

# Plainfield Council on Aging

## May 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



## May Luncheon



Wednesday, May 8th at Noon

We will be serving meatloaf, scallop potatoes, coleslaw, veggies, and dessert at the town hall. Other desserts are welcome additions. At 12:45, Lisa Halbert will discuss elder law with us. This is sponsored by the Massachusetts Bar Association through their Elder Law Education Program. Blood pressure readings will also be available gratis the Hilltown Community Health Center and Gretta Cullett.

**News about the COA newsletter again? Yes, I'm afraid so.** The Consortium will spend the funds provided by the State and MCOA for the 2023-2024 fiscal year by this coming June and no other funds have been procured for FY25. This means there will no longer be paper copies of the COA newsletter arriving in your mailbox; the July edition will be the last one. The consortium will fund a digital copy through the rest of 2024. We hope you stay connected by emailing our newsletter designer, Kristen Estelle, so she can put you on our email list: [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com)

In addition, and going forward, you may also find Plainfield COA news in the Post, on the Facebook page "Everything Plainfield", as well as our town and the Northern Hilltown consortium website: [northernhilltownscoas.org/](http://northernhilltownscoas.org/)

**Sanderson Academy's senior class has invited our community to join them on May 17th for a music concert and lunch at their school.** The concert will start at 10:45am in the gym and lunch will be served in the cafeteria at 11:30am. A van will leave Town Hall at 10am to transport up to 12 people there and return at 12:30. Please RSVP with Denise Sessions by May 8th at (413) 628-4404 if you would like to at-

tend the event. Please let Polly know if you want to reserve a seat in the van.

**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).

Tech Foundry's **Tech Hub** out of Holyoke will visit Plainfield on **May 20th from 9 am to noon** in Town Hall. They will provide a drop-in tech support session from 9 -11am and then do a presentation on internet scams and how to protect your identity from 11am to noon. They provide technical training support and workshops for FREE out of their Holyoke office regularly. Check them out at [techhubmass.net](http://techhubmass.net)

**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](mailto:croumeliotis@cummington-ma.gov). Suggested donation is \$3 per meal for Highland Valley Elder Services who prepare them.

Please Join us at **Peace Haven Farm, 71 Pleasant Street**, here in Plainfield on **Saturday, June 8th from 11am to 3pm (Rain Date: Sat., June 22nd, 11am-3pm)** for a **"Horsemanship and Horse Dancing" demonstration** by RJ Sadowski, Licensed Riding Instructor and Certified by the Horsemanship Association. In addition, horseback rides and a riding school tour will be offered and guided by RJ. Meet the horses and see how they live as naturally as possible. Learn about horse psychology and behavior. **Please RSVP at 413-634-8800 on or before June 1** if you plan to attend. Comfortable foot-



wear and clothing are recommended and bring your own chair. Lunch will be provided by Plainfield COA at Noon. For information about carpooling, contact Polly at pryan@town.plainfield.ma.us or 413-212-1581.



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.

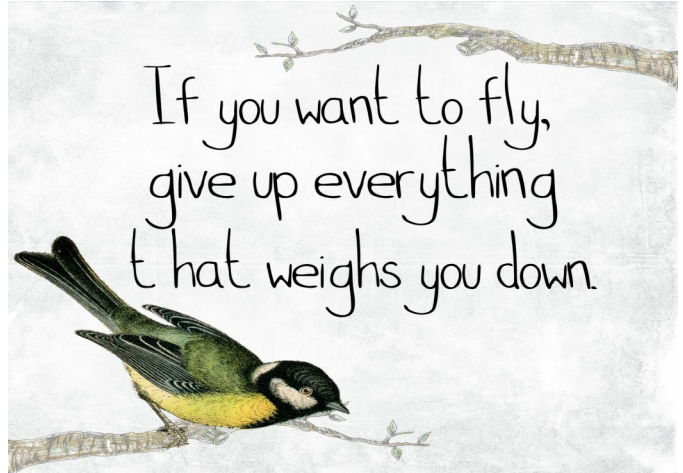
The Hilltown COAs are looking for volunteers to provide technology support, training is available. Please contact Gail Lucey at 413-348-3489 or coatechvolcoor@gmail.com if you're interested.

