

# Plainfield Council on Aging

## December 2022 Newsletter

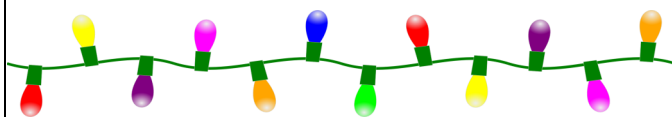


Plainfield Council on Aging  
Town Offices, 304 Main St.  
Plainfield, MA 01070

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

### Holiday Luncheon

Wednesday, December 14th at Noon  
Town Hall



We will be serving a traditional Holiday dinner that includes roast beef, popovers, cheesy cauliflower casserole, roasted potatoes, roasted Brussels sprouts, carrots and cheesecake and snowball cookies for dessert. Other dessert items are always welcome. Please join us in gratitude of the sharing and giving season. Our luncheon will be followed by a caroling sing along.

**There will be no GAME TIME in November or December on account of the holidays!** We welcome your feedback about providing a time and space for this event in the New Year. So far, attendance has been low. Maybe the date and time doesn't work for most people? We're happy to resume game time in January if anyone expresses interest in getting together for some fun, laughs, and company. Let Polly know what works for you, 413-212-1581.

**Grab and go hot meals are available for Plainfield's 60 and over residents at the Cummington Community House.** They are ready for pick every 2nd and 4th Tuesdays each month between noon and 12:30 but must be ordered one week in advance (in December pick up is the 13th and 27th, please order by December 6th).

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](mailto:croumeliotis@cummington-ma.gov). There is a suggested donation of \$3 per meal that goes to Highland Valley Elder Services who prepare them.

### Want to join an exercise class?

Via Zoom, you can join Joan Griswold Monday through Friday at 10:15 am. She would like 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](mailto:joan@bybhealth.com). Or join Jill Abrahamsen in person at the Cummington Community House on Mondays and Thursdays at 9:30am for the "Healthy Bones and Balance" classes.

The next **Foot Care Clinic** at the Community House in Cummington is scheduled for January 3rd. Please call Piper Sagan at 413-522-8432 to schedule an appointment for home visits in the meantime (\$80 a session).

**In need of computer or phone technology support?** Our local technology expert, Caleb Kosior, will be available to help on **Saturday, December 10th from 9 am to noon at Town Hall.** Caleb has been a lifelong resident of Plainfield and has been interested in computer technology since he was a kid. He has already been helping many residents with technology problems and training. Rumor has it "he is very good and really knows what he's doing. He's a great teacher too". He recently got full-time employment and is grateful to have this opportunity to continue helping existing and new clients.



To take advantage of this service funded by your COA, please be in touch with Caleb directly to set up an appointment. He can be reached at **413-326-4017** or email him: [calebkosior@gmail.com](mailto:calebkosior@gmail.com). We aim to continue this service bi-monthly in the New Year of 2023 provided there is a need.

**Our Covid/flu vaccination clinic was a huge success.** Over 100 recipients took advantage of this service. A big thank you goes out to Ellen Dupont and Loren Davine who helped Polly arrange the event.

**If you are homebound and would like to get a COVID and/or flu vaccine, residents in Hampshire County & Chester, MA** can have someone come to their home to administer the vaccines. Register for this service at the following link: [northamptonma.gov/2487/Homebound-Vaccination-Visits](https://northamptonma.gov/2487/Homebound-Vaccination-Visits) -OR- Call Elliot Ezcurra, Public Health Nurse, at **413-587-4919**.

**Dementia is a difficult condition** to wrestle with for both the recipient and caregiver. Polly would like to learn how to support people in our community struggling with this. She plans to start by training to be a "Dementia Friend Champion" (the details of which can be found at <https://dementiafriendsma.org/find-a-session/>). Anyone can take advantage of this training. **Perhaps you might like to join Polly in a one-hour January introduction session at Linda Manor and become a "Dementia Friend"**. She is also going to visit the Memory Café held at 26 Russell Road in Huntington, MA. The Cafe happens every Wednesday from 2-3pm and is open to anyone who RSVPs with Crystal Wright, the Caregiver Outreach Worker, at 413.685.5283 or [caregiveroutreach@huntingtonma.us](mailto:caregiveroutreach@huntingtonma.us). This cafe provides activities for individuals struggling with memory loss while hosting a resource/support group for the caregivers. Perhaps a Plainfield memory café would be of interest to some residents? If so, let Polly know.

**Are you looking for fulfilling local employment?** The Hilltown Elder Network (HEN) and the Highland Valley Elder Services (HVES) are look-

ing for Housekeepers and Personal Care Attendants who are interested in giving their neighbors a helping hand. Part or full-time hours can be arranged to fit your schedule. **Please contact Sandra Powers at 413-634-5558** for more information on HEN positions and **Polly Ryan for PCA work through HVES**. Training is provided by HVES.

