



# Huntington Community Newsletter

Published by Huntington Council on Aging  
24 Russell Road, Huntington, MA 01050, 413-512-5205, [coa@huntingtonma.us](mailto:coa@huntingtonma.us)

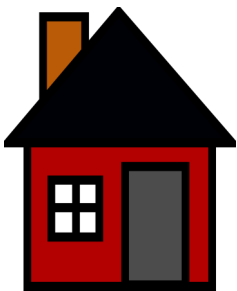
## WINTER 2023

### TOWN HALL & STANTON HALL ACCESSIBILITY



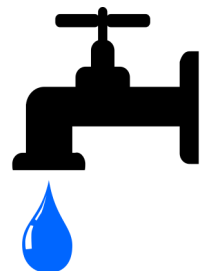
The ramp between Town Hall and Stanton Hall is being replaced with Community Development Block Grant and American Rescue Plan Act funds. Demolition began on Monday, November 6 and the project will continue through Thursday, January 18. During this time, the front and back doors (back door through the end of December) at Town Hall and the front door at Stanton Hall will be used for entry. Since these entries are only accessible by stairs, any member of the public who is unable to use the stairs is advised to call Town Administrator Jennifer Peloquin at 413-512-5200 or the department in which they wish to see in advance for an accommodation. The public is encouraged to conduct as much business by email, phone, and mail as possible during this time. For those wishing to attend meetings, call in and log in information will be published on the specific board's agenda at [www.huntingtonma.us](http://www.huntingtonma.us). The Council on Aging will be using the Huntington Evangelical Church Chapel next to Town Hall for some of their activities. Updates will be publicized in the Country Journal and on the town website and town Facebook page. The town apologizes for the inconvenience.

### BILL REMINDER



**FY2024 1ST QUARTER WATER & SEWER  
DUE DECEMBER 4, 2023**

**FY2024 3RD QUARTER REAL ESTATE TAX  
DUE FEBRUARY 1, 2024**



*The printing and distribution of this newsletter is made possible in part by a grant from the Executive Office of Elder Affairs.*

## **Council on Aging News**

### **Health Fair**

Our annual health fair was a big success. Stop & Shop administered 46 shots at the flu clinic and 14 vendors showcased their offerings. The Worthy-Que Smoke N' BBQ food truck was present and we gave out fifty \$10 vouchers for people to receive a sandwich or use towards other food items. There were lots of fun free raffle prizes to give away. It was a good time to visit with friends, eat, and learn about new support services.

### **Pickleball**

Last year there were 35 people signed up for pickleball. We had to move to the library this year. There is one court and a new supply box with one net, paddles, and pickleballs. To get the new code for the new box you need to fill out a new release form. I have only 10 people sign up this year. I have been looking to find a grant to build a real pickleball court in town. I can't do this without your support. I will be posting a petition for signatures requesting the town to allow for the construction of a pickle ballcourt on town property. The petitions will be located at the Library, Town Hall, and Stanton Hall.

### **Memory Café**

We have received another two-year grant for the Memory Café, Outreach, and Caregiver Support programs. Music is offered monthly and art and caregiver support are held on the other weeks. Educational programming is offered on Wednesdays from 1:00 to 2:00 p.m. once or twice a month.

### **Exercise Programs**

Chair Yoga classes are held every Wednesday from 9:00 to 10:30 a.m. for \$5.00 per class. All equipment is provided, so please join us.

On Thursdays, we have a line dancing class being led by You Tube videos for free. The class starts at 10:00 a.m. and we are having fun learning old and new steps.

### **Change of Venue**

Until the ramp between Town Hall and Stanton Hall is completed, the Memory Café and music and educational programs will be taking place at 22 Russell Rd at the Evangelical Church fellowship hall next to the Town Hall. Yoga and line dancing will be at Stanton Hall with access from the front door.

### **Future Programming**

Social events will be held on Tuesdays at 1:00 p.m. after the ramp is completed. These events will include a monthly movie, quarterly Bingo birthday celebrations, and board games with coffee, tea, and snacks available.