**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 Hilltown Community Development Corporation provides: [www.hilltowncdc.org/transportation](http://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, as well (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.

**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



*Happy Birthday!*

- Emily Cavin, Margaret Connell, Gerald Connell, Ellen Dupont, Darlene Graham, Jewel Green, Dorothy Hendricks, Michael Kalagher, Margaret Keller, David Kramer, Lori Lamontagne, Hendrik Messenger, Mary Potter, Denise Sessions, James Shearer, William Sheppard, Barbara Threatt, Earl Walrath, Sue Warner, Christian Wrobel



***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**



### TechConnect Fair a Success!

On Saturday, April 6th the TechConnect program held a first of its kind northern hilltowns Consortium of COAs Fair. The event was hosted by the New Hingham Regional Elementary School in Chesterfield. Over one hundred people attended the fair! There were seven exhibitors, including AARP, the NW District Attorney's office, Meekins Library, Comcast, Whip City Fiber, Tech Hub from Holyoke and the Alliance for Digital Equity Network. TechConnect staff hosted tables where fair participants could tour the Northern Hilltowns Consortium website, [northernhilltownscoas.org](http://northernhilltownscoas.org), sign up to join the project as a volunteer, get walk-up tech support for technology questions, and sign up for training and workshops. Many people attended the three mini-workshops offered on managing passwords, tech terms and what they mean, and making your tech device fit your needs.

Comments from those who came included: "The training on how to use the Hilltown Consortium website was very helpful". "I appreciated talking about the politics of being sure all people have technology", "I am going home to get my tech-phobic husband and bring him back. I think he would like this!", "This event really lit a fire under me, I have all these things on my list to learn and now I know how to get started". "I love this for our community! Coming here today let's people know they are not alone in their concerns about learning technology."

**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!



### But I did my MOLST!

In September 2022, I wrote about living wills and the state Medical Order for Life-Sustaining Treatment (MOLST). You may recall that I said a MOLST is an order, while another relevant document, the living will, is more of a conversation. The MOLST takes effect immediately at an emergency, the living will and advance directives come in when you are unable to respond for yourself. That is why having a living will following conversations with your family or friends is so important – it will help them figure out what you would want them to do.

Now, we have the POLST! It is a portable medical order, meaning if you travel in another state, the POLST will most likely apply. The MOLST may not. We were given a POLST form at the hospital a few days ago so they are becoming available.

These two forms are voluntary; you need not think about or plan for your end of life situation. You can also change the forms if you change your mind. Do know, however, that what happens in the future may not be to your liking. For instance, if the ambulance takes you to the emergency room and you do not have a MOLST or POLST on file, or they cannot find it, you will be designated as Full Code. That means if your heart stops and breathing ceases, they will try everything they can to start you back up. That can include chest compressions and intubation.

Where do they find your forms? Your doctor will have one, the person who has your health care power of attorney and any emergency contacts should have a copy. And of course it should be in that red File of Life folder on your refrigerator at home. You can also carry one of those files with you.

Still thinking for the future,  
 Jean O'Neil  
 TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)  
 413-268-2228



## Tech. Help and Training for May



**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](mailto:coatechvolcoor@gmail.com), or visit [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org).

### Tech Support

- Support available by email, phone, drop-in or appointment: [coaTechHelp@gmail.com](mailto: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
- Friday, May 3, 17 and 31 from 10:00 to 12:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 5/14 from 10 to Noon, Williamsburg
- Monthly at Nash Hill Place Resident Drop-In tech support, Tuesday 5/14 from 10am-12pm and 6pm-8pm
- May 10th, Goshen COA, 10am-12pm
- May 20th, Plainfield COA, 9am-11am

### Tech Training:

- Beginner's Computer / Laptop Class  
Thursdays 1:00 – 2:30, continuing through 5/30 (new class starting in June)
- Intermediate Windows Computer Class  
Wednesdays 10:30 – Noon, continuing through 5/29 (new class starting in June)

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](mailto:coaTechConnect@gmail.com); call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Tech Workshops:

- iPad Basics, Worthington Library, Thurs. 5/2, 1-2
- Email Basics, Goshen COA, Fri. 5/10, 9-10
- Cyber security/online safety in Plainfield, Monday, May 20th 11-Noon

### Devices Available:

We received our first shipment of PC laptops, Chromebooks and tablets. If you need a device to

connect to the internet, have something so old it is not working effectively, or need a different type of device please contact us.

