

# Russell Reminder

Russell Council on Aging & Town News

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

## April 2024 Happenings

### COA BOARD MEETING

The next COA Board meeting will take place on Thursday, April 11. 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.



### TOWN OF RUSSELL, MASSACHUSETTS 2024 POLITICAL CALENDAR

#### Political Calendar Relating to Town Caucus and Town Elections

Monday – April 22, 2024 – Town Caucus

Monday – June 3, 2024 – Town Election

<b>April 15, 2024</b> (Monday)	Last Date For Public Notice Of Caucus Warrant
<b>April 22, 2024</b> (Monday)	Town Caucus 7:30 P.M. Town Hall
<b>April 25, 2024</b> (Thursday)	Caucus Nomination Certificates Due In Town Clerk's Office
<b>May 6, 2024</b> (Monday)	Last Day For Filing Nomination Papers With The Board Of Registrars For Town Election <b>DEADLINE 5:00 PM.</b>
<b>May 8, 2024</b> (Wednesday)	Last Date To Fill Vacancies Caused By Withdrawals
<b>May 20, 2024</b> (Monday)	Last Day For Registrars To File Certified Nomination With The Town Clerk
<b>May 21, 2024</b> (Tuesday)	Last Day for Registration of Voters for Annual Town Election And Town Meeting Russell Town Hall 5:30 – 7:30 P.M.
<b>May 27, 2024</b> (Monday)	Last Date For Public Notice Of Town Election Warrant
<b>June 3, 2024</b> (Monday)	Annual Town Election 12:00 Noon – 8:00 P.M. Town Hall
<b>June 10, 2024</b> (Monday)	Town Meeting (Business Portion) 7:00 P.M. Russell Elementary School



### Offices to be Filled

Moderator.....	One for One Year
Selectman.....	One for Three Years
Gateway Regional School Committee.....	One for Three Years
Library Trustee.....	One for Three Years
Constable.....	One for Three Years
Cemetery Commission .....	One for Three Years
Finance Committee.....	Two for Three Years
Sewer Commissioner.....	One for Three Years
Electric Light Commissioner.....	One for Three Years
Water Commissioner.....	One for Three Years
Planning Board.....	Three for Three Years
Tree Warden .....	One for One Year

# COA Calendar of Events — April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	
	<b>**No Quilting**</b> <b>**No Cribbage**</b>	10 am — Hearing Clinic  11:45 am — Highland Valley Lunches  1-2 pm — Senior Cardio	1 pm—Card Club & Open House	11:45 am — Highland Valley Lunches  1-2 pm Chair Yoga		
	8	9	10	11	12	
	10 am—Quilting	11:45 am — Highland Valley Lunches  1-2 pm —Senior Cardio	11 am — Veterans Corner Open House  1 pm—Card Club & Open House  	10 am — COA Board Meeting 11:45 am — Highland Valley Lunches  1-2 pm Chair Yoga	10 am—Pool Challenge Meeting	
	15	16	17	18	19	
	Patriots Day <b>**All Town Offices Closed**</b> 	11:45 am— Highland Valley Lunches  1-2 pm— Senior Cardio	1 pm—Card Club & Open House	11:45 am— Highland Valley Lunches  1-2 pm Chair Yoga	10 am—Brown Bag	
	22	23	24	25	26	
	10 am — Quilting	11:30 am—12:30 pm— Senator Velis' Office Hour  11:45 am— Highland Valley Lunches  1-2 pm— Senior	1 pm—Card Club & Open House	11:45 am— Highland Valley Lunches		
	29	30				
	10 am—Quilting	11:45 am— Highland Valley Lunches				

