Outreach Delivery Service uses volunteers to bring books, movies, CDs and magazines to patrons in assisted living facilities, nursing homes, and private residences.

Lilly Library in Florence recently became a contributing partner organization for Outreach Delivery Service, allowing volunteers to borrow materials on behalf of their homebound patrons from Lilly’s collection and helping to identify prospective volunteers and patrons. The Outreach Delivery Service currently serves 76 patrons in Northampton, Florence and Leeds and is coordinated by Outreach Delivery Service volunteer Barry Steeves with Nancy Lanning, one of the patrons to whom he brings books.

Outreach: Read about it

Senior Services director announces retirement

After almost two years serving as the City of Northampton’s Director of Senior Services, Linda Desmond has announced she will be retiring at the end of March. Director Desmond, a Northampton native and long-time city resident, was hired in July 2016 after returning from living and working in Dublin, Ireland for 10 years. Her 40-plus year professional career has focused on elder and social services both in Northampton and Ireland.

“She launched a very successful senior van transportation program, increased programming, restructured staff, reconfigured meeting space to allow for expanded use, formed advisory groups to inform her decision-making and most importantly, has been open to new ideas from staff and residents for meeting the diverse and ever evolving needs of our city’s seniors.”

In speaking on her decision to retire, Director Desmond stated, “I often remark how I began my career next door from the Northampton Senior Center working for Highland Valley Elder Services which had office space at the Walter Salvo House, and I am honored to conclude my professional career working for Northampton Senior Services. I look forward to becoming a “participant” in the variety of programs offered at the center.”

Desmond also represented Ward 5 on the Northampton City Council for 5 years and served on the Northampton Council on Aging for 17 years. “Linda Desmond brought an incredible wealth of knowledge and experience to this position,” said Mayor Narkewicz.

“Her compassion, positive energy, and leadership skills have moved the department forward and I wish her the best in her retirement.”

The position will be posted soon and Mayor Narkewicz will be appointing a candidate screening committee to advise him on his appointment of a successor.

The latest on travel:

Diamond Tours has created a website for us to view more information about our two multi-day trips to Mt. Rushmore and Valley Forge.

Future trips:

Coming soon, on Thursday, April 26, is our trip to see “Sister Act,” a musical comedy at the Westchester Broadway Theater located in Elmsford, N.Y. Once seated, you’ll select from an excellent menu and enjoy a pre-show luncheon. The all-inclusive early discount pricing of $115 is due by March 15. After that date, the cost is $125. Only 10 seats remain.

For our museum lovers, please join us on a trip to the Chicago Polish Center of Discovery & Learning on Friday, April 20. It is a museum filled with 10 rooms of Polish history, immigration and culture. The cost for bus transportation, admission, and driver gratuity are included in the $36-price per person. Enzyo a German-fare lunch on your own at the Munich House prior to the museum stop. Sign up early, seats are limited.

Trip’s & Travel

May 8, Tuesday: Maggiano’s Cooking Demo & Lunch, and JFK Library Centennial Celebration. Learn tricks of the trade and enjoy a 3-course family-style luncheon. Then visit the JFK Library for its exhibit celebrating the late president’s 100th birthday. Cost is $114.

Continued on Page 2

Author of month:

Eugene Barry

If you have spent any time in Florence in the past decade, you likely noticed the presence of a gregarious, smiling gentleman known to many as the “Mayor of Florence.” His name is Eugene Barry and you might be surprised to learn he had once been a priest, a school psychologist and had even been a candidate for public office. All of this is told in his memoir, “Memories of Lillie, My First Ninety Years” (The book is self-published and presently only available through the author.)

Eugene’s parents were both immigrants. His mother came from Northern Ireland and his father from Germany. He was born Eugene Scherzinger in Queens, New York in 1927. The fifth of six children. Gene early on felt a religious calling and after graduating the eighth grade, left the city behind to enter a seminary high school in Girard, Pennsylvania. The school was operated by the Society of the Divine Word (SVD), an organization of priests that specialized in preparing young men for missionary work.

