

Plainfield Council on Aging

July 2019 Newsletter



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

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

July Events & Features

July Luncheons *at the Plainfield Town Hall!*

- **Wednesday, July 10th at 12 Noon**

Lina will be our guest chef for today's luncheon. I am sure we are in for a treat!

Side dishes are always welcome.

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, July 24th at 12 Noon**

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

Attorney St. John from Mass Elder Law is going to be our guest speaker for today's luncheon. This will be a very special visit with information on estate planning, how to set up a will, trusts, health care proxies, or anything one needs to know about planning for our future needs.



costs. For more information, call Lina Bernstein at 413.634.8883.

Boat Ride on the Connecticut

The Plainfield COA is excited to announce we have planned for a beautiful ride down the Connecticut River on **Thursday, July 18, 2019**. We will leave from the Plainfield Town Hall parking lot at 10:30am either by reserved van or your own transportation. We will have a picnic lunch compliments of Alice's Kitchen at about 11:30am at the boathouse and depart on the boat ride at 1pm for a 75 minute ride. The lunch and boat ride will be compliments of the COA. To reserve a seat on the trip, please contact Lina Bernstein: 634-8883 or lbernstein@town.plainfield.ma.us as soon as possible, and no later than **July 2, 2019**. Donations will be appreciated.

Clinic Dates to Remember

1. **Foot Care Clinic**— Tuesday, July 2nd at 9am in the Town Hall. Call Piper at 413-522-8432 for an appointment and fee.
2. **Blood Pressure Clinic**— Postponed until further notice.

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.

- Demonstration on making bookmarks – Ann Kohn
- Possible CPR training

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 6-week session will be held on Monday, July 22.** 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



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: 413.634.2134.

A Different Kind of Surprise for Seniors

Hundreds of thousands of seniors might have received a bill for up to five months' premiums, which they didn't realize weren't paid, due to a Social Security Administration mistake according to Kaiser Health News. That's because the SSA made an error and didn't deduct the premiums from seniors' Social Security checks, and didn't pay seniors' insurance plans. About 250,000 seniors with private plans are affected. Some will be required to pay, while others may receive cancellation notices.

At least a quarter of a million Medicare beneficiaries may receive bills for as many as five months of premiums they thought they already paid. But they shouldn't toss the letter in the garbage. It's not a scam or a mistake.

Humana spokesman Mark Mathis said about 33,000 members were affected — or fewer than 1% of its total Medicare membership. None of those members lost coverage. The company blamed Medicare's nearly 15-year-old IT systems for the failure and urged the agency to invest in new equipment.

A United Healthcare representative said none of its 32,000 Medicare Advantage or Part D members affected by the SSA problem lost coverage. The company has the highest Medicare enrollment in the U.S.

These and other affected insurers must allow their members at least two months from the billing date to pay. And they must offer a payment plan for those who can't pay several months of premiums at once, Medicare said.

Did you ever wonder what some of our favorite idioms actually mean and where they came from? Jim Brisbois from Chesterfield agreed to provide the following interesting information.

Straight from the horse's mouth

Meaning: getting information directly from the most reliable source.

Origin: This one is said to come from the 1900s, when buyers could determine a horse's age by examining its teeth. It's also why you shouldn't "look a gift horse in the mouth," as inspecting a gift is considered bad etiquette.

Let the cat out of the bag

Meaning: to mistakenly reveal a secret.

Origin: Up to and including in the 1700s, a common street fraud included replacing valuable pigs with less valuable cats and selling them in bags. When a cat was let out of a bag, the jig was up.

Hands down

Meaning: without a lot of effort; by far.

Origin: Winning "hands down" once referred to 19th-century horse racing, when a jockey could remove his hands from the reins and still win the race because he was so far ahead.

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



Summer is really here...finally! Many of us will be spending some time away. Here are a few ways you can make your hotel/motel stays safe:

- Choose a hotel/motel protected by both smoke detectors and fire sprinklers.
- Read the escape plan posted usually on the inside of the door into your room.
- Count the number of rooms between your room and the nearest two fire exits.
- Open the exit doors to make sure they are not locked or blocked.
- Keep your room key card by your bed and take it with you if there's an alarm sounding.
- If you hear an alarm, leave immediately, closing all doors behind you.
- Always use the exit stairs -- never use elevators during a fire because they may be functioning as chimneys.

Have SAFE summer travels!

--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.



Who on Earth to Ask???

If you followed the last five months, you know you should find another person or persons to act as your proxy for health care, serve as power of attorney, and as executor or personal representative. This is admittedly not an easy thing and I cannot do the topic justice in the space I have to write.

To make things worse, it is recommended that you appoint a backup person as well! So ideally you may need to find 3 or 4 folks to help you out. The person who can be compassionate with you and also be firm with medical staff may not be the best person to keep tabs on your finances or close out your estate. However, the person with your power of attorney may also be your personal representative after your death.

Let me list some characteristics to think of when you are considering who to ask to serve your needs. My hope is that you can mentally review the list and identify people who match, whether they are family, friends, children of friends, or legal or banking staff.

