

# Russell Reminder

Russell Council on Aging & Town News

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

## May 2024 Happenings

### COA BOARD MEETING

The next COA Board meeting will take place on Thursday, May 9. Meetings are held on the second Thursday of every month at 10 am in the Community Room at the Russell Senior Center. The Center is located on the second floor of Town Hall. All are welcome!

The Town Hall elevator provides easy access to Town offices and the Senior Center.

Although COVID-19 restrictions have been lifted, some folks may wish to mask up when indoors or in crowded places especially if they have a weakened immune system, are at risk for severe disease, or have an underlying medical condition. The choice is yours. If you have any questions regarding the status of an activity or event sponsored by the Senior Center or Council on Aging, please check the calendar on page 2 of this publication, give us a call or visit us on Facebook.



**COA Hosts Annual Picnic at Strathmore Park**  
On Monday, June 10, the Russell Council on Aging will celebrate the arrival of summer with a **FREE** picnic at Strathmore Park. The annual event is open to all seniors (age 60 and over) from the Russell and Montgomery communities. The fun begins at 11:30 am starting with a delicious summertime meal prepared on the grill. As an added bonus, entertainer David Maloof will once again be performing live under the pavilion. If you have not yet had the pleasure of attending one of his programs, you are in for a treat. Mr. Maloof will be performing live music on vocals, keyboard, and ukulele. His appearance at the picnic is made possible by a grant from the MassCultural Council and the Russell Cultural Council.

There is no cost to attend the picnic, but reservations are required. If you would like to attend, please call the COA at 862-6205 by Wednesday, June 5, to let us know you will be coming. You can also sign up at the Russell Senior Center. We hope to see you there!

**Note: The picnic will be held rain or shine.**

### TOWN OF RUSSELL Political Calendar: May/June 2024

|                      |  |
|----------------------|--|
| May 6<br>(Monday)    | Last Day for Filing Nomination Papers with the Board of Registrars for Town Election DEADLINE: 5 pm                    |
| May 8<br>(Wednesday) | Last Date to Fill Vacancies Caused by Withdrawals  |
| May 20<br>(Monday)   | Last Day for Registrars to File Certified Nominations with Town Clerk  |
| May 21<br>(Tuesday)  | Last Day for Registration of Voters for Annual Town Election and Town Meeting<br>Russell Town Hall, 5:30 pm to 7:30 pm |
| May 27<br>(Monday)   | Last Date for Public Notice of Town Election Warrant   |
| June 3<br>(Monday)   | Annual Town Election<br>Town Hall, 12 pm to 8 pm   |
| June 10<br>(Monday)  | Annual Town Meeting (Business Portion)<br>Russell Elementary School, 7 pm  |

### ***Russell Memorial Day Parade & Ceremonies***

On Monday, May 27, the public is invited to take part in the town's annual Memorial Day Parade & Ceremonies. The parade starts at the Russell Fire Station on Main Street at 3 pm. Participants will march down Main Street to Route 20, turn left onto Route 20, then left again onto Old Westfield Road, stopping for a brief service at the cemetery. After the service, the parade will continue back to Main Street for the main ceremony.

Light refreshments will be available following the ceremony. Questions may be directed to Ruth Kennedy @ 564-4824.

