

Plainfield Council on Aging

April 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

April Luncheon

Wednesday, April 10th at Noon
Town Hall

We will be serving chicken cacciatore, wide noodles, garlic bread, salad, and desserts. The luncheon will be followed by a fire safety presentation from our local Fire Department. Please note this is a scent free event. Thank you for this support.



Cross Box Boot Camp

Tuesdays: April 18, 25, May 9, 16
4pm
Pettingill Pavillion in Cummington

Judy Messer is a personal trainer, yoga therapist and certified boxing instructor. Outside, rain or shine, Judy will offer spring training boxing style! This circuit training will run for 4 weeks using various fitness, boxing, and yoga techniques, plus equipment. Judy will demonstrate at each station and make modifications, providing a safe and fun work out for all skill levels and ages. Even with no boxing training you will learn or advance your basic boxing stances and strikes.

This is a multigenerational activity sponsored by the Plainfield COA through a HVES grant. Registration is required with Judy to reserve one of 12 spots. Contact Judy: Judymesser.com, **413-221-3012**, or SnowBirdStrong@gmail.com

Yoga Strength & Stretch

Tuesdays 10:30 to 11:30
April 18 and 25, May 9 and 16

Come join us at the Plainfield Town Hall with Yoga therapist Judy B. Messer. Emphasis will be on breathing, strengthening stabilizing muscles, and

sweet stretching to release stress and muscular tension. Includes chair, standing poses, and any modifications needed. Great for injury prevention, procedure recovery, aging, gardeners, and athletes! All levels welcome. Booking 4 class sessions at a time, \$45.00 for 4 weeks. Reserve with Judy: **413-221-3012** or Judymesser.com

Dancing with Polly on Wednesday April 26th 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 April 15th at 11am** 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. To learn more, go to 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. A state grant through EOEI 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 send an email to nhillcoastech@gmail.com in advance to schedule enough time for help with your specific needs.

Need help with the MassHealth Redetermination Process?

When the pandemic continuous MassHealth coverage requirements end on April 1, 2023, MassHealth will return to its standard annual eligibility renewal processes. To learn more about how and when to do this check out this YouTube video (<https://youtu.be/Mf5qhaDstJ0>) or call Polly for help.



or by calling 800-370-0940. You can also call Polly Ryan at 413-212-1581 if you need help completing the application.

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.

It's tax season! Do you know about the Massachusetts Senior Circuit Breaker tax credit? If you are a homeowner, Massachusetts resident, and turned 65 before December 31, 2022 and your property tax exceeds 10% of your total Massachusetts income for the tax year you qualify for a \$1,200 credit. The maximum income criteria are \$64,000 for a single individual, \$80,000 for a head of household, and \$96,000 for married couples filing a joint return. More details can be found at www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit#overview

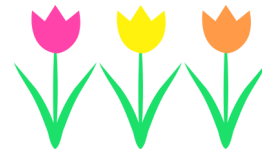
COA has Covid supplies like rapid test kits (over 500), masks, and hand sanitizer that are available at the town offices and the library. You can also call Shirley Todd at 413-446-9608 to arrange to get some. She is now our new medical equipment coordinator as well.

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 each month between noon and 12:30 but must be ordered one week in advance (**in April, pick up is the 11th and 25th, please order by April 4th**).

To order meals, call Chrisoula at 634-2262 or email her at croumeliotis@cummington-ma.gov Suggested donation is \$3 per meal for Highland Valley Elder Services who prepare them.

Fuel Assistance

Remember, Fuel Assistance applications can be found at www.communityaction.us/fuel-assistance



Happy Birthday!

Bonita Benoit, Michael Petrilli, Maria Stuart, Elric Walker, Clara Bouricius, Timothy Guy Mead, Donald Jordan, Anne Marie Barbanti, Dandy Bro, Joyce Erb, Ruth Osgood, Patrick Williamson, Anne Williamson, Ellen Baer, Lynne Carol Robbins, John Lydall, Francis Blair, Christine Stockman, Mary Benisek, Elaine Sidney, Alice Schertle, Norman Bland, Bertha Higgins.



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 to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.

This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall, upstairs dining room. **The classes will be on Friday May 12th and May 26th from 1-2:30.** Please call or email Kerry Normandin by May 8 to register for this great workshop: [413-268-8236 x118](tel:413-268-8236), coa@goshen-ma.us

Your State Representatives

State Senator Paul Mark

Email: 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

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060

Caregivers Part 2: Banking

More thoughts on keeping your care recipient financially safe. Last month was credit cards, now we give attention to banking.

