

# Plainfield Council on Aging

## March 2020 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

### March Events & Features

#### *March Luncheon* *at the Plainfield Town Hall*

**Wednesday, March 11th at Noon**

Our March menu includes scrumptious corned beef and cabbage thanks to Linda Carver. As per your suggestion, we will have regular as well as decaf coffee available. We look forward to seeing you all there as we "march" toward warmer weather. Side dishes are always welcome.



After the luncheon, we are excited to have the following program for you:

**Hilltown Mobile Market:** In the summer of 2019, Hilltown Community Development launched a mobile farmer's market pilot in Huntington and Worthington with the support of a coalition of residents and organizational partners, including Healthy Hampshire and the Hilltown Community Health Center. The Hilltown Mobile Market provides an opportunity to purchase affordable Hilltown-grown produce close to home using a variety of payment options, including low-cost CSA shares that are reimbursable through the Healthy Incentives Program and a la carte purchases that can be paid for using SNAP, WIC, Senior Farmers Market Nutrition Program, cash, or credit.

This year, with additional funding, the coalition is exploring adding mobile market stops in two new communities. Plainfield has been identified as a potential new site, and we would like to hear from Plainfield community members about your interest in having a mobile farmer's market stop in your community. Come learn more about this project and share your thoughts at the Plainfield COA luncheon on Wednesday, March 11, from 1pm to 2pm.



#### ***Exercise Classes***

**Mondays, 10am**  
**Plainfield Town Hall**

Our exercise classes with Joan Griswold started again this past January. As we are not as active this time of year, it is very important to get enough exercise. The classes are held on Monday mornings at the Town Hall at 10am. Come join us as it is a lot of fun and good for muscle strengthening. The classes are open to everyone whether you are physically fit or need help getting around with a cane or other device. 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.

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#### **Program Updates**

**Senior Get-together with Sanderson Academy Students**— Hooray! It's another year where we will be able to join the Sanderson students for a wonderful lunch and get-together on **Thursday, March 5th**. Last year was full of fun for both the students and our seniors.

**Have Comedy Will Travel** – Steve Henderson. We are working with Steve to schedule a date for his comedy show.

**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.

Possible future events for 2020 (warmer months just to keep in mind):

- Trolley museum in Shelburne Falls
- Crane museum of papermaking: 32 Pioneer St, Dalton, MA 01226 (413) 684-6380. Might be nice to take kids along.
- A garden tour in June.
- A tour of Arrowhead, Herman Melville's home, author of *Moby Dick*.
- A trip to Hyde Park and/or other historic houses on the Hudson.



- Ice Cream social (behind the library) with games for kids (Donate an ice cream or \$5; kids free)

- Baseball game with the Pittsfield Suns; Phone: (413) 445-7867



- Invite town officers to talk to us about what they do for us in Plainfield. For example, Ruth Osgood to talk after lunch: what do you do at the town offices (Q/A session)



- Another lunch on Mt. Greylock.

Let us know if any of these events sound like something you would enjoy and/or find useful. Call Lina Bernstein at 634-883 or email lbernstein@town.plainfield.ma.us or place a suggestion in our suggestion box at the Town Hall.

## Suggestions Appreciated

The Plainfield COA is looking for program and travel suggestions to offer our community in the foreseeable future. We have placed a suggestion box in the Town Hall on the COA kiosk for you to add your ideas. We have already received some very good suggestions for future programs and are actively looking into them. We look forward to hearing from you with any ideas you might like us to pursue!

## Information for Seniors

**MassHealth Senior Buy:** Good news! If your annual income as a single is \$15,720 or less, or \$23,600 if married, you might be eligible for the MassHealth Senior Buy program whereby MassHealth will pay your Medicare B premium which has gone up to \$144/month this year. Additionally, the applications are simpler and shorter this year. If you think you might qualify or know someone who qualifies, you can obtain an application by contacting your SHINE volunteer, (413) 667-2203 or our COA coordinator, Susan LaRock at (413) 743-5345 – leave a message.

**Reminder:** To all participants of COA events – we believe that everyone should have the opportunity to participate in our events which is why we try to provide them free of charge. However, they are not free for the COA, which pays a fee for each participant. Your thoughtful donations make it possible for us to hold several events throughout the year.

## 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 and mail to Plainfield COA, 304 Main St. Plainfield, MA 01070)

Name \_\_\_\_\_

Address \_\_\_\_\_

*Thank You for Helping to Support Your Neighbors!*

**Plainfield Council on Aging**

## Seniors Aware of Fire Education

This month we have a home fire safety check list. Please use it. Circle the Y (yes) or N (no).

