

Living Well



Newsletter
June
2019

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

June Events Calendar

Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am
- ZUMBA! Every Mon, 6-6:45 pm
- June 3 & 17th: Ukulele Strum Group 4:30 (pg 3)

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)
- Meditation & Relaxation Group 11:30 (pg 2)
- June 18: Bears! By Fran Ryan, 12:15 *

Wednesdays:

- Modern/Creative Dance 10 am
- Congregate Meal, 11:45 am
- June 12: Caregiver Support Group, 1 pm ** (See Pg 8)
- June 19: Advisory Board Meeting, 12:15 pm
- June 26: Foot Nurse, Piper Sagan, 9-2

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)
- June 13: Brown Bag, 10 am
- June 13: Blood Pressure Clinic 11:30 am
- June 20: Men's Group, Snack Bar, 8 am

Fridays:

- Friday, June 7: Ladies who Lunch, Williamsburg Snack Bar, 11:30 (pg 2)
- Saturday, June 8: Take & Eat Seminar Town Offices Auditorium, 11-12 *
- Saturday, June 29: Aging in Place Forum, Town Offices, 10-12 *

**More in next column*

***Contact us to find out more*

To sign up for our programs, call 268-8407

“Take and Eat” a Way to End Weekend Hunger in the Hilltowns Saturday, June 8 from 11-12

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.

BEARS! A Presentation by Fran Ryan Tuesday, June 18th, 12:15 PM

Fran is a writer at the Daily Hampshire Gazette and founder and Director at Horizon Productions Environmental Education Service. She studied Environmental science at Antioch University New England. Come and learn about your wild neighbors!

Music and Comedy with James Kitchen and Mike Metzger!! Wednesday, June 26 at 12:30 PM



You won't want to miss this! Come and enjoy these two local cut-ups—they're not only funny but good musicians too! (if you'd like to come at 11:45 for lunch, please call two days ahead to reserve) All are welcome!

Aging in Place: Health Care Options for Seniors

Saturday, June 29, 10 am-12 noon
Please See Article on Pg 3

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, June 13, 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.

Flag Day: People across the United States celebrate Flag Day on **June 14** each year to honor the United States flag and to commemorate the flag's adoption. On the same day, the United States Army celebrates its birthday.

HEALTH

Blood Pressure Clinic

Thurs, June 13, 11:30

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

Foot Care Nurse, Piper Sagan

Wed, June 25, 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, July 9th 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. 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

June 20, 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

June, 7, 11:30am

Join "The Gals" for lunch Fridays, this month at The Snack Bar. Get together with your friends and make new ones too! Please call to reserve your spot! (268-8407)

Meditation & Relaxation Class

Tuesdays, 11:30am

Class dates: 5/28, 6/25, 7/9, 7/23, 8/6, & 8/20. Class will be taught by Lynn Lovell who teaches yoga and music in the area. Come and learn how to meditate and relax with Lynn!

Please contact us if interested at 268-8407.

Aging in Place

Continued from page 1

As part of an ongoing program to help seniors cope with the challenges of aging, the Williamsburg Council on Aging will hold a community conversation on health care options at the Williamsburg Senior Center, 141 Main St., Haydenville. The program will feature speakers from Cooley Dickinson Health Care as well as the Hilltown Consortium of COAs.

Priscilla Ross, RN, executive director of Cooley Dickinson VNA & Hospice, will discuss the spectrum of health care for elders ranging from home care and rehab to palliative care and hospice. Dr. Paul Jodka, director of the Cooley Dickinson palliative care program, will further explain the difference between palliative care and hospice services. Small groups will offer participants the opportunity to share in a more personal way their questions and concerns. Deborah Hollingworth of the Hilltown Consortium will address costs of health care.

The program is free and open to the public and refreshments will be served. For more information, please contact the Williamsburg Senior Center at 413-268-8407.

Multi-Generational Ukulele Strum Group Mondays, June 3rd & 17th at 4:30 PM

The Ukulele group has been having a great time! 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! Led by Ashfield musician and teacher **Dan Frank**, whose relaxed style puts everyone at ease. Bring your ukulele and a music stand if you have one and come on down! All ages welcome. Donation to help cover Dan's costs would be appreciated.

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**.

PVTA Free Senior Tuesdays!

Free Tuesday bus rides will begin on July 2 and run through the fiscal year. PVTA hopes to encourage seniors to get to social and other engagements without cost.

