

Plainfield Council on Aging

June 2019 Newsletter



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

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June Events & Features

June Luncheons *at the Plainfield Town Hall!*

- **Wednesday, June 12 at 12 Noon**

Shirley will prepare a main dish for this meal. Side dishes such as salads, vegetable dishes and desserts are always welcome. Please bring your favorite. Remember we always have brown bags available for take-home fresh fruit after the luncheon.



Brian Hawthorne and Kimberly Longey will speak to us about updates with our broadband connection and answer any questions you might have.

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

- **Wednesday, June 26 at 12 Noon**

Potluck – Bring one of your favorite dishes for all to share. This could be either a main course dish, a vegetable dish maybe from your garden, dessert or perhaps an appetizer. We always look forward to a delicious meal and good friendship together.

Clinic Dates to Remember

1. Foot Care Clinic– Tuesday, June 4th at 9am in the Town Hall. Call Piper at 413-522-8432 for an appointment and fee.
2. **DATE CHANGE:** Blood Pressure Clinic — These will now be held on the fourth Wednesday of the month. June's scheduled date will be June 26 at 11:30am before the luncheon.

UPDATE ON PROGRAMS

Exercise class is ongoing **Mondays, 10:00 am in the 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 next 6-week session will be held on Monday, June 6.** 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 Sue LaRock at 743.5345.

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) 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.

For any questions, contact Lina Bernstein: 413.634.8883, lbernstein@town.plainfield.ma.us.

Boat trip down the Connecticut River

Our long anticipated boat trip is scheduled for **Wednesday, August 28** which will start at 1pm and will replace the luncheon that day. The COA will cover your cost at \$14 per person. More information about the restaurant or brown bag lunches will be posted as it becomes available. A van will be at our disposal for transportation.

Computer classes offered

The Shelburne COA is offering a series of computer classes for \$10 for a 4-class session. If you are interested in signing up or need more information, contact Lina Bernstein at 634.8883 or by email at lbernstein@town.plainfield.ma.us.

Annual Senior Picnic

The Annual COA Senior Picnic sponsored by the Northern Hilltown Consortium will be held on **Monday, June 24 at 12 Noon** at the Chesterfield Senior Center. If you would like to attend, please let Sue LaRock know and if you need a ride, we can arrange that too. This is a wonderful get-together and we are looking forward to the picnic. Even if it rains, the Senior Center is equipped to handle us all.

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:

- Workshop on elder law and estate planning.
- Knitting sessions at the Town Library - Beginners and beyond
- Printing demonstration – Joyce Erb
- Demonstration on making bookmarks – Ann Kohn
- Possible CPR training in the near future.

Age-Friendly Communities

The launch for the Age-Friendly Communities will be held on **Thursday, June 27** to present the seven towns of Chesterfield, Cummington, Goshen, Plainfield, Westhampton, Williamsburg, and Worthington. By setting up core planners for each town, we are hopeful to be able to meet the specific needs of each of our towns. More information will be forthcoming.



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

Yeah! June is upon us, the beginning of summer weather (we hope) and with the summer weather come some rather nasty storms. Here are few things you can do to weather summer storm power outages:

Senior 
SAFE

- Use a flashlight or battery-powered lanterns. Do NOT use candles.
- Keep refrigerator and freezer doors closed as much as possible.
- Turn off or unplug major appliances, so they will not be damaged by the electrical power surge when power is restored.
- Use portable generators cautiously. Operate them only outdoors in a well-ventilated area. Refuel it only after it has cooled. Do not connect a generator to your home's electrical system except through an approved installed in compliance with your local electrical code.
- Do not go near and never touch a downed wire; it may be energized.

Ride out the summer storms, SAFELY!

--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.

Do you want to eat more fresh, healthy, and locally-grown produce, but find it too expensive or difficult to get?

If you receive SNAP (Food Stamps), or if you are eligible and willing to sign up for SNAP, you may be able to participate in a 10-week Hilltown-grown farm share that is 100% reimbursable through your HIP (Healthy Incentives Program) benefit! You can choose the right size share for your household and pick up your weekly assortment of local fruits and vegetables in Huntington or Worthington without spending any additional SNAP dollars. This "Hilltown Mobile Market" pilot program is available to Hilltown residents this summer and there are a limited number of spots open. To find out more about how to sign-up, go to tinyurl.com/foodinterest or contact Caitlin Marquis at 413-588-5562.



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! HIPAA Release

We've reached the last of the Big Five! The Health Insurance Portability and Accountability Act release "will let your Health Care Proxy get all your medical records, avoiding privacy restrictions and doing a better job for you." It does that and more – read on, if you would.

