Monday– Thursday	Friday
	8:00 a.m.– 3:00 p.m.	8:00 a.m.– 2:00 p.m.
Wellness Center Nurses	Helen Biglin, R.N. Dianne Copeland, R.N.	

While RiverMills Center remains closed at this time, the Wellness Center nurses are available for one-on-one phone consultations. Please call 534-3698, ext. 119 to reach a nurse.

FALL FLU CLINIC

September 21st & October 19th

8:30 AM– 11:00 AM

The flu season is approaching. Now is the time to prepare by getting vaccinated. Walgreens will offer a Flu Clinic at RiverMills Center. If you would like to receive your vaccination, please come prepared with your insurance information. The Flu Clinic will take place outside on the upper level. You must register in advance by calling RiverMills at 534-3698.

HAND SANITIZER WARNINGS

The FDA is warning consumers due to the high demand of hand sanitizer products, to read the labels of the product before purchasing them. Some are containing an ingredient called Methanol, or wood alcohol which is a substance that can be toxic when absorbed through the skin or ingested can be life threatening.

The FDA and CDA recommend using an alcohol-based hand sanitizer that contains at least 60 percent ethyl alcohol.

The FDA wants to remind everyone that using proper hand washing procedures and wearing a mask are the best prevention against viruses. Using hand sanitizer should only be done when soap and water are not available.



SOCIAL SERVICES

SNAP - Supplemental SNAP benefits will continue as of the time of this printing. Please contact Diane @ 413-534-3698, ext.120 for help to complete an application.

Wellness Calls: Our volunteers and staff are staying connected to residents more than ever through the hundreds of phone calls they are making weekly. Would you like a call? Do you know someone who would like a call? Contact Colleen @ 413-534-3698 ext. 105 to get on the list.

50+ Job Seekers Program: Any Massachusetts resident 50+ years old can register to participate. Each session is guided by a professional employment coach. Please Visit: www.50plusjobseekers.org to register.

SENIOR COMPANION PROGRAM

The Senior Companion Program through Valley Opportunity Council (VOC) has suspended services due to the coronavirus pandemic. The program matches frail Chicopee elders with older adult volunteers who keep the elder company, assist with medical appointments or errands, or provide respite to a family member. While the program is on hiatus, anyone who would like to be placed on a list for future services may call Holly Angelo at RiverMills Center at 534-3698, ext. 103, for a referral.



FOOT CARE HOME VISITS

Cost: \$50

We are excited to announce that we have found a Registered Nurse to conduct home visits for foot care! Sharon Beaulie, Registered Nurse, will be available for home visits for foot care. Sharon is a Chicopee native and has 18 years of nursing experience. She will be able to make foot care home visits for seniors in Chicopee and South Hadley. To schedule an appointment, you can call Sharon directly at 413-552-9533.



SHINE—SERVING THE HEALTH INSURANCE NEEDS OF ELDERS

SHINE volunteer counselors are available to answer questions about Medicare and other health insurance issues. Please call RiverMills at 534-3698 and we will get your contact information to a SHINE counselor who will call you back to answer your health insurance questions.

SUPPORT GROUPS

PASSENGER SAFETY

RECLAIMING YOUR SPACE

Sept. 9th & 23rd, Oct. 14th & 28th
10 a.m.- 11:30 a.m.

Are you indecisive, do you procrastinate? Work with this support group to conquer clutter and reclaim your life.

This support group was previously called *Buried In Treasure*. This group meets on the 2nd & 4th Wednesdays. For more information call Helen Biglin at 534-3698 ext.119.

ALZHEIMER'S SUPPORT GROUP

This group is for caregivers of older adults with memory loss. Gerry Bennett, R.N., is the facilitator. The Alzheimer's Support Group will NOT meet via zoom. Facilitator Gerry Bennett can still reach out to people if interested. Please call Casey Conroy or Holly Angelo for more information.

GRANDPARENTS AS PARENTS

2nd Tuesdays, Sept. 8th & Oct. 13th
6 p.m.-7:15 p.m.

This support group is for grandparents who have assumed the caregiving responsibility for their grandchildren. All GAPP meetings will take place via Zoom. This group is open to all grandparents, regardless of how old they are or where they live. For more information call Casey Conroy at 534-3698 ext.118.

Supported by the City of Chicopee & Margo Chevers Memorial Fun Grant.

VETERAN'S BENEFITS COUNSELING

Chicopee Veterans' Services Department is available to answer questions about veterans' benefits. Any veteran or surviving spouse of a veteran is encouraged to call the Veterans' Services Department at 594-3470 between 8 a.m. and 4 p.m. on weekdays with any questions they may have.

