

# Living Well



Newsletter  
August  
2018

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

## August 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
- Yoga for You, 6 pm
- Basic Computer Class 6-7 pm (call ahead)

### Wednesdays:

- Congregate Meal, 11:45 am
- Aug 15: Advisory Board Meeting, 12:15 pm
- Aug 22: Patrick Callinan & Friends 12:15\*

### 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
- Aug 9: Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- Aug 9: Men's Group, Snack Bar, 8 am

### Fridays:

- Hadley Mall Trips, Shopping &/or Movies\*

### Saturdays:

- Farmers' Market Trips, by interest\*
- Aug 18: Seniors with Kayaks Float Party\*  
10 am at DAR-Won't you join us?

\* See article in next column

~ Come and Enjoy ~

## Patrick Callinan & Friends!

LIVELY Entertainment by  
LOCAL MUSICIANS!

Wednesday, Aug. 22nd at 12:15 pm  
in the Senior Center Café

Please call two days ahead to reserve lunch if interested.

## Seniors with Kayaks

Saturday the 18th - Paddle at the DAR

Lets have another float party! Meet at the DAR boat ramp at 10am and paddle for a while, take a swim or walk the lakeside trail, meet at the Snack Bar afterward for lunch! If you need help with your kayak, call us. *Lifetime state park pass for seniors is \$10.*

Note: We're looking for someone (or 2) with a pickup to help carry kayaks. Contact us to sign up: 268-8407.

Let's enjoy summer like we used to!

## August Trips

Florence Farmers' Market, Wednesdays, open 2-6pm  
The Saturday Farmers' Market, 8 Gothic St., "Hamp", is open 8-1. Use your SNAP benefits.

Hadley Mall &/or Movie, Fridays: Have some friends who want to get out and about? 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 home.

*Funded by Highland Valley Elder Services.*

Where would you like to go?

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-Thurs 8:30-1:30, with extended hours for classes

## 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!

- **8/6: Green Bean Soup, Tomato & Mozzarella Salad**
- **8/13: Tuna Salad/ Tossed Green Salad**
- **8/20: Corn & Tomato Soup, Cucumber Salad**
- **7/23: Veggie Quiche, Green Salad**

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

Meals provided by Highland Valley Elder Services. Call two days ahead to make your reservations. Most programs are before or after these meals—see schedule on pg 1.

### Brown Bag Program **Thurs, Aug 9, 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 PVT A.

**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, Aug 9, 11:30**

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

### Foot care Nurse, Piper Sagan **Wed, Aug. 22, 9-2**

Piper, Williamsburg's foot care nurse, comes on fourth Wednesdays every other month. This is self-pay at \$30 per visit. Call for an appointment.

### Podiatry, Dr. Coby **Tues, Sept 11, 9:30-1**

Routine foot care every other month in the Town Office building. Call 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 is on hold for July and August. Stay tuned for more info.

### 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. Small, easy movements done on a mat bring relief through better alignment. Wear loose clothing and bring a mat if you have one.

## OTHER GROUPS

### Third Thursday Men's Group **Aug 16th, 8 am**

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

**Carpool Rides!** Get some friends together and take the carpool to the mall or Farmers' Markets! (Pg. 1) Carpool drivers paid by a grant from HVES.

**Seniors with Kayaks** **Saturday, Aug 18**  
**Second DAR paddle-sign up asap! (Pg. 1)**

## 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).

### A Reminder: Prevent Dehydration Get your Free Water Bottle!

What steps can be taken to prevent dehydration?

- Drink plenty of fluids with medications
- Drink water **and** preferred beverages
- Try for a minimum intake of (48 oz) or more
- **Stop by the Senior Center for your free water bottle! (Provided by your generous donations!)**

### Do You Know?

Williamsburg Senior Center has assistive equipment for your use. Need a walker, shower chair, cane, wheelchair or other equipment? Call or walk in and see if we have what you need. Donations also accepted.

Williamsburg Senior Center serves a freshly made in-house meal on Mondays for \$3. These Monday Meals can be picked up, delivered or eaten in our Café. We also serve free luncheons for anyone over 60 Tuesday-Thursday—these meals come from Highland Valley Elder Services and donations are accepted.

Williamsburg Senior Center has a lending library in the office, room 102. Please come in and take or borrow all the books you want. Many are large-print books donated by Meekins Library. You may also bring in books (in small quantities please!), or volunteer to help organize our shelves!

Williamsburg Senior Center holds public Advisory Board meetings every 3rd Wed. except August. Come in and help us set policies that will help you and your friends and families as we age.

Williamsburg Senior Center has programs and opportunities for all ages! Intergenerational programs, exercise and dance classes, a men's group, a sewing group, entertainment, clinics, and much more. Don't be shy!

