

Plainfield Council on Aging

September 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

September Luncheon with a Concert!

Wednesday, Sept. 14th at Noon
Town Hall

September's COA Luncheon includes a concert after lunch with the Ashplain Players! They perform an eclectic mix of melodious tunes — classical, pop, and folk — including original music for string trio, as well as their own arrangements.



They're called The Ashplain Players, because, Laurie Israel, lives in Plainfield, and Janice and Roy, live in Ashfield. They play classical from Baroque through Modern, as well as classic pop (e.g., Beatles), and New Age Music. So, mark your calendars for Wednesday the 14th at noon. We'll be serving meat loaf, mac & cheese, deviled eggs, coleslaw, and a vegetable. Desserts are welcome.

Want to learn how to work with clay? Internationally renowned artist Sergei Isupov and his wife, Kadri Parnamets, will guide you in making mugs in a multigenerational workshop held at their Project Art Studio. The event is planned for **Sunday September 11, between 2 and 4pm at 54 Main Street, in Cummington.** All ages are welcome, but there is a limited capacity of 20 people. Bring your children or grandchildren. First come, first serve. **To make reservations for this FREE event call or email Polly Ryan at 413.212.1581 or pryan@town.plainfield.ma.us**



Sergio, born in Russia and raised in Ukraine, was educated in Kyiv, Ukraine and Tallinn, Estonia. He moved to the US in 1994 and has lived in the Hilltowns since 2006. He has designed and built specialty Petal kilns and exhibited at Mass MoCA. His recent Studio work has taken on a new urgency to help counter the overwhelming anxiety and

concern for his family's safety and the loss of their formerly peaceful lives in Ukraine.

GAME TIME! Every 4th Thursday of each month at the Plainfield Town Hall from 2-4pm! (**Next date September 22**). Coffee and tea will be provided. Please bring your favorite board games and sweets to share.

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 November. Cost is \$50 per person (Piper can also do foot care in your home for \$80). Masks are required. Please contact Chris at croumelitis@cummington.ma.gov or call her at 413-634-2262 if you have further questions.

The Lady Bea trip was just lovely! We had great weather, food, and company!



*Back row- Sue Parker , Northampton, Eileen Theroux, Chesterfield
Seated- Georgie Michalowski, Marianne Hoag and Nancy Powers, all from Chesterfield.*

The Hilltown COA Consortium 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). Stay tuned for dates and times. In the meantime, you can email or call **Polly Ryan** at pryan@town.plainfield.ma.us or 413-212-1581 if you have any legal, financial, or medical concerns— she can help!

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 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, you can win money for our Plainfield COA! Details and instructions are at www.walkmachallenge.com. Polly Ryan and a few other Plainfield residents are participating in this challenge. Once registered at the website, you can track your walking mileage until October 31st (it’s very easy to do). Besides the possibility of winning a gift card for completing your challenge, you get an entry into a drawing for up to \$1,000 for your COA! Participation is open to everyone ages 5 and up. Last year, the \$1,000 winner of the walking challenge was from a small-town COA where only two walkers had entered!

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 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.

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



Happy Birthday!



Emily Howard, Cynthia Poirier, Victor Mistretta, Erik Burcroff, Theresa Thatcher, Lynn Hubbard, David Locke, Susan Wagnig, Rowen Caplan, Peri Kelly, Gary Hunt, Peter Harding, David Alvord, Shirley Todd-Wood, Paula Harrison, Paul Walter, Richard Potter, Stephen Wicks, Peter Bumpus, Dennis Donahue, June Persing, Edgardo Bianchi, William Burt, Lee Monroe

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

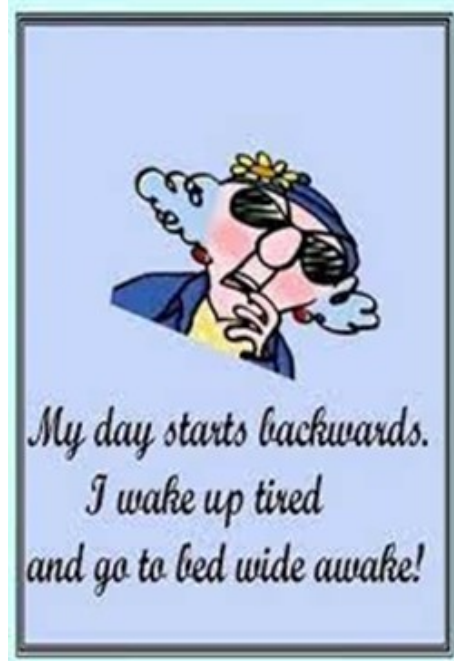
Oliver's and Friends Season Celebration

A BENEFIT FOR THE GOSHEN LIBRARY

11 AM-3 PM
SATURDAY, SEPTEMBER 17TH
36 MAIN STREET, GOSHEN, MA

- HILLTOWN ARTISANS AND MAKERS
- "GRAZE BOXES" LOCAL FOODS SAMPLERS
- FARMS FROM AROUND THE REGION

This event brought to you by:



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!

