

Plainfield Council on Aging

April 2021 Newsletter



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

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

April Notes and Tips during Covid-19

We have survived many challenges with all the personal losses, drastic changes to our lifestyle and lack of fellowship with friends and family due to the COVID-19 pandemic. The weather seems to be shifting to warmer temperatures and hopefully we can finally get together and enjoy each other's company.



- **Health Insurance Information:** Insurance provider, plan information, member identification (note that individuals without insurance and undocumented individuals are still eligible to receive the vaccine and can make an appointment).
- **Consent or Attestation:** Most online scheduling platforms will require consent using a check box function or digital signature to affirm that the consumer meets the eligibility criteria to receive the COVID-19 vaccine and is aware of certain information related to the vaccine (e.g., potential allergic reactions and side-effects, personal information use).
- **Screening Questions:** Most online platforms require the consumer to answer a series of screening questions to better understand their health history prior to coming to the vaccination location.

Once your appointment is confirmed, bring the required documentation with you, wear a short sleeve loose-fitting shirt, and remember your mask.

Vaccination Phase 3 Recipients Phase 3 (Starting April 2021)

If your group is not specifically listed in either Phase 1 or Phase 2, you will be eligible to receive the vaccine in Phase 3, which we expect to launch in April. The vaccine is expected to be available to the general public as well as:

- Higher education workers, including administrators, teaching and non-teaching staff
- Bottled beverage industry workers, etc.
- Veterinarians

Steps needed to reserve an appointment online

Pick an appointment location at one of the following:

- www.mass.gov/covidvaccinelocations
- www.maimmunizations.org/
- Planyourvaccine.com
- Vaxfinder.gov

Collecting Consumer Information:

Most appointment scheduling platforms will require the following information:

- **Personal Information:** First and last name, home address, date of birth, telephone number, email address if relevant.

Resources & hotlines

- Create a profile and sign-up for COVID-19 alerts by text, email, or phone call in your preferred language.
- Call 2-1-1 or use live chat for non-emergency questions and help
- Call Crisis Counseling Assistance Program (888) 215-4920
- Email the Governor's Office or call (617) 725-4005



Highland Valley Elder Services Masks

The Plainfield COA still has cloth masks kindly donated by the Highland Valley Elder Services. These masks are free and are made of a soft black cloth with the HVES logo. If you need masks, please call Susan Honneus at 743-5345. Leave a voice message with your name and phone number indicating the number of masks you require. Sue will get back to you shortly as she checks her voicemail several times a day. You can also contact her via email: shonneus@town.plainfield.ma.org.

The Plainfield Mutual Support Network

The Plainfield Mutual Support Network (PMSN) continues to be available for ongoing needs. The PMSN web page is (plainfield-ma.us/supportnetwork). One can also check out our Facebook page, (Plainfield mutual aid and support) for additional information. You can also call (413) 634-1030) for requests or more information. Please leave a voicemail and we will get back to you as soon as possible. We have also added the HCDC COVID-19 Hilltown Response to our web page (hilltowncdc.org/covid19) for further information and as a valuable resource.

Grocery Sources

- ⇒ **The Old Creamery:** For those in need, a food account is still available daily from 8am to 7pm. To be clear, this eligibility is for food and household essentials. It does not include non-essentials such as cigarettes or alcohol.
- ⇒ **The Hilltown Food Pantry:** It is open on Wednesdays from 1-3pm and every third Wednesday from 1-6pm. It offers food at no cost to everyone. It is located in Goshen on Route 9, in the Town Office Building. The entrance is in the rear left of the building. The Town Office Building is white with a large steeple.

Easy Ride Options

Transportation by Easy Ride can take FRTA registered riders to pharmacies. They can also make pickup and deliveries as long as the medicine is paid for. Riders can call us to make an appointment and for more information. (413) 296-4232.

Exercise Classes

For all us stay-at-homers, Joan Griswold continues to offer her exercise classes via Zoom meetings. Classes are held on Monday, Wednesday, Thursday, and Friday each week at 10:00 am. We are truly fortunate she has been willing to invest her time and knowledge so we can stay active and healthy. Donations are graciously appreciated. If you can, send your donation to The Plainfield COA Exercise Class, 818 West Main Street, Plainfield, MA 01070. For those of you who have donated, we continue to offer a hearty thank you for your continued support.