**You don't have to be "old" to enjoy programs sponsored by the Senior Center, Stop by any time!**

## Enrich your Life, Volunteer!

- **Reception & Kitchen Help** needed, Mon-Th.;
- **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. (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!**

## Wisdom of the Elders

Last month I introduced the concept of the "Ultimate Quote Book of Life" and how the things we say today can influence future generations.

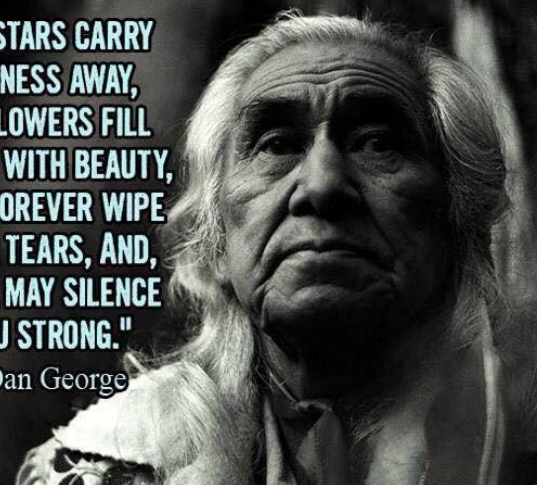
In many cultures, the elders are revered for their knowledge and wisdom. Oral transmission of this wisdom is the way children learn from the past and are taught to live lives with respect.

As we get together and talk about our lives, families, memories and whatever else, it might be fun to write down some of these nuggets of wisdom to share with others.

Stop by the Senior Center Café and drop a line, a favorite story, memories, quotes, Grandma's wisdom or what-have-you in our Wisdom Notebook. Let's make our own Ultimate Quote Book of Life to pass down to our younger friends! Remember, you DO have something to say!

**"MAY THE STARS CARRY  
YOUR SADNESS AWAY,  
MAY THE FLOWERS FILL  
YOUR HEART WITH BEAUTY,  
MAY HOPE FOREVER WIPE  
AWAY YOUR TEARS, AND,  
ABOVE ALL, MAY SILENCE  
MAKE YOU STRONG."**

- Chief Dan George



## File of Life

The File of Life believes that everyone should receive prompt, quality medical care, especially when it matters most – in an emergency. This product is designed to make the difference between life and death by providing absolutely vital information to first responders. The File of Life format is easy to use and is immediately recognized by local EMTs, police and fire departments nationwide.

Did you know that nearly 60% of all emergency calls are for senior citizens? Seniors and children comprise the most at-risk portion of the population. The refrigerator magnet version is distributed for placement in homes, while the personal size pouch is provided to school children to keep in their backpacks or for you to keep in your wallet or purse. For many communities, this is the first step to establishing 100% community-wide coverage.

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! <i>Review At Least Every Six Months !</i>	
MEDICAL DATA REVIEWED AS OF MO. YR.	
Name: _____	Sex: M F
Address: _____	
Doctor: _____	Phone #: _____
Preferred Hospital: _____	
EMERGENCY CONTACTS	
Name: _____	Phone #: _____
Address: _____	
Name: _____	Phone #: _____

**Who is at Risk? We all are. Medical emergencies can happen to anyone at any time.** That's why everyone needs the File of Life. Pick up your packet at the Senior Center ASAP!

## Call Me

It hung on Ethel's kitchen  
Wall, no dial, an earpiece  
On a hook. When she lifted  
It—Alice down the road—  
Greeted her with an inquiry:  
Who? If local, out of town  
Required more precise array.  
An aging phone book groans  
With numbers of lost loves.  
Have they kept their prized  
Superscripts in Heaven? My  
Brain rattles on in search of  
Good answers—once found  
At the end of those lines,  
At the end of those lives!

~James Francis Cahillane

Enjoy the *little things* in life  
for one day you will *look back*  
and realize they were the *big things*



## Thank You for Your Generous Donations!

Your donations help support our Companion Program; provide financial aid to lower class fees; and give us the flexibility to add new programs, like our water bottle handout and local entertainment to benefit seniors. EVERY donation is important to us, as are all the VOLUNTEERS who donate their time to help out.

**Please consider a tax deductible donation.** 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



# Regional News

## The Massachusetts Senior Legal Helpline (800) 342-5297

### Are you 60+ and in need of legal help?

The Helpline is a project of the Volunteer Lawyers Project of Boston. We provide free legal information and referral services to Massachusetts residents who are 60 years old or older. **The Helpline is open Monday through Friday 9AM-12PM.**

### Can I get a free attorney?

Most callers will not be eligible for a free attorney. Helpline advocates can help you find out if you are eligible and complete an application for services with a Massachusetts civil legal services program. Legal services law types include: Social Security/SSI, Veterans Benefits, MassHealth, Medicare, Consumer, Public Benefits, Unemployment, Foreclosures, Utilities, Guardianship, Wills/Advance Directives, Bankruptcy, Housing, Family law, and Nursing Home.

