

Plainfield Council on Aging

October 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

October Luncheon

Wednesday, Oct. 12th at Noon
Town Hall



Our luncheon will be followed by a **Mass Save information session at 1pm**. You will learn about the Inflation Reduction Act and the incentives provided when you purchase energy efficient heat pumps or newer appliances. 2023 promises huge rebates and tax credits on these items in addition to their costing far less to run than gas and oil furnaces or, older refrigerators, stoves and dryers. There are also cost saving incentives for those of us with lower incomes. You'll be surprised to find out that you can afford these items and how much money you'll pocket in the long run. On the menu is Polly's famous Portuguese kale soup with linguica, salad, bread, and desserts.

Flu Vaccine & COVID Booster Clinic

October 12th from 10am-12pm
Thatcher Public Safety Complex
38 North Central Street, Plainfield

Through the Public Health Excellence Grant Program for Shared Services, we are pleased to partner with the Northampton Health Department to offer a Combined Flu Vaccine and COVID Booster clinic on Wednesday, October 12th from 10am-12pm at the Thatcher Public Safety Complex. Pre-registration is strongly encouraged and appointments can be made by visiting northamptonma.gov/2219/Vaccine-Clinics (choose Plainfield clinic location) or by calling 413-587-1314. (If a staff member is unable to pick up when you call,

please leave a message. They will return your call). The vaccines are offered at no cost to you, however, health insurance information will be collected to offset the cost of the vaccine administration. Please have your insurance card available when you register and be sure to bring both your insurance card & vaccine card to your appointment.

COA Coordinator Polly Ryan can guide you to resources that shed light on Medicare, elder law, food security, and fuel or financial assistance. Please email her at pryan@town.plainfield.ma.us or call 413.212.1581 to make an appointment. She can help!



What a wonderful, informative, fun time we had making clay mugs with internationally renowned artist Sergei Isupov during our multi-generational event in September. Their studio, at 54 Main Street in Cummington, will be open for the Hilltown Open Studio Tour on October 1st & 2nd from 11am – 5pm each day, so drop in. For more information on the Hilltown Open Studio Tour go to: hilltownartsalliance.org/

Game Time!

Every 4th Thursday of each month at the Plainfield Town Hall from **2-4 pm!** (Next date October 27.) Coffee and tea will be provided. Please bring your favorite board games and sweets to share.

Grab and go hot meals are available for Plainfield's 60 and over residents at the Cummington Community House. They are ready for pick up **every 2nd and 4th Tuesdays each month between noon and 12:30 but must be ordered one week in advance** (in October, pick up is the 11th & 25th, please order by October 4th).

If you are interested in ordering meals, leave your name and phone number with Chrisoula, the Cummington COA Coordinator, at **634-2262** or **croumeliotis@cummington-ma.gov**. There is a suggested donation of \$3 per meal that goes to Highland Valley Elder Services who prepares them.

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 Monday's and Thursday's at 9:30 for the "Healthy Bones and Balance" classes.

The next **Foot Care Clinic** at the Community House in Cummington is scheduled for **November**. In the meantime, please contact Piper Sagan at 413-522-8432 to schedule one at home (\$80 a session).

Happy Birthday!



Gloria Potter, Sheliah Barry, Linda Alvord, Cheryl Sharpe, Barbara Jeanne Burrell, Lawrence Young, Norman Beckwith, Francis Connolly, Kare Marshall, Elizabeth Lambert, Diane Phelps, Douglas Premo, Robert Rodriguez, Conrad Liebenow, Tee O'Sullivan, Thomas Patti, Theresa Orlandi, John Fisher, Donna Hudson, Sylvane Stokwell

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

Fuel Assistance

Community Action assists income-eligible participants with home heating expenses. Eligibility is determined by family size and annual household income. Contact the program at **413-774-2310** or **800-370-0940** to make an appointment. More info at: www.communityaction.us/fuel-assistance



"They never phone, they never visit, they never text message..."

