

Living Well



Newsletter
October
2018

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

October 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)
- Oct 30: Entertainment by Davis Bates (pg 3)

Wednesdays:

- Congregate Meal, 11:45 am
- Oct 17: Advisory Board Meeting, 12:15 pm
Public Welcome!
- Oct 24: Foot Nurse, Piper Sagan, 9-2

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
- Oct 11: Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- Oct 18: Men's Group, Snack Bar, 8 am
- Flu Clinic, Senior Center Office 10-12 (pg 3)

Fridays:

- Hadley Mall Trips, Shopping &/or Movies **
- Oct 12: Fall Foliage Mystery Ride! (Pg 3)

Other:

- Farmers' Market Trips, by interest**

***Contact us to find out more*

Senior Center Introduces New Director, Jennifer Hoffman

Dear Friends,

I want to begin by greeting you all and introducing myself as the new Senior Center Director for the towns of Williamsburg and Haydenville. I am humbled and honored by this appointment and I look forward to the opportunity of working with you, the town municipalities as well as local organizations that serve Williamsburg and Haydenville.

As I get settled into my new role in the weeks and months ahead, I look forward to becoming acquainted with all of you. I am committed to making our Senior Center a community where you feel welcomed, relaxed and enjoying the programs that we do and will offer.

I am aware of the challenges that seniors face and the obstacles that may be present. I am hoping that the Senior Center will be a resource for you and your family. There is a lot of information and having someone available to navigate this can help alleviate confusion and stress.

I am curious to know: what do you love about our center? What would you like to see different? What programming would you like to see offered?

Please come visit me at the office at any time. My door is always open and I would like to hear how I could help serve you and our community.

Warmly,
Jennifer Hoffman, MPH
Senior Center Director

See pg. 3 for Entertainment & Trips!

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!



We've found it impractical to plan our menu so far ahead. We are working with our Farm Shares to determine what will be in the gardens in October. We think you will be happy with our selections!

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, Oct 11 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, Oct 11, 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, Nov 13, 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

Thursdays, 9:30am

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

This class has been cancelled for lack of interest. If you are interested in Feldenkrais, you can take a class at the Chesterfield Community Center on Mondays at 7 pm.

OTHER GROUPS

Third Thursday Men's Group

Oct 18th, 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.

Fall Foliage Mystery Ride Take a ride with us on 10/12 to view fall foliage, then out to lunch! (Pg 3)

A Place Not Far from Here

there's a place
not far from here,

where you can still
hear the breeze
brushing through
the trees,

where the cicadas
sing their haunting song
as the day slowly
closes her eyes,

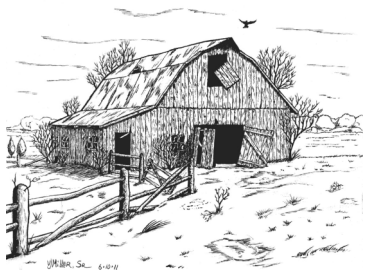
where the hand of God
brushes gently over
the rolling waves
of wheat,

where the memories
of childhood
still linger
in my dreams.

playing in the barn
grandpa's rusty old tools
hanging on the weathered wall
dust particles sparkling in the
shafts of light cutting through
the slats of rugged wood,

time slowing just for us
as we lived a lifetime in a day
climbing up the rickety old ladder
to the hayloft pretending
to be cowboys or pirates or explorers
in some far away land in a long ago time,

now just memories falling to the ground
as the glory days of summer give way
to autumn's enchanting spell
in a place not far from here
where dreams of yesteryear
still whisper in my ear.



~ Michael Traveler

Visit the Town of Williamsburg Website
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.

Come if you dare!

Davis Bates

Halloween Harvest: Ghosts, Goblins & More!
Stories & Music
Tuesday, Oct. 30th at 12:15 pm
in the Senior Center Café

Call two days ahead to reserve lunch if interested.

Fall Foliage Mystery Ride!

Friday, October 12

Don't miss our Fall ride!

Caravan leaves the Senior Center lot at 10 am.
We'll take a scenic drive and have lunch at an
unspecified location.

Bring your camera & lunch money (suggest \$8-15)

Contact us at 268-8407
to reserve your seat!

Library Services for Seniors:

If you or a friend or neighbor would like Meekins Library books and other materials delivered to your home, contact Anne Bussler at 268-7979.

Get Your Flu Shot Here

Flu Clinic

Thursday, Oct 18, 10-12

Hope Nurse, Robin LaFerriere, will be holding a Flu Clinic in the Senior Center Office.

Bring your insurance cards.
If you don't have insurance, the fee is \$10.

Autumn, the year's last loveliest smile.

Join TRIAD!

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 volunteer for TRIAD, Contact Larry West at 413-268-3315.**

Free Buckets of Sand for Winter!

