



Photograph by Sven Kielhorn
www.etownvideos.com

welcome!



THE SOUTHAMPTON
COUNCIL ON AGING
& SENIOR CENTER

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Location:

210 College Highway, Suite 3
Southampton, MA 01073

Contact Information

413.529.2105

Office Hours:

Monday - Thursday
8:30 a.m. - 4:00 p.m.

Friday

Town offices closed; FRTA van
rides are available. Please call
to schedule.

The Southamptown Council on Aging and Senior Center provides information, referrals, Medicare/SHINE counseling, transportation, activities, and socialization opportunities to the 60+ population in Southamptown, Massachusetts. There is no cost to become a member of the Senior Center and individuals of the surrounding communities are welcome to attend all Southamptown Senior Center activities, events, and resource options.

Located at the back of the Southamptown Town Hall, the Council on Aging and Senior Center also serves as Southamptown's designated voting location. ADA accessible parking is available adjacent to the Senior Center's main entrance, which can be accessed via the upper parking lot on the right-side of the building.

The Council on Aging is here when you need us and we look forward to welcoming you at the Southamptown Senior Center!

www.TownofSouthampton.org
www.facebook.com/SouthamptonCOA

Southampton Senior Center Staff

Director & SHINE Counselor

Kate DiSanto

kdisanto@townofsouthampton.org

Administrative Assistant

Darlene Matyoka

dmatyoka@townofsouthampton.org

Outreach Worker & SHINE Counselor; VSO

Michelle Murdock

mmurdock@townofsouthampton.org

Program Coordinator

Pam Connett

pconnett@townofsouthampton.org

Volunteer Coordinator

Andrea Barouxis

abarouxis@townofsouthampton.org

FRTA Van Drivers

Tim Huber

Schedule: Tuesday & Thursday

Bill Kaleta

Schedule: Monday, Wednesday, Friday

Contact Information

413.529.2105

www.facebook.com/SouthamptonCOA

Southampton Council on Aging Board

Mission Statement: The basic purposes of the Council on Aging Board are to:

1. Identify the total needs of the 60+ population of the community
2. Educate the community and enlist the support and participation of all citizens as well as community services about those needs
3. Work in partnership with the Director for the best interests of Southampton's 60+ population

Meetings are typically held the first Wednesday of each month, excluding July.

Visit www.mytowngovernment.org/01073 for additional details, member information, and confirmed meeting dates.

Board member applications can be found outside of the Town Administrator's Office.

Contact Information

coaboard@townofsouthampton.org



Franklin Regional Transit Authority Van

Southampton residents who are 60+ are eligible to use the Southampton Senior Center van, which is owned and operated by the Franklin Regional Transit Authority (FRTA). Those interested in using the van must first complete and submit an application approved by FRTA.

Please call 413.529.2105 or visit www.frtc.org for an FRTA "Demand Response" application and for additional information on this program.

Senior Center Volunteer Opportunities & Friends of the Southampton Council on Aging

Friends of the Southampton Council on Aging

Mission Statement: The Friends of Southampton Council on Aging (FOSCOA) is a non-profit 503(c)(3) organization. FOSCOA is organized exclusively for charitable purposes to enhance financial and operational support for programs at the Southampton Council on Aging and whose membership is comprised solely of volunteers. The support may include, but is not limited to, memberships, fund-raising events, sponsorships, grant applications, and individual corporate donations to the Council.

All proceeds of the Friends of the Southampton Council on Aging are solely for the benefit of FOSCOA and its mission to support the Southampton Council on Aging.

Friends of the Southampton Council on Aging Board

The FOSCOA Board typically meets the first Tuesday of each month at 10:30 a.m. in the 2nd floor conference room, Southampton Town Hall. Visit www.friendsofscoa.org for upcoming activities, additional information and opportunities to give.

FOSCOA Contact Information: fsouthcoa@gmail.com
www.friendsofscoa.org



Senior Center Building Committee

The Committee was established by vote of the Select Board on September 12, 2023. It consists of seven (7) voting members including the COA Board Chair, the COA Director and a member of the Select Board. The Town Administrator serves as an Ex-Officio non-voting member. Working from the dedicated funds allocated through the Estate of David Parsons, the Committee has been charged to investigate and solicit additional sources of funding for this project.

A full set of responsibilities regarding land acquisition, architectural design and project management can be found at www.townofsouthampton.org. Confirmed meeting dates, agendas and minutes are available at www.mytowngovernment.org/01073.

Volunteer Opportunities at the Senior Center

Are you interested in volunteering at the Southampton Senior Center or with the Friends of the Southampton Council on Aging?

There are multiple opportunities available including event support, mailing assistance, and front desk reception. Please call the Southampton Senior Center at 413.529.2105 or email FOSCOA at fsouthcoa@gmail.com for additional information or to request an application.

