

Plainfield Council on Aging

October 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

October Events & Features

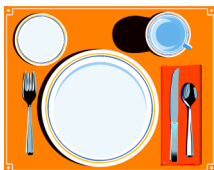
October Luncheon *at the Plainfield Town Hall!*

We are now only holding one luncheon per month on the second Wednesday.

- **Wednesday, October 9th at 12 Noon**

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

Susan Pearson will be our guest chef and will be preparing her fabulous meatloaf and potatoes. 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.

Exercise Classes

Mondays, 10:00 am in the Town Hall

Our exercise classes with Joan Griswold are very popular. 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. Joan holds classes in Goshen and Chesterfield as well! See page 3 for details.

Clinic Dates to Remember

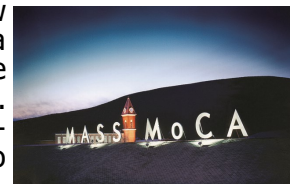
- **Foot Care Clinic**– Tuesday, October 1st at 9am in the Town Hall. Call Piper at 413-522-

8432 for an appointment and fee. This clinic is open to everyone and is held every other month.

- **Blood Pressure Clinic**— If you wish, we can take your blood pressure at our monthly luncheon.
- **October Flu Clinic**— The Plainfield COA will be holding a flu clinic at the Wednesday luncheon on **October 9th from 1pm to 3pm**. You are required to bring your insurance card with you and will need to fill out a short form for billing your insurance. If you can provide a denial letter of insurance, the fee will be waived. If you have no insurance, there is a \$17.00 fee to cover costs.

Program Updates

Mass MOCA Tour: We will be sponsoring a trip to Mass MOCA on **Wednesday, October 23rd**. Learn about the history of the Massachusetts Museum of Contemporary Arts (MOCA) industrial building complex and how it metamorphosed into a museum with its unique collections of art works. We will have a guided one-hour tour plus free time to wander around the museum. There is a café where you can purchase your lunch or bring your own. The van will leave the Town Hall at 10am and return around 3pm.



Please sign up with Lina Bernstein:
lbernstein@town.plainfield.ma.us or
413-634-8883.

We look forward to seeing you there!

Other program possibilities in the works:

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

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.

Hilltown Driver Pool Now Available

We are pleased to announce that the Hilltown Driver Pool is up and running. The Pool is available to seniors and to non-seniors under special circumstances for rides to medical appointments and other professional appointments. This is a "Door-to-Door" transportation service and is compiled of local drivers who may assist riders in and out of the vehicle to the door of their destination but will be unable to provide balance or weight-bearing support. Riders may bring a personal care provider for that assistance. Please call (413) 296-4232 or ride@hilltowncdc.org 48 hours in advance, Monday through Friday from 8am until 5pm to pre-register for a ride. Cost for the service will be \$5.00– up to 19 miles round trip; \$10.00– up to



20-39 miles round trip; and \$15.00– 40 to 80 miles round trip.

Easy Ride Van: 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 at 413.634.2134. See more info about the driver pool and Easy Ride on page 4.

Round trip shuttle service to Massachusetts General Hospital is provided by Cooley Dickinson Hospital and departs from Atwood Drive in Northampton at 6:30am Monday through Friday and will drop off passengers on 55 Fruit Street in Boston. For more information and to reserve a ride, call (888) 554.4234.



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

This month, we will focus on those of you who benefit from medical oxygen in your home. Here are a few safety ideas for you to live with:

Senior 
SAFE

- A patient on oxygen should not smoke.
- No one should smoke in a home in which oxygen is being used.
- Keep oxygen cylinders at least five (5) feet from a heat source, open flames or electrical devices.
- Keep body oil, hand lotion, and items containing oil and grease away from areas in which oxygen is being used.
- Something to remember: when medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it much easier for a fire to start and spread.

Stay SAFE at home!

--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.

