



*The Senior Center is open
Wed - Fri 9:00 a.m. to 3:00 p.m.*

*EMAIL: flaseniors.flamass@gmail.com
PHONE: 662-2448 extension 4*

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TOWN OFFICE PHONE NUMBER: 662-2448

To reach a specific office press

- 0 - *Town Administrator (Joan Lewis)*
- 1 - *Treasurer - (Stacey Abuisi)*
Tax Collector - (Stephanie Pare)
- 2 - *Assessor's Office (Krista Bishop)*
- 3 - *Town Clerk (Lisa Brown)*
- 4 - *Senior Center (Sue Oleson &
Joyce VonTilborg)*
- 5 - *Town Garage (Jim White)*
- 6 - *Fire Department (Mike Gleason)*

BOARD of HEALTH - 662-2448

FLORIDA LIBRARY - 664-0153

TOWN ACCOUNTANT - 662-2448

(Melanie Medon)

This newsletter is made possible by a grant from the Executive Office of Elder Affairs
and support from the Town of Florida.

** When the school is closed due to inclement weather, so is the Florida Senior Center.

Welcome to the Florida Senior & Community Center

February Birthdays: Some of us get cards, some get candy, some flowers but we are lucky enough to get those of you born in February for our friends. So Happy Birthday to all of you born in February!

What's knew with Verizon? They have decided they want us to go back to calling them directly with complaints about landline phone service or lack there of. So let's see how that goes 1-800-837-4966. It's toll free so make those calls. Keep me posted as to how it goes.

DON'T FALL FOR IT: Don't fall prey to those emails or text messages that say there is something wrong with your subscription or account, these are predators looking for information to get into your accounts, such as your charge cards or Amazon account. Don't respond to these messages. Stay safe don't give out your information to anyone.

CENTER NEWS: Heads Up!! The Center will be closed on Thursdays in February and will resume in March. We will still be having yoga BUT on Monday nights ! This is a test to see if you are paying attention. Come get your blood pressure check on Fridays at our Blood Pressure Clinic. We're making candy on the 5th at 11:30 and on the 14th there is a Valentine's social! Love is in the air on the 26th with beginner's aromatherapy. If you just want to eat and not do anything else we have a potluck on the 19th at 11:30 with signup. Here's the announcement everyone is waiting for Corned Beef and Cabbage Dinner on March 14th at 11:30 sign up required with limited space so call ahead early cost is \$10 a plate.

What's up here? Okay so I had to do a little undecorating but I've moved onto decorating with Valentines, snowflakes and lights! I refuse to surrender the holidays that easy! What is up with this year? Little snow and I don't know about you but as my Grandmother would have said "I'm freezing my Knickers off!"

How many words can you make out of the word? Frozen Knickers

Word Power: Axwaddler is someone who likes to sit by the fire.

New Word...Grok and it means....

Trivia Everyone Never Needed to Know: Did you know that if you rearrange the letters in the words "the eyes" you get "they see"?

Rearrange a "a decimal point" and you get "a dot in place".

And lastly, rearrange "Snooze alarms" you get "alas, no more Z's"

Health Fact: If you are ever unable to talk and need an ambulance dial 999 then press 55 this alerts the police to the situation and they will send help.

Welcome to the Florida Senior & Community Center

Man Tip: Have to be outside and need to keep your feet warmer. Remove soul insert from boot or shoe and trace around it on a cheap silver automobile sunshade (you know the silver ones you get at the dollar store to keep your car cool in the summer), cut it out and put both this cut out and the insole back in your boot. The sunscreen holds the warmth of your foot keeping your feet warmer.

In the Kitchen: If frying foods sprinkle a little salt into pan first this prevents the oil from splattering.

Household Tip: Okay, I forgot the salt before frying and washed the shirt...stain didn't come out. Use Dawn Platinum Erasing in the pump bottle. Put a little on the stain rub in, let sit 10 minutes and wash. Stain Gone!

