

# Living Well

Newsletter  
March  
2019



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

## March Events Calendar

### Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am
- ZUMBA! Every Mon, 6-6:45 pm
- **Mar 4: Tidiness Workshop Noon\***

### 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)
- **Mar 5: Medical Ethics, 12 pm\***
- **Mar 12: Spring Bulb Show! 12:30 pm\***
- **Mar 19: Thriller Book Club at Meekins 6pm\***

### Wednesdays:

- Modern/Creative Dance 10 am
- Congregate Meal, 11:45 am
- **Mar 20: Advisory Board Meeting, 12:15 pm**
- **Mar 27: Understanding Alzheimer's, 12 pm\***

### Thursdays:

- Tai Chi, 9:30 am
- Chair Stretch & Strengthen Exercise, 10:45
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6 pm (call ahead)
- **Mar 14: Brown Bag, 10 am**
- **Mar 14: Blood Pressure Clinic 11:30 am**
- **Mar 21: Men's Group, Snack Bar, 8 am**

### Other:

- **Saturday, Mar 2: Rescheduled Trip to Steve's Sugar Shack, Carpool from Senior Center Lot, 10 am**
- **Friday, Mar 8: Ladies who Lunch 12 noon** Brewmasters or Snack Bar?? (See pg 4) \*\*

*\*More in next column*

*\*\*Contact us to find out more*

## Tidiness Workshop!! March 4, 12 noon

We are excited to hold a workshop discussing and implementing **Marie Kondo's** methods from her best-selling book, **The Life-Changing Magic of Tidying Up.**  
**For more information, see page 4.**

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

**March 5th, 12 Noon**-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.*  
**Contact us to sign up or drop by!**

~ Come and Enjoy ~

## Smith College Spring Bulb Show!

**Tues, March 12, 12:30 pm.**  
**Carpool from the Senior Center. Call to sign up!**

## Thriller Book Club

**Tuesdays, March 19, April 16 & May 14 at 6 PM**  
**Meekins Library - Hawkes Hayden Room**  
**ALL are invited! Refreshments served.**  
**Books: 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**  
**Books available at Meekins-Pick one up and read it before meeting. Join us for a rousing discussion!**

## Understanding Alzheimer's & Dementia

**Wed, March 27, 12 pm**—An educational program presented by the Alzheimer's Assoc. This is part one of a three-part presentation. Other sessions will be 4/10 & 5/1. **Call to sign up!** If you'd like to join us for lunch that day, call at least 2 days ahead.

**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, Mar 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' Services 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 PVRTA.

### 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

**Have You Noticed Our Newer Programs?** We are hoping to appeal to more people in the 60+ age range. If you want something fun to get out of the house for, look to the Williamsburg Senior Center. We know it is sometimes difficult to actually come into the Senior Center for the first time, but when you come to pay your taxes or buy your dump sticker, consider stopping in to meet the crew!

Some programs that might be of interest to "younger seniors" are Zumba and Modern/Creative Dance; Yoga and Tai Chi; Monday Meals which are cooked in house—healthy, mostly vegetarian meals—eat in or take home. Or stop by for our entertainment and information sessions. See pages 3 & 4 for some of our upcoming programs. You may be pleasantly surprised! **Don't be shy, stop by!**

## HEALTH

### Blood Pressure Clinic

**Thurs, Mar 14, 11:30**

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

### Foot care Nurse, Piper Sagan

**Wed, Apr 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, \$50) 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

### 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. \$10 per class.

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

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

### 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

### Third Thursday Men's Group

**Mar 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

**Mar 8, 12 Noon**

Join "The Gals" for lunch on second Fridays. Get together with your friends and make new ones too! Contact us for reservation and location. See pg 4.

# Save the Dates!

April 16, 12:15:

## The Majesty & Mystery of Crop Circles!

Have you ever heard of crop circles? Where do they come from? How are they made? See a presentation featuring complex designs that are found annually in farmers' fields and other locations worldwide, by naturalist **John Root**.

Come and learn about something different!

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. Carpool from the Senior Center at 12:30.

April 25th, 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.

And so much more! Please let us know what you would like to learn more about, or where you'd like to go. We are open to your suggestions! 268-8407

What's the latest buzz?

## The Burgy Senior Prom!!

Saturday, May 18th!

The prom committee is busily planning a Senior Prom in the Earl Tonet Gym at the Anne T. Dunphy School. Live music and a DJ, finger foods & punch, photo opportunities with a vintage car and a photo booth. Dig out your vintage wear or come as you are! Plenty of seating and ambiance! MORE information to come in future issues!