Senior   
**SAFE**

- Y N Do you have working smoke alarms on every level of your house?
- Y N Do you stay in the kitchen while heating food?
- Y N Are space heaters placed 3 feet or more from things that can burn?
- Y N Are electrical wires in good condition (not damaged or cracked)?
- Y N Do you know two ways out of every room in your home?
- Y N Do you know what to do if your smoke alarm or CO detector sounds?

If you checked NO to any of these questions, you are at a greater risk for being injured in a home fire. Do what you need to do to be able to say YES to all the questions. Senior S.A.F.E. will help you along the way.

Have a S.A.F.E March!

--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.*

Crabby Road

Crabby Road



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**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. Include your address so I will know which mailing list to take you off of. Thanks!

## Social Security – Something else to check!

Along with death and taxes, we find the Social Security Administration (SSA) in our line of sight. Our interest is in making sure our earnings records are correct. The SSA keeps track of our earnings and calculates our benefits from those records, so if there is an error, we could lose money. I assume it would never be an error the other way...

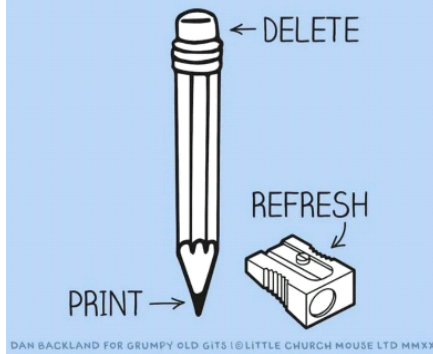
The SSA sends earnings statements every five years until a person turns 60, then they are sent every year until retirement. When you look at the statement, the first thing is to verify that this is YOUR record and your social security number. The second thing is to check their figures against your pay stubs or income tax forms.

Dealing with Social Security online is quite beneficial – the main page is [www.ssa.gov](http://www.ssa.gov). If you don't have a computer, it might be worth your time to have someone help you get an online account; you can go to the library to access it.

And I know you know this – a phone call saying your social security card has been compromised, or that you need to send it in to be renewed, or that you need to send money to reinstate your account - is poppycock. This is one of the biggest frauds going these days. In fact, says the Federal Trade Commission – "A Social Security scam was the top government fraud scam and phone calls were the number one way people reported being contacted by scammers. While most people said they hung up on those calls, those who lost money reported a median loss of \$1,000 in 2019."

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

## WHEN I WAS A KID, THIS WAS MY COMPUTER:



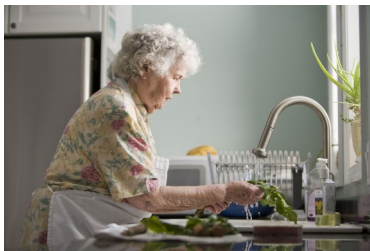
## Cancer Connection Spring / Summer Guide 2020

If you are, or know someone, in treatment for cancer or are a cancer survivor, call Cancer Connection at 413-586-1642 to ask for their current Guide, or check out their website at [www.cancer-connection.org](http://www.cancer-connection.org). You may be surprised at the many free activities and classes available to you. For example: Hands in Clay, Creating Collage, Spirit of the Written Work, Improv, as well as support groups, integrative therapies, and several kinds of exercise and physical activity.

### Good News!

In the late 1990's, **MassHealth** changed income and assets regulations for residents 65 or older who are significantly frail. This is called the **Frail Elder Waiver**. If you are "frail" enough to need significant home care support in order to avoid a nursing home placement, MassHealth allows you to have up to \$2,313/ month in income. (This amount increases each year according to the COLA) The asset limit of \$2,000 remains the same, but if the applicant is married, "excess assets" can be transferred to the healthy spouse, and even better, MassHealth will not count the healthy spouse's income! The good news here is that when you are frail enough to require nursing home care, MassHealth makes it easier to qualify and get the care you need to stay home. The objective is to provide an alternative to nursing home placement.

Better yet, there are two MassHealth programs that will pay family caregivers for the help they provide. Anyone you are not married to can be paid for help bathing, dressing, help with meals and medication management, help getting to medical appointments, grocery shopping, and laundry. These two programs are called Adult Family Care and the Personal Care Attendant program. Adult Family Care pays a monthly tax free stipend, the Personal Care Attendant program pays an hourly wage.



