

# Plainfield Council on Aging

## August 2019 Newsletter



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

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## August Events & Features

### *August Luncheons at the Plainfield Town Hall!*

#### • **Wednesday, August 14th at 12 Noon**

Come to the Town Hall at 11am to participate in puzzles and games and company before lunch. Sue LaRock will be our guest chef for today's luncheon and will be serving spaghetti and meatballs. Side dishes are always welcome. Remember we always have brown bags available for take-home fresh fruit after the luncheon. Donations are always welcome to help defray costs.



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

#### • **Wednesday, August 28th at 12 Noon**

Come to the Town Hall at 11am to participate in puzzles, card games and company before lunch.

**Potluck** – Bring your favorite dish for all to share. We look forward to a delicious meal and good friendship together. Donations are always welcome to help defray costs. Remember we always have brown bags available for take-home fresh fruit after the luncheon.

#### **Mondays, 10:00 am in the Town Hall**

Our exercise classes with Joan Griswold have been extended until August 26th! 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 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, August 6th at 9am in the Town Hall. Call Piper at 413-522-8432 for an appointment and fee. This clinic is open to everyone.
2. **Blood Pressure Clinic**– If you wish, we can take your blood pressure at each luncheon.

#### **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
- Fall foliage trip to Mount Greylock in October
- Program about Medicare fraud
- Have Comedy Will Travel – Steve Henderson
- Donut Dollies – A local movie under development about the women who provided donuts and coffee to the troops in the field from WWI to the Vietnam War with firsthand knowledge from Dorset Anderson who served during the Vietnam War.

#### **Program Offerings**

Hilltown Mobile Market - Get a weekly share of fresh, local vegetables for \$5 a week. You can pay with SNAP (Food Stamps) and get 100% of your money back through HIP (Healthy Incentives program). Contact Seva Tower for more information at 413.824.1840. You can also visit two locations in Worthington at The Maples, 48 Old North Rd, Thursdays from 3pm–5pm through September 26, 2019 or Huntington at Stanton Hall Green, 24 Russell Rd on Fridays from 3pm–5pm through September 27, 2019. For more information: [www.hilltownmobilemarket.info](http://www.hilltownmobilemarket.info) and page 4 of this newsletter.

## Go 4 Life

Everyday fitness ideas from the National Institute on Aging at NIH is available at [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life). Such suggestions would include tips about adding physical activity to your day with useful tools and protection from the sun.

## Easy Ride Updates

We are still waiting for more information from the 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 12 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.

## New Restaurant coming in Plainfield

We are thrilled to announce a new restaurant is coming to Plainfield sometime this summer and will be known as Pub 116! It is located where the Hilltop Restaurant used to be on Rt. 116. Please stay tuned for additional information and grand opening dates to appear in both the Plainfield Post and the COA newsletter.

**NEW!**

## A Few Things my Mother Taught Me

- My mother taught me TO APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside. I just finished cleaning."
- My mother taught me RELIGION. "You better pray that will come out of the carpet."
- My mother taught me LOGIC. "Because I said so, that's why."
- My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."
- My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
- My mother taught me IRONY. "Keep crying, and I'll give you something to cry about."
- My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."
- My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"
- My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."



## 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

If you have spent any time outside this summer, you have probably met up with the over abundance of ticks in our area. Along with the deer ticks carrying Lyme Disease, there are ticks new to our area that carry some other diseases. Here are a few things that may help you deal with ticks:



- If you are going outside, cover up and use bug repellent.
- Be sure to check yourself and loved ones for ticks when you come in.
- If you find a tick on you, don't panic.
- Remove the tick immediately with tweezers or a tick key.
- If the tick is engorged and you don't know how long it's been attached, seek medical attention.
- If it is not engorged, keep an eye out for the typical bullseye rash or flu-like symptoms the next two weeks. If either happens, seek medical attention.

Have a tick free SAFE summer!

--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.*

**Smith Vocational and Agricultural High School Cosmetology Department** is pleased to collaborate again with the Chesterfield Council on Aging by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year.

All work is done by students and is supervised by a licensed instructor. **Starting Friday, September 20th**, haircuts (\$6), manicures (\$5), and facials (\$9) will be offered. Available appointment times are 9am & 10am. Facial appointments are limited to one per hour due to space availability.



Future dates to mark on your calendar are: Oct. 18, Nov. 15, Dec. 20, Feb. 14, Mar. 20, Apr. 17 and May 22. The 'Spa' services take place at Smith Vocational High School, in Building A, Room 124. Remember to call early for your appointment as slots fill up quickly. Please call the Cosmetology Department at the school. Their direct line is 413-587-1414 ext. 3531.

