

Plainfield Council on Aging

February 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

February Luncheon

Wednesday, February 8th at Noon
Town Hall



Our 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 might get spent.

We will be serving ham, scallop potatoes, veggies, and desserts. Other dessert items are always welcome. Please join us!

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 Tuesday of the month between noon and 12:30 but must be ordered one week in advance (**in February, pick up is the 14th and 28th, please order by February 7th**).

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 **March**. Please call **Piper Sagan** at **413-522-8432** to schedule an appointment (\$50) or to arrange a home visit (\$80 a session).

Polly will continue to lead a discussion on ways we might help members of our community struggling with dementia. Please join us at the Plainfield Church in Margaret's Room on **Saturday February 18th at 11am** if you're interested in learning or, sharing with her, how we might support our neighbors struggling with this. Polly be-

came a "Dementia Friends Champion" in early December and is interested in developing a dementia "Friendly" community. Please RSVP with her at **413-212-1581** or **pryan@town.plainfield.ma.us**. To learn more, go to dementiafriendsma.org/

Chakra Yoga Art

Saturday February 11th from 1-5pm
(snow date Saturday February 25th)

Parish House, 21 West Main Street
West Cummington

Learn or advance your painting skills while practicing Yoga concepts and incorporating them into your painting flow! This COA multigenerational event is funded by a HVES grant and is designed for all skill and age levels over 8 years of age.

You will be focusing on Chakra Seven: The Crown / Thought Chakra. Judy Messer will guide you through yoga practice and a playful painting journey, where you will artistically dance with linear, non-linear, form and thought. She will nurture and inspire your thought chakra's energy flow for a purer, more powerful source of self-expression to paint with.



If you can, please bring your choice of painting supplies, paints, brushes, surface, and board or easel. Also bring a yoga mat, and a blanket. **To make a reservation, call Judy Messer at 413-221-3012.** Please let her know if you need any supplies to take part. Check her out at **zenlensart.com**

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

In early January a COA questionnaire about "Technology and Aging" was mailed to everyone age 60 and over in the COA Consortium's seven Northern Hilltowns. Even if you do not use technology, consider filling it out because there are

questions pertaining to that which will help us understand how to help you. Please try to complete and **mail it back by February 15th** or shortly thereafter. The information is important to the Consortium in arranging and funding future technology support and education. The survey is also available online: <https://tinyurl.com/3pkwfxk7>
 Thank you to those who have already participated and returned the questionnaire. Please encourage your friends and neighbors to do so as well.

In need of computer or phone technology support?

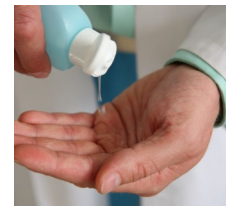
Every month after our COA luncheon technical support with Peg Whalen will be available at no cost. **She is available between 1:00 and 3:00pm every second Wednesday of each month in the Town Hall beginning February 8th.** A state grant through the COA consortium is funding this service. She is available to assist people with questions about devices and their use,

including smartphones, mobile phones, iPads, tablets, electronic photo frames, smart TVs, printing, laptops, internet and apps or software programs. Call or text Peg at **413-404-4566** or send an email to nhillcoastech@gmail.com in advance to schedule enough time for help with your specific needs.



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.

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.



The COA has Covid supplies like rapid test kits (over 500), masks, and hand sanitizer available at the **Police department (Hathaway Hall), the town offices and the library.** Or, please call Polly at 413-212-1581 to arrange a time to get some. For the time being she is our new medical equipment coordinator as well.

Happy Birthday!

