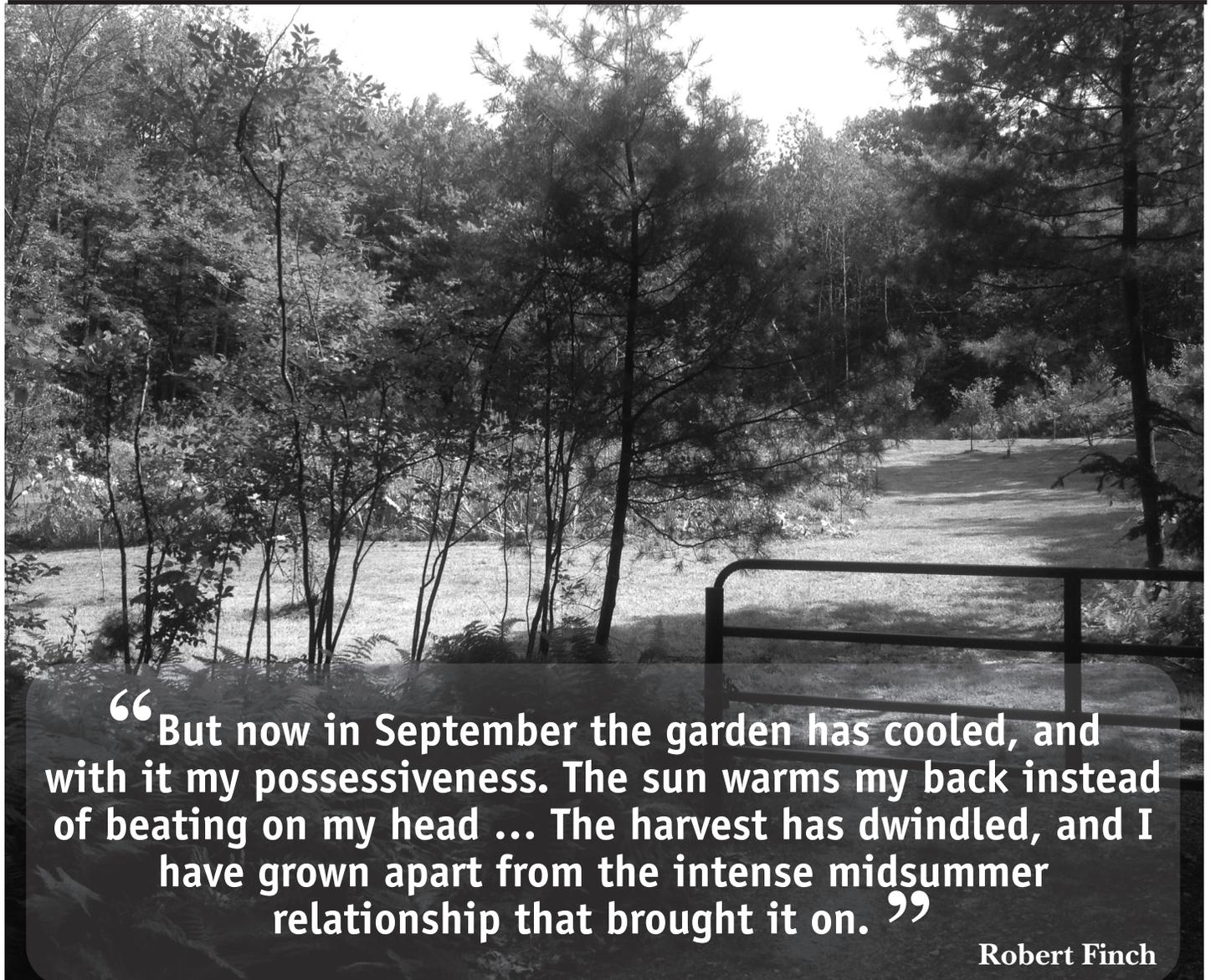


MONTGOMERY  
**MT** *Breeze*

September 2017  
Printed 8/28/17 Circulation 385

PUBLISHED BY THE MOUNTAIN BREEZE STAFF



“ But now in September the garden has cooled, and with it my possessiveness. The sun warms my back instead of beating on my head ... The harvest has dwindled, and I have grown apart from the intense midsummer relationship that brought it on. ”

