Plainfield Council on Aging



November 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.



On November 11th at noon in town hall we will celebrate our Veterans with a spagetti and meatball luncheon. Garlic bread, salad and desserts will round out the meal.

Veterans are welcome to invite other veterans from neighboring towns. Please RSVP.

Shirley's Carrot Recipe:
(served at the previous luncheon)

Peel and wash 1 lbs. of carrots and chop into 1" lenths of equal widths

In a large bowl whisk 1/4 to 1/3 cup of olive oil with 1/2 tps. garlic powder and a healthy pinch of cumin. Add salt and pepper to taste.

Toss the carrots in the olive oil mixture and then spread them out on a baking sheet. Pour remaining liquid in the bowl on the carrots.

Roast at 425 degrees in the oven for 30 minutes or until tender.
Garnish with parsley and serve on a platter.





Did you know that the Berkshire Museum in Pittsfield has reopened after an incredible renovation?

It is worth seeing! Let's gather there on Friday November 20th at 10 am and view the fascinating and beautiful additions and exhibits.
They even have a wonderful aquarium!




Please RSVP.






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

We will celebrate Thanksgiving at our Luncheon on Wednesday the 18th at noon in Town Hall. On the menu is Turkey, stuffing, gravy & mashed potatoes, cranberry sauce, butternut squash, a vegetable casserole, and a Waldorf salad. Desserts and donations are welcome. Just for fun…let's bring and share our favorite holiday recipes or jokes.
Please note that the geothermal heating system instillation is due to begin the week of this luncheon and so it may have to be cancelled.

Kelly Hughes from the Northampton Department of Health and Human Services provide the blood pressure clinic.

Holyoke Community College has some courses for seniors on Technology, click here to see them.

If you are interested in any of them, the COA will subsidize the cost by $20 for any individual who is interested in enrolling.

Please contact Polly at 413-212-1581 or pryan@town.plainfield.ma.us to sign up.

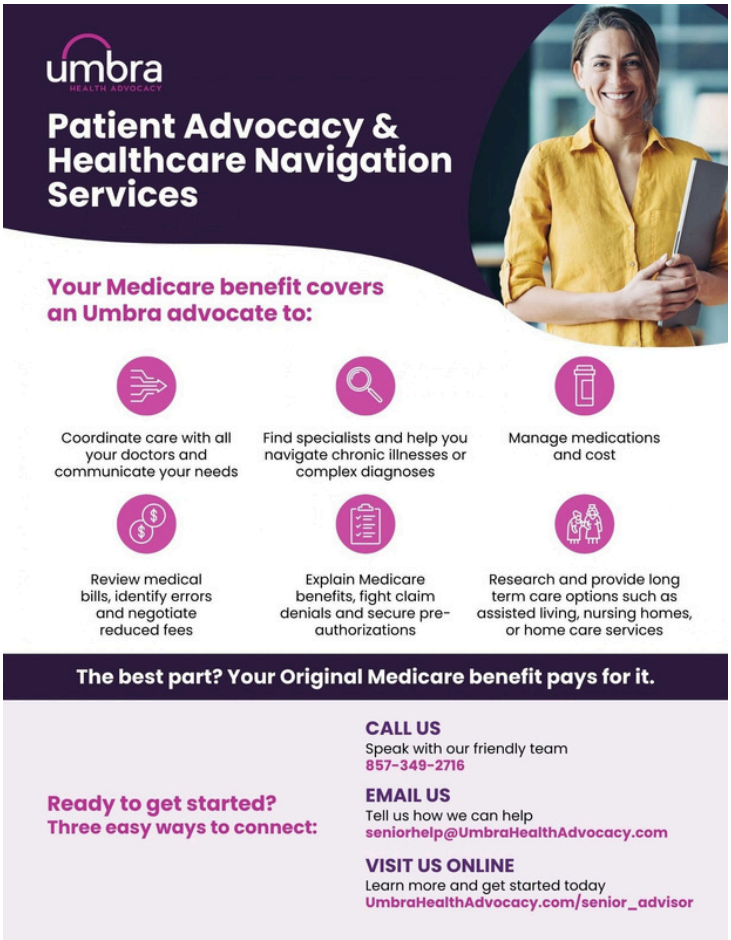
Healthy Bones and Balance classes with Polly are held every Tuesdays at 3:50 in the Cummington Community House. Anyone is welcome to join anytime.



