

# Plainfield Council on Aging

## March 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

### March Luncheon

Wednesday, March 15th at Noon  
Town Hall

We will be serving corned beef, cabbage, carrots, potatoes and of course desserts (more are always welcome). Come enjoy a pre-celebration of St. Patrick's Day. If so inclined, bring and share your favorite Irish jokes. Please note that this is a scent free event. Thank you for this support.



### Two Fun Events Happening in March!

The Clark Art Museum in Williamstown is offering free admission all through March. Polly has arranged for a Hilltown Easy Ride Van to transport 12 residents to the museum on Saint Patrick's Day, **March 17<sup>th</sup>** at no cost. The Van will leave Town Hall in Plainfield at 9am and return to the same location by 2:30pm. Lunch can be purchased in their café. Please RSVP with Polly at **413-212-1581** or [pryan@town.plainfield.ma.us](mailto:pryan@town.plainfield.ma.us).

And...Dancing with Polly on Wednesday **March 29<sup>th</sup>** at 10am in the Plainfield Town Hall. Enjoy dancing at your own pace to some of Polly's favorite oldies but goodies (you can even dance while sitting, standing still, or just tapping your foot). It's her fun way of exercising. If there is interest in continuing this activity regularly, she will support it. **Please RSVP with Polly.**



Polly will continue to lead a support group for those impacted by Dementia. Please join us at the Plainfield Church in Margaret's Room on **Saturday March 18th at 11 am** if you're interested in learning or sharing how we might support our neighbors struggling with this. Polly became 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](mailto:pryan@town.plainfield.ma.us). To learn more, go to [dementiafriendsma.org/](http://dementiafriendsma.org/)

**In need of computer or phone technology support?** Every month technical support with Peg Whalen will be available at no cost. She is available between 1:00 and 3:00 pm every second Wednesday of each month in the Town Hall (**March 8th**). A state grant through EOE and 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, printers, laptops, internet and apps or software programs. Call or text Peg at **413-404-4566** or email [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com) in advance to schedule enough time for help with your specific needs.

### Fuel Assistance

Remember, Fuel Assistance applications can be done online at [www.communityaction.us/fuel-assistance](http://www.communityaction.us/fuel-assistance) or by calling **800-370-0940**. You can also call Polly Ryan at 413-212-1581 if you need help completing the application.

**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 March, pick up is the 14th and 28th, please order by March 7th).



To order meals, contact Chrisoula at **634-2262** or [croumeliotis@cummington-ma.gov](mailto: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 **Tuesday, March 7th**. Please call Piper Sagan at 413-522-8432 to schedule an appointment (\$50) or to arrange a home visit (\$80 a session).

**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/>



The COA has Covid supplies like rapid test kits (over 500), masks, and hand sanitizer that are available at the town offices and the library. You can also call Shirley Todd at 413-446-9608 to arrange to get some. She is now our new medical equipment coordinator as well.

**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!*

Michael Brigley, Joan Timberlake, Timothy Forsythe, Beverly Major, Joan Bianchi, Martha Lynch, Jane Lewandowski, Kathryn Jensen, Kay Gilbert, John Westwood, Betsey Howes, Robert Kasper, Robert Silberberg, Richard Phelps, Judith Gowdy, Frank Alletson, Blanche Cizek



***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**

**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!

### Your State Representatives

#### **State Senator Paul Mark**

Email: [paul.mark@masenate.gov](mailto:paul.mark@masenate.gov)  
Phone: 413-464-5635  
Mail: 773 Tyler Street  
Pittsfield, MA 01201  
Nearby local office hours:  
Williamsburg Town Hall  
2nd and 4th Tuesdays from 1-3pm

#### **State Representative Lindsay Sabadosa**

Email: [Lindsay.Sabadosa@mahouse.gov](mailto:Lindsay.Sabadosa@mahouse.gov)  
Phone: 413-270-1166.  
Mail: 76 Gothic Street  
Northampton, MA 01060

May your troubles be less,  
And your blessing be more.  
And nothing but happiness,  
Come through your door.

Irish Blessing



### Caregivers Part 1, Credit Cards



Some of you reading this are or will become caregivers. So in addition to keeping yourself safe from scams, you may have the responsibility for someone else's financial safety. I'm offering some suggestions for meeting that responsibility.

