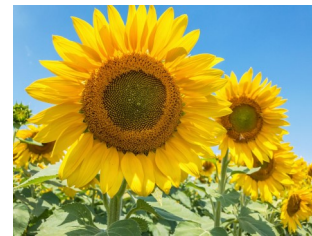


Plainfield Council on Aging

August 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

A big thank you goes out to recently resigned Linda Carver for her service on the Plainfield COA board! **THANK YOU, LINDA!**

Polly Ryan, the new Plainfield Council on Aging Coordinator, is interested in learning what fun events you 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.

The Northern Hilltowns Consortium of COAs is discussing how to provide area workshops on elder law, fraud, healthcare, and low income financial resources like the "Massachusetts Senior Circuit Breaker Tax Credit" (check it out at www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit). Please let Polly know if you have any interest in these types of events and whether you would prefer to participate via Zoom or in person.

In lieu of the COA luncheon in August 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 (10:30am departure time). Donations will be accepted towards the overall cost of the excursion (to be collected the day of the event). Maximum donation is \$30/person. Boat capacity is 49. For reservations (or further questions) call Polly 413-212-1581 or email at pryan@town.plainfield.ma.us. Plainfield residents get first dibs.



Game Time! Every 4th Thursday of each month at the Plainfield Town Hall from 2-4 pm! (Next dates are **July 28th and August 25th**) Coffee and tea will be provided. Please bring your favorite board games and sweets to share.

Plainfield Walks

A Plainfield Walks brochure has been finalized and can be picked up at the Plainfield Town Hall or Library. Check it out; it looks great! Polly Ryan and Shirley Todd are willing to lead communal walks on these trails in August through October. If interested, please call or email Polly at pryan@plainfield.town.ma.edu or 413-212-1581 to schedule dates and times.



While walking, we can win money for our Plainfield COA! Details and instructions are at www.walkmachallenge.com. Once participants register, they can track their walking mileage now through October 31st. Besides getting the benefit of being physically active, and the possibility of winning a gift card, every person who completes their challenge, gets an entry into a drawing for up to \$1,000 for their COA! Even though the challenge started May 1, there's still plenty of time to make the most of the summer months to complete a challenge. There are four challenges to choose from – from walking 30 minutes a day for a total of 88 days to completing 351 miles! The challenge is open to everyone ages 5 and up. It's easy to register, and to track.

Did you also know that the \$1,000 winner of last year's walking challenge was a small COA where only two walkers had entered? Every person counts and the more people participating, the more chances there are to win!

Want to join an exercise class?

Via Zoom, you can join Joan Griswold Monday

through Friday at 10:15 am. She likes participants to complete a health questionnaire which she will review with you. She feels it is important to know about the physical limitations and challenges of those in her classes. To sign up contact her at (413) 537-8337 or joan@bybhealth.com. Or join Jill Abrahamsen in person at the Cummington Community House on Mondays and Thursdays at 9:30 for the "Healthy Bones and Balance" classes. Contact Chrisoula Roumeliotis at croumeliotis@cummington-ma.gov or 413-634-2262 for further information.

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 recently 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 **September 13th** with 20 minute appointments available from 9:40 to 11 am. Please contact Piper Sagan at 413-522-8432 to schedule one. These clinics run every other month, so the next set will be in No-

vember. 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 further 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.



Happy Birthday!



Guy Matsuda, John O'Dea Jr, Steven Nartowicz, Nancy Lawrence, Polly Ryan, Peter O'Brien, Karen Madeiros-Blair, Jeremiah Lobrose, Joan Wattman, Claude Dupont III, Susan McMahon, Avery George Sharpe, Carmen Sinno, Norman Pfeifer, David Westort, Allan Roberts, Maud Geng, Corey Powers, Imants Ansbergs, Robert Baker, Bruce Stockwell, Douglas Wabnig, Merton Taylor, Donna Monroe, Susan Flores, Ann Kohn, Robert Persing, Ann Irvine

"Birthdays are good for you. Statistics show that the people who have the most live the longest."

