

Living Well



Newsletter
January
2019

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

January Events Calendar

Mondays:

- Monday Meals, made in-house, 11:45 am
- Veterans' Agent, 2-4 pm
- **NEW! Zumba Class**, 6-6:45 pm (See pg 2)

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 pm (call ahead)
- **Jan 8: Medical Ethics**, 12:15 *
- **Jan 8: Podiatry**, Dr Coby, 10-1:00
- **Jan 15: Silk Scarf Painting**, 10:00 (see pg 2)
- **Jan 22: Poetry, Prose & Song**, 12:15 *

Wednesdays:

- Modern/Creative Dance 10 am
- Congregate Meal, 11:45 am
- Quilting Workshop, 12:30 pm
- **Jan 16: Advisory Board Meeting**, 12:15 pm
- **Jan 23: Guy Lorbert on Keyboard** 12:15pm*

Thursdays:

- Tai Chi, 9:30 am
- Knit/Crochet Group 10:00 am
- Chair Stretch & Strengthen Exercise, 10:45
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6 pm (call ahead)
- Love Your Body 6 pm
- **Jan 10: Brown Bag**, 10 am
- **Jan 10: Blood Pressure Clinic** 11:30 am
- **Jan 17: Men's Group, Snack Bar**, 8 am

Fridays:

- **NEW! Ladies Who Lunch, Brewmasters**, Noon, RSVP Senior. Ctr. (See pg 3) **

**More in next column*

***Contact us to find out more*

Medical Ethics with Dr Peter DePergola, Director of Clinical Ethics at Baystate

Tuesday, Jan 8, 12:15 at the Sr. Center Café

An informative talk to help patients, families, and health care providers identify, analyze, and resolve ethical problems that affect the elderly. Ethical questions can come up in a variety of situations, for example: when patients are unable to make their own medical decisions; when it is unclear if the side effects of treatment are worth the expected benefits; when medical treatments appear to conflict with a patient or health care provider's values. Come and join the conversation.

The Joys and Challenges of Aging Through Poetry, Prose, and Song

On Tuesday, Jan. 22, from noon to 1:30 pm, John Berkowitz of Northampton, 71, a poet, grandfather, and aging support group leader, will read poems full of insight about growing older, grief, death, and living our lives to the fullest. After each poem, he will invite response and reflections from the audience. Copies of the poems will also be handed out so audience members can read along, and take them home if they wish. For more information, call John Berkowitz, 413-387-8439 or call the Senior Center at 268-8407.

Guy Lorbert

**Will perform piano music on keyboard
Wed, Jan 23rd at 12:15**

Guy Lorbert is a seasoned piano/keyboard performer and educator of 20 years. Come and join the fun as Guy plays for us! Refreshments served, All are welcome! Singing along is welcome!

To sign up for our programs, call 268-8407.

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - Fax: 268-8409 - Hours: Mon-Thurs 8:30-2:30, 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! (No meals on holiday Mondays)

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. Birthday cake will be provided by CareOne the first Wednesday of each month

Brown Bag Program

Thurs, Jan 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 veterans' 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

We 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, Jan 10, 11:30

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

Foot care Nurse, Piper Sagan

Wed, Feb 27, 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, Jan 8, 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. All ages welcome. Class is \$12 or 6 classes for \$60. Call to register.

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

Contemporary dance for adults, taught by Susan Waltner. If you can get down on the floor and back up, you will enjoy this free class (donations accepted). Stop by and try it out!

T'ai Chi Classes

Thursdays, 9:30am

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

Chair Stretch & Strengthen **Thursdays, 10:45am**

Gentle seated stretching, led by Alexandra Mello. Good for beginners-intermediate. All ages welcome. \$10/class

Healthy Bones & Balance

Tuesdays, 10:30am

& Thursdays, 4pm. Fun, low impact exercises increase strength, mobility, flexibility & balance. Led by Susan Glenn. Call to register and fill out a medical clearance form.

OTHER GROUPS

Quilting Workshop

Wednesdays, 12:30-2:30

Use our sewing machines to make your own wall hanging. Fabrics will be provided or you can bring your own. Barb Estes will teach you how!

Knit & Crochet Group

Thursdays, 10am

Bring your projects or come and learn how to wield the needles! Led by Candy Smith & Ruthie Parsons. Meets every Thursday.