Be Your Best

Joan Griswold Brings Exercise Program to Chesterfield: Strength for Life

Maintain good posture with total body strength and flexibility so your physical capabilities keep you active in your everyday life. Join in this social, health-enhancing workout being offered at the Chesterfield Community Center on Friday mornings at 10am. **The first session is on October 25th.**



The popularity of the sessions Joan Griswold holds in Goshen and Plainfield leaves many wanting more. She will now come to Chesterfield and expand on the very popular ball exercise classes held in previous years. Now people who want to attend her sessions will have three days a week to choose from:



**Plainfield: Mon. 10am;
Goshen: Weds. 10am;
Chesterfield: Fri. 10am.**

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.

Ack! Talk to a lawyer!?

Every once in a while I write about documents we all really should have in place to make things easier for ourselves and our loved ones. Those notes usually include "You might need to see a lawyer about this." I suspect that tends to help procrastination, right?

So I'm hoping these suggestions will help move things along. They apply whether you are looking for help with a contract, being sued, have a personal injury, are trying to right a wrong, drafting your will or setting up a trust, or helping settle someone's matters after death. In today's society, there are many reasons for consulting a lawyer.

So...

1. Gather all documents and information you might need, make copies to give to the lawyer. Include names of other people who might be involved, with how to contact them.
2. Think of the questions you will need to ask and write them down.
3. Be ready to take notes as you get answers, or ask someone to go with you to do that.
4. Ask about fees for the tasks you need done and get a printed copy of the response.
5. Ask the questions about your issue.
6. Read and understand everything you are going to sign; ask questions again if needed.
7. Get copies of everything you sign for your files, and keep them safe.
8. Understand what happens next and when, meaning actions by you or by your lawyer.
9. And my favorite – ask him or her: "What other questions should I ask?"

Remember you can talk to your lawyer and the conversation is confidential. Also remember that if you don't get questions answered clearly and to your satisfaction, you may need to find another lawyer.

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

Hilltown Easy Ride and Hilltown Driver Pool



Answers to Common Questions

Need a ride? Hilltown Community Development provides transportation for shopping, medical and COA outings for seniors in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington. Our primary program is operating a FRTA van, which runs five days a week, prioritizing medical rides on Monday, Wednesday and Friday. Tuesdays we go to the Big Y in Northampton and Thursdays we go to Market 32 in Pittsfield – both of those shopping trips have the option of also shopping at Walmart and other stores in their respective plazas. The shopping trips are a great way to get food and errands done while leaving your car at home – plus we have a great group of regulars which add to the enjoyment of the outing each week.

You must be 60+ to be eligible to ride the Hilltown Easy Ride and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to be processed, and once you get the acceptance letter you can start booking rides.

For those occasions when the van is unavailable for a medical appointment, we supplement with the Hilltown Driver Pool – a pool of drivers from the community who can take passengers in their personal vehicles to medical appointments which the van cannot accommodate due to scheduling or service area restrictions. Please make your appointment request to Ed Pelletier, Dispatch Coordinator, and he will determine which option will work according to the schedule: 413-296-4232.

Frequently Asked Questions:

Will the van take me anywhere I want to go?

The Hilltown Easy Ride is operated under a contract with Franklin Regional Transit Authority and they do give us restrictions on which towns we serve (Chesterfield, Cummington, Goshen, Plainfield and Worthington), where we go and how it is used. Re-occurring medical appointments and appointments more than 30 miles away are not al-

lowed as they overburden program resources. For this reason we secured a small grant for the Hilltown Driver Pool to help us cover those limited instances. Shopping, wheelchair accessible transportation, and medical rides we can cluster are all great uses of the van! The Hilltown Easy Ride is public transportation, not a taxi service, so sometimes there is a bit of a wait to be picked up or for other passengers to complete their shopping.

So yes, the van can take you almost anywhere with a few exceptions, caveats and within the grant funding we have available. But we are always happy to work through scheduling conflicts and program restrictions – so call us! We can only keep these programs funded if they are well used and we consider riders an essential part of our Hilltown transportation team.

What does it cost?

Van fares depend on distance, but the average rides are from \$3.50 to \$4.50 round-trip. Hilltown Driver Pool rides are by a suggested donation of \$5 to \$15.

How do I book a ride?

Call our dispatch coordinator Ed Pelletier at 413-296-4232 and tell him about your trip request. We do need 48 hours notice (two business days – call Friday for a Tuesday request) as our drivers are all “on-call” and need to be set up.

