

**Lanesborough Council on Aging**  
**PO Box 1492**  
**83 N Main Street**  
**Lanesborough, MA 01237**  
**413-448-2682**

**Thursdays from 9 to 11**

**The VFW Food Pantry is open for Lanesborough Senior's convenience.**

**Berkshire Village**  
**144 Old State Road.**



Lorna Gayle, Director  
 Seniors.director@lanesborough-ma.gov

### Urgently Needed: One More Recycling Volunteer

If you are 60 plus and interested in saving money on your taxes you may be interested in joining the Tax Work Off Program helping out at the Town's Recycling Center adjacent to the Town Highway Department at May's Court.

The hours are 7:30 to 12noon every other Saturday throughout the year. The maximum tax benefit is \$750.

You will provide assistance to seniors bringing in their recyclables as well as help to sort the various categories of materials handled by the Recycling Center.

There 1 positions available immediately. To apply, either go online at [lanesborough-ma.gov](http://lanesborough-ma.gov) and download a tax work off application and guidelines or come to the Council on Aging office to pick up an application in person..

Annual Income limits apply: Single person \$50,350, Couples \$57,500.

### AT THE LANESBOROUGH LIBRARY



#### CW Mars 101

**The CW Mars System** (*Central/Western Massachusetts Automated Resource Sharing*) makes our little library a big time library with access to 144 public and academic libraries. Learn how to use the CW Mars System and unleash the power of your library card!

**WHEN: THURSDAY FEBRUARY 27TH AT 6 PM**

**WHERE: THE LANESBOROUGH LIBRARY**

Get started with CW Mars:

Learn to log in to your account

Change your account settings

How to see what you have checked out

How to search the catalog for the books you want

Place holds on the ones you want.

**This program is free and open to the public. RSVP is appreciated but not required. (413) 442-0222**

**Check out the library website,**  
[www.lanesboroughlibrary.weebly.com](http://www.lanesboroughlibrary.weebly.com) or our Facebook page.

**JOIN THE 2020 CENSUS TEAM**

**APPLY ONLINE!**

**2020census.gov/jobs**

**2020 Census jobs provide:**

- ✓ Great pay
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service:  
 1-800-877-8339 TTY/ASCII | www.gsa.gov/fedrelay  
 The U.S. Census Bureau is an Equal Opportunity Employer.



### RABIES CLINIC

**FEBRUARY 25 FROM 5 TO 6 PM**

**AT THE HIGHWAY DEPARTMENT GARAGE**

(Maple Court, next to Bob's Country Kitchen)

\$10.00 for Rabies Shot Dogs and Cats

\$15 for Microchipping by the Eleanor Sansini Center

3 YEAR shots available with current rabies certificate.

Licensing by Lanesborough Animal Officer

### MOVIE NIGHT

**Feb 29th 6 –8 pm**

**The Shawshank Redemption**

*"The best prison movie ever made."*

# Lanesborough Senior News

This newsletter is produced with funding received from the Executive Office of Elder Affairs, Boston, Massachusetts.

## SAVE THE DATE: MARCH 22ND, COMMUNITY BRUNCH

We are enduring another strange winter in Lanesborough and the Lanesborough Senior's Club (in collaboration with the Northern Berkshire Ukulele Club) thought, enough is enough! To chase the winter doldrums they have arranged the **4th Day of Spring Fling**.



grub!

**Children under 12 are just \$5.00 and if you are over 90, you eat for**

**free!** Yes, there is a free brunch for you.

**Brunch will be served from 10:30 to 12:30, with lingering afterwards.**

**What is this you say?** It is an opportunity for the Community to get together and kiss winter good-bye over a delicious, affordable (\$10 per person) Sunday brunch, with entertainment by the **Northern Berkshires Ukulele Club** and other surprises.

All ages are welcome, and particularly those families that have moved into town in the past year or so. Let's get to know each other over

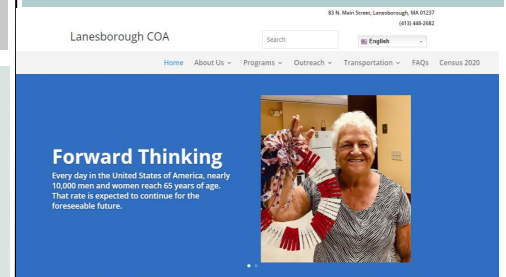
The Skyline Country Club is located at 405 South Main Street, just off Route 7, in Lanesborough. If you have never been, now is your chance to enjoy Skyline's special brand of hospitality.



