

Pittsfield Senior Spirit

COUNCIL ON AGING, INC. Pittsfield Senior Center



happy birthday,
AMERICA!

July 2021

330 North St. Pittsfield, M.A 01201 | 413-499-9346 | Fax: 413-442-8531



What to expect during the “New Normal”



Carefully consider expanding your “quarantine bubble”

Now that restrictions have eased, it may be tempting to invite all of your friends and family members over for a visit. However, you should continue to be careful about who you let into your “quarantine bubble.”

Before you gather with family or friends, consider who those people have been in contact with in the past few weeks. If you and your family or friend have each been observing strict quarantine, the risk of exposure to COVID-19 is low. But the more people your friend or family member has been exposed to, the higher the risk for you. It’s also important to reassess the risks of COVID-19 exposure before each meeting.

Care for your mental health

It is certainly reasonable for seniors and their family caregivers to experience some anxiety related to reopening. In contrast, some older adults may experience difficulty coping with prolonged isolation during the COVID-19 pandemic. If you or your loved one is showing symptoms of anxiety or depression, you should contact a healthcare provider.

Get Help from an In-Home Caregiver

Having a trusted in-home caregiver can help your older loved one as they adjust to new routines, activities, and safety precautions during the pandemic. An in-home personal care professional will:

Take steps to protect your loved one from COVID-19 infection

Watch for concerning symptoms of COVID-19

Help your senior stay active during social distancing

Assist with technology and promote connection with family and friends

Ensure that your loved one can follow their familiar daily routine as closely as possible

Run errands so your loved one can stay safely at home

We will be hosting a weekly discussion Thursdays @ 11 ,facilitated by Jill Lebar of Elder Services..Join us for a discussion group to share your experiences during the height of the Covid -19 pandemic along with your hopes and fears as we enter the “new normal”

Ways for seniors to stay cool in hot weather

Drink plenty of cool water throughout the day (don't wait until they feel thirsty) and avoid alcohol and caffeine
Eat cooling snacks like homemade popsicles (Tip: catch drips with a cupcake liner), frozen peas, or slightly frozen grapes

Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast

Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel

Sit with feet in a pan of cool (but not too cold) water

Keep the house as cool as possible by keeping shades closed during the hottest part of the day and using inexpensive solar curtains

Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers

Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall

Like us on Facebook
<https://www.facebook.com/ralf.froio.5>



Are you signed up for our **BROWN BAG???** Its available to seniors over 55 who meet income guidelines or those under 55 who have documented disability and currently receiving SSDI .The **BROWN BAG** program is fully funded by *The Food Bank Of Western Mass* and provides a **FREE** bag of healthy groceries once a month. Call Danielle @ 499-9346 X 211 to find out more .
NEXT BROWN BAG July 23

Hydrate



Farmers Market Coupons are available second week of July



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Berkshire County Arc

For more info, visit bcarc.org or contact AFC Director at 413-464-7262 x15 or email [sstewart@bcarc.org](mailto:ssstewart@bcarc.org)

Do you care for someone at home? You may be eligible for professional support and a monthly stipend.

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Spicy Watermelon Cocktail

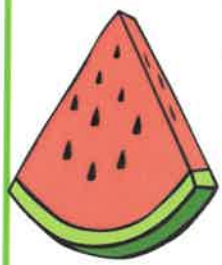


BLT Potato Salad



INGREDIENTS **YIELDS 4-6 GLASSES**

1 C blanco tequila
 1/2 C Mezcal
 1 Jalapeno pepper ,halved,plus
 slices for garnish
 3 C cubed watermelon
 6 tbsp. Fresh Lime
 6 tbsp. Simple
 Syrup



1. Combine tequila, mezcal, and jalapeño in a jar or bowl. Let stand at least 20 minutes or up to 1 hour. Discard jalapeño.
2. Place watermelon in a pitcher and muddle until broken down. Add tequila mixture, lime juice, and simple syrup. Serve chilled in pitcher or a hollowed-out watermelon over ice garnished with jalapeño slices and lime wedges.

