

# Living Well



Newsletter  
September  
2018

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

## September Events Calendar

### Mondays:

- **AUG 27:** Candidates' Forum 7-9 pm (pg 3)
- 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)
- **Sept 11:** Podiatry, Dr Coby, 9:30-1

### Wednesdays:

- Congregate Meal, 11:45 am
- **Sept 19:** Advisory Board Meeting, 12:15 pm

### Thursdays:

- Tai Chi, Contact us for new time.
- 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
- **Sept 13:** Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- **Sept 20:** Men's Group, Snack Bar, 8 am
- **Sept 27:** Music with Steve Damon\*

### Fridays:

- Hadley Mall Trips, Shopping &/or Movies
- **Sept 14 or 15:** Seniors with Kayaks Float Party, 10 am at DAR-Won't you join us? \*

### Other:

- Farmers' Market Trips, by interest\*

\* See article in next column

~ Come and Enjoy ~

## Steve Damon

OF A NATURAL MUSIC SCHOOL

Songs & Stories by an Entertaining  
**LOCAL MUSICIAN!**

Thursday, Sept. 27th at 12:15 pm  
in the Senior Center Café

*Call two days ahead to reserve lunch if interested.*

## Seniors with Kayaks-One more! 9/14 or 9/15 - Paddle at Highland Lake

Let's have one more float party! Meet at the DAR, take a right to Highland Lake boat ramp at 10am and paddle for a while, 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 asap** with your date preference (Fri or Sat) and to sign up: 268-8407.

## Hospice 101

Wednesday, September 12, 11 am

Many of us have misconceptions about how Hospice Care works. Hospice Care is a benefit 100% covered by Medicare. Come and learn the ins and outs of Hospice Care and how you or your family can access it.

Kimberly Camp, a former Burgy resident, is a Hospice Liaison for Beacon Hospice, an Amedisys Company out of Springfield. Come and hear about the many benefits you could be receiving now or in the future.

We'll serve refreshments! Call Senior Ctr. to register.

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!



*At the time of this newsletter planning, we had not put together our September menu. We are working with our Farm Shares to determine what will be in the gardens in September. A menu will be available by 9/1.*

### 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, Sept 13, 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, Sept 13, 11:30**

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

### Foot care Nurse, Piper Sagan **Wed, Oct 24, 9-2**

Piper, Williamsburg's foot care nurse, comes on fourth Wednesdays every other month. This is self-pay at \$30 per visit. (Home visits, \$40+.) 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 may be restarting in September. Stay tuned for more info.

### T'ai Chi Classes **To be Announced**

Taught by Marty Phinney, T'ai Chi provides simple exercises that help build energy, power and flexibility. Call for info & 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 **Sept 20th, 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 **Sept 14 or 15**

**Third DAR paddle! Sign up asap!** (See pg. 1)

## September 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.*

## TRIAD is Looking for New Members!

TRIAD is a nationally-recognized community public safety initiative, developed to reduce the criminal victimization of our senior population and to enhance the delivery of law enforcement services to our seniors. The District Attorney's Office is an active partner in the local Triad program, promoting safety for our senior citizen population through a partnership with the Sheriff's Office, local police and fire departments, senior protective services and senior citizens themselves. **To be a volunteer for TRIAD, contact Larry West at 413-268-3315.**



## Free Buckets of Sand for Winter!

The Sheriff's Department, the District Attorney and Fire and Police departments will be distributing 5-gallon buckets of sand for those who want them to help sand walkways over the winter season. Sign up at the Senior Center to get one delivered to your door.

## 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. 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.**

## The Candidates' Forum for the MA 1st Franklin District Rescheduled to Monday **August 27, 7:00-9:00 PM** at The Williamsburg Grange.

Please come!

There are seven candidates running for the seat formerly held by the retiring Stephen Kulik!

Bring your questions and concerns. You will get to hear each of them speak and address your questions.

The Primary Election on September 4 will decide who gets to represent Williamsburg in the State Legislature, as there are no Republicans running.

This is your one local opportunity to hear them all and decide who will get your vote!

## Senior & Veterans' Tax Relief Programs

The Town's ongoing Senior and Veterans' Volunteer Tax Relief Programs (also called Tax Work-Off Programs) are accepting applications. Deadline is October 1. People can do work for the Town and earn a reduction in property tax, now up to \$1500 per household per year. For the Senior program, the person must be at least 60 years old; any senior is eligible; some preference may be given to people whose household income is \$30,838 or less. The Veterans' program is open to all veterans with no income or age limits. For both programs, an approved substitute may do the work for someone physically unable to work. Note that the amount earned is considered taxable income by the Federal Government, and this may affect eligibility for income-based programs. Applications are available from the Selectmen's Administrative Assistant (268-8400) or online ([www.burgy.org](http://www.burgy.org)).

