

Living Well



Newsletter

May
2019

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

May Events Calendar

Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am
- ZUMBA! Every Mon, 6-6:45 pm
- May 13 & 20: Ukulele Strum Group 4:30 *

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)
- May 14: Podiatry with Dr. Coby (pg 2)
- May 21: and continuing on Tuesdays:
Meditation & Relaxation Group 11:30 am *

Wednesdays:

- Modern/Creative Dance 10 am
- Congregate Meal, 11:45 am
- May 1: Understand Alzheimer's
- May 15: Advisory Board Meeting, 12:15 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)
- May 9: Brown Bag, 10 am
- May 9: Blood Pressure Clinic 11:30 am
- May 16: Men's Group, Snack Bar, 8 am

Friday, May 10:

- Ladies who Lunch-BridgeSide Grille in Sunderland, 11:30 am
Carpool from Senior Center (pg 2) **

Saturday, May 18:

- Burgy Senior Prom!! 5-9 pm
Dunphy School Auditorium *

**More in next column*

***Contact us to find out more*

The Burgy Senior Prom!

Saturday, May 18th, 5-9 pm

at the Anne T. Dunphy School, Earl Tonet Gym
Dancing, live music and a DJ, prizes, finger foods
& punch, photo booth and vintage cars!

Dig out your vintage wear or come as you are! (No jeans please.) Plenty of seating and ambiance! Did you go to your Senior Prom? If so, tell us your stories or bring pictures. If you didn't, you get a second chance without the first-date jitters! Early hours make sure you get home on time. Come and have a blast at the Senior Prom!

Please RSVP to the Senior Center! 268-8407.

Multi-Generational Ukulele Strum Group Mondays, May 13 & 22 at 4:30 PM

Do you have a ukulele and know how to play a few basic chords? Do you enjoy singing and strumming along with others when you get the chance? Come join us at the Senior Center on Mondays at 4:30 for an informal gathering of other new ukulele players who feel the same way!

The group will be led by Ashfield musician and teacher **Dan Frank**, whose relaxed style puts everyone at ease. Just bring your ukulele and a music stand if you have one and come on down! All ages welcome. **Also scheduled June 3rd & 17th.** Donation to help cover Dan's costs would be appreciated.

Meditation and Relaxation Class

beginning Tuesday May 21 from 11:30-12:00 and weekly thereafter. Class will be taught by Lynn Lovell who also teaches yoga and music in the area. She will be coming to us through RSVP.

We will look forward to becoming more mindful, relaxed people! Free with donations gratefully accepted.

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, May 9, 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 PVT A.

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



Happy Mothers' Day!

Motherhood is the greatest thing and the hardest thing. -Ricki Lake

HEALTH

Blood Pressure Clinic **Thurs, May 9, 11:30**
Hope Nurse, Robyn LaFerriere, will be available for blood pressure monitoring during Brown Bag Thursday.

Foot Care Nurse, Piper Sagan **Wed, June 26, 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, May 14, 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

Intergenerational ZUMBA! **Mondays, 6pm**
With Melissa T. 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**
Gentle seated stretching, led by Alexandra Mello. Good for beginners-intermediate. All ages welcome. \$10/class, paid monthly.

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 **May 16, 8am**
"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar**. For a good time, join them!

Ladies Who Lunch **May 10, 11:30 am**
Join "The Gals" for lunch on second Fridays! Get together with your friends and make new ones too! This month we are going to the BridgeSide Grille in Sunderland. Carpool from Town offices lot at 11:30. Please call to reserve a spot!

Understanding Alzheimer's & Dementia:

Understanding & Responding to Dementia Related Behavior

Third in a 3-Part Series, May 1, 12 pm

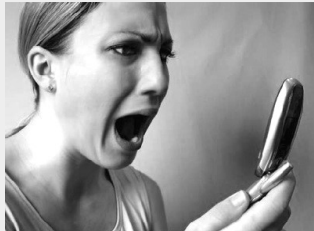
Program is free and open to the public. **Contact the Alzheimer's Association 24/7 Helpline at 800-273-3900 to register or for additional support.** Please call two days ahead if you'd like to join us for lunch.

