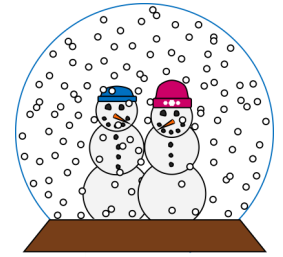


Plainfield Council on Aging

January 2019 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

January Events & Features

January Luncheons *at the Plainfield Town Hall!*



• **Wednesday, January 9th at Noon**

Potluck (No main dish prepared)– Bring your favorite dish for all to share. We look forward to a wonderful meal and good friendship together. HCDC Senior Programs: Seva Tower, from Hilltown CDC Outreach, will join us for lunch and will give a presentation on the current programs they have available for seniors. **There will be a COA Board Meeting following the lunch.**

• **Wednesday, January 23rd at Noon**

Lunch: Bonnie Pierce and Jerry Little are going to treat us to a very special luncheon of **beef stew and biscuit bread**. Again, any side dishes that you can contribute will be greatly appreciated.

Printing Demonstration: Joyce Erb has a long history as a printmaker and has graciously agreed to give us a demonstration on Wednesday after our COA luncheon. This should be very interesting and educational too.

Thursday, January 10th **Sanderson Academy Luncheon for Seniors**

We will meet at the Plainfield Town Hall at 11am. Shirley Todd has arranged for the Easy Ride van for anybody who would like to use it. For those of you who would, contact Shirley at 634-2134 to sign up and get a

one-time FRTA form to fill out which allows you to ride in the vehicle. This should be a really fun time for us as we get to spend time with the children at the Sanderson Academy Middle School. They usually have prepared an entertainment for us. In the past, they have so enjoyed getting together with us.

Free Exercise Classes in Plainfield **Mondays, 10am** **Plainfield Town Hall**

Our exercise classes with Joan Griswold are off to a great start. We have had approximately 14 members at each class. All of us are finding ourselves limbering up and eager to go through the holiday season. The class lasts about an hour, finishing with a 10 minute relaxation/meditation session. It has been great fun and we will be starting a **new 6-week class on January 7th at 10am**. Come join us! For more information, call Lina Bernstein at 413.634.8883

Reliable help for seniors is available from:

- Highland Valley Elder Services: 413-586-2000
- Hilltown Elder Network (HEN), 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

Senior Sand Buckets

We are still working out the details on getting sand buckets to seniors who would like to have sand for their steps, etc.

HOUSE NUMBER SIGNS

If you have not yet picked up your house number sign from the Safety Complex, they are still available. If you would like to order one, contact John Westwood

at 634.2150 for further details. Let's get the whole town signed up!

COA Board Member Retiring

Elaine Sidney is regretfully retiring as a member from the COA Board effective December 31, 2018. Elaine was a staunch supporter of the COA and its contribution to the community. She was invaluable as a coordinator of the COA luncheons and had many good ideas about how we could move forward in aiding seniors and disabled members of our town.



Cardinal by Sue Metcalfe LaRock

You Know You're Getting Old When...

- You have a party and the neighbors don't even realize it.
- You light the candles on your birthday cake and a group of campers form a circle & start singing "Kumbaya."
- You find yourself beginning to like accordion music.
- At parties you attend, the prime topic of choice is "regularity."
- Your ears and your nose have more hair than your head.
- "You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there." - George Burns
- When you get the same sensation from a rocking chair that you once got from a roller coaster.
- When you look in the mirror one day and realize you look like the photo on your Costco card.

WHAT DO YOU CALL AN ALLIGATOR IN A VEST?



AN INVESTIGATOR.

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



Candles are really nice to look at and smell, but remember: a candle is an open flame. Here are a few ways to keep that flame from spreading:

- Only burn candles when you are in the room.
- Use sturdy, safe candleholders.
- Keep candles at least 12 inches from anything that can burn.
- Never use candles in bedrooms or when you are tired and feel sleepy.
- Always use a flashlight -- not a candle -- for emergency lighting.
- Never use a candle where medical oxygen is being used.

Have a bright and SAFE New Year!

--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.



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.

The Big Five in the New Year!

