

# Living Well



Newsletter  
May  
2018

Williamsburg Senior Center: Programs & Services for Active Living at 60+

## MAY Events Calendar

### Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am

### Tuesdays:

- Healthy Bones & Balance, 10:30 am
- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am
- Intergenerational Bag Sew (see Pg 4) 3:15 pm
- Yoga for You, 6 pm
- Basic Computer Class 6-7 pm (call ahead)
- May 15: Patrick Callinan, Sing-Along 12:15\*

### Wednesdays:

- Modern/Creative Dance Class 10 am
- Congregate Meal, 11:45 am
- May 16: Advisory Board Meeting, 12:15 pm

### Thursdays:

- Tai Chi, 9:30-10:30 am
- Gentle Chair Yoga, 10:45 am
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6-7 pm (call ahead)
- Love Your Body 6-7 pm
- May 10: Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- May 17: Men's Group, Snack Bar, 8 am

### Fridays:

- Hadley Mall Trips, by interest\*

### Saturdays:

- Farmers' Market Trips
- May 19: A Walk in the Woods, 10 am\*



Come and Enjoy:

**Patrick Callinan & His Ukulele Group**  
will perform a Sing-Along  
**Tuesday, May 15th at 12:15**

Come and Sing the oldies and popular songs  
with a really fun group! Free! Refreshments!  
(call us 2 days ahead if you'd like to reserve lunch)

## May Trips!

### A Walk in the Woods (DAR) Saturday, May 19

10 am. Walk the handicap accessible trail. Canes, walkers & wheelchairs can make the trek. Dress accordingly.

### Florence Farmers' Market, Wednesdays, open 2-6

The Saturday Farmers' Market, 8 Gothic St., "Hamp", is open 8-1. Use your SNAP benefits.

Hadley Mall &/or Movie, Fridays: Have lunch, shop, take a stroll in the mall or see a movie. Movies paid for by Senior Center!

Call us to sign up! Drivers will contact you with time and place. You can be picked up and delivered to your home. Funded by Highland Valley Elder Services.

"SPRING:

A LOVELY REMINDER  
OF HOW BEAUTIFUL  
CHANGE CAN TRULY BE."



Marie Westburg says Goodbye, Page 3



To sign up for any of our programs, call us at 268-8407.

If you'd like to include lunch on a particular day, please call at least two days before the event.

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039  
Phone: 268-8407 - Fax: 268-8409 - Hours: Mon & Wed 8:30-1:30, Tue & Thu 8:30-7:00

## FOOD PROGRAMS

### Monday Meals **Mondays, 11:45**

Meals are made fresh at the Senior Center with healthy ingredients, and include bread donated from Bread Euphoria Bakery plus dessert by Linda Manor. Eat in, pick up or have them delivered. \$3 per meal. Please call by Thursday to reserve your meal!

- **5/7: Brown Rice, Black Bean & Veggie Salad with Avocado Dressing, Small Side Salad**
- **5/14: Mixed Green Salad, Carrot Raisin Salad & Cheese Toast**
- **5/21: Tuna Salad, Mixed Green Salad**
- **5/28: Closed for Memorial Day**

### Congregate Meals **Tues, Wed, & Thurs, 11:45**

Meals provided by Highland Valley Elder Services. Call at least two days ahead to make your reservations. We must have a reservation to feed you. Most programs are before or after these meals—see schedule on pg 1.

### Brown Bag Program **Thurs, May 10, 10:00**

The Food Bank of Western Mass. sponsors the Brown Bag Program, in which eligible seniors can get a **FREE** supplemental bag of groceries each month. Call us to apply.

## SERVICES

### Veterans' Service Officer **Mondays, 2-4**

Stop in to see Tom Geryk for answers to your questions about Veteran's benefits and other issues.

### SHINE Representative **Tuesdays, 11-2**

Need help with insurance issues? Wayne Glaser, SHINE Rep., is available to help. Call **268-8407** for an appointment in the office or in your home.

### Basic Computer Class **Tuesdays & Thursdays, 6-7**

Alan Estes teaches the basics. Small class size ensures individual help. Call to reserve your spot. Free!

