

# EGREMONT COUNCIL ON AGING - Spring 2020

Age is an issue of mind over matter. If you don't mind, it doesn't matter. - Mark Twain.



coa

Enjoying December Luncheon

## Peg's Corner...

Welcome to the new decade. Your COA wishes you all a healthy and happy 2020!

Our Luncheons continue on the first Wednesday of each month at 12:00 at the Egremont Village Inn. Our presenters will include David Katzenstein, Egremont First Responder, Librarian Lesliann Furcht, Sunday Strummers Ukulele Ensemble, Ann Elizabeth Barnes who will talk about Mumbet, and local artist Margo Trout. Our June Luncheon presenter will be Liz Keen, of Indian Line Farm, and will take place at French Park. In addition, we will have various Town Officials at the lunches. So come and share your questions and concerns. If you need a ride please call us at 528-0182 ext 24.

COA makes it easy to stay active this winter. Check the schedule which is included in this newsletter, the COA website ([egremontcoa.org](http://egremontcoa.org)) or the website for the Claire Teague Senior Center or the Sheffield Senior Center.

We always welcome your suggestions for luncheon speakers and activities. We are also here to assist you with any issues you may have. Call 528-0182 x 24 or email [coa@egremont-ma.gov](mailto:coa@egremont-ma.gov). We would love to hear from you!

## Exercise by Thea Basis

Many people prefer to exercise in the privacy of their home. Perhaps you take a class or two or a week and exercise at home as well. We all know the benefits of regular exercise coupled with a healthy diet in reducing our risk for many diseases/conditions and to improve overall health. These conditions include joint problems, high blood pressure, diabetes, many cancers, depression and anxiety. Exercise helps build strength, improves balance, helps with weight loss, osteoporosis, and flexibility.

Where do I start, you ask? It is best to discuss exercise with your doctor during your regular checkups. Ask your doctor to be part of your team. It is important to choose exercises that are right for you. An appropriate warm up and cool down is essential. It is also important to vary your routine to avoid overuse injuries. Once you are confident doing a routine you can reassess and safely increase the time and intensity of your workout.

It is important to use good form and posture so using a mirror to check yourself is very helpful. Drinking water before, during and after your routine is very helpful. Also there is the need to pace yourself for a full recovery between sessions. There are now mobile apps that are free which help you count how many steps you take and you can include dietary tracking. To find one you like do a search for "free apps to track exercise and diet". We all benefit from moving more, moving in specific ways to improve health parameters, and finding ways to enjoy the process. Maybe a home routine can help you achieve your goals in a way you can embrace.

Thea Basis is an ACE Certified Senior Exercise Specialist. She offers a weekly exercise class on Wednesdays at 10:45 at the North Egremont Firehouse which is followed by a light lunch.

For more information call 528-0182 x 24



November Luncheon

### **Winter Safety**

We all know how beautiful and dangerous it can be during the winter months here in the Berkshires. Here are some ideas to help keep you safe:

- \*keep walkways and doorways clear of debris
- \*keep your walkways shoveled and sanded and salted (get one of our "Sand for Seniors" buckets); if you can't shovel yourself arrange for someone to help you
- \*dress for warmth, especially in layers
- \*use a rubber tipped walking stick or cane to help you stay upright and avoid slips
- \*wear shoes or boots with good traction and nonstick soles; take off shoes when you come inside to avoid puddles on the floor and possible slips
- \*have a battery powered radio

\*stock up on bottled water and keep a supply of easily prepared meals that don't need electric power

\*set up a "buddy system" with a neighbor who will check on you in a storm (or sign up for our "Good Morning, Senior" program....for more info call 528-0182 x 24)

\*check with local pharmacies and food stores to see if they have delivery services

\*check your car to be sure it's ready for colder weather

\*fight winter depression...check in with family, friends and neighbors; take advantage of the many programs offered by local COAs and Senior Centers. If you need a ride call Southern Berkshire Elderly Transportation Corp (S.B.E.T.C.) at 528- 4773 or the COA Office (528-0182 x24)

\*always let someone know when you are going out

\*look for signs of spring

### **Gardening Tips**

It's always good to plan ahead and think spring even in the midst of winter. Planning a garden and choosing new plants is a wonderful way to pass a winter day. However, we all know as we age, it gets more difficult to do the actual gardening. Here are some tips to help you enjoy your gardening.

Plant easy to care for plants. Look for plants that are resistant to weeds, that don't require too much pruning and can withstand a little neglect. Do you have joint or back pain from gardening? Try growing your plants vertically, switch to raised beds or use a trellis. This will put less strain on your knees and spine. Choose equipment wisely. Use ergonomic pruners and hand tools, pick comfortable gloves that offer adequate skin protection. Beat the heat and garden in the morning before it gets too hot, wear lightweight, light colored long sleeved clothes, use plenty of sunscreen, bring water with you and be sure to drink it. Take shade breaks after 15 minutes in the sun.

