

Plainfield Council on Aging

July 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

July Luncheon

Wednesday, July 10th at Noon
Town Hall

We will be serving hamburgers and hot dogs, pasta salad, potato salad, coleslaw and a green salad. Desserts are welcome. We will be graced with a blood pressure clinic again.



This issue will be our last printed copy of the COA newsletter. To receive a digital copy by email, please contact Kristen Estelle at regionalcoanews@gmail.com

Going forward, you may also find Plainfield COA news in the Plainfield Post, on the Facebook page "Everything Plainfield", as well as on our town and the Northern Hilltown consortium websites. Check it out at <https://northernhilltownscoas.org/>

A limited number of printed copies will be available in the library and Polly will mail you one if desired, give her a call to get on a mailing list: (413) 212-1581.

This year, have July 4 be about more than hot dogs and fireworks! Our COA is happy to announce that this year we're co-sponsoring the annual community reading of The Declaration of Independence and abolitionist Frederick Douglass' 1852 Fourth of July speech. The event takes place on July 4th at 10 am under the pavilion behind the Shaw Memorial Library on Main Street in Plainfield, and all are invited. Participants take turns to read paragraphs of both texts. After the reading there will be a moderated small group discussion. For more info, you can check out this link: bit.ly/HilltownReading24 or call Erik Burcroff at (413) 262-1587. Gather under the pavilion, rain or shine, and bring a chair, since the picnic tables have been removed.

July 18th: come see a **New England Collegiate Baseball game**, the Sanford Mainers vs the North Adams Steeple Cats, at Joe Wolfe Field in North Adams. Tickets provided by the COA. Reserve a spot with Polly by calling 413-212-1581. Carpooling can be arranged. Light snacks included!

A Mobile Market is coming to Plainfield's Town Hall every **3rd Tuesday of each month** through November from **1-3 pm**. Goods from local farms will be available at a "pay what you can" price. This is an extension of the Hilltown Market located at 19 Sawyer Road in Worthington where farm goods are sold Tuesday-Saturday 10-6pm and Sundays 12-4pm. Home deliveries can also be arranged at hilltownmobilemarket.com. Snap benefits are welcome.

A Healthy Bones & Balance exercise program is coming to Plainfield! Volunteers are coordinated through Hampshire Community Action to lead these classes. Some of our residents attend classes of this sort in Cummington at the Community House every Monday and Thursday at 9:30 am. Soon, classes will be offered in Plainfield on Tuesdays and Fridays. Look for upcoming details in the Plainfield Post.

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 Clinics at the Community House in Cummington are scheduled for **July 2nd and September 3rd**. Please call Piper Sagan at

413-522-8432 to schedule an appointment (\$50) or a home visit (\$80/session).



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 Plainfield Library will now host **drop-in tech support every 3rd Thursday of each month from 5pm to 8pm.** A Tech Savvy Plainfield resident, Lee Locke-Hardy, has graciously volunteered her time for this. Thank you, Lee!

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.** 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.

Two young teenagers are looking for summer work. They will babysit kids or animals. They will do outside yard work or inside cleaning. Their rate is \$10/hour. Call Polly for details 413-212-1581.

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!

Dale Beals, Nancy Borey, Gale Bulissa, Joseph Cliché, Stephen Elmstrom, Judith Gyovai, Laurie Israel, Donald Kelly, Frank Kosior, Patricia Lachance, Daniel Lachance, Linda Melle, Bonnie Phillips, Anthony Provenzano, Lewis Christopher Robbins, Jeanne Arlene Sargent, Edward Stockman, Judith Williams.



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

Seniors Aware of Fire Education

In the last five years there have been more than 500 fires and explosions involving the use of illegal fireworks in Massachusetts. Seven firefighters were injured and the damage was estimated at more than \$1.5 million. More than 200 people, many of whom were children, were treated in medical facilities for serious injuries caused by fireworks.



No wonder Massachusetts law prohibits the possession and use of fireworks by people who are not certified and permitted to use them. The illegal fireworks include sparklers, party poppers, snappers, fire crackers, cherry bombs and the bigger rockets.

There are a whole lot of fireworks events run by certified-permitted people in our area around the Fourth of July. Enjoy them safely!

--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.

Crabby Road

7-4-12



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So Whaddaya Think?

Since my pay for writing these notes depends on how useful you find them – oh wait, I don't get paid! Oh well. I would still like to find out how useful you find them. I've been writing these since 2014 and mostly decided the subjects myself. Occasionally one of you will write or call with a question that ends up as a topic, and that is good. It makes me do more research and learn more. When I am out of my knowledge base, I have several experts I can consult and learn more.

With the transition of the newsletter and the reinvigoration of the Northern Hilltowns Consortium website (northernhilltownscoas.org), it's a good time to do a check. I've written on:

- credit reports
- scams and more scams
- financial literacy
- our mind and money
- the Big Five and extensions thereof
- electronic safety
- nuisance calls and emails
- organizing our life of paper

So which of these topics have caught your attention? Which have you found most helpful, and which should be explored more? Which might be ripe for an update? AND have I left out a topic you think should be covered? I really would like your input.