Place the potatoes and 1 tablespoon of the salt in a large pot. Cover by 1 inch with cool water, then bring to a boil over high heat. Reduce the heat to medium and simmer until the potatoes are easily pierced with a knife, 20 to 25 minutes. Drain in a colander and set aside to cool completely. Meanwhile, cook the bacon.

Place the bacon in a large frying pan over medium heat and cook until the fat renders and the bacon is crisp, about 20 minutes. Using a slotted spoon, transfer the bacon to a paper towel-lined plate. Reserve and slightly cool 2 tablespoons of the bacon fat (but do not let it solidify).

Whisk the Duke's® Real Mayonnaise, mustard, garlic, pepper, remaining 1/2 teaspoon salt, and bacon fat together in a large bowl. Add the potatoes, 1/2 cup of the bacon, tomatoes, and scallions, and toss to combine.

Serves 8-10

Ingredients

- 2 1/2 pounds red potatoes, cut into 3/4-inch pieces
- 1 tablespoon plus 1/2 teaspoon kosher salt, divided
- 12 ounces thick-cut bacon slices (5 to 7 slices), diced
- 1 cup Duke's® Real Mayonnaise
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1/4 teaspoon freshly ground black pepper
- 1 pint cherry tomatoes (12 ounces), halved
- 1/4 cup thinly sliced scallions (about 3)
- 6 cups coarsely chopped romaine lettuce (6 ounces)

Just before serving, add the lettuce and toss again. Taste and season with more salt and pepper as needed. Sprinkle with the remaining bacon.

**We are looking for
volunteers to help out
with Bingo Wednesday
& Friday from 12:45 - 3**



**Please see Danielle for more
details**



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Elder Services of Berkshire County - Nutrition Program

