

Plainfield Council on Aging

April 2024 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 Lamb, roasted potatoes, vegies, salad, bread, and dessert. Other desserts are welcome additions. Blood pressure readings will also be available gratis the Hilltown Community Health Center and Gretta Cullett.



Want to visit the Susan B. Anthony Birthplace Museum on April 26th? A reservation has been made for up to 20 people to visit the museum at 10am and participate in a tour from 11:30 – 12:30. Then lunch on the COA at The Daily Grind. Check out the menu <https://www.berkshiremenus.com/Restaurants/Adams/Daily-Grind.aspx>. A van will transport up to 12 people, leaving Plainfield Town Hall at 9:30 and returning at 2:30. Please RSVP with Polly at 413-212-1581 or email pryan@town.plainfield.ma.us

Grab and go hot meals are available for Plainfield's 60 and over residents at the Cummington Community House. They can be picked up every Tuesday between noon and 12:30. To register or order for the first time, call Chrisoula at 634-2262 or email 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 **May 7th**. Please call Piper Sagan at 413-522-8432 to schedule an appointment (\$50) or a home visit (\$80/session).



The exercise class at Earthdance hopes to continue for another four Tuesdays in April and will be

followed by a delicious and nutritious meal. Please contact instructor Judy Messer at 413-221-3012 or heartcoloration@gmail.com for specific details. A sliding fee of \$40-60 will cover 4 classes. Drop-ins are welcome to join at \$18 per class. Weather cancellation will be made up at the end of the sessions. A sliding fee of \$5-15 will cover each lunch, please rsvp Polly if you want to join us just for lunch: 413-212-1581. Exercise is from 11am to noon, and Lunch is noon to 1pm. Meet us at 252 Prospect Street. Thanks to the COA and the Earthdance Creative Living Project for subsidizing this event.

What does our younger generation have in common with members of the COA community? Making and eating ice cream? Stories? Sharing Skills? Art? Singing? Would you like to participate in a multigenerational Sharing Club? Would you bring your grandkids? If so, let's get one going. Call Polly to express your interest, 413-212-1581 or email pryan@town.plainfield.ma.us

Need a friend or support? Join Polly and/or a nurse for coffee hour. Schedule a time convenient for you by calling 413-212-1581 or email pryan@town.plainfield.ma.us

The Alzheimer's Association Annual Virtual New England Family Conference held on March 1 & 2 was very informative. Polly and friends who attended found it very worthwhile. We enjoyed each other's comradery during the event and having lunch together. If you would like access to a recording of the conference, contact Polly at 413-212-1581 or email pryan@town.plainfield.ma.us

The Plainfield Mutual Support Network (PMSN) has a list of volunteers providing rides to local vendors and medical appointments. Please call 413-634-0170 a few days ahead to schedule something. Leave a message with your contact information and details of your transportation needs.

PLEASE take advantage of the “Hilltown Driver Pool” service that the HCDC provides, www.hilltowncdc.org/transportation. Locally hired drivers are available to take individuals (including those under 60 years of age) to medical or legal errands door to door. They have a van service, called Easy Ride (for 60+ individuals only) that provides rides for shopping and medical services as well. **Contact Ed Pelletier to schedule rides at 413-296-4232 between 8:15am-9:45am M-F or leave a voicemail.**

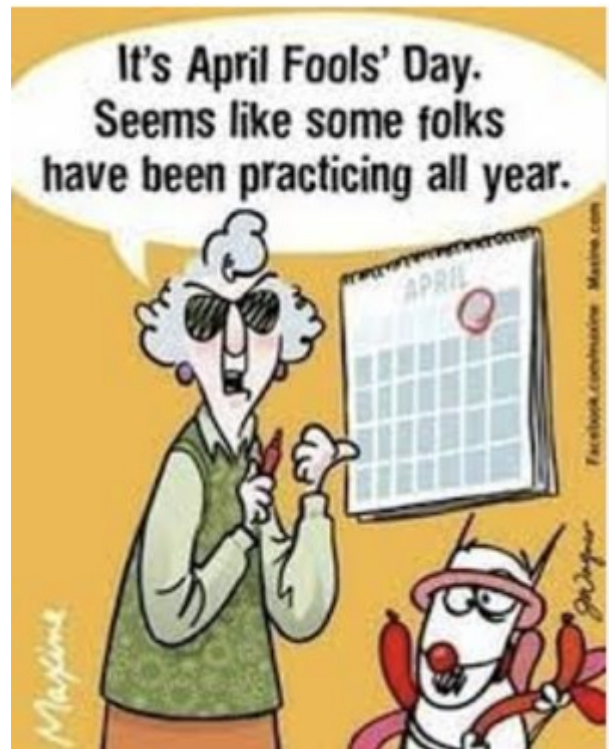


The Northern Hilltown COA website has a fresh look and is an immensely useful resource! Check it out at <https://northernhilltownscoas.org/> See what is happening in neighboring towns and feel free to join their events.