The Sherriff'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.

The Williamsburg Players will present their 2018 production on **October 26, 27 and 28**. This year's play is **My Man Godfrey**, a very timely piece from the late 1930's. Performances are at **7:00 on Friday and Saturday, and at 2:00 on Sunday**. Posters will be up soon with further details! Proceeds after expenses will be donated to the Williamsburg Historical Society, to the Ralmon Black Fund. Save the dates!

Laughter, the Best Medicine:



Choose kindness and laugh often

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



October is Fire Safety month. This year's fire safety theme is: LOOK -- LISTEN -- LEARN!

- LOOK for places fire could start --like extension cords, frayed and/or under rugs and fire place screens in place. Ask yourself or a loved one, where could fires start in our house and what can we do to keep fires from happening?
- LISTEN for the sound of smoke detectors when you test them each month.
- LEARN by doing a fire drill during which you establish two ways out of every room and a meeting place where everyone in your family knows to go in case of a fire or emergency.

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

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

Hilltown to Valley Connections



Did you know you could ride the Hilltown Easy Ride van to connect with **PVTA buses** and other public transportation services?

Eligible van riders can book a ride to either Williamsburg or to Northampton and transfer to any PVTA bus, or even the Peter Pan bus for trips out of town. PVTA bus destinations could include the Hampshire Mall, Amherst, or Holyoke.

Interested? We will be holding a one hour information session and travel training on using the PVTA system at the Chesterfield Community Center, 400 Main Rd., on **Wednesday October 17th, at 11am.** It will be followed by an optional practice outing to Northampton for shopping or lunch from noon-3:30pm. *There is no cost for the training, but you will need \$3.00 cash for the optional practice PVTA bus ride, plus whatever you would like to spend in Northampton for shopping and lunch.*

Call the Hilltown Easy Ride to sign up for the informational session: 413-296-4232

We are not alone!

My friend in Australia sent a video with three scenarios of warnings on how folks can get scammed. It could happen here, too!

1. Don't use a portable credit card reader unless you are comfortable with the situation, for instance in a store and you know you are dealing with a store employee. If a delivery person comes to the door and gives you a package but asks for a card and signature, make sure he/she is authentic. The person could put your card in the reader just like in the store, but it is a fake reader and they then go to a computer and clone your card.
2. If you are called about suspicious activity in your bank account and are asked to call back, do two things. One, use a different phone if you can and look up the number yourself, and two, do NOT give the 3-4 digit pin that is on the card or your Social Security number. Otherwise, you may be calling back a scammer instead of your bank.
3. When you are using an ATM, I'm sure you know to hide the keypad with your body. But, also, do not let anyone distract you, perhaps to pick up something. An accomplice could steal your card.

I'm not trying to be scary here, but the number of ways we can get taken just keeps rising! So please keep your wits about you and be safe.

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

Northern Hilltowns Consortium of COAs honors Peg Whalen



The many contributions of Peg, (lower right), as the Regional Outreach Coordinator from the Hilltown Community Health Center, were recognized at a special luncheon in her honor at our monthly meeting on September 10th. Peg has been a vital part of the COA's work in expanding the outreach networks developed by many of the COAs. Several of the towns are now moving toward becoming Age Friendly Communities. We appreciate how far Peg has taken us on this journey and look forward to her support as we move forward to a new direction.

If you receive a post card like the one pictured below, discard it. It is not contracted with Medicare as it states. Medicare recommends that people do not complete and return this postcard, but instead call a SHINE counselor to discuss Medicare and their unbiased, comprehensive health insurance options.

PERSONAL 2018
BUSINESS MAIL FORM MAIL PERMIT NOTICE

POSTMASTER: If undeliverable as addressed, please refer to section 501.4 of the official USPS DMM

Presorted
First Class Mail
Postage Paid
Boston, MA
Permit No. 84

Important 2018 Medicare Benefits Notice
For Massachusetts Residents Turning 65

IMMEDIATE ACTION REQUIRED TO AVOID PENALTIES

REGISTERED DOCUMENT
T65-SEP-2018
DO NOT DISCARD

DOCUMENT DISTRIBUTION CODES
State: Massachusetts
County: Middlesex
Route: 1074

Stow, MA 01775-1074
5321

Detach Here And Mail Within 6 (SIX) Days. For Immediate Service Call 800-679-5903.

2018 Medicare Benefits Review Mail Request Form
(Form 18MRMRK)

Please complete the form below. By completing and returning this form, you hereby acknowledge and understand a STATE LICENSED MEDICARE INSURANCE Agent will contact you to provide a review.

Signature: _____ Date: _____

Spouse's Full Name: _____

Your Age: _____ Your Spouse's Age: _____ *Phone: _____

Email: _____

* PHONE IS REQUIRED!! PLEASE PRINT CLEARLY!