## 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).

## Laughter, the Best Medicine:

The safe way to double your money is to fold it over once and put it in your pocket. —Frank Hubbard



"One senior discount for the six o'clock show, and could you fill this prescription, please?"

### Home Bound Seniors:

If you would like Meekins Library materials delivered to your house, contact **Anne Bussler at 268-7979**.

### Enrichment Program:

Look for the Fall classes at the Anne T. Dunphy School on Wednesdays, 3-4:30 pm. First class is September 26th. Contact Anne above.

## What's Happening?

If you wonder who comes to the Senior Center and why, here's what happened in July:

- **Movies**—In July, six seniors carpoled to see *Mama Mia! Here We Go Again*;
- **Ice Cream Social**—18 seniors, two teens and two youngsters enjoyed making their own sundaes and listening to the music of Karen Guiel & Fred Goodhue. *Sponsored by Care One*;
- **Kayaking for Seniors**—three seniors paddled at the DAR lake. We arrived while it was still cool and peaceful and gathered for lunch at the Snack Shack. **Join us in September**;
- **Mens' Group**—seven men breakfasted at the Snack Shack for their Third Thursday meeting;
- **Exercise Classes**—30 + people participated in various exercise classes (listed on page 2);
- **Monday Meals**—25-30 people regularly receive Monday Meals, cooked fresh every week;
- **Senior FarmShares**—15 people have tried or continued receiving a bag of produce from two local farms for \$3 weekly.

### Don't be a stranger!

Join us for one or many of our programs. If you are 60 or above, these programs are for you.

**Come on in!**

## 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 Farm Share & water bottle handout, to benefit local 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

### Seniors Aware of Fire Education



Hey, it's September again (or almost)! September has its own challenges and joys. Here are a few ideas for keeping it SAFE:

- School buses are on the road again. Be sure to stop a safe distance behind or in front of them when they're showing red lights.
- Discourage ticks and other biting insects by covering up and using bug spray when doing garden/lawn work.
- Do not burn leaves or brush during your fall clean-up. Burning season will begin on January 15, 2019.
- Do not touch or take in any wild animal looking for a winter home.

Enjoy the month, apples and cider and 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.*

### Spa Days at Smith Vocational

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by hosting a "spa day" once a month to seniors in the surrounding area. They are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facials \$8.00.

**Friday, September 21st** is the first spa day, in Room 124 of Building A at the school. Available appointment times are **9 and 10 am**. All work is done by students and is supervised by licensed instructors. There is a senior class of 11 cosmetologists, so there are plenty of appointments for haircuts and manicures. However, pedicures and facials appointments are limited to one per hour. Watch for more future dates in the newsletter.



**NEW** for Fall 2018:  
please call the Cosmetology Department directly to make an appointment. Their number is 413-587-1414 ext. 3531.

### Switch, don't switch, switch, don't...

When we switch on our electric lights, the electricity comes from the utility company for nearly all of us. The utility company gets the electricity to sell us from a variety of sources, and we customers have the right to choose where our electric supply comes from. We can use the utility company's source, or switch to one of the multiple other entities who repeatedly call us on the phone at dinner.

Oh dear, that was negative. Let me try again. We can use one of the multiple other entities who call us on the phone and who may be able to promise us a lower rate. They are called an alternate supplier. They may represent interests in another part of the country, obtain their power from renewable resources, or have some other factor.

When we get one of these calls, it is probably not a scam, but we should be careful in switching. There may be a benefit to using a different supplier but there are several possible hiccups.

Ask appropriate questions of the potential supplier about how your contract and costs will go. National Grid has two very useful pages of information on considering your energy supplier:

**[www9.nationalgridus.com/masselectric/home/energychoice/4\\_how.asp](http://www9.nationalgridus.com/masselectric/home/energychoice/4_how.asp)  
[www9.nationalgridus.com/masselectric/faq/faq\\_result.asp?Code=choice](http://www9.nationalgridus.com/masselectric/faq/faq_result.asp?Code=choice)**

I'd also suggest asking friends and neighbors for their experiences. As I said, this may not be a scam phone call, but it may not be financially beneficial to switch, either.

