

Plainfield Council on Aging

May 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

May Events & Features

May Luncheons at the Plainfield Town Hall!

Now that the weather has cleared and temperatures are warming, we hope to see more of you at our luncheons. They are a lot of fun, full of good food, with a chance to enjoy conversations with your neighbors. See you there!

- **Wednesday, May 8th at Noon**

A surprise main course thanks to Sadie Stull. Please bring one of your favorite side dishes to compliment her selection. Thanks, Sadie. Looking forward to seeing what you prepare.



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, May 22nd at Noon**

Potluck– Bring your favorite dish for all to share. We look forward to a delicious meal and good friendship together. Joyce Erb has graciously agreed to share her card making expertise with us. This should be very interesting and something people can do on their own especially considering the cost of mass-produced cards at the store.

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. Spring is upon us and as we become more active, these classes

are a must. **We would love to see more Plainfield members represented at these classes.** 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, May 7th at 9am in the Town Hall. Call Piper at 413-522-8432 for an appointment and fee.
2. Blood Pressure Clinic – Wednesday, May 8th 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 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 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 or by email: lbernstein@town.plainfield.ma.us.

Upcoming Programs

Boat Cruise down the Connecticut River



Come enjoy a boat cruise down the Connecticut River on the Lady Bea in South Hadley in June. Please contact Lina Bernstein at 413.634.8883 to sign up. This trip is free of charge, compliments of the Plainfield COA.

We are actively working on providing other programs and/or outings here in Plainfield. We are presently exploring a computer-friendly class as our town gets closer to a broadband connection. As we finalize them and have the dates available, we will have more information for you.

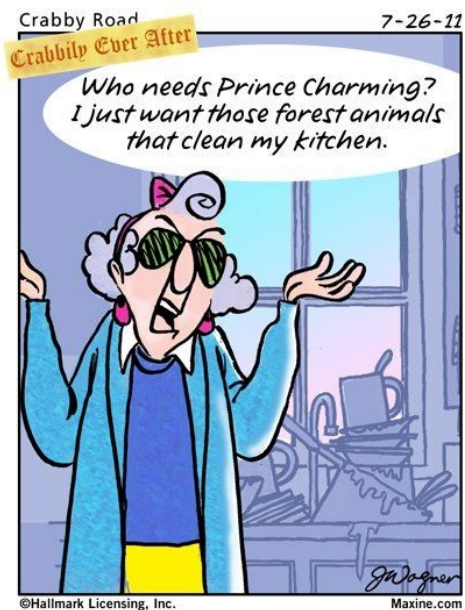
Easy Ride Updates

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.

AARP Age-Friendly Communities

Congratulations, Plainfield. We are now officially an AARP Age-Friendly Community in conjunction with the other towns in the Northern Hilltown Consortium (NHC). Under its auspices, we will be able to better serve the members of our town with a variety of programs and projects. There will be a kickoff ceremony in Chesterfield towards the end of June. (Final details to be released when they become available.)



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



Spring is finally here and we love getting out in it, even with the Spring chores. Here's a couple of ideas on how to enjoy spring safely:

- Fill your mower with gas when the engine is cool.
- Store gasoline outside the house, in a detached garage or shed.
- If you get gas on your clothing, remember it's the gas vapor that is flammable, so wash them as soon as possible.
- Store gas only in the RED containers marked for gasoline.
- Do not start cooking fires with gasoline.
- It's supposed to be another bad year for ticks, so cover up and spray before going out for a hike or yard work.
- Check for ticks on you when coming in from being in the great outdoors.

Enjoy a SAFE Spring

--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.

Things I Learned from MOM



1. We don't live in a barn.



2. Life's not fair.



3. Things don't just sprout legs and walk away.



4. You are not my maid.

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! Advance Directive, aka Living Will, and the MOLST

This is not the most pleasant thing to think about, but I'm betting the majority of us saw the situation or have experience in which a person was not allowed to die with dignity or in their own way. An advance directive will let you spell out any wishes about the types of care you do or do not wish to receive, if you are unable to speak for yourself.

How NOT to do it: decades ago, my parents wrote a living will and mailed me a copy, then started on a road trip of some weeks duration. I had no idea *what* they had written, *why* they had written it, *where* they had gone, *what* they were doing or were *going* to do. Things are better now – we can talk about the subject and prepare documents with a lot of thought for and knowledge of medical circumstances we might face.

In our state, we also have the MOLST – Medical Orders for Life Sustaining Treatment. We have been given a copy by hospitals, the VA, and perhaps a doctor's office to fill out and have on file. This standardized form lets us indicate what forms of life-sustaining care we might or might not want, and the form can stand alone or be used in conjunction with a separate advance directive that provides additional information regarding our wishes. It is helpful to talk about the form with others, like your family, health care proxy, and doctor, to ensure that they will do their best to follow the instructions you leave. Two good online resources are: www.molst-ma.org/download-molst-form and www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/living-wills/art-20046303

You've talked with your family and doctor, filled out and signed the paperwork, had it signed or witnessed, so now what? Keep the originals where they can be found. Tell your family you have done this (please!). Give a copy to your health care providers and your health care proxy (see March newsletter), and carry a card in your wallet that says you have a MOLST and advance directive. If you travel, take a copy with you. Then continue to enjoy your life!

