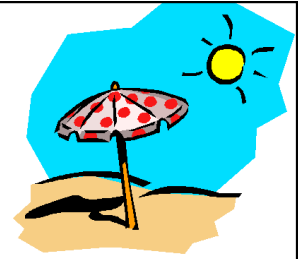


Plainfield Council on Aging

July 2018 Newsletter



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

Deborah Thibault, Coordinator
Phone: 413-634-0275

July Events & Features

July Luncheons



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

- **Wednesday, July 11th at Noon**

Elaine Sidney, Chef for COA

Menu: A cheesy tangy Mac & Cheese. Salad with Summer tomatoes. Dessert: Strawberry Shortcake With Lemon Curd Cream!

- **Wednesday, July 25th at Noon**

Potluck Italian Antipasto. Small bits of tasty foods; Olives, pepperoncini, mushrooms, Artichoke hearts, fresh cheese, Mozzarella, provolone, roasted red Pepper, veggies in oil & vinegar. Ann Kohn will bake fresh bread!

Blood Pressure Clinic will be held at the Plainfield Town Hall, prior to the luncheon, on July 11th. All are welcome.

The Plainfield Council on Aging is **looking for new board members**. If anyone is interested in joining the board or has any questions, please give Debbie a call at 634-0275.

The Plainfield COA Board meeting will be held **July 11th**, after the luncheon, (about 1:30pm) at the Plainfield town hall.

Friends of West County Seniors

Friends of West County Seniors serves the seniors in the ten west county towns of: Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Plainfield, Rowe, and Shelburne.

The 'Friends' sponsor a variety of programs and events where you can make new friendships with other seniors. Copies of the Spring/Summer programs will be available at the COA Luncheons, Shaw Memorial Library and online

At:

www.friendsofwestcountyseniors.homestead.com



Senior Legal Help Line

Please know that the Senior Legal Help Line has changed their phone number to **1-800-342-5297**. The old phone number 866-778-0939 will take you to advertisements.



Hydration is a Key to Good Health



Dehydration has been associated with increased mortality among older adults and can precipitate emergency hospitalization. Dehydration has also been associated with impaired cognition or acute confusion, falling or constipation.

Why are the elderly more susceptible to dehydration?

The amount of body water decreases by approximately 15% between the ages of 20 and 80. The elderly often experience diminished thirst which leads to reduced fluid consumption. The kidneys have less ability to concentrate urine and retain water, and aging kidneys are less able to conserve or excrete sodium. Insufficient fluid intake can also be the result of reduced swallowing capacity, decreased mobility, or comprehension and communication disorders. Disease-related factors such as incontinence can increase water loss. Dehydration may also be caused by hot weather, over-heated homes or use of laxatives or diuretics.

What steps can be taken to prevent dehydration?

- Drink plenty of fluids with medications
- Drink water and preferred beverages
- Try for a minimum intake of 3 pints (48 oz) or more

Reference:

www.h4hinitiative.com/everyday-hydration/how-your-needs-change-over-time/hydration-and-elderly



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

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



Finally, grilling season is here. Here are a few tips on how to grill and not get burned or worse.

In general:

- Always grill outdoors.
- Do not grill on a porch/deck with a roof over you.
- Grills should be at least 10 feet from the side of a building.

For gas grill safety:

- Open grill lid when you light it. It will keep built up propane from exploding.
- If you smell gas while cooking, get away from the grill. Call 911.
- Always turn off the burner and propane cylinder when done cooking.
- Never leave a burning grill unattended.

For charcoal grill safety:

- Use only charcoal lighter fluid and not gasoline.
- Never add lighter fluid to hot coals or small fire.
- Allow coals to burn out completely; after they are cold, wait 48 hours before disposal.
- Never use a charcoal grill indoors.

Have a S.A.F.E summer grilling!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments



The Easy Ride Van will be in the 4th of July parade in Chesterfield!

We want you to be, too! No need to worry about how to get there: we would pick you up and bring you home! If anyone is interested in being on the van in the parade and has the acceptance letter from FRTA to ride, **we would love to have you.** Seating is limited, so please RSVP soon!