Continued on Page 2

February 2018

Senior Services & Senior Center

67 Conz St., Northampton, MA 01060

NEWSPAPER OF NORTHAMPTON
Continued from Page 1

The Conz Street Chronicle is a monthly publication of Northampton Senior Services. It is funded by donations, advertisers and the City of Northampton.

The Conz Street Chronicle staff is made up of Senior Center volunteers and also receives assistance from many others. Contributors include staff from Senior Services and from other city departments and organizations.

All work is published at the editor’s discretion. All art, op-eds, and information about businesses, candidates or services do not constitute an endorsement or recommendation by the Conz Street Chronicle, The City of Northampton, Northampton Senior Services or any of its employees.

The Conz Street Chronicle assumes no liability for any inaccuracies, omissions, misinterpretations, misunderstandings.

The Conz Street Chronicle and Northampton Senior Services and their employees are not responsible for any claim, loss or damage resulting from Conz Street Chronicle activity.

The Conz Street Chronicle does not endorse any products or services provided by public or private organizations.

Chronicle volunteer staff includes:
Editor: Lou Groccia; writers/copy editors: Suzanne Wilson, Carol Bevan-Bogart, Connie Burak; photographer/writer Jim Spence; photographer Dennis Lee.

Trips
Continued from Page 3

There is a $10 discount if paid in full by March 27.
May 28-June 5: Mount Rushmore and the Black Hills of South Dakota, 11 days, from $1495 double occupancy. Roommates available. Fourteen attractions and sites galore. Pay in installments or pay in full by Feb. 1 and receive a $25 discount. $1300 Deposit required.
June 21-Thurs.-The Gilded Age of the Rockies. Stay at Cony Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is $112. There is a $10 discount if paid in full by May 18.
July 14 – Tues.- Tour of Maui Twain Home and Wickham Gardens. Lunch at Homestead Shops on your own. Cost is $74. There is a $10 discount if paid in full by June 1. July 19-24: Tour to Lancaster, PA. Two stopovers. Stay at The Ooz al Dutch Apple Dinner Theater and more. Cost is $543 with double occupancy. Pay in installments or pay in full by April 5 and receive a $25 discount. $50 Deposit. Trip insurance available.
July 18, Wednesday: Hartford Yeats Great baseball game, a double affiliate of the Colorado Rockies. Full day at the stadium and bus transportation included. Cost is $37. Sign up required by July 1. Sept. 7-11 Washington D.C., Philadelphia, The Gettysburg, double occupancy. Full day at the museums or pay in full by June 1 and receive a $25 discount. $100 Deposit. Trip insurance available.

How can I receive the Chronicle?
Distribution of the Conz Street Chronicle alternates monthly between two formats. Every other month, the paper is mailed directly to subscribers as a stand-alone, tabloid-style publication. On the in-between months, the Chronicle is printed as an insert in the Daily Hampshire Gazette.

If you wish to receive stand-alone editions of The Conz Street Chronicle by mail, please call 587.1313 to be added to the mailing list. If you would like to receive the Conz Street Chronicle as an insert by email, please email vhandt@northampton.gov or call 587.1313. The paper cannot be distributed both ways to the same individual; please choose one of the two options.

For Northampton, Florence, and Leeds residents over age 60, the Chronicle is mailed free-of-charge. For non-residents or for individuals aged 55-59, there is an annual fee which re: the Senior Center or by mailed check (mail to: 67 Conz St., Northampton, MA 01060). Paperless email subscription is free-of-charge regardless of location or age. If you currently receive the Conz Street Chronicle by mail and wish to switch your subscription to a paperless, electronic subscription, please email vhandt@northampton.gov or call 587.1313.

Northampton Senior Services is dedicated to enhancing the quality of life for the city’s elders, ages 60 and over, with some programs and activities available to those 55-59 years of age. Every older is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence.