Outreach Services & Initiatives

SHINE & Medicare Counseling

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. SHINE counselors work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs.

Medicare Savings Program

The Medicare Savings Program (MSP) helps lower Medicare premiums and other healthcare costs, including prescriptions. The MSP is run by MassHealth, does not change Medicare insurance coverage, and is not subject to estate recovery. The MSP is always combined with Medicare and does not offer any additional coverage or services Medicare does not provide. In order to qualify, 2025 single gross household income cannot exceed \$2,935 and married gross household income cannot exceed \$3,966. As of March 1, 2025, there is no asset limit.

Contact Us

If you're interested in meeting with one of Southampton's SHINE Counselors to discuss your Medicare options, either in person or over the phone, please call 413.529.2105.

Low Income Home Energy Assistance Program (LIHEAP)

Community Action of Pioneer Valley (CAVP) is the designated processing center of Home Energy Assistance Program applications for Hampshire County. This free service helps to pay for a portion of winter heating costs by making payments to your fuel or electricity provider. CAVP also provides emergency assistance for heating system failures for LIHEAP participants.

Applications are accepted from November - April, and eligibility and benefits are determined by household income. Contact CAVP at 413.774.2310 or visit www.communityaction.us for more information.

SNAP Application Assistance

The Southampton Council on Aging is a member of the Massachusetts Department of Transitional Assistance (DTA) Outreach Partnership, and COA staff can assist with applications for Supplemental Nutrition Assistance Program (SNAP) benefits. SNAP provides nutritional education and helps individuals and families buy food. SNAP eligibility is based on household income levels.

For new application submissions, annual recertifications, or SNAP case management, please call the Southampton Senior Center, 413.529.2105.

For immediate assistance, DTA can be reached by phone, 877.382.2363.

Town & Community Resources

Wednesday Lunches provided by Highland Valley Elder Services (HVES)

The Southampton Senior Center hosts fresh and healthy lunches each Wednesday to members of the community aged 60+.

Thanks to this meal partnership provided by Highland Valley Elder Services, a \$4 donation per meal is suggested, but not required, and proceeds are donated directly to HVES.

Lunch orders must be placed by 12:00 p.m. on Tuesdays. Please visit the Southampton Council on Aging website at www.townofsouthampton.org or call 413.529.2105 for menu options.

Highland Valley Elder Services also provides Meals on Wheels delivery to Southampton if eligible. Please call HVES at 413.586.2000 for additional information.

Southampton Veterans' Services

Michelle Murdock Veterans' Service Officer

Veterans' Service Officer, Michelle Murdock, assists Veterans, their families, and their survivors with eligibility to services, benefits, and entitlements from Federal, State, and local agencies.

Please join us for a Veterans Coffee Hour traditionally held on the third Thursday of every month at the Southampton Senior Center (dates are subject to change). Veterans of all ages and their families are invited to attend.

Contact Information:

413.527.1715 (Office)

413.552.9047 (Cell)

mmurdock@townofsouthampton.org



VSO Office Hours: Thursdays; Contact to schedule an appointment.

Senior Tax Work-Off Program

The Senior Tax Work-Off Program is a volunteer work program available to Southampton residents aged 60 and older. This program allows eligible Southampton residents to volunteer their time with offices within the municipality to work towards a maximum tax work-off voucher of \$1500, minus any federal tax and Medicare withholdings that are applied.

In order to qualify for the Senior Tax Work-Off Program, the gross household income cannot exceed \$68,000, and only one household member can participate each calendar year.

The Town of Southampton Select Board has approved up to 10 participants each year, pending available volunteer work opportunities within the Town. Please contact Kate DiSanto, kdisanto@townofsouthampton.org, or 413.529.2105, for additional information or to request an application.



TRIAD & Community Partnerships

TRIAD is a community policing initiative connecting individuals over the age of 60, law enforcement, Councils on Aging and service providers to increase safety through education, crime prevention, and community partnerships. In conjunction with the Hampshire County Sheriff Department's TRIAD unit, the Northwestern District Attorney's Office, Southampton Fire Department and Southampton Police Department, the Southampton Council on Aging assists in connecting many of TRIAD's services with the local community.

These services include: Sand for Seniors, house numbering program, lock boxes, Resident Reassurance Program, Drug Take Back days, File of Life distribution, Durable Medical Equipment (DME) lending program, and Winter Wellness Checks.

Reflective House Numbers

Reflective house numbers are available to Southampton residents with a suggested \$5 donation to TRIAD. Reflective house numbers are installed at the end of the resident's driveway and can assist emergency responders find addresses easier. Please call the Southampton Senior Center to sign up.

Durable Medical Equipment (DME) Lending Program

Durable medical equipment can be requested, if available, through the TRIAD unit in the Hampshire County Sheriff's Department. DME items for loan include wheelchairs, walkers, rollators, canes, and shower or tub chairs. Please call TRIAD, 413.584.5911, for requests or if you would like to donate these items to the program.