How about a Recipe: Here's a meal for any diet, gluten free, dairy free, diabetic and the list goes on. Dump Dish: Basically, you clean out the refrigerator. You add approximately 6 ingredients to your greased pan and add a sauce, bake at 350 until warmed thru and bubbly. Need examples: add chicken, stuffing, corn, carrots, gravy as sauce and top with potato, 2nd example: beans, onion, mushrooms, sweet potato and pasta sauce. The possibilities are endless. Good easy meal for a cold day.

Dessert: Healthy Samoa Cookies: Mash 2 bananas, add approximately 1 cup of coconut mix well (add more coconut if you like). Drop by Tbsp onto parchment lined pan, poke hole in center and bake at 350 for 20 minutes. Drizzle with chocolate.

LET'S LAUGH (OR AT LEAST SMIRK): So we've entered the New Year and I'm starting my new exercise program, for example, I started to sit down and my granddaughter dropped her toy under the sofa so I had to get up (1 squat completed). I had to get down on the floor to retrieve the toy and get back up (1 push up). Then she wanted to be picked up (dead lift with arm curls). So if you come to my house and find me sitting under the table with her, she dropped her cheerio there and I went to pick it up for her and am in the recovery period of my exercise program.

LET US END ON THIS NOTE... Always start your day with a smile it'll keep everyone else on their toes!

Remember if you have any questions, concerns or suggestions for The Senior Center feel free to contact one of the Council on Aging Members: Mae Embry – Priscilla Brayman – Ruth Boyce –

Sarah Maclennan - Patricia Tovani – Lisa Brown – Wanda McNary – Debra Welch – Sue Fulton -

Director: Suzan Oleson - Assistant Director: Joyce Van Tilborg

Senior News

PROTECT YOURSELF FROM IMPERSONALIZATION SCAMS:

Scammers posing as various organizations (like Amazon) may send you a text, email or phone you try to deceive you to provide personal information.

WHAT TO WATCH OUT FOR? *Scammers may tell you there is a fraud investigation or claim there is unauthorized or fraudulent activity on your account and you must “verify” your bank or credit card account by providing the account number, password and other private information.*

HOW CAN YOU AVOID BEING SCAMMED? *Call the account supposedly trying to verify your personal information and confirm whether they are calling you. If they are not making a call, report the fraudulent call to the banking institution or the issuer of your credit card.. Then go to their website and change your password and any other login information you use to login to your account.*

NEVER GIVE OUT BANK ACCOUNT NUMBERS, YOUR SOCIAL SECURITY NUMBER OR EVEN YOUR BIRTHDATE, HOME ADDRESS OR AGE OVER THE PHONE. THAT’S PERSONAL INFORMATION!

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DON’T GET LEFT OUT IN THE COLD! *If you haven’t given much thought to how you’re going to pay your heating bills all the way through next spring it’s not too late to apply for fuel assistance.*

BERKSHIRE COMMUNITY ACTION COUNCIL (BCAC) administers the federal Low Income Home Energy Assistance Program known commonly as Fuel Assistance. This program helps low income people pay for part of the cost of their primary source of heat from November 1st through April 30th.

The income guidelines for the 2025 season are: \$49,196 for a 1 person household; \$64,333 for a 2 person household. If you fall in the guideline you can contact **BCAC** online through their customer portal at : <https://toapply.org/BCAC> or call **BCAC** at their main office (413-445-4503), toll free (1-866-216-6200) or their North Adams office (663-3014).

The **Salvation Army** administers the Good Neighbor Energy Fund. The fund helps qualified Massachusetts residents pay electric, gas, or oil bills when, due to temporary financial difficulty they can't meet their energy bills and aren't eligible for state or federal assistance. The income guidelines: \$49,197- \$65,594 (1 person household;) \$64,334 - \$85,777 (2 person household.) Those who qualify may receive up to \$500 per household per heating season. For more information and to apply call: **Pittsfield Corps (413-442-0624)** or **North Adams Corps (663-7987)**.