We will also be in the 250th celebration parade for Worthington on June 30th! As with the Chesterfield parade, we invite anyone to ride with us on the van in this parade. If you have the acceptance letter from FRTA to ride the van, you are good to go. We would pick you up and bring you home.

Rate Change News

Here are the new rate changes.

How much does it cost?

- One way trips that originate and end within the same town are \$1.25.
- One way trips to adjacent towns that are within our service area are \$1.75.
- One way trips beyond an adjacent town that are within our service area are \$2.25.
- PCA/escorts are \$0.75 all one-way trips.
- Trips to Senior Centers are half fare.

Fares listed are for one way. Call or email with any questions: 413-296-4232 or ride@hilltowncdc.org.

Is your home falling down and you can't afford to fix it?

If you live in the towns of Chesterfield, Cummington, Goshen, Plainfield, Peru, or Worthington, help may be available! The Hilltown CDC is accepting applications from income eligible homeowners that need help repairing their homes. These are NO PAYMENT / NO INTEREST loans that are forgiven over 15 years. Loan amounts can go up to \$40,000 and can include any of the following work:

Siding, Windows, and Doors
Roofs and Chimneys
Plumbing and Electrical
And more!

Septic Systems and Sewer Tie-in's
Handicap Accessible Work
Wells, Pumps, and Hot Water Tanks

Why not give us a call today to find out if you're eligible? Get those repairs made now while funding is still available! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email at paulab@hilltowncdc.org to request an application.



www.hilltowncdc.org - 2964200

Reaching Out to Older Adults in Westhampton

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

Westhampton Council on Aging outreach is unique among the seven northern hilltowns. Town COA board members already have been functioning as an Outreach Team. The town of Westhampton has had a well-balanced COA board. The composition of the board has similar representatives to the key players found on developing outreach teams elsewhere. In the other towns, reported previously (Plainfield, Cummington, Goshen, and Chesterfield), the COAs have worked to form outreach teams.

Westhampton COA outreach work is in addition to the customary activities and responsibilities generally expected of COA board members. The COA includes:

- One board member who also serves as the Westhampton Hilltown Elder Network (HEN) Coordinator;
- Another board member is part of the town's TRIAD;
- Two COA members who are involved with the Westhampton Congregational Church;
- and Board Chair currently coordinating the volunteer driver program for older adults that request help getting around.

The board is committed to working with other town departments. Looking outside the COA to bolster outreach led the board to contact fire, police, and emergency management departments, library, among others. Their goal is integrating the circle of town resources and personnel attuned to older adults' needs. COA outreach also is well supported by additional supports for town residents.

Westhampton has a widely-distributed monthly community newsletter. "The Bell Tower" goes to all residents in Westhampton, without requiring a subscription. The Westhampton Congregational Church does outreach to congregation and community members when they become aware of a need. The town library provides support for home-bound readers with delivery and pick up of library materials.

Westhampton COA has the only Friends of Westhampton Council on Aging among the seven northern hilltowns. Westhampton COA Friends is instrumental in supplementing COA programming support and financial resources for activities, programs, and events.

Westhampton's variety of supports for older adults demonstrates the town's unique ways of helping. With Westhampton's population changes,

the needs for outreach continue to grow. Please talk with your COA director or board members about opportunities for you to participate in outreach. Outreach is happening everywhere!

Become an Elder Advocate!

A three-day ombudsman certification training will be held at Highland Valley Elder Services **October 3-5, 2018.**



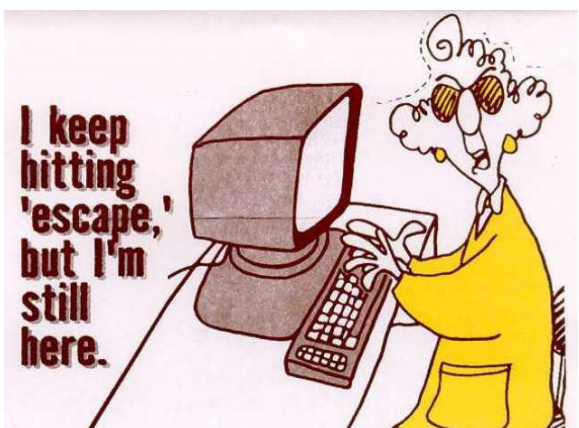
Ombudsmen help ensure the quality of life for nursing and rest home residents. Volunteers are thoroughly trained to assist residents with benefits, rights and entitlements guaranteed under federal, state, and local laws. Ombudsmen assist and empower residents with the tools for self-advocacy and they may make all the difference!

