

Plainfield Council on Aging



July 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 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 July 8th in Town Hall at noon. BBQ orange chicken, coleslaw, potato salad & 3 bean salad. Desserts are welcome.

ICE CREAM will be on hand complimentary of Katelyn Dobbs of New England Wound Care who will present on wound prevention & care

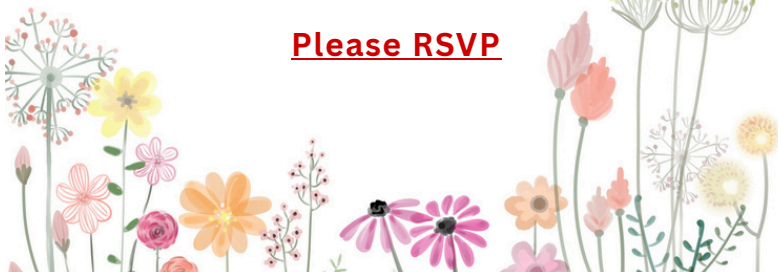
Please RSVP



THE BRIDGE OF FLOWERS in Shelburn Falls has reopened!

Let's meet up at 10 am on Wednesday July 22nd for Brunch at Baked restaurant and then stroll across the bridge.

Please RSVP



**Let's walk around the Hawley Bog preserve on Friday July 10th at 9:30am, 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**



These plants were blooming on June 24th

join us on a tour of the
Bidwell House Museum
Thursday July 16th at 1 pm
in Monterey

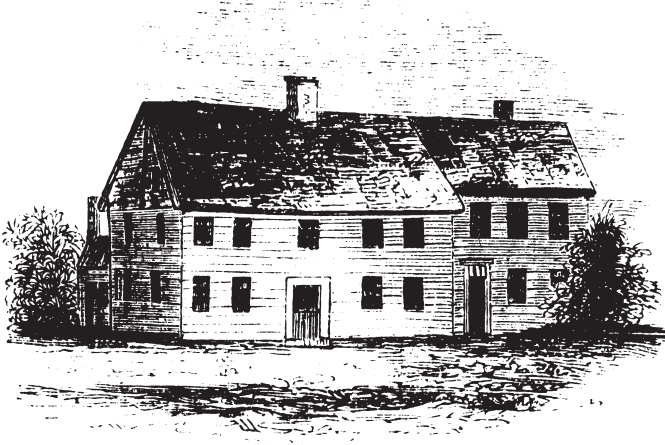
(We can arrange to carpool)

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](#).



**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.**



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.



**Meet Your
Local Plant Allies:
A Garden Walk with
Hannah Morano**

**Sweet Birch Herbals,
686 Creamery Road
in Ashfield on July 16, 4-6pm**

**Please RSVP
and the COA will buy your ticket
(We can arrange to carpool)**

Sponsored by Franklin Land Trust

Looking Ahead

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



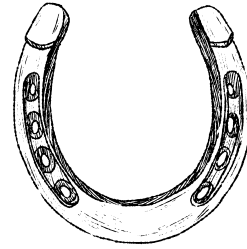
Elizabeth Freeman Day Celebration,
at the Ashley House
17 Cooper Hill Road, Sheffield, MA
on August 22nd.

Gather for a joyful day of reflection, learning, and community at the return of this annual celebration honoring the life and legacy of Elizabeth Freeman, whose landmark 1781 case contributed to the abolition of slavery in Massachusetts.

Bring this powerful history to life as you explore the historic home where Freeman's courageous fight for justice began.

Take a look at the newly updated Elizabeth Freeman Interpretive Exhibit, join us for a guided tour of the historic Ashley House, or simply relax on the lawn with music from a beloved local artist and enjoy food from local vendors.

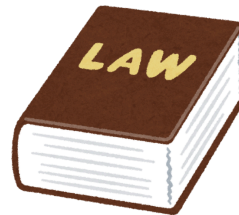
Please bring lawn chairs or blankets for the concert as these will not be provided for you.



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](#)



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

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).

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**

***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

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.

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 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.



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

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.

July's Happy Birthdays

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.





July Regional News

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

Mail: 11 Stage Rd. Williamsburg, MA 01096

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 3 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 Storowton'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.

Trips in 2027

Watch for upcoming details on a 3-days/2 nights trip to Baltimore to see the Red Sox play the Baltimore Orioles along with some sightseeing. Waiting for 2027 MLB schedule to come out in December.