Classes with Jill also continue at the Cummington Community House on Mondays and Thursday at 9:30 and all are welcome to participate in her class as well.

A New and Valuable Medicare Benefit!

Would you like help coordinating your medical care and receiving support from a trained patient advocate? Medicare now covers this type of service through organizations like Umbra Health Advocacy.



Got a notice from Verizon about your landline services ending? Please read the article Peg Whalen wrote in the Regional Section of this newsletter about this notice and the options you have going forward.



Key take aways are;

1. Your service will NOT end on November 30th… read paragraph one.

2. You can keep your landline number…it's legally yours to keep and there is no possibility of losing it. Eventually, **IF** the FCC approves Verizon's request, you have the legal right to switch your number to a different phone service.

3. Submit comments to the FCC, identify the proceedings using WC Docket No. 26-252…read paragraph 4 of the article for more details. Verizon will have the advantage of not "compensating their customers for imposing this transition to a different service" if no one holds them accountable for their business decision to stop their services.

The FCC has **NOT** given Verizon the green light to discontinue anything yet. This is an important reason to remain a customer, so the FCC knows how many customers will be impacted. Verizon is hoping to drop all their rural customers on copper wired landlines all over the US. You are not alone.

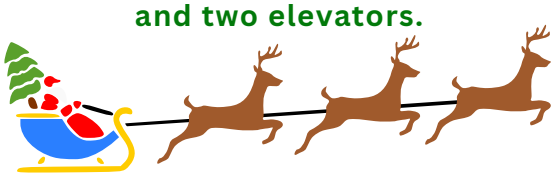
If anyone is interested in learning how to submit comments, let Polly know and we can arrange a workshop.

Looking for unique and local gifts for the holidays?
Check out the Eastworks Open Studios
November 7th & 8th from 10 am to 5 pm

Eastworks' artists, makers, performers, nonprofits, small businesses and entrepreneurs open their doors to the public.

Explore four floors of art, creativity and community.

It's FREE and there is on-site parking lots located in the front and back of the building, along with accessible entrances and two elevators.



Looking Ahead

Got questions or concerns about aging and memory loss?

Join us on December 5th in Town Hall at 10 am to chat with Kathy Service, a nurse at the Northampton Health Department, who is extremely knowledge about all this.

Coffee, tea & snacks included.

Please RSVP.

On Sunday December 6th, in Town Hall from 3- 5 pm, please join us to learn how to make an acrylic holiday wreath.

This workshop will be presented by Lisa Mendel from “Medel’s Stained Glass Studio”. All supplies will be provided but you are welcome to bring anything you would like embedded in the wreath. Coffee, tea & snacks included.

Please RSVP.



Please Join us for a Holiday Concert at the Plainfield Congregational Church on Saturday December 12th at 2pm.

Featuring "Joshua Wachtel and the Current Affair". Guest performers include Dave Christopolis, Saleem Mizrachi and Josh Chaplin. It will be an uplifting concert with a seasonal theme of Hope, Peace & Love.

ALL are invited.
Come and let the music get you in a holiday spirit!

Sponsored by the Plainfield COA, donations are welcome.

December’s luncheon will be on the 9th at noon.

Steak, roasted potatoes, and several kinds of vegetables will be on the Menu

Desserts and donations welcome

Interested in taking a clay class with Kadri Parnamets from the PROJECT ART at 54 Main Street in Cummington?

Drop in either on a Monday or Tuesday from 6-8pm and let Kadri know you are taking a class sponsored by the Plainfield COA.

