

Plainfield Council on Aging

March 2019 Newsletter



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

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March Events & Features

March Luncheons *at the Plainfield Town Hall!*

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



Meatloaf casserole- Susan Pearson will be our guest chef today. Side dishes to compliment her wonderful meatloaf are graciously accepted.

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, March 27th at Noon**

Potluck – Bring your favorite dish for all to share. We look forward to a delicious meal and good friendship together. Linda Mason has graciously agreed to offer knitting sessions for beginners and/or seasoned knitters. She will discuss what is involved. Anyone interested may sign up. It sure sounds like a lot of fun and we look forward to setting this up.

Exercise Classes in Plainfield

Mondays, 10am
Plainfield Town Hall

Our exercise classes with Joan Griswold are going full steam ahead. 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 possible, we ask for an optional small donation to defray costs. For more information, call Lina Bernstein at 413-634-8883.

Clinic Dates to Remember

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

No-Cost Writing Workshop in Plainfield

Patty Kimura and Bill Latimer will offer a 6-week writing workshop for 6 Fridays from June 7 through July 19 (note: no workshop on Friday, July 5), approximately 2:30 to 4:00 pm (location to be determined). The workshop will be limited to 12 participants. There is no charge for the workshop.

Patty writes poetry and Bill writes prose. Both are accomplished writers and together they believe that writing is a way to express and share a memory, to explore a feeling, to see the world as it is, to dream what was or never was, or to imagine what might be. We hope to help you find the writing form that best speaks to you whether it is poetry or prose.

The class will focus primarily on writing, with time to share what we write and exchange thoughts. Bill and Patty will offer both positive and constructive feedback in an environment that supports each writer.



To register for the workshop, contact Lina Bernstein at 413-634-8883 in either March or April or by email lbernstein@town.plainfield.ma.us.

Possible Programs

We are actively working on providing other programs and/or outings here in Plainfield. As we

get closer to the dates available, we will have more information.

- Boat cruise down the Connecticut River on the Lady Bea South Hadley possibly in July.
- Workshop on elder law and estate planning.
- Knitting classes with Linda Mason– Beginners and beyond
- Printing demonstration – Joyce Erb
- Demonstration on making bookmarks- Ann Kohn
- Possible CPR training

Easy Ride Updates

Susan LaRock and Shirley Todd met in February with Kate Bavelock from Hilltown Community Development about a new program offering a “Door-to-Door” transportation program. HCD is in the process of firming up the final details with a driver pool which will offer rides to medical appointments, for example. We will keep you posted on this new program.

* Remember, FRTA offers van service for up to 13 passengers and is wheelchair friendly. Tuesdays the van goes to Northampton and Thursdays to Pittsfield with curb to curb service. For additional information, contact Shirley Todd: 413-634-2134.

Interviews with our sage seniors

A Visit with Blanche Cizek By Susan Pearson

Born in New York City on March 10, 1919, Blanche Cizek will turn 100 in 2019, making her the second oldest citizen of Plainfield. (“Right after Bill Schusser,” she says.) Over the 60 plus years she has lived in Plainfield, she has been active in the church, the Ladies’ Benevolent Society, and the Council on Aging. An accomplished pianist, she has enjoyed playing piano/organ duets at the church with June Persing. We sat down recently to chat about her memories of Plainfield, but of course, her memories start in New York.

“I started school at PS 127 in a class of 50 students. There were so many kids, you had to sit 2 in a seat,” she says. “We all wore uniforms—a navy blue pleated skirt, or pants for the boys, with a white shirt and a yellow tie.” No one argued with public school uniforms then. “In the old days, they told you what to do and you just did it.”

“I met Al [her husband, Albert Cizek] at the Waldorf Astoria at the Architects’ Ball—he was a very good friend of my date!” The couple married in 1940 and had two sons, Richard and Al.

“Ed Wolf, who owned the wood mill in Cummington, was my cousin, and we’d come up for Thanksgiving. I remember sitting at the dinner table and Al saying, ‘You know, we’ve been thinking of finding a place in the country, and would there be anything for sale up here . . . ?’ Monday night we got a telephone call from Ed saying, ‘When can you come up?’ ‘What for?’ Al asked. We’d just gotten home from Thanksgiving. Well, there were three places for sale. And one of them was this house.”

