

Plainfield Council on Aging

September 2023 Newsletter



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

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September Luncheon

Wednesday, September 13th at Noon
Town Hall

We're back in the Town Hall for September's Luncheon on Wednesday the 13th at noon. We will be serving a spaghetti and meatball dinner with sides of salad and garlic bread. Desserts are welcome. It'll be good to see everyone!



Immediately after lunch, we will also be hosting a **blood pressure clinic** gratis the Hilltown Community Health Center and Mary Krol.

Mark your Calendars!

A flu vaccine clinic will be held October 11th at the Plainfield Public Safety Complex, at 38 North Central Street, from 10am to noon or until all vaccination are done.

Pre-registering is recommended using the link <https://home.color.com/vaccine/register/northampton> or by calling 413-587-1314 to register over the phone. Seniors (60+) who register will get a \$25.00 gift certificate. Pre-registering saves time at the clinic and helps plan for staffing & supplies. The goal is to make vaccines available to anyone, so walk-ins will be accommodated. All ages 2 and up are welcome to participate. There is no cost, and no health insurance is needed to receive a vaccine. However, health insurance information is collected to reimburse some of the Northampton Health Department's expenses.

A Covid clinic will be scheduled when the booster for the latest variant is available.

Homebound and need a vaccine? Please visit the link in the next column or call 413-587-4919

and leave a message to request a home visit and a nurse will follow up with you directly. Appointments are typically scheduled within a week. Homebound Vaccine Link:

www.northamptonma.gov/2487/
Homebound-Vaccination-Visits

MCOA granted Plainfield, Cummington, Windsor, Goshen, Worthington, and Westhampton COA's transportation funds on behalf of our residents over 60. Please take advantage of this service so we can demonstrate a need for possible future funding! This grant will subsidize the already existing "Hilltown Driver Pool" service that the Hilltown CDC provides (this is a separate service from the Easy Ride Van). Locally hired drivers (two of which are Plainfield residents) are available to take individuals to doctors or on errands when the van is booked. Please go to the HCDC website for more information on how to take advantage of this service:

www.hilltowncdc.org/transportation To schedule a ride, contact Ed Pelletier at 413-296-4232.

Also, the HCDC (Hilltown Community Development Center) is looking to hire more drivers for their "Hilltown Driver Pool" service. The pay is \$16/hour with \$0.625 cents per mile for gas reimbursement. You make your own hours by choosing whether to provide a ride or not when the dispatcher calls. Extra car liability insurance coverage is also part of the deal. It's a fun and easy gig tailored to your needs, and you get the satisfaction of helping someone. If interested, please contact Hunt Chase, Director of Community Programs, at huntc@hilltowncdc.org or call 413-296-4536 ext. 116.



The COA Consortium has received a \$300,000 grant from EOEA to increase rural digital literacy and internet access in our consortium area. Kudos to Peg Whalen for her work on this. Please see the regional section of the newsletter for details.

The project has four goals: give Whip City or Comcast internet service to those households without; give people laptop/tablet devices to connect to our digital world; train folks to use their new or current devices; offer technical support either in face-to-face appointments, by phone, at drop-in center, through classes, workshops, Zoom, and videos on the Northern Hilltown's Consortium of Councils on Aging website, www.northernhilltownscoas.org

Our monthly support group for those impacted by memory loss and their caregivers will be on Tuesday, September 26th at 9:30am in the Plainfield Village Church at 350 Main Street. (A nurse from the Northampton Health Department will join us to answer your specific questions.) If you're interested in learning or sharing how we might care for our neighbors struggling with this, please join us. Together we will decide what to explore next.

Dancing with Polly continues Wednesday, September 27th at 10am in the Plainfield Town Hall. Enjoy dancing at your own pace to some of the participants' favorite music! All ages are welcome!

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 September, pick up is the 12th and 26th, please order by September 5th).

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.

The next Foot Care Clinic at the Community House in Cummington is scheduled for **September 5th**. Please call Piper Sagan at **413-522-8432** to arrange an appointment (\$50) or home visit (\$80 a session).

Please call Polly if you would like to be a COA volunteer and give a neighbor a helping hand: **413-212-1581**.



Happy Birthday!

Emily Howard, Cynthia Poirier, Victor Mistretta, Erik Burcroff, Theresa Thatcher, Lynn Hubbard, David Locke, Susan Wagnig, Rowen Caplan, Peri Kelly, Gary Hunt, Peter Harding, David Alvord, Shirley Todd-Wood, Paula Harrison, Paul Walter, Richard Potter, Stephen Wicks, Peter Bumpus, Dennis Donahue, June Persing, Edgardo Bianchi, William Burt, Lee Monroe.



The Plainfield Council on Aging counts on YOUR support to help build important programming for local seniors!

