



# Council on Aging

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Sandisfield Town Hall Annex  
Route 57 / 66 Sandisfield Rd.  
Sandisfield, MA 01255

Phone: Linda 258-4816  
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Website:  
<https://www.sandisfieldma.gov/council-aging>

**COA**

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The Council on Aging, COA, is a community group for area residents. We offer social activities and health services for the elder citizens of Sandisfield. The COA gathers on Wednesdays, 11am – 2pm, in the ground floor of the Town Hall Annex. Lunch is enjoyed at noon. We offer activities and socialization. Special programs are frequently offered as well. Our board meeting is the first Wednesday of the month at 10am. (Transportation to meetings may be available for ambulatory residents if requested in advance.) Please join us.

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## **COA Services:**

### **Weekly:**

Social gathering: Wednesdays 11 - 2 , Town Hall Annex

Chair Yoga: Wednesdays 2 - 3pm, Town Hall Annex

Qigong: Mondays 11 - 12pm, Old Town Hall

### **Monthly:**

Blood Pressure Clinic: 4<sup>th</sup> Wednesday, 11am, Town Hall Annex

### **Quarterly:**

Foot Care Nurse Clinic, Town Hall Annex, (November, date to be announced)

### **Yearly:**

Flu Clinic (October)

**Seasonal:** Flower arrangement workshops with self-made arrangement to take home,  
(November, date to be announced)

### **Additional Services:**

Volunteer drivers available on Tuesdays, for ambulatory residents, to doctor's appointments and errands, to distances as far as Pittsfield and Hartford.

Farmers' market coupons

Special events and day trips, (to be announced)

### **Additional Programs and Services**

#### **Sandisfield FY18 Housing Rehabilitation Project:**

The funding is provided by the Massachusetts Department of Housing and Community Development and would provide **0% interest, deferred, forgivable loan up to \$40,000** to make critical repairs to your home. Funds for low to moderate income homeowners for home repairs are available. For details visit the website **[https://www.sandisfield.gov/sites/sandisfieldma/files/fy19\\_monterey\\_housing\\_rehabilitation\\_application.pdf](https://www.sandisfield.gov/sites/sandisfieldma/files/fy19_monterey_housing_rehabilitation_application.pdf)** If you are interested in learning more or participating in the program please call Dawn Lemon at **413.645-3448** or email **dawn@theresource.org**.

#### **SBET, Southern Berkshire Elderly Transportation Services:**

SBET provides transportation services for people age 55 and up, or at any age with a disability who are unable to transport themselves. Door to door service is provided, along with personal assistance required for the trip. (A 24 hour minimal advance notice is required, as well as a \$10-15 round trip fee, depending on the distance of the trip, plus \$2 for each additional stop). For more information call SBETC at **413-528-4773**.

#### **Elder Services of Berkshire County, (ESBC):**

ESBC offers help in getting into programs assisting elders, individuals with disabilities, and their families, in accessing a comprehensive range of services that support older adults and individuals with disabilities so that they can maintain well-being and independence in the community. Some of the services available include: homecare services, meals-on-wheels, information on senior health insurance and employment, protective services, prescription drug programs and insurance, senior dining centers, money management help, options counseling, caregiver support, respite care, and more. For further information, contact Elder Services at **1-413-499-0524**, or, **1-800-544-5242**, or visit their website **<http://www.esbci.org>**.

#### **Community Legal Aid:**

Provides free civil (noncriminal) help to low income households and the elderly living in western MA. Apply for legal aid by telephoning **1-413-499-1950**. Or online at **<http://www.communitylegal.org/apply-online>**

#### **Volunteers in Medicine:**

Offers the healthcare services of volunteer clinicians, including dentists, dental hygienists, doctors, nurses and nurse practitioners, acupuncturists, massage therapists and nutrition counselors. Services are available for anyone that is of low income, uninsured, or underinsured. For more information call **1-413-528-4014**, or visit website: **<https://vimberkshires.org>**

#### **Porchlight VNA:**

Porchlight provides short and long term home health care, including nursing, rehabilitative, personal, and companion home care and live-in services. (These are paid for services, payable privately, through long term insurance coverage, VA, funded programs through Elder Services, or within income eligibility guidelines.) For more information call **1-413-243-2440** or visit website **<http://porchlighthomecare.org>**