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



If you or a loved one uses home oxygen, you should be aware of the fact that using home oxygen increases the risks of fire and burns. Using home oxygen increases the amount of oxygen in the air, hair, clothing, bedding, and furniture, making it a whole lot easier for a fire to start and spread. With more oxygen in the air, fires burn hotter and faster. Here are a few things for you to consider on using home oxygen safely:

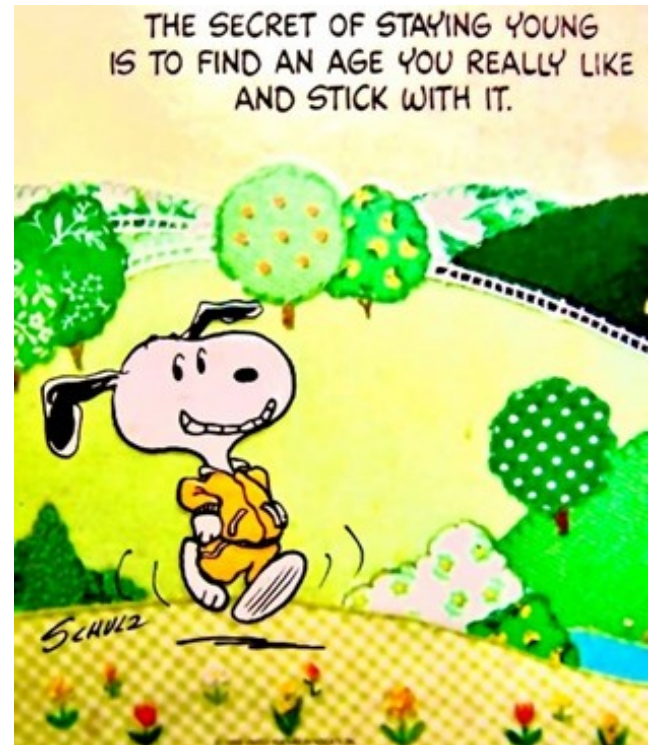
- Do not smoke.
- Keep oxygen and tubing 10 feet away from heat sources like candles, lighters, wood stoves, hair dryers, stoves, heaters, electric razors.
- Avoid using petroleum-based products like lip balms or lotions, which catch fire easily.
- If you or anyone in your house has to smoke, smoke outside the house. Make sure that you have working smoke alarms.
- Plan and practice a home escape plan with a minimum of two ways out of every room and an outdoor meeting place.

Have a SAFE spring!

--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.

Regional News



Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at 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!

Personality of Money

We are all products of our upbringing. As adults, we may follow what we were taught and what we observed, or veer away from that. This is particularly interesting to me when it comes to how we view and manage our money, or in shorthand, our money personality. Motley Fool reported on five personalities:

- ⇒ **Planners.** Disciplined savers, reasonable risk takers, e.g., carefully invest in the stock market. These folks probably turned in homework before it was due. 23% of Americans are in this category.
- ⇒ **Savers.** Somewhat cautious, and somewhat risk-averse. For 19% of us, money under the mattress is good. No unexpected event like needing new tires will catch a saver! Savers can become planners.
- ⇒ **Strugglers.** Financial setbacks occur, and are very harmful. Strugglers are not able to get or keep an emergency fund going; sadly, this covers 18% of Americans.
- ⇒ **Impulsives.** May plan and save, but an impulsive's large buy can ruin things. We are 24% strong and not good with credit cards.
- ⇒ **Deniers.** Dislike financial planning, don't believe it can work. 15% of us would rather not even think of money either now or in the future.

Understanding ourselves is of course necessary to make changes that we think will be beneficial. These five personality types offer a simplistic view, one view, and there are other ways of categorizing ourselves. Let me know if you'd like more to read on this.

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

April's Good News

By Deborah Hollingworth

The days are longer, the sun is warmer, more of us are able to get our Covid vaccine shots, so it puts a "spring" in our step as we begin to think about gardens, farmer's market and getting out and about.