# COA Calendar of Events — May 2024

| Sunday | Monday   | Tuesday  | Wednesday   | Thursday   | Friday          | Saturday |
|--------|--|--|---|--|-----------------|----------|
|        |  |  | 1   | 2  | 3               |          |
|        |  |  | 1 pm—Card Club & Open House   | 11:45 am — Highland Valley Lunches<br><br>**No Chair Yoga**                                  |                 |          |
|        | 6  | 7  | 8   | 9  | 10              |          |
|        | 10 am—Quilting   | 10 am — Hearing Clinic<br><br>11:45 am — Highland Valley Lunches<br><br>1-2 pm —Senior Cardio                      | 11 am — Veterans Corner Coffee Hour<br><br>1 pm—Card Club & Open House<br><br> | 10 am — COA Board Meeting<br><br>11:45 am — Highland Valley Lunches<br><br>1-2 pm Chair Yoga |                 |          |
|        | 13   | 14   | 15  | 16   | 17              |          |
|        | 10 am — Quilting<br><br>4:30 pm—Dementia Presentation  | 11:45 am—Highland Valley Lunches<br><br>1-2 pm— Senior Cardio  | 1 pm—Card Club & Open House   | 11:45 am—Highland Valley Lunches<br><br>1-2 pm Chair Yoga                                    | 10 am—Brown Bag |          |
|        | 20   | 21   | 22  | 23   | 24              |          |
|        | 10 am — Quilting   | 11:45 am—Highland Valley Lunches<br><br>1-2 pm— Senior Cardio  | 1 pm—Card Club & Open House   | 11:45 am—Highland Valley Lunches<br><br>1-2 pm Chair Yoga                                    |                 |          |
|        | 27   | 28   | 29  | 30   |                 |          |
|        | <br><br>**All Town Offices Closed** | 11:30 am—12:30 pm— Senator Velis' Office Hour<br><br>11:45 am—Highland Valley Lunches<br><br>1-2 pm— Senior Cardio | 1 pm—Card Club & Open House   | 11:45 am—Highland Valley Lunches<br><br>1-2 pm Chair Yoga                                    |                 |          |

## What's for Lunch at the Russell COA

Highland Valley Elder Services is a private, non-profit organization serving senior citizens in 24 communities in Hampshire and Hampden County. Locally, the organization partners with the Russell Council on Aging to ensure that the nutritional needs of town residents age 60 and older are addressed. Access to Highland Valley's community dining and *Take and Eat* programs are available through the Russell COA. Meals are delivered to the Senior Center on Tuesday and Thursday each week.

Printed copies of this month's menu options are available in the community room at the Russell Senior Center and posted on the COA's Facebook page. Curbside meals can be picked up starting at 11:45 am. Indoor dining takes place at noon. While there is no charge for the meal, a \$3 donation is suggested.

To reserve a meal, call the Russell COA @ 862-6217 two days before the lunch service day.

### May 2024

|               |   |
|---------------|---|
| Thurs, May 2  | Vegetable Turkey Soup <i>or</i> Breaded Chicken Bites; French Bread; Green Beans; Pudding w/Topping                         |
| Tues, May 7   | Chicken Caesar Salad <i>or</i> Tuna Salad; Corn Bread; Three Bean Salad; Pineapple  |
| Thurs, May 9  | Meatloaf & Gravy <i>or</i> Turkey & Gravy; Roasted Potatoes; Asparagus; Dinner Roll; Pear                                   |
| Tues, May 14  | Baked Ziti <i>or</i> Pulled Pork; Bun; Baked Beans; Spinach; Fresh Fruit  |
| Thurs, May 16 | Baked Ziti <i>or</i> Chicken a la King; Mashed Potatoes; Mediterranean Zucchini & Mushrooms; Dinner Roll; Gelatin w/Topping |
| Tues, May 21  | Tuna Salad <i>or</i> Chicken Salad; Oat Bread; Tomato & Cucumber Salad; Coleslaw; Fruit Crisp                               |
| Thurs, May 23 | Mushroom & Onion Quiche <i>or</i> Bean & Vegetable Chili; Pumppernickel Bread; Roasted Potato; Broccoli; Fresh Fruit        |
| Tues, May 28  | Broccoli & Cheese Chicken <i>or</i> Sloppy Joes; Bun; Green Peas; Carrots; Pineapple  |
| Thurs, May 30 | Broccoli & Cheese Chicken <i>or</i> Kielbasa; Lazy Pierogi; Green Beans; Sweet Potatoes; Fresh Fruit                        |