Again, this is all easier if you have a robust durable Power of Attorney (POA) that allows banking functions. With this, you can talk to bank officials, go online to check deposits and balances, make deposits and withdrawals, balance the checkbook, and request the settings below. Different banks have different policies, so check with your particular bank on the specifics but this should give you good questions to ask. For instance, even without a POA the bank might allow you to monitor another person's bank statement, after clearing you.

Create alerts. Get a message from the bank when a withdrawal goes over a set amount, or a balance falls lower than you want. You may also be able to get an email every day showing the available balance on the account.

Set transaction limits. If a withdrawal is requested that goes over a set amount, the transaction can be halted.

Stop payment. If something does go awry, you can request that the bank stop the payment.

Check overdraft status. Banks offer protection against the account going into the red, but you should choose how or if you want that protection. This is a not one-size-fits-all decision.

Take care,

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

April's Good News By Deb Hollingworth

Help Wanted: Part Two

Finding home care help in the hilltowns can be a challenge. There's a shortage of available workers and Medicare certified home care agencies often can't fill requests for help. Many of us rely on family and friends or programs through our senior center which may work for short term solutions, but what if you anticipate needing help for an extended period of time? Did you know that there are programs that let you hire your own worker? That worker can be a family member or friend (not spouse).

MassHealth has two different programs that pay family caregivers for the care they provide. You must meet financial eligibility requirements for MassHealth. Many folks assume they "won't be eligible because I have money in the bank". But there are ways to qualify and you should check with your SHINE counselor. Income has to be less than \$2,742/month with limited assets. But, you can transfer assets without a 5 year look back period if you are intending to remain at home instead of entering a nursing home. Also, for those of you who are not going to qualify for MassHealth, Highland Valley has a program called "self-directed care" which allows you to hire your own worker. If you are a veteran, you might qualify for some home care help. And while it's less common, if you are one of those folks with a Long Term Care Insurance policy, that policy will also pay for home care help. Need help sorting through all the options? Check with your senior center and ask to speak to the SHINE counselor.



Haircuts and Manicures at Smith Vocational High School

*Tuesdays & Thursdays,
April & 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!

Beyond Basics Smartphone Workshop

**Friday, May 19th
1:30-3:30pm**

Chesterfield Community Center

Presented by Peg Whalen

Want to know how to find and listen to podcasts? Wondered how to make a mobile deposit with your banking app? Desperate to block unwanted calls and text messages? This workshop will help you do things you have wondered about but have not figured out how to do. Sign up for Beyond Smartphone Basics. If you have an iPhone OR an Android smartphone this workshop is for you.



Interested in coming?

Reserve a spot by Tuesday, May 16th. To register, contact workshop presenter Peg Whalen, at pegwhalenworkshops@gmail.com or 413-404-4566. Email, leave a voicemail or text including your name, email address, what type of smartphone you have (iPhone or Android), whether you use mobile banking and your home or cell phone number.

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 _____

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 FNSC for **\$78. WAIT LIST ONLY.**

Day Trip June 20. Encore Casino. Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 by **April 21st.** *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. 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. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due **April 1st. WAIT LIST ONLY.**

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 August 23. Saratoga Racetrack, Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th.** Mail to the address above.

Multi Day 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. Make payment to First Choice for \$748 p/p double occupancy due **June 21st.** Mail to the address above.

Day Trip September 14. Lake Sunapee Luncheon Cruise- Vermont Country Store. A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and

a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th.** Mail to the address above.

Multi Day Trip 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. A few seats available.



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
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PAID
PERMIT 183
Greenfield MA

Plainfield COA

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Newsletter Designer
Kristen Estelle

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

Encore Boston Harbor Casino Day Trip

Tuesday, June 20, 2023

\$42.00 cost includes:

- round trip bus transportation
- driver gratuity
- \$20 in free slot play!

Meals on your own

*\$22.00 special discount for Chesterfield seniors
age 60 and over*

Meet the bus: Sheldon Field, Old Ferry Rd.
Northampton. 7:00 A.M, subject to change
Bus leaves casino: 3:30 P.M.

Cash or checks payable to Francine Frenier **due April 21, 2023**

Only 30 seats available ~NO REFUNDS due to bargain price~

Contact: Francine Frenier 413-296-4291 or Francine.frenier@gmail.com