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).



## Enrich your Life, Volunteer!

Reception & Kitchen Help, Medical Drivers, Companions, Carpool Drivers & Yard Workers

Teens: 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 Need Snow Shoveling Services and Don't Know Who to Call?

Spring is almost here, but NOT YET!

Keep your home open and accessible!

Contact **Jacquelyn Compton** at 413-268-7265.

She can help set you up with the services you need.

The wisest mind has something yet to learn. —George Santanaya

*I have natural beauty, but time keeps doing unnatural things to it.*



## Second Meeting of Ladies Who Lunch

was a a lot of fun! 20 of us met at Brewmaster's for our second lunch/chat session. We got together with friends and made new ones.

A few people have asked about going somewhere else for a change. We welcome your suggestions! We will check with the Snack Bar and see if they can accommodate us this month!

Join us for lunch on **Friday, March 8th at 12 noon!** Please call for location and to reserve your spot!



## Tidiness Workshop, ctd. from page 1

Marie Kondo's principals of tidiness are so innovative that practice during the workshop will better allow you to apply them at home. We will distill her principles to their core and explore some other useful concepts such as folding and seasonal storage.

Be prepared to bring some objects that we will sort in class. The best thing to start with is clothing, such as all your socks or scarves or all your tee shirts, etc. Whatever you bring, take from all sources in your home, piles, drawers, closets, etc. Do not sort them in advance.

Call to sign up at 268-8407 or contact Barbara Bricker at [chestnutcabin@gmail.com](mailto:chestnutcabin@gmail.com). Workshop size, due to its hands-on nature, is limited.

## What does "Age Friendly Community" mean to Burgy?

I want to thank those who filled out the "Aging in Place" survey that was sent out to each household over the age of 60 this past November. If you have not filled out the survey, please do so and mail it in with the self-addressed stamped envelope. If you misplaced your copy, please let us know and we can send you a new copy. Your voice matters. By the year 2030, 50% of Williamsburg residents will be over the age of 60.

On January 9, 2019, Jan Gibeau and Lorrie Childs from the Chesterfield COA came to the Anne T. Dunphy school to discuss the preliminary findings from our survey. We had a 23% return rate in a two-month period! But here is a summary of what "Age-Friendly" means to you:

"Able to meet the needs of all seniors. A town that is environmentally conscious, has walkable streets, pertinent social programming, ability to network, good communication of information and economic stability. Where the townspeople are inclusive, supportive, welcoming, accommodating, kind and helpful. Where we can live peacefully and safely at home, have easy access to activities, encourage participation, embrace differences, be respectful, and people/neighbors who visit."

Keep warm and check on your neighbors!

—Jenn Hoffman

## 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



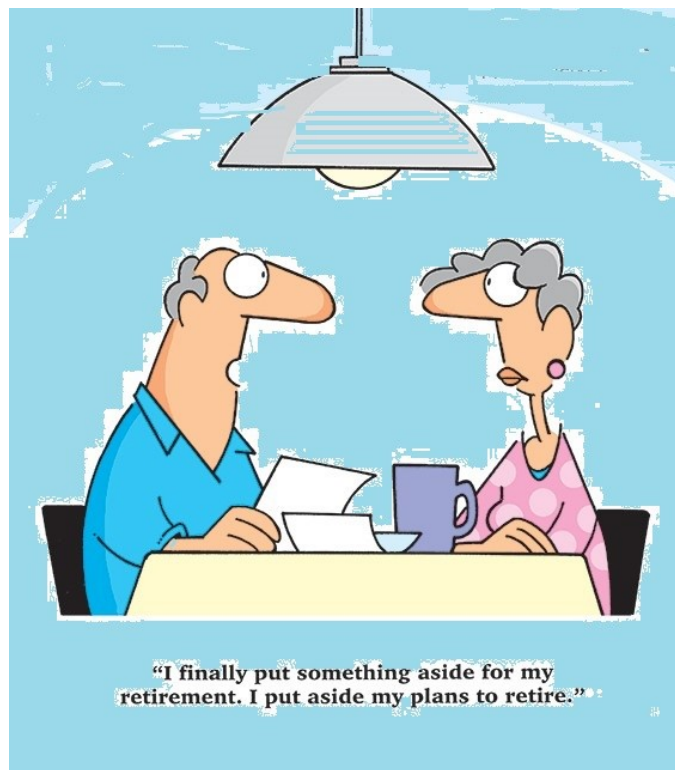
Many children visit their grandparents regularly; some live with them. Here are some ideas on how to make your home a safer environment for your grandchildren:

- Store matches and lighters up high in cabinets away from children.
- Install plastic covers over all exposed electrical outlets.
- Move cleaning chemicals like cleansers, drain cleaners and other poisons to high cupboards or install a child-proof lock on low cabinets.
- Store prescription and over-the-counter medicines in a cabinet out of the reach of children.
- If children are playing outside when the skies grow dark or you hear thunder, have them come indoors right away.

