

# Plainfield Council on Aging

## November 2024 Newsletter



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

Polly Ryan, Coordinator  
413-212-1581  
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## November Luncheon

Wednesday, November 20th at Noon  
Town Hall

.On the menu is Ham, cheesy cauliflower, baked beans, veggie casserole, winter squash, and dessert. Other desserts are welcome. A nurse from the Health Department in Northampton, Kelly Hughes, will also conduct a blood pressure clinic.



Thank you to all who have served.

## Veterans Luncheon

Monday, November 11th at Noon  
Town Hall

A special luncheon will be held at Town Hall on November 11th just for Veterans. In their honor and with our gratitude for their service, spaghetti and meatballs, garlic bread, salad and desserts will be provided.

Join us for a movie matinee to see “Thelma” at Town Hall on November 9th at 2 pm. “Thelma isn’t your average 93-year-old grandmother - she’s tenacious, determined, and on a mission. After getting conned by a scammer, she teams up with a friend and his motorized scooter on a wild adventure to take back what’s hers.” Join us for cider, donuts, popcorn and some fun & laughs.

Winter is around the corner and if you would like a bucket of sand to be 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.

Interested in learning Tai Chi? *There has been a venue & time change.* Richard Larson, a fellow senior and dancer from Goshen, will lead a class in the 8 Ways of Tai Chi at the **Cumington Community House on Tuesdays at 2pm.** These 8 simple repeating movements, involving the principles of Tai Chi, 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. This class is ongoing and free. You may join at any time.

**Additional Healthy Bones & Balance exercise classes will be held at the Cumington Community House and lead by Polly! Starting November 12th.** She will lead classes every Tuesday at 3pm and every Friday at 9:30am. Feel free to join anytime. The classes are free and ongoing.

Our **SHINE/Connector expert, Deb Hollingsworth, has retired! It will be hard to fill her shoes! Caroline Solan is replacing her** and can answer all your Medicare/Advantage plan health insurance questions. She is available in person on Wednesdays at Highland Valley Elder Services (HVES, 320 Riverside Drive in Florence). You can also call HVES at 413-586-2000 to leave her a message or book an appointment. The most expedited way to reach her would be to send her an email at [csolan@lifepathma.org](mailto:csolan@lifepathma.org).

**The Connector Program** is run through the Northern Hilltown COA Consortium. This program helps guide people in finding services beyond health insurance. If you are in need of any services contact the COA Director at the Chesterfield Council on Aging, 413-296-4007 or email [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com).

If you have questions about MassHealth, call Buliah Mae Thomas at the Hilltown Community Health Center **413-238-5511** or email her at [bthomas@hchcweb.org](mailto:bthomas@hchcweb.org)

**Got Food?** There are several programs for receiving food and/or prepared meals delivered to your home regardless of your income. Check in with Polly to find one that fits your needs. And, if you wish to help a neighbor by volunteering to pick up food for them, please check in with Polly as well.

**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). A suggested donation of \$3 per meal supports Highland Valley Elder Services who prepare them.

**The last Mobile Market comes to Plainfield's Town Hall on November 19th from 1-3pm.** 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](http://hilltownmobilemarket.com) Snap benefits are welcome. They also have FREE stuff to give away.

**The Plainfield Library will now host drop-in tech support every 3rd Thursday of each month from 5-8pm.** 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 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.

The next **Foot Care Clinic** at the Community House in Cummington is scheduled for **November 5th**. Please call Piper Sagan at 413-522-8432 to schedule an appointment (\$50) or a home visit (\$80/session).

**Fresh Covid test kits** (expire in spring of 2025) are available. Arrange to get some from Shirley by calling **413-446-9608**. She can also access durable medical equipment for you if needed. If she is unavailable call Polly at **413-212-1581** or Jeannie at **413-522-1687**.

**Anyone interested in a Pen pal program with sixth graders from Sanderson Academy?** Please let Polly know.

### *Happy Birthday!*

Susan Lococo, Kathryn Pugliese, Mark Stinson, Jennifer Lee, David Perkins, John Tobin, Judith Cole, Janis Talbot, Lionel Beckwith, Lina Bernstein, Robert Mellstrom, William Gilbert, Sandra Morann, Bonnie Beth Pierce, Robert Fusco, Edward Morann, Jerry Little



***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

The big cool down of fall has already started and folks are firing up their wood and pellet stoves and plugging in their space heaters. Here are some things to consider as you prepare to use them.



### For fireplace and solid fuel (coal, wood, pellet) stoves:

- ~ Have your chimney professionally inspected and cleaned.
- ~ Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- ~ Do not use flammable liquid to start the fire.
- ~ Make sure the damper is open before starting the fire.
- ~ Keep any flammable material at least three feet away from the stove.
- ~ Always use a fireplace screen to keep flying embers and sparks in the fireplace.
- ~ Shovel ashes into a METAL BUCKET with a METAL LID, and place it on the ground well outside the house and away from the porch. Ashes and embers can stay hot for days and ignite combustibles.

### If you must use a space heater, here are a few ways to use it safely:

- ~ Do not use a space heater as your number one heating source.
- ~ Keep any flammable material at least three feet from the heater.
- ~ Plug the heater directly into the wall outlet. Do NOT use extension chords or power strips with the heater.
- ~ Always turn off the heater when going to bed or leaving the room.
- ~ Remember, it is illegal to use portable kerosene and propane heaters inside your home because they create carbon monoxide.

### One more consideration:

- ~ Make sure you have working carbon monoxide detectors in your house. CO is a colorless, odorless gas, and is absolutely lethal.

Stay warm, 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.*

## Emergency Room Advice

Personal experience can be a terrific teacher. This is what I learned in the last 8 months or so. For this note, I will assume you are helping a family member or friend.

If it is necessary to send someone to the hospital emergency room, look at the transportation options, e.g., driving the future patient, or calling 911 and going in an ambulance. If the latter, the patient will be seen initially quicker than if he/she walked in. Plus, if there is a life-threatening issue or the patient is not capable of moving themselves, then obviously you want them to be in EMT care ASAP. Bless those folks.

Follow the ambulance safely – don't rush. It will take a little time for the ambulance to get there and into the hospital and for them to put the patient somewhere that you can see him/her. Take the time to get Necessary Stuff.

And what on earth is Necessary Stuff? This is a technical term (well, maybe not...) meaning identification, medicines, medicine list and schedule, paperwork, phone numbers, and things to do.

**Identification** – you may need the Medicare card or other insurance.

**Medicines** – toss (yes, carefully) the pill containers into a plastic bag. Include non-prescription items such as supplements. The hospital pharmacy is well-stocked but there may be meds that they don't have. In this case, they will package them and have you keep them safe. And, remember only the hospital staff is to give medicines while you are there.

**Medicine list** - Of course you already have this, right? Brand name, generic name, dose, and how many times a day and when the pill is taken.

**Paperwork** – the MOLST or POLST and a copy of the healthcare proxy. The hospital may already have these but you need to be sure. The default option, if they don't, is to label the patient Full Code and pull out ALL stops if the patient stops breathing. The health care proxy of course lets you ask questions and get answers, and make decisions to the benefit of the patient if they are unable to speak for themselves.

**Phone numbers** – You will need to call those who need to know, e.g., children, other family members, friends. You should have the number for the primary doctor, any consultants, or case managers. You may need to (*cont. on next page*)

## Tech. Help and Training for November



### Tech Support Available by Appointment

Receive technology help 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.

### Still Available: Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets

Our 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: [coatechconnect@gmail.com](mailto:coatechconnect@gmail.com), **413-296-5080**, or use online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Need affordable internet access?

We now have a way for you to affordably connect to the internet using an internet "Hotspot" device. They work like WIFI without cable or fiber service. If you are interested in learning more about how these devices work and how they could benefit you, please contact us by phone or email.

### 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 (11/1 and 11/15)
- Cummington Community House, 33 Main St.  
Drop-In tech support, 2nd Weds. 10-12 (11/13)
- Goshen Free Public Library, 42 Main St.  
Drop-in tech support, 3rd Thurs. 12-2 (11/21)
- Plainfield Shaw Memorial Library, 312 Main St.  
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (11/21)
- Westhampton Public Library, 1 North Rd.  
Drop-In tech support, 4th Thurs. 2-4pm (11/22)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 11/12 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 11/12 from 10 to Noon

- Worthington Library, 1 Huntington Rd.  
Call COA for date & time: 413-238-5962.

### Tech Training:

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

### Computer Classes:

Beginner's Windows Laptop Class will restart on Thursdays November 7- December 5 for four-weeks, 1:00- 2:30. Repeats on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts Wednesdays on October 23- November 27 for 6 weeks, 10:30-Noon. Repeats on December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

### Tech Workshops:

- Internet Basics– Fri. 11/1, 10:30-11:30am
- Using Medical Portals & Telehealth-  
Thurs. 11/14, 10:00-12:00pm
- Microsoft Word– Fri. 11/15, 10:30-11:30
- Computer Maintenance– Fri. 12/6, 10:30-11:30
- Organizing, Storing, & Moving Digital Photos (ONLINE CLASS) - Mon. 12/9, 1-2:30pm
- Windows Accessibility– Fri. 12/13, 10:30-11:30
- Android Phones– Tues. 12/17, 1-2:30pm



**(ER Advice, cont. from previous page)** call a friend who has a key and can take care of pets.

**Things to do** – there will be some down time so reading or handwork might be appreciated. That's of course in addition to the worrying which I know you can handle.

Yours in health,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)  
413-268-2228

## On the Road Again... 2024 & 2025 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, 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 NOW. Please mail a check to the address above. NO REFUNDS due to bargain price. Waitlist available.

~~~~~2025~~~~~

*Multi Day Trip June 22-26. Montreal & Ottawa. Passports required.* Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Price \$1,052. Discount of \$25 if paid in full by March 26, 2025. Make the check payable to Diamond Tours and mail to the address above.

*Day Trip TBD. Winnepesaukee Railroad.* Enjoy a delicious turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train. Tour the shores of Lake Winnepesaukee. Price TBD.

*Multi Day Trip October 12-18. Biltmore Estate & Smoky Mountains, Asheville, NC.* Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18, 2025. Make the check payable to Diamond Tours and mail to the address above. **As of November 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

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More day trips to come! Any new ideas or special events are always welcome. Please email Francine at [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com). Any interest in a Woosox game? Please email me.

THANK YOU to all the passengers who joined the trips. I hope you enjoy travelling to various places and meeting new friends as much as I do.

~ Francine



**Haircuts, manicures, colors, facials, and other hair care options** are being offered at Smith Vocational High School on every other Wednesday, starting **October 12 through mid May**.

The cost is \$5.00 for a haircut (please call for other prices.) The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside. Simply call 413-587-1414 ext. 3531 for an appointment.

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

**All are welcome!**

### Local chorus invites the public to sing along

Heart of the Valley Chorus, a women's voices barbershop a cappella group, is inviting members of the community to sing along with them at several open rehearsals this holiday season. Anyone aged 8 to 108 who enjoys singing in the "treble" range – soprano, alto, mezzo, and high men's parts – are encouraged to come learn a few holiday songs, with an option to perform along with the chorus at the Bombyx Center for Arts and Equity in Northampton on December 14. Singers under 16 are welcome with an adult.

Heart of the Valley Chorus has been bringing its unique blend of barbershop harmonies to the Pioneer Valley for 40 years. Members come from Longmeadow, Holyoke, Easthampton, Hadley, South Hadley, Leeds, Florence, and Goshen, and range in age from their 20s to their 70s! Singing a variety of music – jazz, Broadway, contemporary, and inspirational – all in four-part barbershop style, the group is dedicated to sharing their music with underserved populations and creating a safe and welcoming space for all singers.

**The group's open holiday rehearsals are scheduled for Wednesdays 11/13, 11/20, 12/4, and 12/11 at 6:30pm at the Christ United Methodist Church on Rocky Hill Rd in Northampton.** Anyone interested in joining this special holiday program should contact Stephanie at [heartofthevalleychorus@gmail.com](mailto:heartofthevalleychorus@gmail.com) or visit [www.heartofthevalleychorus.org](http://www.heartofthevalleychorus.org) for a registration form.

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Plainfield Town Offices  
304 Main St.  
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# SCAM ALERT!



*You get a call or message from a charity looking for donations. Should you donate?*

*Scammers try to fool you into giving them money.*

- They rush you into giving out your credit card number over the phone.
- They use names that sound like a real charity.
- They change the caller ID to make you think it's a local caller.

**What to do:**

-Research before donating. Look up the charity online & read what others are saying about it.

-Ask the caller to send you more information.

-Don't feel obligated to donate to someone who calls you.

*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.**

