



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



TOWN OFFICE PHONE NUMBER

662-2448 *(For specific office press:)*

- | | |
|------------------------------------------------|-------------------------------------------------------------------------------------|
| <i>0 - Town Administrator (Joan Lewis)</i> | <i>2 - Assessor's Office (Krista Bishop)</i> |
| <i>Board of Selectmen (Neal Oleson, Chair)</i> | <i>3 - Town Clerk (Lisa Brown)</i> |
| <i>Board of Health (Al Bedini, Chair)</i> | <i>4 - Senior Center (Sue Oleson, Director,
Joyce Von Tilborg, Co-Director)</i> |
| <i>0 - Accountant (Rebecca Choquette)</i> | <i>5 - Highway Foreman (Jim White)</i> |
| <i>1 - Treasurer (Stacy Abuisi)</i> | <i>6 - Fire Department (Mike Gleason, Chief)</i> |
| <i>Tax Collector (Stephanie Pare)</i> | |

FLORIDA COUNCIL ON AGING

Ruth Boyce - Lisa Brown - Susan Fulton - Sarah MacLennon

Wanda McNary - Patricia Tovani - Debra Welch

EMAIL: *flaseniors.flamass@gmail.com*

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

Please Note: During inclement weather and the closing of the Florida School, the senior center will also be closed.

Welcome to the Florida Senior & Community Center

Center News: It's summer! June is here. We're looking forward to you joining us for all our new programs. We had a great time doing the "Make and Takes" last month! Come join us this month as we're going to make "Baggie Ice Cream" on the 10th at 11:30

And Hummingbird Feeders on the 24th at 11:30. So much fun. **July 18th from 10-2 is the 2nd Annual Florida Senior Center Car Show!** There will be a Chinese Auction, 50/50 raffle and refreshments to purchase. If you have anything new that you can donate to the Chinese Auction

Table we would greatly appreciate the contributions. The rain date for the show will be the 25th. Make sure to add this event to your calendar. On Friday, June 26th from 5-7 pm there will be a spaghetti supper at the Center. It is \$10 a person. Well, worth the price. Please, RSVP if interested. See at the Center>

What's up here? I've got them all! All 6 grandchildren will soon be coming on Tuesday and Thursday! I enjoy them so much....I'm so tired. Thank goodness for the 10 and 11 year olds. The 7 year old is starting to help in his own way. Neil is trying to get farm projects done and we're so tired. But life is good. Busy...but good.

How many words can you make out of ? Sunshine

Word Power: FOBI means the fear of being included.

New Word... Scrumdifferous (another great word!) and it means....

Trivia Everyone Never Needed to Know: The U.S. has more tornedos than all the other countries in the world put together!

In Medieval Europe they used to cover their yards with Chamomile instead of grass. You only have mow it 2-3 times a year, the smell will relax you and you can make tea out of your lawn!

Elevators are one of the fastest forms of transportation!

Health Fact: It's poison ivy season. If you or someone you love gets into it put apple cider vinegar on it. That's right apple cider vinegar it'll dry it up without the itch.

Man Tip: Outside again and the mosquitoes are too. Apply Johnson's Creamy Baby Oil before you go out and the little pests will leave you alone. And your skin will be baby soft!

Welcome to the Florida Senior & Community Center

In the Kitchen: It's hamburgs on the grill season...hate making the patties though. Save to plastic bowl lids from the deli. Place a ball of hamburger on one then squish it into a patty with the second lid. Yup, job done.

Household Tip: Place a bowl of salt in your bathroom it will act as an air freshener, as well as, pulling moisture from the air preventing mold formation.

Recipe Time: Broccoli Salad! Chop up fresh broccoli into bite size pieces and dump into a bowl with raisins, walnuts and diced onion. For sauce mix mayo, apple cider vinegar with sugar or sweet free sweetener. How do you know when it's right? Taste it and adjust to

Your preference. Pour over salad and mix well. Can't have any of the ingredients...substitute. I use blueberries in place of the raisins and pumpkin seeds in place of walnuts. You can leave out the onion or add in cauliflower, this recipe is also open for the addition of

Cooked chicken. It's quick and easy to whip up with no cooking involved.

Dessert: Strawberry Icebox Cake! Spread a ½ a container of whipped topping in the bottom of a 8x8 pan, then add a layer of graham crackers cover topping, now top with other ½ of whipped topping, next layer 1/3 of the sliced strawberries, repeat layers, topping, crackers,

Topping, strawberries, topping, crackers, topping, end with strawberries. Refrigerate for at least 4 hours. Next to finish...enjoy it. You can substitute sugar free whipped topping.

LET'S LAUGH (OR AT LEAST SMIRK): Summer drives me crazy! It's too warm for blankets but without them the underbed and closet monsters can get you! So then after I've spent the night wrestling with that issue I wake up feeling like I competed in a triathlon!

Something to Think About: Ever notice that 90% of what we worry about never happens!

THANK YOU FRAN for your assistance with the Newsletter.



