

Living Well

Newsletter
September
2019



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

September Events Calendar

Mondays:

- **Monday Meals**, every Mon, 11:45 am
- **Veterans' Agent**, 2-4 pm
- **Ukulele Strum Group, Weekly**, 4:30 *
- **Sept 30: Veterans' Group** 12 noon *

Tuesdays:

- **Healthy Bones & Balance**, 10:30am
- **Meditation & Relaxation Group** 11:30 (pg 2)
- **SHINE Rep**, 11-2 (call for appointment)
- **Congregate Meal**, 11:45 am
- **Yoga for You**, 6 pm
- **Basic Computer Tutoring**, 6 pm (call ahead)
- **Sept 3, 17, 24: Falls Prevention Presentations**, Café; 12:15 pm * (also pg 4)
- **Sept 10: Podiatry w/Dr Coby** 9:30-1:30

Wednesdays:

- **Congregate Meal**, 11:45 am
- **Farm Share Pick-up**, 11 am-2 pm *
- **Sept 11: Falls Prevention, Triad Presentation**
- **Café**, 12:15 *
- **Sept 11: Caregiver Support Group**, 1:00
- **Sept 18: Advisory Board Meeting**, 12:15 pm

Thursdays:

- **Chair Stretch & Strengthen Exercise**, 10:45
- **Congregate Meal**, 11:45 am
- **Healthy Bones & Balance**, 4 pm
- **Basic Computer Class** 6 pm (call ahead)
- **Sept 12: Brown Bag**, 10 am
- **Sept 12: Blood Pressure Clinic** 11:30 am
- **Sept 19: Men's Group, Snack Bar**, 8 am

Fridays:

- **Tai Chi, Auditorium**, 9:30 am
- **Friday, Sept 13: Ladies Who Lunch, Snack Bar**, 11:30
- **Friday, Sept 20: Kayaking Trip**, 10:00am *

**More in next column*

***Contact us to find out more*

To sign up for our programs, call 268-8407

Monthly Veterans' Group!

The Williamsburg Senior Center and Tom Geryk, our Veterans' Service Officer, have started a Veterans' Group. The group will discuss topics familiar and new and help to create friendships. The next meeting will be Monday, **September 30th at 12:00 Noon** at the Town Offices.

Call the Senior Center at 268-8407 to sign up. A free simple lunch will be served.

Falls Prevention Presentations

- Tues, 9/3: Alexandra Mello demonstrates Chair Stretch & Strengthen balance exercises
- Wed, 9/11: Triad presentation by Worth Noyes & Shawna Rogers
- Tues, 9/17: Coni Gillman, PT, VIB-VR
- Tues, 9/24: Dr. Brian Hoffman, MD, FAAOS

Kayak trip to the DAR Friday, Sept. 20th at 10 AM

I know a lot of us have kayaks and, if you are like me, you know it's more fun to do it with others. Join us for a paddle at the DAR!

If you have your own and can bring it, that is great. If not, a friend has graciously offered his pickup and spare kayaks to the endeavor.

If you are interested, please give us a call—(268-8407). We'll sign you up, and off we'll paddle!



Senior Farm share Program

Our Farm share program is now closed to new members. If you've signed up, please don't forget to come and collect! Shares are limited by what is available each week. Please bring your own bags for pickup **Wednesdays between 11 and 2 at the Senior Center. \$3 per share.**

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039

Phone: 268-8407 - Hours: Mon—Thurs 8:30-1:30, 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 Monday holidays)

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, Sept 12, 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 Tutoring **Tues & Thurs, 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? Do you want someone to come and visit regularly? The Companion Program can match you to a peer for social time, companionship, respite care, running errands and more.

Medical Rides **Need a ride to a medical appt.?**
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.



HEALTH

Blood Pressure Clinic **Thurs, Sept 12, 11:30**
Please contact us to see if it is happening this month.

Podiatry, Dr. Coby **Tues, Sept 10, 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.

Foot care Nurse, Piper Sagan **Wed, Oct 23, 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.

FITNESS

Zumba! With Melissa T **Mondays, 6:00**
Dance for fitness. Come & join the fun! \$5 drop-in fee. Class restarts on September 9th.

