

Plainfield Council on Aging

September 2019 Newsletter



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

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September Events & Features

September Luncheons at the Plainfield Town Hall!

• Wednesday, September 11th at 12 Noon

Come to the Town Hall at 11am to participate in puzzles and games and company before lunch. Ann Kohn will be our guest chef for today's luncheon. It should be delicious! 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, September 25th at 12 Noon

To be announced in the Plainfield Post.

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 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 413.743.5345.

Clinic Dates to Remember

1. **Foot Care Clinic**— Tuesday, September 3rd 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**— We would be available to take your blood pressure at the 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.



Our COA trip on the Connecticut River aboard the Lady Bea was a rousing success and many requests were made to hold it again next year!

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.

NHC COA Website to go live

The Northern Hilltowns Councils on Aging is in the process of developing a website to include all seven member towns: Chesterfield, Cummington, Goshen, Plainfield, Williamsburg, Westhampton and Worthington. You will be able to access the website for information particular to each town. When it is finally up and running, we will notify you, but for now, you can access some preliminary information at: northernhilltownscoas.org. Check out the Resources link at the top of the page for a wealth of helpful information.

Go 4 Life

Everyday fitness ideas from the National Institute on Aging at NIH is available at 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

New Restaurant coming to Plainfield!

We are thrilled to announce that the new restaurant, Pub 116, in Plainfield is close to opening its doors. It is located where the Hilltop Restaurant used to be on Rte. 116. Please stay tuned for additional information and grand opening dates to appear in both the Plainfield Post and the COA newsletter.



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

September has been designated Fall Prevention Month, which does not mean prevent fall from coming. It means being mindful of things you can do to keep from falling and injuring yourself. Here are a few things you can do to be safe.

Senior 
SAFE

- Keep walking area (including stairs) free of anything you could trip over like electrical cords and any clutter.
- Get rid of or secure scatter rugs.
- Smooth out wrinkles and folds in carpeting.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.
- Stairways should be well lit from bottom to top.
- Have easy-to-grip hand rails on both sides of interior and exterior stairs.

Be SAFE and fall free!

--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.

Two-factor Authentication (TFA)

If you don't do any business online, then this month I'm not writing to you! But as always, please pass this to someone who can use it. If you go online to check bank balances, deposit checks electronically, track credit card use, have a cloud storage account, or do online shopping or similar actions, then please continue reading.

What is it?

TFA (love those acronyms, as a former Federal employee) is a log-in process that requires two levels of identification before you can access your account. The first level is your username and Really Good Password. The second is something generated by a computer that you type in. This might be a random 6 numbers sent to you by email, phone, or text.

How come?

This cyber trick gives you an extra layer of security, making it harder for a hacker to get you. We all know they are getting smarter and more determined, but this will at least slow them down. TFA works partly because you use a code sent to you that is not kept anywhere and expires usually within minutes.

Many credit card companies and vendors will now encourage you to sign up for this. If you don't get hacked, life is easier for them, too!

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

Scam Warning

SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... and they are making cold calls to convince you to buy one. **THE OFFER IS FALSE! Medicare DOES NOT pay for mail order kits for cancer screening.**

Medicare covers many genetic tests to diagnose cancer once symptoms are present, but there is only ONE test to screen (for colorectal cancer). Only screening by a physician will be covered by Medicare!

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!

Six seniors from the hilltowns were part of a group who enjoyed a recent trip to the Russian Icon Museum: Rosemary Moran, Barbara Bak, Ginny Breish, Norene Roberts. Back: Robin Bak, John Breish



Another group went on a trip to the Titanic Museum: Nancy Boyle, Jean, Marilyn Davidson, Carol Jolly, Nan Clark, Francine Frenier, Milenna Curtis, Lillian Bisbee, Sam Bancroft, Mary Bancroft.



BOO IS BACK AGAIN !

Watercolor Class: Thursdays 10:30 am

September 12 ; 19 (1pm), 26

October 3,10,17

Sign up now: Space is limited
Call Chesterfield COA 413-296-4007
or email: coa@townofchesterfieldma.com

Save the Date!

Highland Valley Elder Services invites you to the:

**2nd Annual
Keys to Aging Well Expo
Tuesday, October 1, 2019
3:00-4:30 PM
Hadley Farms Meeting House
41 Russell Street, Hadley**

Highland Valley remains committed to its mission to serve older adults and their families through collaboration, education, advocacy, and a range of programs designed to support them where they live. The event will highlight services offered by Highland Valley Elder Services and community resources for aging well.

Light refreshments will be served. Free giveaways and lots of expertise to be shared. Admission to the Expo is free and open to the public. Visit us at www.HighlandValley.org or find us on Facebook at www.facebook.com/HighlandValleyElderServices/

Town of Chesterfield - Employment Opportunity

Administrative Assistant to Town Boards: The Town of Chesterfield is seeking an experienced individual to take and then prepare meeting minutes in electronic format (and update after Board review) for various Town boards /officers. Irregular weekly hours from zero to ten, to include evening meetings. Hourly compensation TBD on applicant's qualifications. Send cover letter and resume by September 15th to:

Town Administrator
PO Box 299
Chesterfield, MA 01012

Direct questions to:
townadmin@townofchesterfieldma.com.

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.

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

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)

Fri. 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:

Chrisoula Roumeliotis, 634-2262,
coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematk@aol.com

Westhampton:

Amy Landau, 203-3086, westhamptoncoa@comcast.net

Williamsburg:

Jenn Hoffman or Sherry Loomis, 268-8407,
sloomis@burgy.org * Financial aid may be available for Wburg residents.

Worthington:

Shelley Rice, 240-678-4518, coa@worthington-ma.us

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Out and About in September

Saturday, September 14th at 2pm
Author reading: *Bad Sleep* by Siegfried Haug
Goshen Public Library, 42 Main St., Goshen, MA

Siegfried Haug, a writer from Goshen, will read from his new mystery novel, *Bad Sleep*. Haug lectured nationally and internationally, and still appears on Channel 22 as a sleep expert. He is also the author of *I Want to Sleep: Unlearning Insomnia*.

Thursday, September 19th at 10:30am
Little Roots
Chesterfield Comm. Ctr, 400 Main Rd., Chesterfield

Come have fun! Play, sing, dance. All ages welcome. Sponsored by Davenport Child Care. Funded by Chesterfield COA grant from Highland Valley Elder Services.



Fri. September 20th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton

Smith Vocational is pleased to collaborate again with the Chesterfield COA 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.

Cosmetology students are offering: Haircuts \$6.00; Manicures \$5.00; Facials \$9.00. 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.

Sunday, September 22nd at 2pm
The Institute for Musical Arts
John James Memorial Hall, 42 Main St., Goshen, MA

Ann Hackler, IMA Co-founder, will discuss the founding of the Institute of Musical Arts, located on Cape Street, Goshen. The IMA is a non-profit organization that has been transforming the lives of girls and young women through its teaching programs, workshops, and concerts for 30 years. Sponsored by the Goshen Historical Society. All welcome!

Saturday, September 28th, 9-3pm
Fall / Winter Clothing Exchange
Goshen Congregational Church, 45 Main St., Goshen
Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Weds. Sept. 25th from 5-8pm and Fri. Sept. 27th from 9am-3pm, then come back to shop on Sat. the 28th from 9am-3pm! All are invited to participate whether you donate clothes or not.