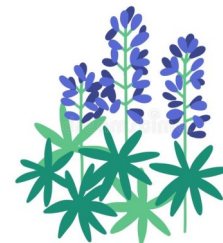


Plainfield Council on Aging

June 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

June Luncheon

Wednesday, June 14th at Noon
Town Hall

We will be serving hamburgers, hot dogs, potato salad, coleslaw, and desserts. The luncheon will be followed by a presentation on safety alert devices. Please note this is a scent free event. Thank you for this support.



An additional luncheon will be held at Pub 116 on Wednesday, June 28th at 12:30. We'll be in their newly renovated dining space. The tab is being picked up by COA (except for alcoholic drinks), however, donations are always welcome. **Please RSVP with Polly by June 21st:** 413-212-1581 or pryan@town.plainfield.ma.us

Sad news about the future of our Newsletter

To date, funding for the newsletter has not come through for fiscal year 2023-24. It costs nearly \$40,000 a year to publish and mail it to the seven Hilltowns in our COA Consortium. The Consortium spoke with our State Representative, Lindsay Sabadosa, about getting funding and it did not pass the House. It may have a chance of passing in the Senate, so **please contact Senator Paul Mark at 413-464-5635** to let him know the value of this publication to you. Our last physical copy may be as early as July 2023. **Did you know you can get a color digital copy (PDF) of the newsletter?** This may be an alternate way of getting COA news to you. To subscribe, email Kristen at regionalcoanews@gmail.com

In lieu of our monthly support group for those impacted by memory loss please consider attending our **COA Consortium Memory Conference** on Thursday, June 22 from 10am-3pm at the

Chesterfield Community Center, 400 Main Road, Chesterfield. Lunch and refreshments will be provided. Please see pages 4 & 5 for more information. I guarantee this will be worth your while. ~Polly.

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 June, pick up is the 13th and 27th, please order by June 6th).

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 **July 11th**. Please call Piper Sagan at 413-522-8432 to arrange a home visit in the meantime (\$80 a session).

Dancing with Polly continues **Wednesday, June 21st at 10am in the Plainfield Town Hall**. Enjoy dancing at your own pace to some of the participants' favorite music (send Polly songs you like, and she'll get them on the playlist). This has become a popular dance exercise event. RSVP with Polly would be much appreciated at 413-212-1581 or pryan@town.plainfield.ma.us.

The Mobile Market is up and running and can deliver to your **Hilltown Mobile Market** door for a small fee, order online at hilltownmobilemarket.com. Or you can pick up a produce order at their store located at 19 Sawyer Road, Worthington MA (in the old Sawyer Farm Store) Tuesday-Friday 8am-7pm and Saturday-Monday 10am-4pm. Organizers of



this project want to make sure that economics are not a barrier for shopping locally. If you or a loved one self-identify as food insecure please do reach out, they can help. There is a free refrigerator with produce anyone is welcome to.



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 1-3pm every second Wednesday of each month in the Town Hall. A state grant through EOE and the COA consortium is funding this service. 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.

We send our condolences to the family of **Ron Scott** on his passing.



The Massachusetts Council on Aging is sponsoring another walking challenge beginning May 1 and ending October 31st. Check it out at **walkmachallenge.com/** Participants who complete any of the challenges are entered into a drawing where they could win a gift certificate from \$10 to \$50, and they earn a raffle ticket that gives our Plainfield COA a chance at winning \$1000. Polly is signing up and will gladly walk with anyone who schedules a time with her, please call 413-212-1581. She would love to explore the Plainfield Walks trails.

FYI...A very useful resource is provided by the Massachusetts Bar Association called the **2022 ELDER LAW EDUCATION GUIDE** and it can be downloaded at their website. It's worth having a look at it! A copy can be found at Town Hall in the COA information booth.

www.massbar.org/public/elder-law-education

Happy Birthday!

Franklin Skaling, Leonard Benoit, Jay Sessions, Cynthia Tuthill, Debra Skaling, Gary Austin, Lori Austin, Barry Hudson, Keith Harding, Wayne Hubbard, Gordon Brackett, David Bulissa, Judith Hanson, Peter LaPointe, Michael Melle, Susan Mellstrom, Michael Crane, Stephen Bushway, Patricia North, Marilyn Patti, Linda Carver, Ralph Timberlake, John McMahon, John Nelson, Mary Harrison, Thelma Pilgrim, Dudley Williams, Susan Westwood, Richard Green, Dario Coletta



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

You're invited to
A CONVERSATION ABOUT MEMORY



Thursday, June 22nd 10am-3pm
Chesterfield Community Center
400 Main Rd., Chesterfield

- ⇒ *Ever forget where you left your keys or phone ?*
- ⇒ *Recognize someone's face but can't recall their name?*
- ⇒ *Forget what you were looking for?*
- ⇒ *Love old memories but can't hold on to new ones?*
- ⇒ *Can't remember how to do something that you've done many times?*
- ⇒ *Do you ever get lost driving?*

Lunch and Refreshments will be provided

Sponsored by the

Northern Hilltowns Consortium of Councils on Aging

RSVP BY JUNE 16:

413-296-4007 or coa@townofchesterfieldma.com

*Northern Hilltowns Consortium of Councils on Aging
presents:*

A Conversation About Memory

- 10:00am: **Check in & Coffee**
- 10:30am: **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director, Chesterfield COA
- 11:00am: **Understanding Memory Impairments**
Dr Rebecca Starr, MD, AGSF, Medical Director, Geriatrics,
Cooley Dickinson Healthcare

Sharon Asher, RN,BSN, MBA, Program Director
Pioneer Valley Memory Care Initiative

How does memory work?
What is normal for memory in older adults?
Types and range of memory changes
Evaluation and treatment of memory impairments
Getting help: resources available
Pioneer Valley Memory Care Initiative
- 12:00pm: **Group Discussion: Sharing the Journey**
- 12:30pm: **Lunch**
- 1:15 pm: **Impact of Dementia on Personal and Family Life**
Deb Hollingworth, LCSW, Regional Connections Facilitator
Adjusting to the impact of learning about your diagnosis
What it's like to be a caregiver or being the one who needs help
Common challenges for both care recipients and caregivers
Tips for better communication
- 2:00pm: **Tools for improving memory**
- 2:30pm: **Closing remarks**
What's Next? Suggestions for additional programs and supports

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 July 20. **Lake George Cruise-*** Take a 2 ½ 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 NOW. **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 24. **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. **NOTE DATE CORRECTION.**

*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. **WAIT LIST ONLY.**

*Day Trip November 4. **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.

June's Good News

By Deb Hollingworth

The Bucket List

When my kids were growing up, teenagers, I used to be on their case to clean up their rooms. Pretty much constantly. And they would assure me they were working on it. To which I would reply, "Will it happen in my lifetime?"

I have a "Will it happen in my lifetime? bucket list. First item on that list is changing eligibility rules so that when we turn 65 MassHealth doesn't count our assets. They don't count our assets when we're younger, just when we hit 65.

In Massachusetts if we are low income, or disabled, we can get affordable (subsidized) health insurance, with premiums determined by our income. The lower our income, the lower our monthly premiums. Until we reach 65. Then the eligibility rules change, and our assets count. So if we saved for retirement, or have a life insurance policy with a cash surrender value, or any savings, then we lose our affordable health insurance.

We become eligible for Medicare at 65, but Medicare has monthly premium(s), and if we want to purchase a supplement to our Medicare, then that's another monthly cost.

So as a SHINE counselor, the question I get quite frequently is: why do I lose my subsidized health insurance when I turn 65 and might need it most? And the Good News is: Mass Senior Action Council is working on changing that. Last month I wrote about the income eligibility changes to the Senior Buy-in Program where income and asset limits were raised so that more seniors (an estimated 60,000 of us) will now be eligible to have the Buy-in Program pay our Medicare B monthly premium, and get our Rx co-pays subsidized. We can thank Mass Senior Action Council for lobbying our legislators to get that change. Now they are working at doing away with the asset eligibility limit altogether! This would mean Massachusetts would join eleven other States to offer subsidy for low income seniors 65 and older. **This is Huge.** If you qualified, your co-pay for brand name Rx...like Eliquis...would be \$10. And at the risk of being too optimistic, it looks like this could become a reality in the near future. Mass Senior Action Council could use our help; have our voices join their effort.

You can Google Mass Senior Action Council to learn more and join. There is no membership fee and they are working hard for us and getting results!

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Plainfield COA

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

Shirley Todd, Chair
Ginger237ma@yahoo.com
413-634-2134

Susan Pearson, Secretary
spearsbooks@gmail.com
413-634-0025

Susan Honneus
413-743-5345
stormpetrel22@gmail.com

Ann Irvine
413-634-5698
irvinea@verizon.net

Mary Potter
413-734-5430
mary@potterhomebuilders.com

Bonnie Phillips
413-634-2290
bfillups21@icloud.com

Newsletter Designer
Kristen Estelle

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

If I die

at home, what should happen? Triad is all about making elders more secure, and while that usually includes avoiding scams and bad financial situations, there are other issues in our lives. For example, a reader asked "What do you do if someone dies at home, maybe at night, maybe unexpectedly, who do you call? What do you have to do? And remember we are in the hilltowns."

Good question, so here is what I learned for three scenarios.

- **For an expected death, if hospice has been caring for the person**, call the hospice nurse who will know what to do. They will be able to pronounce death and facilitate transporting the body.
- **For an expected death, but hospice has not been involved**, call 911. Emergency personnel will know what to do to obtain a legal pronouncement of death that is needed for a death certificate. Survivors should not move the body.
- **For any unexpected death**, call 911.

Two Comments:

⇒ Every person should have a MOLST (MA Medi-

cal Orders for Life Sustaining Treatment) or CC/DNR (Comfort Care / Do Not Resuscitate Order Verification) form on file to handle the question of whether cardiac resuscitation attempts should be made by emergency personnel. Other forms such as Living Wills may be prepared and address other emergency care options. Designation of a Health Care Proxy is also very desirable.

⇒ Even though we are a bit distanced in the hilltowns, we have terrific emergency response teams who know what to do and will do it with respect.

Take care,

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

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!