- Trustworthy and loyal to you and your needs, responsible
- Persistent and resourceful, a good communicator
- Financially literate, to match the complexity of your finances
- Younger than you and in reasonably good physical and mental health

The ideal? It may be a responsible child who lives near you, can get along with the siblings, has a good head on his/her shoulders... another typical option is your partner or spouse. BUT – what if your child is not as capable as you would like? What if your partner is in the first stages of dementia? Then keep looking...

A reminder - legal aid for low-income seniors may be available through the Hampshire Elder Law Program, 413-586-8729, or Community Legal Aid, 413-584-4034. We are also fortunate to have many knowledgeable elder attorneys in the area.

Good luck,

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

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

Consider buying your produce at the **Hilltown Mobile Market, a new program starting July 25th!** The Hilltown Mobile Market will offer 10-week farm shares at a cost of \$5 a week, as well as the opportunity to shop for fresh produce closer to home just like you would at a farmer's market or farm stand. If you receive SNAP (Food Stamps), you can sign up to get all of your money back for the cost of the farm share through the Healthy Incentives Program (HIP)!

You can shop for produce or pick up your farm share at two locations and pick-up times:

Thursdays, 3 - 5 pm at 48 Old North Road in Worthington or Fridays, 3 - 5 pm at 24 Russell Road in Huntington. This program will

run from July 25th to September 27th and there are limited farm shares available, so go to www.tinyurl.com/foodinterest or contact Seva Tower at sevat@hilltowncdc.org or (413) 824-1840 to express your interest in signing up for a farm share.



Part-Time Work Available

Helping Westhampton area elders with housework, transportation to appointments and various household chores @ \$15.00 per hour.

For info, call:
Hilltown Elder Network (HEN)
Westhampton Coordinator,
Lilly Baxter:
413-527-1532



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.

Central Hampshire Veterans' Services – Hilltown Schedule



Williamsburg Town Hall

141 Main Street
Haydenville, MA 01039

Hours: Every Monday- 2:00 to 4:00

Cummington Community House

33 Main Street
Cummington, MA 01026

Hours: 1st and 3rd Monday- 9:00 to 11:00

Goshen Town Offices

40 Main Street
Goshen, MA

Hours: 1st and 3rd Monday- 11:30 to 1:30

Worthington Town Hall

160 Huntington Road
Worthington, MA 01098

Hours: 2nd and 4th Monday- 9:00 to 11:00

Chesterfield Community Center

400 Main Road
Chesterfield, MA 01012

Hours: 2nd and 4th Monday- 11:30 to 1:30

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4, Northampton, MA 01060

Pancake Breakfast	(Firehouse)	7:00 - 10:00
Food & Vendor Booths		8:00 - 1:30
Historical Exhibits	(Edwards Museum)	9:00 - 10:30
Hilltown Art Display	(Town Hall)	9:30 - 1:30
Heritage Pops Orchestra	(Town Center)	9:30 & 11:30
PARADE		10:30 - 11:30
Chicken Barbecue	(Church)	11:30 - 1:30
Classic Car Show	(Town Offices)	11:30 - 1:30
Magic Show & Face Painting	(Park)	11:30 - 1:30
Sidetracked Band	(at Car Show)	11:30 - 1:30
Firefighters Contest	(Ball Field)	11:30 - 12:30
Family & Kids Softball	(Ball Field)	12:30 - 1:30

Celebrating the Volunteers of the Hilltowns

Massachusetts Cultural Council
Sponsored in part by the Arts Council of:
Chesterfield, Cummington, Goshen, Williamsburg & Worthington

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, Ellie Mathias 413 238-5511, ext. 322
 Ellie Mathias, HealthWise Community Health Worker 413 238-5511, ext. 322
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 Ann Eisenhour 413 634-2243
 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 & Carpool Rides (call 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, Camille Smith, Chair 413 238-5998

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

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Out and About in July

Wednesday, July 4th, 7am-1:30pm
Chesterfield 4th of July Celebration
Chesterfield, MA

Pancake breakfast, a fun parade, chicken BBQ and more... this annual event has it all! See details on page 4.

Sunday, July 21st at 2pm
The Lunch Box... Crossroads of Williamsburg
By Anthony Thomas Jr.
John James Memorial Hall, 42 Main St., Goshen, MA

Tommy will give a talk from his 2018 published memoir on 36 years as a restaurateur in Williamsburg at the popular Lunch Box. Sponsored by the Goshen Historical Society. All welcome!

Tuesday, July 23rd at 3pm (Part 1)
Tuesday, July 30th at 3pm (Part 2)
A Two-Part Educational Series about Alzheimer's
Rockridge Retirement Community, 37 Coles Meadow Rd., Northampton, MA

Please join Rockridge and the Alzheimer's Association for a two part educational series. Part 1 on 7/23 is

"Understanding Alzheimer's and Dementia". Part 2 on 7/30 is "Effective Communication Strategies". Come, learn, and enjoy healthy snacks for an active brain!

Saturday, July 27th, Noon-5pm
Goshen Family Fun Day
Tilton Town Field, Wing Hill Rd., Goshen, MA

Rain or shine. Vendors, games, bring a picnic or purchase food there. The band Sidetracked will be performing, sponsored by the Goshen Cultural Council. This is a free event sponsored by the Goshen Women's Club.