To a long life,

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

Northern Hilltowns Consortium of Councils on Aging welcomes Deb Hollingworth

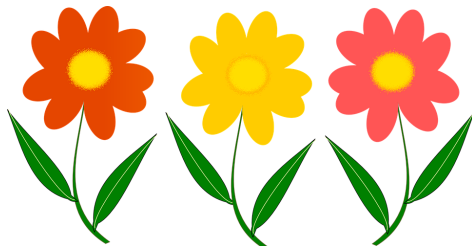
Deb is filling the new position of Regional Community Facilitator. She will help each COA and community develop the next phase of the "Hilltown Strong Communities for Aging in Place" grant initiative from the Executive Office of Elder Affairs. Deb comes to the position with extensive experience in aging. The best summary of her background and achievements has been noted in the Jim Quinn Human Services Award she received:

Deborah Hollingworth has been saying "how can I help you" for the past 25 years as she answers calls from seniors, their family caregivers and fellow colleagues, connecting them with the resources they need. Deborah is a licensed social worker, has been a SHINE counselor for 20 years, a Certified Information Specialist for almost a decade, but perhaps more importantly, has been a parent caregiver herself. Having been there, done that, makes it easier to help folks dealing with the same issues.



In addition to helping seniors and their families, Deborah has worked as a jobs counselor, provided family support services for Food Pantry clients, and social work for VNAs. She has presented workshops for seniors, health care professionals, family caregivers, college students in a variety of settings including 14 years as a workshop presenter at the WNEU social work conference, guest speaker for Smith College's school of social work, programs at HCC, AIC, STCC, GCC, Westfield State and Jewish Community Center's Life Enrichment series, as well as the Massachusetts Law Reform Institute, and National Agency on Aging conference, as well as a guest on Susan Kaplan's Water Cooler series on WGBY.

**Welcome, Deb!
Our Consortium is lucky to have you with us.**



Help and Support for Caregivers

As a caregiver for a parent or spouse, or for a child with special needs, you may feel overwhelmed and at times invisible. And you may develop caregiver fatigue. Williamsburg Senior Center would like to start a Caregiver Support Group if people are interested. Contact Sherry or Jenn at 268-8407.

ART EXHIBIT

**Gray and Gay:
Reflections on Love Makes a Family**

**May 1-June 30
Reception: May 19, 2-5pm**

**Chesterfield Community Center
400 Main Road Chesterfield, MA**

Hosted By Chesterfield Council on Aging

The art exhibit opening at the Community Center features the photo text exhibit "Love Makes a Family". First shown 25 years ago, it features twenty LGBT families. Although originally intended to bring a positive image to families not usually represented in schools and colleges, it became a milestone in the movement when an Amherst grade school and the creators of the exhibit were sued by five families in order to keep it from being shown. This lawsuit became a national case and brought national press attention to the issue.

Please join us on May 19 from 2 to 5 at the Chesterfield Community Center to see the exhibit, talk with friends and enjoy light refreshments.

Stronger than Yesterday



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.

Weds. 9am, Westhampton Woods, Unit F
Led by Michelle Morales-Wolk
Beginning 4/17 for 10 weeks.

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 and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, drop Chuck a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass. Led by Joan Griswold.

Mon. 10am, Plainfield Town Hall
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

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, ematkcc@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 COA

Susan LaRock, Coordinator
slarock@town.plainfield.ma.us

Shirley Todd, Chair
Ginger237ma@yahoo.com

Susan Pearson, Secretary
spearsonbooks@gmail.com

Lina Bernstein
lbernste@fandm.edu

Linda Carver
lindacarver17@yahoo.com

Ann Irvine
airvine@town.plainfield.ma.us

Ann Kohn
AMKohn11@gmail.com

Sadie Stull
sarahestull@gmail.com

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 May

Fri. May 17th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton

Last spa day of spring! Cosmetology students are offering: 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. May 18th, 9am-3pm
Clothing Exchange
Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. May 15th from 6-8pm and Fri. May 17th from 9am-3pm, then come back to shop on Sat. the 18th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Sat. May 18th, 5-9pm
The Burgy Senior Prom
Anne T. Dunphy School, Earl Tonet Gym
1 Petticoat Hill Rd., Williamsburg

You are invited to join Williamsburg at our Senior

prom! Dancing, live music and a DJ, finger foods & punch, prizes, photo booth and vintage cars! Dig out your vintage wear or come as you are! (No jeans please.) Did you go to your Senior Prom? If so, tell us your stories or bring pictures. If you didn't, you get a second chance without the first-date jitters! Please RSVP to the Senior Center: 268-8407.

Thurs. May 23rd, 6:30pm
Green Burial Presentation
Westhampton Library, 1 North Rd., Westhampton

Have you thought about being environmentally-friendly even after you are gone? Natural or "green" burial is the interment of the dead in a simple coffin or shroud without the use of embalming fluids, allowing natural decomposition of the body. Curious and want to learn more? Speakers Kate Mason, a retired hospice nurse and Joan Pillsbury, a retired nurse, are both involved with Funeral Consumers Alliance of WM and Green Burial Massachusetts, will give us an overview and answer your questions.

Thurs. May 30th, 2pm
Medicaid, Trusts and Probate Presentation
Westhampton Library, 1 North Rd., Westhampton

The Mass Bar Association is providing a presentation on Medicaid, Trusts and Probate. Northampton Attorney Mary Melnik-Penney has been matched with us through the Elder Law Program and will be the presenter. This would be a good time to come and hear about "Taking Control of your Future". All ages welcome to attend.