

Plainfield Council on Aging

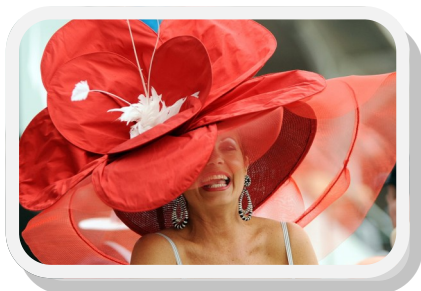
February 2022 Newsletter



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

February Luncheon



When: **February 9, 2022**
(unless otherwise restricted by the Board of Health)

Time: **12 noon**

Where: Plainfield Town Hall

Menu: Chili con carne (meat and meatless choices)

Fun contest:

WIN A PRIZE for the MOST UNUSUAL or SILLIEST or MOST GLAMOROUS HAT!

The January COA luncheon had to be canceled due to the sharp rise in COVID cases in town. Hopefully we will be able to hold the February COA luncheon as listed above. If you wish to be included on the COA call list for cancellations, updated news, etc., please email your name and phone number: shonneus@town.plainfield.ma.us. We expect these luncheons will be temporarily scheduled until further notice.

Remember we still require **proof of vaccination** to attend these luncheons as our way of insuring everyone present is protected and comfortable meeting together in the dining hall.

Covid-19 At-Home Testing Information

1. Using a COVID-19 self test. You can take a self test at home. They are easy to use and give you rapid results. These tests may be used if you have COVID symptoms or been

potentially exposed to someone with COVID. You can also use these self tests if you are considering joining indoor gatherings with others who are not members of your household.

2. **Where to obtain COVID-19 tests.** Unfortunately, Plainfield is not on the list to receive free self-tests from the Commonwealth.

There are two types of tests for COVID-19. Viral tests tell you if you have a current infection, and antibody tests tell you if you've been previously infected.

If you're experiencing symptoms or think you've been exposed to COVID-19, contact your health care provider or your state or local public health department to find out where you can get tested. Tests are available at many health centers and some pharmacies. Call in advance to see if an appointment is required. The testing process and timeline for results vary by location.

CVS on King Street, Northampton, has tests via a drive-up system. You must have symptoms of COVID and call to make an appointment 413-586-8315.

You can also buy rapid test kits:

- ⇒ Abbott's BinaxNOW, which you can get from places like CVS for \$23.99, Walgreens for \$23.99, Walmart for \$14, Sam's Club for \$14, or RiteAid (prices vary). You can also order through the company's website for \$23.99 BinaxNOW COVID-19 Antigen Self Test / 1 kit (2 tests for serial testing) (abbottstore.com). Check for availability.
- ⇒ Quidel QuickVue, which you can buy from places like Walgreens for \$23.99, CVS for \$23.99, Walmart for \$24.95 and other pharmacies. You can also grab a kit off Amazon. Check for availability.
- ⇒ iHealth's COVID-19 Antigen Rapid Test, which you can buy on Amazon for \$17.98. You can also purchase kits from the company's website for \$13.98. ihealthlabs.com Check for availability.

3. How to use the self test. Here are additional instructions for the self-test kit. There will also be instructions in your kit.
www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html

Future Plans And Programs

Due to the increase in local COVID-19 cases and the variability in the weather, the Plainfield COA will hold off on planning future programs until the warm weather returns. If there are programs or trips you might be interested in, please let us know. You can reach us via email at shonneus@town.plainfield.ma.us or 413-743-5345. Please leave a voicemail with your call including your name and phone number. We are looking forward to planning a great year once again!

Plainfield Walkability

Along with Joan Griswold, several members in Plainfield are looking into the feasibility of creating walking routes in Plainfield. This group met on Zoom on Monday, January 10 at 6:30 pm. More information may be found in the Plainfield Post. Anyone interested in joining this group is more than welcome. Please contact Sue Honneus for more info at shonneus@town.plainfield.ma.us.

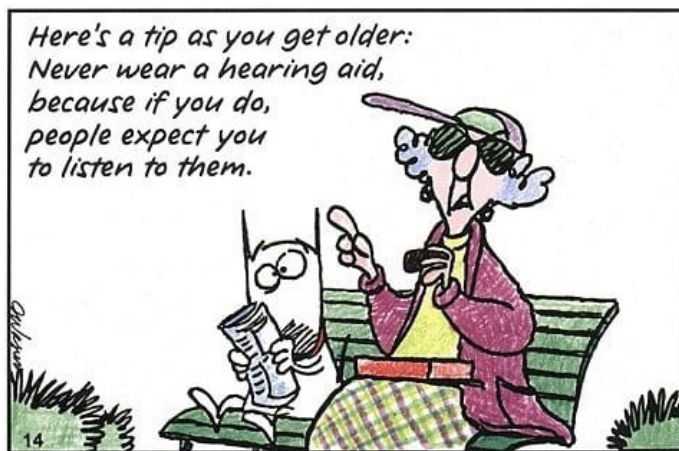
Medical Equipment Swap

Remember, the Plainfield COA has medical equipment available. The inventory includes wheelchairs, walkers, crutches and canes, shower chairs, raised toilet seats and free-standing commodes plus assorted splints and braces, pedal exercisers, bed guards, sock assists and trekking poles. Call Susan Pearson at 634-0025 for further

information or to borrow some equipment. If there is something we do not have, Ashfield has additional equipment. Call Deb Scott at 413-628-4547 or email her at cbbuilders95@yahoo.com

St. Valentine's Day

I hope as part of your New Year's resolutions, you included one that tasks us all with showing more concern and compassion for our neighbors, regardless of their religion, skin color, political views, personal orientation, or personalities. We are all together in this experiment called life and the more we get along with each other, the better we all will be. Have a wonderful February 14th!



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

In observance of National Burn Awareness Week that happens in February, this month's topic is on preventing and treating burns. This is a hot topic for our age group because skin thins with age and a burn will be much deeper on an elder than on a younger person.

Senior 
SAFE

A decreased sense of touch from diabetic neuropathy can lead to worse burns. Here are a few things of which to be mindful in preventing and treating burns:

- ⇒ Use oven mitts to protect against hot liquids and touching hot pots or ovens.
- ⇒ Set the hot water heater temperature to 125 degrees F. Burns occur in seconds at higher temperatures. (State law requires it to be set between 110 and 130 degrees.)
- ⇒ Heating pads and electric blankets are a significant cause of burns for seniors.
- ⇒ Consider a heating pad where you have to hold the control to keep it on.
- ⇒ We teach children to *Stop, Drop, Cover and Roll* if their clothing catches fire. If getting up off the floor is a problem for you, smother the flames with a towel, blanket or coat.
- ⇒ Cool a burn. Run cool water over a minor burn -- not cold water, not ice, just cool water, which will cool the boiling liquid under your skin.
- ⇒ Call 911 immediately for serious burns.

Have a S.A.F.E. February!

--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!



Just playin' my harp...

I do love music and played drums and piano at one time, but I'm not going to break out in song here. This harping is on the need for all of us to take care of the Big Five. I spent 6 months in early 2019 on these if you need to refresh.

So what 's the big deal? Two things: 1. *uncertainty*, and 2. *mental condition*. We know there is uncertainty in life, including not usually knowing how and when our life will end. We don't know what tomorrow will bring, how our health will hold up, how family relationships will go. Being prepared with our will, health care proxy, durable power of attorney, advance directive, and HIPAA release adds some stability and certainty to life, maybe a small feeling of relief.

Mental condition. I do charge right in there, don't I? Well, *someone* has to say these things. If you or someone you care about is going down the dementia path, PLEASE get these documents in order. If you wait too long, the person may not be able to make a good set of decisions. If you wait too long, an attorney may be unsure that the person is still sufficiently capable to be able to understand and sign the documents. The alternative then may include a court-ordered conservatorship or guardianship. Quite the bother...

It would be music to my ears if I hear from you that you've done even 3 of the 5!

And on that note,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

February's Good News

By Deb Hollingworth

Here it is, the beginning of a New Year and perhaps a good time to think ahead? I call this "next chapter" planning: when we pause from our daily routine and take time to think about the future and dealing with the "what if" situations in life. What if you have a life changing event, like a medical issue? Or what if you're stressed by diminishing financial resources, not just grocery bills, but health care costs, household overhead...everything seems to cost more and you wonder if your resources will last as long as you do?

While everyone may have these questions, planning ahead can be more challenging if you are caring for someone with dementia, or if you are taking care of yourself and think you may be developing some memory issues.

