

Plainfield Council on Aging

April 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

April Events & Features

April Luncheons at the Plainfield Town Hall!

- **Wednesday, April 10th at Noon**

Meatloaf - Susan Pearson will be our guest chef today. Side dishes to complement 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, April 24th at Noon**

Potluck – Bring your favorite dish for all to share. We look forward to a delicious meal and good friendship together. Brian Brooks, Greenfield Veterans Affairs, has graciously accepted to speak to our COA folks as well as any of our available veterans about programs, medical screenings, VA benefits as well as any other items of interest to veterans. We look forward to his visit and learning more about what is available for our veterans and their families.

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. **We would love to see more Plainfield members represented at these classes.** The last class for this 6

week session will be held on Monday, April 15th. 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, April 2nd at 9am in the Town Hall. Call Piper at 413-522-8432 for an appointment and fee.
2. Blood Pressure Clinic – Wednesday, April 10th at 11:30am before the luncheon.

Health Care Proxy

A health care proxy is a simple legal document that allows you to name someone that you know and trust to make health care decisions for you in case, if at any time, you become incapable to make these choices for yourself. The Plainfield COA has these forms available upon request.

No-Cost Writing Workshop in Plainfield

Patty Kimura and Bill Latimer will offer a 6 week writing workshop for six Fridays from June 7 through July 19 (note: no workshop on Friday, July 5) from 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 im-

agine 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

We are still in the process of working with Kate Bavelock, Hilltown Community Development,

about setting up the "Door-to-Door" transportation program. As information becomes available, we will add this to the COA newsletter as well as the Plainfield Post. Stay tuned.

* 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 at 413-634-2134.

Perkins Library

The Perkins Library in Watertown, MA loans audio, large print and braille books and magazines along with playback equipment to eligible persons who are unable to read print materials. This is a free service and if anyone is interested in this program, please contact Susan LaRock, 743-5345, so that she can set this up for us.

Ideal Gifts for Seniors

Finding a gift for a senior friend or member of your family can be difficult. Here are a few suggestions: a large number/large button telephone with perhaps a visual display as to who might be calling, a "grabber" to get to hard to reach objects, practical gift certificates for heating oil, grocery or beauty salon/barber, gift membership to a local and/or favorite museum or a bunch of board games such as Scrabble, maybe a puzzle. Perhaps make up a personal coupon for taking them to lunch or just for a ride on a sunny spring day. I am sure you can think of many more ideas as well.

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

Last month, we considered ways in which grandparents can prepare a safe environment for their grandchildren. This month, let's turn things around and consider some ways children can help their grandparents keep things safe. Here are a few ways:

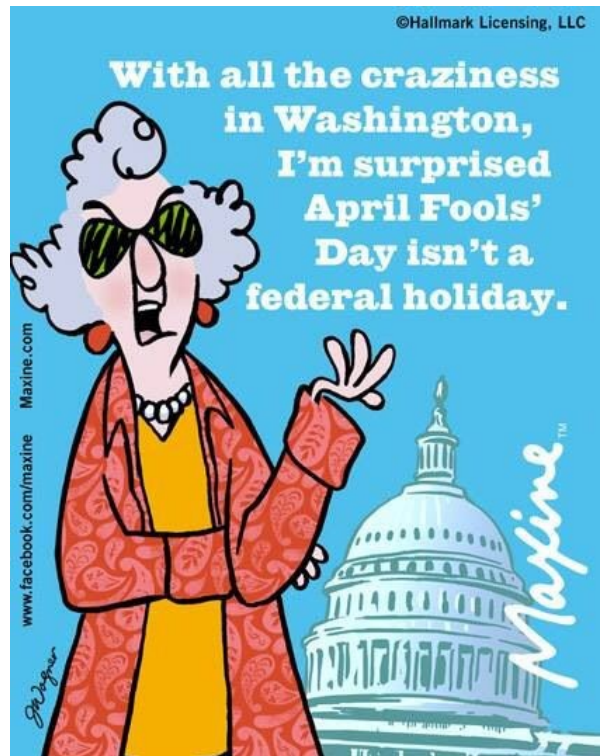
Senior 
SAFE

- Children can test each smoke alarm to make sure it is working by using a broom handle to push the test button.
- Have the children draw a floor plan of your house and mark with arrows two ways out of every room.
- Have the children help develop and draw a house fire escape and evacuation plan.
- Have the children lead a fire drill at your house and help them designate a safe place everyone can meet once out of the house.
- If your grandchild has participated in a S.A.F.E. program in school, pay attention to his/her suggestions.

Have a SAFE April!

--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! Durable Power of Attorney

Remembering – “if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you appointed can act for you, and do that in your best interests.”

What does this mean? Well, you know life. You have to watch your bank balance, pay your bills, file your taxes, sign a contract for house repair, sell a car, renew a CD, and on and on. So you do all this just fine, but what happens if you have an accident and go into a coma, are just too sick to do anything, or find you are getting less capable of handling your legal and financial affairs? If you have a durable power of attorney (POA), you can have someone act for you even if you become mentally or otherwise unable to take care of things.

The person you give power of attorney rights to should be trustworthy! They should also know something of your business and finances or be able to figure it out from your files. We'll write about file management later – such fun.

Powers of attorney involve a number of important decisions including who to appoint, how narrow or broad the coverage will be, when and how the POA will take effect and terminate, how the document will be stored and distributed, and how the POA fits within the broader estate plan. So, although there are do-it-yourself POA forms online, this is one document you really should ask an attorney to advise you and prepare based on your specific needs.