The Senior Center Warmly Welcomes three new additions to our staff. Tryna Hope is our new office assistant. Expect to hear her bright cheery voice on the phone when you call us. Carol Hendricks, RN is our new Outreach Coordinator. Carol will be reaching out and visiting people who may need assistance. Lastly, we welcome Barbara Estes to our café. Her smiling face is always a wonderful touch during our community lunch.

We are Looking for Help in our Kitchen!

Flexible part-time position, will cater to working mom's needs. Help prepare our Monday Meals and serve prepared meals Tuesdays-Thursdays.

Volunteer or paid position available.

Call Jenn at 268-8410

Seeking Volunteers!

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!

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.

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.

Community

The weather is finally warming up, flowers are blooming, trees are green and people are getting outdoors. This makes me think of gathering and community. The Senior Center just had our 1st annual Senior “Town” Prom and what a blast! There was dancing, food, laughter and people of all different generations gathering together. We cannot wait to have this event again. Thank you all for coming out to celebrate!

I would like to thank Troop 705 of the Boy Scouts of America, Larry West, Roy Beals, Dr. Roger Allcroft, Tom Hillenbrand and Elaine Hyde for working on the garden at the Town Offices. Since I have been here, I would look at the garden and imagine a place where people can sit, enjoy beautiful flowers and sneak some cherry tomatoes. This garden will be a gathering space for clients, town people and staff to get some fresh air. Thank you so much for making this garden and our community grow.

One thing I have learned, being the Director for the Williamsburg Senior Center for the past 9 months, is that the Burgy community is strong with a big, generous heart. There are so many people who are engaged in our center as well as our goal to have Burgy residents “Age in Place”. We have obtained AARP recognition for “Aging in Place.” All I had to do was ask for help and people came to help us reach these goals. Thank you all! The goals we are currently working on are to improve communication in our town as well as

reaching out to those who are isolated. Friends, if you have thoughts or want to help, bring them our way! Since our community is what it is, perhaps visit a neighbor just to say hi.

In my short time here, I have gotten to know so many people. People with great ideas on all different topics. Please keep coming and bringing me your thoughts and ideas. I want to make our community what **you** want. Let’s do it together!

—Jenn Hoffman



**Thank
You !**

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.** 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

Seniors Aware of Fire Education

Yeah! June is upon us, the beginning of summer weather (we hope) and with the summer weather come some rather nasty storms. Here are few things you can do to weather summer storm power outages:

Senior 
SAFE

- Use a flashlight or battery-powered lanterns. Do NOT use candles.
- Keep refrigerator and freezer doors closed as much as possible.
- Turn off or unplug major appliances, so they will not be damaged by the electrical power surge when power is restored.
- Use portable generators cautiously. Operate them only outdoors in a well-ventilated area. Refuel it only after it has cooled. Do not connect a generator to your home's electrical system except through an approved installed in compliance with your local electrical code.
- Do not go near and never touch a downed wire; it may be energized.

Ride out the summer storms, SAFELY!

--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.

Do you want to eat more fresh, healthy, and locally-grown produce, but find it too expensive or difficult to get?

If you receive SNAP (Food Stamps), or if you are eligible and willing to sign up for SNAP, you may be able to participate in a 10-week Hilltown-grown farm share that is 100% reimbursable through your HIP (Healthy Incentives Program) benefit! You can choose the right size share for your household and pick up your weekly assortment of local fruits and vegetables in Huntington or Worthington without spending any additional SNAP dollars. This "Hilltown Mobile Market" pilot program is available to Hilltown residents this summer and there are a limited number of spots open. To find out more about how to sign-up, go to tinyurl.com/foodinterest or contact Caitlin Marquis at 413-588-5562.



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! HIPAA Release

We've reached the last of the Big Five! The Health Insurance Portability and Accountability Act release "will let your Health Care Proxy get all your medical records, avoiding privacy restrictions and doing a better job for you." It does that and more – read on, if you would.

Permission. Overall, this means that we each have a right to see our own health records. I'm old enough to remember when we did not have that right! Those were barbaric times. Also, because my husband and I each filled out a HIPAA release in the medical offices we visit, we can talk to each other's doctor, make an appointment, refill a prescription, take a message, etc. It is all quite convenient.