The Ombudsman Program is a federally mandated advocacy program for nursing home and rest home residents throughout the United States. Highland Valley administers the program in Hampshire and Hampden County. **We are in need of four new ombudsmen to cover facilities in Hampshire County.**

Please note: New volunteer recruits are required to interview with the program director and to complete a CORI background check prior to this training. **For more information, please call Don Freeman at (413) 588-5755.**

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.



RESOURCE DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536
Veterans' Service Officer Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Upper Pioneer Valley Veterans' Services District in Greenfield	413 772-1571
Regional Outreach Coordinator , Peg Whalen	413 404-4566
DO NOT CALL Registry	888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400
Call Chesterfield COA for assistance	413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center - Medical & Dental	413 238-5511, ext. 131
HOPE Nurse , Robin Laferriere, RN	413 238-5511, ext. 313
Janet Dimock , HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby , call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
Foot Care Oni, RN , foot care in Goshen, Call Liz Loven for appt.	413 268-7122
Oni, RN , foot care in Williamsburg or in-home visits	413 268-8407
Oni, RN , foot care in Plainfield or in-home visits	413 522-7219
Diane Roeder , foot care in Whamp & Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Richard Bauman (Westhampton)	413 527-5240
Lorraine York-Edberg	413 773-5555, ext. 2275
Mass Health and New Health Coverage	
John Bergeron, HCHC-Huntington	413 667-2203
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cumington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866 277-7741
Hilltown Easy Ride Van Fran Goebel	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cumington COA , Anne Parsons	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Deborah Thibault	413 634-0275
Westhampton COA , Julia Lennen	413 537-9880
Williamsburg Senior Center , Sherry Loomis	413 268-8407
Worthington COA , Sandra Epperly	413 238-5584

Plainfield Council on Aging
c/o Deborah Thibault
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Greenfield MA

Plainfield Council on Aging

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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in July

Wed. July 4th, 7am-2pm Chesterfield July 4th Celebration

Pancake Breakfast (Firehouse)	7:00 - 10:00
Food & Vendor Booths	
Historical Exhibits (Edwards Museum)	8:00 - 2:00
Hilltown Art Display (Town Hall)	9:00 - 10:30
Heritage Pops Concert Town Center)	
PARADE	9:30 - 2:00
Chicken Barbecue (Church)	9:30 & 11:30
Classic Car Show (Town Offices)	
Magic Show & Face Painting (Park)	10:30 - 11:30
Sidetracked Band (Car Show)	11:30 - 1:30
Family & Kids Softball (Ball Field)	11:30 - 1:30
Firefighters Contest (Ball Field)	11:30 - 1:30

Sponsored in part by the cultural councils of Chesterfield, Cummington, Goshen, Williamsburg & Westhampton.



Weds. July 11th, 11am
Wild West: The Mystery of the Haunted Piano
by the ScienceTellers
Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA

You're invited to a WILD WEST Library Adventure— part of the Chesterfield Public Library 2018 Summer reading program. ScienceTellers brings science to life. Not too

long ago, Science and Storytelling were accidentally mixed. Here is what happened! This interactive story allows kids of all ages to explore the fascinating science behind chemical reactions, combustion, air pressure, inertia and more. Don't miss this classic action-packed western with 'notes' of science!

Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, coordinated in partnership with the Chesterfield Public Library.

Tues. July 17th, 12pm
Cummington COA Annual Picnic
Pettingill Memorial Field, 14 Main St.
Cummington, MA

Cummington will be having its annual COA picnic on Tuesday, July 17th, at the Pettingill Memorial Field, by the playground, at 12:00 noon. This year we're inviting folks from other COAs to join us. If you plan to come, please give Anne a call at the Cummington COA by the 11th so we can plan accordingly: 413-634-2262. If you need a ride, reserve it with the Hilltown Easy Ride Van at 296-4232.