The Hilltown Food Pantry, a program of Northampton Survival Center, is open for food distribution **every Wednesday from 1-3pm at 40 Main St. in Goshen**. Residents of all 10 Hilltowns who are having difficulty accessing enough groceries for their household are welcome to use the pantry. Free, prepacked bags of shelf-stable food items along with fresh produce, frozen meat, and dairy products are available for drive by pick up in the town hall parking lot.

Staff and volunteers will load the food supplies into your car. We ask that you stay in your car, if possible, and prefer that you wear a mask when interacting with volunteers and staff.

If you wish to arrange for home delivery, please contact Diane Drohan, Pantry Director: **413-586-6564**.

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 Final Piece

If, scratch that, *when* I leave this world, I will no longer care about my house, car, bank accounts, or other earthly matters. But someone will! That person is my executor or personal representative, the person to settle my estate which is a fancy way of saying close the door when I'm gone.

The executor will file my will with probate court, notify various entities of my death, inventory and keep safe my assets, pay my final bills, dispose of my property, and distribute the assets according to my will. She/he will deal with bank and retirement accounts, investment companies, insurance companies, credit cards, taxes at all levels, contents of the house (oh brother...), and the house itself. Good records need to be kept.

Additionally, here are some of the "lesser" tasks that may be applicable:

- Close out credit bureau records – minimize chances for identity theft
- Secure and review phones and computers with photos, contacts, financial files
- Shut down social media e.g., Facebook. Again, trying to prevent identity theft and nuisance scams
- Stop magazine and newspaper subscriptions
- Inform medical professionals
- Check unclaimed property files to make sure no assets are missed
- Find and empty safety deposit box
- Locate any storage sheds or real estate other than the living quarters
- Find new and good! homes for pets
- Follow wishes for burial and funeral or memorials.

And Fini,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

October's Good News

By Deb Hollingworth

Time to shop!

It's Open Enrollment time again (October through December 7th each year), so those of us who have Medicare supplement plans or Medicare D plans for our Rx can change our coverage if we don't like our current plan. This is the time to see if there's a better option, better coverage that will cost less, because regulations allow these insurance plans to change their prices and change their coverage any time. Which means the Medicare supplement plan or Medicare D plan you have this year, might not be the best choice for next year.

Some of you don't need to read this article any further. If you have health insurance through your employer, or your spouse's employer, or you get your medical care through the VA, or if you have health insurance benefits through your pension, you can STOP reading now.

But for the rest of us who want to supplement our Medicare coverage or wonder if there's a better plan to cover our Rx, this is the time, each year, (as President George W. Bush said) to go shopping for our insurance coverage.

We should expect an uptick in advertising for Medicare Advantage plans that promise additional benefits at minimal, or in some cases, no cost. Caution is advised when considering a Medicare Advantage plan because they have "networks of providers" and you have to be sure that your doctor, or your preferred hospital is "in network", meaning your doctor will take that insurance. It's always good to ask before making a switch.

Also during Open Enrollment you can check to see if your Rx coverage is going to be the best choice for next year. Both Advantage plans and Medicare D plans have formularie (that is a list of Rx that they cover) which can change anytime during the year. Maybe last year's plan won't work as well for you next year. Or perhaps you have been prescribed a new medication and need to see which Plan will have the lowest co-pay. Maybe you have a new medical condition, or perhaps you plan to travel next year. All reasons to have a SHINE counselors review the options for you.

To find a SHINE counselor nearest you, call your Senior Center and make an appointment. It's helpful to have a list of your Rx and if you want to compare costs, it's helpful to know what your current plan costs now. Since Covid, most appointments are by phone, or Zoom. Shopping sooner, rather than later, is the best strategy since appointments fill up quickly and that December 7th deadline comes faster than you think.

Tech Talk with Peg Whalen

You may have heard it is unsafe to use the same password for everything. I am regularly asked how to keep track of multiple passwords. Your phone, computer or tablet often can "remember" and fill in passwords, however, you still need a record from the point you create it. This month I describe three ways to manage passwords using electronic apps and paper methods.

Method 1: Index card box or Rolodex. Cards can be kept alphabetically. Use one card for every website that requires you to make a username/login id and password. Note the website or account, e.g. GMAIL, "login id" or "username" and password. Edit as needed.