Privacy. You can control whether your medical information is shared or not. You can prevent someone from accessing your records, OR you can give someone the right to see them so they can help you in some way.

Partial. You can specify which medical records can be seen by the person you list on a HIPAA release. You could allow your sister to talk to your pharmacy, for instance, but not any of your doctors. You could allow a nurse at your work place or a new doctor to see a specific medical test result, but nothing else.

Two websites with lots more on the HIPAA:

www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/consumers/consumer_rights.pdf and
www.hhs.gov/hipaa/for-individuals/index.html

Privately,

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

Accentuate the positive; it's good for your health!

Many people have offered information about positive living but one author, Joanna Castro, from Lifestyle Fifty, best captures the "11 positive things nobody tells you about aging", which are reprinted below:

1. You don't always have to be right.

Remember when you were younger, how important it was to be right? Well, as the years pass by, we begin to understand that being right isn't nearly as important as listening to and weighing up every side of the argument, even possibly deferring to someone else's point of view. We begin to understand that it's often better to lose a few battles in order to win the war.

2. You learn not to judge.

In the Western world, we learn early on to want material things and strive to get them. While this isn't altogether bad, it often brings with it envy and jealousy. We might begin to judge others on their material assets and not on who they are as people. As we get older, 'stuff' becomes less important than people and relationships and we learn not to judge, but just to accept people as they are.

3. You begin to want less.

We accumulate so much 'stuff' on our journey through life in the Western world and much of this is redundant and in excess of what we actually need. As we get older, we begin to realize that sometimes less is more. It's an incremental understanding that we don't need to surround ourselves with a whole lot of material things.

4. You gain more confidence in making decisions.

It's true that age brings wisdom. It can also bring more confidence. Why? Because we accumulate Experience with a capital "E" as we journey through life and our life lessons are powerful tools to draw from to make future decisions. Yes, we've made mistakes, but we've learned from them and that instills an innate confidence for future decision making.

5. Your children become your friends.

It's hard to think of our children as friends when they are firstly so dependent upon us and then perhaps when they're rebellious against us, or even hate us, during their teenage years. What nobody tells us is that as they become adults, grow into their own lives and fulfill their own dreams, we as parents take on a different role. Children now return to the family home and hearth as individuals in their own right and as friends.

6. You understand that there's no point in telling anyone what to do.

At some stage in your life you might feel the urge to offer unsolicited advice and think that you're doing someone a favor. At a certain age, you then realize that there's no point in telling anyone what to do, that actually, if you think about it, being given advice you didn't ask for doesn't feel very nice. What does feel good, though, is if someone plants a seed for you to ponder which leads you on to find the right answer yourself.

7. You learn that wrinkles should be worn with pride.

For women especially, the onset of the first wrinkle is a day of some grief and in the years of growing up, a wrinkle-free face is falsely deemed a prerequisite of beauty by our youth-centric society. Later in life, we realize that we are fortunate to be growing old and that wrinkles stand as a testimony to our experiences. It shows that we have successfully navigated the troughs and peaks of life. Wrinkles represent the days of our lives, each telling a different story.

8. You are able to treat your parents with unconditional respect.

Our parents, although we love them, may have driven us mad at some point in our lives, and for those of us with children ourselves, the pattern is repeated. As we get older, we learn how to treat our mothers and fathers with respect and how to have patience as they reach their autumn years because we have better understanding of the trials and tribulations they have gone through in the process of aging.

9. It's O.K. to play the fool again.

As children we laughed, played the fool and generally didn't think too much about what other people thought about us. Then our egos developed, self awareness set in and we began to reign in our inner child, and squash the idiosyncratic part of us that was once so spontaneous. When we reach a certain age, it begins to matter less what other people think and not taking ourselves so seriously becomes an option once again.


10. You learn not to criticize.

As we get older, we learn there's little value to be gained by criticizing anyone. If we need to say something, it's far better to say something positive than dwell on what's negative. By mid-life, we have learned through trial and error that positive reinforcement always puts us in a much better position.

11. You are thankful for growing old.

Not everyone grows old. Many die before their time or in the prime of their life. With age comes gratitude and the knowledge that with every passing year we are privileged, and being grateful becomes a daily ritual that enhances our lives in so many positive ways.

