

# Plainfield Council on Aging



## June 2026 Newsletter

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

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

**You can now register for COA events on our town website by [following this link!](#)**

Directions are on the website. It is extremely helpful when preparing for any occasion to know how many people plan to attend so the amount of supplies needed can be determined ahead of the event. It is also mandated by the state that attendance for all COA activities be documented and submitted in an annual report to AGE (aka, The States Executive Office of Elder Affairs) who grant funds to COA's statewide. If you cannot access the registration form you can always call or email Polly at 413-212-1581 or [pryan@town.plainfield.ma.us](mailto:pryan@town.plainfield.ma.us) to sign up for activities.



**Please know that our COA board members welcome guests and grandchildren to attend the COA luncheons!**

**Join us for our monthly luncheon on Wednesday June 10<sup>th</sup> at noon at the Spruce Corner Restaurant in Goshen**

**Please RSVP**



**Want to learn how to make a Northeast Woodland Indigenous style basket made of Ash bark?**

Jennifer Lee will guide us in learning this skill at the Plainfield Ball Park on Saturday June 6th from 11:00 am to 3:00 pm.

**Limited to 12-15 participants with a suggested donation of \$20.00.**

**Lunch is included**

**Please RSVP**

**Healthy Bones and Balance classes with Polly are on a hiatus for the summer and will resume in September.**

**Classes with Jill will continue at the Cummington Community House on Mondays and Thursday at 9:30 and all are welcome to join her. They are free and ongoing.**

**A very special town wide concert featuring Appalachian Music is planned for Father's Day, June 21st, at 3pm in the Plainfield Congregational Church.**



**This is sponsored by the Cultural Council and the COA.**

Carrie and Michael Kline will perform along with Jim Armenti and Joe Blumenthal. With their focus on West Virginia history and tradition, the Klines have performed and recorded music and oral history all over West Virginia and Western Massachusetts. Their voices carry songs with truth and authenticity, and their guitar accompaniments and haunting harmonies get you where you live.



**Jim Armenti, Michael Kline, Carrie Kline & Joe Blumenthal**

**All are welcome to attend this event. Donations are appreciated.**



Let's walk around the  
Hawley Bog preserve  
on Thursday June 18<sup>th</sup>  
at 10 am, it's just south  
of this address...  
124 E Hawley Rd,  
Hawley, MA

It is one of the few examples of an unspoiled bog and it can be easily accessed. A consolidated peat mat 30 feet thick floats on the open water of a deep glacial depression and supports an unusual community of plants, like orchids and carnivorous plants. Adjacent to the site is the historic early 1800's Hawley Town Common, including the original building foundations, which also has easy walking paths and historic signage. **Please RSVP**

join us on a tour of the  
Bidwell House Museum  
Friday June 26<sup>th</sup> at 1 pm  
in Monterey

**(We can arrange to carpool)**

But first we'll have  
brunch at the Roadside Cafe at 11 am  
275 Main Rd, Monterey

**The Property includes 6 miles of trails  
for those interested in hiking  
after the tour.**  
**Please RSVP**

The Bidwell House was built c. 1760 by the Reverend Adonijah Bidwell (1716-1784) the first minister of Township No. 1 (today's Monterey and Tyringham). The house and property stayed in the Bidwell family through three generations, and the architecture reflects all three: the ell on the north side was built by Rev. Bidwell's son, Adonijah Jr., in the 1820s, and the wing to the east was built by his grandson, John Devotion Bidwell, in 1836. The house was sold out of the family in 1853. For an in-depth look at the Bidwell Family, explore the installments of our weekly series Bidwell Lore, which can be viewed **HERE**.



**FREE Calliope Cafe  
Season Finale,  
June 25, 2026  
7:00 PM - 9:00 PM  
at The Stationery Factory  
- North Room -  
63 Flansburg Avenue,  
Dalton, MA**

A monthly series hosted by Mark Franklin showcasing middle and high school student's talent (music, comedy, poetry, dance...) from Berkshire County. **TICKETS ARE NOT NEEDED** - donations are greatly appreciated to help keep the program running!

**Bar, Snacks & warm beverages available for purchase :) This series is funded in part by Massachusetts Cultural Council - the local cultural councils of Hinsdale/Peru and Lee.**



**NORTHAMPTON —**  
The City of Northampton,  
in partnership with  
Dancenjoy, is proud to  
announce the return  
of Salsa in the Plaza,  
a free weekly outdoor Latin dance series  
held at the EJ Gare Plaza.

**Every Monday evening from June 1st  
through August 31st,**  
the community is invited to experience the  
vibrant rhythms of Latin and  
**Afro-Caribbean music in the heart of  
downtown.**

Running from 7:00 p.m. to 9:00 p.m., Salsa in the Plaza transforms the space between the Armory Street parking garage and Thornes Marketplace into a high-energy dance floor. Hosted by McCoy, the series features a diverse musical rotation including Salsa, Bachata, Merengue, Kizomba, and Cha-Cha.

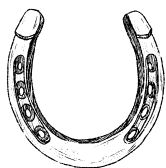


## Looking Ahead

### A BBQ is planned for the July Luncheon

Ice cream will accompany a presentation on Wound Care given by Katelyn Dobbs from NEWCare, or New England Wound Care, a specialized wound and ostomy care clinic. As you age, you become more susceptible to wounds. She plans to give a presentation explaining wound prevention, it's management, and the services they provide.

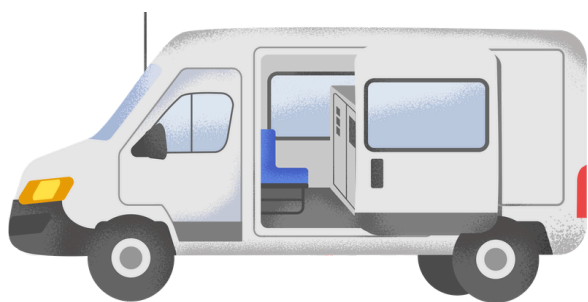
**The August Luncheon will on Saturday the 15<sup>th</sup> at noon at the Golden Eagle Restaurant on Route 2 in Clarksburg (1935 Mohawk Trail)**



**Plainfield Seniors are welcome to attend any activities planned at Peppermint Park!**

Horseshoe tournaments, bingo, dinners are a few of the events going on.

**check out their calendar of events**



**Some of you have wondered why we no longer use the van services provided from the Hilltown CDCmfor outings.**

**It's because it is no longer subsidized and the Franklin Regional Transit Authority is charging full price (\$200) per trip for any senior outings other than medical or shopping.**

**Hampshire Elder Law Program (HELP) is a program of the Hampshire County Bar Association which provides civil legal services at no cost to low-income seniors, 60 years of age and older.**

Services provided include bankruptcy, consumer protection, guardianship, health care proxies, powers of attorney, probate of estates, and wills.

**For more information, contact the Hampshire County Bar Association by phone at (413) 586- 8729 or Email: [hcba@crocker.com](mailto:hcba@crocker.com)**

**The next Foot Care Clinic at the Cummington Community House is scheduled for Friday July 3rd.**

**Note the new day!**

**An additional Foot Care Clinic is now available at the Chesterfield Community Center every second Wednesday of each Month (except for August) .**

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

### **Polly's spaghetti sauce recipee**

#### **Rarely do I measure anything -**

brown your meat or go vegetarian

add & saute

1 lg.onion

1 lg. pepper

and at least 10 cloves of garlic

(add the garlic after the onions and peppers are soft so the garlic isn't overcooked which makes it bitter)

Add 2 jars of spaghetti sauce or lg. cans of crushed tomatoes

add basil, sugar and 2-3 tbs balsamic vinegar (I avoid oregano - it's bitter)

**That's all my secrets...**



## REACH OUT TO OUR COMMUNITY CONNECTOR!



Do you need help finding resources in the area? Please reach out to our Community Connector, Jen O'Connell.

Jen can help with many issues, including: obtaining benefits such as Fuel Assistance, SNAP, Social Security. Finding resources so you can continue to live independently at home. Programs for home repairs & transportation assistance. Plus more....

**Jen can be reached at  
413-296-4536 ext. 110  
or [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com)**

**\*Funded by a grant from HVES through  
funding under the  
Federal Older Americans Act\***



### 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.

**Or go to [www.plainfield-ma.us/council-aging/page/food-meal-programs](http://www.plainfield-ma.us/council-aging/page/food-meal-programs)**

**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 413-634-2262 or email her at [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov).

A suggested donation of \$4 per meal supports Highland Valley Elder Services who prepare them.

**Durable Medical Equipment is available  
for loan. Please call Shirley to borrow  
anything at 413-446-9608**

**[Ongoing Programs, Activities &  
Resources  
on the Plainfield Town Website](#)**

**[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.

**Tech Connect** provides one-on-one training in your home or free equipment like iPads, Chromebooks, PC laptops/desktop computers.

**Email Nancy Brown at [coatechtrainer@gmail.com](mailto:coatechtrainer@gmail.com) or call 413-296-5080 to make a request. Or go to <https://northernhilltownscoas.org/> and submit your request through a form.**

**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 [csolan@lifepathma.org](mailto:csolan@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](mailto:bthomas@hchcweb.org)

### Need a friend or support?

Join Polly and/or a nurse for a coffee hour. Schedule a time convenient for you by calling 413-212-1581 or email [pryan@town.plainfield.ma.us](mailto:pryan@town.plainfield.ma.us).



**June's Happy Birthdays**  
Susan Mellstrom, Judith Hanson, Dudley Williams, Michael Melle, Franklin Skaling, Leonard Benoit, Debra Skaling, Roxanne Shearer, Richard Green, John Nelson, Dario Coletta, Judith Ferber, Michael Crane, Stephen Bushway, Jay Sessions, Thelma Pilgrim, Sharyl Noroian, Peter Lapointe, Gary Austin, Susan Westwood, Wayne Hubbard, Kethi Harding, Marilyn Holtz-Patti, Linda Carver, Gordon Brackett, Ralph Timberlake, Jean Fournier, Lori Austin.



# June Regional News

## HILLTOWN MARKET



Hilltown Market is open and ready for orders! See what's new this year and support local farmers while getting quality, delicious, local food!

The Hilltown Market's brick and mortar location is open Tuesday to Saturday 10AM to 5PM at [19 Sawyer Road, Worthington](#).

We do home delivery and drop-off at local businesses around the Hilltowns starting June 1st. We currently do door to door **delivery for a \$5 fee** to help us cover gas and labor. Picking up from pickup locations is totally free. You can find information regarding pickup on the [Hilltown Market Shop](#) webpage in early June.

For more information please contact Jake Russell, Director of Community Food Resilience at Hilltown CDC. 413-296-4536 ext 116 or by email [JakeR@Hilltowncdc.org](mailto:JakeR@Hilltowncdc.org). Our Community Connector, Jen O'Connell, also is available to help with [online ordering](#). She can be reached by email at [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com) or by phone, 413-296-4536 ext 110.

Enjoy this Hilltown food resource. Access to fresh healthy food should be for everyone. The Hilltown CDC is working hard to make sure that no-one is left behind. Regardless of your economic status we want to ensure that our community is eating food produced by their neighbors. If you need help, want to help, or know someone who fits either of those categories let us know!

## TECH TALK

### Should I be charging my tech devices to 100%?

No! Your smartphone and your other devices do not need a 100% charge to run efficiently. Keep your battery charge between 30% and 80%. Once the level hits 30% charge it a bit. This level is best for keeping a battery healthy. If you remember, unplug it at 80%. Don't charge all night.

For devices, like a laptop or tablet, constantly being plugged in is not good for battery health. Keeping a device plugged in will stress the battery, not preserve it. Batteries, like people, need exercise. Use the device on battery power then recharge.

Folks often wonder if they have damaged their tech device if the battery runs down to zero percent. No, completely depleting the battery does not break it or the device. Although it should be avoided, it's not a catastrophe.

You can check the health of an iPhone battery by opening the **Settings** app. Tap the menu item **Battery**. On the next screen look for and tap **Battery Health and Charging**. The screen will show a percentage representing battery health. If it is under 80% the paragraph below may say the battery is "significantly degraded". Sounds bad!

It's not!! It only means you have to charge it more often. The percentage is a comparison with how long the charge lasted when it was new. For example, my iPhone battery says 79%. I use it a lot each day and find I only need to charge it in the evening. I'm happy with that. It's personal preference. Be wary. The recommendations come from the same company trying to up-sell you.

What if your battery dies out completely or needs a charge every few hours? Replace it, rather than spring for a brand new device. Batteries can be replaced. And if you do decide to buy another device, buy refurbished!

The Goshen COA invites you and your family to a FREE

# Ice Cream Social!

**Saturday, June 27th from 1-3pm**

**Tilton Town Field**

**Wing Hill Rd. Goshen**

***(Rain location: Goshen Town Hall)***

***Featuring live music by...***

*Sidetracked*



*Music & ice cream... can it get any better?*

The COA board will be scooping out bowls of ice cream and we will have plenty of toppings.

Come have a sundae and listen to some fun music at our beautiful Tilton Town Field!

There are a few picnic tables but feel free to bring your own chair.

**ALL AGES from ALL TOWNS WELCOME  
to this FREE event!**

*Event made possible by a grant from the  
Goshen Cultural Council / MA Cultural Council*



## GOOD NEWS FOR JUNE 2026

By Deb Hollingworth

Research shows over 80% of home care help for seniors and the disabled in this country is provided by family. It's estimated over 50 million family caregivers are helping with: errands, housework, transportation to medical appointments, laundry, medication oversight, money management and personal care like help with a shower, getting dressed or daily grooming. That's up 40% in the last decade as our population ages. AARP surveys suggest caregivers are providing an average of 24 hours of help per week. Without going into how much this might cost if families weren't helping, surveys show 78% of caregivers incur out of pocket costs, averaging around \$7,000 each year. A disproportionate amount of this falls on lower income households. AARP says 10% of adults consider themselves caregivers when asked. That's 1 in 10 American adults. In the last 2 months Good News articles, we've talked about where to go to get home care help, and who might help with the cost? This month, let's look at ways family caregivers can get paid.

MassHealth has 2 programs where you can hire your own caregiver, and that caregiver can be a family member, or friend... anyone you are not married to. To qualify: you must be 18 or older, have a primary care physician, need significant daily assistance, and be eligible for MassHealth. Your home, or the caregiver's home if you move in with your caregiver, must meet health and safety guidelines. This program works well for young disabled adults as well as seniors.

The Adult Family Care (AFC) program RN makes an initial assessment to determine needs and provides ongoing RN support making home visits on a routine schedule. This program also provides social work support to help with issues including paperwork, and help for the caregiver locating additional resources if/when needed.

The AFC program pays a 24/7 caregiver to provide or manage care that includes getting you to medical appointments, providing meals, grocery shopping,

laundry, personal care and socialization. This works whether you live with your caregiver, or your caregiver moves in with you.

Example: Mary Smith lives with her daughter and goes to a day program during the week while her daughter works. She also receives PT, and other services which her daughter coordinates. The AFC program pays Mary's daughter a monthly tax free stipend for the care and services she manages for her Mom. For more information on AFC program providers, you might start with a call to Highland Valley Elder Services 413-586-2000 and ask for an Options counselor.

The PCA program (Personal Care Attendant) is another MassHealth program that pays family caregivers for the hours of hands on help you need. To be eligible, you can be any age, have a primary care physician, need hands-on care, and be eligible for MassHealth. The PCA program RN makes the initial assessment and determines a Care plan that is reviewed annually unless medical conditions change, in which case the RN can make changes to your Care plan. You must need help with hands on personal care....as the program name suggests. Your Care plan might allow for 9 hours of help a week, or more, depending on your need. (The most generous Care plan I've seen was for 90 hours of help weekly for a quadriplegic). Your PCA worker(s) can be friends, neighbors, family or someone you hire from the State PCA registry. You must be able to hire/fire/supervise your worker, or have a surrogate that provides that oversight. One of the oldest PCA program providers in our area is STAVROS for Independent Living located in Amherst. For more information you can contact them at 413-256-0473 or Highland Valley and ask for their Information and Referral department or their Options counselor.

Both these programs require you to be eligible for MassHealth which has financial eligibility guidelines. To learn more about MassHealth regulations, you can check with your COA to see if a SHINE counselor would be the way to start.

## On the Road Again.. TRIPS IN 2026



**Contact Francine Frenier to reserve your seat BEFORE mailing payments.**

For more info call **413-296-4291**

Email: [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com)

**Mail: 11 Stage Rd. Williamsburg, MA 01096**

*Day Trip July 12, 13, 14 or 15th Tall Ships in Boston.* Contact First Choice Tours 413-665-9090 for additional info.

Also, Southamptn Senior Center has a trip scheduled for July 13th. Cost is \$157. Departs at 6am. Call 413-529-2105 to sign up.

*Day Trip August 3rd Encore Casino.* \$50 Cost Includes: bus transportation round trip, driver's gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by July 1, 2026. **Just 8 more** passengers are needed for this trip to go.

*Day Trip September* Date TBD Big E.

*Day Trip December 8th Merry Christmazz Holiday Variety Show.* Jimmy Mazz performs seasonal traditional and contemporary tunes from various artists. Yankee Pot Roast lunch and show at Storrowton's Carriage House, W. Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026.

**TECH CONNECT**  
SUCCESS FOR OLDER ADULTS



**TECH HELP FOR JUNE**

### TechHub workshops & tech support sessions

Chesterfield workshops are one hour beginning at 10:30am and technical support will follow from 11:30 to 1:30. Sessions will be held at 400 Main Rd., Chesterfield, downstairs. Classes are free and there is no need to register.

### Workshops in Chesterfield

June 12      Designing with Canva  
June 26      Zoom Basics

**Tech Support home visit is available by appointment.** Call or message 413-296-5080 to arrange a home visit.

**Devices for you: Refurbished PC laptops** if you are looking for a free refurbished laptop or iPad, please call 413-296-5080 and leave us a message. We will offer free devices while our supply lasts. If you have received a device from us and are not using it, please call our number to arrange a return so someone else can use it.

### Drop-in Centers *(no appointment needed)*

Chesterfield Community Center 400 Main Rd.

Weekly on all Tuesdays from 11:00 to 2:00

Goshen Library, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 6/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 6/25

Williamsburg

Meekins Library Drop-In tech support (call library for latest information)

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 6/9

Worthington tech support - contact Eileen Daneri [eadaneri@gmail.com](mailto:eadaneri@gmail.com).



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**304 MAIN ST.**  
**PLAINFIELD, MA 01070**

**PLAINFIELD COA**

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bfillups21@icloud.com  
413-634-2290

# SCAM ALERT!

If someone knocks on your door offering to repair your roof, fix your chimney, or do other home improvement projects, **it could be a scam!**

- Resist the pressure to act quickly even if it sounds like a good deal
- Get at least 3 written estimates before hiring someone to do work at your home
- Check their license with the state at 888-283-3757
- Never pay for the entire project up front
- Get a written contract even for small repairs



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

Northampton  
(413) 586-9225

Greenfield  
(413) 774-3186

Working in cooperation with the Office of  
the Massachusetts Attorney General



***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**