### **Grants**

We have applied for Local Cultural Council and MCOA/Service Incentive Caregiver Respite Financial Assistance grants. We are looking forward to offering more services to our community and emotional support and entertainment for all.

### **Education**

We will continue to offer monthly or bimonthly educational programming. We are looking ahead to more nutritional and educational programming and fun for all activities.

### Age and Dementia Friendly Planning for the Town

We still need your input and help with this goal. A new survey is available at Town Hall and Library. The Task Force will hold an evening meeting to encourage more participation and to review our findings and proposals after February when the ramp construction is completed. At this time, we are trying to work with MassDOT to improve the sidewalks in the downtown area, Rte. 20, and Rte. 112. We have been working with FRTA to expand services to more people in the community. We had a discussion on possible options for senior housing in the Hilltowns. Our next task force meeting will be on Tuesday, November 28 at 1:00 p.m. at Stanton Hall. We will be discussing what other services are needed in our town to make aging in place safe, achievable, and easy. Please join us for the meeting. We need your help and input.

*Kathleen Peterson, COA Chairwoman*

# FRTA Van Service

**Available to Residents Age 60 & Over of  
Blandford, Chester, Huntington, Montgomery, & Russell**

*Monday through Friday*

*Medical and Other Appointments, Shopping, and Errands*

Please call Van Driver Richard Homan at 860-836-1844 to schedule an appointment by 6:00 p.m. the day prior to your ride. Appointments should be made as far in advance as possible to ensure availability. An application needs to be filled out prior to riding the van. Please call 512-5205 to have one mailed or emailed to you.

### VAN FARES

- ♦ All one way trips that originate and end within the same town: \$1.25 (\$2.50 round trip)
- ♦ All one way trips to an adjacent town that are within the service area: \$1.75 (\$3.50 round trip)
- ♦ All one way trips beyond an adjacent town that are within the service area: \$2.25 (\$4.50 round trip)
- ♦ All one way trips to Senior Centers are \$0.75 (in town), \$1.00 (adjacent towns), and \$1.25 (beyond adjacent towns.)
- ♦ There is an escort/PCA fee of \$0.75 for each trip and they must be there to assist the passenger with the trip (not there to do their own errands)

*Multiple stops will result in multiple fares.*








# Senior Citizen Brunch

PLEASE JOIN US FOR A  
**MEAL AND PERFORMANCE**

6 December, 2023  
9:30am Bunch, 10:30am Performance  
Gateway Regional High School

RSVP TO YOUR COA DIRECTOR BY DECEMBER 1:



BLANDFORD: MARGIT 848-4279 EXT 400  
CHESTER: KIERSEN 354-7735  
HUNTINGTON: KAT 512-5205  
MIDDLEFIELD: LOIS 623-9990  
MONTGOMERY: ANNE-MARIE 862-3257  
RUSSELL: CARRIE 862-6217

## **Chair Yoga**

Every Wednesday, 9:00 - 10:15 a.m. at Stanton Hall, \$5 per class



## **Line Dancing**

Every Thursday, 10:00 - 11:00 a.m. at Stanton Hall



## **Gateway Fitness Center**

Monday - Friday (when school is in session), 2:10 - 5:00 p.m.  
at Gateway Regional High School

Registration and waiver paperwork is required for each program and needs to be completed before starting. Paperwork is available at Town Hall or by contacting the COA at [coa@huntingtonma.us](mailto:coa@huntingtonma.us) or 413-512-5205. For transportation, please call van driver Richard Homan at 860-836-1844.

## **Educational Programs**

### **Protein, Food Safety, and Resistance Bands**

*presented by Meredith Starr from The Food Bank of Western Mass.*

Wednesday, December 20, 1:00 - 2:00 p.m.

Huntington Evangelical Church Chapel, 22 Russell Road

### **Exotic Fruits, Veggies, & Grains, Balance, and Flexibility**

*presented by Meredith Starr from The Food Bank of Western Mass.*

Wednesday, January 10, 1:00 - 2:00 p.m.

Huntington Evangelical Church Chapel, 22 Russell Road

### **Library Advantages**

*presented by Library Director Amanda Loiselle*

Wednesday, January 17, 1:00 - 2:00 p.m.