### Can I get referrals to reduced fee and private bar attorneys?

If you are not eligible for a free attorney and have some ability to pay an attorney, we can refer you to reduced fee attorney referral programs where

attorneys will charge you on a sliding scale based on your income.

We can also refer you to private bar attorney referral programs. Private attorneys will charge for their services. Some cases, such as medical malpractice, workmen's compensation, personal injury, and Social Security benefits denials do not require you to pay money upfront in order to get an attorney. The attorney fees are taken from your award only if you win your case.

### Can I get free legal information or referrals?

Yes. Your Helpline advocate will research your legal issue and provide you with information or referrals on most legal topics. We can also text, e-mail, or mail you links or written materials.



**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.

## And In Review...

There will not be a test, but I thought it might be a good idea to go back over some stuff about scams. A recent issue of Consumer Reports listed the top 4 kinds of scams that are STILL tripping us up and costing us money.

- **IRS Imposters.** You owe us, pay up or we'll put you in jail.
- **Home Repairs and Security Checks.** Hello home owner, I'm a contractor and noted that you need a new roof. Give me the money, I'll get the supplies, and fix it. OR we are your new security or computer company, and we need to reboot your system.
- **Grandparent Scam.** You grandson is in jail in Mexico, I'm a lawyer, if you send me money I'll get him out. Poor little Timmy – he is so scared there.
- **Lotteries and Sweepstakes.** Congratulations, you won! Just send us money to cover taxes and the expense of sending you your prize.

I lied – here is a test. If I get a phone call from a number or name I don't know, I should:

- Just hang up
- Not answer in the first place
- Try to outwit the caller by keeping him/her on the line and giving false information or trying to find out where they are.

Answer: You chose A and B! YES! Congrats!

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

# Hilltown Elder Network:

## When a H.E.N. is not a chicken... but is the kind of help you could use!

**Who?** Income eligible seniors aged 62 years or older who reside in Chesterfield, Cummington, Goshen, Plainfield, Williamsburg, Westhampton, Huntington and Peru. A participant's eligibility is determined during the intake process. An over-income applicant may use HEN to locate a screened, experienced, local caregiver who will provide services for private payment.

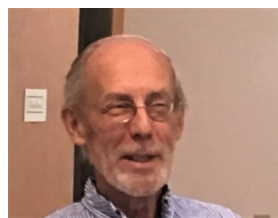
**What?** Home cleaning, laundry, food shopping and meal preparation, snow removal, handling of firewood and escorted transportation for medical appointments or shopping are typical forms of assistance offered. There is no charge. Services provided by HEN caregivers can only be those home chores and daily living tasks that applicants report they are unable to do themselves, due to health conditions and/or mobility limitations. HEN Caregivers are trained local residents who are paid for their services. Each caregiver is reference-screened and CORI-checked. HEN services do not include personal care.

**When?** As an individually customized service, HEN provides continued weekly assistance (typically 1-4 hours per week), short term assistance (i.e. helping an elder who recently suffered

a broken hip and is recovering at home), or one time assistance for an unusual need, such as the clearing of snow following a heavy storm.

**How?** For further information, call the coordinator for your town (listed below) who can provide you with more details about eligibility and available services in your town.

Chesterfield	Helen Pelletier	238-4418
Cummington	Sandra Powers	634-5558
Goshen	Fran Goebel	268-7411
Plainfield	Sandra Powers	634-5558
Westhampton	Lilly Baxter	527-1532
Williamsburg	Fran Goebel	268-7411
Worthington	Helen Pelletier	238-4418
Huntington	Amy Ellinger	207-2256
Peru	Amy Phinney	655-0123



Charlie Hayes, the administrator of the HEN program, recently received a Certificate of Recognition from Highland Valley Elder Services on the 13th Annual World Elder Abuse Awareness Day for all of his work and support in preventing elder abuse.

### IS YOUR SEPTIC OVERFLOWING? IS YOUR ROOF LEAKING? ARE YOUR WINDOWS AND DOORS OLD AND DRAFTY?

If you can't afford to make these repairs, call me about getting a no-payment, no-interest housing rehab loan!