**Volunteers to assist neighbors a few hours a week would also be welcomed.** Going for walks, providing companionship, light housekeeping, snow shoveling, or wood stacking are a few examples of how you might consider donating time. Please let Polly know if you are interested.

**The Hilltown Elder Network (HEN)** provides eligible rural elders with in-home services, such as home chores 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 413-634-5558 for more info.

### *Happy Birthday!*

Eric Light, Donald Shelton, Phillip Lococo,  
Paul Dileo, Cathy Shugg, Barbara Westwood,  
Grace Gardner, Steven Lamontagne,  
David Crowell, Alexandria Nelson,  
Patricia Anne Beckwith, Pauline Hunt,  
John Burrell, Howard Bronstein,  
Robert Sadlowski, Donald Cavin,  
Charles King, Susan Pearson, Sally Silverberg,  
Donald Walters, Philip Alessio, Aureore Bush,  
Allen Irvine



***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**

### Do you like the exercise classes? Joan Griswold checks it out:

Joan surveyed members of her exercise classes exploring their views on a range of issues but also on where people stood regarding coming to classes on-site, using Zoom or both. Here are a few take aways

#### To Zoom or not to Zoom?

74% of those responding to the survey are fine with Zoom offerings. At present, in person classes are held on Friday in Chesterfield. The Smooth Moves class is at 9am and is very well attended by a regular group. It is wonderful to have this time, in person, with folks. At 10:15am, Joan offers the Super Strength workout in person and a small group attend this while others use Zoom. 12% report not being a fan of virtual workouts and prefer in person offerings. 27% of these folks indicate they will return to classes when they are offered in person.

#### What do people like about the programs?

87% share that they feel a good variety is offered in these class offerings while 12% either had no opinion or disagree. 38% report their favorite part of class is the strength workout, 26% express the core work, 23% the stretching and flexibility and nearly 12 % express the cardio. 87% report feeling these classes positively impact their personal strength, mobility and daily function while nearly 12% neither agreed nor disagreed with this personal impact. 90% report preferring the current class time.

#### Final Note:

More people are welcome! Join up with friends.  
Contact Joan for more info: [joan@bybhealth.com](mailto:joan@bybhealth.com)

**I hate it when people  
ask me if I'm ready for  
Christmas. No Susan.  
I'm not even ready for  
today.**

**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

### Top Ten for the Twenties

At year's end, we often see review lists, e.g., top 10 movies, most acrimonious lawsuits, and other topics of huge interest. I thought I'd join in and look back at my 8 (eight!) years of Triad notes and find my personal Top Ten suggestions to close out the year and move forward. Here we go!

- \* **Check your credit report.** So many reasons, so easy to do. Then freeze the sucker.
- \* **Just hang up.** Do not think you can outsmart a telephone scammer who scams for a living!
- \* **If you are not sure who is calling** and you answer anyway, do not say "Yes" or make an "uh huh" noise, don't say "Right!" or "Sure!"
- \* **If it sounds too good to be true, it likely is.** Bet your folks told you that.
- \* **Get serious about the Big Five.** Give yourself a silver star if you can name these, a gold star if you have done them.
- \* **Get serious about setting good passwords.**
- \* **Keep your Medicare and Social Security cards in a safe place,** not your wallet. You can carry a copy with the last numbers blacked out.
- \* **Do the right thing for your brain.** Eat right, exercise, sleep well, control stress, socialize, and keep thinking.
- \* **Don't believe everything you read;** consider the source. By the way, there are only 9 items here...

Hee hee hee,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## December's Good News

By Deb Hollingworth

As the days get colder, we will be turning our attention to ways we can reduce our fossil fuel consumption and ways to get help paying for "green" solutions to our soaring utility bills.

For the immediate future, this is to let you know that all our senior centers have the paper application for fuel assistance from Community Action of Pioneer Valley. This is the agency that covers fuel assistance and other "energy efficient" programs for our towns. Calling them on the phone to request fuel assistance could be a challenge, especially for those applying for the first time. If you have received fuel assistance in past years, you will already have been contacted (that started October 1st) but first time applications must wait until November 1st to start the process. As you might guess, right about now, their phone lines are jammed. Last year they took almost 3,000 first time applications and I'm guessing that number might be even more this year. If you are single, and your income is less than \$41,000/ year, you could be eligible. Know that it takes 6-8 weeks to process your application.

Last year Community Action paid out over 14 million in fuel assistance, helping over 14,000 households. Fingers crossed that there will be more Federal money in the pipeline this year. Community Action has other programs you might utilize once you become eligible for fuel assistance. There's an Older Adult Home Modification program to help with hand rails, ramps, grab bars, and a Heat System Repair and Replacement program for aged furnaces that need upgrading or replacement. This program will

also be doing some projects to install heat pump/mini-split systems and solar panels, a weatherization program which helps with insulation, windows, and removal of old knob and tube electrical wiring. All these programs start with a fuel assistance application. So if you haven't applied before, perhaps this year you should? Check it out at your Senior Center.