Huntington Evangelical Church Chapel, 22 Russell Road

### **Narcan Training**

Wednesday, January 24, 1:00 - 2:00 p.m.

Stanton Hall, 26 Russell Road

### **Losing Murrayfield**

*presented by John Garvey*

Wednesday, February 7, 1:00 - 2:00 p.m.

Stanton Hall, 26 Russell Road

Please contact Crystal Wright-Partyka at 413-685-5283 or email [caregiveroutreach@huntingtonma.us](mailto:caregiveroutreach@huntingtonma.us) for more information.



# Music in Montgomery

Montgomery Town Hall, 161 Main Road, Montgomery MA.

**Every Thursday, 3:00 - 4:30 p.m.**

Nov. 30 Larry Southard	Jan. 18 Ed Bentley & Friends
Dec. 7 Eva Capelli & Friends	Jan. 25 Larry Southard
Dec. 14 Ravenwood	Feb. 1 Eva Capelli & Friends
Dec. 21 Larry Southard	Feb. 8 Ravenwood
Dec. 28 Ed Bentley & Friends	Feb. 15 Ed Bentley & Friends
Jan. 4 Jerry & Kara Noble "Friendlier with Two"	Feb. 22 Larry Southard
Jan. 11 Barry Searle, Sarah Miller, & Pete Rzasa	Feb. 29 Hilltown Hallbillies



**Gray Catbird**  
Pottery Studio & Gift Shop

Gray Catbird Gift Shop's turkeys are looking pretty slim because they're missing Scott's delicious stuffing this Fall. And Folks are eating up all Jeanne's muffins ~ before these turkeys can get them! SO...get your svelte turkeys at Gray Catbird... stuff your holidays with great, unique gifts found only at the Gray Catbird Gift Shop.

22 East Main Street, Huntington, MA  
(next door to B&D's Variety).

Wednesday: 10 am - 2 pm, 3 pm - 7 pm  
Thursday: 10 am - 1 pm  
Friday: 10 am - 2 pm, 3 pm - 7 pm  
Saturday: 10 am - 5 pm  
Sunday: 1 - 5 pm

Contact: Dale Rogers,  
413.875.5205  
or [graycatbirdpottery@gmail.com](mailto:graycatbirdpottery@gmail.com)

**Gray Catbird**  
Pottery Studio & Gift Shop

 [etsy.com/shop/GrayCatbirdPottery](https://www.etsy.com/shop/GrayCatbirdPottery)  
 [facebook.com/GrayCatbirdPottery](https://www.facebook.com/GrayCatbirdPottery)

Credits: Necklaces by Linda Briggs, 'Chicken' by Sally White, Turkeys by Joanne Taylor



# Hilltown Memory Café

Huntington Evangelical Church Chapel, 22 Russell Road, Huntington

*(New Venue - Now through January 17 due to Town Hall & Stanton Hall Ramp Project)*

**Every Wednesday, 2:00 – 3:00 p.m.**

**Art, Nutritional, and Educational Activities**

**~ Live Music ~**

***November 29 - Ed Bentley***

***December 27 - Guys with Guts***

***January 31 - Ron & Ronnie***

***February 28 - Pioneer Valley Fiddlers***

***March 27 - Wild Thyme***

***April 24 - Jack & His Guitar***

**~ Art Instruction with Therapeutic Artist Lori Bocon ~**

**Caregiver Support Group Held Every Week**

*Open to residents from any community with or without memory issues.*

The Huntington Council on Aging also offers outreach services that support elders and their caregivers with information and resources. This includes assisting with identifying benefit programs and making home visits. Please contact Caregiver Support Coordinator/Facilitator and Outreach Coordinator Crystal Wright-Partyka at 413-685-5283 or email [caregiveroutreach@huntingtonma.us](mailto:caregiveroutreach@huntingtonma.us) for more information or to sign up for either program.

If you need transportation to the programs, please call FRTA Van Driver Richard Homan at 860-836-1844 to schedule an appointment by 6:00 p.m. the day prior to your ride. Appointments should be made as far in advance as possible to ensure availability. An application needs to be filled out prior to riding the van. Please call 512-5205 to have one mailed or emailed to you. The fare for the van ride to the Memory Café or COA office is \$1.50 round trip.