This Photo by Unknown Author is licensed under CC BY-NC-ND

On Friday, June 26th from 5 until 7 pm, we will get together at the Senior Center for a Spaghetti Supper. The price for the meal will be \$10.00

Come and join us!

Please reserve by calling the Senior Center, Monday, Wednesday, Friday from 9:00 am until 3:00 pm.

Florida Senior Bits and Pieces

Aaaah the flowers of Spring tra-la tra-la..

Let's celebrate May's senior flowers by wishing a very happy birthday to Christylou Martin, Sue Bergeron, Tim Alexander and our most "senior senior" Winnie Burdick,

June brings weddings, graduations and more birthdays. Happy birthday to Pat Gray, Kenneth Geitz, David Milewski, Debbie Howland, Mark Bulshay and our most "senior senior" Claire Burdick.

WHAT'S HAPPENING IN FLORIDA

The ANNUAL TOWN ELECTION was held on May 4th. Out of 564 registered voters only **64** voters took the time to vote and show their support for the incumbents and vote in some newcomers. Michael Bedini was voted in with 23 write-in votes for a three year term on the Board of Health. Jon Oleson received 15 write-in votes for a 5 year term on the Planning Board while Ronnie Briggs received 11 write-ins for a three year term as Constable. All other incumbents were re-elected.

The Annual Town Meeting will be held on June 12th at 7:00 p.m. at the Florida Senior Center. This is your chance to voice your opinion or concern or ask questions regarding town affairs. Let's get some newcomers to come. Otherwise hold your tongue if you don't like how the town is managed.

Florida 2026 Dog Licenses are now available The cost is the same as 2025; male and female \$10.00; spayed female and neutered male is \$4.00. *Proof of rabies vaccination is needed.* A Kennel license (up to 10 dogs) is \$50.00. There will be a ***\$10.00 late charge added to the dog license fee for those who do not apply for their dog license by JUNE 15th.***

What's Happening at the Florida Library

- Thursday - May 21st: The delicate art of bow making and floral arranging with Lacey Cyr. You will make and take home your very own creation.
- Thursday - May 28th Garden wind chimes. Learn to create a garden hanging using driftwood and beads with Molly Lewis.
- Thursday - June 4th 4:30 - 6:30 p.m. Hike Night. Weather permitting. Destination to be determined.
- Thursday - June 11th Wool work with Carolyn Hawthorne.
- Thursday - June 16th 10:00 a.m. - 3:00 p.m. Deerfield MA Field Trip. Carpool to Deerfield to visit the Deerfield General Store, Richardson's Candy Store and various greenhouses. We'll enjoy lunch at a restaurant to be determined.

Remember **you must register** for all library events by calling the library at 664-0153 or registering on line: director@floridafreelibrary.com.

All classes begin at 5:00 p.m. to 6:30 p.m.

THE FLORIDA LIBRARY is open on Monday 10:00 a.m. to 4:00 p.m.; Wednesday 1:00 to 6:00 p.m. and Thursday from 1:00 to 6:30 p.m.

Phone number: 664-0153.

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NUMBERS TO KEEP ... JUST IN CASE

****Berkshire Community Action Council**
(413-445-4503)

****Elder Services of Berkshire County**
(1-800-544-5242)

****Veteran's Services**
(662-3040)

****The Salvation Army**
(663-7987)

****Re-Equipment**

(1-800-261-9841) This organization has an inventory of refurbished wheelchairs, electric scooters, walkers, portable ramps, and other durable medical equipment needed for assistance with daily living. Delivery and use of equipment is free.

****Community Legal Aid** (664-4531 or 1-855-252-5342) Free services offered to seniors who need assistance with writing a will, designating power of attorney and other

PERSONAL EMERGENCY RESPONSE SYSTEMS ..

- (1) **BE SAFER AT HOME** (1-781-205-4996)
- (2) **PHILLIPS LIFELINE** (1-855-681-5351)
(covered by Medicare and Medicaid)
- (3) **NEW ENGLAND
EMERGENCY RESPONSE** (1-800-888-0338)

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SAVE \$\$\$\$

If you have a computer, log on to iberkshires.com. Enter your email address and you will receive their daily (Monday - Friday) newsletter covering all the news in Berkshire County, including breaking news; obituaries, sports and other items of interest you won't see in the Eagle. Best part is it's FREE!

If you haven't already enrolled in **Florida's Energy Saving Program** do so now. Call Town Administrator Joan Lewis (662-2448, ext. 0) and ask to be signed up. As a group the town is able to purchase electricity at a lower rate. Your bill will still come from National Grid but at a lower kilowatt charge.

THE HIVE SALON at McCann offers haircuts, styling, perms and color for a fraction of the cost of a regular salon. All services are done by supervised students. Call 664-9424 for an appointment. They will be accepting appointments until May 22nd.

Does your car need an oil change or custom work to get it running? The **AUTOMOTIVE Program AT McCANN** is at your service. Students gain experience in servicing and inspecting all areas of your vehicle and you'll only pay for the parts needed to service your car. You still have time before appointments close for this school year.