To meet this goal, Northampton Senior Services identifies needs and provides a range of programs, activities and services to address those needs. Northampton Senior Services serves as a community focal point for issues of aging and is a liaison to local and federal resources for elders and their families.

Senior Services general information
Northampton Senior Services & Senior Center 67 Conz St. Northampton, MA 01060-1313 Telephone: (413) 587-1328 toll free: www.northamptonma.gov/1369/ Senior-Center Hours: Monday-Friday 8:35 a.m. to 5 p.m.
NCOA Board of Directors: Robert Montague, President GerritAnn Butler, Vice President Kathryn Pekala Service Coordinator/Treasurer Theresa L. Dunn
Robert Montague, President, The Mount. Buffet lunch on terrace at The Mount. Cost is $112. There is a $10 discount if paid in full by May 18.
July 14 – Tues.- Tour of Maui Twain Home and Wickham Gardens. Lunch at Homestead Shops on your own. Cost is $74. There is a $10 discount if paid in full by June 1. July 19-24: Tour to Lancaster, PA. Two stopovers. Stay at The Ooz al Dutch Apple Dinner Theater and more. Cost is $543 with double occupancy. Pay in installments or pay in full by April 5 and receive a $25 discount. $50 Deposit. Trip insurance available.
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Another approximately 125,000 seniors are not eligible for MassHealth, based on their income, but may be eligible for food stamps. Advocates refer to this as the "SNAP gap" — the gap between the people eligible for the Supplemental Nutrition Assistance Program and those who actually benefit from it.

Help with dementia offered

Free technology, training and respite care is available for people with dementia and their caregivers. Until Feb. 28, the state Executive Office of Elders Affairs is offering technology to help family caregivers face the challenges of dementia. Examples are listed below; some restrictions apply:

- Assistance tools and gear:
  - Portable digital music players with personalized playlists
  - Electronic communication aids (such as telephone devices and electronic tablets)
  - Video monitoring devices
  - Electronic sensory devices (such as robotic pets)
- Transportation assistance
  - "Savvy Caregiver" training for family caregivers of persons with dementia is available.

For more information or to sign up, call 1-800-222-2222.

Winter fuel assistance offered

Energy Assistance Program (LIHEAP) or commonly referred to as Fuel Assistance. The program is currently being offered in the Northampton Winter Market, forth from Greece to the U.S. regularly. Roasting such a rich history of art and architecture, the attitude towards such things is very different in Greece as compared to the U.S. Building and structures in

Front Street in Holyoke, which will be dedicated to helping seniors sign up for the

Senior assistance office opens in Holyoke

In January, the state opened a statewide senior assistance office at its location on Front Street in Holyoke, which will be dedicated to helping seniors sign up for the benefits they are eligible for.

Winter homeless shelter now open

The winter homeless shelter at 43 Center St. is now open through April 30. Every evening, a volunteer team organized by the Friends of Hampshire County Homeless brings in a shelter and serves dinner. The teams range in size from three people up to 15 or more (in larger teams, most members just contribute a food or drink item and don't serve). About three or four of the team members arrive between 4:30 and 5 p.m.; the meal is served about 6:30; and the team is usually relieved by Smith student volunteers around 7:15 or 7:30. The food amounts are enough to serve 20-50 guests, 2 staff members, and 4 for meal team members. Volunteers find this a tremendously heartwarming and fulfilling community effort. Some teams serve once a month or once a week, some serve a regular monthly night (for instance, 1st Monday.)

The Hampden County Homeless Coalition organizes dozens of teams to fill all the evenings. They are in need of people willing to help! If you are interested in forming a meal team or for more information please call Pauline Bassett at 320-6486, or Rick Hart at 320-1886.

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Services, special programs

Mondays
9 a.m. - 1 p.m.: 30-Minute Reiki Sessions with Reiki Master, Bob Nelson, RN. By Appointment Only. Please visit front desk to schedule. $20-$25 per 30-Minute session (payment due at time of sign-up).