It’s a Handbuilding Community Class with underglaze and glaze decoration, high fire techniques. No prior experience needed.

FREE EVENT

Chinese Music Ensemble Fall Concert
Friday, December 4, at 7:30pm
at Smith College’s
Sweeney Concert Hall
144 Green St., Northampton, MA

Under the artistic direction of Chia-Yu Joy Lu, the Chinese Music Ensemble presents a lively program of Chinese and Taiwanese music, bringing together traditional favorites and contemporary works showcasing the unique sounds of Chinese instruments and the joy of making music together.

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 November 6th.

An additional Foot Care Clinic is available at the Chesterfield Community Center on Monday November 16th from 9 am-12 pm.

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



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 training at drop-in centers and has a few PC laptops to give away for free.

Email Nancy Brown at coatechtrainer@gmail.com or call 413-296-5080 to get more details. Or go to https://northernhilltownscoas.org/

Caroline Solan is our new SHINE Coordinator and can answer all your Medicare/Advantage plan health insurance questions. Medicare open enrollment is from October 15 to December 7

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.



November's Happy Birthdays

Jerry Little, Edward Morann, Robert Fusco, Sandra Morann, Bonnie Beth Pierce, Willia Gilbert, Lina Bernstein, Lionel Beckwith, Judith Cole, Janis Talbot, John Tobin, Jennifer Lee, Mark Stinson, Valerie Thomas, Kathryn Pugliese, William Fisher, Nina Inchardi, Carolyn Moore-Hawthorne, Renee Schmidt, Joseph Schneider, Donna Carriker, Teresa Sinno.



November Regional News

Seniors Aware of Fire Education

Most of the rechargeable batteries we use everyday are lithium-ion batteries. They power cell phones, laptops, power tools, e-bikes, scooters, and many other devices. When used incorrectly or damaged, they can overheat, start a fire, or even explode.

Here are a few ways to stay safe:

- Look for products tested and listed by UL, ETL, or CSA. You can find these safety insignias on the product label or packaging.
- Always use the charging cord that came with your product.
- If you lose a charger, purchase a replacement from the manufacturer.
- Charge batteries on a hard, flat surface, away from anything that can burn.
- Never charge batteries on a bed, couch, or other soft surface.
- Charge larger devices, such as e-bikes and scooters, outside when possible.
- Keep charging devices away from exits and doorways so a fire does not block your way out.

A few simple precautions can help prevent a lithium-ion battery fire.

Have a S.A.F.E. charge!

Capt. Steve Estelle,
SAFE Educator
Goshen Fire Department

TECH CONNECT
SUCCESS FOR OLDER ADULTS

TECH HELP FOR NOVEMBER

TechConnect will be offering **Q&A style classes this fall on the second Tuesday of each month** at the Chesterfield COA Community Center. Bring your questions and contributions to our roundtable discussion. Hosted by Lizzy Canady from 1-2pm on the following dates:

11/10/2026: Medical Portals, taught by Peg Whalen
12/8/2026: Artificial Intelligence: Trends & Topics

No registration necessary.

Tech Support home visit is available by appt. 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 received a device from us and are not using it, please call us 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 Every Tuesday from 11:00 to 2:00

Goshen Library, Drop-In tech support from 12:00 to 2:00, 3rd Thursday this month, 11/19

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 3rd Thursday this month, 11/19

Williamsburg
Meekins Library Drop-In tech support (call library for latest information) 413-268-7472
Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 11/10

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

NORTHAMPTON OPEN MEDIA

GOOD NEWS FOR NOVEMBER 2026

By Deb Hollingworth

Here we are in November, the middle of Open Enrollment for Medicare plans. At the risk of beating a dead horse....because you've probably heard enough about Open Enrollment ... here's a review of your options, and reasons you might want to check them out.

My first question is:
"What coverage do you have now?"
...My next question,
"How is that working for you?"

If you're happy with your current coverage, and you haven't received any letters from your insurance provider saying there would be changes..... you can sit tight this year.