THIS SECTION FOR OFFICIAL USE ONLY PLEASE DO NOT WRITE IN THIS SECTION

USPS OFFICIAL REGISTRY DATA FIELD Middlesex County Stow, MA 01775-1074	MAIL BATCH CODE CFG181081-201805 T65DOB CODE 19530900
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Highland Valley Elder Services Annual Meeting & Keys to Aging Well Expo



Thursday, October 4 at 4pm
Hadley Farms Meeting House
41 Russell St. Hadley

Enjoy music, hors d'oeuvres, and meet local service vendors.

For more information, call HVES: 413-586-2000.

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.

Six Top Tips for Consumers to Stop Illegal Robocalls

- 1. File complaints with the Federal Communications Commission:** Complaint data is the best tool federal agencies have to gauge the extent of the robocall epidemic. While filing a complaint may not prompt an immediate response, complaint data may prompt the FCC to take action.
- 2. Add your number to the Do-Not-Call List:** While the DNC list does not stop all robocalls, it is a valuable resource for removing your number from the call lists of companies that do not want to violate the law. Sources of robocalls that you do business with, such as banks or student loan servicers, and sources of scam calls that often have no regard for the law, will still get through.
- 3. Revoke consent:** If you're receiving robocalls from a bank, lender, or other company you do business with, they likely have your consent (hidden in the fine print) to robocall you. *While they like having the option, it isn't their right and you can revoke your consent at any time.* Tell the (continued on page 7)

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.**

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.

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.

2019—Sneak Peak

April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South. Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

May 29-31: Ogunquit, Maine. Multi day, share with group from Connecticut, who will come pick us up. Two night stay at Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, shopping in Kittery and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

June 11-13: Island Hopping. Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island. Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per double. There is a \$25 discount if paid in full by June 1. This 9 day trip includes: 8 nights lodging including 5 nights in Canada, 14 meals including: 8 breakfasts and 6 dinners. Guided tour of Acadia National Park, guided tour of Halifax, Peggy's Cove and Lunenburg. Admission to King's Landing Historical Settlement. Guided Tour of Prince Edward Island. Admission

to the natural wonder: "Hopewell Rocks". Visit to the Waterside Town of Saint John.

Nov. 9-24: Panama Canal Cruise— 16 days. Starting at \$1,999 per double. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities, entertainment, casino & parties. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.



Hilltowners from Goshen, Chesterfield and Williamsburg return from their five day jaunt to Washington DC. Norene & Joe Roberts, Barbara & Robin Bak, and Liz Ducharme & Cindy Lefebvre. The Mercedes Benz tour bus is in the background.

(continued from page 6)

caller you "revoke consent." If the calls continue, contact customer service and tell them that you do not consent to receive calls and that you want your number to be added to their "do not call" list.

4. **Don't engage with the caller:** Most autodialed robocalls include a prompt to press a key or give a voice command. DON'T! Pressing a key, even if the recording says it's to remove your number from the list, tells the caller that your number is active and that you'll likely answer future calls. Even worse, the voice commands can be recorded and used against you by scammers to represent consent to purchase products or services.

5. **Don't answer unknown numbers on your mobile device:** Easier said than done, this will help avoid robocalls. But important calls can come from unknown numbers and most landline phones don't have call-blocking features.

6. **Install call-blocking apps:** Various call-blocking apps, like YouMail and NoMoRobo, provide a free or low-cost service to mobile smartphone users that filter out identified scam robocalls and allow users to block specific numbers and report the calls. But typically these apps don't help landline users.

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

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Margaret Ricci, Vice Chair
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Daria D'Arienzo
Nancy Winninger

ASSOC. MEMBERS

Dean Acheson
Susan Farrell
Lawrence West

**SENIOR CENTER
STAFF**

Jennifer Hoffman,
Director

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 October

Thurs. October 4th at 4pm
Key to Aging Well Expo
Hadley Farms Meeting House
41 Russell St. Hadley, MA

See page 6.

Weds. October 17th at 11am
Easy Ride— Hilltown to Valley Presentation
Chesterfield Comm. Ctr. 400 Main Rd. Chesterfield, MA

See page 5.

Fri. October 19th, 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton, MA

Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Upcoming additional spa days: Nov.16th, Dec. 21st, Jan. 25th, March 1st, April 12th and May 17th.



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.



Tues. October 30th at 12:15pm
Halloween Harvest: Ghosts, Goblins and More with Davis Bates

Williamsburg Senior Center Café
141 Main St., Williamsburg, MA

Stories and songs. Please call two days ahead to reserve lunch, if you're interested: 268-8407.

The new home for the Worthington COA is
2 Packard Park, Worthington, and the phone number is
413-238-4294.