These programs are made possible in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act and by a grant from the Huntington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.





# REMINDER

COA activities are canceled when Gateway Regional School District is closed due to inclement weather.

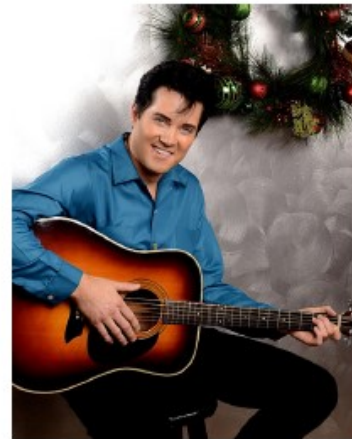
The Travel Group, Inc. presents ....

## CHRISTMAS with the KING

at the famous Carriage House, West Springfield, MA (Big E)

**Friday December 1, 2023**

This fantastic Christmas Tribute Show features "young" Elvis Travis LeDoyt from Tennessee along with his Band! Come enjoy of ELVIS greatest hits along with his Christmas songs.



### **Package Includes:**

- Luncheon @ The Carriage House (BIG E)  
*Located on the Eastern States Exposition Grounds*
- ELVIS Christmas Tribute show
- Meal Taxes and Server Gratuities



**\$83 Per Person**  
**Self Drive**  
Arrive 11:30 am  
**Call ASAP/Seats Limited**

\* Call for Group Bus Prices

### **Plated Luncheon Meal**

*Chef's Hot Soup*

### **Entrée Choices:**

**Yankee Pot Roast**  
OR

**Baked Scrod**  
Topped with herb cracker crumbs  
**Potato & Vegetable**  
**Dessert, Coffee and Tea**



### **For Reservations:**

**The Travel Group, Inc.**

**1-888-320-8687**

**(413) 732-8687**

*mike@travelgrouptrips.com*

*susan@travelgrouptrips.com*



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## What's for Lunch at the Russell COA

Highland Valley Elder Services is a private, non-profit organization serving senior citizens in 24 communities in Hampshire and Hampden County. Locally, the organization partners with the Russell Council on Aging to ensure that the nutritional needs of town residents age 60 and older are addressed. Access to Highland Valley's community dining and *Take and Eat* programs are available through the Russell COA. Meals are delivered to the Senior Center on Tuesday and Thursday each week.

Printed copies of this month's menu options are available in the community room at the Russell Senior Center and posted on the COA's Facebook page. Curbside meals can be picked up starting at 11:45 am. Indoor dining takes place at noon. While there is no charge for the meal, a \$3 donation is suggested.

To reserve a meal, call the Russell COA @ 862-6217 two days before the lunch service day.

### November 2023

Thurs, Nov 2	Baked Ziti <i>or</i> Salmon with Dill Sauce; Couscous & Red Peppers; Zucchini; French Bread; Chilled Peaches
Tues, Nov 7	Lentil Bolognese <i>or</i> Eggs & Sausage; Home Fries; Green Peas; Oatmeal Bread; Mixed Fruit
Thurs, Nov 9	Lentil Bolognese <i>or</i> Chicken Stew; Roasted Root Vegetables; French Bread; Apple Crisp
Tues, Nov 14	**No Lunches**
Thurs, Nov 16	**No Lunches**
Tues, Nov 21	Lasagna Rollup <i>or</i> Potato Leek Soup; Brussel Sprouts; French Bread; Pudding with Topping
Thurs, Nov 23	Center Closed—Thanksgiving Day—No Lunches 
Tues, Nov 28	Beef Wellington <i>or</i> Grilled Honey Dijon Chicken Sandwich; Mashed Potato; Green Peas; Fresh Fruit
Thurs, Nov 30	Beef Wellington <i>or</i> Pollock Loin; Lemon Pepper & Butter Sauce; Carrots & Corn; Dinner Roll; Gelatin w/Whipped Topping



**Hilltown Mobile Market: Fresh & Local!**

[www.hilltownmobilemarket.com](http://www.hilltownmobilemarket.com)



# Hilltown Holiday Help

For more than twenty years, local families have received help with gifts for their children through a community project called Hilltown Holiday Help. Children of families with low to moderate income in the hilltowns are eligible to receive clothing, books and toys. This effort is organized by the Hilltown Family Center and Hilltown Social Services programs in conjunction with the Gateway Regional High School National Honor Society with contributions from other organizations and individuals throughout the hilltowns and beyond. Last year, we were able to provide gifts for 114 children from 67 families. This year, we expect an even higher need as folks try to navigate rising prices and inflation.