Robert Finch

Get the Breeze days before the start of the month with e-mail delivery!!! No need to head for the mailbox when the same issue will arrive on your digital device. Get the feature articles and Calendar events ahead of the crowd. Sign up with your e-mail address at:

[montgomerymtbreeze@gmail.com](mailto:montgomerymtbreeze@gmail.com)

**Recycling News • MONTGOMERY BULK DROP-OFF • see inside**

## Important numbers

FIRE EMERGENCY 911  
 AMBULANCE 911  
 STATE POLICE 911  
 HIGHWAY DEPARTMENT 862-4037  
 GATEWAY HIGH SCHOOL 685-1102  
 GATEWAY MIDDLE SCHOOL 685-1202  
 GMS ATTENDANCE 685-1201  
 LITTLEVILLE ELEMENTARY 685-1301  
 TOWN HALL OFFICE 862-3386  
 FIRE DEPT 862-4505  
 FIRE CHIEF - STEVE FRYE 862-3670  
 TOWN CLERK - JUDY MURPHY 862-4478  
 POLICE DEPT 862-4545  
 ADMINISTRATIVE POLICE CHIEF -  
 PAULA CHAPMAN 862-4949  
 TAX COLLECTOR - JANE THIELEN 862-3386  
 ANIMAL CONTROL OFFICER -  
 PHIL CAMP 862-4976

SELECT BOARD:  
 DAN JACQUES 862-9001  
 WAYNE MORSE 862-4023  
 JACOB CHAPMAN 862-4949  
 Meetings for the Select Board are held at  
 7:00 p.m. every other Friday.

SCHOOL COMMITTEE:  
 MADELYN AUSTIN 862-4004  
 mrrrr@verizon.net

LIBRARY:  
 LIBRARIAN - PAULA LONG 862-3894  
 montgomerylibrary@yahoo.com  
 HOURS: Tuesday 10:00 a.m.-5:30 p.m. •  
 Thursday 4:00 p.m.-8:00 p.m. \* Saturday 9:30  
 a.m.-12:30 p.m.

BOARD OF ASSESSORS:  
 Meetings of the Board of Assessors are held  
 on the 1st & 3rd Wednesday of each month  
 from 8:00 p.m.-9:30 p.m. Please call 862-3386  
 for an appointment. Assessors' Clerk  
 hours 1st & 3rd Wednesdays of each month  
 from Noon - 4 PM

State Senator Don Humason:  
 64 Noble St., Westfield, MA 01085  
 (413) 568-1366  
 Donald.Humason@masenate.gov

State Representative Peter V. Kocot:  
 Rep.PeterKocot@hou.state.ma.us  
 (413) 582-6111

### MOUNTAIN BREEZE STAFF

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 lah Kidrick \* Paula Long \* Julie Pike \* Jane Thielen \*  
 montgomerymtbreeze@gmail.com

## September Calendar

Sept. 6 6:30 pm – Yoga – Town Hall  
 Sept. 6 Recycling day  
 Sept. 8 Noon – COA Annual Picnic– Town Hall  
 Sept. 8 7:00 pm – Select board Meeting –Town Hall  
 Sept. 13 6:30 pm – Yoga – Town Hall  
 Sept. 15 9:30–11:00 am – Osteoporosis Exercise – Town Hall  
 Sept. 16 9:00 – Noon – Collaborative Meeting –  
 Stanton Hall, Huntington.  
 Sept. 19 Recycling day  
 Sept. 20 6:30 pm – Yoga – Town Hall  
 Sept. 22 9:30–11:00 am – Osteoporosis Exercise – Town Hall  
 Sept. 22 7:00 pm – Select board Meeting –Town Hall  
 Sept. 26 10:00 am – COA Coffee Hour – Town Hall  
 Sept. 27 6:30 pm – Yoga – Town Hall  
 Sept. 29 9:30–11:00 am – Osteoporosis Exercise – Town Hall

### Paula L. Chapman

Administrative Chief of Police for the Town of Montgomery  
**OFFICE HOURS 6:30 PM TO 7:45 PM**

AUGUST 10TH  
 AUGUST 31ST

NOVEMBER 9TH  
 NOVEMBER 30TH

SEPTEMBER 14TH  
 SEPTEMBER 28TH

DECEMBER 14TH  
 DECEMBER 28TH

OCTOBER 12TH  
 OCTOBER 26TH

### MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾  
 page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾ page  
 and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads  
 must include the name of the payer.)

