

# Plainfield Council on Aging

## December 2018 Newsletter



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

Susan Metcalfe LaRock, COA Coordinator  
Phone: 413-743-5345  
stormpetrel22@gmail.com

### December Events & Features

#### *Holiday Celebration* **December Lunch** *at the Plainfield Town Hall!*



- **Wednesday, December 12th at Noon**  
*This will be the only luncheon in December.*

**The COA Advisory Board  
welcomes all to the Holiday Potluck Lunch!**

#### Traditional Menu:

Roast beef, potatoes & gravy and vegetarian option of Zucchini Fettuccine with parmesan cheese. Persimmon & orange salad. Ann Kohn's Parker rolls. Pies, cake, ice cream & fresh fruits.

We are looking forward to the variety of dishes you will bring to the Holiday table!

**After our meal, Mr. John Burns, our Plainfield neighbor, will play the piano as we sing along with many of our favorite holiday songs.**

**It should be a delightful time for us all.**

**The COA Board Meeting** will be held on **Friday, December 14th** at 10am in Margaret's Room in the church. Everyone is welcome.

**Foot Care Clinic: Tuesday, December 4th** in Town Hall \$30; \$40 for an in-home visit. Call Piper Sagan, RN for an appointment. 413-522-8432.

**Exercise Classes beginning!**

**Free Exercise Classes with Joan Griswold**  
*Sponsored by Plainfield COA*

*All levels of fitness welcome*

**Classes begin Monday, November 19  
10am– Plainfield Town Hall**

For more information contact Lina Bernstein:  
lina.bernstein@town.plainfield.ma.us or  
413-634-8883

#### **New Council on Aging Coordinator Hired**

I would like to introduce myself and tell you a little about me so you can get to know me better. My name is Susan Polley Metcalfe Stevens LaRock. (Phew! What a mouthful; no need to remember it all). I was born in Springfield, MA and I spent my summers in Plainfield/Windsor Pond. My grandparents, Owen and Bess Dilger, had summered here since the 1920s.

I fondly remember most of the "old-timers" in town: the Packard brothers, Fred Tirrell, Arvilla Dyer, Dorothy Rice, Mildred and Clayton Nye. Mildred baked bread for the community every Saturday. We would pick up two loaves of bread, which she had carefully wrapped in wax paper and tied with baker's string. I would press a loaf to my face, inhaling the wonderful aroma of freshly baked bread while anticipating having a slice with my lunch.

The COA Advisory Board and I would like to **thank the 2018 Guest Chefs:** Philip Alessio, Anne Williamson, Jeanne Sargent & Jack Nelson, Bonnie Pierce & Jerry Little. It's been a pleasure!

To the many folks who brought homemade dishes to the lunch in 2018, thank you!

~Elaine Sidney

During the early 1970s, I lived here with my two children, Kimberly and Andrew Stevens. They attended Sanderson Academy (the original building in Ashfield proper). I was a volunteer for Plainfield Fire Department and a member of the Whatnot's. I worked at the Berkshire Medical Center during the 1970s. While living in Worthington, I met and married my late husband, Larry LaRock. We moved to Sacramento, CA, but returned to visit family almost every year. When he retired, we returned to Plainfield to live and care for my mom, Kay Metcalfe.

I have been involved in town affairs such as the ZBA, Conservation Commission and the Plainfield Historical Society. Now as coordinator of the COA, I look forward to working with the seniors in our community. Come join us at the Town Hall for our COA luncheons on the 2nd and 4th Wednesdays of the month so we can get to know each other better.

**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), Jeannie Sargent: 413-634-0170
- Hilltown Easy Ride, (CDC): 413-296-4232, or ride@hilltowncdc.org
- Veteran Services, Brian Brooks: 413-772-1571

**House Number Signs**

The Town of Plainfield is offering house number signs to each property owner for the low cost of \$20 through the Fire Department. If each home had a clearly visible number sign available, the fire department, EMTs and/or ambulance would be able to reach you in a more timely fashion. If you purchased your sign at the Chicken BBQ or would like to order one, contact John Westwood, 634-2150, for further information as to picking up and/or installing your sign. Let's get the whole town "signed" up!

**Aging Gracefully in the Hilltowns**

A community discussion group sponsored by the Council on Aging focusing on Living Fully, Aging Gracefully, and Befriending Death, is open to all residents of the Hilltowns. The group, always open to new members, meets at the Cummington Community House library on Main Street on the second Tuesday of each month from 1pm to 3pm.