Garden with a partner...your spouse, a friend, caregiver, your children or grandchildren (a great way to teach them about plants, etc).

It's definitely more fun to have conversations and it makes the time pass more quickly.

Happy gardening!

**Some reminders...**

Thanks to a grant received from the state of Massachusetts, Egremont COA now has its own website. Check it out at [egremontcoa.org](http://egremontcoa.org)

"Sand for Seniors" buckets are available at the Town Hall. Pick one up or call 528-0182 x24 to have delivered to you. Please use the sign out sheet when you take a bucket and please return them in the spring.

"Good Morning, Senior" morning check in happens Mondays thru Fridays from 9:00- 10:00. You can pick up forms at the Town Hall or Police Department. Call 528-0182 ext 24 for more information.

Coffee Hours continue on the third Wednesday of each month from 9:30 - 10:30. On January 15 we will meet at the Egremont Village Inn. On February 19 we will be at Mom's Café and on March 18 at the Egremont Village Inn. Check the COA website or Egremont Posts for updated info.

COA follows the weather related closings of the Southern Berkshire and Berkshire Hills Regional School Districts. If they are closed on the day of a COA event, we will also cancel our event. You can check WSBS radio or the Berkshire Eagle website for this information.

**Exercise Schedule**

**Monday**

- 9:15AM Cross Training with Misha (\$3.50)  
Claire Teague Center, GB
- 10:30 AM Awareness Through Movement with Misha (floor) (\$3.50)  
Claire Teague Center, GB
- 10:30AM Aquatic Fitness (\$3)  
Simon's Rock
- 11:45AM Chair Yoga (\$3)  
Simon's Rock
- 1:00 PM Therapeutic Breath and Movement with Suzanne Mazzarelli (\$4)  
Sheffield Senior Center
- 2:00PM Intermediate Tap Dancing, Carolyn (\$5)  
Claire Teague Center, GB

**Tuesday:**

- 9:00 AM Exercise Class with Sandy French (\$4)  
Sheffield Senior Center
- 9:30 AM Move & Groove with Dee Foster (\$3)  
Claire Teague Center, GB
- 9:45 AM Pilates for Osteoporosis Prevention (Challenging) with Kathi Casey (\$3)  
Claire Teague Center, GB

- 10:30 AM Walking Club (\$3)  
Simon's Rock
- 3:30 PM Strength Training with Christine (\$3)  
Claire Teague Center, GB

**Wednesday:**

- 9:30 AM Easy Does It Yoga with Joanne (\$3)  
Claire Teague Center, GB
- 10:30 AM Aquatic Fitness (\$3)  
Simon's Rock, EG COA
- 10:45 AM Exercise with Thea Basis (\$5)  
No Egremont Fire Station
- 4:00 PM Chair Yoga with Senta Reis (\$4)  
Sheffield Senior Center

**Thursday:**

- 9:00 AM Exercise Class with Sandy French (\$4)  
Sheffield Senior Center
- 9:30 AM Move & Groove with Dee Foster (\$3)  
Claire Teague Center, GB
- 10:00AM Therapeutic Movement Exercise/Breathing with Suzanne (\$3)  
Claire Teague Senior Center GB
- 10:30AM Walking Club (\$3)  
Simon's Rock
- 4:00 PM Misha's Advanced Movement Class (\$10)  
Claire Teague Center, GB

**Friday:**

- 9:00 AM Tai Chi with Christine (\$3)  
Claire Teague Center, GB
- 9:00 AM Small Group Personal Training with Elaine Ireland \$30/6 weeks session  
Sheffield Senior Center
- 10:00 AM Chair Exercise with Ann (FREE)  
Claire Teague Center, GB
- 11:00 AM Aquatic Fitness (\$3)  
Simon's Rock, EG COA
- 2:00 PM Intermediate Tap (\$5)  
Claire Teague Center, GB



Pianist Sara Keene playing at the Holiday Party

### Spring 2020 Luncheon Schedule

- Wed., Jan 8 First Aid Skills with David Katzenstein
- Wed., Feb. 5 Scams with Lesliann Furcht and PD
- Wed., March 4 Sunday Strummers Ukulele Ensemble
- Wed., April 1 "Mumbet" with Ann Elizabeth Barnes
- Sun., April 19 Music Program
- Wed., May 6 Egremont Artist Margo Trout
- Wed., June 3 Liz Keen, Indian Line Farm (at French Park)

All luncheons take place at the Egremont Village Inn (except June) at 12 noon. **Please call 528-0182 x 24 to reserve your spot.** Lunches are provided by GB Bagel Company. A \$5.00 donation is appreciated to assist with costs

***Egremont Council on Aging***  
**413-528-0182 ext 24**  
***Mt. Washington COA***  
**413-528-2839**

### **BE SEEN – BE SAFE**

Always walk facing traffic. AGE TRIAD has secured high visibility vests which are available at Town Hall and from Police Cruisers in Egremont & Great Barrington... Ask for one!



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