VETERAN' SERVICES has a state program known as Chapter 115 benefits that provides cash and medical assistance to low income Massachusetts wartime Veterans and their families who are in need of immediate help, including help with fuel. Call **VETERAN'S SERVICES (662-3040)** for North County.

The Heating System Repair or Replacement Program provides emergency repair and replacement services to low income households. The program is administered by **BCAC. (663-3014)** Eligible applicants are those that are eligible for the fuel assistance program.

Just a reminder: Massachusetts law prevent utility companies from shutting off services to senior households; low income families with infants or people with serious illnesses who cannot afford to pay their utility bills. BEWARE of scammers who threaten immediate termination of services. That is not the usual procedure for regulated utility companies (electric or gas).

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THE BERKSHIRE REGIONAL TRANSIT AUTHORITY has a new pilot service; Medical Transportation for Seniors 60+ and FLORIDA is on the list of towns served. Operating hours are Monday-Saturday 7a.m. - 6 p.m. Pricing starts at \$7.50. If you need transportation to a medical appointment, additional information or an application to use the service contact the BRTA at (info@berkshireta.com) or call them (413-499-2782). This is the first time Florida is included in any BRTA.

SEND A CARD: Take time out of your busy day to send a card to one of our most senior town members: *Mae Embry* who is presently at North Adams Commons, 175 Franklin St., North Adams; Room 219B. The holiday is a loney time to be away from home. Brighten her day with a card.

WANT TO SAVE MONEY? The Cosmetology Department at McCann Technical School is offering appointments from Tuesday through Friday from 9:00 a.m. to 1:00 p.m. Save on haircuts, perms, color, manicures, pedicures. Other services are also offered. Hairstyling (shampoo, cut, blowdry) start at \$7.00 for short hair; perms \$18.00 and up and color at \$22.00. Manicure pricing begins at \$8.50.

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Still having problems with your Verizon phone service? Verizon has a phone service called "VOICE CONNECT"; It offers CALLER ID; CALL FORWARDING; 3-WAY CALLING; CALL WAITING; CALLER ID BLOCKING AND INTERNATIONAL CALLING for a monthly fee of \$30.00 plus a few dollars more for taxes. The service works like a cell phone, it's not connected to Verizon outside lines. It has battery backup. In case of a power failure you will still have landline service. Call Verizon (1-800-837-4966) ask for technical support and then ask for information on the "VOICE CONNECT" service. We've had it since September with no issues.

Welcome to the Florida Senior & Community Center

THANK YOU FRAN for your assistance with the Newsletter.

Welcome to the Florida Senior & Community Center (1)

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 FOOT CLINIC	4	5 9:00 ADMIN 11:00 Chair Yoga 11:30 Come and help us make candy (We'll eat it too)	6	7 11:00 Gentle Movement 12:00 BINGO	8
9	10 6:30 Evening Yoga with Lisa	11	12 9:00 ADMIN 11:00 Chair Yoga 11:30 BINGO	13	14 11:00 Gentle Movement 11:30 (2) Valentine Social – Refreshments will be served	15
16	17 6:30 Evening Yoga with Lisa	18	19 9:00 ADMIN 11:00 Chair Yoga 11:30 POT LUCK LUNCH (Pls. sign up)	20	21 11:00 Gentle Movement BROWN BAGS 12:00 BINGO	22
23	24 6:30 Evening Yoga with Lisa	25	26 9:00 ADMIN 11:00 Chair Yoga 11:30 Aroma Therapy	27	28 11:00 Gentle Movement 12:00 BINGO	

NOTE: (1) During January and February, the Center will be closed on Thursdays, there will be Evening Yoga with Lisa on Monday's We will resume our regular three-day programming in March 2025

(2) we will raffle off a Valentines Basket



On Friday, March 14th at 11:30 we will get together at the Senior Center and celebrate this day with a Corned Beef and Cabbage Lunch. The price for the meal will be \$10.00

Come and join us!

Please reserve by calling the Senior Center, Wednesday through Friday from 9:00 am until 3:00 pm. There are only 40 seats available so sign-up soon.