Third Thursday Men's Group

Jan 17th, 8am

"The guys" meet on the third Thursday of every month at the Williamsburg Snack Bar. For a good time, join them!

The Class You've Been Waiting For: ZUMBA is Here!

Beginning Monday, January 7th and continuing on Mondays, 6-6:45 pm.

Let it Move You! The ultimate dance fitness party that beats a boring old workout any day.

Come and join the fun! All levels welcome. \$5.00 cash, drop in fee. Williamsburg Town Offices Auditorium.

Do You Need Snow Removal Services and Don't Know Who to Call?

Don't be stuck this winter—keep your home open and accessible!

Contact **Jacquelyn Compton** at **413-268-7265**. She can help set you up with the services you need.

Silk Scarf Painting

Tuesday, January 15th at 10:30 am

Trish Gendron of Care One will teach silk scarf painting. She says the results are stunning! Materials will be provided. **Free and all are welcome.** Come and learn a new craft! Make one for yourself or a gift. Contact Senior Center to sign up!

Enrich your Life, Volunteer!

Reception & Kitchen Help;

Medical Drivers;

Companions; Carpool Drivers;

Yard Workers & Snow Shovelers*

*Teens can get Community Service credit for school!

Call 268-8407 for information.

Thank you to ALL of our volunteers!

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**.

Do You Know the Symptoms of Stroke or Heart Attack?

Do you know that women often experience different symptoms than men? Come hear our Director, Jenn Hoffman, talk about these important issues. Get your questions answered. **Wednesday, January 30th at 11 am** in the Senior Center Café. All are welcome!

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.



Ladies Who Lunch!

Since the men's group is doing so well, we thought we'd try a women's group. Wouldn't it be fun just to get together somewhere and be served a nice lunch, where we can sit and visit, reconnect with old friends and make new ones?

No red hats necessary!

Join us on the first Friday of the month at noon. We'll get to know each other, talk and laugh, and decide where to go next month.

First meeting will be at **Brewmaster's, Friday, January 4th at 12 noon!**

The Intergenerational Pen Pal Project

is up and running! Seniors got to meet with their 6th grade pen pals over lunch on November 28th at the Dunphy School. This is the first of several events to be attended by the group.

This is our third year matching 6th graders to seniors. Folks have found it to be very rewarding on both sides! If you didn't join in this year, be sure to look for the program announcements in the fall for next year's Pen Pal Program.



FUN!



Down On The Farm

My Grandfather Loomis was a farmer, a plumber and a blacksmith. He worked in local factories during WWII. I am sure he had many other talents, but these are the ones I remember. He was born on the farm on Mountain Street, as was his father and his five sons and one daughter. I remember the work horses, Jack and Chubb, and the dairy farm. After his son Wilbur graduated from Smith School as a member of the Future Farmers of America, he and his brother Jake took over most of the farming.

Grandpa was a loving man, very patient, and I don't remember him ever getting angry. He was happiest on Saturday nights getting ready for square dancing—singing in the bath and spiffing himself up with some aftershave, snapping up his western shirt and string tie. His freshly polished (by me) boots were identical to the ones the Beatles later wore! He wanted to take me, but Mom said I was too young.

One of my fondest memories is watching him in his blacksmith shop, an old corncrib with cracks in between the wall boards. The forge was set up with a big bellows that worked by turning a crank. I loved to work the bellows for him, watching the coals get hotter and hotter as the metal rods burned red. I remember the smells and the sounds as he hammered out gutter hooks—pure magic, in my opinion! I don't remember him doing anything but gutter hooks, which he sealed into small barrels and sent off to sell. When I lived at the old Bisbee store in Chesterfield, I found a few gutter hooks that had fallen off the building. I feel that they must have been Grandpa's! I saved a couple for old times sake.

—Sherry Loomis

Laughter, the Best Medicine



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 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!

Jennifer Hoffman, Director

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



Candles are really nice to look at and smell, but remember: a candle is an open flame. Here are a few ways to keep that flame from spreading:

- Only burn candles when you are in the room.
- Use sturdy, safe candleholders.
- Keep candles at least 12 inches from anything that can burn.
- Never use candles in bedrooms or when you are tired and feel sleepy.
- Always use a flashlight -- not a candle -- for emergency lighting.
- Never use a candle where medical oxygen is being used.

Have a bright and SAFE New Year!
--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.



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.

The Big Five in the New Year!