If you would like further information, please contact Wynne or Lucy at 634.5576 or wynlucy@gmail.com or Annie: annieb@crocker.com.



**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**



# Regional News

## Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non-perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.



## Update on the Healthy Incentives Program (HIP)

*Last day to earn HIP benefits is Feb. 28, 2019*

HIP announces updated seasonal schedule!



### What does that mean for HIP?

HIP will be operating on an extended seasonal schedule. This means that clients may earn HIP dollar through February 28, 2019. We know HIP plays a crucial role in helping you buy healthy fruits and vegetables for your household, therefore HIP will resume in Spring 2019.

To find a location, go to [www.mass.gov/massgrown](http://www.mass.gov/massgrown). Click on the map and choose SNAP, under nutrition programs.

For more information on DTA (Department of Transitional Assistance) programs, please visit [mass.gov/dta](http://mass.gov/dta).

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

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### So Clever!

You know the scammers are good at spoofing where a phone call is coming from, e.g., the IRS or a friend. They are getting clever in other ways as well. At a TRIAD meeting the other day, Dave Fenton of the Sheriff's office told us about a really sophisticated scam that he encountered. The scammer was looking for female names in the phone book likely to belong to an older person (for instance they would ignore Beyonce)... and call the person. The caller would ask for the man of the house, sometimes finding out the man was dead. He makes sympathetic noises, gets more information such as the man's name (Harold, let's say), finds out he was a veteran, and hangs up.

A month or two later, he calls back and asks to speak to Harold "about his pledge". The caller learns, again, that Harold has passed away, and says something like "Oh gosh, we have a pledge from him, saying he would be willing to give \$100 to the Northeast Veteran's Association. I wonder if you, ma'am, would like to honor the pledge that Harold made?"

You see what happened here. The caller is clever about getting personal information, then doesn't act on it until time has passed and the original call is forgotten. The caller then plays on the feelings of the widow, giving an expectation that she will send money. So – we don't answer in the first place, right? If we do answer, we don't give out any personal information. And we don't let anyone play on our sympathies or patriotism.

Safely,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## ***Developing Rural Age and Dementia Friendly Communities in the Hilltowns***

Many communities across the country are looking at what it takes to help people age in their own homes. It's an important issue for all ages, not just older adults. The Northern Hilltowns Consortium of Councils on Aging recently completed a pilot program to explore the readiness and interests of towns in becoming age friendly communities. Surveys were sent to each resident 60 years and older in Plainfield, Cummington and Chesterfield. Results showed that of all the issues related to having age friendly and/or livable communities, the most commonly shared concerns included the importance of transportation, housing, accessibility to town facilities and other sites, traffic safety and sidewalks. Having a central source of complete information about community events, supports, programs and services was one of the highlights people shared in the second phase of the pilot program.

When folks were asked about the importance of remaining in their own homes, **87%** said that it was **Very Important**. When asked about reasons they might move, the most common reasons included: looking for a home that will help you to live independently as you age (54%); looking for a different home size that better meets their needs, concern about the expense of maintaining the current home,

and needing more access to public transportation.

Now the rest of the Northern Hilltowns: Goshen, Williamsburg, Worthington and Westhampton, are launching both the distribution of surveys to everyone over sixty and conducting public forums about what people would like to do about moving toward becoming Age Friendly Communities. Because the return rates were so high in the first three towns, it's anticipated that the voices of folks from the remaining towns will be equally clear and compelling. Please let us know what's important to you and what improvements you would like to see in your communities. If you have other thoughts you would like to share, please contact: Jan Gibeau, Chair, Northern Hilltowns Consortium of Councils on Aging: 413-296-4007 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com).



## **Need help with your housing repairs?**

Hilltown CDC received funding for the FY18 Housing Rehab Program, and we're currently applying for the FY19 Housing Rehab Grant. We're accepting applications from homeowners who live in ***Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington*** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

### **Possible Repairs:**

Siding	Roofs and Chimneys
Windows and Doors	Floor Joists, Flooring
Insulation, Walls, Ceilings	Foundation Work
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical Updates	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	



### **HOUSEHOLD INCOME GUIDELINES/ LIMITS:**

<b><u>Household Size</u></b>	<b><u>Gross Annual Income</u></b>
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050

Funding is provided by the US Dept. of HUD/ DHCD and MA CDBG Programs.