Please see the regional section of this newsletter for information on technology support. Forms are now available to officially request free technology equipment and free internet hookup with Whip City in Town Hall (look in the COA cabinet), the town offices and the library or get one from Polly.

The Hilltown COAs are looking for volunteers to provide technology support, training is available. Contact Gail Lucey at coatechvolcoor@gmail.com or call 413-348-3489 if you're interested.

Please consider doing Covid home testing before attending COA events to curb any spread. Medical equipment supply coordinator, Shirley Todd, has test kits on hand, call her at 413-446-9608 for an exchange. If she is unavailable, call Polly at 413-212-1581.



Happy Birthday!

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

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

SAVE THE DATE!



TechConnect Fair
APRIL 6, 2024, 10 AM-3 PM
 New Hingham Elementary School
 Chesterfield

Join us for a festive event offering technology support and exploration, giveaways, and more.
 For adults 60 and older.



A program of the Northern Hilltown's Consortium of COAs

www.northernhilltownscoas.org

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!



After the Scam...

So you have been scammed. You may have lost money, a sense of security, or just pride. What do you do? Consider these options:

1. Crawl in a corner and cry "poor me, poor me" for awhile.
2. Complain to friends and family at length, accept sympathy.
3. Get ready to move on, learning how it happened and determining to never let it happen again. You might enlist one of those friend and family folks here.
4. Submit a report or complaint to the proper authorities.

I think number 1 would be very tempting, number 2 might be somewhat satisfying. But numbers 3 and 4 are the best choices!

This is a good read for the problem: <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>. Your first action after realizing there has been a scam is to try and limit your loss. Call the local police department to see if they can help, especially if you lost money or property or had your identity compromised. The sooner the scam is reported, the better the chance that police can recover some money. Contact your bank and credit card firms and tell them there was a fraudulent charge, freeze your credit reports, and change passwords.

Next, if you did lose money, call the National Elder Fraud Hotline at 1-833-372-8311. A case manager will help you through the reporting process and through any remaining steps to take, depending on the type of scam.

If the scam is computer-based, it is also a good idea to report this to the FBI's Internet Crime Complaint Center at www.IC3.gov for their tracking of cyber crimes. You can also contact the Federal Trade Commission – go to ftc.gov for a reporting form. You describe what happened, read their suggestions for next steps, and know that they will share reports with investigative agencies to help others.

After you have limited your loss, be brave and tell others to try and warn them. Post on social media, call those who you think might be vulnerable. Please know you are not the only person who has been scammed – many others have and will be, sadly.

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

Technology Help and Training for April



Volunteers Still Needed: to learn more about what we need volunteers for in providing help to others with technology, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or visit www.northernhilltownscoas.org.

Tech Support

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 4/9 from 10 to Noon, Williamsburg
Repeats 2nd Tues. of each month
- Monthly Nash Hill Place Resident Drop-In tech support, Tuesday 4/9 from 6pm-8pm
Repeats 2nd Tues. evening of each month

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 2:30, restarting 4/25 for six weeks through 5/30
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, restarting 4/24 for 6 weeks through 5/29

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level.

Must pre-register for classes no later than one week before the scheduled training date.

Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Event:

On **Saturday, April 6th** we will be holding a **FREE TechConnect Fair** with vendors, mini-workshops, information, walk-up tech questions answered, activities, giveaways and door prizes at New Hingham Elementary School, Smith Rd, in Chesterfield. Bring a friend!



April's Good News:

MassHealth Has Released the Medicare Savings Program Application!

By Deb Hollingworth

This Federal benefit program, administered by MassHealth, can reduce your health insurance costs by: paying your Medicare B premium which is \$174/ month this year. It also automatically gives you Extra-Help which is a program that subsidizes your Rx costs, and you get Health Safety Net coverage for hospital costs. If your income is low enough, the Medicare Savings program will, in addition, also pay co-pays for medical services like doctors visits, tests, and emergency services.

This is a great program and the financial eligibility guidelines have changed. Income can be as much as \$2,824/month if you are single and as much as \$3,833 if married. As of January 1st this year, Massachusetts became the 11th State to eliminate the assets limit for this benefit. Eligibility is determined by income alone.