### More help with Fuel Assistance

In addition to the fuel assistance offered by Community Action Corp in Greenfield, the Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. There is also a fund for equipment repairs should you find yourself in an emergency with failed heating equipment.

Check out: [magoodneighbor.org/assistance.html](http://magoodneighbor.org/assistance.html)  
Income eligibility guidelines for 2022-2023 are as follows based on number in household:

1	\$42,412 - \$56,548
2	\$55,462 - \$73,948
3	\$68,512 - \$91,348
4	\$81,562 - \$108,748
5	\$94,611 - \$126,146
6	\$107,661 - \$143,546
7	\$110,108 - \$146,809
8	\$112,555 - \$150,072

Contact Greenfield Corps: 72 Chapman Street, Greenfield, MA 01301. Phone: (413) 773-3154.

## Thank You!



Just a quick note here to thank those of you who have been sending in donations for future funding of the newsletter. We appreciate your support! And this being the season of giving, we hope that we might hear from even more of you as we continue our effort to keep your Newsletter coming to you. Please consider a gift as we approach the end of our tax year. **And THANKS for your support!**



### ***The Regional COA Newsletter benefits from your support!***

I would like to contribute to the COA Newsletter. My contribution of \$\_\_\_\_\_ is attached.

*(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

***Thank you for helping support this vital resource for our seniors!***



## On the Road Again...



### Coming up in 2023

Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291 or [fracine.frenier@gmail.com](mailto:fracine.frenier@gmail.com). Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

*Multi Day April 23-29, 2023. Myrtle Beach Show Trip.* Five shows—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 Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

*Day Trip May 18. Beatles Show- Ticket to Ride* - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNSC for \$TBD by **February 1st**, so we can get good seats. Mail to the address above.

*Day Trip May 22. Staying Alive-* A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNSC for \$120 due by **February 1st**, so we can get good seats. Mail to the address above.

*Day Trip May 31. Oh What A Night! And Resorts World Casino-* An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNSC for \$135 due by **February 21st**. Mail to the 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.

*Multi Day October 2-October 6, 2023. Branson, Missouri-* 5 days. Fly from Hartford. Seven shows: Irish Dublin Tenors, The Duttons, CJ Newsom, Pierce Arrow Show, Doug Gabriel and others. Visit the Titanic Museum and enjoy a guided scenic Ozark tour. Cost \$2,599 per person double occupancy. Includes air fare, hotels, 4 breakfasts, 4 dinners, deluxe motor coach while on tour, sightseeing, admission to shows and tour escort. \$500 Deposit by **March 15, 2023**. Contact Francine to reserve your seat.

## Workshops for Working the Digital World

Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com)**

### Fall 2022 Computer Class Schedule

**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. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

### Technology Tip Announcement

The Northern Hilltowns Consortium of COAs has funding to meet the technology support needs of hilltown older adults. Each town's COA is hosting two hours of technical assistance with technology questions, starting in December. Peg Whalen will be available in your town during one of the weeks in each month. Contact your COA for date, time and location scheduled for December. Beginning in January, watch your monthly newsletter for dates and how to schedule a time slot to get help with your technology questions. Call your COA and get the help you need.

**The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*.** Through riveting, honest, and humane stories this book shows that the ultimate goal is not a good death but a good life- all the way to the very end. It is about maintaining dignity, independence, and quality of life as we age. This group will be held on five consecutive Thursday afternoons starting February 2, 2023 and ending March 2, 2023 from 1-2:30 in the upstairs Dining Room at the Goshen Town Hall. It is recommended (but not required) that you read the book which is available at local libraries, on Kindle or Nook, and there is an audiobook version. Please register by emailing Peg at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) or calling/texting her at 413-404-4566. Messages left should include your name, cell/home phone number, and your email address. **Adults of all ages from all towns are welcome to register.**

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

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## **MEDICARE/MEDICAL EQUIPMENT SCAM**

### **WHAT TO LOOK FOR**

- You get a call offering to send you a free medical alert system, a free back brace, or other medical equipment.
- The caller tells you they will bill Medicare & send you the equipment for free.
- They just need your Medicare or Social Security number in order to process your order.

### **Beware of Medicare Phone Scams!**

If someone calls you & asks for your Medicare number or other personal information, hang up & call 1-800-MEDICARE.



### **WHAT TO DO**

- Hang up! Don't give out personal information such as your Medicare or Social Security number over the phone.
- Beware of "free" offers.
- Ask your doctor if you think you need a brace or any medical device.

Consumer problem or question? Call 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.

