

Plainfield Council on Aging

October 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

October Events & Features

October Luncheons



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

• **Wednesday, October 10th at Noon**

Chef: Elaine Sidney

Menu: Farro (wheat grain, nutty flavor), Chard & Ricotta Casserole. Ann Kohn's freshly baked bread.

Requesting simple salads, side dishes & desserts! Folks love Deviled Eggs!

Fresh Fruits available for those watching sugar intake.

Special Guest: Gary Rzab, Plainfield's fantastic drummer! Get ready to feel the beat.

• **Wednesday, October 24th at Noon**

Guest Chefs: Jerry Little & Bonnie Pierce

Menu: Jerry's Mild Chili with Bonnie's Cornbread.

Requesting simple salads, side dishes & desserts!

We have several dressings for the salads.

Dessert: Ice Cream. Fresh fruits available for those watching sugar intake.

New Council On Aging Coordinator Needed Great Job Opportunity in Plainfield

The Plainfield Council on Aging is seeking a new Coordinator: a part-time position for an estimated eight hours per week with a starting salary of \$15 an hour.

The Coordinator of the COA is the face of the Council on Aging, reaching out to and serving 253 Plainfield seniors, currently 44% of the population. The Coordinator works closely with the COA Advisory Board. We seek a creative, energetic colleague to work with us as Coordinator.

For a full job description, please see Plainfield Town website at: plainfield-ma.us/p/20/Council-on-Aging or contact COA Chair, Ann Irvine, at 413-634-5698 or irvinea@verizon.net.

The COA Advisory Board Meeting will be held **October 10th** after the luncheon. All are welcome to observe the board meeting at Plainfield Town Hall.

Foot Care Clinic: Tuesdays, **October 2nd & December 4th** in the Town Hall, \$30. \$40 for an in-home visit. Call Piper Sagan, RN for an appointment. 413-522-8432.

Qigong: Moving For Better Balance. Tuesdays at 4pm, in Margaret's Room, Plainfield Church. Taught by Ton Whiteside. All are welcome. Sponsored by the Plainfield COA. Suggested donation \$5. Cost can be off-set by COA.



How to Ask for Help and Actually Get It...

Even though the idea of asking for even a small amount of help makes most of us horribly uncomfortable. A 2008 study from Cornell University found that people underestimated by as much as 50% the likelihood that others would agree to a direct request for help. In other words, people want to help you. But you have to ask. So how do you ask?

First, make sure the person you want to ask realizes you need help. This means that even if you think it's clear you need help, it's entirely possible that the people who can help you don't have any idea you need assistance. Second, make clear that the person you want to ask understands your desire for help—in other words, you have to ask. Third, be specific with your request and make sure your helper knows why you're asking him or her and not someone else. Last, make sure the person you're asking has the time and resources to help.

Culled article by Tim Herrera.

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
- Veterans' Services, Brian Brooks:413-772-1571

Active Aging in Service

Hilltown Valley Elder Services (HVES) serves older adults and their families through a range of programs designed to support them where they live. They are a longtime (since 1974) regional leader of community services for seniors, caregivers, and adults with disabilities living in their community.

Ann Kohn is presently Plainfield's representative serving on the board of HVES. Her focus for several years has been on the nutrition program. Local representatives provide input of local needs to the people in the big city, Boston. HVES offers a range of interests for volunteers; Elder Justice, Money Managing, Ombudsman services, Counseling, etc.

So, retired legal assistants, nurses, social workers, money managers: Plainfield needs a new HVES representative with your skills!

HVES meets monthly in Florence, but never in July and August. Ann Kohn welcomes your questions AND she has stories to tell about those city slickers! 413-634-5577, info@highlandvalley.org.

VOLUNTEER



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



October is Fire Safety month. This year's fire safety theme is: LOOK -- LISTEN -- LEARN!

- LOOK for places fire could start --like extension cords, frayed and/or under rugs and fire place screens in place. Ask yourself or a loved one, where could fires start in our house and what can we do to keep fires from happening?
- LISTEN for the sound of smoke detectors when you test them each month.
- LEARN by doing a fire drill during which you establish two ways out of every room and a meeting place where everyone in your family knows to go in case of a fire or emergency.

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

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

Hilltown to Valley Connections



Did you know you could ride the Hilltown Easy Ride van to connect with **PVTA buses** and other public transportation services?

Eligible van riders can book a ride to either Williamsburg or to Northampton and transfer to any PVTA bus, or even the Peter Pan bus for trips out of town. PVTA bus destinations could include the Hampshire Mall, Amherst, or Holyoke.

Interested? We will be holding a one hour information session and travel training on using the PVTA system at the Chesterfield Community Center, 400 Main Rd., on **Wednesday October 17th, at 11am.** It will be followed by an optional practice outing to Northampton for shopping or lunch from noon-3:30pm. *There is no cost for the training, but you will need \$3.00 cash for the optional practice PVTA bus ride, plus whatever you would like to spend in Northampton for shopping and lunch.*

Call the Hilltown Easy Ride to sign up for the informational session: 413-296-4232

We are not alone!

My friend in Australia sent a video with three scenarios of warnings on how folks can get scammed. It could happen here, too!

1. Don't use a portable credit card reader unless you are comfortable with the situation, for instance in a store and you know you are dealing with a store employee. If a delivery person comes to the door and gives you a package but asks for a card and signature, make sure he/she is authentic. The person could put your card in the reader just like in the store, but it is a fake reader and they then go to a computer and clone your card.
2. If you are called about suspicious activity in your bank account and are asked to call back, do two things. One, use a different phone if you can and look up the number yourself, and two, do NOT give the 3-4 digit pin that is on the card or your Social Security number. Otherwise, you may be calling back a scammer instead of your bank.
3. When you are using an ATM, I'm sure you know to hide the keypad with your body. But, also, do not let anyone distract you, perhaps to pick up something. An accomplice could steal your card.

I'm not trying to be scary here, but the number of ways we can get taken just keeps rising! So please keep your wits about you and be safe.

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

Northern Hilltowns Consortium of COAs honors Peg Whalen



The many contributions of Peg, (lower right), as the Regional Outreach Coordinator from the Hilltown Community Health Center, were recognized at a special luncheon in her honor at our monthly meeting on September 10th. Peg has been a vital part of the COA's work in expanding the outreach networks developed by many of the COAs. Several of the towns are now moving toward becoming Age Friendly Communities. We appreciate how far Peg has taken us on this journey and look forward to her support as we move forward to a new direction.

If you receive a post card like the one pictured below, discard it. It is not contracted with Medicare as it states. Medicare recommends that people do not complete and return this postcard, but instead call a SHINE counselor to discuss Medicare and their unbiased, comprehensive health insurance options.

PERSONAL 2018
BUSINESS MAIL FORM MAIL PERMIT NOTICE

POSTMASTER: If undeliverable as addressed, please refer to section 501.4 of the official USPS DMM

Presorted
First Class Mail
Postage Paid
Boston, MA
Permit No. 84

Important 2018 Medicare Benefits Notice
For Massachusetts Residents Turning 65

IMMEDIATE ACTION REQUIRED TO AVOID PENALTIES

REGISTERED DOCUMENT
T65-SEP-2018
DO NOT DISCARD

DOCUMENT DISTRIBUTION CODES
State: Massachusetts
County: Middlesex
Route: 1074

Stow, MA 01775-1074
5321

Detach Here And Mail Within 6 (SIX) Days. For Immediate Service Call 800-679-5903.

2018 Medicare Benefits Review Mail Request Form
(Form 18MRMRK)

Please complete the form below. By completing and returning this form, you hereby acknowledge and understand a STATE LICENSED MEDICARE INSURANCE Agent will contact you to provide a review.

Signature: _____ Date: _____

Spouse's Full Name: _____

Your Age: _____ Your Spouse's Age: _____ *Phone: _____

Email: _____

* PHONE IS REQUIRED!! PLEASE PRINT CLEARLY!

THIS SECTION FOR OFFICIAL USE ONLY PLEASE DO NOT WRITE IN THIS SECTION

USPS OFFICIAL REGISTRY DATA FIELD Middlesex County Stow, MA 01775-1074	MAIL BATCH CODE CFG181081-201805 T65DOB CODE 19530900
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Highland Valley Elder Services Annual Meeting & Keys to Aging Well Expo



Thursday, October 4 at 4pm
Hadley Farms Meeting House
41 Russell St. Hadley

Enjoy music, hors d'oeuvres, and meet local service vendors.

For more information, call HVES: 413-586-2000.

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

Six Top Tips for Consumers to Stop Illegal Robocalls

- 1. File complaints with the Federal Communications Commission:** Complaint data is the best tool federal agencies have to gauge the extent of the robocall epidemic. While filing a complaint may not prompt an immediate response, complaint data may prompt the FCC to take action.
- 2. Add your number to the Do-Not-Call List:** While the DNC list does not stop all robocalls, it is a valuable resource for removing your number from the call lists of companies that do not want to violate the law. Sources of robocalls that you do business with, such as banks or student loan servicers, and sources of scam calls that often have no regard for the law, will still get through.
- 3. Revoke consent:** If you're receiving robocalls from a bank, lender, or other company you do business with, they likely have your consent (hidden in the fine print) to robocall you. *While they like having the option, it isn't their right and you can revoke your consent at any time.* Tell the (continued on page 7)

On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

October 21 — Sunday: Halloween in Salem. Enjoy the Salem Street festivities and a Tour of House of Seven Gables. Lunch is on your own in downtown Salem. Cost is \$82.

December 10 — Monday: White Christmas Big Band show and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102. There is a \$10 discount if paid in full by October 30th.

2019—Sneak Peak

April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South. Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

May 29-31: Ogunquit, Maine. Multi day, share with group from Connecticut, who will come pick us up. Two night stay at Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, shopping in Kittery and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

June 11-13: Island Hopping. Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island. Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per double. There is a \$25 discount if paid in full by June 1. This 9 day trip includes: 8 nights lodging including 5 nights in Canada, 14 meals including: 8 breakfasts and 6 dinners. Guided tour of Acadia National Park, guided tour of Halifax, Peggy's Cove and Lunenburg. Admission to King's Landing Historical Settlement. Guided Tour of Prince Edward Island. Admission

to the natural wonder: "Hopewell Rocks". Visit to the Waterside Town of Saint John.

Nov. 9-24: Panama Canal Cruise— 16 days. Starting at \$1,999 per double. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities, entertainment, casino & parties. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.



Hilltowners from Goshen, Chesterfield and Williamsburg return from their five day jaunt to Washington DC. Norene & Joe Roberts, Barbara & Robin Bak, and Liz Ducharme & Cindy Lefebvre. The Mercedes Benz tour bus is in the background.

(continued from page 6)

caller you "revoke consent." If the calls continue, contact customer service and tell them that you do not consent to receive calls and that you want your number to be added to their "do not call" list.

4. **Don't engage with the caller:** Most autodialed robocalls include a prompt to press a key or give a voice command. DON'T! Pressing a key, even if the recording says it's to remove your number from the list, tells the caller that your number is active and that you'll likely answer future calls. Even worse, the voice commands can be recorded and used against you by scammers to represent consent to purchase products or services.

5. **Don't answer unknown numbers on your mobile device:** Easier said than done, this will help avoid robocalls. But important calls can come from unknown numbers and most landline phones don't have call-blocking features.

6. **Install call-blocking apps:** Various call-blocking apps, like YouMail and NoMoRobo, provide a free or low-cost service to mobile smartphone users that filter out identified scam robocalls and allow users to block specific numbers and report the calls. But typically these apps don't help landline users.

Plainfield Council on Aging
Attn: Ann Irvine
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Plainfield, MA 01070

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

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on Aging**

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Out and About in October

Thurs. October 4th at 4pm
Key to Aging Well Expo
Hadley Farms Meeting House
41 Russell St. Hadley, MA
See page 6.

Weds. October 17th at 11am
Easy Ride— Hilltown to Valley Presentation
Chesterfield Comm. Ctr. 400 Main Rd. Chesterfield, MA
See page 5.

Fri. October 19th, 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton, MA

Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Upcoming additional spa days: Nov.16th, Dec. 21st, Jan. 25th, March 1st, April 12th and May 17th.



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.



Tues. October 30th at 12:15pm
Halloween Harvest: Ghosts, Goblins and More with Davis Bates
Williamsburg Senior Center Café
141 Main St., Williamsburg, MA

Stories and songs. Please call two days ahead to reserve lunch, if you're interested: 268-8407.

*The new home for the Worthington COA is
2 Packard Park, Worthington, and the phone number is
413-238-4294.*