

Plainfield Council on Aging

January 2023 Newsletter



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

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

January Luncheon

Wednesday, January 11th at Noon
Town Hall

The luncheon will be followed by an introduction to One Plainfield. You'll learn what these engaged Plainfield citizens are doing and we'll get the opportunity to make suggestions for how the remaining \$57,000 in the town's Covid recovery budget could be spent.



We will be serving ham, scalloped potatoes, veggies, and desserts. Other dessert items are always welcome. Please join us to welcome in the New Year.

Help with Dementia Discussion

Polly will lead a discussion on ways we might help members of our community struggling with dementia. She became a "Dementia Friends Champion" in early December. She is now equipped to share her training and anyone who participates in this discussion will become a dementia "Friend".

Come find out how to build a dementia-friendly community in support of our neighbors struggling with this.

Where: Plainfield Church, Margaret's Room

When: Saturday, January 21 at 11am.

Please RSVP with Polly: 413-212-1581 or pryan@town.plainfield.ma.us. To learn more, go to <https://dementiafriendsma.org/>

In need of computer or phone technology support? Our local technology expert, Caleb Kosior, will be available to help on **Saturday January 14th** from 9 am to noon at the Town Hall. 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**.

Becoming Winter / Restorative Yoga Workshop

Sunday, January 22 (Snow Date Jan 29th)
3:00 to 5:30 PM

West Cummington Parish House
21 Main Street, West Cummington

Judy Messer will guide you in a process of becoming fearless in the darker, cooler season of winter by letting go of tensions, stress, and unsettled emotions, while finding your own natural rhythm. She will guide you through a complete supportive, deep rest and restorative yoga. This process



assists the emotional body with grieving, depression, and addictions. It also helps the physical body with inflammation, and spinal flexibility. Following the restorative yoga there will be journaling and teatime to conclude the practice. This transcending yoga takes place on the floor. Please bring a yoga mat, blanket, pillowcase, journal, and warm clothing. **To make a reservation call Judy Messer at 413-221-3012.** Check her out at judymesser.com. Funded by a HVES grant.

The COA consortium needs feedback from all tech users and non-users!

A survey will be mailed to all senior households in early January. We are asking that you take 10-15 minutes to complete and mail it back to us (there will be a self-addressed, stamped envelope to do so). The survey will also be available online at <https://tinyurl.com/3pkwfxk7>.

The purpose of the survey is to gather information for future technology programming. We want to hear from tech users and non-tech users. Your answers will provide us with the best information about how to help seniors use technology in the way they need or want most.

This mailing is being funded by the Service Incentive Grant (State of MA) through the Northern Hilltown Consortium. Thank you for taking the time to respond.

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 January, pick up is the 10th and 24th, please order by January 3rd). To order meals, call Chrisoula at **634-2262** or **croumeliotis@cummington-ma.gov**. Suggested donation is \$3 per meal for Highland Valley Elder Services who prepare them.

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 (\$50) or a home visit (\$80 a session).



The COA has Covid supplies like rapid test kits (over 500), masks, and hand sanitizer available at the Police department (Hathaway Hall). Please call Polly Ryan at 413.212.1581 to arrange a time to get some. She is now our new medical equipment coordinator as well.

If you are home bound 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: <https://northamptonma.gov/2487/> **Homebound-Vaccination-Visits** or call Elliot Ezcurra, Public Health Nurse, at **413-587-4919**.

Are you looking for fulfilling local employment? The Hilltown Elder Network (HEN) and the Highland Valley Elder Services (HVES) are looking 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. FREE online training is provided by HVES at <https://mahomecaretraining.org/>

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.



Happy Birthday!

Linda O'Dea, Kate Albrecht, Alfred Chicoine, Havelock Purseglove, Leon Tuthill, Andrew Van-Assche, William Latimer, Phoebe Bushway, Lawrence Preston, Paula King, Sandra Powers, Bert Marshall, John Gardner, Elaine Holder, Nancy Benson, Mary Flahive, Anne Knight



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



Out and About this Winter

Art in 2023 with Lena Garcia- Register Now! Winter Watercolor Class

Jan. 23– March 27 (9 classes)

Mondays 1-3pm

Register at www.lenagarcia.com

Coming next: A Taste of Oil Painting Class
Shadow Puppetry Workshop



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Parish House, 21 Main Street, West Cummington

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Being Mortal Discussion Group

Thursdays, Feb. 2nd through March 2nd, 1-2:30pm
John James Memorial Hall, 42 Main St. Goshen
Upstairs Dining Room

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. 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 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.

Matt York Brings Johnny Cash to Chesterfield

Sunday, February 12th at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003 . York was recently nominated for the Boston Music Award for Best Country Artist and his album Gently Used was just named one of Worcester Magazine's best albums of 2022.

Regional News



Romance will be in the air! But first...

Thanks to Rachel Seneca in the DA's office – a font of knowledge about scams, especially those we are seeing in our towns. Here are two to watch for.

Soon it will be Valentine's Day, when the advertisements remind us to love, give, and eat chocolate. I'm certainly in favor of all three. But there is also the scammer who is faking it on romance!