Companion Program **Are you bored at home? Do you want to get out and meet people but don't drive anymore?** The Companion Program can match you to a peer for social time, companionship, running errands and more.

Medical Rides Call ahead to schedule free rides to your medical appointments. Drivers are paid through PVTA.

Benefit and Options Counseling The Senior Center can help you find the resources you need to:

- Make informed decisions
- Create short and long-term plans for services
- Identify resources that will facilitate your continued independence
- Plan for support to ensure your ability to age in your home or help you determine what other options you may want to consider
- Help you sign up for Fuel Assistance & Snap programs

## HEALTH

### Blood Pressure Clinic **Thurs, May 10, 11:30**

Hope Nurse, Robyn LaFerriere, will be available for blood pressure monitoring during Brown Bag Thursday.

### Foot care Nurse, Oni **Wed, June 27, 9-2**

Oni, Williamsburg's foot care nurse, comes on fourth Wednesdays every other month. This is self-pay at \$30 per visit. (Home visits, \$40.) Call **268-8407** for an appointment.

### Podiatry, Dr. Coby **Tues, May 8, 9:30-1**

Routine foot care every other month in the Town Office building. Call **268-8407** for an appointment. Dr. Coby does medical billing—bring your insurance card.

## FITNESS

### Yoga for You—Adult Yoga **Tuesdays, 6pm**

Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60. Call to register. Small fee per class.

### Modern/Creative Dance Class **Wednesdays, 10am**

Contemporary dance for adults, taught by Susan Waltner. Call to register. You may contact Susan with questions at [swaltner@smith.edu](mailto:swaltner@smith.edu).

### T'ai Chi Classes **Thursdays, 9:30am**

Taught by Marty Phinney, T'ai Chi provides simple exercises that help build energy, power and flexibility. Call to register. Small fee per class.

### Gentle Chair Yoga **Thursdays, 10:45am**

Led by Alexandra Mello, features seated and standing exercises. Good for beginners-intermediate. All ages are welcome. \$10/class.

### Healthy Bones & Balance **Tuesdays, 10:30am and Thursdays, 4pm**

Fun, low impact exercise designed to increase strength, mobility, flexibility and balance, taught by Susan Glenn. Call to register and fill out a medical clearance form. Class is free.

### Love Your Body **Thursdays, 6pm**

**Feldenkrais, Awareness Through Movement**, taught by Michelle Wolk. Tone up for Spring/Summer activities! Wear loose clothing and bring a mat if you have one. Call to sign up.

## OTHER GROUPS

### Third Thursday Men's Group **May 17, 8am**

"The guys" meet on the third Thursday of every month at the Williamsburg Snack Bar. Join them!

### International Bag Sew **Tuesdays 3:15-5:15pm**

Help sew bags for local businesses to reduce plastic bag usage! See article on pg. 4.

## Marie Westburg to Leave Williamsburg Senior Center

After seven years as the director of the Senior Center, I am moving on. It has been a very fulfilling experience to be part of town government, to be able to effect positive change and to connect with so many folks through this important work. This experience has been close to my heart in many ways. I have immersed myself in the life here as I am a resident, have raised my kids here, and when I started my position, I was also a caregiver for my mother-in-law, who had early onset dementia. I learned firsthand about the many challenges of aging in place, and how these challenges are amplified for people in the Hilltowns. This experience informed the focus of my work immensely. Throughout my time here I have been lucky to have staff, a council on aging advisory board and so many volunteers to support the growth of programs and services to fill gaps in resources and achieve the mission of this agency.

The Senior Center is entering a new era in many ways. Fran Goebel has retired after serving here for 20 years. The needs of the agency and residents are changing and growing as the Boomers' numbers mount. As I step down, I want to make one last appeal to residents: **get involved and advocate for aging services in Williamsburg!** With all the decisions facing the town around its buildings, the Public Safety Complex project and increasing fiscal constraints, it is important not to let aging services take second fiddle. Not all seniors want to make a fuss (or even identify as a senior), but as the population is growing rapidly, there

will be increasing needs that should be planned for. By 2025, more than 40% of the town's population will be over 60 and by 2035 the number of people over 80 will likely double! If you have not been involved it is not too late!