* You are invited to the
* Northern Hilltowns Celebration of
* our Membership in the AARP Network Of
* Age Friendly Communities
*
* Thursday, June 27, 4-6pm
* Chesterfield Community Center
* 400 Main Road, Chesterfield MA
*
* RSVP by June 15
* coa@townofchesterfieldma.com
* or call 413-296-4007
*
* Refreshments served. Representatives from the State Office of Elder Affairs, AARP Massachusetts and the Massachusetts Healthy Aging Collaborative will join us and our hilltown neighbors for this kickoff event.



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.**

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.

June 25: A presentation by Friendship Tours / Ship Shop about an upcoming 14 day Mediterranean Cruise in 2020 will be held at the Northampton Senior Center starting at 5:00 p.m. Come see what it's all about.

July 17: New Date. Westchester Broadway Dinner Theater, On Your Feet, the story of Pop Latin star Gloria Estefan. Enjoy the upbeat lively music. Cost is \$126. Pre-show luncheon at the theater.

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. A Buffet Lunch is included at O'Connor's Restaurant in Worcester. Conclude the day at the Worcester Art Museum for a guided tour. Cost is \$109. There is a \$10 discount if paid in full by **June 3.**

Oct. 10: A Day in Vermont. Cost \$78. There is a \$10 discount if paid in full by August 15th. Visit and shop at some quaint places in Vermont, including the Vermont Country Store in Weston. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

**Coming in 2020:
Mediterranean Cruise - 14 Days -**

**Via the Royal Caribbean's Vision of the Seas
From \$2,579**

Come to a presentation on June 25, 2019





What's in a scam?

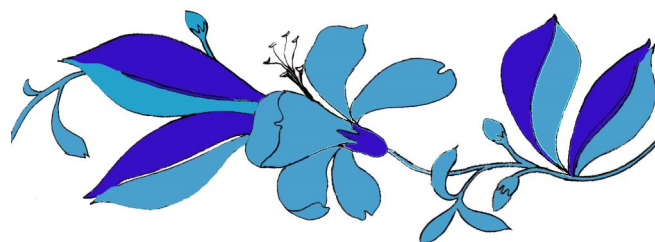


Learn about Scams, Fraud, and Identity Theft including:

- ◇ Telemarketing
- ◇ Why to be on the "Do Not Call List"
- ◇ Signs of a scam
- ◇ Common scams
- ◇ How identity theft happens
- ◇ What to do if your identity is stolen

Weds. June 19, 2019, 1:30 p.m.

Where:	Chesterfield Community Center 400 Main Rd, Chesterfield, MA
Who:	Ann E. Lynch Assistant Attorney General
Sponsors:	Hilltown Community Development www.hilltowncdc.org, 413-296-4536  Enriching lives in a rural economy Office of Attorney General Maura Healey www.mass.gov/ago 617-727-8400 



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

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

Out and About in June

Tuesdays, 11:30am

Meditation & Relaxation Class

Wburg Senior Ctr, 141 Main St., Haydenville, MA

Class dates: 5/28, 6/25, 7/9, 7/23, 8/6, & 8/20. Class will be taught by Lynn Lovell who teaches yoga and music in the area. Come and learn how to meditate and relax with Lynn! Please contact the Burgy Senior Center if interested at 268-8407.

Wednesday, June 12th at 1pm

Caregiver Support Group

Wburg Senior Ctr, 141 Main St., Haydenville, MA

As a caregiver for a parent, spouse, or a child with special needs, you may feel overwhelmed and, at times, invisible. Our support group will be held monthly on the second Wednesday at 1:00 pm at the Senior Center Café. Call 268-8407 to sign up. ALL are welcome!

Wednesday, June 19th at 1:30pm

What's in a Scam?

Cfield Comm. Ctr., 400 Main Rd., Chesterfield, MA

More info on page 7.

Wednesday, June 26th at 12:30pm

Music & Comedy with James Kitchen & Mike Metzger!

Wburg Senior Ctr, 141 Main St., Haydenville, MA

You won't want to miss this! Come and enjoy these two local cut-ups—they're not only funny but good musicians too! (If you'd like to come at 11:45 for lunch, please call two days ahead to reserve: 268-8407.) All are welcome!

Thursday, June 27th from 4-6pm

Celebration of AARP Membership of Age-Friendly Communities

Cfield Comm. Ctr., 400 Main Rd., Chesterfield, MA

The Northern Hilltowns have been recognized by AARP as being age friendly communities! More info on page 6.

