

*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

March Birthdays: It's called "the luck of the Irish" that we get to enjoy your company for this long. So HAPPY BIRTHDAY!

What's new with Verizon? They have decided they want us to go back to calling them directly with complaints about landline phone service or lack thereof. 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: "We've attempted to deliver your package (order) and have been unable to. Please, contact us at Phone Number..." DO NOT CONTACT them! The post office leaves a note on your door or in with your mail so do the other delivery services.

CENTER NEWS: We're back 3 days a week! Yoga is back to Thursday and the test is over. Hope you signed up for the Corned Beef and Cabbage Luncheon of the 14th. Hopefully we're done with the cold weather but it's New England.

What's up here? St.Patrick's decorations are going up at my house (still not undecorating). None of us can decide if my youngest grandson looks like an Oleson or a Tatro but I've just decided I've been given a large Leprechaun! Blond hair, blue eyes and a devilish smirk!

How many words can you make out of the word? Leprechaun

Word Power: Grok means to understand. Understand what I don't know but that's it.

New Word...Dumfangled and it means.... (Give you a hint it's me after the holidays.)

Trivia Everyone Never Needed to Know: The shortest St.Patrick's Day parade is 100 yards moving from pub to pub in Dripsey, Cork.

There are no snakes in Ireland, they could not survive the last ice age. So what happened here we had a heat wave?!

In 1970 the banks in Ireland went on strike for 6 months. Who stepped up to save the day and keep the economy going? Irish pubs! They cashed pay checks.

Health Fact: How scary as I write this I found out today is Osteoporosis Day! So here are a few super easy suggestions. Eat prunes! That's right just 4 prunes a day were found to rebuild bone density in elderly, chair bound individuals! Next do not eat a low fat diet! It has been found that people who follow these diets showed an extreme loss of bone mass! This recommendation requires you stand and hold onto something solid, shift your weight from one foot to the other (do not lift your feet off the ground just shift weight so one leg is supporting most of your weight). Do this slowly and gently. Lastly and of the utmost importance DO NOT DROP INTO CHAIRS! Slowly lower yourself. Dropping into chairs is a major cause of fractures in individuals

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with osteoporosis. When you drop into a chair you are hitting you spine and hips with 2-3 times your body weight. So figure if you weight 120 lbs you just hit your body with 240 to 360 lbs!

Man Tip: Winter coming to an end and now your headlights are all hazy and dull. Toothpaste to the rescue! Rub it on the lights and gently clean off. Haze removed.

In the Kitchen: Always have tubberware flying around in your dishwasher. Place a metal dish drying rack upside down over the plasticware on the top shelf of dishwasher. Problem solved.

Household Tip: So many keys...so little idea what they go to! Take your keys and color code them with fingernail polish. Examples: the car is red, house blue. Don't paint the teeth just the top you hold between your fingers when you use them.

How about a Recipe: Burrito Bowl Soup: In a large pot mix vegetable or chicken broth, diced canned tomatoes, corn, black beans, 1 diced and sauteed onion, season with garlic and cumin, white rice. Bring to a boil , reduce heat and simmer until rice is done. This rice is made to your taste so go head and test it throughout the process. If your like yours spicier add some cayenne or chili pepper. Can add meat if desired. Top with cheese, avocado, sour cream or chips.

Dessert: Cupcake Surprise : Make your cupcakes the way your usually do but 5 minutes through the baking process drop a Hershey's kiss, Rollo or Peanut Butter Cup into the center. Finish baking. This is made with your own recipe so it can be sugar free, gluten free, nut free, diary free. Enjoy.

LET'S LAUGH (OR AT LEAST SMIRK): Well, here we are going on 3 months into the New Year and I'm having trouble keeping up with my exercise program as described in the previous newsletter (She's walking everywhere, climbing into, out of up on and through everything!) Now the youngest is starting to follow suit. It's an exhausting program! How can toddlers and babies find so much to entertain them in the most dangerous way possible?! I'll give them credit they're creative and I need a nap, a long, long nap.

LET US END ON THIS NOTE... Remember that aging is nothing more than how long the world has gotten to enjoy you!

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

THANK YOU FRAN for your assistance with the Newsletter.

Senior News

SCAMS ... SCAMS ... AND MORE SCAMS

You receive a notice either in a text on your cell phone or in an email. You owe \$6.99 to EZDriveMA for an unpaid toll. You must pay it immediately or fines will be applied to the initial amount. You are given a website so you can pay the amount owed. You will have to give information, your credit card number, a bank card number or information so the money can be withdrawn from your bank account.

DON'T FALL FOR IT!

Giving out any information to the website gives the scammer your bank or credit card information. And that's what they're looking for. (A local man lost over \$1,000 by following the prompts on the website.)