**You must reserve your place by March 12th. Call Linda Pruyne at 413-448-2682**

**or if Linda's phone is busy call Lorna Gayle at 413-448-2682.**

### OTHER NEWS



### lanesborocoa.org

*Can you believe it, we are entering the digital age!*

Through the kind offices of the Massachusetts Council on Aging, we have a brand new website that we hope to develop into a trusted and frequent source of information for everyone in town.

We have just gone live in the past month and we are still working out the kinks but we do have information up about our programs, our staff, a calendar of events, a cute picture of Julie Taylor on the Home page, newsletters and more.

We would like your input about the information you would like see or links that you think would be appreciated.

### INTERESTING WEB SITE:

**OLDWAYSPT.ORG** offers a variety of **traditional diets** for better eating and better health. Food plans, too.



WEEKLY ON GOING ACTIVITIES		To RSVP: 448-2682
Tuesdays and Thursdays	Gentle Chair Pilates from 10:15 to 11am, Lunch from 11:30 to 12 PM	Firehouse
Tuesdays and Thursdays	Luncheon at Café Community Room from 11:30 to Noon. Hot meal, low cost (\$2). Call before 10am the day before to join us.	Firehouse
March 16th	Foot Clinic from 9am to 11:30	Community Room
Feb 20/Mar 19	Legal Clinic from 5:30 to 7 pm. Please call to make a private appointment. 448-2682	Council on Aging Office
Feb 25/Mar 24	Wellness Clinic with Nurse Nancy from 9am to Noon. Blood pressure and more.	Community Room
March 3rd	SUPER TUESDAY PRIMARY DAY, Voting from 7am to 8 pm. Early voting info below.	Community Room
SPECIAL EVENTS:		
February 29th	MOVIE NIGHT: SHAWSHANK REDEMPTION starring Tm Robbins and Morgan Freeman. An innocent man and a guilty man become friends and change their fates. Written by Steven King, a master storyteller. 6 pm. Popcorn made fresh!	The Community Room
March 13th	Lunch Outing: 12:00 to 2:00 pm	99 Restaurant
March 22nd	COMMUNITY BRUNCH. RESERVATIONS REQUIRED. (See front page)	10:30 to 12:30 +
29-Mar	POT LUCK DINNER (Games first, then dinner) 3:30 to 6pm	Community Room

## EARLY VOTING

The Presidential Primary will be held on March the 3rd, "Super Tuesday" however if you wish to vote early (and please do vote) we will have the following Early Voting Hours in Lanesborough:

**Mon Feb 24: 8:00 AM to 1:00 PM  
6:00 PM to 8:00 PM**

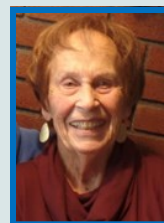
**Tues Feb 25: 8:00 AM—1:00 PM**

**Thurs Feb 27: 8:00 AM—1:00 PM**

Early Voting is open to all voters to make it more convenient to participate in the Presidential Primary Scheduled for March 3rd. If you are a registered voter in Lanesborough you can come to Town Hall during the hours listed to cast your ballot in the Selectmen's Office.

Factoid: Tuesday is the traditional day for elections in the United States. The phrase *Super Tuesday* has been used to refer to presidential primary elections since at least 1976. It is an unofficial term used by journalists and political pundits.

## THANK YOU TO JANET MAYNARD'S FAMILY and FRIENDS



As many of your know, we lost Janet on January 11th. She had been one of the early supporters of our Pilates Classes and, truth be told, our favorite participant.

She had asked that contributions be made in her name to the Council on Aging and we have received the largest contribution during my tenure here, just under \$500.

I wanted to thank Janet's wonderful friends and family for their generosity. Janet was such an elegant, kind and wise woman. One of a kind. She would really be thrilled at your support for us through her.