LIVING AGAIN (ZOOM)

1st Tuesdays at 1 p.m. Sept. 1st & Oct. 6th

This group supports anyone who has suffered the loss of a loved one and needs the support of others. A facilitator runs the group. For more information contact Casey Conroy at 534-3698 ext.118.



The RiverMills Center Transportation Department follows the CDC and State Standards for drivers, passengers and vehicle safety. The following outlines those guidelines.

1. **Non-contagious medical appointments and grocery shopping only.**
2. **Only 1 passenger (with 1 companion) is allowed in the vehicle at a time.**
3. **Passenger MUST wear a mask and use hand sanitizer BEFORE entering the vehicle.**
4. **Driver will take passenger's temperature with a non-contact thermometer.**
5. **Passengers with a temperature of 100.4 degrees or higher will not be allowed to ride in the vehicle.**
6. **All vehicles are cleaned and disinfected before and after each passenger.**

The Chicopee Council on Aging receives Federal Older Americans Act Funding from local Area Agency on Aging, West Mass Elder Care, the State Executive Office of Elder Affairs, and the Federal Administration for Community Living.



FRIENDS OF RIVERMILLS CENTER

**A 501 (C) (3) NON-PROFIT ORGANIZATION
DEDICATED TO HELPING OLDER ADULTS.**

President: Al Picard

Vice President: Steve Michalik

Recording Secretary: Theresa Picard

Corresponding Secretary: Rosemary Dachowski

Treasurer: Bob Kupiec

FRIENDS Meetings

The FRIENDS normally meet the second Friday of every month at 10:00 a.m. at RiverMills. The Friends' meetings are on hiatus.

WE NEED YOU – TIME TO RENEW OR JOIN

The new membership year has begun. Please renew your membership to FRIENDS or consider joining FRIENDS by using the application form which can be found at the first floor reception desk of the senior center. Dues are \$10 and the money collected helps FRIENDS pay necessary expenses related to programming. Dues may be mailed to 5 W Main Street, Chicopee, MA 01020.

ON A PERSONAL NOTE: After serving for almost 4 years as Friends president, Al Picard will be stepping down as President of the FRIENDS of RIVERMILLS CENTER. The group is looking for a new president. For more information, please call Friends Vice President Steve Michalik at 532-3544.

I hope you all have a very happy, healthy Fall. Hopefully, things will return to “normal” sometime very soon, but please STAY SAFE, PRACTICE SOCIAL DISTANCING, WASH YOUR HANDS OFTEN, AND ONLY GO OUT FOR NECESSITIES. PLEASE REALIZE THAT WE ARE ALONE TOGETHER IN THIS BATTLE AGAINST THIS VIRUS.



We are looking for a new president, in addition to recording and corresponding secretaries. If you are interested in learning more about these positions, please contact Steve Michalik—413-532-3544.

UPDATE FROM YOUR SENIOR TRAVEL CLUB

We hope you are all healthy. Like you, your travel Planners are, ready to get back to doing the things we like—travel and taking journey's with friends. We regret that we have had to cancel most of our trips. We also doubt that any of our current events for the balance of the year will take place. Once RiverMills is open, with the permission of the Health Dept. and the Governor's office, your planners are ready to go. We will develop a tentative schedule of trips as we do each Fall. We look forward to seeing all of you as soon as it is safe to travel. All of your monies (to over 250 travelers) have been refunded for cancelled trips. If you think we missed you, please call 534-3698 and immediately enter extension 113, and leave a message with your name, phone number and the trip name that you have paid in full or have made a deposit. Someone will get back to you as soon as we can. Our Transatlantic cruise has been cancelled. Those people have been offered refunds or other travel options. Please stay safe.

- The Travel Club Committee

JOINING A ZOOM MEETING

COVID-19 Scams

Please allow extra time to get online.

If this is your first time using Zoom we ask that in consideration of the whole group, **please arrive 15 minutes early** in order to get successfully connected. Someone will be on hand to help you if needed. If you come late to the conversation and have difficulties connecting, please disconnect and phone in.

- Close any program on your computer that uses your camera, for instance Skype.
- Have a headset available if possible to minimize feedback – your cellphone earbuds will work well.
- Click the **Zoom link** that's been sent to you in an email, and Zoom should automatically and quickly download to your computer.
- In Downloads on your computer, click `Zoom_launcher.exe`. Zoom should direct you to this with a large orange flag.
- Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting.

