

Villages Update

The Newsletter of Villages of the Berkshires, Inc.

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www.villagesoftheberkshires.org

Be Kind, Be Well, Be Safe
Newsletter



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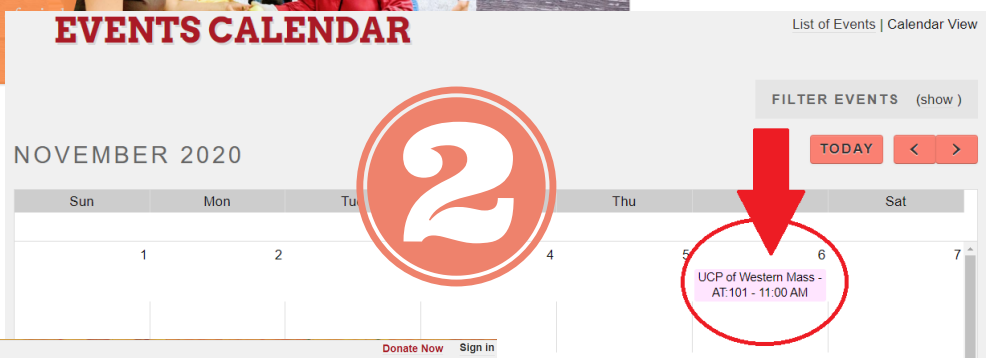
WEBSITE UPDATES

Easy to use registration for EVENTS.

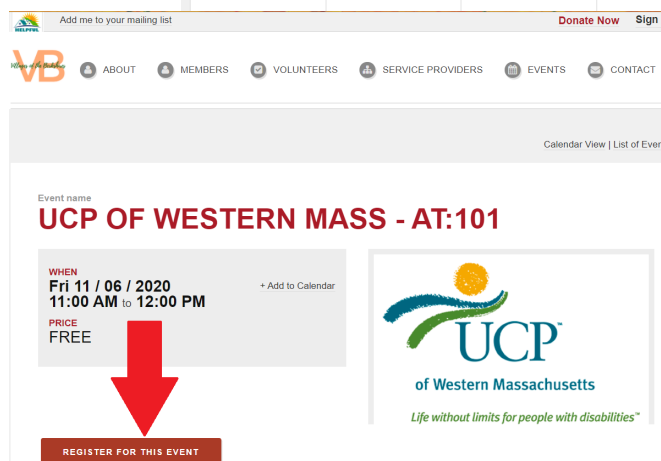
1



2



3



JOIN US

Upcoming Events for the VoB

NOVEMBER 2020



THU 11 / 05 / 2020 AT 11:00 AM
VOB NOVEMBER MEMBER & VOLUNTEER MEETING
 Village Event
 Members and Volunteers
 RSVP required

Thursday
05



FRI 11 / 06 / 2020 AT 11:00 AM
UCP OF WESTERN MASS - AT (ASSISTIVE TECHNOLOGY):101
 Village Event
 Open to all
 RSVP required

Friday
06



FRI 11 / 06 / 2020 AT 5:30 PM
SHINE WEBINAR SCHEDULE - INFO REGARDING MEDICARE
 Educational Event
 Open to all
 No RSVP required

Friday
06



MON 11 / 09 / 2020 AT 2:00 PM
YOGA FOR HEALTHY AGING
 Village Event
 Members and Volunteers
 RSVP required

Monday
09



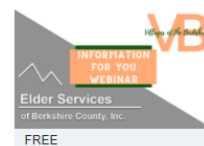
SUN 11 / 15 / 2020 AT 4:00 PM
MA VILLAGES CONSORTIUM OFFERING
 Village Event
 Open to all
 RSVP required

Sunday
15



WED 11 / 18 / 2020 AT 11:00 AM
VOB INFORMATION SESSION
 Member Services Committee
 Open to all
 RSVP required

Wednesday
18



WED 11 / 18 / 2020 AT 12:00 PM
SHINE WEBINAR SCHEDULE - INFO REGARDING MEDICARE
 Educational Event
 Open to all
 No RSVP required

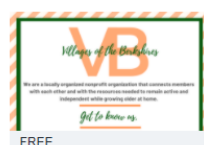
Wednesday
18

DECEMBER 2020



FRI 12 / 04 / 2020 AT 5:30 PM
SHINE WEBINAR SCHEDULE - INFO REGARDING MEDICARE
 Educational Event
 Open to all
 No RSVP required