**Planning Board** will meet on Tuesday, May 14 in Town Hall, at 6 pm.

**Select Board** will meet on Tuesday, May 14 and 28 at 6 pm, in Town Hall. All are welcome!

**Council on Aging** Board Meeting will take place on Thursday, May 9 in the Senior Center @ Town Hall.

**COA Annual Picnic**, Monday, June 10, Strathmore Park, 11:30 am.



## Important Contact Numbers

- **Russell COA:** 413-862-6217
- **FRTA Van:** 413-774-2262
- **Hilltown Social Services:** 413-667-2203
- **Russell COA Coordinator, Carrie Florek:** 413-862-6217
- **Russell COA Board Members** Dale Oleksak, Chair; Lorrie Bean; Illyd Fernadez; Shelley Messenger; and Ron Senecal.
- **HCAA Hilltown Plus Program:** 413-875-5781
- **Russell's Veterans Agent:** 413-726-9782
- **Highland Valley Elder Services:** (800) 322-0551 or (413) 586-2000. To report Elder Abuse 24 hours a day, 7 days a week: (800) 922-2275

### ***COA Hosts Wellness Classes***

The Russell Council on Aging is committed to serving the wellness needs of the community. As part of that commitment, the COA provides access to a variety of programs designed to enhance the health and well-being of our residents. Adults of all ages are welcome to attend.

**Low Impact Cardio Workout for Seniors** meets at the Center on Tuesday, from 1pm to 2 pm. The fee is \$5 per session.

**Chair Yoga** meets Thursday afternoon from 1pm to 2 pm. The fee is \$5 per session.

Also, the exercise room at the Russell Senior Center remains available for your use anytime the Center is open. The room features a recumbent bike as well as a treadmill. Please call 862-6217 with any questions.

### ***Hearing Clinic***



The next New Ears Affordable Hearing Care Clinic will take place at 10 am on Tuesday, May 7.

Gary Winn, a licensed Hearing Instrument Specialist, and owner of New Ears, Affordable Hearing Care, will conduct a free hearing clinic. He will check ears for wax build-up, perform hearing screenings, and counsel people about hearing loss. Hearing aids will be cleaned and adjusted if possible.

The Russell COA invites residents from Russell and surrounding towns to benefit from this service.

Appointments are at half hour intervals. Call 862-6217 and leave a message by Sunday, May 5, for preferred appointment time. *Please note, if no appointments are made, the hearing clinic will be canceled until the following month.*

### ***Veterans Corner Open House***



The Russell COA invites area veterans to share coffee and donuts with friends at 11 am, Wednesday, May 8, at the Russell Senior Center. The Veterans Corner Open House & Coffee Hour is held at 11 am on the second Wednesday of each month. We hope to see you there.

### ***Quilting Workshop***

COA Quilters meet every Monday morning from 10 am to noon in the Russell Senior Center. A special workshop supported by the MassCultural Council and Russell Cultural Council takes place in June.

## ***A Reminder from the Office of the Town Clerk: Dog License Requirement***

Veterinarians administering Rabies vaccines provide owner names, physical addresses and all specific information regarding canine patients to Town Officials of the municipality that the owner resides in.

Town of Russell's General By-Laws provide:  
Article 7 – Regulations for Keeping of Dogs and Other Animals



### Section 5. Fees and Fines:

- b) Any person who fails to obtain a license in accordance with Section 3 above shall be subject to a late fine of five (\$5.00) dollars per dog. Any person who fails to pay a late fine and license a dog by December 1, will be fined twenty-five (\$25.00) per dog in addition to the regular licensing fee. Failure to license any dog may result in court action. Please visit the Russell Town Clerk's office to license your dog and avoid late fees and penalties.



### ***Town Beach Attendant Wanted***

Looking for an easy part-time summer job on a beach? The Russell Recreation Committee is looking for Russell Pond Attendants. If interested, contact Illyd Fernandez for more information. Call 413-862-4747 and leave a message. We will return your call if you leave a brief message that includes your name and phone number.