They bought their house on South Central Street in 1957. It was a summer and weekend home (“We would come up here on weekends, and we’d do nothing but work, and then we’d drive home!”) until Al retired and the family moved here in 1971. “The house needed a lot of work, but we did have central heating and there was a spring up in the woods—which dried up the first summer we were here, so we had to put in a well.”

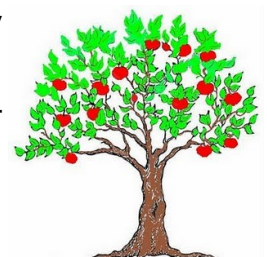
They also had apple trees. “There were cows grazing in the field across the street, and of course they loved apples, so when our Baldwin trees dropped apples, we would put them in a pail, and do you know, as soon as we started walking across the road, you wouldn’t believe how those cows would gallop over and line up along that fence for the apples. Ronnie Wolfe said to me one time, ‘Well, Aunt, you’d better be careful, they’re going to get colic from all those apples!’”

“There used to be a drive-in movie in Buckland, and I would load the kids and the dog and a lot of food in the station wagon and we’d go to watch a movie. And we would come home close to midnight. The first summer I was here I must admit I was scared skinny—because it was so quiet and it was so dark. And of course Al was still working, so I was alone here with these two kids.”

“When Arthur Thatcher was living, Al had his vegetable garden, and he’d ask Arthur to bring him a couple baskets of manure. Well, right around Memorial Day, he would spread all these fields with manure. When his kids were little, my brother would always come up on Memorial Day weekend, and he’d say, ‘Oh, boy, we’re coming up to stinky Plainfield.’”

With her thoughtful concern for others, her ready laugh, and her loving heart, Blanche is beloved by so many in Plainfield.

Happy 100th birthday, dear Blanche!



Regional News

Seniors Aware of Fire Education

Senior 
SAFE

Many children visit their grandparents regularly; some live with them. Here are some ideas on how to make your home a safer environment for your grandchildren:

- Store matches and lighters up high in cabinets away from children.
- Install plastic covers over all exposed electrical outlets.
- Move cleaning chemicals like cleansers, drain cleaners and other poisons to high cupboards or install a child-proof lock on low cabinets.
- Store prescription and over-the-counter medicines in a cabinet out of the reach of children.
- If children are playing outside when the skies grow dark or you hear thunder, have them come indoors right away.

Have a SAFE sugar season!

--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.



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! Health Care Proxy

As we said before – “If you are unable to decide or communicate on issues in your health care, someone who you trust and who you appointed can decide and communicate for you, and do that in your best interests.”

The person you ask to serve as your health care proxy should know how you want to be treated and which treatments you do or don't want (you are in a coma, unconscious, or otherwise incapacitated). That person should agree to this commitment, and the two of you should carefully talk over your wishes. That person will be able to ask questions of the medical providers and weigh their answers against your wishes. Here is a good read- www.everplans.com/articles/how-to-be-a-good-health-care-proxy. For our state, more information and an online form is here: [www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-\(pdf\)](http://www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-(pdf))

So you know that devil in the details business – who on earth do you trust with possibly making such a huge decision for you? How do you assure that your wishes will be followed when the time comes? Most often a family member is selected but it can be a friend – the important thing is to trust that person you choose. Once you have a signed and witnessed Proxy, make several copies and give them to your doctor, hospital, potentially clergy and lawyer, and for sure the person you picked to act for you. You keep the original.

Best wishes,

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

Need copies? If there are any documents referenced in the TRIAD column that you would like to have a copy of, please ask your COA. They will print paper copies for you.

Need a Will? Power of Attorney? Other legal help?

The Hampshire Elder Law Program is available for low-income Hampshire county residents who are 60 or more years old. Call 413-586-8729 to see if you qualify. If you do qualify, you will be given the contact information for an attorney who will work with you for free to prepare your documents.

Coordinator- Council on Aging Cummington MA

Ten hours per week position. Must be computer savvy. Requires confidentiality and ability to work with seniors.

Send resume to:
P.O. Box 95, Cummington, MA 01026



There's a new game in town!

Looking for a great way to get some exercise, socialize and meet new people? A mashup of tennis, racquetball, badminton and ping-pong, played indoors and out, people of all ages are playing **PICKLEBALL!** Come to the Westhampton Town Hall and learn about the healthy, friendly game that's sweeping the nation!