Just in case you needed some inspiration for New Year's resolutions, I have some suggestions! At a seminar by Elder Attorney Karen Jackson the other day, I learned some new legal stuff. We already knew about the need for wills and Powers of Attorney and such, but there are a couple new things. So, in brief, here is what she says we need and why:

WILL – a will lets you determine what happens to your money, other assets, and Special Things (think family items, antiques). The alternative is that the state will do it for you.

HEALTH CARE PROXY – if you are unable to decide or communicate on issues in your health care, someone who you trust and who you talked with and appointed can decide and communicate for you, and do that in your best interests.

DURABLE POWER OF ATTORNEY – if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you talked with and appointed can act for you, and do that in your best interests.

ADVANCE DIRECTIVE (living will) – this lets you give some direction on your preferences for medical care, including possibly how you pass from this world.

HIPAA RELEASE – this will let your Health Care Proxy get all your medical records, including medicines, thus avoiding privacy restrictions and doing a better job for you.

See you in 2019,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

General Contractors

Are you are interested in steady, local work?

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by various state and federal grant programs. We recently received the



FY18 Housing Rehab Grant and will be bidding approximately 18 projects in the upcoming months. In addition, we're in the process of applying for the FY19 Housing Rehab Grant for another anticipated 18 projects.

Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington with the average project of \$30,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workers' Compensation insurance (if applicable) is required.

HCDC is an EEO/Section 3 Employer. Women & members of minority groups are encouraged to apply.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email paulab@hilltowncdc.org.

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

6 New Year's Resolutions for Seniors

January is here. This means the opportunity for a fresh start. Use this time to reflect on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren? Do you do enough to give back to your community?

In 2019, set a goal that focuses on bettering your overall health, both physically and mentally. Here are a few New Year's resolutions we suggest considering:

1. Exercise for 10 minutes every day.
Staying physically active is key to healthy aging.

2. Explore new volunteer opportunities.
Volunteering is a great way to give back to the community, but it also benefits your own health.

3. Revive an old friendship.
It's not always easy remaining close to friends who don't live right down the street. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

4. Spend more time with the grandkids.
Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. This year, consider gathering with your loved ones every other week to catch up.



5. Make healthier dessert decisions.
It's easy to reach for that sugary treat after dinner. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

6. Revisit an old pastime
When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

*Compiled from:
sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx*

FY19 Housing Rehab Program

Hilltown CDC will be submitting a grant application for FY19 to apply for the Housing Rehab Program in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. If you have used the Housing Rehab Program in the past or plan to use it in the future, we'd like to hear from you.

We welcome your ideas, suggestions, or input about the design of the program and how we could improve the overall effectiveness of our services. Please call, email, or fax your comments no later than January 2, 2019. We look forward to your input.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123, fax (413) 296-4020, or email paulab@hilltowncdc.org for more information or for an application to the program.

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

Stronger than Yesterday

What better way to start off the new year than by joining a new exercise class?



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 Sarah Prince
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.
Chair Stretch and Strengthen
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

Healthy Bones and Balance

Designed to increase participants' strength, mobility, 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

Stability Ball Exercise Class: "Keep Your Ball Rollin..."

Led by Angel Williams. All levels are welcome. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance.

Mon. 1pm, Chesterfield Comm. Ctr
Begins 1/14/19

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*

Zumba!

*Led by Melissa Tee. All levels welcome. \$5/class.**

Mon. 6pm, Williamsburg Senior Ctr.

To find out more, and to register, please contact the appropriate COA:

Chesterfield:

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

Cummington:

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

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

Westhampton:

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

Williamsburg:

Jenn Hoffman or Sherry Loomis, 268-8407,
sloomis@burgoyne.org * Financial aid may be available for Wburg residents.

Worthington:

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

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

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.

The Chesterfield Council on Aging invites Hilltowners of all ages to:

Ring in the New Year!

Multigenerational, International Potluck and Musical Extravaganza

Sunday, January 13th, 2019 from 12pm to 2pm
New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA

***Jim Kitchen & the Appliances, Sidetracked,
Hampshire Regional and New Hingham voices & music... more!***



This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. **Bring your favorite international dish to share!** Food from any region is encouraged, from cherished family recipes to your favorite cuisine (*please label your dish w / ingredients.*) The whole family is invited to share in the food and the fun!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA. Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA.