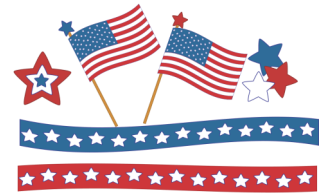


# Plainfield Council on Aging

## July 2025 Newsletter



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

**Polly Ryan, Coordinator**  
**413-212-1581**  
**pryan@town.plainfield.ma.us**

### Picnic Luncheon

**Wednesday, July 23rd at Noon**

In late July, we will have a picnic luncheon at Plainfield Ball Park at noon (meet at Town Hall if the weather is bad). Join us for a meal prepared by the Chesterfield General Store. Desserts are welcome. Someone will get a special door prize!



**Polly is taking a break** for the first two weeks of July. If immediate help is needed, please contact **Shirley Todd** at **ginger237ma@yahoo.com** or call **413-446-9608**.

**A big thanks goes out to Kristen Estelle** who will no longer be designing our newsletter due to lack of grant funding. So don't be surprised if you see a new look for the newsletter in August!

**Join us at MASS MoCA on July 17th.** Entrance fee and lunch are on the COA (Donations welcome). We will carpool there and aim for an arrival time of 10am and lunch at noon. Please RSVP with Polly at **pryan@town.plainfield.ma.us** or Shirley at **ginger237ma@yahoo.com** or call **413-446-9608**.

**Join us for a matinee movie** at the Town Hall on **July 28th at 2pm**. A notice via MailChimp will be sent out to inform you about what's playing. Popcorn and other treats will be had along with plenty of comradery.

**The Healthy Bones & Balance exercise classes** on Tuesday and Friday will be postponed until September. Instead, swimming in Plainfield Pond or aerobics in a pool will be offered on Tuesdays at 4pm. Call or email Polly at **413-212-1581** or **pryan@town.plainfield.ma.us** for more details and/or to join the club.

**Tech Connect continues until the remaining funds are exhausted.** Whether you want to learn a new skill or need an upgrade, you can still get free equipment like iPads, Chromebooks, PC laptops, and even a desktop computer. Email Nancy Brown at **coatechtrainer@gmail.com** or call **413-296-5080** to make a request. Or go to **northernhilltownscoas.org/** and submit your request through a form.

**And...The Plainfield Library hosts drop-in tech support** every 3rd Thursday of each month from 5:30 pm to 7:30 pm. Tech Savvy Plainfield resident, Lee Locke-Hardy, has graciously volunteered her time for this. Thank you, Lee!

**The Connector Program** is run through the Northern Hilltown COA consortium. This program helps guide people in finding services beyond health insurance, like in-home care, medical case management, money management, first alert systems, assisted living options, and legal and tax services plus more. If you need any kind of help beyond health insurance decisions, contact Jennifer O'Connell: **communityconnectjo@gmail.com**

**Caroline Solan is our new SHINE Coordinator** 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** and leave her a message or book an appointment. The most expedited way to reach her would be to send her an email at **cso-lan@lifepathma.org**.



**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**

**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 let Polly know.

**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**. A suggested donation of \$3 per meal supports 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.

The next **Foot Care Clinic** is at the Community House in Cummington and is scheduled for **September 2nd**. Please call Piper Sagan on **413-522-8432** to schedule an appointment (\$50) or a home visit (\$80/session).

**Fresh Covid test kits** (expire in August 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**.

## Happy Birthday in July!

Jeanne Sargent, Patricia Lachance, Lewis Robbins, Judith Gyovai, Joseph Cliché, Bruce Davis, Daniel Lachance, Cynthia Tuthill, Edward Stockman, Donald Kelly, Judith Williams, Dale Beals, Frank Kosior, Martha Bourne, Bonnie Phillips, Anthony Provenzano, Linda Melle, Barbara Walsh, Laurie Israel, Nancy Borey, Stephen Elmstrom, Steven Sanislo



"Funded in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act"

## FITNESS FOR ALL WITH JOAN

These movement opportunities have been created by a certified fitness instructor/personal trainer with functionality and mobility for daily life in mind. Come move with us in person or via Zoom. Make the time to invest in your health, in YOU!



**Classes offered on Monday, Wednesday, Thursday & Friday**



**M, 9:30 AM W, TH 10:15 AM, FRI 9 & 10:15 AM**



**Monday: Zoom only**  
**Wednesday: Goshen COA/Zoom**  
**Thursday: Zoom only**  
**Friday: Chesterfield COA/Zoom**

\*Donations are welcome to support these class offerings.

**COME JOIN US**



413-537-8337



[www.bybhealth.com](http://www.bybhealth.com)  
[Joan@bybhealth.com](mailto:Joan@bybhealth.com)



### ***The Plainfield Council on Aging counts on YOUR support to continue our important programs for local seniors!***

I would like to contribute to the Plainfield COA. My contribution of \$\_\_\_\_\_ is attached.

*(Please make out your check to the Town of Plainfield and mail to Plainfield COA, 304 Main St., Plainfield, MA 01070)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_



### Power of Attorney, yet again

Since I last nagged you on getting a POA, I have learned some things. One of them the hard way, but that is to your benefit. Oh, and the person who gives the POA to another person is called the “principal”; the person who receives the authority is the “agent” or the “attorney-in-fact”.

1. Before the agent can use the POA for the principal, the principal should notify any third parties, such as banks, that the agent is authorized to act on the principal's behalf. This means that the agent should go to or communicate with the bank or rest home or whatever entity, to insure they can accept the POA and add it to their files. The agent should take a copy of the appointment and proof of identity.

2. Some entities such as a financial institution may need a certified copy of a POA. The attorney who prepared the POA – or any notary public – can prepare a certified copy from an original POA document. This verifies that the POA is still valid.

3. The wording should be explicit as to privileges given to the agent. My best example of that is making sure that complete electronic access to accounts is available. I bank online, many of you do, and the principal may want the agent to be able to continue that.

4. To change the mailing address of the principal for Medicare and Social Security (SS), the agent will need to go through SS, and whether this can be done online or via phone or if a visit is required is fluid these days. In my case, I called SS to set up an appointment to visit and learned that the federal government does not recognize a POA. SS requires that the agent register as a Representative Payee. The paperwork includes a form “Request to be Selected as Payee” and likely a form for a medical provider to certify that the principal cannot or does not want to manage their finances.

5. MassHealth requires the agent to register as an Authorized Representative before the principal's address can be changed, or before MassHealth will share information about an insurance issue. That registration form can be found online: [www.mass.gov/doc/authorized-representative-designation-form-1/download](http://www.mass.gov/doc/authorized-representative-designation-form-1/download)

6. The principal should keep a list of who they have informed about their POA, in case they later need to revoke it.

Smile!

Jean O'Neil

TRIAD Committee member

[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

413-268-2228



### Seniors Aware of Fire Education

This Senior S.A.F.E. column is different from the many that have been published over the years. I am going to give you only one piece of fire and life safety advice, which is:

Senior   
**SAFE**

~ if you are in a structure that is on fire or in one when a carbon monoxide detector sounds,  
**GET OUT and STAY OUT!**

This is the last COA newsletter put together by Kristen Estelle. She has edited, formatted and produced the printed and online editions of the newsletters that go to every senior in seven Northern Hilltowns. She has brought local and regional news for everyone's benefit. This newsletter was the first of its kind when it was recognized by the Department of Fire Services a number of years ago at an annual S.A.F.E educators conference.

I personally thank Kristen for editing and formatting my column. It catches the eye and is an easy read. I also thank her for the “gentle reminder” of the deadline each month.

Job well done!

--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. Help and Training for July



### GREAT NEWS!

TechConnect will continue providing services through a partnership with Northampton Open Media. Although we have fewer trainings going forward, drop-ins and tech support will continue. Please take advantage of ongoing service.

### DELIVERING NOW AND ACCEPTING NEW REQUESTS: Internet Hotspots

It's not too late if you need affordable internet access. We have a solution that may work for you. Hotspots are small cellular devices you can use to access the internet, and they work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. Call **413-296-5080** or email [coatechdevices@gmail.com](mailto:coatechdevices@gmail.com).

### Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080** or check the website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org), for locations and time. You can attend drop-in at all locations, except Nash Hill.

### Devices for you: PC laptops, refurbished Chromebooks, iPads and Android tablets

There is still time to join the Digital World while supplies last. We have ordered more PC laptops/ computers, refurbished Chromebooks, iPads 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 [coatechdevices@gmail.com](mailto:coatechdevices@gmail.com), leave message at **413-296-5080**, or use online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### 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 One Friday, 11:30-1:30 (7/18)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (7/9)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (7/17)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (7/17)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (7/24)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 7/8 from 10:30-12:30 Nash Hill Place Resident Drop-In tech support 2nd Tuesday 7/8 from 10 to Noon

### Tech Training Classes & Workshops:

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

### Tech Workshops, July and August:

*On Fridays from 10:30–11:30 at  
Chesterfield Community Center*

- 7/18 - Windows Basics
- 8/1 - Google Drive

### Computer Classes:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at [www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect](http://www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect)

We can set up your access to this website and help you begin to train yourself for very basic to more advanced beginner digital literacy.



## On the Road Again...

### 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 July 16. FDR Homestead & Library and Hudson River Cruise.* Take a scenic cruise on the Hudson River. Enjoy a boxed lunch on board. Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail to the address **NOW. Call or email above to be added to the Wait List.**

*Day Trip August 3.* Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-fare buffet are included. Cost \$90.00 due **NOW.** Make check payable to Francine Frenier and mail to address above. **Call or email above to be added to the Wait List.**

*Day Trip Sept. 15. The BIG E,* an annual favorite, with free entertainment at The Court of Honor Stage. The Stylistics perform hits from the 70's. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Barbara Kaczinski & send to 39 Leeno Terr. Florence, MA 01062 by Sept. 1. NO REFUNDS due to bargain price. Bus leaves from Sheldon Field. **NOTE: check info and mailing address.**

**NEW Day Trip Tues. October 8. Historic Salem Cross Inn.** Includes luncheon, choices available. Tour of Quabbin and stop at Brookfield Orchards. Discounted price for Worthington Seniors over 60 and \$103 for other seniors. Call Phyllis 413-238-5962 or coa@worthington-ma.us for details and to reserve a seat by Sept 1. Limited seating.

*Day Trip Oct. 9. A Chorus Line.* Center orchestra seating for the 50th Anniversary Production at the Goodspeed Opera House in East Haddam, CT. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above by August 1. **Call or email above to be added to the Wait List.**

*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. Make the check payable to Diamond Tours and mail to the address above. **A 2nd bus has 10 open seats.**

*Day Trip Sunday, December 7. A Holiday Event in Waltham, MA.* Reagle Music Theater Players beloved Christmas extravaganza--100 performers, live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at The Chateau Restaurant. Price \$160 (approx.) Make a check payable to Landmark Tours, mail to address above by Oct. 13.

## Good News for July 2025

By Deb Hollingworth

Let's talk a little more about resources for caregivers. Are you a caregiver? Nurses, physical therapists, and other medical professionals certainly are, but you are too if someone depends on you to help them in order to stay home safely.

Maybe you do grocery shopping, or provide rides to medical appointments? But what if you are taking care of someone 24/7, providing personal care, meals, setting up medications, doing laundry and a host of other tasks to make sure the house is run.

Being a caregiver, managing the household, can become a full time job.

What happens if you need care yourself? Who can take over while you get the care you need for a medical procedure, recovery from surgery, or just to recoup your strength? This kind of help is called Respite care. It might be help like someone coming into your home, or it might be a short term nursing home placement for the person you're taking care of.

These short term nursing home placements can be paid for by MassHealth if the person you are caring for qualifies for MassHealth, or in some cases, the VA will pay for short term placement if the person you care for is a veteran and receives medical services from the VA system.



To find out more about the Caregiver Options, you can contact Highland Valley Elder Services at **586-2000** and ask to speak to an Options counselor. Highland Valley also has had Caregiver grants to help with additional expenses when the caregiver needs Respite services support. (Federally funded grants through Highland Valley are subject to availability). And always give your senior center a call to see who to speak to about MassHealth and Veterans services eligibility.

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

**Plainfield COA**

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**Kristen Estelle,**  
Newsletter Designer  
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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  
with the Office of the MA  
Attorney General.**