Ads: email (preferably pdf file) to montgomerymtbreeze@gmail.com, put  
 in the MB box at the Library, or mail to: **Montgomery Mountain Breeze,  
 c/o Grace Hall Memorial Library, 161 Main Road, Montgomery, MA  
 01085-9525.** Include your name and phone number. Payment must be re-  
 ceived by deadline date (usually on the 16th of the month) or ad will not  
 be run. No cash, please; make check payable to Montgomery Mountain  
 Breeze and put in the MB box at the Library, or mail to above address.

**Thanks for three great years up here and hope there are many more to come!**

**Welcome back Mountain Breeze readers. How did we go two months without the best paper in Montgomery?**

Thanks Tom and the delivery people for keeping it going.

Montgomery Grille is going into its fourth year and glad to be here. In the past three years I have learned some about Hilltown living. Here are a few:

**You better have good tires in the winter to stay out of the ditch.**

**If you are the only restaurant in town you have to be the best in town.**

**There is a dark side of the mountain were the snow never melts.**

**When it is time to make hay you better make hay and don't trust the weatherman. The weather up here is different than down there.**

**There is such a thing as Hilltown justice, so out-of-towners better start picking up after themselves.**

**Local politics can be entertaining.**

**Don't trust a GPS up here. The North Road up here is very different than one at the bottom of the hill.**

**My co workers make the place what it is. A home away from home and I will do my best to cook up some good grub.**

**If there weren't any farms there would be no farm girls.**

**You can get a fresh hot coffee and breakfast sandwich out the door for only \$4.00 american dollars if you don't mind a little razing from the early morning coffee drinkers.**



**Montgomery  
Grille**

AT THE MONTGOMERY MARKETPLACE

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5:30 am to 2:30 pm**

**Saturday and Sunday: 6:00 am to 2:30 pm  
Lunch starts 11:00 am**

*Closed Mondays & Tuesdays*

**SEPTEMBER BIRTHDAYS:**

Angela Bedor  
Caitlin Bedor  
Tanner Bush  
Jeff Cinelli  
Seth Cruickshank  
Jeff Houston  
Donna Hughes  
Rich Little  
Sheri Little Bucko  
Fern Monat  
Montgomery Moses  
Lynn Moulton  
Dinty Spencer  
Gerry Spencer, Jr.  
Matt Stevens

**SEPTEMBER ANNIVERSARIES**

Kathy & Jeff Cinelli  
Andrea & Nicholas Moses  
Marlene & Dale Stanisewski  
Carol & Jim Stevens

*Condolences to*

Gary and Donna Cranson, and Lynn and Gordon Moulton and their families on the passing of their mother and grandmother Emily Cranson on July 10 in Westfield.

Carol Nummy and Rob & Nancy Nummy on the loss of their son and brother Kurt Nummy on August 3 in Springfield

David S and Roberta Wolcott and family on the loss of David's father, David C. Wolcott on August 11 at home in Montgomery

Dennis and Karen Wassung on the loss of Dennis's mother Mary who passed away August 12 in Hadley.

**Recycling News MONTGOMERY BULK DROP-OFF**

**SATURDAY, OCTOBER 14, 2017  
8:00 AM TO 1:00 PM**

Available to Montgomery town residents – proof of residency, such as a license, may be requested. No trailer loads, please. Each household is allowed to bring up to five items – space permitting. (A few small items may equal one item.)

Restricted and banned items are listed below. Please refer to this list before bringing items to the drop – off.

**MONTGOMERY TOWN CENTER  
BEHIND HISTORICAL BUILDING AND CHURCH**

**\*\*\* Please Note – Appliances WITHOUT freon are ALLOWED \*\*\***

This is a volunteer effort. If you appreciate this service, please come to help for an hour or two. The organizers cannot carry the items into the dumpsters and are always looking for help. If you would like to help, or have any questions, please **Call Kate Griffen @ 862-0296**. Thank you for your cooperation.

**Roll Off Restricted Items List**

In order to ensure compliance with State and Federal Environmental Regulations, we are not permitted to accept the following items. Under no circumstances should they be placed in a container as trash or demolition.