## 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.

### April 2024

Tues, Apr 2	Orange Chicken <i>or</i> Pasta Primavera; Garlic Knots; Broccoli; Mandarin Oranges
Thurs, Apr 4	Orange Chicken <i>or</i> Stuffed Pepper Casserole; Butternut Squash; Green Peas; Pears
Tues, Apr 9	Beef Wellington <i>or</i> Hot Dog; Bun; Tater Tots; Summer Squash; Fresh Fruit
Thurs, Apr 11	Chicken Salad <i>or</i> Chef's Salad w/Turkey and Cheese; Pickled Beets; French Bread; Italian Dressing; Pineapple
Tues, Apr 16	Lasagna <i>or</i> Meatball Stroganoff; Pasta; Carrots & Corn; Dinner Roll; Peaches
Thurs, Apr 18	Lasagna <i>or</i> Baked Pollock; Rice Pilaf; Green Beans & Garlic; Carrots; Mandarin Oranges
Tues, Apr 23	Sausage & Onion Quiche <i>or</i> Minestrone Soup; Roasted Potatoes; Multi-Grain Bread; Summer Squash; Oatmeal Raisin Cookie
Thurs, Apr 25	Sausage & Onion Quiche <i>or</i> Beef Hamburger; Bun; Lettuce & Tomatoes; Baked Beans; Sweet Potatoes; Fresh Fruit
Tues, Apr 30	Tuna Salad <i>or</i> Turkey Sandwich; Wheat Bread; Lettuce & Tomatoes; Corn Salad; Coleslaw; Gelatin w/Topping



### ***Pool Table Challenge: Organizational Meeting Slated***

Are you looking for a fun activity that can help you make new friends and enjoy quality time with old ones? Join us on Friday, April 12 at 11 a.m. for a organizational meeting at the Senior Center. We are excited to discuss starting a pool table challenge, and we would love you to be part of it. Do not miss this opportunity to have a blast and connect with your community. See you there! Call the Senior Center @ 413-862-6217 with any questions or suggestions!

## 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 Fernandez; Derrick Mason; 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

### Hearing Clinic

The next New Ears Affordable Hearing Care Clinic will take place at 10 am on Tuesday, April 2.



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, March 31, for preferred appointment time. *Please note, if no appointments are made, the hearing clinic will be canceled until the following month.*

### No Cribbage this Month

The COA Cribbage players will not meet this month. The players meet the first Monday of the month at 1 pm. Beginners and experienced players are welcome. For more information contact the Russell Senior Center.



### Quilting Workshop

COA Quilters meet every Monday morning at 10 am in the community room, weather permitting. The program will not meet April 1 or 15. Call the Russell COA @ 862-6217 with any questions.

### 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.



*Please join us for coffee & donuts at 11 am, April 10, in the Russell Senior Center.*



*How about shooting a quick game of pool?*



*The Veterans Corner Open House is held on the second Wednesday of each month. We hope to see you there.*



PAPER SHREDDING  
DAY  
APRIL 20TH  
9AM - 12NOON  
LIMIT 5 BOXES PER  
HOUSEHOLD  
LOCATION:  
TOWNHALL



***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.

***2024 Open Burning Permits***

Open Burning Permits are again available on the street level of Town Hall by the Selectmen's door.

Permits are in the outside box by the door for your convenience.

Fill out the permit and drop it in the lock box.

We will send you the form when approved.

**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](#)

***Real Estate Taxes Now Due***

Second half 2024 Real Estate bills were issued on April 1, 2024.

You can pay your real estate taxes through our town website [www.townofrussell.us](http://www.townofrussell.us) on the Online Payments tab.

Payments can also be made at the drop box near the Selectmen's door. The lock box is available 24 hours a day, 7 days a week for check payments.

Cash will be accepted at the Collectors office on Tuesdays from 11 am to 6 pm and Fridays from 11 am to 3 pm.

***Did You Know?*** Do you have mending to catch up on?

Several sewing machines are available for use in the community room of the Russell Senior Center.



Happy April, Everyone!

I hope all of you enjoyed the St. Patrick's Day celebrations and the warm weather. March was filled with Irish Pride and cultural festivities all across Western Mass for St. Patrick's Day. The pivotal role of Irish Americans in our communities resounds to this day and I was proud to have celebrated alongside many of you last month.