TECH CONNECT SUCCESS FOR OLDER ADULTS TECH HELP FOR JULY

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

We have free refurbished laptops while supplies last. Please call 413-296-5080 and leave us a message if you are interested. 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)

Sites open to residents of all towns
(except Nash Hill location)

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, 7/16

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 7/23

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, 7/14

Worthington tech support - contact Eileen Daneri eadaneri@gmail.com.



GOOD NEWS FOR JULY 2026

By Deb Hollingworth

This month we talk about nursing home care. Something you don't want to know until you need to know. Statistics say for those of us 65 or older, 70 percent will need nursing home care in our lifetime. But only 20 percent will need long term placement. (The rest being short term rehab stays after a medical event.)

What if you are part of that 20 percent?

How does a nursing home placement happen?

Usually this starts with a hospitalization, perhaps after a 911 event, maybe after a planned surgery when you are discharged from the hospital to a nursing home for rehab. If you were admitted to the hospital and stayed the 3 midnights....Medicare pays for this short term rehab stay which is usually a few weeks at best.

At some point the nursing home determines you have maxed out your Medicare rehab benefit and you need to be discharged. Home? What if you are "not ready", and you or your family caregiver(s) feel it is "unsafe" for you to go home.

You can stay in the nursing home, but switch from being a rehab patient, to being a long term resident, which means Medicare stops paying your monthly bill and you either pay the bill yourself or apply and get approved for MassHealth which pays most long term residents ongoing monthly bills.

What if you are home, and your situation has deteriorated to the point where you need to be a residential placement, a long term, not rehab nursing home resident. How to you make the transition from home to nursing home without the 911 event or hospitalization?

This is called a Community Admission.

You can contact the nursing home of your choice and make arrangements. They will need a medical summary from your doctor, and a payment source, either you plan to pay your bill yourself, or you complete and submit a MassHealth application. If you already have MassHealth, this process is simpler in that you only need to file the long term supplement section which gives MassHealth current verification of your income and assets. If your countable assets are less than \$2,000

(and you haven't transferred or 'gifted' any significant assets in the past 5 years)..... then you would be eligible for MassHealth to pay your ongoing nursing home bill. If your assets are more, you submit verifications and MassHealth will determine your "spend down" amount before becoming eligible.

Unlike a hospital discharge to a nursing home, a community admission takes longer, because we are waiting for an available bed in the nursing home of our choice. (With hospital discharges to nursing home...you take the first available bed, not necessarily the nursing home of your choice). With a community admission, the nursing home you choose, may put you on a waiting list when your paperwork is complete and call you when a bed becomes available . You can accept the bed, or delay and ask to be kept on their waiting list for the next bed. This is sometimes common when caregivers feel they can postpone placement a little longer. Getting the process started, getting on a waiting list is recommended if you wish to avoid the 911/hospitalization admission process.

Another option is a short term nursing home stay, called a Respite placement. Respite is for caregivers providing 24/7 care where the person needing care is placed in a nursing home, giving the caregiver a "respite" break. These are usually at least 2 weeks, and depend on bed availability. Not all nursing homes offer Respite stays. Check with the Highland Valley Ombudsman director, Michele Wolf, 413-588-5744. Michele provides oversight for the nursing homes in our area. She can give you a listing of all facilities and speak with you about which. provide dementia care, or dialysis, or specialized rehab programs. She may also know nursing homes who have a VA contract. Which brings us to how to pay for short term Respite stays which are not covered by Medicare.

The VA contracts with a few facilities and may pay for short term placement for veterans, check with your veteran's agent. And MassHealth may also pay for short term placement if you have MassHealth. Odds are, you won't need this information, but if you do, you might have a conversation with the Ombudsman program director at Highland Valley.

PLAINFIELD COUNCIL ON AGING
304 MAIN ST.
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PLAINFIELD COA

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413-734-5430

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413-570-5544

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bfillups21@icloud.com
413-634-2290

SCAM ALERT!

It's a **SCAM** if someone calls you claiming:

- You are getting a new, plastic Medicare card.
- Medicare is switching to a card with a chip in it.
- It's a new year so you need a new card.
- They need you to verify your Medicare number.

Report Medicare Fraud to:
Medicare 1-800-633-4227
or

Senior Medicare Patrol 1-800-892-0890

**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