- NO TIRES OF ANY KIND
- NO MATTRESSES/BOX SPRINGS
- NO COMPUTER MONITORS OR TV SETS
- NO ITEMS CONTAINING FREON  
(Examples: refrigerators, freezers, A/C, dehumidifiers)
- NO YARD WASTE
- NO LIQUID OF ANY KIND
- NO HAZARDOUS WASTE
- NO ASBESTOS MATERIALS
- NO BATTERIES

These items are banned and cannot be disposed of as general trash or demolition. If they are found to be in the container, a handling fee will be charged to remove and properly dispose of the item(s). The fee varies according to the item and is set by the disposal site.

- If you have any appliances (stove, washer, dryer, etc) to put in the container, we need those to be loaded in first, at the opposite end from the door.

Should you have questions on how to properly dispose of any waste, please contact our office at (413) 592-9411. Thank you for choosing Allied Waste we appreciate your business.



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413-592-9411



## Outside the bird feeder with Lori Conley

### NORTHERN MOCKINGBIRDS

These accomplished mimics are year-round residents in Massachusetts. Their loud, complex song creations can be heard in many a neighborhood and garden in spring and summer, but come winter mockingbirds adopt a lower profile.

Sheltering in thick tangles and foraging for berries and other soft fruits, northern mockingbirds are quieter but still present throughout the colder months.

### Identification

Mockingbirds have slender bodies, long tails, and short, straight bills. Bill to tail tip, an average individual measures 10".

Northern mockingbirds are mostly an unremarkable gray, with pale breasts and stomachs and dark wings. When a mockingbird flies, it reveals bright white patterns on the wings and tail that serve as excellent field marks.

A northern mockingbird's "song," often delivered from a branch tip, rooftop, fencepost, or other conspicuous perch, is composed of phrases mimicked from other birds, each repeated several times in quick succession. Other noises, like car alarms and cell phone rings, are also mimicked occasionally. A mockingbird with a large and diverse repertoire stands a better chance of impressing a mate.

### Behavior

During the breeding season, northern mockingbirds are easy to see, whether singing from a prominent perch or pugnaciously chasing off rivals and competitors. Mockingbirds hunting insects will run along the ground, occasionally pausing and half-raising their boldly patterned wings in an effort to startle insects into flight.

In the winter, mockingbirds often perch in evergreen shrubs or thick tangles that afford some protection from harsh weather, and their diet shifts to being dominated by berries and fruit.

### Night Singing

Mockingbirds are in the family, Mimidae, which means mimic or imitator. The mockingbird has been known to make the vocalizations of almost 40 birds, as well as a creaking door, barking dog and whistling mail carrier.

One of reasons people notice mockingbirds is because they are frequently heard singing in urban and suburban neighborhoods at night. The male virtuoso sings his repertoire anytime to attract a female. This behavior occurs during breeding season in late spring and early summer and usually lasts only two or three weeks at the most. Mockingbirds have two broods each season so the singing may start again in mid-summer for another brief period.

Other birds that can be vocal at night during breeding season include several common species of owls such as barred, great horned, screech, and saw-whet. Great horned owls can start night calling as early as February.

If the night singing is disrupting your sleep, you can use any type of white noise to drown out the sound of the mockingbird or purchase a pair of soft ear plugs.

### Status

After a remarkable increase and northward expansion in the latter half of the 20th century, northern mockingbird numbers seem to be settling toward a more moderate baseline level. Mockingbirds are widespread in Massachusetts, but most commonly encountered in the Connecticut River Valley and eastern Massachusetts.

<http://www.massaudubon.org>



Seen at this Summer's Library Reading Program is Toby Skuse and Montana Paradise.



Wing Masters Birds of Prey show is always interesting and informative.

# Encourage pollinators with these September tips

September is the month to:

- September is a great month to plant and transplant peonies.
- If annuals still look good, continue to deadhead and maintain the plants.
- To overwinter your coleus, root some cuttings and maintain indoors.
- Apples on the outside of the tree ripen before those on the inside.
- To get the most from potted mums, choose plants with plenty of unopened buds.
- Before bringing plants indoors, clean up and inspect for hitchhiking pests.

Pollinators, which include bees, hummingbirds, butterflies, beetles, bats and flies, help pollinate over 75 % of our flowering plants and nearly 75 % of our crops. Pollinators need our help. There is evidence that their numbers are in decline. There are simple things we can do at home to encourage pollinator diversity and abundance.