Email [coatechconnect@gmail.com](mailto:coatechconnect@gmail.com), leave message at **413-296-5080**, or use online form to make request at: [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

## May's Good News

By Deb Hollingworth

Just a quick note here on how it's going with the Medicare Savings program that I can't seem to stop talking about. The two page application was just released March 1st and for those who filled one out and got it in, I began hearing from you by the end of March that you had received an approval letter from MassHealth already with benefits to start April 1st. This means MassHealth is taking about 3 weeks to process these applications. Amazing. This program pays your Medicare B premium, so you can expect a letter soon from social security with a new social security benefit statement showing they have put \$174 / month back in your retirement benefit.

It's a good idea to keep that acceptance letter from MassHealth because up in the right hand corner there will be your ID number which starts 1000, followed by about 6-7 more numbers. This number is also your ID for Health Safety Net which is another benefit that you get automatically. Health Safety Net can be a life saver because it pays hospital bills that your Medicare and/or Medicare supplement might not cover. And you may get yet another letter saying you have Extra-help which is a benefit that supplements the cost of your prescriptions. You need to give your pharmacists that ID number and show them the Extra-help letter. Same goes for any hospital bills. You would need to let the hospital know you have Health Safety Net so they can bill any residual costs that your Medicare is not picking up.

And ...this is curious....you may not even have to apply in order to get these benefits? I had a caller who received a letter from Prescription Advantage which is a Rx subsidy program for Massachusetts residents. Her letter said that Prescription Advantage was terminating her coverage because she had gotten the Medicare Savings program. How can this be she asked? She never applied. It seems that MassHealth is reviewing all those who have had Health Safety Net the past few years and are automatically approving them for the Medicare Savings program. This is definitely good news. So if you receive any letters saying you have been approved for Medicare Savings program, and you want to know how that happened, call your senior center and ask for a SHINE consult. We can check it out for you. Same goes if you want an application and are having difficulty trying to find it online- just give us a call.

## 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. **\$20 discount for any Chesterfield Senior over age 60 who goes on any trip advertised in the newsletter through 2024.**

*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 NOW. Please mail to the address above. **A few seats are 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 Friendship Tours is due by June 5th. Please mail to the address above. Please include your date of birth for the player card. **There is a second bus. If interested, call again.**

*Day Trip September TBD. Big E.* Dependent on the offered entertainment.

*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. Ten seats available.**

*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. A 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. Please mail to the address above. **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 \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

*Day Trip October TBD. Boston Fine Arts Museum.* In the planning process.

*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

Here is an important thing to add to your spring chores. Check your house numbers and make sure they can be easily seen from the road. Why? Seconds count in an emergency! First responders (police, firefighters and EMTs) can find your house faster when your home is properly marked.

Senior   
**SAFE**

#### USE LARGE VISIBLE NUMBERS!

- The numbers need to be at least 4-inches in height and facing the street. (Some communities require taller numbers.)
- The letters should be on a contrasting background so they can be seen from a distance.
- The numbers should be under lighting so they can be seen at night.
- If possible, the outside lights should be turned on for the responders.
- If your driveway is long and if your house is not visible from the road, put your house number on both sides of your mailbox, or on a sign post at the end of your driveway. (The Hampshire County Sheriff's TRIAD program has number signs and posts available to everyone to be planted at the end of the driveway. Contact your COA or police department on how to get the number sign and post.)

Be prepared for the time when seconds count!

--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  
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.

# \$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!