We are looking for donors! This is a community effort. Local businesses, schools, churches, organizations and area residents are invited to help with fundraising and shopping to provide gifts. We can help you give a gift to someone in need in our local communities. Hilltown Holiday Help has also found recipients for holiday meals, cords of wood, help with utility bills, gift cards, gifts for teens and adults, and other items when provided. This year, we will be operating a little differently again for the safety of families, students, donors and staff.

For families in need, wish lists will be available through Hilltown Community Center staff from Monday, October 30th through Friday, November 24th via telephone, in person appointments, email, US Mail or Zoom. Families with children from newborns through the age of twelve, are eligible. Proof of residency and birth certificates or social security cards for children may be required. Gifts will be distributed from December 5 - December 8, through contactless curbside pickup or delivery.

For donors, please arrange for a drop off time with staff or send monetary donations via our GoFundMe page located at: <https://gofund.me/e63d369e> or scan the qr code



or send checks to the Attention of Kim Savery c/o HCHC Finance Office at 58 Old North Rd, Worthington, MA 01098 with checks made out to HCHC (Hilltown Community Health Centers) and Holiday Help in the memo.

If you are unable to commit to becoming a sponsor this year, please consider donating other goods or services or volunteering to deliver (a great opportunity to channel your inner Santa!).

If you are interested in donating or have questions, please contact Susan at 413.667.2203 x.311 [slebarron@hchcweb.org](mailto:slebarron@hchcweb.org), or Kim at 413-685-3500, [ksavery@hchcweb.org](mailto:ksavery@hchcweb.org).

*Thanks, in advance, for making this another successful year!*

# **Central Hampshire Veterans' Services**

240 Main Street, Suite 4, Northampton, MA 01060

413-587-1299

Monday-Friday, 8:30 a.m. - 4:00 p.m.

## **Office Hours at Huntington Town Hall**

4th Thursday of the Month from 9:00 - 11:00 a.m.

### **Local and Commonwealth of Massachusetts benefits:**

- Applying for Mass General Law Ch. 115 financial assistance benefits for qualified individuals
- Applying for state annuity for 100%-service-connect veterans
- Applying for state/local veterans property tax exemptions
- Assisting with local veterans property tax work off programs

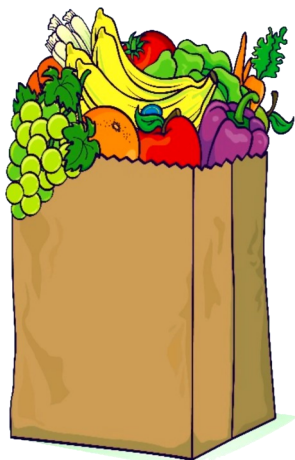
### **Federal benefits/programs:**

- Veterans Administration healthcare registration
- Filing for service connected disability compensation
- Filling non-service connected pensions
- Filing for burial benefits
- Filing for dependent death benefits
- Obtaining gravestones and markers
- Obtaining military records
- Filing for military medal replacements



### **In addition, we provide assistance/referral services for:**

- Issues relating to homelessness, health, education, and employment.
- Fuel Assistance applications
- SNAP (Supplemental Nutrition Assistance Program) applications



## **Brown Bag Pick Up**

*people over 55 and documented disabilities qualify*

**Every Third Friday, 10:30 to 11:30 a.m.**

**Town Hall**

*(during ramp construction)*

Applications are available at the Post Office,  
or by calling 512-5205 to have one mailed.



COMMUNITY NEWSLETTER  
HUNTINGTON COA  
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