For more riveting reading, see: info.legalzoom.com/durable-power-attorney-massachusetts-20314.html

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

Northern Hilltown Consortium of Councils on Aging receives a three year grant award from the Executive Office of Elder Affairs

A grant proposal "Hilltown Strong Communities for Aging in Place" has received a three year grant from FY 2019 to FY 2022 to develop stronger community systems that help older adults remain in their own homes and actively participate in community life. This grant extends the Consortium's ongoing efforts to reduce isolation and loneliness of older adults by building strong community based outreach networks.

Progress made has included surveys of everyone 60 and over in the seven towns of Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cummington and Plainfield, asking about how important the elements of AARP's "Age Friendly Communities" are to them, followed by ongoing Community Forums to discuss strengths and challenges for each town. The next step will be to form core teams that will develop strategies for improving several shared problems with transportation, accessibility, walkability, social supports and access to important information.

If you returned your survey, thank you for contributing your thoughts and ideas! If you haven't, it's never too late. The Consortium always wants to know how to best serve the seniors in our seven towns.

**Community Forum:
Ban of Nuclear Weapons**

**Wednesday, April 10th
7:00 pm**

**Chesterfield Community Center
400 Main Rd.**

Join us and learn about the:



- 2017 Treaty on the Prohibition of Nuclear Weapons.
- Nuclear weapons industry, and the impact, costs and risks our nuclear arsenal has on life on earth.
- Development and meaning of becoming Treaty Aligned as a community

Speaker : Lydia Wood
NuclearBan.US

Hosted by Chesterfield Council on Aging

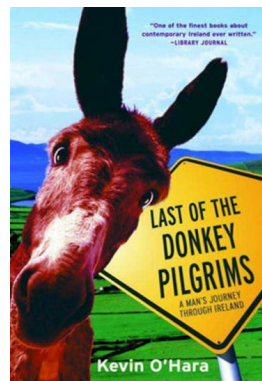


**Saturday, April 13th at 7pm
Chesterfield Community Center
400 Main Rd.**

**You're Invited:
Come to Ireland with Kevin O'Hara**

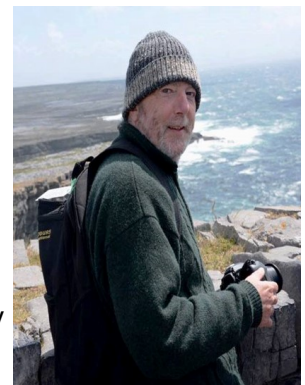
**Sunday, April 28th
2-4pm**

**Chesterfield Comm. Ctr.
400 Main Rd.**



Kevin is the author of two memoirs, "Last of the Donkey Pilgrims", the story of his 1,700 mile, eight month journey around Ireland with his faithful

donkey "Missie", and "Luck of an Irish Lad", a precise and witty story of growing up in America as an Irish Catholic in the 50s and 60s. Mr. O'Hara is an accomplished photographer and storyteller. Please join us at the Chesterfield Community Center where he'll entertain us with tales and photos from his whimsical but timeless donkey journey of long ago.



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.**

*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.

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.

*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 4 seats available.** Trip insurance 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. Trip insurance available.

July 11: Westchester Broadway Dinner Theater, **On Your Feet**, the story of Pop Latin star Gloria Estefan. Enjoy the lively upbeat music. Cost is \$126. Luncheon prior to the show at the theater. There is a \$10 discount if paid in full by May 20.

*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.

*October 10: **A Day in Vermont.*** Cost TBD. There is a \$10 discount if paid in full by August 15. Visit and shop at some quaint places in Vermont. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

*Nov. 9-24: **Panama Canal Cruise-*** 16 days. Starting at \$1,999 per dbl. 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.

On February 12th, a group of about 40 people came to celebrate the 50th anniversary of the Wild and Scenic Rivers Act and Westfield River's 25 years as a National and Scenic designated river.



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

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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

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Out and About in April

Tues. April 2nd, 5-6:30pm
Community Soup & Bread Night
The Old Creamery, 445 Berkshire Trl. Cummington
Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome. For more info, contact Seva: membership@oldcreamery.coop

Weds. April 10th at 7pm
Community Forum: Ban of Nuclear Weapons
Cfield Comm. Ctr. 400 Main Rd., Chesterfield
See flyer on page four.

Fri. April 12th & May 17th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton
Last spa days of spring! 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.

Sat. April 13th at 7pm
Square Dance
Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four.

Sun. April 21st at 8:45am
Easter Breakfast
Goshen Congregational Church, 45 Main St. Goshen
Come and enjoy a delicious breakfast on Easter morning before church service. The fellowship will provide the food.

Sun. April 28th at 2pm
The Goshen Town Hall: Myth and Fact
Goshen Town Hall, 42 Main St. Goshen
Norene Roberts will explain how the current 1911 town hall replaced the first one, who was involved, how money was raised, who was hired to design and oversee construction, some of the design features, and information uncovered in the 2016 historic rehabilitation. This is Goshen Historical Society's first program of 2019. All welcome!

Sun. April 28th from 2-4pm
Come to Ireland with Kevin O'Hara
Cfield Comm. Ctr. 400 Main Rd., Chesterfield
See flyer on page four for more info.

Sun. April 28th at 3pm
4D1G Gospel Group & Choir
Goshen Congregational Church, 45 Main St. Goshen
Everyone invited; bring your family and friends! Free. Refreshments available.