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

Tech. Help and Training for July



Tech Support Available

Receive technology help by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Centers: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on all Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays, 1:30 to 3:30 (7/12, 7/26)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (7/10)
- Goshen Town Hall, 42 Main St.
Drop-in tech support, 3rd Weds. 1-3pm (7/17)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (7/18)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (7/25)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
Drop-In tech support, 2nd Thurs. 1-3pm (7/18)
{appt. preferred}

Tech Training:

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

- Beginner's Computer / Laptop Class
will resume in September
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, until 7/17
- Chromebook training will be available in August.
See next month's newsletter for date & time.

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops:

- Managing Passwords
Chesterfield Com. Center, Thurs. 7/18 3-4pm

- Accessing Your COA Newsletter Online
Chesterfield Comm. Center, Mon. 7/29 3-4pm

Devices Available:

We have many PC laptops, refurbished Chromebooks and refurbished iPads. 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, leave message at **413-296-5080**, or use online request form on our website: www.northernhilltownscoas.org

VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to help with, contact Volunteer Coordinator: coatechvolcoor@gmail.com, 413-296-5548, or www.northernhilltownscoas.org

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.

Day Trip Wednesday, August 7. 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 NOW. Please mail it to the address above. Please include your date of birth for the player card. **This trip is a go. Just a few seats remain.**

Day Trip Friday, August 23. Essex Steam Train & Riverboat, Essex, CT. A train and riverboat excursion awaits. Includes luncheon at Griswold Inn. Make payment to Landmark Tours for \$136 and mail to the address above by July 20th. Departs from the Calvary Baptist Church, Easthampton.

Day Trip Friday, September 13. Boston. Charles River Sightseeing Cruise & Harvard Museum of Natural History, home of the Glass Flowers. Includes lunch at The Cheesecake Factory. Make payment to Landmark Tours for \$124 and mail to the address above by August 1st.

Day Trip Monday, September 23. The Big E, an annual favorite, with free entertainment at Honor Court Stage. Herman's Hermits starring Peter Noone performs at 2pm. **Cost TBD.** Make your check payable to Francine Frenier and send it to the address above. NO REFUNDS due to bargain price.

Continued on back page.

Resource Directory

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage Hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help , Information and Referral Resources	211
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer: Williamsburg, Chesterfield, Cummington, Goshen	
Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	413 338-2920 or 800-247-9632
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Wed. 1-3
Meal Site , Williamsburg Senior Center Café	413 238-2920 Mon.-Thurs.
Meals on Wheels , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St., Northampton	413 586-6564
Grab and Go Meals: Chesterfield COA, Mondays, Thursdays, 11:30	413 296-4007
Cummington, Plainfield COAs, Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd & 4 th Tuesday, 11:30	413 268-8236 x 118
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Williamsburg COA, Tuesday Wednesday 11:30	413 338-2920
Worthington COA Thursday, 11:30	413 238-238-5962
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

Health Services

Highland Valley Elder Services , Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center , Medical & Dental	413 238-5511, ext. 131
Hope Nurse Greta Cullett	413 238-5511, ext. 322
HealthWise Comm. Health Worker, Ellie Mathias	413 238-5511, ext. 322
Foot Care , Piper Sagan, RN. -Williamsburg or in-home visits	413 268-8407
Plainfield, Cummington, call COA	413 634-2262
Goshen, Call Piper for appt.	413 522-8432
Worthington, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Deborah Hollingworth call COAs,	
Williamsburg, Chesterfield, Goshen	
Worthington, Cummington, Plainfield, Westhampton	
Mass Health & Insurance Coverage	
Buliah Mae Thomas, Navigator: Hilltown Comm. Health Ctr.	413 238-5511

Transportation Services

PVTA Dial-A-Ride Williamsburg	413 268-8407 or 866-277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping Danielle Buzzee	413 246-0278
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Kerry Normandin	413 268-8236, ext. 118
Plainfield COA , Polly Ryan	413 212-1581
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 238-5962

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

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On the Road Again: 2024 Trips
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Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound's spectacular theatrical experience of the biblical show Daniel. Cost \$646, per person dbl. occupancy. Highlights: Sight & Sound Theater show, tour of Philadelphia, visit the Liberty Bell, Holocaust Memorial, The Mint, and spend time at Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above now. Call now to reserve your spot. Four seats available.**

Day Trip Friday, October 4. Vermont's Finest. Stops at Scott Farm Orchard for freshly pressed cider and slice of apple pie, & Robb Family Farm Sugarhouse to sample maple cream and syrup. Lunch at The Marina included. Make payment to Landmark Tours for \$127 and mail to the address above by August 19th.

NEW Day Trip Monday, October 14. Thimble Islands Cruise along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors over 60 and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating.

Day Trip Tuesday, 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.

NEW Day Trip Monday, October 21. Boston Fine Arts Museum. Guided tour and many exhibits to explore on your own including: Jewelry--Beyond Brilliance, Art of Japan, Dali: Disruption and Devotion. Lunch on your own at one of three dining options within the Museum, or bring your own to eat outside the Museum. The \$85 payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat. This trip is a go.**

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 \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. **NO REFUNDS due to bargain price.**

October 2025~~~~Blue Ridge Mountains