The application is one page, with your signature required on the back side. Applications are now available. I don't know if you've been doing the math, but the savings on your Medicare B premium, which is now being deducted from your social security check, will be restored to your retirement benefit for a yearly savings of over \$2,088 this year. You can get an application, and description of the Medicare Savings Program and how it works, from your Senior Center. If you have questions, or need help determining if you are eligible, or help getting the application completed and submitted, you can ask for a SHINE consult.

This change has been a long time coming and you can thank Mass Senior Action which is our advocacy voice for Massachusetts Seniors.

On the Road Again... 2024 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.

Nine Day Trip May 29- June 6, 2024. Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Check your expiration date. Cost \$1,644, per person dbl. occupancy - is due **NOW**. Make payment to Diamond Tours and mail to the address above. **A short wait list is available.**

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storwton Tavern Carriage House in W. Springfield. Self-drive or carpool. Cost is \$77 made out to Chesterfield COA and mailed to address above. Chesterfield seniors: please call for pricing.

Day Trip Thursday, July 11th. 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. The \$118 Payment to Landmark Tours is due by May 10. Please mail to the address above. **A short wait list is available.**

Day Trip Wednesday, August 7th. Resorts World Casino-- Catskills, NY trip. Can you get enough of **Elvis**? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to FNCS is due by May 5. Please mail to the address above. Please include your date of birth for the player card. **THIS TRIP IS A GO. Waitlist available.**

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel. Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by June 20th. Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above. Call now to reserve your spot.**

*Day Trip October 14th. Lake George Cruise-*Take a 2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. Keyboard entertainer performs. Stops at scenic Prospect Mountain and the Lake George Outlets with 30 stores to explore. The \$131 payment to Landmark Tours is due by August 19th. **A short wait list is available.**

NEW Day Trip October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$TBD Payment to Francine Frenier is due by August TBD. Please mail a check to the address above. This trip will depart from Hadley.

Day Trip Friday December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail to the address above.

Seniors Aware of Fire Education

This month the Senior SAFE focus is on fall prevention. Falls are the leading cause of death from unintentional injury among older adults. Here are a number of things you can do to keep from falling down:

- 1. Exercise Regularly.** It will help you build strength and improve your balance and coordination. Ask your doctor about the best things to do. Take advantage of your Council On Aging exercise group.
- 2. Take Your Time.** Get out of chairs slowly. Sit for a moment before getting out of bed. Stand up and get your balance before you walk.
- 3. Keep Stairs And Walking Areas Clear.** Remove any clutter from walking areas.
- 4. Improve Lighting In And Outside Your Home.** Use night lights or a flashlight to light the path from your bedroom to the bathroom. Turn on the lights before using the stairs.
- 5. Use Non-Slip Mats** In the bathtub and shower. Have grab bars installed next to the bathtub, shower and toilet. Wipe up spilled liquids immediately.
- 6. Avoid Uneven Surfaces.** Use only throw rugs that have built-in non-skid backing. Use non-skid pads under rugs. Smooth out wrinkles and folds in carpets. Be aware of uneven sidewalks and pavement out doors.
- 7. Stairways Should Be Well Lit.** Lighting from both the top and bottom of the stairway is important. Have easy-to-grip handrails along the full length on both sides of the stairs.
- 8. Wear Sturdy, Well Fitting Shoes.** Low-heeled shoes with non-slip soles are best. They make a fashion statement and are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Be SAFE and fall free!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.

**Plainfield Council on Aging
Plainfield Town Offices
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Plainfield, MA 01070**

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\$5 haircuts

SMITH VOCATIONAL
COSMETOLOGY



Ready for a fresh 'do and a
new you?

Get your haircut at Smith
Vocational!

WHEN: Tuesdays & Thursdays,
call to schedule

WHERE: The Salon is located in Room 124 of
Building A at Smith Vocational High
School, 80 Locust St., Northampton.

WHAT ELSE: Manicures, colors, facials, and other
hair care options, call for other prices

HOW TO BOOK: Simply call 413-587-1414 ext. 3531 for
an appointment. All are welcome!

Drawing Class in Goshen!

Thursdays, April 4 - May 23 from 1-3pm
Goshen Town Hall - Upstairs
42 Main St. Goshen
Suggested Donation of \$10 per class

This eight week, two hour drawing class is geared for beginners who would like to learn to draw, or would like to grow their skills in drawing. We tackle questions like "How do you break down what you see in order to draw it?" "How can you see the shape, line, value?" and "How can I suggest movement within my drawing?" Senior, adult and teen participants will work on these skills in an encouraging and relaxed atmosphere. Each class will begin with a warm up, and then a drawing project. The goal is to stretch our brain, try something new and to have fun together. Supply list provided upon registration. Register at www.lenagarcia.com