Yoga for You—Adult Yoga **Tuesdays, 6:00**
Taught by Michelle Wolk, geared for active adults. All ages welcome. Class is \$12 or 6 classes for \$60. Call to register.

Healthy Bones & Balance **Tuesdays, 10:30 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.

Creative Dance Class **Wednesdays 10:00**
Contemporary dance for adults, taught by Susan Waltner. Free class, donations accepted. Call for schedule.

Chair Stretch & Strengthen **Thursdays, 10:45**
Gentle seated stretching led by Alexandra Mello. Good for beginners---intermediate. All ages welcome. \$10/class, paid monthly.

T'ai Chi Classes **New Day: Fridays, 9:30**
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.

OTHER GROUPS

Caregivers' Support Group **Wed, Sept 11, 1:00**
Caregivers, take some time to get the support YOU need. Moderated by Tryna Hope.

Third Thursday Men's Group **Sept 19, 8:00**
"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar.** For a good time, join them!

Ladies Who Lunch **Friday, Sept 13, 11:30**
Join "The Gals" for lunch Fridays, at the **Williamsburg Snack Bar.** Please call to reserve your spot!

Our Little Library Has a Name!

The Williamsburg Senior Center's little library has a name—**Burgy Books!** Stop in and find some unique reads.

Books have been pouring in, and the Meekins Library has promised more large print books!

Please let us know what you'd like to read from our small, free, curated library. Would you prefer large or regular-sized print, fiction, non-fiction, romance, mystery, biography or autobiography, historical fiction, etc.?

Contact Tryna at 268-8407 or email thope@burgy.org.



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**.

The Senior Center is pleased to announce that we will be collaborating with Meekins Library—More to come!

They say what doesn't kill you makes you stronger. At this point, I should be able to bench-press a Buick.



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.

Senior & Veterans' Tax Relief Programs

The Town's ongoing Senior and Veterans' Volunteer Tax Relief Programs (also called Tax Work-Off Programs) are accepting applications. Deadline is October 1. People can do work for the Town and earn a reduction in property tax, up to \$1500 per household per year.

For the senior program the person must be at least 60 years old; any senior is eligible; some preference may be given to people whose household income is \$31,701 or less.

The Veterans program is open to all veterans with no income or age limits. For both programs, an approved substitute may do the work for someone physically unable to work.

Note that the amount earned is considered taxable income by the Federal Government, and this may affect eligibility for income-based programs.

Applications are available from the Selectmen's Administrative Assistant (268-8400) or online (www.burgy.org).

Get to know your Cell Phone

David Martin of Williamsburg is available to teach you the ins and outs of your cell phone! Call us at 268-8407 and we'll help you set up an appointment with David.

Always Seeking Volunteers!

We Need Companions (Paid)

Visit seniors, help with errands, go on outings

Medical Drivers (Paid)

Drive seniors to medical appointments

Carpool Drivers (Paid)

Help folks run errands, trips & non-medical rides

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!

PVTA Free Senior Tuesdays!

Free Tuesday bus rides will run through June of 2021. PVTA hopes to encourage seniors to get to social and other engagements without cost. For rides on other days, discounted tickets are available at the Senior Center.

September is Falls Prevention Month!

See our calendar on page 1 for events.

How Can You Prevent Falls?

1. Exercise to Improve Your Strength and Balance

Stay physically active to keep your legs stronger, improve your balance, and lower your chances of falling. Talk to your doctor about an exercise program, like Tai Chi, that's best for you. In addition, improving your strength and balance can help maintain your independence, and keep you engaged in your everyday life and community.

2. Have Your Eyes Checked Every Year

As people age, risk for vision loss and eye-related diseases can increase, and consequently, increase your risk for falling. People with vision problems, including glaucoma or cataracts, are twice as likely to fall compared to those without any visual impairments. Have your vision checked once a year by your doctor, and make sure your prescription is up to date.

3. Keep Your Home Safe

More than half of all falls occur at home. Remove tripping hazards from stairs and walkways. Home modifications including adding grab bars in the bathrooms, handrails for the stairs, non-slip mats in the bathrooms, and improved lighting can help prevent potential falls.