Switching off,

Jean O'Neil, TRIAD Committee Member  
413-268-2228, jeanoneilmass@gmail.com

**Need Help**  
with your **Medicare**  
**Plan Comparisons**  
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO / PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7<sup>th</sup>!**

**REMINDER:**

***Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!***

You can call your local Senior Center or call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

**Uncle Sam Wants US!**

It's voting time! The primary is right after the Labor Day weekend, really inconvenient. BUT we can either remember to vote on September 4th, OR get an absentee ballot and vote before! Our Town Clerks will be quite happy to help. Just note their office hours and plan ahead for closed offices. The last day to request an absentee ballot is Friday, August 31st at 5pm. You can also make this request online at:



[www.sec.state.ma.us/ele/elepdf/2018-Short-Form-Absentee-Ballot-Application.pdf](http://www.sec.state.ma.us/ele/elepdf/2018-Short-Form-Absentee-Ballot-Application.pdf).

If you need to check that you are registered, talk to your Town Clerk or go online to [www.sec.state.ma.us](http://www.sec.state.ma.us), then click on the Elections and Voting tab on the left. There is a lot of information there, including an easy link to the absentee ballot application

The next date to remember is **October 17th**, the date to make SURE you are registered to vote to be able to participate in the **November 6th elections**. You can register online if you have a valid MA ID or driver license. Go to: [registertovotema.com](http://registertovotema.com)

Voting is one of our most important citizen participation actions. So, does your / one vote really matter? Yes, it can, though it is not probable. Read this for a good overview of the question - [www.thoughtco.com/can-one-vote-make-a-difference-3367480](http://www.thoughtco.com/can-one-vote-make-a-difference-3367480)

Thanks to Brenda Lessard for checking me.  
Thanks to you for reading,

~ Jean O'Neil

**SAVE THE DATE**

*Northern Hilltowns Consortium of Councils on Aging*

**Hilltown Elders:  
Protecting Your Health and Safety**

Monday, October 15, 2018  
9:30 -2:00  
Chesterfield Community Center

Many questions come up every day about what you need to know about medical services, emergency rooms, hospital discharge, Medicare protections and the new Medicare card. Recently these questions came up in recent local surveys and community public forums in three hilltowns: Chesterfield, Cummington and Plainfield. People have said that they also want easier access to information about how to get the help they need when they need it. Knowing how it all works makes a big difference.

Meet professionals from Medicare Patrol, Legal Professional, Highland Valley Elder Services, primary care physicians, Mass Council on Aging and the Executive Office of Elder Affairs.

Come for the day or only part of the day!  
Lunch will be served.

# 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)

TBA, 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**

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**WILLIAMSBURG  
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STAFF**

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 September

**Tues. Sept 25th, 9am**

**Big E Day Trip**

*Bus departs 9:00am from COA parking lot, 400 Main Rd, Chesterfield, MA. Bus leaves: 4:30 P.M. from the Big E.*

Cost includes: round trip bus transportation, entrance fee to the exposition. Circus Spectacular @ 1pm at the Big Top- FREE. The Drifters & Platters perform @ 3pm at the Court of Honor Stage--FREE. \$10 per Chesterfield Senior (age 60 or over). Open to all ages and all communities for \$14. Cash or checks payable to Chesterfield COA due by September 12th. Only 35 seats available. NO REFUNDS due to bargain price. **For reservations: call Francine Frenier 296-4291 or call the COA @ 296-4007.** Scooter and wheelchair assistance available; the COA can help with the rental fee. Limited Availability- First Come First Serve to Chesterfield Seniors only.



**Thurs. Sept. 27th, 12:15pm**

**Steve Damon from A Natural Music School**

*Senior Center Caf , 141 Main St. Williamsburg*

Come and enjoy songs and stories by an entertaining local musician! Please call two days ahead to reserve lunch, if you're interested: 268-8407.

**Save the date! Saturday, October 20th 9am-3pm**

**Goshen Congregational Church**

**Fall Clothing Exchange**

*45 Main St. Goshen*

The spring clothing exchange was such a huge success that they are doing it again! Please drop off your washed, gently-used men's, women's and children's coats and other fall/winter clothing and accessories on Weds. Oct. 17th from 5-8pm or Fri. Oct. 19th from 9am-3pm, then come back on Saturday to shop! Please, no undergarments or lingerie. If the drop off times don't work for you, please call the church at 268-7427 to arrange a different time.

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

If so, please email Kristen at  
**regionalcoanews@gmail.com** to be put on  
the email list.