Have a SAFE sugar season!

--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.*



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

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### The Big Five! Health Care Proxy

As we said before – "If you are unable to decide or communicate on issues in your health care, someone who you trust and who you appointed can decide and communicate for you, and do that in your best interests."

The person you ask to serve as your health care proxy should know how you want to be treated and which treatments you do or don't want (you are in a coma, unconscious, or otherwise incapacitated). That person should agree to this commitment, and the two of you should carefully talk over your wishes. That person will be able to ask questions of the medical providers and weigh their answers against your wishes. Here is a good read- [www.everplans.com/articles/how-to-be-a-good-health-care-proxy](http://www.everplans.com/articles/how-to-be-a-good-health-care-proxy). For our state, more information and an online form is here: [www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-\(pdf\)](http://www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-(pdf))

So you know that devil in the details business – who on earth do you trust with possibly making such a huge decision for you? How do you assure that your wishes will be followed when the time comes? Most often a family member is selected but it can be a friend – the important thing is to trust that person you choose. Once you have a signed and witnessed Proxy, make several copies and give them to your doctor, hospital, potentially clergy and lawyer, and for sure the person you picked to act for you. You keep the original.

Best wishes,

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

**Need copies?** If there are any documents referenced in the TRIAD column that you would like to have a copy of, please ask your COA. They will print paper copies for you.

## Need a Will? Power of Attorney? Other legal help?

The Hampshire Elder Law Program is available for low-income Hampshire county residents who are 60 or more years old. Call 413-586-8729 to see if you qualify. If you do qualify, you will be given the contact information for an attorney who will work with you for free to prepare your documents.

## Coordinator- Council on Aging Cummington MA

Ten hours per week position. Must be computer savvy. Requires confidentiality and ability to work with seniors.

Send resume to:  
P.O. Box 95, Cummington, MA 01026



## There's a new game in town!

Looking for a great way to get some exercise, socialize and meet new people? A mashup of tennis, racquetball, badminton and ping-pong, played indoors and out, people of all ages are playing **PICKLEBALL!** Come to the Westhampton Town Hall and learn about the healthy, friendly game that's sweeping the nation!

We encourage everyone to come and give it a try. For players of all ages, from beginners to experienced players of all levels, all are welcome. We have paddles, balls and a net. All you need to bring is a pair of good sneakers and a smile!

- Sign up for **new player instruction**: Contact Dale and Alan Kasal [drkasal@gmail.com](mailto:drkasal@gmail.com) or text to [413-842-6148](tel:413-842-6148)
- Sign up to be on the email list and **player roster** and to see which neighbors are playing! [bit.ly/add2whroster](http://bit.ly/add2whroster)
- Sign up for **open play** (for *all player levels* who don't need beginner instruction): [bit.ly/whpbsignup](http://bit.ly/whpbsignup)
- **To arrange play at the Town Hall for experienced players, or for more information**: Contact Dale and Alan Kasal [drkasal@gmail.com](mailto:drkasal@gmail.com) or text to [413-842-6148](tel:413-842-6148)

### More information about Pickleball!

Video: One of the fastest growing sports in America!

[bit.ly/pickleballinfo](http://bit.ly/pickleballinfo)

What is pickleball?

[usapa.org/what-is-pickleball/](http://usapa.org/what-is-pickleball/)

Where to play: tennis courts, gyms, schools, senior centers, town halls around the country!

[places2play.org/map](http://places2play.org/map)





**Domestic Violence Advocate**, Hilltown Safety at Home (HS@H)  
If you need help in an emergency, call 911 or the Safe Passage hotline

**Elder Abuse Hotline****First Call for Help** Information and Referral Resources**Fuel Assistance** Application and Recertification**Hilltown Elder Network – H E N** (sponsored by Hilltown CDC)**Veterans' Service Officer** Tom Geryk

(Westhampton) Joe Henning

(Plainfield) Brian Brooks

**DO NOT CALL Registry**

413 387-3120  
888 345-5282  
800 922-2275  
800 339-7779  
800 370-0940  
413 296-4536 x120  
413 587-1299  
413 207-3541  
413 772-1571  
888 382-1222

**Food Services****Food Bank of Western Massachusetts Brown Bag Program****Food Stamps - Supplemental Nutrition Assistance Program (SNAP)**

Call Chesterfield COA for assistance

**Hilltown Food Pantry** - Goshen Town Hall - Diane Meehan, Director**Meal Site** Williamsburg Senior Center**Meals on Wheels** Highland Valley Elder Services (HVES)**Northampton Survival Center**, 265 Prospect St. Northampton**Salvation Army Emergency Food, Fuel or Medication Vouchers**

800 247-9632 or 413 268-8407  
413 552-5400 or 413 296-4007  
413 296-4007  
413 268-7578 Wed 1-3; 3<sup>rd</sup> Wed 1-6  
413 268-8407  
413 586-2000 or 800 322-0551  
413 586-6564  
413 586-5336/6564

**Health Services****Highland Valley Elder Services** Intake referral for homecare, etc.**Hilltown Community Health Center-** Medical & Dental

HOPE Nurse, Robin Laferriere, RN

Janet Dimock, HealthWise Community Health Worker

**Podiatrist** Dr. Michael Coby, call Williamsburg Senior Center  
to schedule (Alternating months at the Senior Center)**Foot Care** Piper Sagan, RN

foot care in Cummington, call Peg Daniels  
foot care in Goshen, call Liz Loven for appt.  
foot care in Plainfield or in-home visits  
foot care in Williamsburg or in-home visits  
Deb Dean, foot care in Westhampton  
Diane Roeder, foot care in Chesterfield

413 586-2000  
413 238-5511, ext. 131  
413 238-5511, ext. 313  
413 238-5511, ext. 149  
413 268-8407

413 634-2229  
413 268-7122  
413 522-8432  
413 268-8407  
413 667-5363  
413 374-0457

**SHINE, Medicare & Drug Coverage Part D & Prescription Advantage**

Wayne Glaser

Lorraine York-Edberg

Deborah Hollingworth (Chesterfield)

Call your COA for appointment  
413 773-5555, ext. 2275  
413 296-4007 or 413 268-8317

**Mass Health and New Health Coverage**

Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

**Transportation Services****Cummington**

Neighbor to Neighbor Drivers

413 634-2262

**Westhampton transportation** Appts or groc. shopping, Louise Jasionkowski

413 527-5134

**Williamsburg Medical Rides** Williamsburg Senior Center (to schedule)

413 268-8407

**PVTA Dial-A-Ride** (tickets sold at Williamsburg Senior Center)

866 277-7741

**Hilltown Easy Ride Van** Ed Pelletier

413 296-4232

**Local Councils on Aging****Chesterfield COA**, Janice Gibeau

413 296-4007

**Cummington COA**, Anne Parsons

413 634-2262

**Goshen COA**, Evelyn Culver

413 268-3316

**Plainfield COA**, Susan Metcalfe LaRock

413 743-5345

**Westhampton COA**, Julia Lennen

413 537-9880

**Williamsburg Senior Center**, Jennifer Hoffman

413 268-8410

**Worthington COA**, Sandra Epperly

413 238-5584

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

PRSRT STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**WILLIAMSBURG  
COUNCIL ON AGING  
ADVISORY BOARD**

**MEMBERS**

Jacquelyn Dufresne, Chair  
James Cahillane, Vice Chair  
Margaret Ricci, Secretary  
Nancy Winner, Treasurer  
Daria D'Arienzo

**ASSOC. MEMBERS**

Dean Acheson  
Gerry Mann  
Lawrence West

**SENIOR CENTER**

**STAFF**

Jennifer Hoffman  
Director  
  
Sherry Loomis,  
Administrative Asst.  
  
Melinda McCall  
Mealsite Coordinator  
& Many Volunteers

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

*Save the Date!*

**4D1G Gospel Group & Choir**

Goshen Congregational Church  
45 Main St. Goshen

**Sunday, April 28th at 3pm**

Everyone invited!

Free. Refreshments available.

Bring friends and family!



**COMMUNITY  
SOUP &  
BREAD  
NIGHT**



**ONCE A MONTH  
FIRST TUESDAYS  
5:00-6:30PM**

Come and enjoy FREE  
soup and bread, games,  
and community building.  
All proceeds to benefit a  
local Hilltown non-profit.  
VOLUNTEERS welcome.

**TWO MORE DATES:**

March 5  
April 2

For more info contact Seva at  
membership@oldcreamery.coop

