

Plainfield Council on Aging

August 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

August Luncheon

Wednesday, August 14th at Noon
Town Hall

We will be providing ingredients to make your own sandwiches (grilled veggies, cold cuts, cheeses, and other fixings) potato salad, tossed salad, and coleslaw. Desserts are welcome. We will also be graced with a blood pressure clinic again.

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 www.hilltownmobilemarket.com. Snap benefits are welcome.

Join renown children's book author and illustrator Jane Dyer in a workshop making "Sheepy People" on August 22nd, from 1-4 pm in Town Hall. Participants will needle-felt sheep and can personalize them. All levels of experience are welcome, and supplies will be provided. The is a free event, however donations are welcome.



Please RSVP with Polly at 413-212-1581 or email pryan@town.plainfield.ma.us Only 10 spots can be accommodated.

A free (donations welcome) Sound Healing Event led by Jennifer O'Connell is planned for August 26th for 10am at Earthdance. Sound healing is the use of specific instruments, tones

and vibrations to balance and heal the body, mind and spirit. This creates nervous system rebalancing, deep rest, and emotional release. Jennifer O'Connell will be playing harmonic quartz crystal bowls along with chimes at this event. Bring a blanket to lie on the floor with and let the sound resonate within you to induce a peaceful healing state. Please RSVP with Polly at 413-212-1581 or email pryan@town.plainfield.ma.us

COA news is only available now in digital formats which you can receive in your email or access on websites. Please contact Kristen Estelle at regionalcoanews@gmail.com to get on the email list. Places to look for COA news are 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 www.northernhilltownscoas.org. Updates and reminders to events will be sent to our email list using a service called MailChimp. 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.

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. Hopefully in November, classes will be offered in Plainfield, possibly on Tuesdays and Wednesdays. Look for upcoming details in the Plainfield Post.

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 5 pm to 8 pm. 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.

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 September 3rd. Please call Piper Sagan at 413-522-8432

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

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.

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.



Happy Birthday!

Ann Irvine, Susan Flores, David Honneus, James Lee, Donna Monroe, Merton Taylor, Douglas Wabnig, Imants Ansbergs, Robert Baker, Bruce Stockwell, Pamela Wayne, Maud Geng, Corey Powers, Stephen Biagini, Steve Bzomowski, Norman Pfeifer, David Westort, Carmen Sinno, Avery Sharpe, Claude Dupont, Susan McMahon, Jeremiah Lobrose, Karen Medeiros-Blair, Joan Wattman, Peter O'Brien, Nancy Lawrence, Steven Nartowicz, John O'Dea, Polly Ryan, Guy Matsuda, Alison Walters, James Bernhard, Bruce Rustemeyer, Mary Sabourin, Kimberly Longey, Christina Schneider



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

Emergencies happen fast and need to be quickly attended to. Here are three things you can do to plan for emergencies.

Senior 
SAFE

1. Make sure your house number is clearly visible from the street, so first responders can find your home quickly.
2. Get a FILE OF LIFE from your Council On Aging center, fire or police department. Fill it out with the names of the medications you are taking; post it on or in your fridge (EMTs will look for it if they are transporting you to the hospital).
3. Notify E-911 when someone in your house uses a life support system such as home oxygen or has some other disability. Dispatch will notify first responders which will enable them to render aid more quickly.

Plan to be SAFE!

--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.



QR codes – Questions!

What are they?

They are the ubiquitous white squares printed on labels and packaging that contain black squares and squiggles (most likely a technical term). They might make you think of bar codes, the multiple black lines printed on labels. But the QR code is sort of a spiffy bar code, where more data can be stored in the image. QR codes can store data such as web sites, text, images, payment information, and application downloads.

What does QR stand for?

My guesses were Quaint Rabbit, Quiet Roommate, and Quintessential Realist. Turns out it stands for Quick Response. Who knew. The general idea is that an electronic reader such as on your cell phone can access tons of information quickly. Sorry – Quickly.

Is there a problem?