You should now be part of the meeting. Click the green button that says "Join Audio By Computer."

Join by tablet or smartphone

- If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time. Once you have downloaded the Zoom app, follow the "Join by computer" instructions above.

Join by telephone

- First, dial the phone number provided in the Zoom email.
 - When prompted, dial the meeting ID number that is also provided.
- Your phone will be automatically muted once the meeting starts. If you want to speak, press *6 to unmute.

If you would like to participate but are unfamiliar with Zoom, our Program Technician can help you get connected. To schedule an appointment for assistance, please call Jona at 413-534-3698 ext.104, or send an email to: jruiz@chicopeema.gov.

Don't have a device to get online? Ask about our **Tablet Lending Program!**

PROTECT YOURSELF FROM  COVID-19 SCAMS

Tuesday, September 29th at 2:00 p.m.

As the COVID-19 pandemic spreads, so does uncertainty and fear: two elements that con artists thrive on. During these stressful times, BBB (The Better Business Bureau) recommends consumers to be especially alert to avoid falling for a scam. We will review the top coronavirus scams reported to BBB along with tips to help identify and avoid them.

Don't let your fear of the pandemic make you a victim of a coronavirus scam. Beware of e-mail, phone, and door-to-door scams. The most important thing to remember is to never give your personal information, such as your Social Security number, to anyone over the phone. If you want information about coronavirus, go to: www.mass.gov/dph. The following is what to watch out for:

- **Beware of Coronavirus Testing & Vaccine Scams.** Testing should be ordered by your physician only. In addition, there is no vaccine available at this time to protect you from the virus. Anyone who contacts you or approaches you to offer you testing or a vaccine for a fee is trying to scam you. Never give out your Medicare number, Social Security number, or bank account information.
- **Beware of phone calls, e-mails and texts from people claiming to be a coronavirus expert.** Especially beware of e-mails that appear to be from the CDC (Centers for Disease Control), the WHO (World Health Organization), Medicare or Social Security. Don't click on any links or download attachments from e-mails you aren't expecting.
- **Beware of fake charities** asking for donations to help fight coronavirus.
- **Federal Coronavirus Checks** will be sent through direct deposit or mailed. These are the checks the federal government promised to individuals and families to help them get through the pandemic. There are no fees attached to the checks. To check on the status of your payment go to www.irs.gov.
- **Census workers** going door-to-door will have official Census I.D. badges around their neck.

TECH TIME

PROGRAM TECH OFFICE HOURS

By appointment

Program Technician Jona Ruiz is now offering 1-on-1 phone calls or Zoom calls for tech related issues. Help may be limited due to social distancing. Book an appointment by calling 534-3698, ext. 104 or send an e-mail to jruiz@chicopeema.gov.



TECH CONNECT CLASS (ZOOM)

2nd Thursdays, Sept. 10th & Oct. 8th at 1 p.m.

Are you interested in learning more about technology and how to use it? Join Program Technician Jona Ruiz as he leads classes on a variety of tech topics every month. Do you need a hand connecting to Zoom? Call 534-3698 Ext.104 for assistance.

PROGRAMS

FOOD FOR THOUGHT WITH AIC

Fridays, Sept. 11th—Nov. 6th except October 9th At 10:30 a.m.

Join AIC Nursing students via Zoom for this program series "Food for Thought" each Friday beginning September 11th through November 6th. Students will discuss how foods can improve memory, concentration, and more. For more information, please contact RiverMills Center. The Zoom link will be available via Facebook. If you do not have Facebook, please call RiverMills Center to provide your email for the Zoom link to be sent directly to you.



EAT HEALTHY, STAY ACTIVE (ZOOM)

Thursday, September 17th at 11:00 a.m.

In this Zoom workshop with Ascentria Care Alliances Snap-ED Dept., participants will learn how to increase awareness and knowledge of healthy eating patterns and physical activity recommendations, as well as build skills so the practices are easier to follow. Topics include healthy eating with Myplate, reaching your goals step by step, increasing intake of fruits and vegetables, and adding physical activity to your day.



THE CLUTTER DOCTOR (ZOOM)

Tuesday, September 22nd at 11:30 a.m.

With all of us spending a lot more time at home these days, what better way to keep busy than to de-clutter your home! Carleen Eve Fischer Hoffman, aka "The Clutter Dr". will be hosting a presentation, teaching you how clutter is accumulated and why it is important to let go, as well as providing tips and techniques to help conquer the clutter. This zoom link will be available on RiverMills Center's Facebook page. Or by calling 534-3698.