## Just 2 cents a day of vitamin D:

- reduces falling and fractures,
- improves cognition,
- decreases chance of Alzheimer's and Parkinson's,
- increases chance of surviving hospital,
- Improves balance,
- reduces muscle loss,
- reduces flu,
- reduces need for antibiotics

Vitamin D levels have been steadily falling all around the world for a number of reasons (thicker clothing, less time outside, medications that recommend you avoid the sun, the list is long). But the truth of this is, we really need vitamin D and as the levels have fallen for D, they have risen for falls, osteoporosis, hip fractures, dementia. Also important is that you need magnesium to absorb vitamin D.

What to do: Get tested by your doctor and get yourself some vitamin D3 and eat your veggies, nuts, beans, whole grains and shellfish to get the magnesium you need.

## CENSUS 2020

### The Most Important Fact:

It is very important to our part of Massachusetts that you participate in the census, as our representation in government and much of the funding that supports our life out here depends on the numbers.

### Facts You Should Be Aware Of:

- The census officially begins April 1. Each household will receive one census form in the mail, so long as a street address is registered with the post office.
- If the only address registered is a PO Box, you will not receive the census form in the mail.
- It is important to complete the census form including all members of the household, from newborns to the most senior members.
- Members of the household also includes friends or relatives that live in the household regardless of familial relationships.
- People who live six months and one day in Berkshire County should participate in the census as Berkshire County residents only
- No one will receive a phone call regarding the census.
- No one will receive an email regarding participating in the census.
- Contact with the census form will either happen because you received one in the mail or because you initiate contact by going onto the census 2020.gov website.
- The census form will not ask you for your Social Security number, drivers license number, or any financial information whatsoever.
- If you need help with the online Census form come to the Library or the COA Office.

## Attention Active Adults 55+

**Our Mat Pilates class has moved to Wednesdays at 10:15 to 11 am**

**Here's why you need this class:**

You want to unleash the 'powerhouse' in your body!

Generally, the goal of a mat Pilates class is to strengthen the body's "powerhouse," a Pilates term that refers to **your abdominals, lower back muscles, pelvic floor, hips and glutes.** Through a series of floor exercises using resistance bands, rollers and weights, the workout helps build, sculpt and tone these muscles, giving your body a long, lean look.

Pilates can aid in flexibility and improving posture, as stretching your body is a vital part of class. While low-impact, Pilates burns fat during *and* after class, as your muscles continue to shed calories long after class ends.

If you are active, particularly outdoors, you want to be in best physical shape, strong and supple. This is one class that can help with that. Free to Lanesborough residents, \$2 for everyone else. Held in the Community Room.

About your instructor: Jennifer Gadbois is certified in the following:

- Pilates Method Alliance Certified Teacher
- Yoga Alliance Certified Teacher
- Club Pilates Master Teacher Trainer
- Tom Meyers Anatomy Trainings for Yoga Teachers
- Fascia & Tissue Resilience for Manual Therapists
- E-Cornell Certified Plant-Based Nutritionist
- A.S. of Nutrition & Exercise Science

Jennifer is a remarkable teacher. The proof is in the improved physical confidence of her students.

## NUTRITION NOTES FROM NUTRITIONFACTS.ORG

Dr. Michael Greger, is the power behind the deeply informative nutritionfacts.org web site and author of the popular "How Not to Die" books. He has created a Daily Dozen list of foods we should eat... daily. On that list he recommends eating one serving of berries per day (half a cup fresh or frozen) because they bring a bundle of health benefits:

- Reducing Muscle Soreness
- Boosting Natural Killer Cell Activity
- Slowing Brain Aging by Two Years
- Inhibiting Platelet Aggregation
- Blueberries benefiting Artery Function
- Blueberries improving Blood Pressure but not eaten with yogurt.
- Blueberries for the Brain
- Improved Mood and Mobility with Blueberries
- Blueberries for Heart Disease
- Blueberries for a Diabetic Diet & DNA Repair
- Slowing cognitive decline
- Helping to control inflammation and osteoarthritis

It's the berries! for better all around health and happiness. Check out Dr. Greger's website, it is an amazing resource for nutrition information that can turn your health around.

**SPRING IS MARCH 19th...WE ARE ALMOST THERE!**