**If you live in the towns of Chesterfield, Cummington, Goshen, Plainfield, Peru, or Worthington, we have funding available!**

#### Eligible improvements may include:

- Roofs, Windows, Doors, and Foundation Repairs
- Septic Systems, Sewer Tie in's
- Heating Systems, Oil Tank Installations/Removals
- Handicap accessibility work
- Plumbing and Electrical Updates
- New Wells Drilled, Water Filtration, Pump Replacement

#### Program benefits include:

- No Monthly Payments and No Interest
- Loans may be entirely forgiven
- Detailed Work Specifications
- Project oversight by 20+ year construction expert
- Pre-approved contractors

#### Eligible homeowners should:

- Live in a single-family, owner-occupied housing unit
- Be current with property taxes and mortgage payments
- Fall within the income guidelines

#### Household Income Guidelines/ Limits:

Household Size	Maximum Gross Annual Income
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050
8	\$85,250

**Call Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or for more information.**

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

# On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



\*Please make your reservations early as these trips fill up fast!\* **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

*August 7 – Tuesday: Tour of Fenway Park and Lunch at Cheers.* Enjoy some free time in Boston. Cost is \$123.

*August 15 – Wednesday: Guided tour of Kennebunkport* with time to shop. Lunch at Mike's Clam Shack. Cost is \$109.

*August 19 – Sunday Matinee: Tanglewood Music Center.* Leonard Bernstein Memorial Concert, featuring Yo-Yo Ma. Shed seats, lunch on your own. All-inclusive cost is \$84.

*Sept. 7-11: Washington D.C.,* 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. \$100 Deposit. Trip insurance available.

*Sept. 25 – Tuesday: Big E.* Circus Spectacular at the Big Top, The Drifters and Platters perform on stage. Cost is \$14, and includes round trip bus, and entrance fee to the exposition.

*October 21 – Sunday: Halloween in Salem.* Enjoy the Salem Street festivities and a Tour of House of Seven Gables. Lunch is on your own in downtown Salem. Cost is \$82. There is a \$10 discount if paid in full by September 7th.

*December 10 – Monday: White Christmas Big Band* show and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102. There is a \$10 discount if paid in full by October 30th.

**Coming soon:**  
MGM Casino, Your suggestion?

## Cheaper Electric? not so fast ...

Have you gotten a call from an alternate electric company promising lower monthly bills if you switch from Eversource to their service? Massachusetts Attorney General Maura Healey, citing aggressive sales tactics, false promises of cheaper electric bills and the targeting of low-income, elderly, and minority residents, issued a report calling for an end to the competitive electricity supply market for individ-

ual residential customers in Massachusetts.

The report found that Massachusetts consumers paid \$176.8 million more than if they had stayed with their utility company during the two-year period from July 2015 to June 2017.

According to the Attorney General, "In Massachusetts, residential customers, like commercial and industrial customers, can 'shop around' for electricity rates. Customers can choose to get their electric supply from their utility – National Grid or Unitil or Eversource – or from a 'competitive supplier.'" ...The AG's report found that the average low-income customer enrolled with a competitive supplier paid \$231 more than if the customer was receiving their electricity from their utility company. The report found some low-income households lost more than \$541 by switching to a competitive supplier."

In the last three years, the AG's Office has received more than 700 complaints about competitive suppliers engaging in aggressive and deceptive tactics. Complaints include suppliers pretending to be a utility company to induce customers to turn over sensitive information; suppliers harassing customers with repeated calls or home visits; and door-to-door salespeople forcing their way into elderly customers' homes and refusing to leave without a signed contract.

If you think you or an older adult you know might be vulnerable to aggressive sales pitches, you can add your name to a "do not switch" list. That way, even if scammers convince you or a loved one to switch, the transaction will not actually take place. To add your name to National Grid's "Do Not Switch List" call: 800-322-3223. For Eversource, call: 1-877-659-6326

## Seniors Aware of Fire Education



It's August; I hope you are enjoying it. It's also Fair season in the hilltowns and beyond. Here are a few safety tips that will help make your fair experience great:

- Keep hydrated -- drink lots of water.
- Wear comfortable, slip resistant shoes.
- Watch out for uneven walking areas.
- Sit for a spell when you begin to feel tired or overheated.
- Dress for comfort and bring something warm to wear in the evening.

Have a good time and SAFE Fair Season!

--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.*

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

PRSR STD  
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Greenfield MA

**WILLIAMSBURG  
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ADVISORY BOARD**

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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 August

**Wed. August 22nd, 12:15pm**

**Patrick Callinan & Friends**

*Williamsburg Senior Center Cafe*  
141 Main St. Haydenville, MA

Lively entertainment by local musicians! Please call two days ahead to reserve lunch for \$3 if interested: 268-8407.

**Thurs. August 30th, 7pm**

**Lonesome Brothers**

*Florence Music on the Porch series,*  
Park St. Florence, MA

Bring a lawn chair and enjoy the music!

**The Worthington Council on Aging** office is in the process of moving to their new location, **2 Packard Park (Corner's Grocery Building)**. The mailing address is the same (PO Box 7, Worthington, MA 01098-0007) but the phone number for the office has not yet been determined. Please continue to use coordinator, Sandy Epperly's, home phone if you have any questions: 413-238-5584

## Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non-perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.