Cathy Tobin, Frances Vilbon,
 Barbara Ann Cheda, Ronald Major,
 James Pugliese, Rebecca Hayes Coletta,
 Liebe Coolidge, Linda Mason, Anna Hanchett,
 Gail Fusco, Virginia Ansbergs, Ute Stebich,
 Sebern Fisher, Susan Honneus,
 Ronald Scott, Ursula Burnham, Rema Loeb,
 Daniel Hoch, Anna Hathaway,
 Stephen Ridell, William Schusser



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

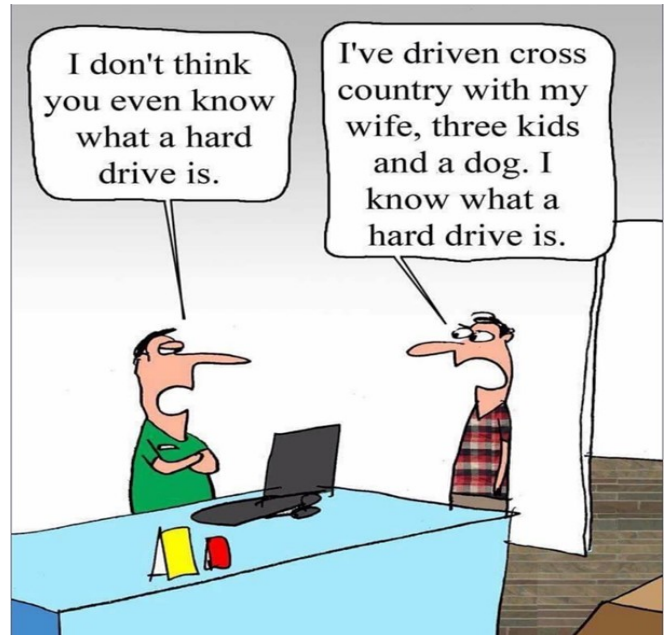
Out and About this Winter



www.clarkart.edu
413-458-2303

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!



Tiny footprints

As soon as a child is born and their photo is posted online, they have a digital footprint. While we enjoy seeing a new baby's smiling face or a toddler smelling a flower, their digital footprint can be hacked. That is just the very sad story of how our technology today can be misused. A scammer can set up a fake identity, therefore messing up the child's future finances before they are even earning any money. A baby's digital image can be altered and used in pornography.

A recent article in the Washington Post was sobering. They projected over 7 million cases of identity fraud by 2030, costing victims more than \$900 million. It is believed that over half the porn images online in one country were photoshopped from social media. This is from a book by Leah Plunkett Sharenthood: *Why We Should Think Before We Talk About Our Kids Online*.

So what should parents and other family members do?

1. Be CAREFUL when posting online even if you think you are safe. Do not post full names, birthdays, ages, or specific locations.
2. Set up privacy settings on your social media. See this page- www.nytimes.com/wirecutter/guides/online-security-social-media-privacy/ Even setting privacy controls is no guarantee the child is safe. The controls can be complicated and change, and even if a crook can't download an image, they can take a new photo of what was posted and photoshop it.
3. Take another look at passwords. Many times people use birthplace, school name, favorite pet, etc. in a password. These are things commonly written about in a post; 3 or 4 pieces of information may be all that is needed by the hacker to steal an identity.

In all seriousness,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

February's Good News

By Deb Hollingworth

It's that time of year again when we are gathering what we need to file our tax returns, and I received a request for information on the Circuit Breaker which I wrote about last March. This year's potential Circuit Breaker rebate may be even bigger than previous years, so this is the time to look into it and see if you might qualify.

Circuit Breaker Fact Sheet

"You may get a cash refund on your State income taxes."

The Massachusetts Circuit Breaker Income Tax Credit for Homeowners age 65 and older is a program for those seniors whose property taxes and half of the water/sewer bills equal more than 10% of their annual gross income. You can get this refundable tax credit even if you do not owe State income taxes. You can file a tax return even if you do not have taxable income.

Last year the maximum refund was \$1,162, but Governor Baker has recommended in his 2023 budget that this be increased to a maximum of \$2400.

If you have not filed/applied for the Circuit Breaker before, this is the year to do it!