4. Check Your Medications and Side Effects

Talk to your doctor to review all of your medications and their potential side effects. Some medications can make you dizzy or sleepy, increasing your risk of falling.

5. Talk to Your Doctor

Have your doctor evaluate your risk for falling and tell them if you have fallen in the past year, or have any fears about falling. They can perform health assessments, including STEADi (Stopping Elderly Accidents, Deaths, and Injuries), and TUG (Timed Up and Go), to help you maintain your health, mobility, and independence. In addition, they may recommend walking aids to help you remain fall-free.



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, fill out the form below, send it with your check made out to **Town of Williamsburg** (address on pg 1). We thank you for your continuing support!

— Jenn 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!

Seniors Aware of Fire Education

September has been designated Fall Prevention Month, which does not mean prevent fall from coming. It means being mindful of things you can do to keep from falling and injuring yourself. Here are a few things you can do to be safe.

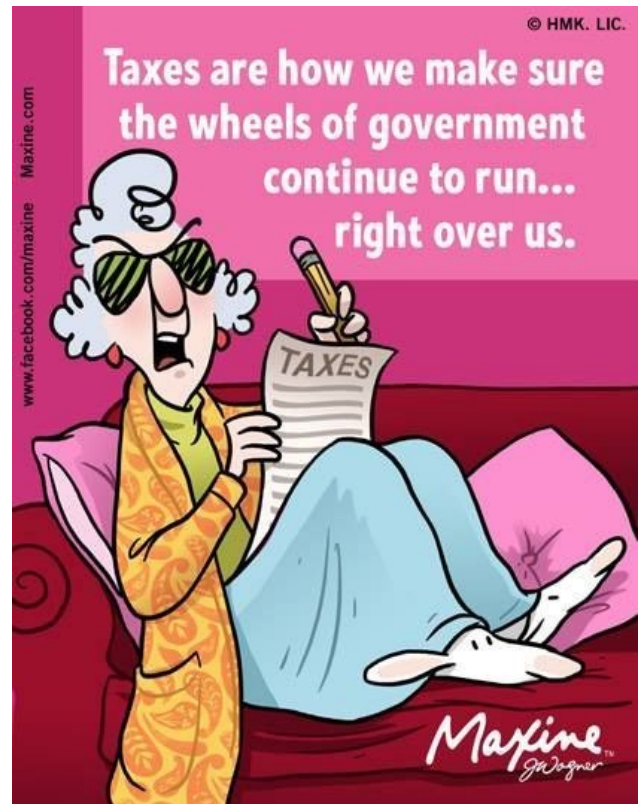
Senior 
SAFE

- Keep walking area (including stairs) free of anything you could trip over like electrical cords and any clutter.
- Get rid of or secure scatter rugs.
- Smooth out wrinkles and folds in carpeting.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.
- Stairways should be well lit from bottom to top.
- Have easy-to-grip hand rails on both sides of interior and exterior stairs.

Be SAFE and fall free!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.



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

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

Two-factor Authentication (TFA)

If you don't do any business online, then this month I'm not writing to you! But as always, please pass this to someone who can use it. If you go online to check bank balances, deposit checks electronically, track credit card use, have a cloud storage account, or do online shopping or similar actions, then please continue reading.

What is it?

TFA (love those acronyms, as a former Federal employee) is a log-in process that requires two levels of identification before you can access your account. The first level is your username and Really Good Password. The second is something generated by a computer that you type in. This might be a random 6 numbers sent to you by email, phone, or text.

How come?

This cyber trick gives you an extra layer of security, making it harder for a hacker to get you. We all know they are getting smarter and more determined, but this will at least slow them down. TFA works partly because you use a code sent to you that is not kept anywhere and expires usually within minutes.

Many credit card companies and vendors will now encourage you to sign up for this. If you don't get hacked, life is easier for them, too!

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

Scam Warning

SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... and they are making cold calls to convince you to buy one. **THE OFFER IS FALSE! Medicare DOES NOT pay for mail order kits for cancer screening.**

Medicare covers many genetic tests to diagnose cancer once symptoms are present, but there is only ONE test to screen (for colorectal cancer). Only screening by a physician will be covered by Medicare!

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!