Lock Boxes

Southampton residents over the age of 60 are eligible to receive a free lock box through the TRIAD program. The lock box is



a small, secure box installed outside of the residence with a copy of the house key. This box allows first responders to access the

home in case of an emergency. Please call the Southampton Senior Center to sign up.

Sand for Seniors

Each year from November through May, buckets of sand are available to Southampton seniors to assist with slippery walkways, driveways, and stairs. Buckets are delivered through TRIAD and can be refilled upon request. Please call the Southampton Senior Center to sign up for the winter season.

TRIAD & Community Partnerships

Resident Reassurance Program

The Resident Reassurance Program provides Southampton residents, including individuals aged 60 and older, individuals with disabilities, and individuals who live alone or are at increased risk in their homes, with an opportunity for a daily telephone check-in. If a check-in isn't made, the Southampton Police Department will follow-up with a wellbeing check to ensure the participant is OK.

Contact the Southampton Police Department (413.527.1120, non-emergency line) to sign up for either of these free programs.

Northwest District Attorney's Office

The Northwest District Attorney's Office is an integral part of the Hampshire County TRIAD program. The Elders and Persons with Disabilities Unit (EPDU) works with local and state law enforcement, adult protective service providers and human service agencies to prosecute crimes committed against elders and persons with disabilities.

As part of the EPDU, the TRIAD program links community partnerships to reduce criminal activity targeting older Americans, alleviate seniors fears of victimization, build confidence and improve the quality of life, and enhance delivery of law enforcement services to older persons. Contact the Northwest District Attorney's Office TRIAD Unit for assistance.

TRIAD Contact Information

Hampshire County Sheriff's Department
TRIAD Unit
413.584.5911
www.hampshiresheriffs.com/triad

Northwest District Attorney's Office
413.586.9225
www.northwesternnda.org

Southampton Fire Department
413.527.1700 (non-emergency line)
www.townofsouthampton.org

Southampton Police Department
413.527.1120 (non-emergency line)
www.townofsouthampton.org

Southampton Council on Aging
413.529.2105
www.townofsouthampton.org

Winter Wellness Checks

The Winter Wellness Checks program provides Southampton residents with an opportunity for an at-home check in after a winter snow or ice event. Officers will check on enrolled residents to ensure they are safe and not in need of any services caused by incidents such as falls on ice or power outages.

Southampton Community Cupboard

The Community Cupboard is located at the First Congregational Church of Southampton and is open the 2nd and 4th Saturday of each month from 10:00 A.M. - 12:00 P.M.



Southampton residents and members of the surrounding communities are welcome and food will be provided to all who participate.

Contact Information

413.527.1173
212 College Highway
Southampton, MA 01073
www.shcong.org

Programs & Activities

Programs and activities are available at the Southampton Senior Center from Monday-Thursday and vary in cost and timing. Programs are subject to change each month and are not limited to the listing below. Outside activities are season and weather dependent. Please call 413.529.2105 for additional information on each activity.

Regularly Scheduled Programming

Mondays

- Mahjong & Board Games
- Memory Café (once/month)
- Mindful Movement Chair Yoga (\$5/class)
- Spades/Hearts Card Games
- Technical Support (by appointment)
- Walking Group (Conant Park, Clark Street entrance)

Wednesdays

- Bingo
- Craft Group
- Coffee Hour (free coffee and tea)
- Highland Valley Lunch Distribution
- Mindful Movement Chair Yoga (\$5/class)
- Public Health Nurses (once/month)
- Spanish Class (Continuing)
- Walking Group (Conant Park, Clark Street entrance)
- Senator Velis Office Hours (once/month)
- Representative Pease Office Hours (once/month)

Fridays

- Walking Group (Conant Park, Clark Street entrance)

Tuesdays

- Card Making Class
- Cribbage
- Foot Care Clinic (\$32/visit; call for available appointments)
- Healthy Bones & Balance
- Hearing Clinic (free; call for available dates)
- Line Dancing (\$3/class)

Thursdays

- Art/Watercolor Classes
- Corn Hole
- Healthy Bones and Balance
- Pickleball (May - Oct.; Conant Park)
- Pitch Card Game
- Veterans Coffee Hour (once/month)



Stay up to date on Southampton Council on Aging and Senior Center events, activities, presentations, public health programming, and FOSCOA luncheons and updates by becoming a member and signing up for our monthly email newsletter. Printed and mailed newsletters are available for \$10 per calendar year from the Friends of the Southampton Council on Aging. Please call 413.529.2105 for additional information and membership forms.

We hope you will join us soon!

The creation of this brochure has been funded by a generous grant awarded to the Southampton COA through the Massachusetts Councils on Aging and the Massachusetts Executive Office of Aging and Independence.