

Plainfield Council on Aging

September 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

September Luncheon

Wednesday, September 11th at Noon
Town Hall

On the menu is pulled pork, buns, coleslaw, baked beans, mac and cheese, butternut squash and dessert. Other desserts are welcome. We will be graced with a blood pressure clinic again.

Interested in learning Tai Chi?

Richard Larson, a fellow senior and dancer from Goshen, will lead a class in the 8 Ways of Tai Chi at Earthdance on **Tuesdays at 11am starting September 3rd**. These are 8 simple repeating movements, involving the principles of Tai Chi, to develop strength, balance, relaxation and peace of mind as a moving meditation. Richard studied Tai Chi form and the 8 Ways at the NY School of Tai Chi Chuan. If you're interested, please RSVP with Polly: **413-212-1581 pryan@town.plainfield.ma.us**



Covid /flu Vaccine Clinic

October 9th, 10am-1pm

Mark your calendars for a Covid / flu clinic October 9th from 10am to 1pm at the Plainfield Safety Complex. Pre-registration is recommended at northamptonma.gov/2219/vax or by calling **413-587-4903**. Registering will save time and help the clinic organizers know how many vaccines to bring, however, walk-ins are welcome (please bring your insurance card). Vaccines are free but insurance helps to cover some of the cost. Anyone 19 years of age and older can register. Homebound? Call **413-587-4903** to arrange an in-home vaccination or go to <https://northamptonma.gov/2219/Vaccine-Programs>

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.

Winter is around the corner and if you would like a bucket of sand delivered to your house, please contact Polly at **413-212-1581** or Shirley at **413-446-9608** and we will arrange it with TRIAD. You can also call TRIAD directly at **413-582-7787**.

The COA newsletter is only available now in digital format 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 <https://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 in the library and Polly will mail you one if desired, give her a call to get on a mailing list: **(413) 212-1581**.



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!

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 *(cont. next page)*

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 October news.

Please see the regional section of this newsletter for information on **technology support**, including a **Tech Fair being held Sept 21st from 9am-1pm at the New Hingham Regional Elementary School in Chesterfield!**

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.



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 Plainfield Mutual Support Network (PMSN) has a list of volunteers willing to provide 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.

In addition, rides to medical appointments can be arranged through the "Hilltown Driver Pool" and "Easy Ride" van service that the Hilltown Community Development Corporation provides: **www.hilltowncdc.org/transportation**. Locally hired drivers are available to take individuals to doctors' appointments or on medical and legal errands door to door. The Van service, called Easy Ride, provides rides for grocery shopping and medical services and can accommodate riders under 60 years of age as well. To schedule rides, contact Ed Pelletier at **413-296-4232** between 8:15am-9:45am M-F or leave a voicemail and he'll get back to you.

Happy Birthday!

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

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

September has been designated "Fall Prevention Month." So, here are some things you can do to keep from falling down to avoid serious injuries:

Senior 
SAFE

1. Stay active.
2. Try balance and strength exercises. Your COA may sponsor exercise sessions.
3. Make your home fall-proof.
4. Wear slip-proof shoes.
5. Have your eyes and hearing checked regularly.
6. Find out what the side effects are from the medications you are taking.
7. Get enough sleep.
8. Limit your consumption of alcohol.

Enjoy a S.A.F.E fall without falling!

--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.



TECH CONNECT FAIR

Saturday, September 21st, 9am-1pm
*New Hingham Regional Elementary School
30 Smith Road. Chesterfield, MA*

Don't miss the Tech Connect Fair on Saturday, September 21st at the New Hingham Regional Elementary School! You can drop in anytime from 9am to 1pm. Residents from all towns are welcome to attend! Come and discover an array of tech vendors, engage in mini workshops, attend informative sessions, and participate in tech-centric activities.

One of our previous year's attendees shared, "This event ignited my passion for learning. I have so many items on my list to learn, and now I know how to get started." We're sure you'll gain new insights, get your tech queries solved, and maybe even find a new passion. Plus, we've got door prizes and giveaways adding to the fun. **Can't wait to see you!**

All Those Papers! Part 1

So you know how you throw something out and the next day wish you had it? Sadly, that can happen with papers! We've gone over what papers you should have and how to file them (The Book), now - please don't yell - do I HAVE to keep them ALL??? The good news in short, no. The bad news, you have to figure out which ones. Some of these decisions are personal, some are not. So here we go.

Personal - should you keep old love letters? Photos of past boy or girl friends? The registration for your first car? You decide, we all don't care.

Not personal - here we care as we don't want you to be sad. We'll start with taxes and finish next month with other items. I have to admit I cheated this month and let the IRS write for me. This is too important to chance an error.

Taxes. I used this link - www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records and added emphasis on a definition. Let me know if you want more details, or a print of this link. Records here means your tax returns and associated documents, like 1099s, or other documents that were filed with the return or that could have an effect on your return in future years.

"The length of time you should keep a document depends on the action, expense, or event which the document records. Generally, you must keep your records that support an item of income, deduction or credit shown on your tax return until you can amend your tax return to claim a credit or refund, or the IRS can assess additional tax.