MOM'S WWII LETTERS (ZOOM)



Thursday, September 3rd at 1:00 PM

In May 2017, Corinne Smith found her mother's stash of more than 80 letters from 16 servicemen she had corresponded with in 1944-1945. Corinne began to trace the soldiers' family trees with one goal in mind: to return the letters in person to their children. This presentation links history and genealogy to present-day research and diligence. It revisits a time that we may not want to forget. And it may prompt others to wonder for themselves what treasures lurk in their own old family boxes, and how they can share the information with others. This program is supported in part by a grant from the Chicopee Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Corinne H. Smith is a writer who is originally from Lancaster County, Pennsylvania. She served for several years on the board of The Blair County Genealogical Society in Altoona, Pennsylvania. Her first book was a self-published family history titled "From Saxony to the Lehigh Valley: The Descendants of Ludwig Hossfeld" (1992). Since then, she has written several books about American author Henry David Thoreau. She now lives in Gardner, Massachusetts.

OVERCOMING ADVERSITY



Monday, September 28th at 10:00 a.m.

Join author and motivational speaker Julia Fox Garrison on Monday, September 28th at 10 a.m. on Zoom for a presentation on overcoming adversity with attitude, choice and purpose. During these unprecedented times, we could all use a little positivity in our days. Julia is the author of "Don't Leave Me This Way" a memoir that chronicles her struggle to regain control over her life and her body following a massive hemorrhage resulting in a paralyzing stroke. We look forward to having Julia send positivity to our members.

HEALTHY LIVING & ESSENTIAL OILS

Monday, September 28th at 1:00 p.m.



Feeling stressed? Join Valerie Demerski from doTERRA Essential Oil via Zoom on how Essential Oils can enhance natural health and wellness to support you during times of stress. You'll have fun learning about new strategies for using Essential Oils and their benefits as a natural option to help address stress, including worry, sleep issues, stomach upset, low libido, reduced energy, muscle tension, and much more. * Remember to always consult with your doctor before starting any new health regimens*

CHAT WITH SENATOR JAMES WELCH

Wednesday, September 30th at 11:00 a.m.

Join Senator James Welch for a virtual Zoom chat focusing on Consumer Protection for Prescription Drug Purchases. Here you will learn about cost sharing, pharmacy retail price of prescriptions and more.

ENGAGE IN MORE

PROGRAMS (CONTINUED)

Virtual Open House:

Starting on August 17th, the Chicopee Department of Planning & Development Virtual Open House portion of their planning process went live. This will be open from August 17th through September 3rd. The Virtual Open House can be accessed by a link upon request or visit envisionourchicopee2040.com

Virtual Community Workshop:

On September 3rd they will be hosting two Virtual Community Workshops using Zoom; one from 4-6 p.m. and another from 7-9 p.m. There is room for 100 people in each virtual meeting. Folks will be able to register for the workshops by link upon request or visit envisionourchicopee2040.com

Meeting-in-a-Box:

For those that are uncomfortable or unable to partake in the community events, yet would like their voices heard, a Meeting-in-a-Box alternative will be offered. This alternative allows folks to host their own workshop with their own community or family. For more information, please email Nathan Moreau in the Planning & Development Department at nmoreau@chicopeema.gov.

Chicopee Virtual Summer Concert Series The final addition for the Summer Concert Series will be played by Union Jack and British Invasion. You can watch the performance on Chicopee TV Channel 192, [Vimeo.com/ChicopeeTV](https://www.vimeo.com/ChicopeeTV) or [Facebook.com/ChicopeeTV](https://www.facebook.com/ChicopeeTV).

 **SENIOR PLANET** Aging with attitude. Senior Planet, powered by OATS (Older Adults Technology Services), harnesses technology to change the way we age. Their courses, programs, and activities help seniors learn new skills, save money, get in shape, and make new friends. This is a good opportunity to keep your mind and body busy while engaging others. Visit seniorplanet.org to learn more.

PROGRAMS

SENATOR LESSER UPDATE

Tuesday, October 6th at 11:00 a.m.

Join Senator Eric Lesser on Zoom on Tuesday, October 6th at 11 a.m. to get updates on Voting by Mail, the 2020 Census, Covid-19 and economic development.



FREE



AIC OCCUPATIONAL THERAPY STUDENTS TEACHING SERIES

Mondays, Sept. 14th & 21st, Oct. 5th, 19th & 26th At 10:00 a.m.

