

Plainfield Council on Aging

July 2022 Newsletter



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

Polly Ryan, Coordinator
413-212-1581
pryan@town.plainfield.ma.us

July Luncheon



When: **July 13, 2022**
Time: **12 noon**
Where: Plainfield Town Hall
Menu: BBQ Chicken, rice salad, macaroni salad, green salad, coleslaw, vegetable, desserts and more trivia fun!

Recipe from May luncheon:
Yummy Cold Pea Salad
(Thank you Alice Schertle!)

Combine:
16 oz. frozen peas,
6 oz. rinsed and chopped smokehouse almonds,
½ C. chopped green onions,
8 oz. chopped water chestnuts

In separate bowl mix:
½ C. mayonnaise, ¼ C. sour cream, 2 tps. curry powder, salt & pepper to taste. Mix all ingredients together and serve. This can be made a few hours ahead of time but add the almonds last minute.

“To all, I would say how mistaken they are when they think that they stop falling in love when they grow old, without knowing that they grow old when they stop falling in love.”

- Gabriel García Márquez.



Polly Ryan, the new Plainfield Council on Aging Coordinator, is interested in learning what fun events people would like her to schedule and how she may help with other concerns or needs. Please email her at pryan@town.plainfield.ma.us or call her at 413.212.1581 to schedule an appointment.



GAME TIME! Starts June 23rd and continues every **4th Thursday of each month** at the Plainfield Town Hall. Coffee and tea will be provided. Please bring your favorite board games and sweets to share.

A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense).



When: August 12, 2022
Time: 12 noon
Where: Brunelle's Marina, 1 Alvord Street, South Hadley, MA

Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30 am departure time).

Boat ticket prices will depend on the number of reservations as well as taking into consideration a sliding scale price for those who may need one.

Maximum cost will be \$30/person. Boat capacity is 49.

For reservations (or questions) call Polly at 413.212.1581 or email pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

Plainfield Walks

Elaine Holder and Kare Marshall were invited to present the new Plainfield Walks draft map to the COA board members. It looks great! Walk Boston will review the walks (maybe in early July) before the brochure gets printed. Elaine and Kare hope to schedule walks with the Hilltown community and COA groups once all is finalized. We'll keep you posted.

Medical Equipment Swap

Remember, the COA currently has equipment available, including wheelchairs, walkers, crutches & canes, shower chairs, raised toilet seats & free-standing commodes plus assorted braces, pedal exercisers, bed guards, and trekking poles. Call Susan at 634-0025 if you need equipment.

Get Your 2nd Covid Booster

The Massachusetts government announced that, following recommendations from the CDC, 2nd boosters are now available for anyone 50 or older if it's been at least 4 months since your 1st booster. A few of the many handy places to get boosted include:

- Pittsfield: Big Y, Walgreens, CVS
- Greenfield: Big Y, Walgreens, CVS
- Florence: Walgreens
- Northampton: Big Y, Walmart

The next **Foot Care Clinic** at the Community House in Cummington is scheduled for **July 5th**. Please contact Piper Sagan at 413-522-8432 to schedule an appointment. These clinics run every other month, so the next one will be in September. Cost is \$50 per person (Piper can also do foot care in your home for \$80). Masks are required. Please contact Chris at croumeliotis@cummington.ma.gov or call her at 413-634-2262 if you have questions.

The Hilltown Elder Network (HEN) provides eligible rural elders with in-home services, such as home chore or transportation assistance, which help to insure safe conditions for independent living. To receive HEN assistance, elders must be at least 62 years old, must meet household income criteria, and must have depleted or become ineligible for other forms of assistance, such as State Home Care. Contact Sandra Powers 413-634-5558 for more information.

Hilltown Mobile Market is opening JULY 16th! They will be making deliveries in Cummington on Fridays. Please visit their website for more details at www.hilltownmobilemarket.info/

Happy Birthday!