Six seniors from the hilltowns were part of a group who enjoyed a recent trip to the Russian Icon Museum: Rosemary Moran, Barbara Bak, Ginny Breish, Norene Roberts. Back: Robin Bak, John Breish



Another group went on a trip to the Titanic Museum: Nancy Boyle, Jean, Marilyn Davidson, Carol Jolly, Nan Clark, Francine Frenier, Milenna Curtis, Lillian Bisbee, Sam Bancroft, Mary Bancroft.



BOO IS BACK AGAIN !

Watercolor Class: Thursdays 10:30 am

September 12 ; 19 (1pm), 26

October 3,10,17



Sign up now: Space is limited
Call Chesterfield COA 413-296-4007
or email: coa@townofchesterfieldma.com

Save the Date!

Highland Valley Elder Services invites you to the:
2nd Annual

Keys to Aging Well Expo

Tuesday, October 1, 2019

3:00-4:30 PM

**Hadley Farms Meeting House
41 Russell Street, Hadley**

Highland Valley remains committed to its mission to serve older adults and their families through collaboration, education, advocacy, and a range of programs designed to support them where they live. The event will highlight services offered by Highland Valley Elder Services and community resources for aging well.

Light refreshments will be served. Free giveaways and lots of expertise to be shared. Admission to the Expo is free and open to the public. Visit us at www.HighlandValley.org or find us on Facebook at www.facebook.com/HighlandValleyElderServices/

**Town of Chesterfield –
Employment Opportunity**

Administrative Assistant to Town Boards: The Town of Chesterfield is seeking an experienced individual to take and then prepare meeting minutes in electronic format (and update after Board review) for various Town boards /officers. Irregular weekly hours from zero to ten, to include evening meetings. Hourly compensation TBD on applicant's qualifications. Send cover letter and resume by September 15th to:

Town Administrator
PO Box 299
Chesterfield, MA 01012

Direct questions to:
townadmin@townofchesterfieldma.com.

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.

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

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)

Fri. 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:

Chrisoula Roumeliotis, 634-2262,
coa@cummington-ma.gov

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

Westhampton:

Amy Landau, 203-3086, westhamptoncoa@comcast.net

Williamsburg:

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

Worthington:

Shelley Rice, 240-678-4518, coa@worthington-ma.us

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

PRSR STD
US POSTAGE
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Greenfield MA

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Barbara Estes
&
Volunteers

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

Out and About in September

Saturday, September 14th at 2pm

Author reading: *Bad Sleep* by Siegfried Haug
Goshen Public Library, 42 Main St., Goshen, MA

Siegfried Haug, a writer from Goshen, will read from his new mystery novel, *Bad Sleep*. Haug lectured nationally and internationally, and still appears on Channel 22 as a sleep expert. He is also the author of *I Want to Sleep: Unlearning Insomnia*.

Thursday, September 19th at 10:30am

Little Roots

Chesterfield Comm. Ctr, 400 Main Rd., Chesterfield

Come have fun! Play, sing, dance. All ages welcome. Sponsored by Davenport Child Care. Funded by Chesterfield COA grant from Highland Valley Elder Services.



Fri. September 20th at 9am & 10am

Spa Day at Smith Vocational

80 Locust St. Northampton

Smith Vocational is pleased to collaborate again with the Chesterfield COA by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year. All work is done by students and is supervised by a licensed instructor. Cosmetology students are offering: Haircuts \$6.00;

Manicures \$5.00; Facials \$9.00. 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.

Sunday, September 22nd at 2pm

The Institute for Musical Arts

John James Memorial Hall, 42 Main St., Goshen, MA

Ann Hackler, IMA Co-founder, will discuss the founding of the Institute of Musical Arts, located on Cape Street, Goshen. The IMA is a non-profit organization that has been transforming the lives of girls and young women through its teaching programs, workshops, and concerts for 30 years. Sponsored by the Goshen Historical Society. All welcome!

Saturday, September 28th, 9-3pm

Fall / Winter Clothing Exchange

Goshen Congregational Church, 45 Main St., Goshen
Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Weds. Sept. 25th from 5-8pm and Fri. Sept. 27th from 9am-3pm, then come back to shop on Sat. the 28th from 9am-3pm! All are invited to participate whether you donate clothes or not.