**Would you like to receive your newsletter by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### Wallet Gone, Gone, Gone

Stolen or lost, your wallet had stuff in it that you actually wanted to keep. Here are a few suggestions for dealing with a nasty situation.

1. File a police report if you think theft was or even *might* have been involved. This gives you protection against charges on your card account.
2. Pull out the photocopy of your cards (see \*) and other wallet contents and start phoning or going online. Ask if there have been any recent charges, verify they are yours, and request card replacements and ask when you can expect the new cards.
3. Be glad that during the days that you have no valid credit cards, you had kept one card safe in the house that you can still use. Also be glad that you do not carry your social security card with you. **Also** be glad that you have put a credit freeze on your credit bureau accounts.
4. Contact each of the three credit bureaus and request a fraud alert on your accounts.

Good ol' belt and suspenders practices – annual checking of credit bureau records, placement of a freeze, request for fraud alert.

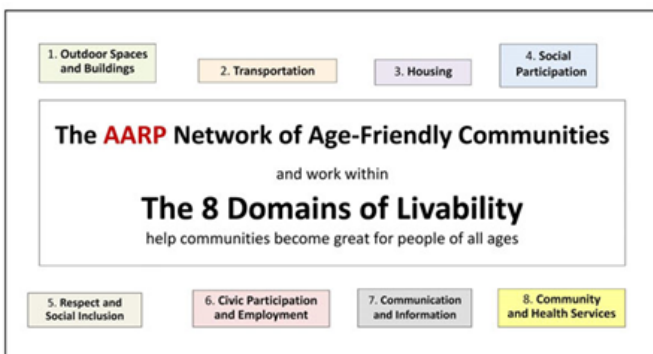
\* Get thee to a copier with your wallet. Take out your credit cards, driver's license, gas card, medical cards, etc., and put them on the copier face side down. You can get 8 cards on one sheet of paper. Make a copy, then carefully turn the cards over to copy the back, making sure the cards are in the same position as the first time. Now you have a record of your card number and how to call to put a stop on transactions and request a new card.

And remember THE credit report site – [annualcreditreport.com](http://annualcreditreport.com)

Safely,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## AARP Awards Certificates to seven towns in the Northern Hilltowns Consortium of Councils on Aging

Antron Watson, AARP Massachusetts Age Friendly Director, welcomed Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cumington and Plainfield into the WHO and AARP network of communities committed to developing towns and cities that make aging in place a reality for all generations. Approximately 40 representatives from Select Boards, Councils on Aging and other community members were joined by Representative Natalie Blais to celebrate the achievements of each town in looking at the main issues of accessibility of buildings, walkability, transportation, access to health services, information and inclusion of older adults in the life of each town.



*The eight domains of livability listed above are: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community and Health Services.*



Antron Watson, AARP Massachusetts Age Friendly Director; Natalie Blais, MA State Representative; Jacqueline Dufresne, Chair of Williamsburg Advisory Board; Camille Smith, Chair of Worthington COA Advisory Board; Julia Lennen, Westhampton COA Coordinator; Evelyn Culver, Goshen COA Coordinator; Trish Colson-Montgomery, Chesterfield Select board

## Williamsburg Senior Center Seeking Help in Kitchen / Café

Flexible part-time position, 2-4 days, 3-5 hrs each. Help prepare our Monday Meals and serve prepared meals Tues - Thurs.

**Paid position.** Call Jenn at 268-8410.

## Hilltown Mobile Market 2019 FAQ

### What is a Mobile Market?

A mobile market is a farm stand that brings fresh farm produce to various locations in a community to make locally-grown produce more accessible to everyone. Although we have many farms in the Hilltowns, there aren't enough farmer's markets in the area to serve the community. The mobile market will stock produce from multiple farms, making it easier to find what you are looking for in one place. It also directly supports our local farmers without requiring them to add another market day to their busy schedule. The Hilltown Mobile Market is a grant-funded project for 2019 & 2020. If it is successful, we hope to sustain it with additional outside support.

### Who can visit the Mobile Market?

Everyone can buy produce at the Mobile Market! Each week will feature an assortment of fresh, Hilltown-grown produce and you can buy what you need for dinner or for the whole week! You can purchase produce using cash, credit/debit, SNAP (food stamps) and WIC or Senior Farmers Market Coupons.

