

Plainfield Council on Aging

June 2021 Newsletter



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

Susan Metcalfe Honneus, COA Coordinator
Phone: 413-743-5345
shonneus@town.plainfield.ma.us

June COA Information

- **Highland Valley Elder Services Masks** The Plainfield COA still has cloth masks available that were kindly donated by the Highland Valley Elder Services as well as some N95 masks and surgical masks free of charge. If you would like any of these, 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 email: shonneus@town.plainfield.ma.us.
- **Highland Valley Elder Services (HVES) Additional Services** Contact information: (413) 586-2000, or www.info@highlandvalley.org HVES has a variety of services available to persons 60-65 years and over. It is an important resource to contact for things such as Meals On Wheels, stay-at-home care, money management, transportation, and homemaker assistance, to name just a few of their services.
- **Lifeline.** Lifeline is a federal program that can lower the monthly cost of phone or internet expenses. Qualified customers can receive up to \$9.25 applied directly towards their bill. You can use Lifeline for either phone or internet, but not both. FCC rules prohibit more than one Lifeline service per household. You may qualify automatically under federal guidelines if you already receive benefits from SNAP, SSI, or MEDICAID or other similar federal programs. Contact the Whip City Fiber team for further details at lifeline.whipcityfiber.com/ or (413) 485-1251.

At-Home Foot Care

Maria Stuart, RN, our Plainfield RN, is working for Foot Care By Nurses and is available for at-home foot care. FCBN has contracted with HVES to make this available to us. Maria will be happy to talk to anyone interested in her services. (413) 634-8856.

Medical Equipment Available

Here in Plainfield, we have medical equipment available to anyone such as walkers, shower stools, commodes, etc. This equipment is free of charge and can be used until no longer needed. For further information, please contact Susan Pearson, 634-0025.

Farm Stands And Farmers' Markets

Many farm stands and farmers' markets are opening! **SNAP** community members, clients, friends and family have an extra \$40-\$80 on their EBT card for fresh fruits and vegetables at eligible locations. There are also locations that offer plant seedlings for **HIP** customers to start their own backyard vegetable-growing garden, and CSA (community supported agriculture, or farm share) sign-ups are open at many locations for summer of 2021!



- **The Plainfield Mutual Support Network.** Remember, the Plainfield Mutual Support Network (PMSN) is still present if you need assistance. Our Facebook page, (Plainfield mutual aid and support) is open 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.

What is HIP?

The Healthy Incentives Program (HIP) is a Massachusetts state program where SNAP recipients get at least \$40 of extra SNAP money every month to spend on local fruits and vegetables. That means if you have SNAP, you automatically have HIP! Shop at these farm locations with your SNAP/EBT card and get at least \$40 extra to spend through the HIP program. Note: you must have at least \$1 on your SNAP/EBT card when you go and shop; in other words, you need to have a balance on your EBT card in order to earn the HIP incentive.



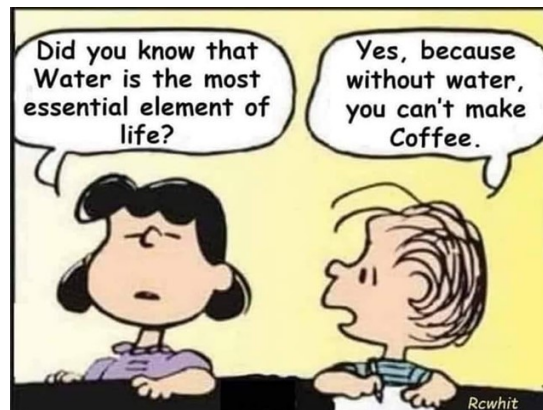
squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit, debit, SNAP, HIP, WIC, and Senior FMNP Coupons. You can also sign up for an affordable **Hilltown Community Farm Share** to guarantee your pick of the week's harvest! Registration is now open and sliding scale payment options are available.

For more information visit www.hilltownmobilemarket.info or contact Seva Water at sevat@hilltowncdc.org or **413-824-1840**.

How to find a HIP location near you:

Locations are organized by county. Addresses are listed for each location, including zip codes. To search by zip code and find the location closest to you, visit buylocalfood.org/hip-map to view our new map! Visit the delivery service websites to see if they offer delivery or pickup near your home!