So thinking that if an electronic reader, operated or accessed by a human being, can get all that information, is there a chance for mischief? What a surprise, yes, there is and it is called Quishing (I did not make that up). When the reader such as our phone scans the code, information is obtained that could be used to steal identity or money. I just got a bulk -mail letter from an insurance company with a QR code; even if they are a reputable company, if I scan that, I will give them some of my electronic information and they will at a minimum start sending me emails and maybe texts. The FTC warns that standard security programs may not be able to catch problems with QR codes.

Safety precautions are similar to other electronic “things” to which we are asked to respond. Be sure you know where you are clicking, the context, reputation, etc. In other words, who might be trying to push you to a fraudulent website. The AARP Fraud Line gives these three “Don’ts”: Don’t download an app from the code. Find and use the app from your phone’s app store. Don’t pay a bill by clicking on a QR code. Don’t follow a QR code you got online or from a text.

Quietly I leave you for this month,
Jean O’Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for August



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, 11:30-1:30 (8/9 and 8/23)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (8/14)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (8/15)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (8/22)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (8/29)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
8/12 from 1-3pm. Appt. preferred.

Tech Training:

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

- Beginner's Computer / Laptop Class
will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30
- Intermediate Windows Computer Class
starts, Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Chromebook Training, 8/9, 10:30-11:30
- iPad Basics Workshop, 8/22, 9-10:30

- Windows Basics Workshop, 8/23, 10:30-11:30
- Accessing the Newsletter Online, 8/28, 10:30-11:30

SAVE THE DATE:

Second TechConnect Fair

New Hingham Regional Elementary School

Sat. Sept. 21st, 9:00 - 1:00

Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: We have many PC laptops, refurbished Chromebooks and tablets. If you need or are waiting for 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 form on our website, www.northernhilltownscoas.org

GOSHEN VOLUNTEER NEEDED WILL TRAIN: to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or visit 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 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 NOW. Waitlist only.

*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 is FREE for Chesterfield Seniors 60+ and \$18 for other seniors.** Make your check payable to Francine Frenier and send it to the address above by September 6th. NO REFUNDS due to bargain price.

*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. Waitlist available.

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 60+ and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating. Two pick up locations, Worthington and Northampton.

*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. Waitlist only.

NEW *Day Trip Monday, October 21. **Boston Fine Arts Museum.*** 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. Waitlist only.

*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 Asheville, North Carolina

Virtual Good News for August By Deb Hollingworth

Confused? The Good News is that many of you applied for the Medicare Savings Program when MassHealth released the new application in March. And many of you have been approved. Congratulations!

You should have gotten notification from social security that they would be putting your Medicare B premium back in your check, so your social security check should be bigger now. It can take a couple of months for that to happen, but it looks like they are processing faster now. You should also receive a MassHealth ID card (which looks like an ATM card). It's blue and has your MassHealth ID number on it.

Why are you getting a MassHealth card... does this mean you have MassHealth?

No, the Medicare Savings Program is a Federal benefit....not MassHealth. I know you must be sick of me saying that...over and over....but it's easy to think you have MassHealth if they send you an ID card.

Depending on your income, you may need to show that MassHealth ID card at the pharmacy, or when you have doctor visits, because there are additional benefits for those with incomes less than \$2,385 / month (single) or \$3,237/ month {married}. For those at this income, the Medicare Savings Program automatically enrolls you in Extra-Help which will subsidize your Rx co-pays and also pays your co-pays for doctor visits.

So tuck that new MassHealth ID card away in your wallet, and make sure to show it to your medical providers.

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Plainfield COA

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SCAM ALERT!



*You get a call or message saying that you did not appear for **jury duty**, you need to pay a fine or you will be arrested.*

What should you do?

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

***VERIFY THE
INFORMATION***

**Massachusetts
Office of the Jury
Commissioner**

(800) 843-5879

*If you have a
consumer problem or
question, contact the*

**Northwestern
District
Attorney's
Consumer
Protection Unit**

**Greenfield
(413) 774-3186
Northampton
(413) 586-9225**

**Working in cooperation
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