\*\*\* Please remember to return your completed town census form. If you did not receive a town census for your household, please contact the Town Clerk's office at [TownClerk@townofrussell.us](mailto:TownClerk@townofrussell.us). Failure to return the 2024 census will result in your voter status becoming inactive. \*\*\*

***Need a ride to a Senior Center event?*** If you need a ride to an event at the Russell Senior Center, please call 413-862-6217.

### ***From the Mouth of Babes:***

Q. What is the proper age to get married?

A. "Once I'm done with kindergarten, I'm going to find me a wife." *Tom, age 5*

### **DEMENTIA AND THE 5 SENSES PRESENTATION**

BROUGHT TO YOU BY:

#### **WESTERN HAMPDEN COUNTY PUBLIC HEALTH DISTRICT**

When you think about dementia, what comes to mind...for most people it is memory loss. Founder of Our Dementia Life, Laura Lavoie, will be here to talk with you about how all five senses are affected by the disease, and how memory is just one small part. You will find a better understanding of and a better way to communicate with your loved ones after this session. Building on the relationship and what remains, rather than focusing on what is missing.

Laura is also an Independent Contractor who works directly with Teepa Snow as a mentor, teaching others how to become trainers, consultants, coaches, Engagement Leaders and Champions for Dementia.

**DATE: May 13, 2024 @ 4:30 PM.**

**WHERE: RUSSELL COA**  
65 Main St, Russell, MA  
**Open to All**

**Please register to let us know you are attending:**

- Sign up with Carrie at the COA

OR

- Call 413-361-8069 and leave a [message](#)



**FAIR FRIDAY MAY 3<sup>rd</sup> 10AM - 3:00PM**  
**BLANDFORD TOWN HALL AUDITORIUM**

#### **Some of our vendors include:**

Western Hampden County Public Health Department  
Alzheimer's Association  
Blandford BOH, COA, FD, and Library  
Blandford Police doing Medication Take Back  
Clearview Health and Wellness  
Franklin Regional Transit Authority  
Highland Valley Elder Services  
Hilltown Ambulance  
Hilltown Community Health Center  
Hilltown Domestic Violence Prevention  
Huntington Food Bank  
It Takes a Village  
Office of Consumer Information  
All-Natural Reiki  
SHINE Program Representative  
Southwick Big Y  
Western MA RD with the Smoothie Bike

**Free Admission!** Please consider bringing a non-perishable food or toiletry item for donation to the Huntington Food Pantry

\*\*\* For seniors in Blandford, Russell, Montgomery, and Southwick who need transportation to the fair, please contact FRTA at:

**413-774-2262 Ext 105**



Happy May, Everyone!

In April, right here at Russell COA, my staff and I hosted a round table about substance use disorders and overdose prevention. Alongside those in recovery, healthcare providers, and my fellow legislators, we discussed why our rural communities are disproportionately seeing higher rates of overdoses compared to urban communities across the Commonwealth. As Senate Chair for the Joint Committee on Mental Health, Substance Use, and Recovery, it's roundtables like these where we hear from a variety of stakeholders affected by this crisis that allow my fellow legislators and I to craft policy that is both effective and equitable. I'd like to extend a big thank you to all who joined and the Russell COA for lending us their space.



Every month right here at the Russell COA, my team holds office hours; it's a great opportunity to share questions, concerns, or just drop by to say hello. This month, we will be here on May 28 from 11:30 am to 12:30 pm and back again on June 25 at the same time. As a reminder my office and I hold these office hours every fourth Tuesday of the month from 11:30 am to 12:30 pm. Should you be unable to make our office hours or need assistance sooner, please do not hesitate to reach out to my office. I can be reached at my email: [john.velis@masenate.gov](mailto:john.velis@masenate.gov) or by phone: (413) 572-3920 and you can find me online at [senatorjohnvelis.com](http://senatorjohnvelis.com) where you can also sign up for my newsletter!