If you want to check to see if there will be changes to your RX co-pays next year, you can go on line at Medicare.gov , or speak with a SHINE counselor. Use the online Plan Finder to check out prices for 2027. The Plan Finder looks at RX co-pays for both Advantage plans well as stand alone Medicare D plans. You can also see Plan details for Advantage Plan co-pays for medical services.

There are a number of reasons why this might be important..... could be a change in medical conditions, a new diagnosis, or a new Rx that you need to take. And this year, those of you who received a letter from BlueCross about changes in their HMO and PPO plans should look at options to change coverage.

Options during Open Enrollment:

1. You can dis-enroll in your Advantage plan by enrolling in a medicare D plan. (This will automatically end your Advantage plan as of January 1st when your D plan becomes effective)

2. You can enroll in a different Advantage plan

3. You can go back to original Medicare when you enroll in a D plan.

4. If you go back to original Medicare with a stand alone D plan... you can pick up a Supplement plan (like Medex) anytime during the year.

Remember that these changes we make now during Open Enrollment, take effect January 1st 2027.

Questions?....

1. You can call Highland Valley 586-2000 to make an in-person appointment with Caroline Solan, our SHINE counselor for the hilltowns.
2. Phone Lifepath, in Greenfield 413-773-5555... Lifepath is our Regional SHINE office.
3. Call the Medicare help line 800-633-4227....please excuse the typo in last month's Newsletter!
4. For help with BlueCross changes, you might start with the customer service number on the back of your card.
5. Call your senior center.

BOARDS OF HEALTH ARE ASKING YOU TO SHARE YOUR OPINIONS & EXPERIENCES

Here is an chance to share your opinion and play a role in shaping state policy and funding. The Hilltown CDC and your board of health are working to get people in the Hilltowns to complete the MA Department of Public Health's Health Equity Survey.

Health equity recognizes that people do not all start with the same resources or face the same barriers to good health. Achieving health equity means identifying and addressing these conditions, like differences in income, disability, and other socioeconomic characteristics. These conditions can prevent rural people and communities from attaining good health.

Answering the questions is an easy way to bring programming and funding into our communities. This is the first of many resources DPH will be sending to rural hilltowns, so let's have a voice! The time to participate is now.. The survey is open until the end of November. This is an opportunity to support both health and community residents in need of a little extra. You will find the survey here: Mass.gov/HealthSurvey , or go to Mass.gov and search for "DPH Community Health Equity Survey." Your voice matters, make it loud and clear.

HOMEBOUND VACCINE PROGRAM



Amherst, Chester, Chesterfield, Cummington, Easthampton, Granby, Hadley, Hatfield, Huntington, Middlefield, Northampton, Plainfield, Southampton, Worthington

SCAN THE QR CODE

NEED HELP REGISTERING?
Call: 413-587- 4903

COVID VACCINE
Pfizer

FLU VACCINE
Regular and High Dose (available during flu season)

- Homebound visit available for Covid, Flu vaccine for ADULTS only
- Homebound includes persons with limited mobility and/or difficulty getting out of the home and their caretakers.
- Please have your insurance card available

OR REGISTER ONLINE

northamptonma.gov/2219/vax

Hampshire Public Health Shared Services Collaborative
Prevent. Promote. Protect.



Fitness for All with Joan

Better Health. Stronger You. A Healthier Community.

Move Strong. Move Well. Live Well.

Weekly Class Schedule



Functional fitness designed to help you feel stronger, steadier and more confident in everyday life.

All Fitness Levels Welcome!