The Senior Center's future is still undecided. The need for more space, staffing and fiscal support is being discussed and defined through the Strategic Planning process that is currently underway. The new director will have the charge of leading the next phase of strategic planning and once several options have been defined, this person will present these options to the Board of Selectmen for their consideration. Your input and advocacy are needed! Look for announcements about the final strategic plan, this summer and fall, and be sure to give feedback at a public information session, to the Council on Aging Board and to the Select Board. There is much to be gained, for people of all ages, by making Williamsburg a more age friendly place to live.

I am so grateful for all I have learned over the years here in Williamsburg. I will take this knowledge with me to my new position as the director of the Northampton Council on Aging. I'm looking forward to continuing to support the capacity of aging services in the region and will remain a proud and active resident of Burgy. See you around town!

Sincerely,  
Marie Westburg

*Thank You for all your hard work, Marie!*



### Thank You for ALL Your Donations!

Your donations help support programs such as the Companion Program; provide financial aid to lower fees for programs; and give us the flexibility to add new programs, classes & workshops to benefit our senior population. EVERY donation is important, as are all the VOLUNTEERS who donate their time to help out.

**Please consider a tax deductible contribution.** If you would like to contribute, please fill out the form below, send it with your check made out to **Town of Williamsburg**. We thank you for your continuing support!

**The Williamsburg Senior Center counts on YOUR support to continue our programming for local seniors!**

I would like to contribute to the Williamsburg Senior Center. My contribution of \$\_\_\_\_\_ is attached.  
(Please write your check to **Town of Williamsburg** with "Senior Center program support" on the memo line.)

Name \_\_\_\_\_

Address \_\_\_\_\_

**Thank You for Helping to Support Your Neighbors!**  
Williamsburg Senior Center/Council on Aging

*I have natural beauty, but time keeps doing unnatural things to it.*



Visit the Town of Williamsburg Website  
[www.burgy.org](http://www.burgy.org)

Facebook: Williamsburg Senior Center

- To subscribe or to unsubscribe from this newsletter,
- To receive this newsletter by email only,
- To add/remove your phone # from our auto-call list,

Contact us, leaving your name, address & phone number at 268-8407 or email [sloomis@burgy.org](mailto:sloomis@burgy.org).

## **Intergenerational Bag Sew** **Tuesdays, 3:15-5:15 pm**

### **Help sew bags for the Bagshare Project!**

Learn to sew, sort fabric, cut tags. Lots of jobs are needed. No sewing ability necessary—refreshments are provided! Grandparents, parents and children (*children under 10 must be accompanied by an adult.*) are welcome! High school students can fulfill Community Service Project hours and anyone in the Northern Hilltowns can earn Community Credits to redeem for other services (ask us how to sign up). Call us or e-mail [coa@burgy.org](mailto:coa@burgy.org).

## **Enrich your Life, Volunteer!** *Plenty of opportunities here for you.*

- **Reception & Kitchen Help** needed, Mon-Thu.;
- **Medical Drivers** (paid by trip.);
- **Companions**, 1-2 hours weekly per client (includes small stipend);
- **Carpool Drivers**, Sign up to drive seniors for our new trip program. Drivers paid by trip;
- **Yard workers**, to help local seniors at home. Teens (Community service credit for your school) & Adults.

**If you can help, or know someone who may, call 268-8407 for information.**

**Thank you to ALL of our volunteers!**

## **Ticks in the Spring Garden**

Disease-carrying ticks have already woken up for the season—or never went dormant at all—posing a risk to any potential host they find.

"Ten years ago it would have been [hard to find ticks in winter], but the tick population here is changing." Now, it's the deer tick (also called the black-legged tick) that shows up most often. This species is the most prevalent in the spring, summer, and fall, but the Centers for Disease Control state that the adults may search for a host any time the temperature gets above freezing.

You should always be on the lookout for any little hitchhikers, whether it's on your dog or yourself. The bloodsuckers can carry Lyme disease and other illnesses, and their populations have skyrocketed in the past few years. The tick is now established in areas where it was absent 20 years ago.