Larry Lorenzoni, Patricia Lachance, Joseph Cliché, Daniel Lachance, Gale Bulissa, Stephen Elmstrom, Dale Beals, Nancy Borey, Linda Melle, Donald Kelly, Bonnie Phillips, Lewis Christopher Robbins, Jeanne Sargent, Laurie Israel, Judith Gyovai, Anthony Provenzano, Edward Stockman, Judith Williams

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



Worcester WooSox

August 20, 2022

Regional News



Come watch the Red Sox' WooSox host the Nationals' Rochester Red Wings at Polar Park in Worcester. This typical Triple-A minor league game starts at 4pm.

- Take in the nostalgia and view Red Sox championship memorabilia.
- Enjoy a private ballpark fare buffet: (no waiting in lines) Hamburgers, Hotdogs, Mac & cheese, Potato salad, Kettle chips, Cookies, Water, Tea, & Lemonade.

Transportation, driver gratuity, buffet and entrance to the park all included for \$129. Discount \$10 if paid by July 9, 2022.

Sponsored by Friends of Northampton Senior Center (FNCS). Meet the Bus at Sheldon Field, Old Ferry Rd, Northampton. Departure time TBD. Contact Francine Frenier at 413-296-4291 or email Francine.frenier@gmail.com for tickets or more info.

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!

And what does my Health Care POA do?

So let's say I am in that coma from last month's note, and therefore unable to speak or say what I want to have happen to me on my sickbed. Do I want more treatment? Should I be let go to wend my way to the hereafter? Happily, I arranged for a trusted friend to be my advocate, to make medical decisions on my behalf. That person is my Health Care Proxy or Health Care Agent.

What does this person do to benefit me? They can:

- ⇒ authorize a particular treatment to start, e.g., hook me up to a ventilator
- ⇒ authorize a particular treatment to stop, e.g., remove me from a ventilator
- ⇒ request that a treatment be modified, e.g., increase the frequency of an injection
- ⇒ consent to have me undergo surgery
- ⇒ arrange for a second opinion on my care
- ⇒ request comfort measures
- ⇒ advocate for quality of life at any stage. Examples below!

My mother could still speak but not effectively argue her case that she was ready to go into hospice. I did that for her and her last weeks were much improved.

My father went into the hospital 6 months before his death, for a two-day stay. He made me promise that he would not have to go to the hospital ever again! Done.

Somewhere in that last 6 months he got a new doctor at the rest home. Dad was almost 98 years old. The rest home called to tell me that this new doctor thought Dad should not have any salt in his diet – bad for him, you know? Eating was something he still enjoyed, and you know what saltless food tastes like. With my POA powers, I got that order removed by lunch time.

All is still well!
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

July's Good News

By Deb Hollingworth

Happy Birthday, Burgy! Be sure to see all the events in their newsletter this month, and check out the town website for a calendar of coming events for the 250th birthday celebration! And be on the lookout for lots of activity in the surrounding Hilltowns (like our 4th of July celebrations) as we take advantage of events that can be held outside.

Meanwhile the Covid surge that isn't making headlines continues. Last month, at my house, after a family visit, I started getting emails saying the people we had hugged had tested positive and were sick with Covid. I'm hearing this happening more and more frequently. I had a few test kits, but expected to run out if we wanted to test every day, so I called my Senior Center and sure enough, they had test kits I could pick up. So just a reminder that test kits are available from your Senior Center. And here's a piece of Good News: after kissing both these family members who tested positive....after spending an afternoon with them at a family picnic....and after getting their emails....we began quarantining just in case, but my husband and I never got it, never tested positive, never had any symptoms, which gives me great faith in the booster shot which we both had gotten three weeks before.

Boosters work.
Can't say enough about that.

So if you haven't gotten a booster recently, and you qualify, but you don't know where to go, or don't have a ride, call your Senior Center. They can help, so that all of us can get our boosters, wear masks, socially distance, but still enjoy a family visit or get together with our neighbors, like at a 250th birthday party.

Have a good summer, and stay safe!