This scam has been written about in newspapers. It has been on the local news. And yet people are falling for it. massDOT will mail you a bill if you owe them money. They NEVER contact you in a text or email.

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DON'T GET LEFT OUT IN THE COLD! It's not too late to apply for fuel assistance if you're finding it difficult to pay your heating bills this winter.

***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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HAPPY BIRTHDAY

To **GRACE CHILSON** who is celebrating her 96th birthday on February 29th.
Grace is now the oldest resident in the Town of Florida. Congratulations Grace.

Notes of Interest ...

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.

The **COSMETOLOGY DEPARTMENT** at McCann 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.

The **MCCANN TEA ROOM** is now open to the public from 10:45 a.m. until noon on Tuesday, Thursday and Friday. The menu offers soups, salads, sandwiches, entrees, desserts and beverages. Buffets are offered on March 6th and 21st,

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“Miss Molly’s Crafts” and adult Thursday programming at **The FLORIDA LIBRARY** will be on winter break until March 19th.

In place of regular Thursday classes/programs on Feb. 27th, and March 6th and 13th Cribbage, card games and board games will be offered.

“Miss Molly’s Crafts” returns on March 19 - “Wooden Cutouts” and March 26th “Bath Bombs”. Both programs are from 3:00 to 4:30 p.m.

Adult Programming returns on March 20th from 5:00 to 6:30 p.m. with “*Quick and Easy Appetizers*”.

On March 27th “*Time to Use That Sourdough*”. We’ll be using the sourdough starter which we learned to make on February 6th with Sourdough Brandon. Time to cook up some delectable sourdough treats. Bring your own sourdough or discard. There will be some available.

Remember to register for all programs: director@floridafreelibrary.com

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TOWN OF FLORIDA ELECTION CALENDAR for 2025


ANNUAL TOWN CAUCUS 7 p.m. Town Office Building

TOWN ELECTION 10 a.m.. TO 8 p.m.

2025 Dog Licenses are available through Town Clerk Lisa Brown at the Town Offices on Wednesdays from 5:30 to 7:30 p.m. As of June 15th, a late fee of \$10.00 will be charged on dog licenses purchased after this date.

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MARCH 2025

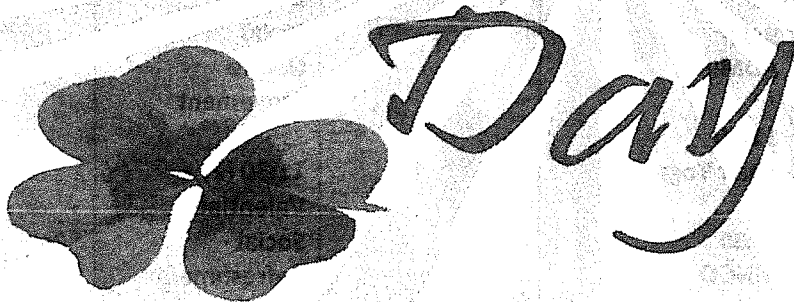
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 6:30 Evening Yoga with Lisa Tanner	4	5 9:00 ADMIN 10:00 Friends Mtg. 11:00 COA Mtg.	6 10:00 Knit or Crochet 11:00 Let's do a Recipe Swap. Bring some of your favorites to share	7 11:00 Gentle Movement Chair Exercises 12:00 BINGO	8
9	10 6:30 Evening Yoga with Lisa Tanner	11	12 9:00 ADMIN 11:00 Chair Yoga 11:30 Sue Oleson is going to demonstrate Aroma Therapy"	13 11:00 Gentle Movement Chair Exercises 12:00 BINGO	14 11:30 St. Patrick Day Corned Beef and Cabbage Lunch 	15
16	17 6:30 Evening Yoga with Lisa Tanner	18	19 9:00 ADMIN 11:00 Chair Yoga 11:30 Make & Take a 1 minute cake	20 10:00 Let's work on a puzzle or a game of your choice 11:30 Let's get together and work with some ADULT coloring books	21 11:00 Gentle Movement Chair Exercises BROWN BAGS 12:00 BINGO	22
23	24 6:30 Evening Yoga with Lisa Tanner	25	26 9:00 ADMIN 11:00 Chair Yoga 11:30 Men & Women social. Refreshments will Be served	27 10:00 Come in for a cup of coffee and socialize 11:30 SALAD SOCIAL Make your favorite salad and bring it for lunch to share	28 11:00 Gentle Movement Chair Exercises 12:00 BINGO	29
30	31					

NOTE: No Chair Yog on Wednesday, March 5th PLEASE CALL TO RESERVE A SPOT FOR THE ST. PATRICK'S DAY LUNCH no later than March 7th.

Please call the Center at (413) 662-2448 Ext 4 between the hours of 9 am until 3pm Wednesday – Friday if you have any questions or would like to attend any of the events listed.

St Patrick's

HAPPY



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.