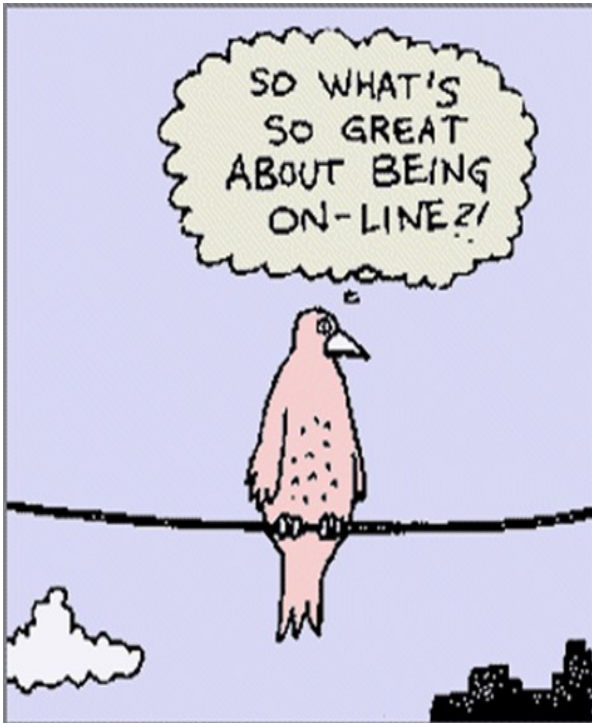
I would like to contribute to the Plainfield Council on Aging. My contribution of \$ _____ is attached.
(Please write your check to The Town of Plainfield and mail to Plainfield COA, 304 Main St. Plainfield, MA 01070)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

Plainfield Council on Aging



Good News for Northern Hilltown Seniors!

The seven Northern Hilltowns COAs were awarded nearly \$300,000 over 18 months to increase rural digital literacy and internet access for each of seven towns (Goshen, Williamsburg, Chesterfield, Westhampton, Plainfield, Cummington and Worthington) between September 2023 and January 2025. The funding was secured using the information from the survey we collected early in 2023. The project has four goals: give Whip City or Comcast internet service to those households without; give people laptop/tablet devices to connect to our digital world; train folks to use their new or current devices; offer technical support either in face-to-face appointments, by phone, at drop-in center, through classes, workshops, Zoom, and videos on the Northern Hilltowns Consortium of Councils on Aging website, www.northernhilltownscoas.org

We also are **seeking volunteers** for many tasks and a few paid staff to help meet digital needs in our towns. Watch for regular updates, volunteer opportunities, hiring announcements, and schedules for tech support and training. We will be kicking off the grant with a Digital Fair this fall. See www.northernhilltownscoas.org for exact dates and locations or look for flyers and lawn signs. We are excited to offer new digital resources and services and hope you will participate actively.

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!

Ongoing Computer/Laptop Classes starting in October

Classes held on second and fourth Thursdays from 1-3pm in the Chesterfield Community Center.

Learn more about using a computer or laptop! You don't need to own or bring a computer/laptop. Geared toward everyone, from those interested but know nothing, to beginners, to people comfortable with basics but wanting to learn more specific skills, and intermediate users. The goal of the class is to explore computers, internet, or learn something new! Participants can learn everything from turning on a computer, basic terms, how to make, find, reorganize files, get on the internet, and programs you want to get proficient using. People from all communities are welcome to attend. **Registration requested but not required by calling 296-5080 or emailing pegwhalenworkshops@gmail.com** or just stop in. Come on October 12 to the first class! See what it's about, 1-3pm at the Chesterfield Community Center. Classes scheduled for 10/12, 10/26, 11/9, 12/7, 1/4, 1/18.

Tech support hours for Sept., Oct., Nov.

Drop-in center open Wednesdays, 10am-3pm, first and third weeks of each month, at Chesterfield Community Center. Just stop by or pre-schedule a time slot online at:

northernhilltownscoas.org/p/86/Sign-up-for-technology-help

Starting 9/6, 9/20, 10/5, 10/4



The Book! Part 1. First Priority, Emergency

By Jean O' Neil and Deb Hollingworth

The Problem. So, are we all drowning in paperwork? Do we have piles of Probably Important Papers around? Are there some actually important papers that we can't put our hands on? If, heaven forbid, someone had to come in and deal with our paperwork life, would they want to just run away? We are guessing at least some of these questions have some truth in their answers.

The Solution. We plan on suggesting some ways to tame the paper beast. If you use the ideas that we are going to share for the next several months, you should be able to get your paper life in order. We have broken the whole enchilada into bite-sized, doable pieces.

The Benefits. Why would you want to tackle this? What if getting your paperwork organized could save you money, or be critical to your well-being in an emergency, or help your family take care of things if you can't?