The scammer will reach you on social media, dating sites and the like, start a conversation, get to "know you", flatter you some, then start asking for money. They say "It would be so nice if you could send me some money to come visit you! I would pay but am a little behind because my father had to have surgery." They may ask to wire money, or send a gift card with the pin.

Now wouldn't ya know it – the second scam is asking you to send some cryptocurrency to pay for their trip to meet you or maybe to invest. Recently we have seen a lot of headlines about this digital (not real!) money. The Federal Trade Commission has a good website about crypto, and includes this no-nonsense message: "If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them crypto, that's a scam."

Read the FTC site for more info:

consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying

Stay safe,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

January's Good News

By Deb Hollingworth

How did Medicare get so complicated? It was created in 1965 as Medicare A & B and stayed that way for almost 40 years. Medicare D (for Rx) was added in 2006 to subsidize the cost of our prescriptions. Medicare is a Federal benefit we get when we turn 65 if we've paid our 40 quarters (10 years) into social security, or if we are married to someone who has. Medicare also is the main insurance for the disabled collecting social security disability benefits.

Medicare A covers hospital costs and some home care benefits. Medicare B covers everything else like doctor visits, lab tests, medical treatments. Medicare A is free, Medicare B has a monthly premium that is usually deducted from our social security benefit, so we often forget we are paying for it. Medicare C is another name for Medicare Advantage plans that began about 20 years ago and were originally called Managed Care plans because that's what they do. They manage our Medicare A&B benefit. And more recently these plans began to include Rx coverage. If you enrolled in a Medicare Advantage plan, it managed your Medicare A & B and D.

You'd think this would simplify things, but it didn't. And this is where it gets complicated: Medicare Advantage plans are offered by private insurance companies like BlueCross, Health New England, United/AARP, Tufts, etc. and are for profit enterprises. These Advantage plans come in many variations, with different benefits like dental, hearing, vision, subsidy for your gym membership. But let's remember, they manage your Medicare benefit. And in most cases, you must have a referral for medical treatments, sometimes prior authorization for care, and they can decline to cover the treatment/hospital/doctor you want.

Advantage plans have co-pays for all services. If you're healthy an Advantage plan is not expensive, but if you're not healthy, those co-pays can quickly add up. So if you decide to supplement your Medicare A & B...and D, it can get complicated.

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!



January Tech Tip

By Peg Whalen



I want to share an experience I had so that others can benefit from my misadventure. Recently, I traveled to Philadelphia by train to see family. I had two carry-on bags with me and my laptop in a separate case. I briefly left my seat, so to keep the laptop safe, I tucked it overhead between two carry-on bags. Later, when I was exiting the train, I got distracted. Yup, you guessed it. I left the laptop behind.

Losing the laptop device was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. I know better! It happened anyway. What should I have done? I could have used one of the "clouds", like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home. Most of my information is lost: taxes, medical records, technology workshop handouts, pre-retirement work. So, even seasoned users of technology lose equipment and computer information. Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

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!

Resource Directory



Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage Hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help , Information and Referral Resources	800 339-7779
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer : Williamsburg - Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Or call Chesterfield COA, 296-4007 or Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Weds. 1-3
Meal Site , Williamsburg Senior Center Café	413 268-8419 Mon-Thurs
Meals on Wheels , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St., Northampton	413 586-6564
Grab and Go Meals : Chesterfield COA, Thursdays, 11:30	413 296-4007
Cummington COA, 2 nd & 4 th Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd Tuesday, 11:30	413 268 9354
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

Health Services

Highland Valley Elder Services , Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center , Medical & Dental	413 238-5511, ext. 131
Hope Nurse , Mary Kane	413 238-5511, ext. 322
HealthWise Community Health Worker, Ellie Mathias	238-5511, ext. 322
Podiatrist , Dr. Michael Coby at Williamsburg Senior Center	413 268-8407
Call to schedule alternating (odd) months at the Senior Center	
Foot Care , Piper Sagan, RN. - Williamsburg or in-home visits	413 268-8407
Cummington, call Ann Eisenhour	413 634-2243
Goshen & Chesterfield, Call Piper for appt.	413 522-8432
Westhampton, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Chesterfield, Deborah Hollingworth	413 296-4007 or 268-8317
Williamsburg, Deborah Hollingworth	413 268-8407
Mass Health & New Health Coverage	
Buliah Mae Thomas at Hilltown Comm. Health Ctr.	413 667-2203

Transportation Services

PVTA Dial-A-Ride (Tickets sold at Williamsburg Senior Center, 413 268-8407)	866 277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Kerry Normandin	413 268-8236, ext. 118
Plainfield COA , Polly Ryan	413 212-1581
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 238-5962

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

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PAID
PERMIT 183
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On the Road Again... 2023 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.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. This 7 day trip 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. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$120 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 FNCS 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 FNCS for \$132 due by **February 21st**. Mail to the address above.*

*Day Trip July 20. **Lake George Cruise-** Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.*

*Day Trip August 10 **Garden in the Woods-** This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$120 due **June 10th**. Mail to the address above.*

*Multi Trip September 10-12. **Nantucket Island.** Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Cost TBD. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.*

*Day Trip September. **BIG E.** A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.*