The Living Will - MOLST – Which?

You may read that Massachusetts does not recognize the legality of a living will. So why on earth did I say last month you should do one? Can't I just do the Medical Orders for Life-Sustaining Treatment form (MOLST) and be done with all this? Well, yeah, but the living will is kind of a conversation, while the MOLST is an order. The conversation, including talks with your health care proxy, helps make decisions on what is documented in the MOLST.

A MOLST form is a binding medical order in our state that you fill out with your medical provider. It is intended for adults with serious illness and speaks to the use of life-sustaining treatments, generally in an immediate situation. The MOLST should be followed by care providers in all treatment settings, including emergency and ambulance transport.

In addition to being a medical order, the MOLST is part of a person's long-term planning and preferences. It is a personal document and can be changed if the situation or personal feelings change.

It is a good idea to post your MOLST where emergency personnel can find it. The usual bright pink form is bright and pink so it is easily findable. Your doctor will also have a copy.

MOLST and similar forms from other states are not considered valid medical orders in Massachusetts, though they are still considered as evidence of a patient's preferences. People who regularly spend time in another state should discuss these forms with their medical professionals in both states.

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

September's Good News

By Deb Hollingworth

With the cost of everything going up, and for many of us, our income not keeping up, it's good news when we see a change that will actually save us money!

The Governor recently signed the Budget for next year which includes an increase for the MassHealth Buy-in programs. This translates to an increase in the amount of income allowed to be eligible for the Buy-in. This is the program that pays your Medicare B premium. We sometimes forget that our Medicare B premium comes out of our social security benefit before it's direct deposited in our bank account. This year that's \$170 per month. If we qualify, the MassHealth Buy-in program will pay our \$170 per month premium and social security puts that money back in our check. (That would be a little over \$2,000 for the year!)

Currently the income limits are \$1,869 per month or \$2,518 if married. Your assets need to be less than \$16,800 or less than \$25,200 married. The asset limit will stay the same, but next year the income limit will change. You will be able to have as much as \$2,548 per month, or \$3,433 if married. This welcome income increase could effect about 60,000 Massachusetts residents. If you think you might be one of them, you should give your senior center a call and ask to speak with a SHINE counselor. We expect this change to go into effect January 1st 2023.

Keep tuned next month for more good news in Governor Baker's budget for 2023.

September is Falls Awareness Month: Why is this important?

- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 5: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility

Source: National Council on Aging National Falls Prevention Resource Center



On the Road Again...



2022 & 2023 Upcoming Trips

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.

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 NOW. Payable to Landmark Tours. Mail to address above.

Day Trip Sept. 19. The Eastern States Exposition— Big E. Free Performance by Young at Heart Chorus at the Court of Honor Stage. Cost \$10 for Chesterfield Seniors and \$17 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Chesterfield or Northampton.

Day Trip Oct 1. Hoosac Train Excursion. 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost \$20 for Chesterfield seniors 60 and over and \$30 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Northampton and Chesterfield.

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.

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 address above.

2023

Multi Day Late April 2023. Myrtle Beach Show Trip. Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early. Contact Francine to reserve your seat.

Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees. Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st,

so we can get good seats. Mail to address above.

Multi Day September 29 through October 9, 2023. 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. Contact Francine to reserve your seat.



The BIG E – West Springfield, MA Monday, September 19th



Cost Includes: round trip bus transportation, gratuities & entrance fee to the Exposition

Young at Heart Chorus Performs @ at the Court of Honor Stage 2pm--FREE

Chesterfield Seniors (age 60 or over) **\$10**
Open to all ages and all communities for **\$17**

Meet the Bus : 8:45 A.M.
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: approx. 4:45 P.M. from the BIG E
Cash or checks payable to Chesterfield COA due by September 6th.

Scooter or wheel chair assistance available at the entrance for a fee.

Reserve your seat, call Francine Frenier 296-4291
or call the COA 296-4007

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Plainfield, MA 01070**

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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.

LITTLE ROOTS



FAMILY MUSIC

SING TOGETHER ACROSS THE GENERATIONS

Funded by Highland Valley Elder Services

Two Thursdays in September from 10 - 10:30 am

-SEPTEMBER 15 with Annie Stevenson

-SEPTEMBER 29 with Maggie Shar

at the Chesterfield Community Center

free and open to all!