Get to know your Cell Phone!

If you have or want to get one of those newfangled cell phones, but don't think you'll be able to use it, you are in luck!

David Martin of Williamsburg will be available to teach you the ropes!

Call us at 268-8407 and we'll help you set up an appointment with David.



No need to fear the phone!

Seeking Volunteers!

Help in our Kitchen

preparing our Monday Meals and serving prepared meals Tues-Thurs.

Medical Drivers

Take seniors to medical appointments

Carpool Drivers

Help folks run errands, trips and non medical rides

Companions

Visit seniors, help with errands, go on outings

Yard Workers

Light chores, raking, yard clean-up

Teens: get Community Service credit for school!

Call 268-8407 for information.

Thank you to ALL of our volunteers!

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.

Save the Dates!

Saturday, June 8 to 11-12

“Take and Eat” a Way to End Weekend Hunger in the Hilltowns

Food insecurity among the 60+ population is significant in the Hilltowns but is not openly discussed. In Hilltown communities, many factors come into play - transportation, gossip and pride. Please join Deacon Francis J. Ryan Ed.D and the local clergy at the Williamsburg Town Offices Auditorium to discuss the “Take and Eat” program and how it can be a way to alleviate hunger for our Hilltown seniors.

Saturday, June 29, 10 am-12 noon “AGING IN PLACE: Health Care Options for Seniors”

The Williamsburg Council on Aging will host a public forum on health care services available to seniors. Speakers from Cooley Dickinson and the Williamsburg Council on Aging will address home care and rehab options, palliative care, hospice and costs of care. Smaller groups will focus on personal questions. Refreshments will be served. For information, please call 268-8410.



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.**

Springtime Allergies?

While we all look forward to the more pleasant weather that marks the beginning of spring, for many individuals, the enjoyable climate comes with a price in the form of seasonal allergies. Sadly, even if you have never experienced seasonal allergies before, you cannot assume you are immune to them.

Doctors state that allergies can develop at any age, and although it's not known exactly why, the prevalence of adult-onset allergies in the United States is increasing. One theory is that repeated exposure to certain allergens can actually increase sensitivity over time, rather than decrease it as one might think.

For senior citizens, it is especially important to look for the signs that come with seasonal allergies. These include sneezing, runny nose, congestion, and itchy and/or watery eyes. If you notice them, speak to your doctor right away, as allergy symptoms can be particularly dangerous to seniors with cardiovascular issues. Additionally, a doctor will be able to recommend treatments other than antihistamines, which may not be recommended for seniors due to the potential side effects.

Whether allergies are familiar to you or something you are experiencing for the first time, the following tips can help get you through allergy season smoothly.

- Nutritionists believe that by eating foods known to fight inflammation, you can decrease some of your allergy symptoms. These foods include apples, flax seed, ginger, leafy greens, walnuts, and anything high in Vitamin C.

- Use online weather sites to monitor pollen levels, and plan outdoor activities for days when the pollen counts are projected to be at their lowest.

- Although you will be tempted, you should avoid opening your windows during allergy season, as it will increase the amount of pollen and mold entering your home or vehicle. Use your air conditioning instead.

- If you are someone who likes to hang your clothes outside to dry on a line, revert back to using your clothes dryer during allergy season. Unfortunately, if you leave your clothes outside to dry, they can soak up pollen, ragweed, and other airborne allergens like a sponge.

- Wash your hands after being outdoors. When you come inside after an extended period of time outdoors, take a shower to wash the pollen out of your hair and change into fresh clothes. This will prevent pollen from spreading around your home.

- Wear sunglasses when you are outdoors to keep pollen and other airborne irritants out of your eyes.