- ⇒ **Crabapple Farm.** 100 Bryant St., Chesterfield. Saturdays 10 am-4 pm. Call ahead to use HIP. (413) 296-0310. Pre-order for pickup at the farm on Saturdays. Use crabapplefarm.org/markets/product-list/ to find the price list.
- ⇒ **Ashfield Farmer's Market.** 412 Main St. Ashfield. Saturdays 9am-1pm. www.ashfieldfarmersmarket.com Vegetables and plants; Opens May 16th. Good Bunch Farm and the Atherton Farm accept HIP.
- ⇒ **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 12 weeks, stocked with the freshest produce from our neighborhood farms. Come and get your Hilltown-grown lettuce,



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



June seems to be the beginning of the cooking outdoors season. Here are a few ways to barbecue safely. (Sorry, no special recipes will be shared here.)

- ⇒ Use all barbecue grills outdoors and at least 10 feet from the side of any building.
- ⇒ Never leave a burning grill unattended.
- ⇒ Children should never play near grills or propane cylinders.
- ⇒ Grills may only be used on first floor decks, patios, and balconies if there is an outdoor stairway to the ground, or if it is on the ground level.
- ⇒ Grills are prohibited from being used on any porch, deck or balcony that has a roof or an overhang.
- ⇒ Keep all LP gas outside and away from buildings. LP gas is heavier than air and is a real fire risk. Keep LP gas 10 feet from building openings such as doors, windows, dryer vents and 20 feet from air intakes and all ignition sources.
- ⇒ With charcoal grills, use only charcoal lighter fluid to start them. Once there are lit coals, NEVER add more lighter fluid. Flames do travel very quickly up the stream of fluid causing serious burns.
- ⇒ Dispose charcoal ashes in a metal container.

Enjoy barbecue season SAFELY,

--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, 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!

Oh, Those Scammers

They are so clever, always alert to what will work. I have two topics for you. One is vaccination cards, a prized commodity for many of us. The other is an example of a scam, or not...

Vaccination cards – those little white cards with your full name and birthdate and vaccination info. There are also official records of your shots but this card is the record you can control. I read that you should leave the original in a safe place (maybe with your Social Security card?) and carry a copy or a photo of the card for if you need it. At this point, we don't know when the card might be needed again, so keep it safe. Some recommend laminating it but that could make the ink run, and would keep you from adding information, e.g., about a booster shot. Of course, you know to not take a picture with your birthdate showing and post it online...

The second topic is based on a mailing a friend received. It is a "Prayer by Letters" from Saint Matthew's Churches in Tulsa. They sent a letter, two flyers, and a prayer rug. They will pray for you if you return the prayer rug and perhaps a donation. The Church is a 501(c)(3) organization, a registered charity, but Charity Navigator has no ratings for it. Some folks have written heartfelt complaints about being taken for large sums of money. I could not, however, determine if it is or is not a scam. What struck me was how well they played to many different triggers to solicit money, offering the possibility that their prayers could bring prosperity, increased wisdom, a secure future, physical healing, peace, and other desirable things. Watch out - they can touch us all!

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



June's Good News

By Deborah Hollingworth

Governor Baker has extended the "freeze" on MassHealth benefits again... this time until the end of the year, December 31st. Anyone who has MassHealth coverage now, will not lose it. This is part of an effort to make sure that people don't lose their health insurance coverage during the pandemic. Also, remember that MassHealth pays caregivers for the care they are providing if the recipient is a MassHealth beneficiary. If you are frail enough to need daily in home care in order to avoid a nursing home placement, your income can be as much as \$2,380/month and still qualify for MassHealth. If you have questions about how to go about getting MassHealth, you can call your senior center and ask for a SHINE appointment.



Have you ever wondered what SHINE is? SHINE stands for Serving the Health Insurance Needs of Everyone and is a program which trains thousands of volunteers in all 50 States. Volunteers learn about Medicare and other insurance coverage, and become consultants for anyone with questions about their health insurance. You can find SHINE volunteers by contacting your senior center or in our area, by calling Highland Valley Elder Care, 586-2000.

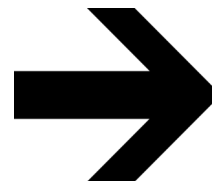
More good news: the Soldiers' Home will potentially begin admissions this Fall. If you've been on their wait list, you may receive a call. If you don't feel ready, or refuse the bed, you may be dropped from the wait list and need to submit a new application in the future. To check on your wait list status, or to get more information about the Soldiers' Home, you would call your VSO, Tom Geryk: 413-587-1299. If he doesn't cover your town, he will connect you with the Veterans Service Officer who does. Tom is also a great resource for other benefits, including home care that the VA offers.

Next month, I look forward to sharing more resources on how to reduce the cost of your Prescriptions!

Find your food sources on the map!



Thanks to the Smith Students in the Landscape Studies program and Caitlin Marquis from the Collaborative for Educational Services, we now have a map showing all the locations for access to food in the Hilltowns. It's one of those gifts that "keeps on giving" and is set up to change as locations and terms of programs change. To see more, just go to the Northern Hilltowns on Aging website: northernhilltownscoas.org



Broadband Discounts

Whip City Fiber is participating in the Emergency Broadband Benefit Program. For eligible households, this program will provide a discount of \$50.00 toward monthly broadband service (one credit per household). Since this is a limited time program which will end when funding runs out, we encourage you to apply promptly. **APPLICATIONS WILL BE ACCEPTED ONLINE STARTING May 12, 2021.** A household is eligible for a monthly \$50 credit if one member of the household meets at least one of the following criteria:



- ⇒ Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid or FCC's Lifeline program;
- ⇒ Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, in the 2019-2020 or 2020-2021 school year;
- ⇒ Received a Federal Pell Grant during the current award year;
- ⇒ Experienced a substantial loss of income through job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers or \$198,000 for joint filers.

For more info: getemergencybroadband.org

Western Mass Hilltowns Food Access

Developed in partnership w/ Healthy Hampshire & Northern Hilltowns Consortium of Councils on Aging, Spring 2021

1. Old Creamery Co-Op

445 Berkshire Tr, Cummington
(413) 634-5560
Daily 7am-7pm
SNAP, Hilltown Food Bucks, Plainfield Mutual Support Network Benefits, ♿

2. Hilltown Mobile Market Cummington

41 Main St, Cummington
(413) 824-1840
Thurs 4:30-6pm
SNAP, WIC, HIP, Sr Farmers Market, ♿

3. Northern Hilltown Food Pantry

40 Main St, Goshen
(413) 268-7578
Wed 1-3pm, ♿

4. Sawyer Farm

19 Sawyer Rd, Worthington
(718) 594-6612
Mon-Sat 2-6pm
SNAP, Hilltown Food Bucks, ♿

5. Williamsburg Market

3 Main St, Williamsburg
(413) 268-3006
Mon-Sat 9am-6pm, Sun 9am-2pm
SNAP, WIC, Hilltown Food Bucks, ♿

6. Four Corners Farm

27 Old North Rd, Worthington
(413) 238-4441
Daily 8am-5pm
Hilltown Food Bucks, ♿

7. Corners Grocery

2 Packard Pk, Worthington
(413) 238-5531
Mon-Sat 10am-7pm; Sun 9am-5pm
SNAP, Hilltown Food Bucks, ♿

8. Chesterfield General Store

423 Main Rd, Chesterfield
(413) 296-4354
Thurs-Sat 7am-7pm; Sun 7am-3pm
Hilltown Food Bucks, ♿

9. Chesterfield Brown Bag

40 Main Rd, Chesterfield
(413) 296-4007
2nd Thurs 11am-12pm, ♿

10. Hilltown Mobile Market Worthington

156 Huntington Rd, Worthington
(413) 824-1840
Thurs 2pm-3:30pm
SNAP, WIC, HIP, Sr Farmers Market, ♿

11. Crabapple Farm

100 Bryant St, Chesterfield
(413) 296-0310
Sat 10am-2pm
SNAP, WIC, HIP, Hilltown Food Bucks, Sr Farmers Market, ♿
Call beforehand for EBT