Untreated Lyme disease can lead to arthritis, shooting pains, and heart palpitations. The first warning sign is usually the classic bull's eye rash, but it's always best to prevent bites in the first place. Talk to your vet about using a preventative product on your dog, and wear insect repellent and long, light colored clothing when you're outdoors, especially in wooded areas.

Always check children, pets, and yourself for ticks shortly after coming inside. Remove any you find with fine-tipped tweezers, not home remedies which can increase the likelihood of contracting tick-borne illnesses. Removing the parasite ASAP will reduce your risk. Black-legged ticks need to stay attached for at least 24 hours before transmitting Lyme disease, according to the CDC. If you develop a rash or fever within a few weeks of a tick bite, seek medical attention right away. For something so teeny-tiny, these ticks can sure cause a lot of damage.



## Regional News

### Seniors Aware of Fire Education



Fires caused by cooking accidents are the number one cause of fires by older people. So, this month we'll consider some familiar ways of avoiding and dealing with fires in our kitchens.

- STAND BY YOUR PAN! Never leave cooking unattended.
- Wear short or tight fitting sleeves when cooking. Loose sleeves easily catch fire.
- Put a lid on a grease fire to smother it, then turn off the heat.
- Never throw water on a grease fire. Water will spread fire around.
- Never move a burning pan. You can easily ignite your clothes or spill fire onto someone or something else. Put a lid on it.

Be S.A.F.E.,

--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

*The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.*



The Hilltown Easy Ride will be starting a program to promote exchange among Hilltown COAs for events and luncheons. We will still be able to do medical rides and shopping as well.

You must be 60+ and live in the towns of Goshen, Chesterfield, Cummington, Worthington or Plainfield to be eligible for the van. All riders must fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to process, and once you get the acceptance letter you can start booking rides.

We are happy to answer questions:  
**413-296-4536 or [ride@hilltowncdc.org](mailto:ride@hilltowncdc.org)**

The dispatcher's new hours are Mon.-Thurs. 8am to 10:30am and Fridays 8am to 11am, but messages will also be checked from home, so please leave a message and it will be returned.

**Would you like to receive your newsletter by email instead of snail mail?**

If so, please email Kristen at **[regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com)** to be put on the email list.

### A Good Deed Never Goes...

Sometimes it's hard for a young person or someone who had a run of back luck with their finances to get on their feet. You, being a good person, may be wanting to help them out. Well, love, DO be careful.

It is possible for you to authorize a child or someone else to use your credit card, called "piggybacking". The child, as an authorized user, benefits from your good credit, assuming their activity is reported to the credit bureaus by the card company, and begins to gain or improve their credit. BUT the authorized user is not responsible for paying on the card; you are. If things go wrong... about a third of all cases of piggybacking do not end well, according to a recent Washington Post Color of Money column.

Another example of a good deed that can get punished is co-signing. I once co-signed a car loan for a young friend just out of school. That effectively meant that I had taken the loan on the car. If something went wrong, I could own a wrecked car or get sued for the entire loan amount. All ended well – she kept the insurance up and paid off the loan on time. Alarmingly, a co-sign situation that is growing more common is for grandparents to co-sign a student loan. The bad statistics and consequences on that are just that: bad.

If you are considering doing a co-sign, please read this first:  
[www.consumer.ftc.gov/articles/0215-co-signing-loan](http://www.consumer.ftc.gov/articles/0215-co-signing-loan). Then call me. I'm serious!

Selfishly speaking,  
Jean O'Neil, TRIAD Committee Member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## Age Friendly in Goshen

By Peg Whalen  
Regional Outreach Coordinator for the  
Northern Hilltowns Consortium of COAs

The Goshen COA has been hard at work on growing its outreach in 2018. In Goshen:

- there are 338 residents age 60 and over
- older adults now account for 35% of town residents
- between 2016 and 2018, the number of residents age 80 and over increased from 39 to 52

Outreach efforts require more community support. Given these statistics, the COA is considering new outreach methods and finding ways to attract more year-round and seasonal volunteers.