<https://www.medicalalertadvice.com/articles/seasonal-allergies-and-seniors/>

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, as are all the VOLUNTEERS who donate their time to help out. **Please consider a tax deductible donation.** To contribute, 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

Seniors Aware of Fire Education



Spring is finally here and we love getting out in it, even with the Spring chores. Here's a couple of ideas on how to enjoy spring safely:

- Fill your mower with gas when the engine is cool.
- Store gasoline outside the house, in a detached garage or shed.
- If you get gas on your clothing, remember it's the gas vapor that is flammable, so wash them as soon as possible.
- Store gas only in the RED containers marked for gasoline.
- Do not start cooking fires with gasoline.
- It's supposed to be another bad year for ticks, so cover up and spray before going out for a hike or yard work.
- Check for ticks on you when coming in from being in the great outdoors.

Enjoy a SAFE Spring

--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.

Things I Learned from MOM



1. We don't live in a barn.



2. Life's not fair.



3. Things don't just sprout legs and walk away.



4. You are not my maid.

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! Advance Directive, aka Living Will, and the MOLST

This is not the most pleasant thing to think about, but I'm betting the majority of us saw the situation or have experience in which a person was not allowed to die with dignity or in their own way. An advance directive will let you spell out any wishes about the types of care you do or do not wish to receive, if you are unable to speak for yourself.

How NOT to do it: decades ago, my parents wrote a living will and mailed me a copy, then started on a road trip of some weeks duration. I had no idea *what* they had written, *why* they had written it, *where* they had gone, *what* they were doing or were *going* to do. Things are better now – we can talk about the subject and prepare documents with a lot of thought for and knowledge of medical circumstances we might face.

In our state, we also have the MOLST – Medical Orders for Life Sustaining Treatment. We have been given a copy by hospitals, the VA, and perhaps a doctor's office to fill out and have on file. This standardized form lets us indicate what forms of life-sustaining care we might or might not want, and the form can stand alone or be used in conjunction with a separate advance directive that provides additional information regarding our wishes. It is helpful to talk about the form with others, like your family, health care proxy, and doctor, to ensure that they will do their best to follow the instructions you leave. Two good online resources are: www.molst-ma.org/download-molst-form and www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/living-wills/art-20046303

You've talked with your family and doctor, filled out and signed the paperwork, had it signed or witnessed, so now what? Keep the originals where they can be found. Tell your family you have done this (please!). Give a copy to your health care providers and your health care proxy (see March newsletter), and carry a card in your wallet that says you have a MOLST and advance directive. If you travel, take a copy with you. Then continue to enjoy your life!

To a long life,

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

Northern Hilltowns Consortium of Councils on Aging welcomes Deb Hollingworth

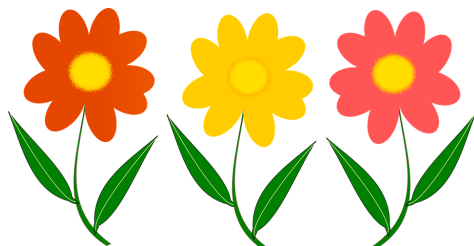
Deb is filling the new position of Regional Community Facilitator. She will help each COA and community develop the next phase of the "Hilltown Strong Communities for Aging in Place" grant initiative from the Executive Office of Elder Affairs. Deb comes to the position with extensive experience in aging. The best summary of her background and achievements has been noted in the Jim Quinn Human Services Award she received:

Deborah Hollingworth has been saying "how can I help you" for the past 25 years as she answers calls from seniors, their family caregivers and fellow colleagues, connecting them with the resources they need. Deborah is a licensed social worker, has been a SHINE counselor for 20 years, a Certified Information Specialist for almost a decade, but perhaps more importantly, has been a parent caregiver herself. Having been there, done that, makes it easier to help folks dealing with the same issues.



In addition to helping seniors and their families, Deborah has worked as a jobs counselor, provided family support services for Food Pantry clients, and social work for VNAs. She has presented workshops for seniors, health care professionals, family caregivers, college students in a variety of settings including 14 years as a workshop presenter at the WNEU social work conference, guest speaker for Smith College's school of social work, programs at HCC, AIC, STCC, GCC, Westfield State and Jewish Community Center's Life Enrichment series, as well as the Massachusetts Law Reform Institute, and National Agency on Aging conference, as well as a guest on Susan Kaplan's Water Cooler series on WGBY.