Just in case you needed some inspiration for New Year's resolutions, I have some suggestions! At a seminar by Elder Attorney Karen Jackson the other day, I learned some new legal stuff. We already knew about the need for wills and Powers of Attorney and such, but there are a couple new things. So, in brief, here is what she says we need and why:

WILL – a will lets you determine what happens to your money, other assets, and Special Things (think family items, antiques). The alternative is that the state will do it for you.

HEALTH CARE PROXY – if you are unable to decide or communicate on issues in your health care, someone who you trust and who you talked with and appointed can decide and communicate for you, and do that in your best interests.

DURABLE POWER OF ATTORNEY – if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you talked with and appointed can act for you, and do that in your best interests.

ADVANCE DIRECTIVE (living will) – this lets you give some direction on your preferences for medical care, including possibly how you pass from this world.

HIPAA RELEASE – this will let your Health Care Proxy get all your medical records, including medicines, thus avoiding privacy restrictions and doing a better job for you.

See you in 2019,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

General Contractors

Are you are interested in steady, local work?

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by various state and federal grant programs. We recently received the FY18 Housing Rehab Grant and will be bidding approximately 18 projects in the upcoming months. In addition, we're in the process of applying for the FY19 Housing Rehab Grant for another anticipated 18 projects.



Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington with the average project of \$30,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workers' Compensation insurance (if applicable) is required.

HCDC is an EEO/Section 3 Employer. Women & members of minority groups are encouraged to apply.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email paulab@hilltowncdc.org.

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

6 New Year's Resolutions for Seniors

January is here. This means the opportunity for a fresh start. Use this time to reflect on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren? Do you do enough to give back to your community?

In 2019, set a goal that focuses on bettering your overall health, both physically and mentally. Here are a few New Year's resolutions we suggest considering:

1. Exercise for 10 minutes every day.
Staying physically active is key to healthy aging.

2. Explore new volunteer opportunities.
Volunteering is a great way to give back to the community, but it also benefits your own health.

3. Revive an old friendship.
It's not always easy remaining close to friends who don't live right down the street. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

4. Spend more time with the grandkids.
Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. This year, consider gathering with your loved ones every other week to catch up.



5. Make healthier dessert decisions.
It's easy to reach for that sugary treat after dinner. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

6. Revisit an old pastime
When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

*Compiled from:
sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx*

FY19 Housing Rehab Program

Hilltown CDC will be submitting a grant application for FY19 to apply for the Housing Rehab Program in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. If you have used the Housing Rehab Program in the past or plan to use it in the future, we'd like to hear from you.

We welcome your ideas, suggestions, or input about the design of the program and how we could improve the overall effectiveness of our services. Please call, email, or fax your comments no later than January 2, 2019. We look forward to your input.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123, fax (413) 296-4020, or email paulab@hilltowncdc.org for more information or for an application to the program.

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

Stronger than Yesterday

What better way to start off the new year than by joining a new exercise class?



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 Sarah Prince
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.
Chair Stretch and Strengthen
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

Healthy Bones and Balance

Designed to increase participants' strength, mobility, 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

Muscle Strengthening Classes

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

Weds. 10am, Goshen Town Hall

Stability Ball Exercise Class: "Keep Your Ball Rollin..."

Led by Angel Williams. All levels are welcome. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance.

Mon. 1pm, Chesterfield Comm. Ctr
Begins 1/14/19

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*

Zumba!

Led by Melissa Tee. All levels welcome. \$5/class.*

Mon. 6pm, Williamsburg Senior Ctr.

To find out more, and to register, please contact the appropriate COA:

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Anne Parsons, 634-2262, coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematkc@aol.com

Westhampton:

Julia Lennen, 537-9880,
westhamptoncoa@comcast.net

Williamsburg:

Jenn Hoffman or Sherry Loomis, 268-8407,
sloomis@burgoyne.org * Financial aid may be available for Wburg residents.

Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

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

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

The Chesterfield Council on Aging invites Hilltowners of all ages to:

Ring in the New Year!

Multigenerational, International Potluck and Musical Extravaganza

Sunday, January 13th, 2019 from 12pm to 2pm
New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA

***Jim Kitchen & the Appliances, Sidetracked,
Hampshire Regional and New Hingham voices & music... more!***



This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. **Bring your favorite international dish to share!** Food from any region is encouraged, from cherished family recipes to your favorite cuisine (*please label your dish w / ingredients.*) The whole family is invited to share in the food and the fun!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA. Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA.