

Living Well



Newsletter
February
2019

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

February Events Calendar

Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am
- ZUMBA! Every Mon, 6-6:45 pm

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)
- **Feb 19: Thriller Book Club** at Meekins 6pm*
- **Feb 19: Steve Damon-Musician** 12:15 *

Wednesdays:

- Modern/Creative Dance 10 am
- Congregate Meal, 11:45 am
- Quilting Workshop, 12:30 pm (see pg 2)
- **Feb 20: Advisory Board Meeting**, 12:15 pm
- **Feb 20: Afternoon Tea @ Look Park** 1 pm (See pg 3)
- **Feb 27: Foot Nurse, Piper Sagan**, 9-1

Thursdays:

- Tai Chi, 9:30 am
- Knit/Crochet Group 10:00 am (see pg 2)
- 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
- **Feb 14: Brown Bag**, 10 am
- **Feb 14: Blood Pressure Clinic** 11:30 am
- **Feb 21: Men's Group, Snack Bar**, 8 am

Other:

- **Friday, Feb 8: Ladies who Lunch** 12 noon Brewmasters (See pg 4) **
- **Saturday, Feb 23: Carpool to Steve's Sugar Shack**-call to sign up! 10 am *

**More in next column*

***Contact us to find out more*

Thriller Book Club

with our own local writer, R.W. Barker
Tuesdays, Feb 19, March 19, April 16
& May 14 at 6-8 PM

Meekins Library - Hawkes Hayden Room
ALL are invited! Refreshments served.

Books:

- 2/19: A Drop of the Hard Stuff by Lawrence Block
- 3/19: Eye of the Needle by Ken Follett
- 4/16: Everybody Dies by Lawrence Block
- 5/14: The Girl with the Dragon Tattoo by Stieg Larson

Join us for a rousing good book club!

~ Come and Enjoy ~

Steve Damon

of A Natural Music School

Name That Tune & Stories by an
Entertaining LOCAL MUSICIAN!

Tues, Feb 19th at 12:15 pm
Senior Center Café.

Call two days ahead to reserve lunch if interested.

Join us for a Sugarhouse Breakfast at

STEVE'S SUGAR SHACK!

Saturday, February 23rd at 10:00 AM

Sign up and we'll arrange for carpooling to Steve
Holt's Westhampton sugarhouse.

Pancakes and maple syrup and much more!
Something to look forward to in the long winter—if the
sap is flowing, SPRING is surely on its way.

Depending on opening—alternate date, March 2

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, Feb 14, 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
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
- Sign up for **Fuel Assistance & SNAP** programs

HEALTH

Blood Pressure Clinic **Thurs, Feb 14, 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, Mar 12 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

NEW: ZUMBA! With Melissa T **Mondays, 6pm**
Dance for fitness. Come and join the fun! \$5 drop-in fee!

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.

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. Call for info & to register. Small fee per class.

Chair Stretch & Strengthen **Thursdays, 10:45am**
See Chair Stretch & Strengthen article on page 3

Healthy Bones & Balance **Tuesdays, 10:30am and Thursdays, 4pm.** Fun, low impact exercises 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**.

OTHER GROUPS

Quilting Workshop **Wednesdays, 12:30-2:30**
Call us to see if this workshop is active at this time.

Knit & Crochet Group **Thursdays at 10am**
Led by Candy Smith & Ruthie Parsons. *Call us to see if this workshop is active at this time.*

Third Thursday Men's Group **Feb 21, 8am**
"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar**. For a good time, join them!

NEW: Ladies who Lunch **Feb 8, 12 Noon**
Join "The Gals" for lunch on second Fridays at the **Brewmaster's Tavern**. Get together with your friends and make new ones too! Their \$5.99 meal is available at this time along with the full menu.

For more information, call 268-8407

Never regret anything that made you smile.
— Mark Twain

Afternoon Tea at Look Park

The ABC's of Genealogy

with Dave Robison of Old Bones Genealogy
at The Garden House at Look Park

Wednesday, Feb 20th, 1 - 3 PM

Tea, conversation, and the opportunity to experience something new.

Tickets are \$10 per person. The Senior Center may be able to subsidize all or part of it. Call us if you're interested and we'll plan a carpool to the event.

Save the Dates:

March 5th, 12 Noon

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

An informative talk to help patients, families, and health care providers identify, analyze, and resolve ethical problems that affect the elderly. This program was rescheduled from January.

April 17th, 1-3 pm

Afternoon Tea at Look Park

The Mill River Flood with Eric Weber at The Garden House at Look Park

Tea, conversation, and the opportunity to experience something new.

April 18th, 6-8 pm

Atty. Michael Hooker will speak in-depth on elder law and answer your questions. Don't wait till it's too late! Learn what you need to prepare for and how to do it. Refreshments will be served.

Do You Need Snow Shoveling 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.

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.

Enrich your Life, Volunteer!

Reception & Kitchen Help; Medical Drivers;
Companions; Carpool Drivers;
Yard Workers & Snow Shovelers

Teens: get Community Service credit for your schools! Call 268-8407 for information.

Thank you to ALL of our volunteers!

Questions about your Comcast Account?

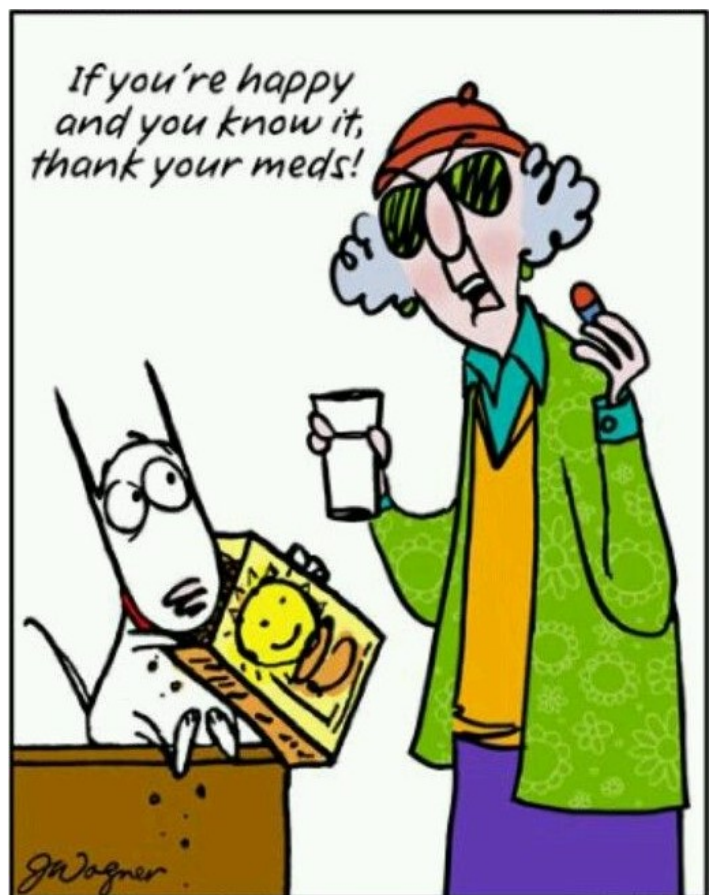
Many have noticed that the monthly fees and charges for Comcast service have gone up.

Although the Town of Williamsburg contracts with Comcast, the town does not have a contract for individual cable/internet plans.

Please contact Comcast on an **annual basis** to renegotiate your service contract. Comcast usually has discounted plans available to accommodate most budgets.

Need Something to Read?

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





First Meeting of Ladies Who Lunch was a great success! 18 of us met at Brewmaster's for a lively lunch/chat session. We got together with our friends and made a few new ones. Topics were varied and laughing was heard around the room. **Join us for lunch on Friday, Feb. 8th at 12 noon!** Please call to reserve your spot.



Words of wisdom handed out at the January meeting of Ladies Who Lunch:

If you want 2019 to be your year;
 Don't sit on the couch and wait for it.
 Go out. Make a change.
 Smile more. Be excited.
 Do new things. Throw away what you've been cluttering.
 Unfollow negative people on social media. Go to bed early.
 Wake up early. Be fierce.
 Don't gossip. Show more gratitude. Do things that challenge you. Be brave.

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



There is a reason that February is the shortest month of the year. The weather can be brutal. A February no'easter can bring down power lines, leaving you without heat for an extended time. Here are a few things you should consider having close at hand to stave off the cold:

- warm jacket or coat.
- long pants and long-sleeve shirts and sweaters
- sweatshirts and sweatpants
- over-the-ears hat, mittens and scarf
- sturdy shoes
- sleeping bag or a pile of warm blankets

Stay warm and SAFE!

--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.

Free Tax Prep

Household income must be \$54,000 or less.

Put money back in your pocket!

See if you qualify for the Senior real estate tax credit. Free tax prep by IRS-trained volunteers.

Sites in Chester, Chesterfield & Williamsburg.
Call to make your appointment:
413-296-4536 ext. 100



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! A Will

It is now firmly 2019, and on to those resolutions! From last month – “a will lets you determine what happens to your money, other assets, and Special Things. The alternative is that the state will do it for you.”

If you already have a will and it is current, great, but you are in the minority. In 2014, 64% of Americans did not. I found some good suggestions for getting going: <https://money.usnews.com/money/personal-finance/family-finance/articles/steps-to-writing-a-will>. Feel free to share this with someone else who needs a jumpstart.

That was a long URL to type in. You can also search your browser for “steps in writing a will” and the above article by Geoff Williams from June 2018 should come up. If you want, contact me and I’ll get you a copy of the article, either paper or electronic.

I don’t recommend following either the ads that pop up at the beginning of the search results, or the instructions to do a hand-written will. If you cannot find an attorney to help, there are online forms to fill out for our state. I’m also trying to see what local resources exist to help with a will and will let you know... I will, yes I will.