MONDAY 9:30 AM Zoom Only	Cardio Sprints & Total Body Strength	A fun, challenging workout with cardio bursts, strength, balance and core work.	Sponsored by Joan. Donations are appreciated.
WEDNESDAY 10:15 AM Goshen Town Hall and Zoom	Total Body Strength	Build strength, improve balance and boost your energy with a variety of functional exercises.	Sponsored by Goshen COA
THURSDAY 10:15 AM Zoom Only	Kind & Gentle Movement	Support your everyday movement with gentle, focused exercises for strength, balance and flexibility.	Sponsored by Williamsburg COA
FRIDAY 9:00 AM Goshen Town Hall and Zoom	Smooth Moves	Gentle movement with a focus on balance, strength, mobility, foot & hand strength and flexibility.	Sponsored by Joan. Donations are appreciated.
FRIDAY 10:15 AM Goshen Town Hall and Zoom	Super Total Body Strength	Cardio, strength, balance, core work and flexibility — with options to challenge your level.	Sponsored by Joan. Donations are appreciated.

Strength | Balance | Mobility | Flexibility | Cardiovascular Fitness

Come Move With Us!

In person or via Zoom
Classes offered Monday – Friday
413-537-8337
Joan@bybhealth.com

Certified Group Fitness Instructor ♡ Personal Trainer ♡ Health Coach ♡ Nutrition Specialist

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Sharing and Caring: A Memory Cafe

A group led by two speech-language pathologists for adults with memory loss and their care partners.



Every 1st Thursday, 1pm-2:30pm, Oct 2026-Jun 2027
John James Memorial Town Hall, 42 Main St. in Goshen, MA
Contact Kerry at COA@goshen-ma.us or **(413) 268-8236,** ext. 118

CORRECTION:

The October Newsletter incorrectly identified the Plainfield Fire Chief. The current Chief is Robert Shearer.

Our apologies for the error.

LOSING HILLTOWN LANDLINES by Peg Whalen

Early in September, current Verizon phone and DSL customers received a six-page letter. Many hilltown customers found it confusing and, understandably, feel concerned. I want to explain why Verizon is making this change, clarify what the letter actually says, and answer some common questions.

WHY IS THIS CHANGE HAPPENING?
What drives this change? Increasing costs and decreasing profits. Verizon has to make costly repairs and replace copper wires because their coverings age, stretch, crack, and break. Copper theft is increasing. Maintaining outdated wires for less households doesn't make financial sense.

DOES THE LETTER REALLY SAY?
Customers first see the words "What's Changing and When" and the date "November 30, 2026." **What will actually happen to you on November 30, 2026?** Nothing! That date simply marks the day Verizon told the FCC it wants to discontinue service. It is simply Verizon's request, not a final decision. Verizon cannot disconnect your service without required approval. The FCC has not decided the matter as of October 15th. A September 29th document indicates the FCC needs more time to review their request and won't automatically approve it. I believe you can count on the change happening eventually. **Will it happen on November 30, 2026?** NO!

The letter's 3rd page contains a notice because the FCC required Verizon to include it. The notice explains how you can share your opinion. The FCC will post its public notice on its website, www.fcc.gov. As of mid-October, that notice has not appeared. If you or your town officials submit comments to the FCC, identify the proceeding using WC Docket No. 26-252. .

My summary of the rest of the letter? "You should know there are plenty of options for getting phone service, and each comes with its own pitfalls."

Technical jargon may also confuse you. Here is what some of it means:

- "Legacy" are older "obsolete" equipment, including some landline-connected home alarms and personal emergency buttons,
- "Fiber" means fiber-optic wires. These wires have hair thin strands of glass that transmit sound/info using light, hence the term optic.
- "FiOS™" is Verizon's trademarked name for its fiber-optic service.
- "Mobile wireless voice options" are wireless calling services, either cell phones, satellite phones, WIFI calling or VoIP (Voice over Internet Protocol). If you own a flip phone, a flat phone that doesn't fold, cell phone, smartphone, iPhone, Android or Pixel, you already have a mobile wireless voice option.