It should be mentioned that MassHealth also pays for Rx, for Adult Day Health programs, and all co-pays and deductibles for medical goods and services, acting as a secondary insurance for Medicare. Between the two, once you qualify for MassHealth, you have 100% coverage.

For more information about MassHealth regulations, MassHealth Adult Family Care and Personal Care Attendant programs, or help with the MassHealth application, you can ask at your senior center how to get in touch with a SHINE counselor.

### Sleep Study

The UMass College of Nursing is doing a sleep study involving caregivers of individuals with mild cognitive impairment or early Alzheimer's Disease. Members of the pair must live together and not have a diagnosed sleep disorder.



Sleep problems are very common in people with mild cognitive impairment. Because they are often dependent on their caregivers, this interferes with the sleep of their caregivers as well.

Their study question is: can objective sleep data help guide self-management strategies for better sleep for both?

For more information, contact Cynthia Jacelon: (413) 545-9576 or [jacelon@umass.edu](mailto:jacelon@umass.edu).

### Adapting Home to Age in Place

Plan to stay in your own home as you grow older? Here are some of the possible remedies that can make life easier and safer:

#### Difficulty: Balance and Coordination

- Bath seat in the tub or shower
- Bathtub with transfer bench
- Walk-in shower with pull-down seat
- Grab bars near the bath and toilet
- Handrails extending beyond the top and bottom of the stairs
- Stairway handrails on both sides

#### Difficulty: Hearing Impairment

- Dishwasher is ultra-quiet to reduce background noise.
- Increased volume on phones.
- Smoke detectors have strobe lights.

**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 Office Bldg- Diane Meehan, Director 413 268-7578 Wed 1-3; 3<sup>rd</sup> 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, Mary Kane 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 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 413 268-8407  
 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 Jasionkowski 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 & Driver Pool** Ed Pelletier 413 296-4232

**Local Councils on Aging**

**Chesterfield COA**, Janice Gibeau 413 296-4007  
**Cummington COA**, Chrisoula Roumeliotis 413 634-2262  
**Goshen COA**, Evelyn Culver 413 268-3316  
**Plainfield COA**, Susan Metcalfe LaRock 413 743-5345  
**Westhampton COA**, Amy Landau 413 203-9808  
**Williamsburg Senior Center**, Sherry Loomis 413 268-8410  
**Worthington COA**, Shelley Modestow 413 238-5532

**Plainfield Council on Aging**  
**Attn: Susan Metcalf LaRock**  
**Plainfield Town Offices**  
**304 Main St.**  
**Plainfield, MA 01070**

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**Out and About in March**

*Saturday, March 7th at 5pm*

**Corned Beef and Cabbage Dinner**  
Chesterfield Congregational Church

Cost is \$14.00 for adults; children 12 and younger \$7.00; children under 3 no cost. Everything is home-made and served family style. Take out available. Contact Nancy Hewes with reservations 296-4230.

*Sunday, March 8th, 8:30am-10 am*

**Irish Celtic/Gaelic Music & Breakfast**  
Chesterfield Church

Irish Celtic/Gaelic music by The Rolling Scones (Banjo, Guitar, fiddle, stand up bass). Full breakfast- Irish crime French toast, pancakes (pure maple syrup), eggs, home fries and a variety of homemade scones. Donations welcomed.

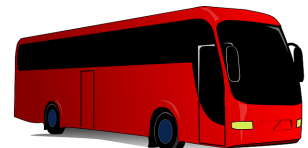
*Wednesday, March 11, 12:15 pm*

**A lively participatory program by Davis Bates!**  
Williamsburg Senior Center, 141 Main St. Haydenville

Williamsburg Senior Center invites you to "A Celtic Celebration, Stories and Songs of the Season" in honor of St. Patrick's Day. Sponsored by the Williamsburg Cultural Council. All are welcome--Join us!

*Sunday March 15th at 8am and returning at 6pm*  
**Foxwoods Casino Bus Trip**

The bus will be leaving the Goshen town parking lot at 8am. This bus trip is a fundraiser for the Chesterfield veteran's park committee and Friends helping Friends. Good break from the winter and not far to drive. To sign up or if you have any questions, call Kris Zdaniewicz: 413-329-8919.



**Save the Date!**

Sat. April 25th 9am-3pm

**Spring/ Summer Clothing Exchange**

Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. April 22nd from 5-8pm and Fri. April 24th from 9am-3pm, then come back to shop on Sat. the 25th from 9am-3pm! All are invited to participate whether you donate clothes or not. Thank you everyone for your contributions!