Where do we start?

Having a conversation with someone familiar with available resources might be a good way to sort through the seemingly limitless amount of information on the internet, in the news and in print. The Good News is that we live in an Information Age.....the challenge is that we live in an Information Age and it can be overwhelming and confusing. So who can you talk to?

If your Senior Center has an Outreach worker, that's a good first call. And for our seven hill towns, Highland Valley has funded a grant for a program called The Connector which helps you find the resources you need and helps you deal with the process of getting connected with those resources. If you call your senior center, they can put you in touch with The Connector.

Options Counselors are another resource, helping in a similar way. You can call Highland Valley 413-586-2000 and ask to speak to their Options counselor, but if you want to check out the website for Greater Springfield Senior Services (the agency, like Highland Valley that covers the Springfield area) , it is GSSSI.org. You can download their Elder Guide which is over 60 pages of resources for seniors, including: housing options, day programs, assisted living residences and nursing homes with dementia supports, caregiver programs, information on legal issues, reverse mortgages, food resources and much more. Options counselors can help you understand these resources and help determine if you are eligible.

The Alzheimers Association has their 24 hour help line, 800-272-3900, and also a Care Consultant (617-393-2100) who can help you understand the disease process, answer your specific questions and concerns and create strategies

to cope effectively as your situation changes. Caregiver support groups, now even more available virtually, are a great way to talk with other caregivers, dealing with the same issues you worry about. You can look online for support groups, or ask the Alzheimers Care Consultant for recommendations.

So the first step for future planning is to find someone to talk to who knows the resources available; someone who can offer suggestions and guidance. Remember you are not alone and there is help, just a phone call away.

On the Road Again...



2022 Trip Lineup

These are some of the bus trip destinations in different stages of planning with various travel groups. Most trips are limited to 36 passengers. More information to come in future newsletters. Vaccinations are required. Contact Francine Frenier by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Day Trip. Encore Boston Harbor Casino. Postponed till Summer 2022.

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost TBD, \$25 discount if paid early. Flyer available. This will be rescheduled for 2023.

Day Trip May 5. Country Shopping in Southern Vermont Trip. Includes visit to Grafton Village Cheese, lunch at The Marina, and stops at the Vermont Country Store & Allen Brother's Farm Market. Cost \$103, \$10 discount if paid by 3/24/22. Vaccination proof requirement by the restaurant. Flyer available.

Multi Day May 23-27. Lancaster, PA. Sight & Sound Theater presents David. 5 days. \$549, \$25 discount if paid by February 16, 2022. Flyer available.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes lunch. Cost to be determined. Approx. cost \$120, \$10 discount if paid by 3/31/22. Flyer available.

Day Trip June 9. Corvettes Doo Wop Revue. Lobster Tail or Prime Rib for lunch. Self Drive to the Log Cabin. Cost to be determined.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

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
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help	800 339-7779
Fuel Assistance	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536 x120
Veterans' Service Officer Robert Vignault	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 Hall - Diane Drohan, Director	413 268-7578 Wed 1-3; 3 rd 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 Eisenhower	413 634-2243
foot care in Goshen, call Piper for appt.	413 522-8432
foot care in Williamsburg or in-home visits	413 268-8407
Deb Dean, foot care in Westhampton	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
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 Honneus	413 743-5345
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 977-6799

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

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US POSTAGE
PAID
PERMIT 183
Greenfield MA

Plainfield COA

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

Winter Farmer's Markets

Fresh, local food is available all year!



All of these markets take HIP! HIP is free extra SNAP money for fruits and vegetables. Ask the market manager to learn more!

- **Northampton Winter Market**, 67 Conz St. Northampton. Every other Saturday 10am-2pm, through April 2nd.
- **Winter Market at Hampshire Mall**, 367 Russell St., Hadley. Saturdays 10am-2pm, through April 2nd.
- **Easthampton Winter Market**, 122 Pleasant St. Easthampton. Sundays 10am-2pm every other week through March 27th.

The Savvy Caregiver Program

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.



Join Us:

Tuesdays (will be held virtually)
2/22/2022 – 3/29/2022
1:00-3:00pm

For More Information:

Contact: Erin LaBreck
(413)588-5749
Email: elabreck@highlandvalley.org

www.healthyliving4me.org