We will be writing for three scenarios. One, there is a sudden death or incapacity. Two, there is a prolonged illness. (In both cases, others will have to step in to keep things going). Three, there is a desire to just get organized and not fret. We've all heard of the benefits of decluttering...

FIRST PRIORITY. Let's start with information that is needed in an emergency. Say you have a 911 event and the EMTs are here to take you or a loved one to the hospital. If you have a red packet of File of Life on your refrigerator and have kept the paper inside current, you have helped yourself a great deal. Our Senior Centers can get you a File of Life magnet.



Even without that magnet, you can write out the relevant information and carry it in your wallet and give a copy to a trusted friend or family member.

That includes:

- Your name, birthdate, address, and phone numbers
- Health insurance provider
- A list of medicines, allergies, any recent medical events
- Chronic medical conditions such as heart disease or diabetes
- The name and number of your primary care doctor
- Contacts to tell about your situation, who to call first, who to call as backup
- Contact information for your Durable Power of Attorney and Health Care Proxy (see June and July 2022 newsletters)
- Location of your critical information binder or folders (see next newsletter!)

Other priority information may include:

- Location of your house and car keys
- Codes for a security system or lock box, for the garage door
- Passwords for computer systems
- Pet care (name of caretaker, food and medicine instructions, name of vet)

You will have to decide where to keep this information as some of it is sensitive. It should be made available to those who need it but kept secure against access by others.

The next chapter, if you want to get a head start, will be on Assets and Liabilities, which can include an inventory of assets, and listing of financial obligations like mortgages, credit cards, loans, and monthly household overhead/bills.

**When we're young,
we sneak out of our
house to go to
parties.**

**When we're old, we
sneak out of parties
to go home.**



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 September 22. **The Big E***, an annual favorite, with free entertainment at Honor Court Stage. **Cost is FREE to the first 20 Chesterfield Seniors and all others \$18**. Make your check payable to FNCS and mail to the address above. NO REFUNDS due to bargain price.

*Day Trip October 9. **Lake George Cruise*** - Take a 2.5 hour luncheon cruise through the vistas of Lake George. A Captain's Luncheon Buffet will be served on board. Special pricing for Worthington Seniors \$75, for all other seniors the cost is \$125. Make your check out to Landmark Tours and mail to Worthington COA, PO Box 7, Worthington, MA 01098 by September 5th. Two pick up locations-- Worthington and Northampton. A similar trip sold out recently, so reserve early. For further information contact Phyllis Dassatti at 413-238-5962.

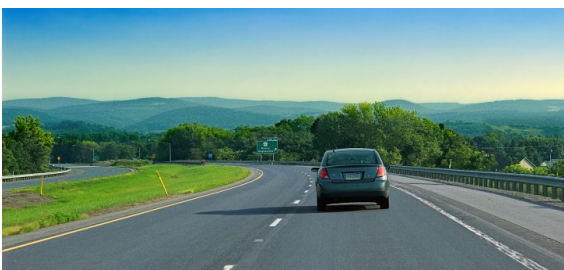
*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater***. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.

~~COMING IN 2024~~

*Multi Day Trip May 2024. **Nova Scotia, Prince Edward Island & New Brunswick. Passport required.*** Cost TBD per person dbl. occupancy. **This 9 day trip includes:** 8 nights lodging including 5 nights in Canada, one night stay in Maine coming and going. 14 meals including: 8 breakfasts and 6 dinners. Guided Tour of Acadia National Park, Guided Tour of Halifax, Peggy's Cove & Lunenburg.

~~Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.~~

Looking for day trip ideas for 2024. Please email Francine at address above.



Northern Hilltowns Consortium of COAs presents:

Another Conversation About Memory Thursday, September 28th

Chesterfield Community Center, 400 Main Rd.
Chesterfield, MA 01012



Program:

- 10:00 **Check in & Coffee**
- 10:30 **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director,
Chesterfield Council on Aging
- 11:00 **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*
- 12:00 **Tools and Tips for improving your memory**
- 12:30 **Lunch**
- 1:30 **Impact of memory impairments 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
How to talk with someone with memory
impairments*
- 2:30 **Closing remarks: What's Next?**

Lunch and refreshments will be provided

RSVP BY SEPTEMBER 21st:

coa@townofchesterfieldma.com or
413-296-4007



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Plainfield, MA 01070**

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PERMIT 183
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**Fall / Winter Clothing Exchange
Saturday, September 30th, 9-3pm**

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/27 from 6-8pm or Friday 9/29 from 9am-3pm, then come back to shop on Sat. the 30th from 9am-3pm! All are invited to participate whether you donate clothes or not.

WHY ENGLISH IS HARD TO LEARN

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!

- ANONYMOUS
via LoveThisPic.com