Join 3rd year American International College Occupational Therapy Students as well as OT Professor Said Nafai on Zoom on Mondays at 10 a.m. in September and October for workshops and exercises. The following presentations are as follows:

9/14: "Overview of the Benefits of Occupational Therapy Services for Older Adults"

9/21: "Activities and Exercises to Improve Balance and Strength in Older Adults"

10/5: "L.I.F.E for Widowhood: Living Improvement for Elderly"

10/19: "Home Safety: Maximizing Productivity and Minimizing Falls in Older Adults"

10/26: "Driving Safety: Strategies and Equipment for Older Adults"

ENJOY HEALTHY & DELICIOUS FOOD CHOICES (ZOOM)

Thursday, October 8th at 1:00 p.m.

Making healthier choices begins with small changes. Today's workshop with Ascentria Care Alliance's Snap-Ed Dept. will give you tips for making meals that are both healthy and taste great. We will discuss small changes you can make to choose foods and beverages with healthier fats, less salt, and less added sugars. Learn about food substitutions using spices, herbs and salt-free seasonings that will give you new ways to eat healthily. Additionally we will review how to use recipe modifications and cooking techniques to reduce calories, solids fats, sodium, and added sugars. Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future.

TOXIN FREE LIVING WITH ESSENTIAL OILS (ZOOM)

Monday, October 26th at 1:00 p.m.

Want to learn about toxin-free living how to clean your home with ESSENTIAL OILS, get tips for air purification, collect some DIY recipes, and MUCH more? If so, then you will LOVE this CLASS! Join Valerie Demerski, doTERRA Essential Oil specialist via Zoom, where you will learn about ingredients that you can use to make CHEAPER, safer cleaners so that you can create your own safe and natural household cleaners with these supplies, many of which are probably sitting around your home already!



FREE

FREE

FREE

A LETTER FROM SENATOR JOHN VELIS

Hello Everyone!

It has only been a little more than two months since I was sworn in as State Senator, but it has been a packed time period! From learning about legislation in the Senate, to getting my committee assignments, to meeting with elected officials all over the district, I have hit the ground running.

The COVID-19 pandemic has affected every single person in our state, and much of my work so far has been helping people access what they need right now, such as unemployment benefits and health care. In early July, the Senate passed the COVID-19 supplemental budget, which has been signed into law by the Governor. This bill provides much needed aid, including \$350 million for Personal Protective Equipment, \$81.6 million for child care providers, and \$85 million for field hospitals and shelters. In one of my first pieces of legislation, my amendment earmarking \$250,000 specifically for the Holyoke Soldiers' Home was adopted as well. I will continue to advocate for the home's needs, and was recently named to the Legislature's Oversight Committee that will be making recommendations for the facility.

One of the first things I started after I was sworn in was a listening tour of the 11 different communities in our district. I have met with elected officials and community members, and learned about different issues and priorities our cities and towns face. I've also gotten to spend time with some great community organizations in our district, including in Chicopee. Just a few weeks ago I got to spend the afternoon volunteering at Lorraine's Soup Kitchen and Pantry, and earlier in the summer I was able to tour the construction site of Harmony House of Western Massachusetts. It was inspiring to learn of all the great work these organizations do.

Just like it is important for me to get out in the community, it is also important that your voice is counted in our government, and two major ways to ensure

that are through filling out the census and making sure to vote. The census is completed every ten years in our country, and is used to determine levels of funding that state governments and local communities will receive for things like health care, education, housing, and infrastructure programs. If you receive a census in the mail, you can respond that way, but you can also respond over the phone at 844-330-2020, or online at 2020census.gov.

With the September 1st primary and November 3rd general approaching, voting during this pandemic has been an area of concern. This year, mail-in voting will be allowed for all voters to make voting safer during COVID-19. You should have all gotten a vote-by-mail application that is pre-addressed to your local election office. All you have to do is follow the directions to fill out the application, and mail it. You will then receive a mail-in ballot for the Primary election, followed by a mail-in ballot for the General election, that you will fill out with your votes and mail back. If you prefer to vote in person in election day, you may do so as well, and there will early in-person voting available as well. If you have any questions or want to find out more, please check out masearlyvote.com, or give me a call.

If there is anything that I can help you out with, please never hesitate to reach out! I campaigned on working tirelessly to advocate for our district and respond to issues and requests. I pride myself on being easily accessible, and can be reached at 413-572-3920 or at john.velis@masenate.gov.

Sincerely,

John C. Velis



KILL TIME WITH A WORD SEARCH!

Halloween

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an activity played on Halloween.