Method 2: Blank address book. Record the website/account alphabetically by name, including account "login id" or "username" followed by your password. Edit as needed.

Protect passwords by writing in shorthand so only you will understand. For example instead of your fifth cat's actual name, "FluffBall5", write Cats-Name#, using underline for capital letters. Store your paper method in a secure place. Make sure one family member or friend knows where to find your paper system.

Method 3: Password manager apps for tracking and securing passwords. If you are not comfortable trusting the phone/computer itself to fill-in passwords, you can search online for "best free password manager apps". Or, PCMag.com is a website to search for "free password manager app" ratings. The "best" choice for you is the one you find understandable and easy to use. Make sure to edit the app entry whenever you have a password change.



On the Road Again...



2022 & 2023 Upcoming Trips

Contact Francine Frenier to reserve your seat **before** mailing any payments: 413-296-4291 or francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

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 April 23-29, 2023. Myrtle Beach Show Trip. Five shows—including Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in N.C. Includes bus transportation, driver gratuities, all hotels and most meals for this seven day trip for \$829. Take a \$25 discount if paid by 1/30/23. Contact Francine to reserve your seat now.

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.



Upcoming Technology Classes

Peg Whalen will be offering numerous technology trainings from October through December. If you would like to sign up, **contact Peg at pegwhalen-workshops@gmail.com** or call 413-296-9314.

Fall 2022 Computer Class Schedule October 31 -December 5

Android basics workshop

Monday, October 17, 2-4pm

How to use Zoom and FaceTime

Thursday, October 20, 6:30-8:00pm

Windows 10/11 Computer/Laptop Class,

6 Sessions - Mondays, Oct 31 to Dec 5, 2-4pm

iPhone basics workshop

Friday, November 18, 12-2pm

How to use Telehealth and Zoom

Saturday, December 3, 10-11:30am

Android basics workshop

Monday, December 12, 2-4pm

Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers.



LAURA WETZLER

Top 10 World Music Charts NYC & Toronto

"Vastly impressive...superb performances."
Bob Sherman, New York Times

"Great voice, great writing" WBAI NYC

"Laura is one of the very best"
Pete Seeger

Ascaph Award Winning
Singer, Songwriter & Ethnic Folklorist

LAURA WETZLER
150 concerts & lectures each year
Over 25 different shows

▲ Original Story Songs ▲
▲ Worldbeat Jewish Music ▲
▲ The Great American Songbook ▲

laurawetzler.com

Laura Wetzler

Hilltown Singer Songwriter Guitarist

Sunday, Oct. 16 at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield 01012

**This is a free COA Event and we'd love to see
our neighbors!**

*Sponsored by a grant from
Highland Valley Elder Services.*

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304 Main St.
Plainfield, MA 01070**

PRSR STD
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.

New Covid-19 Bivalent Boosters Available

As of September 1, 2022, updated Pfizer and Moderna COVID-19 boosters are now authorized by the FDA and recommended by the CDC. **These updated boosters are now available in Massachusetts.** The Massachusetts Department of Public Health (DPH) has developed the following FAQ which will also be posted on [mass.gov](https://www.mass.gov).

What are the updated boosters?

The new COVID-19 booster vaccines from Moderna and Pfizer are updated versions of the original vaccines. The updated boosters were recently authorized by the FDA and recommended by the CDC.

Who should get the new booster?

Anyone age 12 or older who completed a primary COVID-19 vaccination series or received a booster dose at least two months ago should get the updated booster as soon as possible.

Why do I need a booster?

Staying up to date on vaccines, including boosters, is the most effective way to prevent serious illness, hospitalization, and death from COVID-19. While vaccine protection decreases over time, boosters restimulate the immune system and increase vaccine efficacy again. Boosters are an important defense, even if you've already had COVID.

When and where can I get a booster?

Updated boosters are currently available in Massachusetts. You can get a booster at many locations across the Commonwealth, including where you received previous vaccines. Locations include doctor's offices, hospitals, pharmacies, and community health clinics.

Where can I get more information? You can visit www.mass.gov/covidbooster for the latest info.