I just want to remind everyone that my office is readily available to assist with any issues you may be encountering with state agencies, like the Registry of Motor Vehicles. We are happy to help with renewing handicap placards, renewing licenses, or transferring licenses to State IDs. Please call or email my office at the information below to set up an appointment with my staff.

Every month my team holds office hours right here at the Russell COA. It's a great opportunity to share questions, concerns, or just drop by to say hello. This month, we will be here on April 23 from 11:30 am to 12:30 pm and back again on May 28 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!

Sincerely,

*Senator John Velis*

### ***Get Involved: Come to the Town Caucus!***

On Monday, April 22, registered voters in the town of Russell, will gather in Town Hall to nominate candidates to appear on the ballot in the Town election. According to information posted on the Town website, vacancies exist for several positions. While it is expected many of the folks currently holding office will seek re-election, it is possible that some may not. We won't know until the day of the caucus. Any Russell resident seeking to secure a place on the June 3 election ballot is encouraged to attend the caucus for a chance to be nominated. (Remember: even incumbents must be nominated!) While not everyone who attends the caucus will be nominated, it is still possible for someone to have their name placed on the ballot by submitting the required signature papers to the Russell Town Clerk. More information about the process is available from the Town Clerk's office or on the Town website.

With a town of less than 2,000 residents, it can be a challenge to find people willing to take an active role in the community. Please give some serious thought to becoming involved. Attending committee or board meetings to observe or participate is a great place to start.



### *When Irish Eyes are Smiling*

A group of local residents gathered for a group photo at last month's St. Patrick's Day luncheon in the community dining room at the Russell Senior Center. The March 15 event featured a traditional corned beef and cabbage dinner.

After the meal, the celebration continued with a concert by PaxSax, a saxophone quartet. The concert was supported, in part, by a grant from the Russell Cultural Council, a local agency funded by the Mass Cultural Council, a state agency.



### *Important Reminder: Sign Up for Code Red*

The Russell Selectboard and Emergency Management urges all Russell individuals and households to sign up to receive *Code Red* alert phone calls that are sent out from Town Hall.

*Code Red* alerts convey many types of notices. These include emergency disaster warnings and instructions, evacuation notices, bio-terrorism alerts, boil water notices, missing child reports, power outage messages, road closures or avoidances, shelter in place, town building and Transfer Station closures, special meetings, election notices, unexpected changes, or any other purpose. The *Code Red* alert system is important for rural towns, like our own, to communicate to their residents when it is necessary to do so.

On February 21 the *Code Red* system was instrumental in helping emergency services personnel locate a missing 87-year-old town resident. Through the joint efforts of the Massachusetts State Police (specifically the Russell Barracks, the Airwing, and the Special Emergency Response Team) as well as the Blandford Chester Police Department, the Blandford Fire Department and the local community, the resident was found unharmed.

If anyone has not yet registered their contact information on the system, they are urged to visit the Town of Russell website ([townofrussell.us](http://townofrussell.us)), click on the *Code Red* tab, and sign up. If residents do not have access to getting online, they can do so at the Senior Center or the Russell Library. Staff at either location can help if needed.

