

Plainfield Council on Aging

February 2019 Newsletter



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

Susan Metcalfe LaRock, COA Coordinator
Phone: 413-743-5345
slarock@town.plainfield.ma.us

February Events & Features

February Luncheons *at the Plainfield Town Hall!*



- **Wednesday, February 13th at Noon**

St. Valentine's Day Luncheon – Ann Kohn will be our guest chef for the Valentine celebration.

Chicken Mediterranean with complimentary side dishes.

Remember we always have brown bags available for take-home fresh fruit after the luncheon.

The COA Board Meeting will be held right after the luncheon in the Town Hall. All are welcome to attend.

- **Wednesday, February 27th at Noon**

Potluck – Bring your favorite dish for all to share. We look forward to a wonderful meal and good friendship together.

Exercise Classes in Plainfield

Mondays, 10am
Plainfield Town Hall

Back by popular demand, our exercise classes with Joan Griswold are again up and running. Our first session was on January 7 at 10am. We have added two new members to our group. Come join us as it is a lot of fun and good for muscle strengthening. The class lasts about an hour and finishes with a 10 minute relaxation/meditation session. If possi-

ble, we ask for an optional small donation to defray costs. For more information, call Lina Bernstein at 413.634.8883.

Visit to Sanderson Academy

About 15 members of the Plainfield COA accepted an invitation from Sanderson Academy in Ashfield to join the children for lunch where they enjoyed a warm and healthy meal with the first and second graders. We thoroughly enjoyed visiting with them as we learned about their classes and shared experiences with each of them. To be sure, I think it was as much fun for the children as it was for us.

Clinic Dates to Remember

1. Foot Care Clinic– Tuesday, Feb. 5 at 9am in the Town Hall. Call Piper at 413-522-8432 for an appointment and fee.
2. Blood Pressure Clinic – Wednesday, Feb. 13 at 11:30am before the luncheon.

Reliable help for seniors is available from:

- Highland Valley Elder Services (HVES): 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

If you would like a bucket of sand delivered to you for your doorstep, call Susan LaRock, our coordinator. Please leave a message if she is not able to take your call and she will get back to you to set this up. With all the warming and freezing temperatures, the likelihood of ice and hazardous walkways are becoming more of a problem in our winters.

New Medicare Cards

Everyone should have received their new Medicare card by now! If you don't have one, it could be that the Social Security office did not have your current address or it was thrown away accidentally because the envelope did not have Medicare information on it.



No worries! You can order your new card by calling Medicare at 1-800-633-4227, or set up an account at www.MyMedicare.gov to retrieve a copy of it. (Once you receive the card, you can destroy the old one.)

Interviews with our sage seniors

We are in the process of interviewing members of our senior population here in Plainfield. So far, the response has been both positive and fascinating. Our first interview was with Rema Loeb, taken by Lina Bernstein. Sit back and enjoy a visit with Rema.

Living in the Present: An Interview with Unstoppable Rema Loeb

Lina: What brought you to Plainfield?

Rema: My husband died very suddenly; it was quite a shock. I was numb for about a year or so. But I continued our work against fracking in New York state before Cuomo finally came through with the no fracking moratorium. But at that point it was getting desperate. We lived in Afton and were surrounded by people who had signed leases, so it would have gone right under our land. Sara, my daughter, said to me, "Mom, why don't you come up here?" and so I did at the age of 79.

L: Was it a good decision?

R: I don't mean to insult Afton. There are some good people everywhere and that quilt, you see, hanging up? It was made by a woman in Afton to thank me for fighting fracking. But I much prefer Plainfield. In Plainfield, people are reasonable. If you mention the New York Times, they don't say, "Oh, that's a liberal paper." I got that from Afton town officers. I love the people here. I have been blessed to be able to make some very good

friendships.

L: What was your first impression of Plainfield?

R: When I first came here, nobody knew what fracking was, but when we were faced with the possibility of the pipeline, people certainly did learn. My proudest moment: we walked for four days against the NED Pipeline (with help from a support vehicle). In Greenfield, we stayed overnight at the Episcopal church, and were asked to represent our towns. Well, the other Plainfield person was off doing chores. So I grabbed the Plainfield sign and I stood there and I thought, now I really am a part of Plainfield. I was so proud to be able to represent our community, to say we stand up to this destruction.


L: Why did you go to North Dakota?

R: Standing Rock [protesting against the Dakota Access Pipeline]. I went to pray and stand for water and indigenous rights. I went twice actually. I went for the month of November and I was there the night we called "the night on the bridge." That was brutal. I have never seen anything like it: the police, National Guard, security. They were shooting rubber bullets and then clouds of tear gas. Well, I was always ready. Whenever you went to the front lines you were ready for tear gas because you never knew. Sometimes they would just stare you down or threaten to arrest somebody, but they went crazy that night, and I had my goggles and a face mask. But then I couldn't believe it. I saw the cold water coming down. It was 26 degrees. I mean, I was already cold. And I'm not proud of it, I didn't have the courage to stand. I think I did what I was supposed to do. I saw that cold water and thought I'm going to have a stroke or hypothermia. I can't help anybody that way, so I went to my lodge and I was just heart-broken of what I'd seen. [AP interviewed Rema]:

L: Do you have a copy of the report?

R: No, oh, well, I lived it—that's worth more.

L: What's your next project?

R: Wendell Forest. There are plans to cut older trees. But these are the trees that sequester huge amounts of carbon, the little ones cannot do that.  What's happening with our climate, we can't wait fifty or a hundred years for little trees to grow.

L: What is your wish list for Plainfield?

R: I would like to see most things continue: the respect for nature, the respect people have for one another. But I'd love to see some young families and look at that beautiful library with the children's room we have—I think it needs more children. Otherwise I'm very happy with Plainfield.



