

Plainfield Council on Aging

September 2018 Newsletter



Plainfield Council on Aging
Town Offices, 304 Main St.
Plainfield, MA 01070

Ann Irvine, COA Chair
Phone: 413-634-5698
irvinea@verizon.net

September Events & Features

September Luncheons



***Join your friends and meet
someone new
at the Plainfield Town Hall!***

• **Wednesday, September 12th at Noon**

Guest Chefs: Jeanne Sargent and Jack Nelson

Menu: Garden vegetable casserole with zucchini baked in cheese sauce topped with tomatoes. Everything will be organic and from their garden at Community Gardens at Guyatte Farm. Jack is making whole wheat applesauce sour dough bread.

During dessert, Jeanne Sargent will speak about community support for the well being of the newest members of its village. "It Takes A Village" is an organization committed to helping families with infants and young children in the Hilltowns. Visit their website and see all those little smiling faces! www.hilltownvillage.org

Chef: Elaine Sidney

Second Dish: Whole baked chicken, freshly cooked red beets.

Dessert: Pie

Take home brown bag of fresh fruits.

• **Wednesday, September 26th at Noon**

Chef: Elaine Sidney

Menu: Turkey scaloppini with apples.

Second Dish: Whole-roasted stuffed delicata squash.

Ann Kohn's freshly baked bread.

Dessert: Peach Coffee Cake.

Take home brown bag of fresh fruits.

Dear COA Lunch Guests,

In preparing foods, I never add salt; honey is used as a substitute for sugar (when possible); and green pepper, garlic, and hot spices are never added to the recipes.

~ Elaine Sidney

elaine.sidney@icloud.com, 634-8063

Blood Pressure Clinic will be held at the Plainfield Town Hall, prior to the luncheon, on **September 12th**. All are welcome.

The COA Advisory Board Meeting will be held **September 12th** after the luncheon. All are welcome to observe the board meeting at Plainfield Town Hall. The Board would like to welcome another terrific addition to the board, Susan Pearson.

Foot Care Clinic: Piper Sagan, the foot care nurse, attended to eight seniors last month. Appointments are prescheduled. The next available date is **Tuesday, October 2nd at 9am** in Town Hall. Please call Piper at 413-522-8432 to schedule an appointment.

New Council On Aging Coordinator Needed

Great Job Opportunity in Plainfield

The Plainfield Council on Aging is seeking a new coordinator. Debbie Thibault, who stepped in to replace Jane Neri as coordinator when Jane had her stroke, has resigned. Thank you, Debbie, for working with us over these years.

This is a part-time paid position, appointed by the

town select board. The coordinator works closely with the COA Advisory Board to provide services, assistance, programs and outreach to seniors in Plainfield. Funding comes from a \$6,000 grant from the state and a current \$2,200 allocation from the town budget. We also receive guidance and support from the seven town Northern Hilltowns Consortium of COAs, which meets monthly. Hours are flexible except for the bi-monthly Wednesday lunches, and you don't have to cook.

This is an exciting time to be working with seniors in Plainfield as the current COA Advisory Board is committed to expanding services to meet the needs of the 42% of our residents over 60. We have new Board members, and we are on a learning curve together, looking for a creative, energetic colleague to serve as coordinator.

We are in the process of developing a job description and compensation package to reflect the current COA program goals, in conjunction with the on-going job and salary review project of the town. In the meantime, anyone interested in learning more about this position can contact the COA Chair, Ann Irvine, for further information: 634-5698 or irvinea@verizon.net.

Reliable help for seniors is available from:

- Highland Valley Elder Services: 413-586-2000
- Hilltown Elder Network, Sandra Powers: 413-634-5558.
- "Plainfield Cares"—Transportation, Jeanne Sargent: 413-634-0170
- Hilltown Easy Ride, (CDC): 413-296-4232, or ride@hilltowncdc.org

T'ai Chi, Moving For Better Balance

Ton Whiteside held an informative session about a form of movement of T'ai Chi called Qigong or chi gung. It's a holistic system of coordinated body posture and movement, breathing, and meditation used in the belief that it promotes health and spirituality.



Please email Lina at lbernst@fandm.edu for dates, time and place. The cost is \$5.

COA folks are encouraged to try this beneficial and easy way to keep your body and soul in balance. I think you are going to be amazed at how well you will feel afterward. The cost of the sessions (\$5 per class) can be offset by the Council on Aging. Note, if you are unable to use the computer to contact Lina, please call Elaine Sidney 413-634-8063.

Shaw Memorial Library

Computers—"How do I turn this darn thing on!"

Ah, computers. Fear not, Denise Sessions is happy to assist you with the library computer. No appointment necessary. Library hours are every Saturday 9am-12pm, Tuesday 2pm-8pm and Thursday 5pm-8pm. Thank you Denise.

Linda Mason, a new resident in town, is starting up **Scrabble at the COA Lunch**. Test your vocabulary skill! All card games (except strip poker!) and board games are challenging and fun to play after lunch.



Thank You for Your Donations!

We are very grateful to everyone who has donated/contributed to the COA these past several months. You allowed us to flourish in the challenge to better serve the folks in Plainfield. The COA relies on the support of friends like you so we continue that conversation and understanding. Thank You!

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

Seniors Aware of Fire Education



Hey, it's September again (or almost)! September has its own challenges and joys. Here are a few ideas for keeping it SAFE:

- School buses are on the road again. Be sure to stop a safe distance behind or in front of them when they're showing red lights.
- Discourage ticks and other biting insects by covering up and using bug spray when doing garden/lawn work.
- Do not burn leaves or brush during your fall clean-up. Burning season will begin on January 15, 2019.
- Do not touch or take in any wild animal looking for a winter home.

Enjoy the month, apples and cider and 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.

Spa Days at Smith Vocational

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by hosting a "spa day" once a month to seniors in the surrounding area. They are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facials \$8.00.

Friday, September 21st is the first spa day, in Room 124 of Building A at the school. Available appointment times are **9 and 10 am**. All work is done by students and is supervised by licensed instructors. There is a senior class of 11 cosmetologists, so there are plenty of appointments for haircuts and manicures. However, pedicures and facials appointments are limited to one per hour. Watch for more future dates in the newsletter.



NEW for Fall 2018:
please call the Cosmetology Department directly to make an appointment. Their number is 413-587-1414 ext. 3531.

Switch, don't switch, switch, don't...

When we switch on our electric lights, the electricity comes from the utility company for nearly all of us. The utility company gets the electricity to sell us from a variety of sources, and we customers have the right to choose where our electric supply comes from. We can use the utility company's source, or switch to one of the multiple other entities who repeatedly call us on the phone at dinner.

Oh dear, that was negative. Let me try again. We can use one of the multiple other entities who call us on the phone and who may be able to promise us a lower rate. They are called an alternate supplier. They may represent interests in another part of the country, obtain their power from renewable resources, or have some other factor.

When we get one of these calls, it is probably not a scam, but we should be careful in switching. There may be a benefit to using a different supplier but there are several possible hiccups.

Ask appropriate questions of the potential supplier about how your contract and costs will go. National Grid has two very useful pages of information on considering your energy supplier:

www9.nationalgridus.com/masselectric/home/energychoice/4_how.asp
www9.nationalgridus.com/masselectric/faq/faq_result.asp?Code=choice

I'd also suggest asking friends and neighbors for their experiences. As I said, this may not be a scam phone call, but it may not be financially beneficial to switch, either.

Switching off,

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

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO / PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from

October 15 through December 7th!

REMINDER:

Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local Senior Center or call

1-800-AGE-INFO(1-800-243-4636), **then press or say 3.** If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Uncle Sam Wants US!

It's voting time! The primary is right after the Labor Day weekend, really inconvenient. BUT we can either remember to vote on September 4th, OR get an absentee ballot and vote before! Our Town Clerks will be quite happy to help. Just note their office hours and plan ahead for closed offices. The last day to request an absentee ballot is Friday, August 31st at 5pm. You can also make this request online at:



www.sec.state.ma.us/ele/elepdf/2018-Short-Form-Absentee-Ballot-Application.pdf.

If you need to check that you are registered, talk to your Town Clerk or go online to www.sec.state.ma.us, then click on the Elections and Voting tab on the left. There is a lot of information there, including an easy link to the absentee ballot application

The next date to remember is **October 17th**, the date to make SURE you are registered to vote to be able to participate in the **November 6th elections**. You can register online if you have a valid MA ID or driver license. Go to: registertovotema.com

Voting is one of our most important citizen participation actions. So, does your / one vote really matter? Yes, it can, though it is not probable. Read this for a good overview of the question - www.thoughtco.com/can-one-vote-make-a-difference-3367480

Thanks to Brenda Lessard for checking me.
Thanks to you for reading,

~ Jean O'Neil

SAVE THE DATE

Northern Hilltowns Consortium of Councils on Aging

**Hilltown Elders:
Protecting Your Health and Safety**

Monday, October 15, 2018
9:30 -2:00
Chesterfield Community Center

Many questions come up every day about what you need to know about medical services, emergency rooms, hospital discharge, Medicare protections and the new Medicare card. Recently these questions came up in recent local surveys and community public forums in three hilltowns: Chesterfield, Cummington and Plainfield. People have said that they also want easier access to information about how to get the help they need when they need it. Knowing how it all works makes a big difference.

Meet professionals from Medicare Patrol, Legal Professional, Highland Valley Elder Services, primary care physicians, Mass Council on Aging and the Executive Office of Elder Affairs.

Come for the day or only part of the day!
Lunch will be served.

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@burgy.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 September

Tues. Sept 25th, 9am
Big E Day Trip

Bus departs 9:00am from COA parking lot, 400 Main Rd, Chesterfield, MA. Bus leaves: 4:30 P.M. from the Big E.

Cost includes: round trip bus transportation, entrance fee to the exposition. Circus Spectacular @ 1pm at the Big Top- FREE. The Drifters & Platters perform @ 3pm at the Court of Honor Stage--FREE. \$10 per Chesterfield Senior (age 60 or over). Open to all ages and all communities for \$14. Cash or checks payable to Chesterfield COA due by September 12th. Only 35 seats available. NO REFUNDS due to bargain price. **For reservations: call Francine Frenier 296-4291 or call the COA @ 296-4007.** Scooter and wheelchair assistance available; the COA can help with the rental fee. Limited Availability- First Come First Serve to Chesterfield Seniors only.



Thurs. Sept. 27th, 12:15pm
Steve Damon from A Natural Music School
Senior Center Café, 141 Main St. Williamsburg

Come and enjoy songs and stories by an entertaining local musician! Please call two days ahead to reserve lunch, if you're interested: 268-8407.

Save the date! Saturday, October 20th 9am-3pm
Goshen Congregational Church
Fall Clothing Exchange
45 Main St. Goshen

The spring clothing exchange was such a huge success that they are doing it again! Please drop off your washed, gently-used men's, women's and children's coats and other fall/winter clothing and accessories on Weds. Oct. 17th from 5-8pm or Fri. Oct. 19th from 9am-3pm, then come back on Saturday to shop! Please, no undergarments or lingerie. If the drop off times don't work for you, please call the church at 268-7427 to arrange a different time.

**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.