12. Westhampton Congregational Church Food Pantry

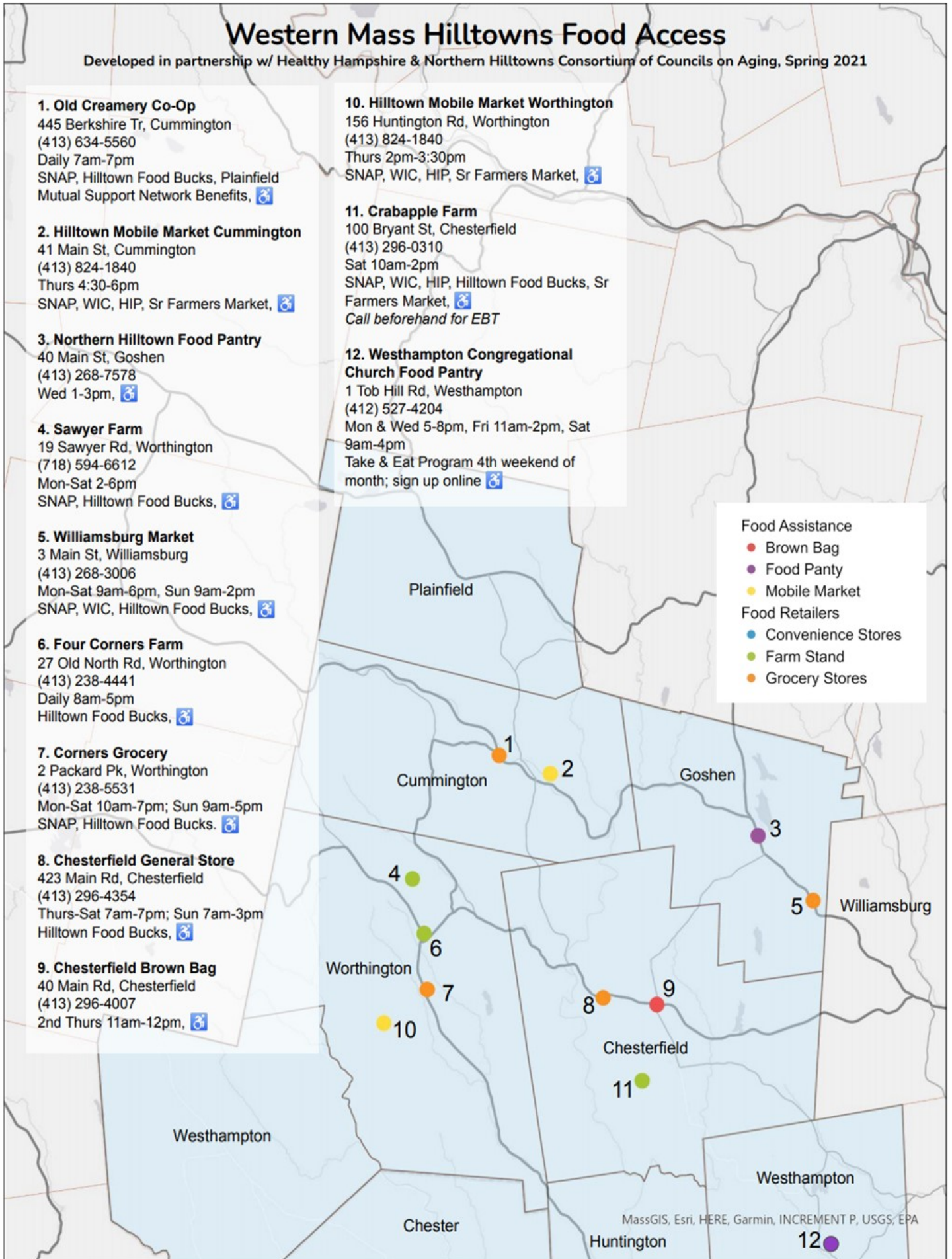
1 Tob Hill Rd, Westhampton
(412) 527-4204
Mon & Wed 5-8pm, Fri 11am-2pm, Sat 9am-4pm
Take & Eat Program 4th weekend of month; sign up online ♿

Food Assistance

- Brown Bag
- Food Pantry
- Mobile Market

Food Retailers

- Convenience Stores
- Farm Stand
- Grocery Stores



Plainfield Council on Aging
Attn: Susan Metcalfe Honneus
Plainfield Town Offices
304 Main St.
Plainfield, MA 01070

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Plainfield COA

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

Shirley Todd, Chair
Ginger237ma@yahoo.com
413-634-2134

Susan Pearson, Secretary
spearsonbooks@gmail.com
413-634-0025

Linda Carver
lindacarver17@yahoo.com

Ann Irvine
irvinea@verizon.net
413-634-5698

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

DOOR-to-DOOR SALES



Hire me NOW!

If you're considering hiring someone who knocks on your door and offers home improvement services...

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

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