Best,

*Senator John Velis*

### ***This month at the Russell Public Library***

**Kids of all ages**, in celebration of Kids Book Week (May 6-12) come to the library at any time from 7 pm on Wednesday, May 8, dressed as your favorite story character, decorate and eat a bookish snack, take a book out and win a prize.

**Adults, join us for a presentation** by Steven Victor Cormier on his book, *Life and Times of Parley B. Hutchins, the mystery continues...* Saturday, May 11, from 2 pm to 4 pm. Hear about Huntington resident Parley B. Hutchins' unsolved murder in the 1800's and the mystery that persists into modern time. Register by email [rpldirector@townofrussell.us](mailto:rpldirector@townofrussell.us), call 413-862-6221 and leave a message, or come in and sign up at the Library, by May 9.



### ***Veterans Corner Open House & Coffee Hour***

*April's Veterans Corner Open House included conversations and shared experiences. The open house with coffee and doughnuts will be held on the second Wednesday of each month at 11 am at the Russell Senior Center.*

### ***Real Estate Taxes Due!***

Second half 2024 Real Estate bills have been issued. The due date is 30 days from the issue date shown on the bill. Payments can be made on-line through the Town of Russell website ([www.townofrussell.us](http://www.townofrussell.us)), by mail, or in person during normal Collector's hours. Please remember that all past due utility balances have been added to your Real Estate bill.



### ***2024 Easter Egg Hunt***

*The cool March winds couldn't keep the smiles off the faces of these young town residents as they gathered on the grounds of the former Russell Elementary School for the Town's annual Easter Egg Hunt. The March 30 event was sponsored by the Russell Recreation Committee.*

*Afterwards, the youngsters had a chance to have their photo taken with the Easter Bunny.*

### ***Thank you!***

The Russell Public Library would like to thank everyone who joined us for Russell History, with Bruce Cortis on March 16. This was the library's most successful event to date. The library appreciates Bruce's knowledge on all things Russell and the work of Sue Maxwell in preparing the Russell History Room opening for this event.

### ***Get your Town of Russell Trash Tags Now***

Trash Tags are available through the Collector's Office. They may be purchased in person or by mail. Trash Tags are \$20 for 25 tags. ONE tag is required for EACH 32 gallon trash bag. For your convenience, we have included a Trash Tag order form below.

#### **Town Of Russell, Massachusetts 01071**

#### **Trash Tag Request**

Please complete this form and include a check  
or money order (Payable to Town of Russell) with this form to:

Name: \_\_\_\_\_

Street Address or PO Box: \_\_\_\_\_

Russell, MA 01071

25 Trash Tags  
for \$20.00  
One Tag per 32  
gallon trash bag!

2024 Hang Tag # Required

Town Of Russell  
PO Box 407  
Russell, MA 01071  
Attn: Wendy

**Please print legibly- This will be used for return mailing!**





**Russell Council on Aging**

**P.O. Box 407**

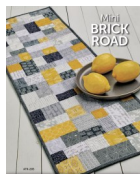
**Russell, MA 01071**

PRSRT STD  
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### ***Register Now for FREE Table Runner Workshop***

The Russell Cultural Council and the Mass Cultural Council recently awarded a grant to town resident Dale Oleksak to lead a FREE sewing workshop designed to introduce community members to the joy of quilting.



Using supplied materials, participants will make a colorful table runner using a variation of the “Mini Brick Road” pattern by Atkinson Designs. The workshop will be held in the Community Room of the Russell Senior Center and will meet Monday mornings over a three-week period. The class will take place from 10 am to 12 noon on June 17; June 24 and July 8.

Sewing machines will be available for use as well as a limited number of rotary cutters and cutting mats. Participants are welcome to bring their own machines and tools if desired. *They should bring their own flathead sewing pins, a seam ripper (mistakes do happen!), and trimming tools (acrylic rulers specifically made for rotary cutting).* Pattern, fabric, thread and cotton batting will be provided.

Class size is limited to a **maximum of 6 participants**. Register by May 24 @ 862-6217. Please leave your **name, phone number and email to receive confirmation.**