We encourage everyone to come and give it a try. For players of all ages, from beginners to experienced players of all levels, all are welcome. We have paddles, balls and a net. All you need to bring is a pair of good sneakers and a smile!

- Sign up for **new player instruction**: Contact Dale and Alan Kasal drkasal@gmail.com or text to [413-842-6148](tel:413-842-6148)
- Sign up to be on the email list and **player roster** and to see which neighbors are playing! bit.ly/add2whroster
- Sign up for **open play** (for *all player levels* who don't need beginner instruction): bit.ly/whpbsignup
- **To arrange play at the Town Hall for experienced players, or for more information**: Contact Dale and Alan Kasal drkasal@gmail.com or text to [413-842-6148](tel:413-842-6148)

More information about Pickleball!

Video: One of the fastest growing sports in America!

bit.ly/pickleballinfo

What is pickleball?

usapa.org/what-is-pickleball/

Where to play: tennis courts, gyms, schools, senior centers, town halls around the country!

places2play.org/map



RESOURCE DIRECTORY

Domestic Violence Advocate, Hilltown Safety at Home (HS@H) 413 387-3120
 If you need help in an emergency, call 911 or the Safe Passage hotline 888 345-5282
Elder Abuse Hotline 800 922-2275
First Call for Help Information and Referral Resources 800 339-7779
Fuel Assistance Application and Recertification 800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC) 413 296-4536 x120
Veterans' Service Officer Tom Geryk 413 587-1299
 (Westhampton) Joe Henning 413 207-3541
 (Plainfield) Brian Brooks 413 772-1571
DO NOT CALL Registry 888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program 800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP) 413 552-5400 or 413 296-4007
 Call Chesterfield COA for assistance 413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director 413 268-7578 Wed 1-3; 3rd Wed 1-6
Meal Site Williamsburg Senior Center 413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES) 413 586-2000 or 800 322-0551
Northampton Survival Center, 265 Prospect St. Northampton 413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers 413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc. 413 586-2000
Hilltown Community Health Center- Medical & Dental 413 238-5511, ext. 131
 HOPE Nurse, Robin Laferriere, RN 413 238-5511, ext. 313
 Janet Dimock, HealthWise Community Health Worker 413 238-5511, ext. 149
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center 413 268-8407
 to schedule (Alternating months at the Senior Center)
Foot Care Piper Sagan, RN
 foot care in Cummington, call Peg Daniels 413 634-2229
 foot care in Goshen, call Liz Loven for appt. 413 268-7122
 foot care in Plainfield or in-home visits 413 522-8432
 foot care in Williamsburg or in-home visits 413 268-8407
 Deb Dean, foot care in Westhampton 413 667-5363
 Diane Roeder, foot care in Chesterfield 413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
 Wayne Glaser Call your COA for appointment
 Lorraine York-Edberg 413 773-5555, ext. 2275
 Deborah Hollingworth (Chesterfield) 413 296-4007 or 413 268-8317
Mass Health and New Health Coverage
 Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers 413 634-2262
Westhampton transportation Appts or groc. shopping, Louise Jasonkowski 413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule) 413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) 866 277-7741
Hilltown Easy Ride Van Ed Pelletier 413 296-4232

Local Councils on Aging

Chesterfield COA, Janice Gibeau 413 296-4007
Cummington COA, Anne Parsons 413 634-2262
Goshen COA, Evelyn Culver 413 268-3316
Plainfield COA, Susan Metcalfe LaRock 413 743-5345
Westhampton COA, Julia Lennen 413 537-9880
Williamsburg Senior Center, Jennifer Hoffman 413 268-8410
Worthington COA, Sandra Epperly 413 238-5584

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Save the Date!

4D1G Gospel Group & Choir
Goshen Congregational Church
45 Main St. Goshen

Sunday, April 28th at 3pm

Everyone invited!
Free. Refreshments available.
Bring friends and family!



COMMUNITY SOUP & BREAD NIGHT



ONCE A MONTH FIRST TUESDAYS 5:00-6:30PM

Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome.

TWO MORE DATES:
March 5
April 2

For more info contact Seva at membership@oldcreamery.coop