For many years, in addition to personal outreach done by the COA Coordinator and five board members, Goshen has had a sixth dedicated "outreach" worker, Dora Emerson. Dora might visit, call, help with rides, and otherwise reach out to the town's oldest residents and homebound older adults. These six COA members provide support to a limited number of town residents. They do so by:

- donating time to deliver meals
- checking regularly with several older adults
- giving rides
- lending a listening ear to older people they know

Looking outside the COA to bolster outreach led them to contact the fire, police, and emergency management departments. The goal is to create an expanding circle of town resources and personnel specially attuned to older adults' needs. The board is committed to working with the other town departments to identify older adults that are on oxygen, live alone or have homes in isolated locations. Advance knowledge provides more effective assistance in times of need – like accidents in the home, ice storms and tornados.

Goshen has a limited number of involved residents. Few as they are, they have created effective, non-intrusive ways to watch out for various older adults. For example, one resident agreed to using a system for alerting their neighbor of their well-being. If the garage door – which is closed every night – is not open in the morning, that person checks with the other to confirm their safety; another plan includes having an older adult make a call each morning to indicate that they are okay and active for the day; a daily call also works well in reverse. A family member, friend or neighbor can call an older adult every

morning at an agreed-on time.

These are simple ways of caring that effectively support town residents. Imagine proposing one of these methods to a neighbor you know or have concerns about. These are non-intrusive solutions that are simple and respectful and are hallmarks of an age-friendly community.

## Free Daily Shuttle to Mass General

Cooley Dickinson Health Care and Massachusetts General Hospital have teamed up to provide a free daily shuttle from Northampton to Boston.



The round-trip shuttle leaves from 8 Atwood Drive in Northampton at 6:30am. The shuttle will drop off passengers at the Massachusetts General Hospital entrance on 55 Fruit Street in Boston, and leave at 3pm to return to Northampton.

The shuttle will have the ability to hold 12 people, will be equipped with Wi-Fi, and will run daily Monday through Friday. While the shuttle is free, reservations are required, and must be made 24 hours in advance. Children under 18 years of age are required to have an adult with them. Reservations can be made by calling 888-554-4234.

## New Driver's License & ID Requirements

As of March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, customers need documentation showing U.S. citizenship or lawful presence as required by federal and state law. Customers will also need to choose between getting a REAL ID license or ID card, or a Standard license or ID card. Visit [Mass.gov/ID](http://Mass.gov/ID) for more info and a complete list of acceptable identification documents. Customers are now also able to start applications online. Our new online Info Center includes specific information about the documentation requirements for non-U.S. citizens, drivers over the age of 75, learner's permit holders, and those new to Massachusetts.

**OLDER  
AMERICANS  
MONTH**



**ENGAGE AT EVERY AGE: MAY 2018**

# Stronger than Yesterday

**What interests you?** There's never been a better time to learn a new form of exercise or pick up one you haven't done in years.



## Chair Yoga

*Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.*

Tues. 10am, Chesterfield Comm. Ctr  
*Led by Michelle Morales-Wolk.  
Requested donation: \$5/ class.*

Weds. 9am, Westhampton Woods, Unit F  
*Led by Michelle Morales-Wolk thru 5/23.  
Free or small donation.*

Thurs. 10:45am, Williamsburg Senior Ctr.  
*Led by Alexandra Mello. \$10/class\*.*

## Yoga for You

*Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60.\**

Tues. 6-7pm, Williamsburg Senior Ctr.

## Dance Class (Modern/ Creative)

*Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.*

Weds. 10am, Williamsburg Senior Ctr.

## Feldenkrais

*Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.*

Mon. 7pm, Chesterfield Comm. Ctr.  
*Requested donation: \$5/class*

Thurs. 6pm, Williamsburg Senior Ctr.  
*\$10/class\**

## Healthy Bones and Balance

*Designed to increase participants' strength, mobili-*

*ty, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.*

Mon. & Thurs. 9:30am  
Cummington Comm. House

Mon & Fri. 10:30am  
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Senior Ctr.

Thurs. 4pm, Williamsburg Senior Ctr.