Permission. Overall, this means that we each have a right to see our own health records. I'm old enough to remember when we did not have that right! Those were barbaric times. Also, because my husband and I each filled out a HIPAA release in the medical offices we visit, we can talk to each other's doctor, make an appointment, refill a prescription, take a message, etc. It is all quite convenient.

Privacy. You can control whether your medical information is shared or not. You can prevent someone from accessing your records, OR you can give someone the right to see them so they can help you in some way.

Partial. You can specify which medical records can be seen by the person you list on a HIPAA release. You could allow your sister to talk to your pharmacy, for instance, but not any of your doctors. You could allow a nurse at your work place or a new doctor to see a specific medical test result, but nothing else.

Two websites with lots more on the HIPAA:

www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/consumers/consumer_rights.pdf and
www.hhs.gov/hipaa/for-individuals/index.html

Privately,

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

Accentuate the positive; it's good for your health!

Many people have offered information about positive living but one author, Joanna Castro, from Lifestyle Fifty, best captures the "11 positive things nobody tells you about aging", which are reprinted below:

1. You don't always have to be right.

Remember when you were younger, how important it was to be right? Well, as the years pass by, we begin to understand that being right isn't nearly as important as listening to and weighing up every side of the argument, even possibly deferring to someone else's point of view. We begin to understand that it's often better to lose a few battles in order to win the war.

2. You learn not to judge.

In the Western world, we learn early on to want material things and strive to get them. While this isn't altogether bad, it often brings with it envy and jealousy. We might begin to judge others on their material assets and not on who they are as people. As we get older, 'stuff' becomes less important than people and relationships and we learn not to judge, but just to accept people as they are.

3. You begin to want less.

We accumulate so much 'stuff' on our journey through life in the Western world and much of this is redundant and in excess of what we actually need. As we get older, we begin to realize that sometimes less is more. It's an incremental understanding that we don't need to surround ourselves with a whole lot of material things.

4. You gain more confidence in making decisions.

It's true that age brings wisdom. It can also bring more confidence. Why? Because we accumulate Experience with a capital "E" as we journey through life and our life lessons are powerful tools to draw from to make future decisions. Yes, we've made mistakes, but we've learned from them and that instills an innate confidence for future decision making.

5. Your children become your friends.

It's hard to think of our children as friends when they are firstly so dependent upon us and then perhaps when they're rebellious against us, or even hate us, during their teenage years. What nobody tells us is that as they become adults, grow into their own lives and fulfill their own dreams, we as parents take on a different role. Children now return to the family home and hearth as individuals in their own right and as friends.

6. You understand that there's no point in telling anyone what to do.

At some stage in your life you might feel the urge to offer unsolicited advice and think that you're doing someone a favor. At a certain age, you then realize that there's no point in telling anyone what to do, that actually, if you think about it, being given advice you didn't ask for doesn't feel very nice. What does feel good, though, is if someone plants a seed for you to ponder which leads you on to find the right answer yourself.

7. You learn that wrinkles should be worn with pride.

For women especially, the onset of the first wrinkle is a day of some grief and in the years of growing up, a wrinkle-free face is falsely deemed a prerequisite of beauty by our youth-centric society. Later in life, we realize that we are fortunate to be growing old and that wrinkles stand as a testimony to our experiences. It shows that we have successfully navigated the troughs and peaks of life. Wrinkles represent the days of our lives, each telling a different story.

8. You are able to treat your parents with unconditional respect.

Our parents, although we love them, may have driven us mad at some point in our lives, and for those of us with children ourselves, the pattern is repeated. As we get older, we learn how to treat our mothers and fathers with respect and how to have patience as they reach their autumn years because we have better understanding of the trials and tribulations they have gone through in the process of aging.

9. It's O.K. to play the fool again.

As children we laughed, played the fool and generally didn't think too much about what other people thought about us. Then our egos developed, self awareness set in and we began to reign in our inner child, and squash the idiosyncratic part of us that was once so spontaneous. When we reach a certain age, it begins to matter less what other people think and not taking ourselves so seriously becomes an option once again.

10. You learn not to criticize.

As we get older, we learn there's little value to be gained by criticizing anyone. If we need to say something, it's far better to say something positive than dwell on what's negative. By mid-life, we have learned through trial and error that positive reinforcement always puts us in a much better position.

11. You are thankful for growing old.

Not everyone grows old. Many die before their time or in the prime of their life. With age comes gratitude and the knowledge that with every passing year we are privileged, and being grateful becomes a daily ritual that enhances our lives in so many positive ways.