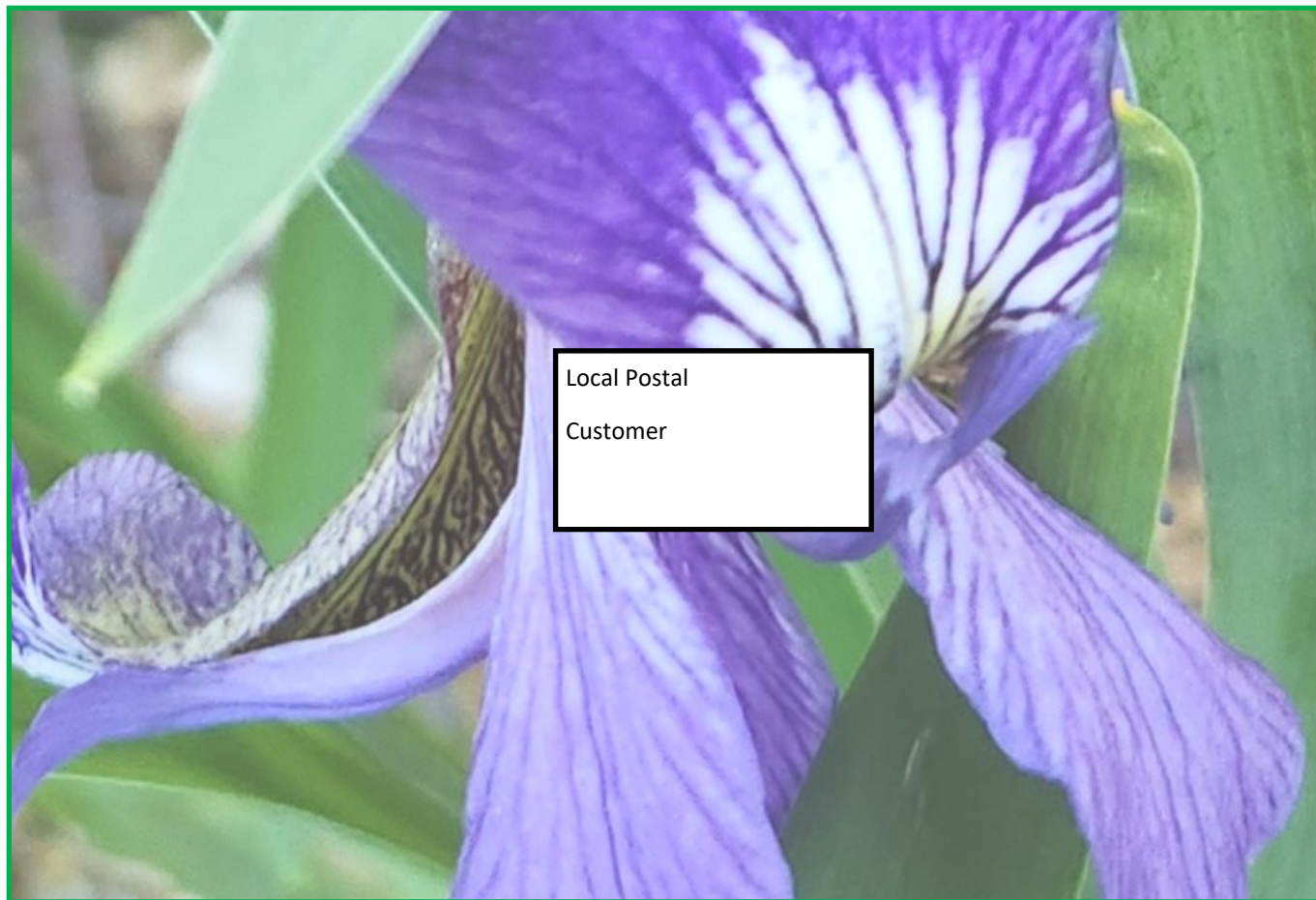






**Russell Council on Aging**  
**P.O. Box 407**  
**Russell, MA 01071**

PRSRT STD  
ECRWSS  
U.S. POSTAGE  
PAID  
EDDM RETAIL



### ***Save the Date***

***Planning Board*** will meet on Tuesday, April 9 in Town Hall, at 6 pm.

***Select Board*** will meet on Tuesday, April 2, 16 and 30 at 6 pm, in Town Hall. The public is encouraged to attend.

***Town Caucus***, April 22, 7:30 pm, Town Hall

***Paper Shredding Day*** will take place on Saturday, April 20, 9 am to 12 pm, Town Hall

***Gateway School Committee*** will meet Wednesday, April 10 at 7 pm, Gateway Complex

***Family Fun Day*** will be held at Strathmore Park, Saturday, August 24.

***Haunted Strathmore*** will take place on Saturday, October 26.