COMMON QUESTIONS
How do I get help? Contact your Council on Aging (COA), TechConnect, 296-5080, MA Department of Telecommunications, 800-392-6066, Whip City Fiber, 413-485-1251, Wired West, 833-991-9378 or other service.
What happens to medical devices? Some older medical monitors connect to landlines. Newer medical devices can use the same technology as cell phones. Tell your doctor about the upcoming change. Your doctor can help you find a replacement that communicates through cellular networks.
Do I have to get internet service? Or a cell phone? Maybe. If you already have broadband, Wi-Fi, a funny-looking box with flashing lights, a hotspot, or an internet bill from Whip City Fiber or Wired West, you are already paying for internet service. Adding phone service may be simple. If you don't have internet service, you could get it and use it only for your phone, or you could choose a basic cell phone instead.
Are any options exactly like a landline during a power outage? Nope! Today's alternatives all require electricity, either from an outlet or a battery. However, you can buy battery backups that provide temporary power when the electricity goes out. Think of them as tiny generators. Options include an uninterruptible power supply (UPS), a device with a built-in battery, or a portable power station. You can also charge phones and laptops from a car battery using an inexpensive adapter that plugs into the vehicle's cigarette-lighter-style outlet. And during extended power outages, town emergency plans include places where residents can charge their devices.
How do I pick an option? This doesn't have to be expensive. Help is available if you want to find the lowest-cost option. TechConnect staff can help you understand the choices and decide which one best meets your needs.
Do I have a choice? No. **Is it fair?** Maybe not. **Is there help?** Yes! Plenty of help is available with choosing, obtaining, and learning to use your new service.

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

Trips in 2027

Multi Day Trip April 25- May 1 Savannah, Jekyll Island & Beaufort, SC. Seven days, six nights. Visit Savannah, "The Belle of Georgia," Magnificent Beaufort, SC " The Queen of the Carolina Sea Islands," and Port Royal Sound Maritime Museum and more. Price $987 per person, double occupancy. A $25 discount is given if paid in full by January 25, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above *after the first of the year*.

Multi-day trip October 17-23, 2027 Chicago, 7 days, 6 nights. The partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, a visit to a historic Navy Pier and museums. Includes hotels, breakfasts and 4 dinners. Price $946 per person, double occupancy. A $25 discount is if paid in full by July 17, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail

Multi Day Trip July 22-25 ** (exact dates to be determined) 3-days/2 nights trip to Baltimore to see the Red Sox play two games against the Baltimore Orioles along with some sightseeing.

Day Trip December TBD Christmastime at the Reagle Theater in Waltham, Ma.
In the planning stages.

TechConnect TECH TALK from Peg Whalen

Remember Disney's "It's a Small World After All"? I've always loved that song and its message of connection. Today, our world is connected in ways we could hardly have imagined when that song first captured our hearts. Taking a little creative license, I've given the familiar tune a new digital twist

It's a Digital World For All
It's a world of tech, and a world of skills
It's a world of change, and a world with thrills
There's so much to be shared
That it's time we're aware
It's a digital world for all.

I'd love it if all of us were singing this song. Many of you already do, and I encourage more of you to join them and add your voice.

You've lived through party-line phone service, rotary dialing, and wireless phones. Today, we have handheld computers that make calls, take pictures, send text messages, write emails, and connect us through video. *Telehealth* appointments let us meet with our primary care providers from home. *Mobile banking* saves trips to the bank, *prescription refills* are easier, and *online shopping* means fewer trips to stores. We can explore subjects that interest us, learn almost anything for free, and even work or volunteer from home. We can watch young family members who live elsewhere grow up, share holidays with loved ones through video calls, and stay connected through social media like Facebook and Instagram. Online games offer stimulating interactions and a way to relieve boredom. Digital connections also help us maintain friendships with people we might otherwise lose touch with, whether we've moved closer to adult children or retired from jobs where we enjoyed the company of coworkers.

There really is so much to share, explore, and learn. I encourage you to build your digital skills in whatever ways you find helpful. The possibilities are waiting for you.

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304 MAIN ST.
PLAINFIELD, MA 01070

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413-734-5430
Susan Honneus
stormpetrel22@gmail.com
413-570-5544
Bonnie Phillips
bfillups21@icloud.com
413-634-2290



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