

Shutesbury Geezette

The newsletter of the Shutesbury Council on Aging

Fall 2019

THE 2020 US CENSUS IS COMING.

Susie Mosher - Town Clerk

What and Why?

What is the US census for? A full count of every person living in US helps determine how many elected representatives each state has in the Congress and informs future redistricting efforts. Without you and your neighbors' census responses, our rural district would be under-counted and Massachusetts would be under-represented in federal government.

The 2020 Census data will be used in distributing federal aid to each state for the next ten years. The approximate ANNUAL federal funds for one person in Massachusetts are \$2,300. If you skip the census, that would be \$23,000 per person of federal aid lost to our state until the 2030 census.

Decisions about job development, community initiatives, state policies and more, all utilize census data. **We need to be counted to participate in these opportunities for the next TEN years.**

How and When?

Between March 12-20, 2020, 95 % of the people will be mailed an invitation to the 2020 census. It can be completed on paper, by phone or by email.

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If you are in the 5% with a post office box, a census form will be hand delivered to your house and you can respond in one of the three modes you prefer.

Wednesday, April 1, 2020 Shutesbury will have a Census event. We will organize a celebration to encourage participation and to provide assistance so that Shutesbury's population will be fully counted and represented.

YOU make a significant difference when you participate in this once-in ten-years event. You count. Get counted. Don't miss it.

Questions?

Contact Susie Mosher, 259-1904
townclerk@shutesbry.org

Office hours:

Mon. 3 - 6 (except Holidays!)
Tues. & Fri. 8:30 - 12 noon
Wed. & Thurs. 8:30 - 10:30
Thurs. evening 5-7

Foot Care By Nurses

The Foot Clinic is now held on the **third Wednesday of each month** from 9 am to 12 noon. Next three months: Dec. 18, Jan. 15 and Feb. 19. Half-hour appointments include nail trim and massage. A donation of up to \$35.00 is appreciated. Call **259-3796** for more information and to schedule an appointment. Transportation is available through the Med-Ride program and home visits can be arranged if needed.

Med-Ride Program

The Shutesbury COA offers rides for medical and dental appointments for those over 55 who do not have transportation. This program is paid for by a grant from the Executive Office of Elder Affairs. The area covered is Franklin, Hampshire and Hampden counties, as well as Orange and Athol. Call the COA at **259-3796** and leave a message. Two weeks notice is appreciated.

Monthly Community Potluck Lunch

Held the first Tuesday of the month from 12-1pm in the Senior Lounge. Lunches for the next few months will be Dec. 3, Jan. 7 and Feb. 4.

Fitness Classes

In collaboration with the COA, the M.N.Spear Library offers free drop-in classes in yoga and strength foundations training. This fall there has been a gentle yoga class every Wednesday at 9, followed by chair yoga at 10:15. On Tuesdays at 9 and Saturday at 10 strength foundations classes are offered. These are held at Town Hall. Please refer to the library website (google.com/site/mnspearmemoriallibrary) for updated information on the winter schedule.

Home Modification Program (HMLP)

Do you have a disability or a need to make changes to your home in order to stay there safely as you age? There are loans available from the Community Economic Development Assistance Corporation (CEDAC). Both home owners and landlords with fewer

than 10 units may be eligible for up to \$50,000 for projects including ramps, lifts, bathroom and kitchen adaptations, widening doors and other projects. Loans do not need to be paid until the property is sold. Since 2000, more than 3,000 household have been helped by these loans. If you think you might need this kind of help, wouldn't you like to be one of the recipients of this program?

For more information and a brief video on the loan process, visit cedac.org/hmpl. Contact Susan Gillam sgillam@cedac.org or call 1-800-500-5599

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## ***Village Neighbors***

For those who may be new to town, ***Village Neighbors*** is a volunteer group working together to help those of us over 60 to stay in our homes as we age. Volunteers are available to help with transportation, household tasks such as changing smoke alarm batteries, technical support, and home visits. For more information go to [villageneighbors.org](http://villageneighbors.org) or call 413-345-6894.

## **Free TV and Streaming Options from MN Spear Library**

If you have a valid library card, you can access two streaming services through the library: **Kanopy** and **Hoopla**. To get started, click on this link:

**<https://sites.google.com/site/mnspearmemoriallibrary/digital-media>**. Streaming is also available through the Boston Public Library (BPL). All residents of MA can apply for a BPL eCard to access online resources.

**Call or email the library: 259-1213  
[library.director@shutesbury.org](mailto:library.director@shutesbury.org)**

## **Council on Aging**

**Linda Avis Scott and JoAnn  
Bernhard, Co-Chairs**

**Melissa Makepeace-O'Neil**

**Susan Millinger, Secretary**

**David Wheeler**

**Janis Gray**

**Susan Gomberg**

Monthly meetings are the 2nd  
Wednesday of the month

5:30pm at Town Hall

Contact: **Phone 259-3796**

**P.O. Box 276, Shutesbury, MA**

**01072 [coa@shutesbury.org](mailto:coa@shutesbury.org)**

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