First, an ad! Well, sort of. I'm just putting in a plug for setting up a robust durable Power Of Attorney. Having that paperwork done makes financial caregiving much easier! Contact me if you need a reminder on this.

Let's start with credit cards. You, using the POA, or the elder if they are on their own, can take these actions.

- ⇒ Reduce the credit limit on a card, thereby reducing the amount of potential damage by reducing the amount that can be charged.
- ⇒ Add the name of a trusted individual to the card so that person can also track charges. The trusted part comes in that they won't use the card!
- ⇒ Sign up for alerts by phone or email when a charge is made over a given dollar amount, an amount that you set. This may not prevent the charge but the damage can be stopped more quickly.
- ⇒ Some cards have a card lock that will stop a suspected transaction. The card's documentation will show if this is possible.
- ⇒ Go online and check the card's activities; do this at least monthly or after a use.
- ⇒ Follow the same guidelines as for avoiding scams in general. If you don't trust an offer, don't give your card. Don't give the card number to someone who calls you. Set a different and strong password for each account. Get two-factor authentication.

I know. Life is more complicated than it used to be.

Take care,

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

## March's Good News

By Deb Hollingworth

### Help Wanted: Part One

Have you ever considered working as a home maker or PCA/personal care attendant? Or have you ever tried to find a home care worker? Let me introduce you to PHCAST.

PHCAST stands for Personal and Home Care Aide State Training, and it is a free State resource that offers training for anyone who would like to become a home care worker. And PHCAST maintains a state wide directory to connect workers with those needing home care help. A two fold approach: to give you training and help you find work.



You must have an email address and internet access to use it. You can complete the 10 module online training at your own speed.....in your own home! You can repeat a module as often as you want. At the end of each module, you complete an assessment to advance to the next module. The entire training should take about 37 hours and you get a Certificate of Completion at the end.

It gets better. If you are looking for work as a home care worker, you can register on the State wide directory. Having the Certificate of Completion from PHCAST can be an important credential when looking to be hired.

For more information, go to [www.mass.gov/PHCAST](http://www.mass.gov/PHCAST) or just Google PHCAST and check out some of their videos to see if you might be interested.



*It's Maple Season.  
Support your local Sugar House!*

### March Tech Talk

by Peg Whalen

I talk with many folks that say they don't update their smartphones. They are concerned about an update resulting in their phone being hacked, information stolen, charges to their account or think the phone works fine and doesn't need updating. Here's why they are important. Updates contain privacy and security enhancements that better protect your phone, including improvements to phone features or additional features that make it more useful. **If your phone notifies you of an available update, be sure to allow it to happen.** Automatic updates can be enabled in Settings. iPhone updates can be accessed in Settings/General/Software/Update. Automatic iPhone updates will happen at 2:00am, but you must leave your phone on and plugged in overnight. Android updates can be made automatic as well in Settings / Software Update. Keep it plugged in! Updating only happens periodically so when you get a message saying an update is available, go ahead and update!

### ***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 April 16. Tina – The Tina Turner Musical-* An amazing musical at the Bushnell Theater in Hartford. Featuring iconic songs "What's Love Got To Do With It", "River Deep – Mountain High," "Proud Mary." Show at 1pm in Orchestra seats. Then a dinner stop on your own at Blue Black Square in W. Hartford. Make payment to First Choice for **\$199** which is due NOW. Mail to the address above. **TWO seats left.**

*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.

*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. **WAIT LIST ONLY.**

*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 Breast of chicken, Baked Salmon, or Yankee Pot Roast. 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.

*Day Trip November. Elvis- A Musical Revolution- North Shore Theater.* An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for **\$259** by **July 21st.** Mail to the address above. **TWO SEATS AVAILABLE.**

## Haircuts and Manicures at Smith Vocational High School



**Tuesdays & Thursdays,  
March through May**

Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher alongside. Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton.

**All Are Welcome!**

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Save the Date: **Saturday, April 29th, 9-3pm**

## Spring / Summer Clothing Exchange



Goshen Congregational Church  
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

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

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

# SCAM ALERT!



*People you meet online aren't always who they say they are.*

### **SIGNS OF A SCAM**

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

### **WHAT TO DO**

Never send money or gifts to anyone you haven't met in person—even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or by cryptocurrency.

Once you send it, you won't get your money back.

*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**