Willfully, - ok, I’ll quit-
Jean O’Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Goshen Senior Housing

Applications to get on the waitlist for the new senior apartments at Highland Village Circle, 41 Main Street in Goshen, are now available at the Goshen Town Offices or by calling Cindy Thibeau, Housing Services Coordinator at the Hilltown CDC, 413-296-4536 x105. You can also download the application from our website: hilltowncdc.org/housing.

Goshen Senior Housing is available for seniors age 62 and older who need affordable and/or accessible housing. Some income restrictions apply. For more information about availability of units please contact us.



DID YOU KNOW? Medicare Patient's Rights

Important thoughts about going to the hospital or emergency room.

Many people can find that they can feel overwhelmed when either going to an emergency room or being admitted to a hospital. It helps to know what your rights are and to expect to discuss them fully before signing the various consent forms you may receive.

You should expect to:

- Discuss and be informed of the status of your inpatient stay and whether it will be for observation. They do not have to make that decision prior to your entering the hospital but you should ask for an explanation and other options that may be available. They have financial implications.
 - Receive considerate and respectful care. You should expect respect for your cultural, psychosocial, spiritual and personal values, beliefs and preferences. If you have special needs, let people know.
 - Have a family member (or other representative of your choosing) and your own physician notified promptly of your admission. Know the name of the physician/provider who has primary responsibility for coordinating your care and the names and professional relationships of other physicians and non-physicians who will see you.
 - Receive information about your health status, diagnosis, course of treatment, prospects for recovery and outcomes of care (including unanticipated outcomes) in terms you can understand. Insist on communication that is clear and complete enough for you to participate in the development and implementation of your plan of care.
- (Continued on next page)*

Need help with your housing repairs?

On behalf of the town of Chesterfield, the Hilltown CDC received funding for the FY18 Housing Rehab Program, and we're currently applying for the FY19 Housing Rehab Grant. We're accepting applications from homeowners who live in **Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

Possible Repairs:

Siding	Roofs and Chimneys
Windows and Doors	Floor Joists, Flooring
Insulation, Walls, Ceilings	Foundation Work
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical Updates	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	



HOUSEHOLD INCOME GUIDELINES/ LIMITS:

<u>Household Size</u>	<u>Gross Annual Income</u>
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050

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

These are **NO interest/NO payment loans** which are forgiven over 15 years, and all work is completed by licensed contractors. Please don't delay! Funding is available right now, and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email paulab@hilltowncdc.org for an application.

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.**

April 13: MGM & Majestic Theater Combo. Spend the morning at the MGM casino. Receive a \$10 free bet. Following lunch on your own, spend the afternoon at the Majestic Theater and receive a \$3 snack coupon. Enjoy the musical "The Marvelous Wonderettes." Cost is \$61. There is a \$10 discount if paid in full by February 1st.

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 21: Mamma Mia, the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109. There is a \$10 discount if paid in full by March 1.

May 21: Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77. There is a \$10 discount if paid in full by March 4.

May 29-31: Ogunquit, Maine. Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, 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 21: Chesterwood/Naumkeag. Enjoy a guided tour of Chesterwood, home of artist Daniel Chester French. Then on to Naumkeag for lunch and a tour of Joseph Choate's 44 room cottage. Take some time to tour the gardens. Lunch will be provided by the Red Lion Inn and include a

choice of sandwich and accompaniments. Cost is \$123. There is a \$10 discount if paid in full by April 1.

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.

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. Lunch is on your own at O'Connor's Restaurant in Worcester. Then on to the Worcester Art Museum for a guided tour. Cost is \$86. There is a \$10 discount if paid in full by June 3.

What fun adventures are you going to make time for this year?

(Continued from previous page– Medicare)

- Participate actively in making decisions regarding your medical care, and receive information about any proposed treatment or procedure in order to give informed consent or to refuse a course of treatment.
- Participate in any and all ethical questions that arise in the course of your care, including issues of conflict resolution, withholding resuscitative services and forgoing specified emergency interventions in accordance with state law.
- Be provided with an appropriate assessment and management of your pain, information about pain, pain relief measures, and to participate in pain management decisions.
- Participate actively in planning for your discharge and fully discuss your readiness to return home or to another recommended setting. Should you feel uncomfortable and at risk with the plan that is presented, you may also immediately request a review by the Quality Improvement Organization. If such a review is requested, you will have the right to remain in the hospital until noon of the following day.
- For more detailed information about hospital discharges and related issues, a good source is the Center for Medicare Advocacy website: medicareadvocacy.org. Your current Medicare booklet is also very helpful.



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

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Meal site Coordinator
&
Volunteers

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

Please Join Us for the...

Wild & Scenic Film Festival

Tuesday, February 12, 2019

6:30-8:30pm

Snow date: February 19

**Chesterfield Community Center
400 Main Rd. Chesterfield**



**Celebrate the 50th anniversary of the Wild & Scenic Rivers Act
and the Westfield River's 25 years as a National Wild & Scenic designated river.**

**Be inspired, rejuvenated and awed as you watch these 6 short films submitted from all
over the world and touring in this annual film festival.**

Suggested donation \$5 (kids free).



Sponsored by The Westfield Wild & Scenic Committee and The Chesterfield Cultural Council