## GardenNews

by Chris Brown



Plant gardens that are pollinator friendly including some of the following plants: coneflower, bee balm, dahlias, cosmos, calendula, coreopsis, foxglove, thyme, chives, golden rod and so many more. The next thing we can do is avoid or limit pesticide use. Specifically Neonicotinoid insecticides, which have been implicated as a contributor to pollinator demise. Neonicotinoids include products with the active ingredient: acetamiprid, clothianidin, dinotefur, imidacloprid or thiamethoxam.

Read the label. Do not treat crops or plants in bloom. Also, provide nesting sites for the pollinators. Hummingbirds typically nest in trees or shrubs. Butterflies lay eggs on specific plant, such as the monarch and milk weed. If you have milk weed growing in your garden, leave it for the monarchs. Many bees nest in the ground or dry plant stems. The above are just some of the ways home gardeners can help protect our pollinator animals.

## GREEK CHICKEN SALAD LEMON-HERB DRESSING

3 cups shredded romaine lettuce  
2 cups chopped cooked chicken  
1 sm. cucumber, sliced  
2 tomatoes, cut into wedges  
¾ cup pitted kalamata olives  
2 sliced sweet red onion  
1 4oz. pkg. crumbled feta cheese

3 Tbsp. lemon juice  
½ cup olive oil  
1 Tbsp. chopped fresh mint  
1 Tbsp. chopped fresh oregano  
1 Tbsp. chopped fresh parsley  
½ tsp. salt  
½ tsp. pepper

Whisk together all ingredients for dressing until well blended and cover & chill. = ¾ cup. Combine 1st 6 ingredients for salad in a large bowl. Toss with dressing; top with feta. Serve with toasted pita bread triangles.

SEPTEMBER RECIPE

## Autumn bucket list for WMass region

Western Massachusetts is a glorious region to explore with family and friends in the fall as the leaves start to change and drop, and harvest festivals and seasonal traditions happen each weekend. Whether you're visiting the area, or are fortunate enough to live here year round, Western MA in the fall is one of the most beautiful places to be! Here's a few must see or must do family activities during the fall in Western MA, it's a great place to start.

"One of my favorite fall destinations in Western MA is the Berkshire Botanical Garden Harvest Festival in October. Lots of things to see and do for both adults and kids...food, crafts, games, white elephant and book sales...not to mention the gardens themselves! Very affordable too!"

"Go to Atkins Farms (Amherst) and get fresh hot apple cider and a bag of cider donuts. Eat a few donuts while sipping your hot cider, then hike to the top of Skinner Mountain and enjoy the rest of the bag as your reward."

"My favorite family autumn attraction is to visit Outlook Farm on Rte. 66 in Westhampton! They offer apple picking,

hay rides with horses, BBQ, ice cream, cider, pumpkins and even live music!

"Lakeview Orchards in Lanesboro. Apple picking, hayrides, and warm apple cider donuts. Along with great views."

"Okay, fall time is to have fun, so Mike's Corn Maze first in Sunderland, then off to Long Hollow Bison Farm in Hadley."

"Taking a leaf-peeping drive through The Quabbin..."

"I enjoy taking my family to Whitney's Farm pumpkin patch (Cheshire)! They have an amazing assortment of fall activities including haunted hay maze, pony rides, giant slide and of course pumpkin picking! My kids favorite time of year!"

"The Ashfield Fall Festival is one of the most memorable small town events in the Pioneer Valley. Arrive early and have pancakes and strong coffee at Elmer's, then step out and enjoy all that the town has to offer."



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(Hi to Scott and my co workers at the Grille)

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# A day of enlightenment planned at Shaker Village

Summer's winding down, so now we're looking ahead to programming planned by your Montgomery Historical Society for the remainder of the calendar year. The Historical Society already held an Open House at the Town House (Historical Museum) on Aug. 5 and has another planned for Saturday, September 30, so if you haven't visited yet, there's one more chance before the weather gets too cold!

Our first "field trip" for the season will be held **Saturday, September 16**, when all our Montgomery townspeople and friends are invited to travel to the **Hancock Shaker Village** on the western edge of Pittsfield (on Route 20) for a day of enlightenment. The Shaker way of life was organized in Manchester, England in 1747 as "The United Society of Believers in Christ's Second Appearing."