You are eligible if:

- ⇒ you are 65 or older
- ⇒ own your home
- ⇒ are current with your property taxes
- ⇒ and if your property taxes are more than 10% of your income
- ⇒ your income needs to be less than \$62,000 single, or \$93,000 married filing a joint income tax return
- ⇒ and if your home is assessed at less than \$884,000

You apply by:

- ⇒ filing a Massachusetts Income Tax return
- ⇒ and including a schedule CB
- ⇒ you must supply copy of your property tax bill
- ⇒ also your water/sewer bill if you have one
- ⇒ and provide income verification

February Tech Talk by Peg Whalen

The holidays can bring technology, often wanted and sometimes unexpected gifts of technology devices. Family and friends can be excited to share their love of technology by gifting us ePhoto Frames, new and previously owned iPads, smartphones, laptops, kindles, and other devices we may be reluctant to use. If you are someone that received a device you have little interest in or limited understanding about using, there is help.

From February through June 2023, and perhaps beyond, each COA in the northern hilltowns has scheduled a recurring week and day each month for in-town technical support. I will be offering individual time for interested people to come, free of charge, and begin getting the assistance, guidance, and reassurance to get started or learn more in a way that is understandable and effective. If learning one-one-one is your preferred way to increase your understanding about technology, sign up for a time slot in your own or a neighboring town. Walk-ins may or may not be accommodated so call or email ahead to ensure you get the time you need. **Contact Peg Whalen: 413-404-4566 or nhillcoatech@gmail.com.**



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 _____

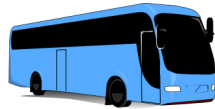
Address _____

Email _____

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

On the Road Again...

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.

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 **\$78** which is due NOW so we can get good seats. Mail to the address above. **PLEASE NOTE CORRECT PRICING.** It was previously listed as \$120.

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 NOW, so we can get good seats. 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 \$122 due **June 10th**. 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.

Multi Day September 29-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 motorcoach while on tour, sightseeing, admission to shows and tour escort. \$500 deposit by **March 15, 2023**. Contact Francine to reserve your seat.

Day Trip November. Elvis The Musical- North Shore Theater. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Make payment to First Choice for \$TBD by **July 21st**. Mail to the address above.



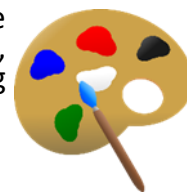
LENA
GARCIA

Playing with Art! Give it a try!

A Taste of Oil Painting Workshop

Wednesday, February 8th 10:30am-12:30pm

Explore Oil Painting and see if this is a medium for you! I know I can be intimidated by a new art medium; where do I begin? How do I use it? Come experience this fascinating medium in a calm and supportive atmosphere. Oil painting has a slow and relaxed tempo. It is flexible and very forgiving. Using provided materials, participants will make a painting of a simple still life. Demonstrations on sketching your still life, mixing your paints, and painting with the oil paints will be given while participants try out all these skills and work on their monochromatic or black and white painting. Try something new, stretch your brain all while having a good time!



Oil Painting Class

Mondays, April 3 - June 12th from 1 -3pm
(no class 5/29)

More details coming soon!

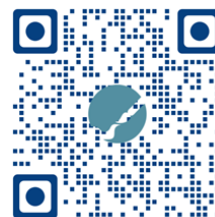
Shadow Puppetry Workshop

Saturday, May 20th from 10am - 12pm

Multigenerational event for anyone who can use an exacto knife (10yrs and up)
More details coming soon!

Registration for all at www.lenagarcia.com
or call: **425-977-5120**

*All events at the Chesterfield Community Center.
Sponsored by the Chesterfield COA and partially funded by Highland Valley Elder Services.*



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

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PERMIT 183
Greenfield MA

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SCAM ALERT!



Watch out for Computer Virus Scams!

*You might get a call, email, or a message
that appears on your screen.
It says there's a problem with your computer
& they can help you fix it.*

- Just hang up or delete the message.
- Don't click on links in an email.
- Don't call the telephone number on the screen.
- Never give someone control of your computer.
- Don't share passwords or log-ins.
- Keep your computer, tablet, & mobile phone security programs up to date.

*If you have a
consumer problem or
question, contact 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**