### When and where will the Mobile Market take place?

You can visit the mobile market at one of its two "pop-up" locations:

**Worthington:** Thursdays, 3pm-5pm  
The Maples, 48 Old North Rd  
July 25-Sept 26, 2019

**Huntington:** Fridays, 3pm-5pm  
Town Hall Green, 24 Russell Rd  
July 26-Sept 27, 2019

### What is the Hilltown Mobile Market Farm Share?

In addition to buying produce from the stand, you can also sign up for the Mobile Market Farm Share – the most affordable option! For \$5 per week, you will receive 10 weeks of fresh produce valued at \$175. You can either pay for the share using SNAP (food stamps) *(cont. on next page)*

# 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.**

**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. Wait list only.

**Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick.** Passport required. Cost is \$1,070 per person dbl. occupancy. A few seats remain. This 9 Day trip includes:

- 8 nights lodging including 5 nights in Canada
- 14 meals including: 8 breakfasts, 6 dinners
- Guided Tour of Acadia National Park
- Guided Tour of Halifax, Peggy's Cove and Lunenburg
- Admission to King's Landing Historical Settlement
- Guided Tour of Prince Edward Island, includes Anne of Green Gables' home.
- Admission to the Natural Wonder: "Hopewell Rocks"
- Visit to the Waterside Town of Saint John

**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**



(cont. from previous page) with a full reimbursement through the HIP program, or you can pay with cash / check.

## **How will the Mobile Market Farm Share work?**

If you participate in the Mobile Market Farm Share, you will have to come to either the Worthington or Huntington location each week during Market hours (3-5PM) to pick up your share. If you have limited mobility or transportation, please contact us so that we can help you make other arrangements to pick up your share. Each share will consist of approximately 5 items, some of which you will be able to choose based on your individual or family preferences. The share is designed for small and/or elderly households. If you have a larger family, you may want to consider signing up for two shares.

## **How do I pay for the Farm Share with SNAP/HIP?**

When you sign up for a Farm Share, you will enter into an agreement with one of the farms that will be supplying the produce. We will ask for your EBT card number, contact info, and signature. Your EBT account will automatically be charged \$25 in August and in September. Please reserve a minimum balance of \$10 on your EBT card on the first of each month for this transaction to go through. You will automatically get your \$25 reimbursed on your EBT account through your monthly HIP benefit.

## **Can I use my HIP benefit at the Market?**

Yes! However, in order to take advantage of the MA Healthy Incentives Program (HIP), you must sign up in advance for the Hilltown Mobile Market Farm Share. Unfortunately, you cannot at this time use HIP to make additional purchases on the market stand, but you can use your regular SNAP benefits, as well as cash, credit/debit, and WIC or Senior Farmer's Market Coupons.

## **What kinds of produce will I get in my Share?**

Produce will vary week to week depending on what is seasonally available on our farms. In the early season, there may be more lettuce and beets; in the middle, more squash, potatoes and beans, and towards the end, more tomatoes, peppers, and broccoli. We also plan to offer some sweet corn and fruit from other farms.

## **Who should I contact if I have further questions?**

For additional questions, please contact Hilltown Mobile Market organizer Seva Tower at [sevat@hilltowncdc.org](mailto:sevat@hilltowncdc.org) or 413-296-4536 x112 (office) or 413-824-1840 (mobile). Our market staff this season also includes Fletcher Schneeflock, Mobile Market Coordinator, and Rebecca Marmor, Healthy Hampshire Summer Intern.

**Plainfield Council on Aging**  
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# Out and About in August

**Friday, August 2nd at 10:30am**  
**Puppet Show With Tom Knight**



Chesterfield Comm. Center  
400 Main Rd.  
Chesterfield, MA

Tom Knight has been delighting children and their grown-ups with his original, interactive, musical puppet show since 1988. His unique blend of musicianship and puppetry celebrates reading (“the Library Boogie”), the environment (“the Garbage Monster”), and science (“The Solar System”), with hand-made puppets, catchy songs, and a high degree of audience participation. The strong visual elements appeal to children as young as 2, while fun lyrics engage children up to twelve, and adults alike.

*Sponsored by grants from Chesterfield Council on Aging through Highland Valley Elder Services and Chesterfield Cultural Council.*

**Monday, August 12th**  
**Three showings: 4:30pm, 5:15pm, 6:00pm**

**Boston Museum of Science**  
**Portable Planetarium Program:**  
**The Night Sky**

Chesterfield Town Hall  
403 Main Rd.  
Chesterfield, MA

This presentation helps audiences discover which stars, planets, and other astronomical wonders are visible this evening. Using a portable planetarium, you take a tour of the solar system and beyond, and are provided useful tips on how you can navigate the night sky from your own backyard.

Limit: 25 people per show. Please call, stop in or email the library to sign up! The library is open on Mondays from 2-7, Wednesdays 10-4, and Saturdays 9-1. The library phone number is (413) 296-4735 and their email is: chesterfieldpubliclibrary@gmail.com.

*Program sponsored by Friends of the Library and Chesterfield COA grant from Highland Valley Elder Services.*