JULY 2021

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00 All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HOT LINE</p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>	<p>Sponsored in part by:</p>  <p>GREYLOCK FEDERAL CREDIT UNION</p>		<p>1 4TH OF JULY Celebration</p> <p>Cheeseburger 401 Potato Wedges 27 Summer Squash Blend 6 Hamburger Roll 46 Ice Cream Cup ** 190</p> <p>cal 780 carb 77 Sod 795 cal 745 carb 85 Sod 932</p>	<p>2</p> <p>Salisbury Steak 410 Mashed Potatoes 33 Mixed Greens 149 12 Grain Bread 15 Honey Dew Melon Chunks 200</p>
<p>5</p> <p>Happy 4th of July</p> 	<p>6</p> <p>Chicken Almondine 326 Buttered Noodles 11 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Peaches 6</p> <p>cal 646 carb 86 Sod 622 cal 884 carb 98 Sod 635</p>	<p>7</p> <p>Beef Stew 72 Boiled potatoes 4 Brussel sprouts w/cheese 74 12 Grain Bread 200 Snack Loaf ** 160</p> <p>cal 884 carb 98 Sod 635 cal 677 carb 78 Sod 477</p>	<p>8</p> <p>California Chicken Salad 94 Mushroom Barley Soup 45 Broccoli Florets 22 Hot Dog Roll 180 Pear Crisp 11</p> <p>cal 677 carb 78 Sod 477 cal 590 carb 87 Sod 764</p>	<p>9</p> <p>Sweet N Sour Pork 490 Steamed Rice 6 Boiled Cabbage 13 Whole Wheat Bread 120 Mixed Fruit 10</p>
<p>12</p> <p>Meatballs & Shells W/ Marinara sauce 313 Cauliflower 11 Italian Bread 230 Apricots 5</p> <p>cal 629 carb 90 Sod 684</p>	<p>13</p> <p>Yankee Pot Roast 346 Mashed Potatoes 33 Wax Beans 2 Dinner Roll 210 Diced Pears 5</p> <p>cal 716 carb 87 Sod 721 cal 589 carb 77 Sod 746</p>	<p>14</p> <p>Chicken Marsala 381 Boiled Potatoes 4 Spinach 76 Oat Nut Bread 150 Tropical Fruit Mix 10</p> <p>cal 589 carb 77 Sod 746 cal 777 carb 96 Sod 787</p>	<p>15 GLOBAL TABLE</p> <p>Szechuan Noodle Salad 457 Cold Spiced Beets 7 Asian Coleslaw 18 Whole Wheat Bread 120 Key Lime Bavarian** 60</p> <p>cal 787 cal 691 carb 85 Sod 483</p>	<p>16</p> <p>Shepherd's Pie 75 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7</p>
<p>19</p> <p>Cod Pomadora 366 Boiled Potatoes 4 Peas w/Mushrooms 65 Oat Nut Bread 150 Sliced Peaches 6</p> <p>cal 502 carb 92 Sod 716 cal 714 carb 85 Sod 634</p>	<p>20</p> <p>Moroccan Beef Stew 170 Mashed Potatoes 33 Harvard Beets 178 Whole Wheat Bread 120 Applesauce 8</p> <p>cal 714 carb 85 Sod 634 cal 726 carb 98 Sod 799</p>	<p>21</p> <p>Veal Piccata* 502 Steamed Rice 11 Blended Vegetables 10 Oat Nut Bread 150 Pineapple Tidbits 1</p> <p>cal 726 carb 98 Sod 799 cal 602 carb 73 Sod 1096</p>	<p>22</p> <p>Macaroni & Cheese* 627 Stewed Tomatoes 101 Sliced Carrots 43 12 Grain Bread 200 Fruit Cocktail 10</p> <p>cal 602 carb 73 Sod 1096 cal 851 carb 83 Sod 884</p>	<p>23</p> <p>Salad w/Chicken & Chee: 276 Carrot Raisin Salad 160 4 Bean Salad 113 Dinner Roll 210 Diced Mangoes 0</p>
<p>26</p> <p>Chicken Asparagus 55 Buttered Noodles 8 Mixed Greens 149 Whole Wheat Bread 120 Fresh Nectarine 0</p> <p>cal 619 carb 82 Sod 457 cal 511 carb 82 Sod 800</p>	<p>27</p> <p>Sliced Turkey w/Gravy 468 Mashed Sweet Potatoes 30 Cauliflower w/Pimento 17 Oat Nut Bread 150 Fruit Cocktail 10</p> <p>cal 511 carb 82 Sod 800 cal 857 carb 88 Sod 747</p>	<p>28</p> <p>Baked Breaded Pollock 302 Scalloped Potatoes 20 Coleslaw 169 Whole Wheat Bread 120 Peach Crisp 11</p> <p>cal 857 carb 88 Sod 747 cal 740 carb 82 Sod 623</p>	<p>29</p> <p>Beef Chili 217 Steamed Rice 6 Lyonnaise Carrots 74 12 Grain Bread 200 Watermelon Chunks 1</p> <p>cal 740 carb 82 Sod 623 cal 623 carb 100 Sod 910</p>	<p>30 <i>Chicken with</i></p> <p>Broccoli & Cheese 410 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Fruited Gelatin ** 89</p>

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available
Nutrition information provided is not exact but will help guide you.

We are sincerely grateful for the donations made to the Pittsfield COA in support of many activities, programs and services we provide.



Jack Soules

Betty Clemens

Donations made by
Sharon Perreault



A very special THANK YOU to *The Crane Fund for Widows And Children* for their generous donation to The "Happy Club", through their donation we will now be able to provide scholarships to our Supportive Day Program, for those clients who may otherwise not be able to attend. *James Clark* (Director) presenting to *Janie Bates* (Supportive Day Coordinator)

We are currently taking applications for our Supportive Day Program, better known as "The Happy Club", a respite care for Individuals 55 years and older who are facing various challenges to socialize, maintain independence, stay active both cognitively and physically. Call for more information 499-9346 Janie X 212.



Birthday Club Winners
May winner ~ Ed
June winner ~ Lon Ellen



Red Cross Volunteers Needed: The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. The Red Cross Western Mass Chapter is in need of volunteers in the Berkshires to serve as Disaster Action Team (DAT) members. If you are compassionate, able to make a commitment, and willing to help others when a disaster strikes, please contact the Red Cross' DAT recruiter Ray Duffy at 508-340-3207 or email him at <ray.duffy@redcross.org>