2022 Household Hazardous Waste Collection Events

HRMC announces regional HHW Events including the annual HRMC HHW Collection on **Saturday, October 22, 2022 from 9 a.m. until noon**. Once a year, the HRMC holds a Household Hazardous Waste (HHW) Collection Event for residents of the HRMC member communities. **The 2022 event will take place on October 22 in Westhampton**. Pre-registration is required for this event and will take place from October 1-October 16. Residents are asked to email the HRMC with their name, address (Street and Town), and phone number. HRMC confirmation of your reservation (done via email) is required to participate. If you are unable to attend the HRMC HHW event, we have reciprocal arrangements with other regional Towns that are offering HHW events.

In 2022, the HRMC has agreements with the following communities to allow HRMC member Town residents to participate in their events. In all cases, pre-registration is required. Registration for each of the events typically begins 3-4 weeks prior to the event. If you are an HRMC resident, please contact the HRMC Administrator at **413-685-5498** or email **hrmc@hrmc-ma.org** to inquire about attending one of the following regional events.

2022 Regional Reciprocal HHW Collection Events

- 7/16/22 9 am-noon Northampton
- 7/23/22 9 am-noon Belchertown
- 9/10/22 9 am-noon Agawam
- 9/24/22 9 am-noon Amherst
- 9/24/22 9 am-noon Greenfield (FCSWMD Towns)
- 9/24/22 9 am-noon Orange (FCSWMD Towns)
- 10/01/22 9 am-noon Chicopee
- 10/08/22 9 am-noon West Springfield
- 10/22/22 9 am-noon Westhampton (HRMC Towns)

The Hilltown Resource Management Cooperative is composed of these member towns: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

HRMC, PO Box 630, Williamsburg, MA 01096
Phone: 413-685-5498 Email: hrmc@hrmc-ma.org
Website: www.hrmc-ma.org

On the Road Again...

2022 Trip Lineup & Upcoming in 2023



These are the bus trips being planned for 2022 and 2023 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* helps with the cost of some trips. Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Updates

Niagara Falls trip -CANCELLED. Diamond Tours has cancelled all Canadian trips in 2022. Covid restrictions on bus travel are too great. We'll try again in 2023.

Day Trip Sept/Oct -CANCELLED. Wareham, Ma. Cranberry Bog Tour. Could not coordinate vendors within requested time-frame.

Coming up in July and beyond

Day Trip July 28. Winnepesaukee Railroad luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available via email. WAIT LIST ONLY.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes family style luncheon: Chicken Parmesan & Broiled Scrod. Cost \$114. Due NOW. Flyer Available.

Aug 12 at Noon. Lady Bea River Boat Excursion. A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense). We will board at Brunelle's Marina, 1 Alvord Street, South Hadley, MA. Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30am departure time). Boat ticket prices will depend on the number of reservations as well as taking into consideration a sliding scale price for those who may need one. Maximum cost will be \$30/person. Boat capacity is 49.

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Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days/ 2 nights. A nice, short, relaxing getaway. Cost \$359. Payment due NOW. Flyer available.

Day Trip August 20. Triple A affiliates, Red Sox **Woo Sox** vs Rochester Red Wings at Polar Park

in Worcester, MA. Private ballpark-fare buffet for our group included. \$129. Discount of \$10 if paid by July 9, 2022. Flyer available.

Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport. Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. WAIT LIST.

Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn. Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & Chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

Day Trip Sept. The Big E. Free Entertainment at Court of Honor Stage. Date & Cost TBD.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. Graceland, Grand Ole Opry, Madame Tussauds Wax Museum, Two shows. \$1,205 due NOW. Flyer available. Only a few seats remain.

2023

Multi Day Late April. Myrtle Beach Show Trip. Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early.

Multi Day October. Mt. Rushmore— South Dakota & Devils Tower— Wyoming. 11 days. Cost \$TBD, \$25 discount if paid early.



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Plainfield, MA 01070**

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DOOR-to-DOOR SALES



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