S V A M P I R E Z O M B I E B
 L N R E T N A L O K C A J Y O
 U B C B N G R A V E Y A R D E
 O G A K C O F F I N D A W N M
 H O N C T I T N K R C F E A U
 G B D I N O I E A S U G R C T
 W L L T N K M C L L A W E Y S
 I I E S P E U B L E O M W R O
 T N M M K L T M S R K B O E C
 C S U O A U O H C T A S L T S
 H P M O F O L E G T O O F E E
 E R M R N A R L S I H N P M L
 S P Y B M A E R C S R G E E P
 L E T A C K C A L B S F I C P
 G H O S T S S R E D I P S N A

- | | | | |
|------------|-------------|----------------|-----------|
| APPLES | COSTUME | JACK O LANTERN | SKELETON |
| BATS | DRACULA | MASK | SKULL |
| BLACK CAT | FRIGHTENING | MUMMY | SPIDERS |
| BROOMSTICK | FULL MOON | NIGHT | TOMBSTONE |
| CANDLE | GHOSTS | PUMPKIN | VAMPIRE |
| CANDY | GHOULS | SCARECROW | WEREWOLF |
| CEMETERY | GOBLINS | SCARY | WITCHES |
| COFFIN | GRAVEYARD | SCREAM | ZOMBIE |

RiverMills Reminder Donations

Won't you think of adding your name to the list of contributors by sending in your donation today? THANK YOU to all who have given to support the [Building Fund](#), [RiverMills Reminder & Programming](#). Recent contributors are below:

<p><i>Program & Reminder donations</i></p> <p>Jean Baclawski Robert & Nancy Blodgett Karen Burkinshaw Maryellen Channing Jean & Jeanne Denoncourt Helen Desrochers Chester & Barbara Gazda</p>	<p>Jim & Pat Healey Casimira Matthews Barbara McNamara Donna Moller Ruth Mongeau Ellen & Ralph Rechenberger Paul Renaud Florida Rheume</p>	<p>Michael Romanowicz Linda Santoni Ann Sweeney</p> 
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DONATIONS TO THE COUNCIL ON AGING SENIOR CENTER & RIVERMILLS REMINDER
*In gratitude for the services & programs of the Chicopee Council on Aging,
 I am enclosing the following donation amount to the:*

Programming RiverMills Reminder

Date: _____ Donation amount \$ _____

Donor's Name: _____

Street: _____ City: _____

State: _____ Zip Code: _____ Telephone: _____

Do you want your name published in the RiverMills Reminder? Yes _____ No _____

Thank you kindly for your gift!
Checks should be made payable to: City of Chicopee, Council on Aging
Mail to: Chicopee Council on Aging, 5 W. Main Street, Chicopee, MA 01020-1864

Program/Event Registration Policy

Chicopee residents will have priority registration for one week following the date registration opens. Non-residents will then be able to buy tickets or register for programs after the one-week resident registration period ends. RiverMills Center welcomes all older adults ages 55 and older, but must give priority to City of Chicopee residents. The Council on Aging is a city department that is supported by taxpayers. Thank you for your understanding. Registration for any event begins on the first of the month the event is taking place. If an event is scheduled the 1st week of a month, registration will begin a week early.

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RECOGNITION

RiverMills Center

CHICOPEE SENIOR CENTER
5 WEST MAIN ST.
CHICOPEE, MA 01020

Hours

Monday-Friday
8:00 A.M.- 4:00 P.M.
CLOSED DUE TO PANDEMIC

COA Phone Number

Main 534-3698
Transportation 536-5733
Travel Desk 534-3698
Fax 557-6989

In Memory of Joann Dunnagan

Special Counsel-The Rainmakers

In Memory of Jeannette Arpin

Barb & Joe Drzyzga
Hermine Hurst

In Memory of Susan Phillips & Rosemary Riley

Eleanore Maciolek

In Memory of Cecile Archambault

Mary Ann Costa

In Memory of Patricia Zagula

Robert Hendry

In Memory of Eleanor Rusinowski

Mabel Poli

In Memory of Bill Labonte

Mary Ann Costa

We want to thank the following businesses and individuals for their time & generous donations to the COA:

Chicopee Police Department,
Friends of Chicopee Senior Citizens, Inc., Suzanne Westcott, WestMass Elder Care, Lorraine's Soup Kitchen & Pantry, Chicopee Community Development Department, Falls Provision, Senator James Welch and U.S. Rep. Richard Neal.



Massachusetts
Councils On Aging