* You are invited to the *
* Northern Hilltowns Celebration of *
* our Membership in the AARP Network Of *
* Age Friendly Communities *
* *
* Thursday, June 27, 4-6pm *
* Chesterfield Community Center *
* 400 Main Road, Chesterfield MA *
* *
* RSVP by June 15 *
* coa@townofchesterfieldma.com *
* or call 413-296-4007 *
* *
* Refreshments served. Repre- *
* sentatives from the State Office of Elder Af- *
* fairs, AARP Massachusetts and the Massa- *
* chusetts Healthy Aging Collaborative will join *
* us and our hilltown neighbors for this kickoff *
* event. *
* *



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.**

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.

June 25: A presentation by Friendship Tours / Ship Shop about an upcoming 14 day Mediterranean Cruise in 2020 will be held at the Northampton Senior Center starting at 5:00 p.m. Come see what it's all about.

July 17: New Date. Westchester Broadway Dinner Theater, On Your Feet, the story of Pop Latin star Gloria Estefan. Enjoy the upbeat lively music. Cost is \$126. Pre-show luncheon at the theater.

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. A Buffet Lunch is included at O'Connor's Restaurant in Worcester. Conclude the day at the Worcester Art Museum for a guided tour. Cost is \$109. There is a \$10 discount if paid in full by **June 3.**

Oct. 10: A Day in Vermont. Cost \$78. There is a \$10 discount if paid in full by August 15th. Visit and shop at some quaint places in Vermont, including the Vermont Country Store in Weston. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

**Coming in 2020:
Mediterranean Cruise - 14 Days -**

Via the Royal Caribbean's Vision of the Seas

From \$2,579

Come to a presentation on June 25, 2019



What's in a scam?



Learn about Scams, Fraud, and Identity Theft including:

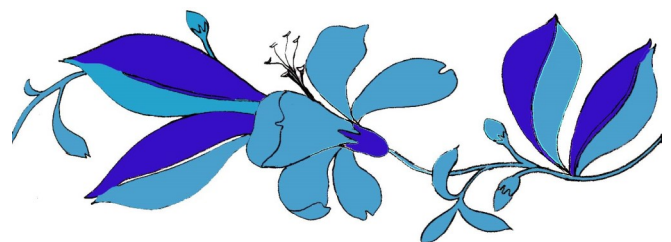
- ◇ Telemarketing
- ◇ Why to be on the "Do Not Call List"
- ◇ Signs of a scam
- ◇ Common scams
- ◇ How identity theft happens
- ◇ What to do if your identity is stolen

Weds. June 19, 2019, 1:30 p.m.

Where:	Chesterfield Community Center 400 Main Rd, Chesterfield, MA
Who:	Ann E. Lynch Assistant Attorney General
Sponsors:	Hilltown Community Development www.hilltowncdc.org, 413-296-4536 Office of Attorney General Maura Healey www.mass.gov/ago 617-727-8400



Enriching lives in a rural economy



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PRSR STD
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PAID
PERMIT 183
Greenfield MA

Plainfield COA

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Out and About in June

Tuesdays, 11:30am
Meditation & Relaxation Class
Wburg Senior Ctr, 141 Main St., Haydenville, MA

Class dates: 5/28, 6/25, 7/9, 7/23, 8/6, & 8/20. Class will be taught by Lynn Lovell who teaches yoga and music in the area. Come and learn how to meditate and relax with Lynn! Please contact the Burgy Senior Center if interested at 268-8407.

Wednesday, June 12th at 1pm
Caregiver Support Group
Wburg Senior Ctr, 141 Main St., Haydenville, MA

As a caregiver for a parent, spouse, or a child with special needs, you may feel overwhelmed and, at times, invisible. Our support group will be held monthly on the second Wednesday at 1:00 pm at the Senior Center Café. Call 268-8407 to sign up. ALL are welcome!

Wednesday, June 19th at 1:30pm
What's in a Scam?
Cfield Comm. Ctr., 400 Main Rd., Chesterfield, MA
More info on page 5.

Wednesday, June 26th at 12:30pm
Music & Comedy with James Kitchen & Mike Metzger!
Wburg Senior Ctr, 141 Main St., Haydenville, MA

You won't want to miss this! Come and enjoy these two local cut-ups—they're not only funny but good musicians too! (If you'd like to come at 11:45 for lunch, please call two days ahead to reserve: 268-8407.) All are welcome!

Thursday, June 27th from 4-6pm
Celebration of AARP Membership of Age-Friendly Communities
Cfield Comm. Ctr., 400 Main Rd., Chesterfield, MA

The Northern Hilltowns have been recognized by AARP as being age friendly communities! More info on page 4.