Log on to mmccaron@mccanntech.org to fill out a repair request. You'll be called for an appointment.

SCAMS SCAMS AND MORE SCAMS

They're out there, and they're looking to part you from your money. As savvy as you think you are, it's still very possible that you may act on an "urgent" message- so your computer won't lose all your information, or your computer is locked or you need to pay to get a family member out of jail, or you "need" to recoup your credit/bank account information , or your credit card/social security information has been compromised. Here are a few of the latest scams targeting seniors.

TECH SUPPORT SCAMS: These prey upon the doubts and discomforts that many people have around computers. HOW DO THEY WORK? Typically a person's computer or phone screen will freeze or go bland. A popup message will appear with a phone number to dial for help. When the user calls it, the scammer will ask for permission to log on to the device remotely. By allowing this move to the scammer he will have total access to your computer, your saved passwords, financial information, contacts. What to do? Unplug your computer from it's power source.

GOVERNMENT IMPERSONATION SCAMS: The caller pretends to be from the Internal Revenue Service; Social Security Administration or Medicare. They threaten to arrest you for unpaid taxes; or they may threaten to cut off Social Security or Medicare benefits unless the person provides personal details. This information can then be used to commit identity theft. Using special technology, they often "spoof" the actual phone number of a government agency or all from legitimate zip code. What to do? Hang up!!
The above mentioned agencies NEVER make phone calls. They contact you by mail.

BUSINESS IMPOSTER SCAMS: These criminals pretend to be from a business or charity, which makes them seem trustworthy. Like government imposters, business imposter scammers can fake their caller ID to make it seem like a legitimate communication. These fraudsters will try to convince someone to send money or a gift card to an imposter charity. What to do? Never donate to a charity on line or over the phone. Legitimate charities almost always solicit through the mail.

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A sweet grandmother telephoned St. Joseph's Hospital and sweetly asked to speak to someone who could tell her how a patient was doing. The operator said, "I'll be glad to help. What's the name and room number of the patient?" The grandmother said Norma Findlay, room 302. The operator put her on hold and came back a few minutes later. "I have good news", she said. Her nurse told me that Norma is doing quite well. Her blood pressure is normal and her blood work came back normal. Her physician has scheduled her to be discharged tomorrow. "Oh thank you, that's wonderful. I was so worried. That's such good news." "You're more than welcome said the operator. Are you Norma's daughter" she asked. "No, I'm Norma Findlay in room 302. No one tells me anything!"

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June 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>1</p> <p>FOOT CLINIC</p> <p>11:00 Chair Yoga</p> <p>11:30 Let's go out for lunch/Place to be determined</p> <p>6:30 Evening Yoga with Lisa</p>	2	<p>3</p> <p>9:00 ADMIN</p> <p>10:00 Friends Mtg.</p> <p>11:00 COA Mtg.)</p>	4	<p>5</p> <p>11:00 Chair Yoga</p> <p>12:00 BINGO</p>	6
7	<p>8</p> <p>11:00 Chair Yoga</p> <p>11:30 Talk of the Town. Come and talk about growing up in Florida</p> <p>6:30 Evening Yoga with Lisa</p>	9	<p>10</p> <p>9:00 ADMIN</p> <p>11:00 Chair Yoga</p> <p>11:30 Make and take home – Baggie Ice Cream</p>	11	<p>12</p> <p>11:00 Chair Yoga</p> <p>11:30 BINGO</p> <p>Town meeting</p>	13
14	<p>15</p> <p>11:00 Chair Yoga</p> <p>11:30 Movie and popcorn</p> <p>6:30 Evening Yoga with Lisa</p>	16	<p>17</p> <p>9:00 ADMIN</p> <p>11:00 Chair Yoga</p> <p>1130 Adult Coloring</p>	18	<p>19</p> <p>CENTER CLOSED FOR HOLIDAY</p>	20
21	<p>22</p> <p>11:00 Chair Yoga</p> <p>11:30 Book and/or Recipe swap. Bring your favorite items</p> <p>6:30 Evening Yoga with Lisa</p>	23	<p>24</p> <p>9:00 ADMIN</p> <p>11:00 Chair Yoga</p> <p>11:30 Make and take home a Hummingbird Feeder</p>	25	<p>26</p> <p>11:00 Chair Yoga</p> <p>BROWN BAGS</p> <p>12:00 BINGO</p> <p>Spaghetti Supper (5-7)</p>	27
28	<p>29</p> <p>11:00 Chair Yoga</p> <p>11:30 Let's play Scrabble</p> <p>6:30 Evening Yoga with Lisa</p>		<p>30</p> <p>9:00 ADMIN</p> <p>11:00 Chair Yoga</p> <p>11:30 Brainstorming Session to get ready for the upcoming Old Car Show next month.</p>			

NOTE: ON JUNE 26 THERE WILL BE A SPAGHETTI SUPPER FROM 5 UNTIL 7