

Plainfield Council on Aging

May 2018 Newsletter

Plainfield Council on Aging
P.O. Box 37
Plainfield, MA 01070

Deborah Thibault, Coordinator
Phone: 413-634-0275

May Events & Features

May Luncheons



***Join your friends for lunch
at the Plainfield Town Hall!***

- **Wednesday, May 9th at Noon**

Guest Chef: Philip Alessio. Menu: Philip's famous Chicken Salad! Green beans and salad. Non-meat dish, chard quino terrine with sweet peas. Dessert: Caramelized bananas with ice cream. Take home brown bag of fresh fruits.

- **Wednesday, May 23rd at Noon**

Menu: Meatloaf with mashed potatoes and gravy. Tabouli with fresh mint leaves. Non-meat dish farro, chard and ricotta casserole. Dessert: Greek yogurt parfait. Take home brown bag of fresh fruits.

Blood Pressure Clinic will be held at the Plainfield Town Hall, prior to the luncheon, on **May 9th**. No charge. All are welcome.

The Plainfield COA Board meeting will be held on **May 9th** (about 1:30 pm). If you are curious or interested in joining the COA Board, please join us to see what's happening. There are many flexible ways to participate. All ideas and suggestions are welcome.

Happy Birthday to those born in May!



Jewel Green, Howard Hudson, Gene Flores, Karen Fournier, Bill Shepherd, Jim Feeley, Mary Potter, Dorothy Hicks, Christian Wrobel, Darlene Graham, David Kramer, Gerald Connell, Margaret Connell, Barbara Threatt, Hendrick Messenger

Plainfield Memorial Day Lunch

Monday, May 28th at Noon
Plainfield Town Hall



Menu: ham, beans, cole slaw, and mac and cheese.

Dessert Pies & Homemade Auction Pies.

Contact Elaine Sidney (413) 634-8063. Accepting pies in the Town Hall kitchen starting 10am

Sponsored by Plainfield Historical Society, Inc.

All residents are welcome!



“Speak your mind, even if your voice shakes.”

~ Gray Panthers founder Maggie Kuhn

Plainfield Cares medical equipment and supplies now available! The equipment can be borrowed and returned when not needed. All items are cleaned and bagged, ready to meet your needs. If you need something you can call or email: Sadie Stull, 634-5013, sarahestu-all@gmail.com or Susan Pearson: 634-0025, spearsonbooks@gmail.com.



May is Older Americans Month:

Engage at Every Age

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

Thank You for Your Donations!
Your donations help support our monthly pot-lucks and other services here in Plainfield. We hope to expand on our services in the future to help support more seniors. **Please consider a tax deductible contribution.** If you would like to contribute, please fill out the form below and send it with your check made out to the Town of Plainfield and write "Plainfield COA" on the memo line. We thank you for your continuing support!
--**Deborah Thibault**



The Plainfield Council on Aging counts on YOUR support to help build important programming for local seniors!

I would like to contribute to the Plainfield Council on Aging. My contribution of \$ _____ is attached.
(Please write your check to The Town of Plainfield)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

Plainfield Council on Aging

Regional News

Seniors Aware of Fire Education



Fires caused by cooking accidents are the number one cause of fires by older people. So, this month we'll consider some familiar ways of avoiding and dealing with fires in our kitchens.

- STAND BY YOUR PAN! Never leave cooking unattended.
- Wear short or tight fitting sleeves when cooking. Loose sleeves easily catch fire.
- Put a lid on a grease fire to smother it, then turn off the heat.
- Never throw water on a grease fire. Water will spread fire around.
- Never move a burning pan. You can easily ignite your clothes or spill fire onto someone or something else. Put a lid on it.

Be S.A.F.E.,
--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.



The Hilltown Easy Ride will be starting a program to promote exchange among Hilltown COAs for events and luncheons. We will still be able to do medical rides and shopping as well.

You must be 60+ and live in the towns of Goshen, Chesterfield, Cummington, Worthington or Plainfield to be eligible for the van. All riders must fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to process, and once you get the acceptance letter you can start booking rides.

We are happy to answer questions:
413-296-4536 or ride@hilltowncdc.org

The dispatcher's new hours are Mon.-Thurs. 8am to 10:30am and Fridays 8am to 11am, but messages will also be checked from home, so please leave a message and it will be returned.

Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

A Good Deed Never Goes...

Sometimes it's hard for a young person or someone who had a run of back luck with their finances to get on their feet. You, being a good person, may be wanting to help them out. Well, love, DO be careful.

It is possible for you to authorize a child or someone else to use your credit card, called "piggybacking". The child, as an authorized user, benefits from your good credit, assuming their activity is reported to the credit bureaus by the card company, and begins to gain or improve their credit. BUT the authorized user is not responsible for paying on the card; you are. If things go wrong... about a third of all cases of piggybacking do not end well, according to a recent Washington Post Color of Money column.

Another example of a good deed that can get punished is co-signing. I once co-signed a car loan for a young friend just out of school. That effectively meant that I had taken the loan on the car. If something went wrong, I could own a wrecked car or get sued for the entire loan amount. All ended well – she kept the insurance up and paid off the loan on time. Alarmingly, a co-sign situation that is growing more common is for grandparents to co-sign a student loan. The bad statistics and consequences on that are just that: bad.

If you are considering doing a co-sign, please read this first:
www.consumer.ftc.gov/articles/0215-co-signing-loan. Then call me. I'm serious!

Selfishly speaking,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Age Friendly in Goshen

By Peg Whalen
Regional Outreach Coordinator for the
Northern Hilltowns Consortium of COAs

The Goshen COA has been hard at work on growing its outreach in 2018. In Goshen:

- there are 338 residents age 60 and over
- older adults now account for 35% of town residents
- between 2016 and 2018, the number of residents age 80 and over increased from 39 to 52

Outreach efforts require more community support. Given these statistics, the COA is considering new outreach methods and finding ways to attract more year-round and seasonal volunteers.

For many years, in addition to personal outreach done by the COA Coordinator and five board members, Goshen has had a sixth dedicated "outreach" worker, Dora Emerson. Dora might visit, call, help with rides, and otherwise reach out to the town's oldest residents and homebound older adults. These six COA members provide support to a limited number of town residents. They do so by:

- donating time to deliver meals
- checking regularly with several older adults
- giving rides
- lending a listening ear to older people they know

Looking outside the COA to bolster outreach led them to contact the fire, police, and emergency management departments. The goal is to create an expanding circle of town resources and personnel specially attuned to older adults' needs. The board is committed to working with the other town departments to identify older adults that are on oxygen, live alone or have homes in isolated locations. Advance knowledge provides more effective assistance in times of need – like accidents in the home, ice storms and tornados.

Goshen has a limited number of involved residents. Few as they are, they have created effective, non-intrusive ways to watch out for various older adults. For example, one resident agreed to using a system for alerting their neighbor of their well-being. If the garage door – which is closed every night – is not open in the morning, that person checks with the other to confirm their safety; another plan includes having an older adult make a call each morning to indicate that they are okay and active for the day; a daily call also works well in reverse. A family member, friend or neighbor can call an older adult every

morning at an agreed-on time.

These are simple ways of caring that effectively support town residents. Imagine proposing one of these methods to a neighbor you know or have concerns about. These are non-intrusive solutions that are simple and respectful and are hallmarks of an age-friendly community.

Free Daily Shuttle to Mass General

Cooley Dickinson Health Care and Massachusetts General Hospital have teamed up to provide a free daily shuttle from Northampton to Boston.



The round-trip shuttle leaves from 8 Atwood Drive in Northampton at 6:30am. The shuttle will drop off passengers at the Massachusetts General Hospital entrance on 55 Fruit Street in Boston, and leave at 3pm to return to Northampton.

The shuttle will have the ability to hold 12 people, will be equipped with Wi-Fi, and will run daily Monday through Friday. While the shuttle is free, reservations are required, and must be made 24 hours in advance. Children under 18 years of age are required to have an adult with them. Reservations can be made by calling 888-554-4234.

New Driver's License & ID Requirements

As of March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, customers need documentation showing U.S. citizenship or lawful presence as required by federal and state law. Customers will also need to choose between getting a REAL ID license or ID card, or a Standard license or ID card. Visit Mass.gov/ID for more info and a complete list of acceptable identification documents. Customers are now also able to start applications online. Our new online Info Center includes specific information about the documentation requirements for non-U.S. citizens, drivers over the age of 75, learner's permit holders, and those new to Massachusetts.