**Welcome, Deb!
Our Consortium is lucky to have you with us.**



Help and Support for Caregivers

As a caregiver for a parent or spouse, or for a child with special needs, you may feel overwhelmed and at times invisible. And you may develop caregiver fatigue. Williamsburg Senior Center would like to start a Caregiver Support Group if people are interested. Contact Sherry or Jenn at 268-8407.

ART EXHIBIT

Gray and Gay: Reflections on Love Makes a Family

**May 1-June 30
Reception: May 19, 2-5pm**

**Chesterfield Community Center
400 Main Road Chesterfield, MA**

Hosted By Chesterfield Council on Aging

The art exhibit opening at the Community Center features the photo text exhibit "Love Makes a Family". First shown 25 years ago, it features twenty LGBT families. Although originally intended to bring a positive image to families not usually represented in schools and colleges, it became a milestone in the movement when an Amherst grade school and the creators of the exhibit were sued by five families in order to keep it from being shown. This lawsuit became a national case and brought national press attention to the issue.

Please join us on May 19 from 2 to 5 at the Chesterfield Community Center to see the exhibit, talk with friends and enjoy light refreshments.

Stronger than Yesterday



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.

Weds. 9am, Westhampton Woods, Unit F
Led by Michelle Morales-Wolk
Beginning 4/17 for 10 weeks.

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 and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, drop Chuck a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass. Led by Joan Griswold.

Mon. 10am, Plainfield Town Hall
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

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, ematk@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

PRSR STD
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PERMIT 183
Greenfield MA

**WILLIAMSBURG
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ADVISORY BOARD**

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James Cahillane, Vice Chair
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Daria D'Arienzo

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Gerry Mann
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**SENIOR CENTER
STAFF**

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

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

Out and About in May

**Fri. May 17th at 9am & 10am
Spa Day at Smith Vocational**
80 Locust St. Northampton

Last spa day of spring! Cosmetology students are offering: 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 9am and 10am in Room 124 of Building A at the school.

**Sat. May 18th, 9am-3pm
Clothing Exchange**

Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. May 15th from 6-8pm and Fri. May 17th from 9am-3pm, then come back to shop on Sat. the 18th from 9am-3pm! All are invited to participate whether you donate clothes or not.

**Sat. May 18th, 5-9pm
The Burgy Senior Prom**

*Anne T. Dunphy School, Earl Tonet Gym
1 Petticoat Hill Rd., Williamsburg*

You are invited to join Williamsburg at our Senior

prom! Dancing, live music and a DJ, finger foods & punch, prizes, photo booth and vintage cars! Dig out your vintage wear or come as you are! (No jeans please.) Did you go to your Senior Prom? If so, tell us your stories or bring pictures. If you didn't, you get a second chance without the first-date jitters! Please RSVP to the Senior Center: 268-8407.

**Thurs. May 23rd, 6:30pm
Green Burial Presentation**

Westhampton Library, 1 North Rd., Westhampton

Have you thought about being environmentally-friendly even after you are gone? Natural or "green" burial is the interment of the dead in a simple coffin or shroud without the use of embalming fluids, allowing natural decomposition of the body. Curious and want to learn more? Speakers Kate Mason, a retired hospice nurse and Joan Pillsbury, a retired nurse, are both involved with Funeral Consumers Alliance of WM and Green Burial Massachusetts, will give us an overview and answer your questions.

**Thurs. May 30th, 2pm
Medicaid, Trusts and Probate Presentation**

Westhampton Library, 1 North Rd., Westhampton

The Mass Bar Association is providing a presentation on Medicaid, Trusts and Probate. Northampton Attorney Mary Melnik-Penney has been matched with us through the Elder Law Program and will be the presenter. This would be a good time to come and hear about "Taking Control of your Future". All ages welcome to attend.