These are ***NO interest/NO payment loans*** which are forgiven over 15 years, and all work is completed by licensed contractors. Please don't delay! Funding is available right now, and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org) for more information and an application.

# 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.**

## 2019

**April 13: MGM & Majestic Theater Combo.** Spend the morning at the MGM casino. Receive a \$10 free bet. Following lunch on your own, spend the afternoon at the Majestic Theater and receive a \$3 snack coupon. Enjoy the musical "The Marvelous Wonderettes." Cost is \$61. There is a \$10 discount if paid in full by February 1st.

**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 21: Mamma Mia,** the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109. There is a \$10 discount if paid in full by March 1.

**May 21:** Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77. There is a \$10 discount if paid in full by March 4.

**May 29-31: Ogunquit, Maine.** Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, 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, guided tour of Acadia National Park, guided tour of Halifax, and more. Guided Tour of Prince Edward Island. Admission to the natural wonder: "Hopewell Rocks".

**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. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.

## Highland Valley Elder Services joins Meals on Wheels America and Subaru of America in Sharing the Love this Holiday Season!

*The eleventh annual Subaru Share the Love® Event will help deliver nutritious meals and compassion to the seniors of Hampshire and Hampden County.*

Highland Valley Elder Services continues to participate in the 2018 Subaru Share the Love Event as a member of Meals on Wheels America through January 2, 2019. Subaru of America donates \$250 for every new Subaru vehicle sold or leased to the customer's choice of participating charities.

Participating Meals on Wheels America members, like Highland Valley Elder Services (HVES), will receive a share of the donation raised by Subaru in their state. HVES has partnered with Steve Lewis Subaru in Hadley, MA to raise awareness for the popular year-end sales and giving event, and drive support for Meals on Wheels through meal deliveries for consumers.

Over the last 10 years, Subaru of America and its participating retailers have donated more than \$118 million to its charity partners. This year's event is on track to bring that total to over \$140 million, proving there's no limit to the amount of love we can all share.

By purchasing or leasing a new Subaru during the Subaru Share the Love Event and selecting Meals on Wheels as your charity of choice, you can help deliver nutritious meals and other important services to seniors right here in Hampshire and Hampden County.

**Plainfield Council on Aging**  
**Attn: Susan Metcalf LaRock**  
**Plainfield Town Offices**  
**304 Main St.**  
**Plainfield, MA 01070**

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**Plainfield Council  
on Aging**

**Ann Irvine, Chair**  
irvinea@verizon.net  
413-634-5698

**Shirley Todd, Secretary**  
Ginger237ma@yahoo.com  
413-634-2134

**Ann Kohn**  
AMKohn11@gmail.com  
413-634-5577

**Elaine Sidney**  
Elaine.Sidney@icloud.com  
413-634-8063

**Lina Bernstein**  
lbernste@fandm.edu

**Susan Pearson**  
spearsonbooks@gmail.com  
413-634-0025

Newsletter Designer:  
**Kristen Estelle**  
regionalcoanews@gmail.com

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

## Out and About in December

**Sun. December 2nd & 9th from 2-4pm**  
**Sat. December 29th from 1-4pm**  
**10th Annual Parade of Trees**  
*Clark Chapman House, 234 College Hwy, Southampton*  
This is a free event featuring traditional, contemporary, and whimsically decorated trees for the holiday season. Santa will be available for pictures on the 2nd and 9th. Holiday refreshments served. Vote for your favorite tree!

**Sun. December 9th at 3pm**  
**Christmas Carol Sing at Goshen Cong. Church**  
*45 Main St. Goshen*

**Fri. December 21st, 9am & 10am**  
**Spa Day at Smith Vocational**  
*80 Locust St. Northampton*  
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 9am and 10am in Room 124 of Building A at the school. Upcoming additional spa days: Jan. 25th, March 1st, April 12th and May 17th.

### Save the Date

**Ring in the New Year!**  
**International Food Potluck and music by**  
**James Kitchen & Friends**

*Sunday, January 13, 2019 from 2-4pm*  
New Hingham Regional Elementary School  
30 Smith Rd., Chesterfield, MA

This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. Bring your favorite international dish to share!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA.