**OLDER
AMERICANS
MONTH**



ENGAGE AT EVERY AGE: MAY 2018

Stronger than Yesterday

What interests you? There's never been a better time to learn a new form of exercise or pick up one you haven't done in years.



Chair Yoga

Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.

Tues. 10am, Chesterfield Comm. Ctr
Led by Michelle Morales-Wolk
Requested donation: \$5/ class.

Weds. 9am, Westhampton Woods, Unit F
Led by Michelle Morales-Wolk thru 5/23. Free or small donation.

Thurs. 10:45am, Williamsburg Senior Ctr.
Led by Alexandra Mello. \$10/class.*

Yoga for You

*Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60.**

Tues. 6-7pm, Williamsburg Senior Ctr.

Dance Class (Modern/ Creative)

Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.

Weds. 10am, Williamsburg Senior Ctr.

Feldenkrais

Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.

Mon. 7pm, Chesterfield Comm. Ctr.
Requested donation: \$5/class

Thurs. 6pm, Williamsburg Senior Ctr.
*\$10/class**

Healthy Bones and Balance

Designed to increase participants' strength, mobili-

ty, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.

Mon. & Thurs. 9:30am
Cummington Comm. House

Mon & Fri. 10:30am
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Senior Ctr.

Thurs. 4pm, Williamsburg Senior Ctr.

Hiking

Chuck Horn organizes hikes around the Westhampton/ Easthampton area. To get on his email list, drop him a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass.

Weds. 10am, Goshen Town Hall

T'ai Chi

T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Mon. 9:30am, Chesterfield Comm. Ctr.
(Advanced; \$5/class)

Thurs. 6:30pm Chesterfield Comm. Ctr.
(Beginner; \$5/class)

Thurs. 9:30am Williamsburg Senior Ctr.
*\$10/class**

To find out more about these classes, and to register, please contact the appropriate COA coordinator:

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Anne Parsons, 634-2262, coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematkc@aol.com

Westhampton:

Julia Lennen, 537-9880,
westhamptoncoa@comcast.net

Williamsburg:

Sherry Loomis, 268-8407, sloomis@burgoy.org
* Financial aid may be available for Wburg residents.

Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

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Out and About in May

Sat. May 5th @ 7pm & Sun. May 6th @4:30pm
Spirit of the Hills Community Chorus

Northampton Senior Center, 67 Conz St.
Northampton, MA

Singers aged 8-80, based in Williamsburg, will perform music from the world's community singing traditions of South Africa, Bosnia, England, Basque Spain, Corsica, American gospel, American Jewish traditions, and more. Donation Requested: \$15/adults, \$5/children. **To benefit the Food Bank of Western Massachusetts.** Directed by Penny Schultz. Christopher Haynes Accompanying on piano and accordion.



Sun. May 6th, 2pm
Leadership & Climate Change:
A Special Hilltown Panel Discussion
Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA

The Hilltown Eco-Action group in cooperation with Chesterfield Community Center will present a panel presentation followed by Q&A. The event will include special presentations on climate change from three different perspectives and feature: environmental lawyer Kevin Healy, biologist Ed Stockman, and Climate Action NOW co-founder, Susan Theberge.

The topics will include **Lawyers Fight Climate Change,**

Kevin Healy; **Building Solidarity to Respond to Climate Change**, Susan Theberge; and **Our Industrial Food System and Climate Change: A Well-Kept Secret**, Ed Stockman.

The Hilltown Eco-Action Group was formed in January 2017 as part of Defend the American Republic, a group of concerned residents of Worthington and surrounding communities. This group was established to protect the earth in any way we can from the ever-accelerating climate change crisis.

Free to the public. Donations are appreciated.

Tues. May 8th, 1:30pm
Tanglewood Marionettes: "The Dragon King"
New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA

A terrible drought has overtaken the land, and all the world has turned brown and lifeless. The Dragon King is ruler over all things water, and the people are beginning to wonder why he has not brought the life-giving rains in such a very long time. An underwater fantasy based on Chinese folklore, *The Dragon King* tells the tale of an intrepid Grandmother who journeys to the bottom of the sea in search of the elusive Dragon King, and the answers to why he has forsaken the land above. Free and open to all ages!

Funded by the Chesterfield Council on Aging through a multi-generational grant from Highland Valley Elder Services.