~ Larry Lorenzoni

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 _____

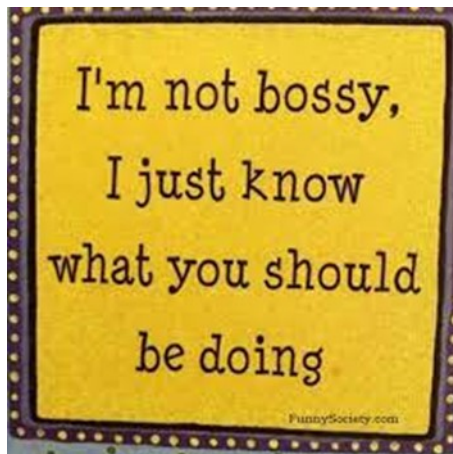
Address _____

Thank You for Helping to Support Your Neighbors!

Plainfield Council on Aging

**Looking for:
Part Time Administrative Assistant
Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, organizing events including coordination of publicity activities and materials and assistance with office functions. Flexible hours available for 5 hours/week. Preference is for someone with experience in areas of publicity and communications, coordinating schedules, and assisting with other office tasks. The goal is to have someone join the team who likes working with people, is goal-oriented, interested in learning new skills and working in a welcoming environment.



I've decided to sell
my vacuum
cleaner



Its just been
collecting dust..

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!

Next– the Living Will

First let me explain how one should NOT do a living will. In the late 70's I had not encountered such an animal. I lived in one state, my parents in another. In the mail came two copies of "A Living Will" signed by my parents, with no note. The will called for no unnecessary measures to prolong life, among other things. So I called home. No answer for two days. I called our neighbor. "Oh yes, your folks drove to the west coast. In case something bad happens, they thought you should know their wishes." Yikes.

So how should we do this important document? First, we should predict the future. *Right...* We are trying to give health care directions before they are needed and to cover a large variety of possible situations. But think it through. Consider family history and what could happen to your health. Think about limits on your activities and how unpleasant you would find them. Consider the "artificial procedures" we read about, such as ventilators, feeding tubes, and pain management. Do some reading – I can give you some good sources.

Second, we should talk to the people most involved in our lives, those who would be most affected by our serious illness and possible death. This is an enormously personal document to prepare, but that does not mean it is private. You need others, especially your Health Care Proxy, to know your wishes and help make sure they are followed. Talk it through.

Thinking for the future,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

August's Good News

By Deb Hollingworth

Today's best price for fuel oil in our zip code is \$5.61 a gallon. So...why am I checking fuel oil prices today, when the temperature is expected to hit 90 degrees? Because a West Chesterfield resident had to fill her oil tank last month and is still recovering after writing that check. She gave me a call, looking for help, because she was thinking ahead to winter when filling the oil tank might be necessary every month.

Did we ever imagine paying over \$5 a gallon, closer to \$6 a gallon for fuel oil? Especially when we got off so easy last winter when prices were as low as \$2.85 a gallon. So what can we do to get ready for the cold weather and calls to our oil dealer?



Where to start

Getting an energy audit with MassSave might be a good investment of your time....and it's free! (Actually we pay for it every month a few cents on our electric bill.) If you make an appointment with MassSave, they make a house call and look over any/all ways to reduce your energy costs.

Have you ever wondered if you are eligible for fuel assistance, weatherization programs, replacement of your furnace, or swapping out your older appliances for a new energy efficient refrigerator or stove? Do you know if you are eligible for a discount on your electric bill?

Besides giving you a report on where insulation, replacement windows or doors might reduce your heating costs, MassSave will let you know if you are eligible for any benefit programs that might help make those changes.

They have a great website, masssave.com or you can call them at 1-866-527-7283. Meanwhile

we hope that the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or in a sunny pasture so we can generate our own energy.



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A Nurse's Note

By Jan Gibeau

It seems that I always wanted to be a nurse. I recently saw a group photo from what must have been when I was in the 2nd grade. There I was, white dress, cap and cloak. Maybe because it was during World War II, as I was standing beside little sailors and soldiers. Maybe it was because in those days, every little girl learned you could grow up to be a wife (and mother), a teacher, a nurse or a nun with other professions often not even mentioned. My parents were descendants of French Canadian Catholics, so no surprise about the nun bit. Nevertheless, I started working at a wonderful nursing home while I was in high school owned by Mrs. Mary McKerly, LPN. Then I met Marion Nudd R.N, the head nurse, who, upon hearing that I planned to become a nurse, took me under her wing and became my mentor, although we didn't use such words then.