The good news this month is a reminder about the Healthy Incentive Program which gives SNAP recipients an instant rebate on fresh fruits and vegetables when purchased from certain farm stands, and our Mobile Farmers market which we anticipate will be at the Maples in Worthington and in downtown Huntington again this year. The Healthy Incentive Program will give up to \$40 per month for households of 1-2 people. Benefits are added to your EBT (food stamp card) each month, making your food stamp dollar stretch farther!

For a listing of HIP locations, you can check their new website map. When you type in your zip code, the site will sort locations by those closest to you. Check it out:

buylocalfood.org/open-hip-locations

The site is continually updated, so you can find markets that will accept your SNAP and HIP benefits.

For those of you who might be interested in applying for SNAP benefits, the income eligibility is \$1,383 for a single person household, and \$1,868 for a two person household. If you are interested in learning more about the Food Stamp program, (called SNAP), and getting help with an application, you can contact your senior center or get in touch with the Williamsburg Senior Center, which is a designated SNAP site: 413-268-8407. They can help you apply.

Correction— Cummington Fair Photos

In the March newsletter's Cummington Fair photo article, the incorrect email address to send photos was given. The correct email is:

it.cummingtonfair@gmail.com



As a reminder: April Judd is working on a Cummington Fair history book and is looking for photos. If you have any that you would like to include in the book, please contact April: **413-268-7109**, it.cummingtonfair@gmail.com. You can email the photos to April or she can borrow them, scan them and return them to you.



Hilltown Mobile Market

FRESH, LOCAL, HILLTOWN-GROWN

www.hilltownmobilemarket.info

Blandford, Cummington, Huntington & Worthington

July 22-October 8, 2021

The Hilltown Mobile Market is back for a third season this summer and fall! Starting in July, we will bring our colorful veggie van to Blandford, Cummington, Huntington, and Worthington each week for twelve weeks, stocked with the freshest Hilltown-grown produce from our neighborhood farms.

Come and get your local lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit, debit, SNAP, HIP, WIC, and Senior FMNP Coupons. You can also sign up for a Hilltown Community Farm Share to guarantee your pick of the week's harvest for as little as \$5 per week! Registration begins April 1st.

For more information, visit:

hilltownmobilemarket.info

or call or email Seva Water at

sevat@hilltowncdc.org or 413-824-1840

*The market is supported by
Healthy Hampshire,
Hilltown Community Development and the
Hilltown Community Health Center.*



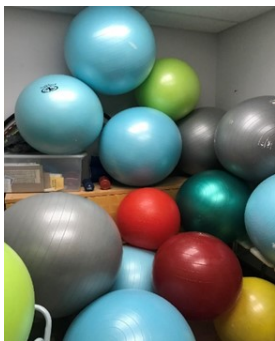
Joan Griswold's Exercise classes: Six years and going strong!

One of the most stable ways to stay strong during the COVID pandemic has been to join Joan's classes. Reading her email updates and reminders alone makes the day seem brighter. Over a third of the class has been with her for several years, with another 41% participating at least a year. Once in, people usually stay. Nearly 20% attend at least once a week and another 29% take part three times a week. Most members of the groups say that the class has helped maintain their personal health and feel improvements in their overall strength and energy. Good reasons to still be going after six years. Moving forward, we will continue to offer classes online but look forward to also having on-site programs as soon as we can. It's clear that the commitment to exercise is keeping things going and growing.



Want your own exercise ball at home?

We have too many at the Community Center in Chesterfield. Call Jan at 296-4007.



**The Cummington Council on Aging
invites you to a show!**

Mabel and Jerry



By Steve Henderson

This could be the most hilarious blind date ever! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen and you will be on the right track.

**See the show on video!
April 30, 2021 at 1:00 p.m.**

Contact the Cummington Council on Aging at croumeliotis@cummington-ma.gov or 413-634-2262 for the link to the show (as well as help navigating the technical aspects of viewing the show).



This program is supported in part by a grant from the Cummington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

TECH SUPPORT SCAM

The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.

- They might try to gain access to your computer to steal your personal information

Here's what you can do:

- Just hang up
- Don't click on any links in an email or pop-up screen
- Never give someone else control of your computer & don't share your passwords
- Don't give out financial information to someone you don't know
- Keep your computer's security programs up to date



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General