The followers became known as "Shakers" because of the trembling, whirling, and shaking they engaged in during "ecstatic worship services." Their leader, Ann Lee, who was known to them as "Mother Ann" brought eight members to America in 1774, settling in Watervliet, NY, northwest of Albany, where they could live, work and worship according to their main religious tenets: celibacy, communal life, and confession of sin. They also believed in racial and gender equality, simplicity, and pacifism.

At their peak, the Shaker membership swelled to between 4,000 and 5,000 in the mid-19th century with nineteen communities from Maine to Kentucky, Ohio and Indiana. Only one active Shaker community exists today, located in Sabbathday Lake, Maine, with three Believers. The Hancock settlement's last Shakers left in 1959, and the Village reopened in 1960 as a Museum.

We will meet at the Town House (Historical Building) in the center of Montgomery at 9:30 a.m. to carpool (or caravan, if preferred) for the hour-long drive to Pittsfield.

## Historical Happenings



The visit begins with an orientation video, then a self-guided tour (MAP PROVIDED) of the 20 historic buildings where interpreters demonstrate Shaker trade crafts and tell visitors about Shaker life, practices and beliefs. Highlights are

the Round Stone Barn (an architectural marvel!) and the Brick Dwelling, a 6-story dormitory where Believers dined and slept. Daily programs are offered every half-hour from 11 a.m., on topics such as: introduction to the Shakers, farm & garden tours, water turbine demonstration, Shaker music & dance, herb gardening, and demonstrations of Shaker trades and crafts, including weaving, blacksmithing, and woodworking.

We suggest bringing a picnic lunch or we'll purchase lunch nearby (restaurant on-site). Admission is \$20 per adult; \$18 for Seniors, AAA members, MTA cardholders, and active or retired military; \$8 for youth age 13-17, and FREE for children 12 & under. Your Montgomery Historical Society will pay a portion of each adult admission to the Village at that time."

Hope you'll consider joining us for this opportunity to learn about a fascinating element of society in our country's past! You're always welcome! **If you plan to attend, please call Laurie at 862-8095 to let us know or if you have any questions.**

**SAVE THE DATE:** The ever-popular annual **Chicken Pie Supper is scheduled for Saturday, October 21 at the Town Hall.** The prices haven't changed (\$10 for adults; \$5 for young people between ages 6 and 10), and the menu will be similar to that of past years. **Dinner will be served at 6:30 p.m.** with the program following at about 7:30 p.m. We'll also hold our usual 50/25/25 raffle. Look for further details on our guest speaker and the topic of the evening, to be shared in the October issue of the Mountain Breeze.

*The display case at the Grace Hall Memorial Library, "curated" by the Historical Society, has a new display installed in the last week or so. Aptly named "Putting Things By," it features items from our past that might be used in preserving foods for the long winter months until the next crop of fruits and vegetables might be harvested. The items are from the collection at the Town House (Historical Museum) and include some unique and interesting specimens. Hope you'll consider stopping in at the Library to select a good book or video or other media, and while there, look over the items our "foremothers" had to work with in the kitchen!*

*And... we'd love to hear from our community members about items or collections you might be willing to loan for exhibit in the display case in the future. Please call Laurie at 862-8095 to schedule a time for you!*

**THANK YOU!!**



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the very best”



## BEFORE AND AFTER

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# September Library News

facebook.com/  
gracehallmemorial

**September  
2017**

We travel not to escape life, but for life not to escape us.



The Library annual fall **Book & Bake Sale** will be on **Oct. 14 from 9 am to 2 pm** at the Little Red School House on the corner of Pitcher Street and Main Road. Donations of books can be brought to the library between September 10 and October 10. Please no Readers Digests, text books or Encyclopedias. Items that are damaged, moldy or in poor condition are not accepted either. Bake goods can be dropped off at the School House on the morning of the sale. Volunteers please sign up in the library. We could use all the help we can get!

Proceeds from the sale help sponsor events through out the year at the library.

## New Items are hitting the shelves!

- My Cousin Rachel DVD
- She Persisted by C. Clinton (Children's Picture Book)
- My Absolute Darling By G. Tallent
- The Hidden Light of Borthern Fires by D. Wang
- Glass Houses by L. Penny
- The Burning Girl by C. Messud
- Paradise Valley by CJ Box
- Table 19 DVD
- PLUS MANY More!!