1. Keep records for 3 years if situations (4), (5), and (6) below do not apply to you.
2. Keep records for 3 years from the date you filed your original return or 2 years from the date you paid the tax, whichever is later, if you file a claim for credit or refund after you file your return.
3. Keep records for 7 years if you file a claim for a loss from worthless securities or bad debt deduction.
4. Keep records for 6 years if you do not report income that you should report, and it is more than 25% of the gross income shown on your return.
5. Keep records indefinitely if you do not file a return, or
6. If you filed a fraudulent return."

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

Tech. Help and Training for September



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 (9/6 and 9/20)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (9/11)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (9/19)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (9/19)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (9/26)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
On hold for now.

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

Computer Classes:

Beginner's Windows Laptop Class will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30

Intermediate Windows Laptop Class starts Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Zoom – Fri, 9/6/2024, 10:30 – 11:30
- Mac basics – Wed, 9/11/24, Noon-1pm
- Google Drive – Fri, 9/20/2024, 10:30 – 11:30

- Accessing the newsletter online – Mon, 9/30 at Noon - 1:00pm
- Facebook – Fri, 10/4/2024, 10:30 – 11:30
- What does THAT mean: tech terms – Wed, 10/9/24, 11:00 - 12:00pm
- MS Excel – Fri, 10/18/2024, 10:30 – 11:30
- Streaming – Sat, 10/26/24, 10:30 - 12:00pm

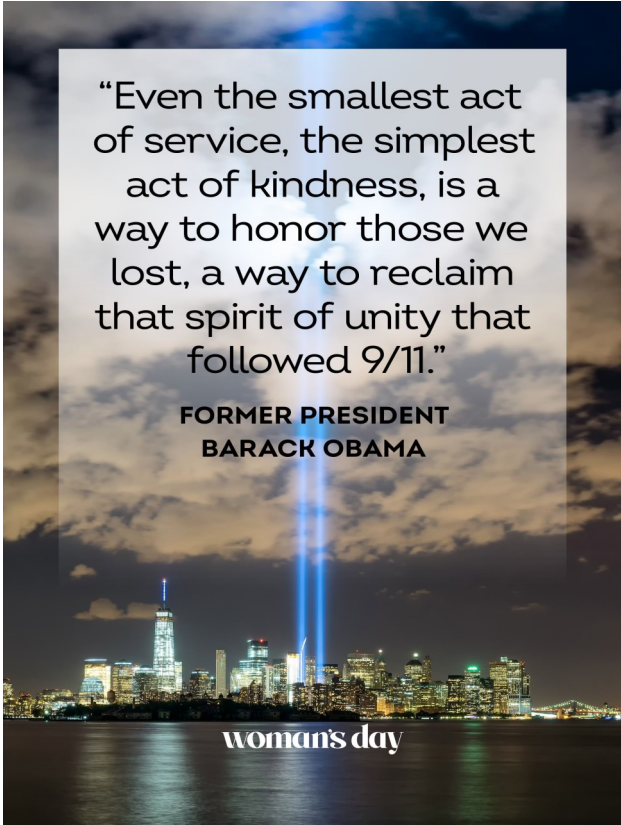
TechConnect Fair

New Hingham Regional Elementary School
Sat. Sept. 21st, 9:00 - 1:00
Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: Our recently hired staff member Ky Martus, is distributing devices. Please remind us if you requested one and are still waiting. We have more PC laptops, refurbished Chromebooks and iPad and Android 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 request form on our website, www.northernhilltownscoas.org

Cummington Drop-In Volunteer Needed - Will Train: to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through www.northernhilltownscoas.org



“Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11.”

FORMER PRESIDENT
BARACK OBAMA

womans day

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 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 NOW. NO REFUNDS due to bargain price.

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.

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 NOW. Please mail a check to the address above. Waitlist available.

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. Waitlist available.

October 2025~~~~Blue Ridge Mountains Asheville, North Carolina

Fall / Winter Clothing Exchange

Saturday, September 21st, 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 9/18 from 6-8pm or Friday 9/20 from 9am-3pm, then come back to shop on Sat. the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

A WILLIAMSBURG FORUM ON OUR CLIMATE AND ENERGY FUTURE

Sunday, September 22, 2 pm

Our Climate Future: What to Expect in New England

Temperature and precipitation projections for New England, anticipated challenges of these changes and what you can do to prepare.

Presented by:
Toni Lyn Morelli,
Northeast Climate Adaptation
Science Center, UMass

Events are at the Anne T. Dunphy School in Williamsburg. Childcare and light refreshments will be provided.

Brought to you by Indivisible Williamsburg and the Williamsburg Energy Committee

SAVE THE DATE!

| Sunday, October 6, 2 pm | Sunday, October 20, 2 pm | Sunday, November 3, 2 pm |
|--|------------------------------|-----------------------------|
| How to Save Money with Energy Upgrades | Your Electricity Bill 101 | Our Electricity Future |



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SCAM ALERT!



You get a message saying your package cannot be delivered. They provide a link to click to schedule delivery.

What should you do?

- Stop and verify the information before you act.
- Don't click on the link or call to claim the package or schedule a delivery.
- Keep tracking information if you are expecting a delivery.

***VERIFY THE
INFORMATION***

USPS.com
1-800-275-8777

UPS.com
1-800-742-5877

FedEx.com
1-800-463-3339

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
with the Office of the MA
Attorney General.**