## Hiking

*Chuck Horn organizes hikes around the Westhampton/ Easthampton area. To get on his email list, drop him a line: [charleshorn@gmail.com](mailto:charleshorn@gmail.com)*

## Muscle Strengthening Classes

*Strength training keeps your bones strong and helps maintain muscle mass.*

Weds. 10am, Goshen Town Hall

## T'ai Chi

*T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.*

Mon. 9:30am, Chesterfield Comm. Ctr.  
*(Advanced; \$5/class)*

Thurs. 6:30pm Chesterfield Comm. Ctr.  
*(Beginner; \$5/class)*

Thurs. 9:30am Williamsburg Senior Ctr.  
*\$10/class\**

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**To find out more about these classes, and to register, please contact the appropriate COA coordinator:**

### Chesterfield:

Janice Gibeau, 296-4007,  
[coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

### Cummington:

Anne Parsons, 634-2262, [coa@cummington-ma.gov](mailto:coa@cummington-ma.gov)

**Goshen:** Evelyn Culver, 268-3316, [ematkc@aol.com](mailto:ematkc@aol.com)

### Westhampton:

Julia Lennen, 537-9880,  
[westhamptoncoa@comcast.net](mailto:westhamptoncoa@comcast.net)

### Williamsburg:

Sherry Loomis, 268-8407, [sloomis@burgy.org](mailto:sloomis@burgy.org)  
\* Financial aid may be available for Wburg residents.

### Worthington:

Sandy Epperly, 238-5584, [coa@worthington-ma.us](mailto:coa@worthington-ma.us)

**Williamsburg Senior Center**  
**P.O. Box 193**  
**Haydenville, MA 01039**

PRSR STD  
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Greenfield MA

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Sherry Loomis,  
Administrative Asst.

And Volunteers

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

## Out and About in May

**Sat. May 5th @ 7pm & Sun. May 6th @4:30pm**

### **Spirit of the Hills Community Chorus**

*Northampton Senior Center, 67 Conz St.  
Northampton, MA*

Singers aged 8-80, based in Williamsburg, will perform music from the world's community singing traditions of South Africa, Bosnia, England, Basque Spain, Corsica, American gospel, American Jewish traditions, and more. Donation Requested: \$15/adults, \$5/children. **To benefit the Food Bank of Western Massachusetts.** Directed by Penny Schultz. Christopher Haynes Accompanying on piano and accordion.



**Sun. May 6th, 2pm**

### **Leadership & Climate Change:**

### **A Special Hilltown Panel Discussion**

*Chesterfield Comm. Center, 400 Main Rd.  
Chesterfield, MA*

The Hilltown Eco-Action group in cooperation with Chesterfield Community Center will present a panel presentation followed by Q&A. The event will include special presentations on climate change from three different perspectives and feature: environmental lawyer Kevin Healy, biologist Ed Stockman, and Climate Action NOW co-founder, Susan Theberge.

The topics will include **Lawyers Fight Climate Change**, Kevin Healy; **Building Solidarity to Respond to Climate Change**, Susan Theberge; and **Our Industrial Food System and Climate Change: A Well-Kept Secret**, Ed Stockman.

The Hilltown Eco-Action Group was formed in January 2017 as part of Defend the American Republic, a group of concerned residents of Worthington and surrounding communities. This group was established to protect the earth in any way we can from the ever-accelerating climate change crisis.

Free to the public. Donations are appreciated.

**Tues. May 8th, 1:30pm**

### **Tanglewood Marionettes: "The Dragon King"**

*New Hingham Regional Elementary School  
30 Smith Rd., Chesterfield, MA*

A terrible drought has overtaken the land, and all the world has turned brown and lifeless. The Dragon King is ruler over all things water, and the people are beginning to wonder why he has not brought the life-giving rains in such a very long time. An underwater fantasy based on Chinese folklore, *The Dragon King* tells the tale of an intrepid Grandmother who journeys to the bottom of the sea in search of the elusive Dragon King, and the answers to why he has forsaken the land above. Free and open to all ages!

*Funded by the Chesterfield Council on Aging through a multi-generational grant from Highland Valley Elder Services.*