**Trustees Meeting Oct.  
5 at 6:30 PM**

## Museum Passes

\*Old Sturbridge Village\*

Springfield Quad

Norman Rockwell

Mystic Aquarium

Deerfield Historical Mu-

USS Constitution

DCR State Park Pass

MassMoCa

## Hours

Tues: 10- 5:30

Thurs: 4-8

Sat: 9:30-12:30

## Contact

### Mail

161 Main Road, Montgomery, MA  
01085

### Phone

413-862-3894

### email

MontgomeryLibrary  
@yahoo.com

### Website

[montgomeryma.gov](http://montgomeryma.gov)

[wghl.masscat.org](http://wghl.masscat.org)

[facebook.com/gracehallmemorial](https://www.facebook.com/gracehallmemorial)

[commonwealthcatalog.org](http://commonwealthcatalog.org)

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book page**

# COUNCIL ON AGING

Serving the Citizens of Montgomery  
September 2017

## Calendar

**Fri – Sep 8 Picnic - noon**

**Tue – Sep 26 Coffee Hour – 10 a.m.**

### **Osteoporosis Exercise Class**

Town Hall – Friday – 9:30 – 11am

## Birthdays

Eunice Spencer	Carol Thibault
Edwin Larrabee	Fern Monat
Gerald Spencer	



## Annual Picnic

Our annual picnic will be held on **Friday, September 8<sup>th</sup>** at noon in the Town Hall. This year our picnic will be catered by the North Elm Butcher Block. The menu will consist of hamburgers, hot dogs, and chicken. +

Call 862-3257 by **Monday, September 4<sup>th</sup>** if you are planning to attend. Donations will be accepted. **All seniors are welcome.**

## Don't Ignore Your Medicare Mail

It's that time of year again! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO or PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018.

During **Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>**, you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. To make an appointment with a SHINE counselor, call 667-2203.

## **Grandparents Day – September 10<sup>th</sup>**

**Grandparents and Older Adults:** We're asking you to commit to do something grand and share your wisdom, perspectives and key civic values with young people and advocate on their behalf.

**Children, Youth, and Younger Adults:** We're asking you to commit to do something grand and connect and serve with your grandparents or older adults in your community.

**Grandfamilies:** You provide a safe and loving home to your grandchildren or other relatives in

# Falls Prevention Awareness Day

## September 22<sup>nd</sup>



The 10th annual Falls Prevention Awareness Day (FPAD) will be observed on September 22, 2017 the first day of fall. The event seeks to raise awareness about how to prevent fall-related injuries among older adults.

### **Osteoporosis, Falls, and Broken Bones**

Falls Prevention Awareness Day is a great time to learn about the link between fall-related injuries and osteoporosis. The good news is it is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones. Speak to your healthcare provider about how to reduce your risks for osteoporosis and falls, about getting a bone density test, and about medications, if necessary, to treat osteoporosis.

### **How are falls and osteoporosis linked?**

- 1 out of 5 falls among older adults causes serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the hip, spine and wrist.
- Vitamin D deficiency is a risk factor for both falls and broken bones. Daily vitamin D and calcium supplements are associated with reduced falls and fewer broken bones in older adults. Speak with your health care provider about how much vitamin D and calcium is right for you.
- Regular physical activity and exercises that combine weight, muscle strengthening and balance helps reduce the risk of falls and improves the health of your bones.

### **Take action to prevent osteoporosis and falls**

- ✓ Eat a balanced diet rich in calcium
- ✓ Take vitamin D supplements
- ✓ Get regular physical activity
- ✓ Don't smoke
- ✓ Limit your alcohol
- ✓ Check your home for safety
- ✓ Talk with your doctor about a screening test.

### **NCOA – National Council on Aging**

To learn more, visit [ncoa.org/Falls Prevention](http://ncoa.org/FallsPrevention)

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs  
Outreach Worker: Ginger Cruickshank 862-4932  
Council Members are: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829  
Jeanne Aras 862-4497, Jean Bush 862-3645, Geraldine Larrabee 862-3884  
Email: [COA-Montgomeryma@hotmail.com](mailto:COA-Montgomeryma@hotmail.com)