That's when I fell in love with the elders. Everyone was treated as an individual person known by their name and never called a patient or other such labels. Marion taught me that everyone had their own histories and stories to tell. I learned how to listen, an art that seems to have been fractured by the need to "take care of" medical devices, not so much the person who is attached to them. I was not yet 17 when I went into the room of Mary, a very old woman, as she had just died. I was very fond of her and Mrs. Nudd sat on the side of the bed with me as I took in the finality of death. She helped me learn what "loving care" meant and the importance of learning how to say goodbye. Then together, we carefully bathed and prepared her to leave the nursing home. I learned how to feel empty and full at the same time.

Other important things I learned from Mrs. McKerly, Mrs. Nudd, the cook and all the folks who lived and worked there was the importance of trust and honesty but a kind of honesty that is softened a bit before it's delivered; how to laugh with people, not at them; giving yourself permission to cry without blubbering and feeling embarrassed, among other things. When I went on to the Mary Hitchcock School of Nursing in Hanover, New Hampshire, I knew that Marion Nudd had been and was my first and best role model and I hoped I could become as good a nurse as she was. Her skills, strengths and guidance in confronting the intimacies of caring provided a great primer for a young nursing student. Those feelings have stayed with me for over 67 years.

Now that I'm an elder myself and running some bumps and potholes in my road I'm keeping my eyes peeled for a descendant of Marion Nudd.

Aren't we all?

On the Road Again...

2022 Trip Lineup & Upcoming in 2023



Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

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 Alford 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). Donations will be accepted towards the overall cost of the excursion (to be collected the day of the event). Maximum donation is \$30/person.

Boat capacity is 49. For reservations (or questions) contact Polly at 413-212-1581 or pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

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 address above.

Day Trip Sept. The Big E— Eastern States Exposition. Free Entertainment at the Court of Honor Stage. Date TBD. Cost \$15 for Northampton Seniors and \$17 for others and all out of town folks. Mail your check payable to FNCS to Francine Frenier 11 Stage Rd, Williamsburg, Ma 01096 by August 31st. NO REFUNDS due to bargain price.

Day Trip Oct 1. Hoosac Train Excursion. 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost TBD for Chesterfield seniors 60 and over and TBD for other seniors. Mail your check payable to Chesterfield COA to Francine Frenier, 11 Stage Rd., Williamsburg, MA 01096 by September 1st. NO REFUNDS due to bargain price.

Day Trip Oct 6. Mystic Aquarium and Luncheon. This trip is being planned by Worthington Council on Aging. Includes admission to Mystic Aquarium, a delicious luncheon at the Griswold Inn, bus transportation and gratuities. Worthington residents 60 and over contact Phyllis for special pricing and for all other seniors the cost is \$148. Call Phyllis at 413-238-5962 and leave a clear message by September 20th. Seating is limited and Worthington residents get priority.

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

Day Trip Dec 8. Yesterday Once More - A Tribute to The Carpenters captures The Carpenters' concert experience. Self-Drive to the Log Cabin. Luncheon will include Gorgonzola Sirloin & Stuffed Haddock. Make payment to FNCS for \$68, \$10 discount if paid by October 12th. Mail to Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

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 September 29 through October 9. Mt. Rushmore— Crazy Horse - S. Dakota & Devils Tower - Wyoming. 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023.

Tech Talk with Peg Whalen

I have been doing smartphone workshops and providing individual technical support through the COAs. This column offers easy tips for resolving vexing issues. This month I am offering a tip for iPhones. Does your iPhone screen go dark or gray or ask again for your Passcode after a very short time? This problem is caused by an adjustable setting called Auto Lock. To lengthen the time before your phone fades out on you do the following.

Open your **Settings** App using the icon that



looks like this:

Follow the list of settings down to **Display & Brightness** and tap, scroll down the list to **Auto-Lock** and tap, the Auto-Lock screen will give you a list of time options from 30 seconds to Never. Tap on the time length you want your screen to stay active before going to lock screen, getting dark, or asking again for a Passcode.

That's all there is to it!

**Plainfield Council on Aging
Plainfield Town Offices
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Plainfield, MA 01070**

PRSR STD
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PAID
PERMIT 183
Greenfield MA

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

Saturday, September 24th, 9-3pm

Fall / Winter Clothing Exchange

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/21 from 6-8pm or Friday 9/23 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 24th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “donut hole” If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