How do I know if the ride is confirmed?

Ed will secure the driver and adjust the schedule and call you back the day before to confirm.

What if the dispatch doesn't answer the phone?

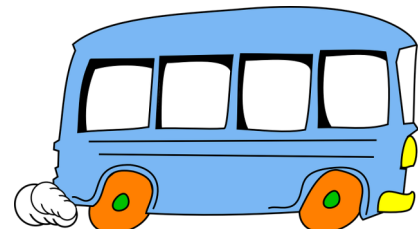
Ed works 8-10am so often riders leave him a voicemail. He checks and returns calls within 24 hours – please feel free to leave a message and he will get back to you.

Is there a low-income eligibility requirement?

NO, any resident of those five towns who are 60 years old and over, plus veterans of any age, may ride regardless of income.

Why do I have to do paperwork to apply?

The van belongs to FRTA who contracts with us, so we are required to use their forms and they keep approved rider lists. It is also important for your safety that we have your full name, contact information and an emergency contact on file while riding with us. Some terminology on the application is unfamiliar, or maybe you don't have a copier at home to make a photocopy of the required drivers license. We are happy to help, call Ed if you require assistance with the application.



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.**

Oct. 10: A Day in Vermont. Cost \$78. 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– Possible Multi Day Trips:

*Destiny USA Mall in Syracuse, NY
Memphis-Tunica, Niagara Falls, and
Nantucket!*

Possible Day Trips:

*New England Air Museum, Shows, Casino,
Majestic Theater*

Suggestions are always welcome.

Attention Medicare Beneficiaries... Open Enrollment Time Approaches

It's that time of year when your mailbox may begin to fill up with marketing materials from your Medicare D plan, or your Managed Care Plan.



Open Enrollment starts October 15th and runs through December 7th. It's the time of year when you can switch health insurance plans if you're not happy with your current coverage... or you might just want to check to see if there's a better health insurance plan out there. For those of you who are enrolled in a Medicare Managed Care plan, you have an even longer Open Enrollment time, extended to March 31st now.

Consider this your "annual health insurance check up".

Ask yourself the following questions:

- does my current plan cover all my Rx?

- are the copays for my Rx affordable?
- has my income changed significantly this past year, which might make me eligible for subsidy help with my health insurance now?
- have I received letters from my health insurance that I don't understand? Or are just confusing?
- have I discovered my Plan has significant co-pays for ambulance rides, hospitalizations, or rehab services?
- do I want to sign up for a Medicare Managed Care Plan because I only have Original Medicare A & B?

If you answered yes to any of these questions, or if you are just curious about any new health insurance options that might work better for you, contact your SHINE counselor.

You can call your senior center; Highland Valley Elder Services, 413-586-2000; or the Regional SHINE office at 413-773-555 to schedule an appointment.

Self Help Options:

- you can check your Medicare and You handbook which can be accessed online if you don't have a hard copy.
- you can call 1-800-MEDICARE and say "Agent". Help is available 24 hours a day including weekends.
- you can go online, to medicare.gov and check out their brand new, user friendly, website if you are looking for information on the Medicare D Plan Finder.

NOTE: any changes you may make to your health insurance during Open Enrollment take effect January 1st, 2020.



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

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Out and About in October



Tues. October 1st at 3pm
Keys to Aging Well Expo
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/

Sat. October 5th at 6pm
Ukulele Workshop
John James Memorial Hall, 42 Main St., Goshen, MA

For all ages: 8 to 98! Ukulele provided. Taught by David Maloof. Wish to participate? Register by calling or stopping by the Goshen Free Library: 413-268-8236 x111.

Fri. October 18th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton

Smith Vocational is collaborating 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.

Sun. October 20th at 2pm
The Not-So-Good-Life of the Colonial Goodwife
By Velya Jancz-Urban
John James Memorial Hall, 42 Main St., Goshen, MA

This enthusiastic delivery is funny and frank. Laugh, grimace and honor our foremothers' journeys while learning about the little-known life-ways faced by women of New England during the Colonial era. Sponsored by the Goshen Historical Society. All welcome!