Tuesdays
1 p.m. - 3 p.m.: Interfaith Help Fund
3:45 p.m. - 4:45 p.m.: Healthy Bones & Balance - A low-impact strength training program that helps lower risk of injury, increase mobility, improve energy, prevent falls and build balance in the works. If interested, call the front desk at 587-1228.
9 a.m. - 1 p.m.: Shopping Trip to Big Y with the Northampton Senior Services Van! Call 413-384-7979 to sign up.
11:30 a.m. - 1:30 p.m.: LUNCH service in Mary’s Bistro!

Thursdays
4 - 5 p.m.: BEGINNER Tai Chi (NEW CLASS)
9 a.m. - 1 p.m.: Shopping Trip to Stop & Shop with the Northampton Senior Services Van! Call 413-384-7979 to sign up.
11:30 a.m. - 1:30 p.m.: LUNCH service in Mary’s Bistro!

Wednesdays & Thursdays
SHINE Appointments—by appt. only; call to schedule.

Friday
12 p.m.: Benefits Counseling Appointment By Appointment Only: please call 413-386-2000 to schedule.

Friday, February 2
8:30 a.m. - 12 p.m.: Foot Care Clinic by Nurse Clinic
Foot care clinic; by appointment only. Call the front desk at 587-1228 to schedule.
1:30 p.m.: Photo Club

Tuesday, February 6
10 a.m.: Blood Pressure Clinic: Walk-in welcome.

Thursday, February 8
10 a.m.: Brown Bag
1 p.m.: Readers & Thinkers

Friday, February 9 & 23
10:30 a.m.: Challenges of Aging with Grace - Join us for this support group focusing on aspects of aging like health, finances, identity, interests, wisdom, and more! 1:30 p.m.: Chess

Monday, February 12
3 p.m.: EARN Networking Event Meet other senior job seekers and learn about employment opportunities and programs in the community that are specifically available for seniors.

Wednesday, February 14
1:30 p.m.: Lap Quilt Project

Friday, February 16
10:30 a.m.: Nutritional Outreach 5 p.m.: “Adventures in Liking My Looks: Normal Must Be So Boring” - a one-woman show presented by Susan Cummings!

Monday, February 19
Please be advised that we are CLOSED on this day in observance of President’s Day.

Tuesday, February 20
Foot Clinic, by appointment only.

Wednesday, February 21
7 p.m.: Mystery Book Club meeting!

Friday, February 23
1 p.m.: Hypnosis for Stress & Sleep Reduction - Join Valerie Miller, of Hadley Hypnosis, for a presentation about the benefits of Hypnosis for stress reduction and for sleep. Free with a scan card!

Sunday, March 11
11:30 a.m.: Communal Coffee & Cabbage Dinner - Tickets go on sale February 1. $10 for Northampton seniors, $15 for all others. Open to the public.

FEBRUARY 2018 PROGRAM CALENDAR

Monday
8:45 Dynamic DVD Fitness
9:30 Stretch & Tone
10:00 Tai Chi Walking 1
10:30 Tai Chi Walking 2
2:00 Coloring for Adults
2:45 Free Tai Chi Beginner Level

Tuesday
8:45 Dynamic DVD Fitness
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10:00 Tai Chi Walking 1
10:30 Tai Chi Walking 2
1:00 Needle Workshop
1:30 Learn to Meditate
1:30 Creative Writing 2
2:00 Coloring for Adults
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Wednesday
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12:30 Tai Chi Beginner Level
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February’s movie: ‘The Age of Adaline’

A beautiful woman stops aging after a car accident, and remains 29 for several decades in this intriguing fantasy. She refuses to get close to anyone in order to keep her condition a secret, but reconsiders her solitary lifestyle after falling in love with a philanthropist. Rated: PG-13 [1 hour, 52 minutes]. 1:30 p.m., Monday, Feb. 12.