Regional News

Seniors Aware of Fire Education



There is a reason that February is the shortest month of the year. The weather can be brutal. A February no'easter can bring down power lines, leaving you without heat for an extended time. Here are a few things you should consider having close at hand to stave off the cold:

- warm jacket or coat.
- long pants and long-sleeve shirts and sweaters
- sweatshirts and sweatpants
- over-the-ears hat, mittens and scarf
- sturdy shoes
- sleeping bag or a pile of warm blankets

Stay warm and SAFE!

--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.

Free Tax Prep

Household income must be \$54,000 or less.

Put money back in your pocket!

See if you qualify for the Senior real estate tax credit. Free tax prep by IRS-trained volunteers.

Sites in Chester, Chesterfield & Williamsburg.
Call to make your appointment:
413-296-4536 ext. 100



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! A Will

It is now firmly 2019, and on to those resolutions! From last month – “a will lets you determine what happens to your money, other assets, and Special Things. The alternative is that the state will do it for you.”

If you already have a will and it is current, great, but you are in the minority. In 2014, 64% of Americans did not. I found some good suggestions for getting going: <https://money.usnews.com/money/personal-finance/family-finance/articles/steps-to-writing-a-will>. Feel free to share this with someone else who needs a jumpstart.

That was a long URL to type in. You can also search your browser for “steps in writing a will” and the above article by Geoff Williams from June 2018 should come up. If you want, contact me and I’ll get you a copy of the article, either paper or electronic.

I don’t recommend following either the ads that pop up at the beginning of the search results, or the instructions to do a hand-written will. If you cannot find an attorney to help, there are online forms to fill out for our state. I’m also trying to see what local resources exist to help with a will and will let you know... I will, yes I will.

Willfully, - ok, I’ll quit-
Jean O’Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Goshen Senior Housing

Applications to get on the waitlist for the new senior apartments at Highland Village Circle, 41 Main Street in Goshen, are now available at the Goshen Town Offices or by calling Cindy Thibeau, Housing Services Coordinator at the Hilltown CDC, 413-296-4536 x105. You can also download the application from our website: hilltowncdc.org/housing.

Goshen Senior Housing is available for seniors age 62 and older who need affordable and/or accessible housing. Some income restrictions apply. For more information about availability of units please contact us.



DID YOU KNOW? Medicare Patient's Rights

Important thoughts about going to the hospital or emergency room.

Many people can find that they can feel overwhelmed when either going to an emergency room or being admitted to a hospital. It helps to know what your rights are and to expect to discuss them fully before signing the various consent forms you may receive.

You should expect to:

- Discuss and be informed of the status of your inpatient stay and whether it will be for observation. They do not have to make that decision prior to your entering the hospital but you should ask for an explanation and other options that may be available. They have financial implications.
- Receive considerate and respectful care. You should expect respect for your cultural, psychosocial, spiritual and personal values, beliefs and preferences. If you have special needs, let people know.
- Have a family member (or other representative of your choosing) and your own physician notified promptly of your admission. Know the name of the physician/provider who has primary responsibility for coordinating your care and the names and professional relationships of other physicians and non-physicians who will see you.
- Receive information about your health status, diagnosis, course of treatment, prospects for recovery and outcomes of care (including unanticipated outcomes) in terms you can understand. Insist on communication that is clear and complete enough for you to participate in the development and implementation of your plan of care.

(Continued on next page)

Need help with your housing repairs?

On behalf of the town of Chesterfield, the 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:

<u>Household Size</u>	<u>Gross Annual Income</u>
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 for 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.**

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 21: Chesterwood/Naumkeag. Enjoy a guided tour of Chesterwood, home of artist Daniel Chester French. Then on to Naumkeag for lunch and a tour of Joseph Choate's 44 room cottage. Take some time to tour the gardens. Lunch will be provided by the Red Lion Inn and include a

choice of sandwich and accompaniments. Cost is \$123. There is a \$10 discount if paid in full by April 1.

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.

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. Lunch is on your own at O'Connor's Restaurant in Worcester. Then on to the Worcester Art Museum for a guided tour. Cost is \$86. There is a \$10 discount if paid in full by June 3.

What fun adventures are you going to make time for this year?

(Continued from previous page— Medicare)

- Participate actively in making decisions regarding your medical care, and receive information about any proposed treatment or procedure in order to give informed consent or to refuse a course of treatment.
- Participate in any and all ethical questions that arise in the course of your care, including issues of conflict resolution, withholding resuscitative services and forgoing specified emergency interventions in accordance with state law.
- Be provided with an appropriate assessment and management of your pain, information about pain, pain relief measures, and to participate in pain management decisions.
- Participate actively in planning for your discharge and fully discuss your readiness to return home or to another recommended setting. Should you feel uncomfortable and at risk with the plan that is presented, you may also immediately request a review by the Quality Improvement Organization. If such a review is requested, you will have the right to remain in the hospital until noon of the following day.
- For more detailed information about hospital discharges and related issues, a good source is the Center for Medicare Advocacy website: medicareadvocacy.org. Your current Medicare booklet is also very helpful.



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.

Please Join Us for the...

Wild & Scenic Film Festival

Tuesday, February 12, 2019
6:30-8:30pm
Snow date: February 19

Chesterfield Community Center
400 Main Rd. Chesterfield



**Celebrate the 50th anniversary of the Wild & Scenic Rivers Act
and the Westfield River's 25 years as a National Wild & Scenic designated river.**

**Be inspired, rejuvenated and awed as you watch these 6 short films submitted from all over
the world and touring in this annual film festival.**

Suggested donation \$5 (kids free).



Sponsored by The Westfield Wild & Scenic Committee and The Chesterfield Cultural Council