Friday
04



WED 12 / 16 / 2020 AT 11:00 AM
VOB INFORMATION SESSION
 Member Services Committee
 Open to all
 RSVP required

Wednesday
16



WED 12 / 16 / 2020 AT 12:00 PM
SHINE WEBINAR SCHEDULE - INFO REGARDING MEDICARE
 Educational Event
 Open to all
 No RSVP required

Wednesday
16



Stephen Hager, Volunteer Coordinator

Dear Friends,

I am so grateful to be a part of this new organization with such an important and needed mission to serve our community. As Volunteer Coordinator, I look forward to meeting and working with you all as we help to grow and strengthen our village together. Whether you're a volunteer looking to share your time and talents, a member needing advice or assistance, or a community member curious about what we're all about, I encourage you to be in touch with me anytime by emailing stephen@villagesoftheberkshires.org or calling 413-327-4404.

I was born here in Pittsfield and grew up hiking, biking, and skiing the local trails while working in health and fitness facilities in the Berkshires, including Berkshire West Athletic Club, Kripalu Yoga Center, and Kilpatrick Athletic Center, specializing in member and customer service and officemanagement. While working at Kilpatrick on the campus of Bard College at Simon's Rock, I earned my associate's degree and bachelor's degree in electronic media and the arts with a focus on music, film, and theater. I then worked at Mount Holyoke College Art Museum as a Senior Administrative Assistant before developing and teaching a music program for 355 students from grades 1-6 in Karachi, Pakistan for a year. I am also Chorister Services Director for Berkshire Choral International, based in Great Barrington.

I am concerned and aware of how COVID-19 presents new challenges for us as we seek safe ways to support each other in this time, but I will be in touch regularly about volunteer opportunities and training as we safely navigate our progress, through virtual meetings and by following protocol for social distancing, use of personal protective equipment, and disinfection.

I have recently met with staff at Berkshire Community College regarding our collaborative student service learning program and I will soon meet with other staff at the Osher Lifelong Learning Institute at BCC. As all of these parts of Villages of the Berkshires come together, we will lay the groundwork for a supportive, helpful, knowledgeable, friendly, and kind community, with all of us holding the center.

Thank you for your support of this wonderful project and I hope to see you soon.

Be well,

Stephen Hager

Current Members and Volunteers
get to know Stephen at our
Nov. 5th meeting.
REGISTER NOW

Vob is excited to announce our socially distant activity - The 6FT Stroll. We gather when the weather is good. Will you join us?

Stroll : About a mile at a slow pace on even paths or sidewalks. Frequent stops. A way to get outside and meet others. Socially-distanced outing. Lead by volunteers. Open to Active Volunteers and Members.

Vob
Villages of the Berkshires



Walk: A 2-2.5 mile outing at a moderate pace on paths. Less frequent stops. A way to get outside and meet others. Socially-distanced outing. Lead by volunteers and open to all Active Volunteers and Members.

Why 6 Foot? We are creating Covid compliant activities.
"Stroll" is subjective.
www.villagesoftheberkshires.org

Login and register for the event or request a service. Or email us:
info@villagesoftheberkshires.org

Walking Partner : A one-on-one walking buddy to get you outside at exploring your own pace. Distance and location determined by participants. Volunteer coordinates with Member.





6FT Stroll, The Mount

10/22/2020



Come learn about this excellent resource in the Berkshires. Right here in our community we have a fantastic way to aid people with Assistive Technology.

Join us for this webinar as Sal Garozzo, Executive Director describes and illustrates all of the ways UCP of Western MA can benefit you. AT (Assistive Technology) tools help people gain access in school, at work and at home. Finding the right device levels the playing field, whether it's for mobility, low vision, speech or for any disability. The new technology that's out there today really is the great equalizer. Our AT Regional Center provides these tools for residents in Western MA, for FREE.

REGISTER



Some examples of the programs Sal will outline:

UCP's Re-Equipment Program is a collaborative durable medical equipment (DME) reuse program that offers FREE refurbished equipment and AT tools to adults, children and seniors without the hassle of paperwork, delays or insurance.

The Radio Reading Program provides FREE Radio Reading to visually impaired and print handicapped listeners: 365 days a year, 24/7.

VB #GIVING
Villages of the Berkshires TUESDAY

December 1, 2020

**Mark your calendars
and think of us.**

Thank you!

**WATCH
NOW**

We recorded it for you.

VB and **The Berkshire Eagle**
Villages of the Berkshires present

**DIGITAL
SHOWCASE
THE EAGLE ONLINE**

Everything from the website to the e-Edition, including:

- How to login & manage your account
- How to navigate berkshireeagle.com
- How to take advantage of the features in e-Edition



NOTEBOOK


STORIES OF OUR VOLUNTEERS
AND MEMBERS GETTING TOGETHER

Wondering why Villages? It's the little bit of help that makes you feel like living at home is a good idea.

Carolyn, Valerie just gave me an hour of her time (more with driving roundtrip), and I'm delighted to report that my first experience with asking for and getting help from a Villages volunteer was both pleasant and productive. It was lovely walking around the acre and exchanging thoughts with Valerie. Because of her openness, I have a better sense of what I'll need professional help with (an arrangement of flowering bushes that have stopped flowering), where the grass might be reduced, and how to save time and energy in getting raised beds ready for fall and then in dealing with the beds again next spring. I think it's fair to say that Valerie and I enjoyed each other's company and will connect again socially. Thanks, Carolyn, for intervening and making the Villages volunteer system work. I hope I can help someone someday too. Have a good weekend, Fran

Thank you so much for pairing me up with Fran. It worked out so well to visit with her on this beautiful Berkshire fall day. She summed up our time together quite nicely. I enjoyed seeing all of the interesting plants and trees on her property, many of which were new to me. I wasn't able to give her great advice on why the grass has died in the one large patch, but we talked about some possible solutions. I was impressed with her vegetable garden area. I invited her to come visit us sometime, so that she can see our gardens. They are nothing special, but it is fun to share ideas. Besides, it will prompt me to get some more weeding done before she arrives! Thanks again, Valerie

www.villagesoftheberkshires.org



Fall is a wonderful time of year. Its great to take advantage of the good weather and knock off a few household projects before the winter.

Would you like help with some of these projects? Villages of the Berkshires maintains a helpful service provider list with member reviews. In addition, volunteers are willing to help with certain outdoor tasks with social distancing. Maybe you can do somethings by yourself but might want a hand with other projects. Think of Villages Volunteers as the modern-day neighbor and the “little bit of help” that you need to change seasons.

Getting ready for season transitions:

- Unhook and drain hoses before the freeze
- Stock up on eco-friendly salt for walks and driveways
- Have a chimney professional remove debris and install a screen
- Schedule your annual furnace checkup & replace filters
- Change smoke and carbon monoxide alarm batteries when you set back your clock
- Organize and sweep your garage to avoid tripping over clutter
- Recycle old papers to avoid fire hazards
- Add locks to your shed to protect valuable power tools
- Stack some wood near your house for easy access

Fall Safety Risks: Driving hazards – watch out for deer and wet leaves. With the time change we need to adjust to earlier twilight and shorter day-light hours. Plan accordingly.

Current members – let us know how we can help.

Ready to become a member?

Info@villagesoftheberkshires.org 413-327-4404

Villages of the Berkshires maintains a database of service providers. We are always looking for recommendations for our listing pages. Right now we are especially interested in learning about local plumbers, painters, gutter & home cleaners. Let us know if you've had a good experience with a provider. [CONTACT US](#)

SHINE

Serving the Health Insurance Needs of Everyone

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs.

SHINE counselors hold regularly-scheduled sessions at Council on Aging sites throughout Berkshire County and are available to assist consumers via telephone. To make an appointment to speak with a SHINE counselor contact your local Council on Aging or call 413-499-0524 or 1-800-544-5242, and ask for the SHINE Program.

WEBINAR SCHEDULE

To listen only: Call 1-929-205-6099

ZOOM Meeting ID: 940 5751 9380 Passcode: 551316

General Community
Open Enrollment
Presentations (1 hr)
10-26-2020, Monday, 1pm
10-29-2020, Thursday, 1pm

Welcome to Medicare Seminars
(2 hours)
11-6-2020, Friday, 5:30 pm
11-18-2020, Wednesday, noon
12-4-2020, Friday, 5:30 pm
12-16-2020, Wednesday, noon



Webinar series found on our website under the
EVENTS TAB.

www.villagesoftheberkshires.org

*We are residents of the
Berkshires who are taking on
the mission of enabling people in
the Berkshires to age in their
own home by fostering
independence, a sense of
security, well-being, and a
meaningful life.*



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