

# Living Well



Newsletter  
October  
2019

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

## October Events Calendar

### Mondays:

- **Monday Meals**, every Mon, 11:45 am
- **Veterans' Agent**, 2-4 pm
- **Ukulele Strum Group, Weekly**, 4:30
- **ZUMBA!** Auditorium at 6 pm
- **Oct 28: Veterans' Group** 12 noon (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 Tutoring**, 6 pm (call ahead)
- **Oct 8: Mercy Hospital Presentation\*** 12:15
- **Oct 29: Elder Law Seminar**, 6 pm\*

### Wednesdays:

- **Congregate Meal**, 11:45 am
- **Farm Share Pick-up**, 11 am-2 pm
- **Oct 9: Caregiver Support Group**, 1:00 pm
- **Oct 16: Advisory Board Meeting**, 12:15 pm
- **Oct 16: Roger Tincknell, Musician/Storyteller \***
- **Oct 23: Foot Nurse, Piper**, 9-2

### Thursdays:

- **Chair Stretch & Strengthen Exercise**, 10:45
- **Congregate Meal**, 11:45 am
- **Healthy Bones & Balance**, 4 pm
- **Basic Computer Class** 6 pm (call ahead)
- **Oct 10: Brown Bag**, 10 am
- **Oct 17: Men's Group, Snack Bar**, 8 am

### Fridays:

- **Tai Chi, Auditorium**, 9:30 am
- **Oct 11: Ladies Who Lunch, Snack Bar**, 11:30
- **Oct 18: Fall Foliage Trip/Lunch**, 10:00 am \* (pg 2)
- **Oct 25: Silkworm Poetry Benefit**, Meekins, 6 pm (pg 3)

*\*More in next column  
More activities outlined on pg 2  
Contact us to find out more...*

To sign up for our programs, call 268-8407

### **\* Mercy Hospital presents PACE Program \* Tuesday, Oct. 8, 12:15 pm**

Mercy Life is a health care choice for seniors living in Western Mass, a Program of All-inclusive Care for the Elderly (PACE)—coordinated care and support designed to help seniors continue to live safely at home. Come and participate in the conversation!

### **\* Musician/Storyteller, Roger Tincknell! \* "Elvis to the Everly Brothers"**

**Wednesday, Oct 16th at 12:15 pm**

**Mr. Tincknell** will entertain us at the Senior Center Café with his musical talent and great sense of humor! Come and see one of our favorite entertainers and get involved with his storytelling, musical instruments & stories.

Yodeling might even happen—you never know!  
All are welcome! (268-8407)

### **\* Writing Class \***

**"Sense of Place: Life Reflections  
Through the Seasons"  
Wednesday, October 16th, 6 pm**

Led by **Sienna Wildfield**, this writing class will be held weekly. Participants will be led or inspired to share experiences, through the seasons, and invited to write short memoirs through weekly prompts. Fee \$10 per wk. An interesting and fun way to activate your inner creativity! Call to sign up-268-8407.

### **\* Elder Law Seminar \***

**Tuesday, Oct 29th at 6:00 pm**

**Michael Hooker** will discuss legal issues that affect elders and their families. He will explain what and how to prepare as you or your family members age. Come with any questions you may have and be prepared for these issues when they come up in your lives. Contact us for details and to sign up.

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. These meals are not eligible to go.

**Brown Bag Program** **Thurs, Oct 10, 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 PVTA.

**Benefit and Options Counseling**  
We can help you find the resources you need to:

- Make informed decisions
- Create short and long-term plans for services
- Identify resources that will facilitate your continued independence
- Plan for support to ensure your ability to age in your home or help you determine what other options you may want to consider
- **Help you sign up for Fuel Assistance and Snap programs starting October 1st. (pg 3)**



## HEALTH

**Blood Pressure Clinic** **Thurs, Oct 10, 11:30**  
Please contact us to see if it is happening this month.

**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.

**Podiatry, Dr. Coby** **Tues, Nov 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, 6:00**  
Dance for fitness. Come & join the fun! \$5 drop-in fee. Get ready to MOVE!

**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** **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, Oct 9, 1:00**  
Caregivers, take some time to get the support YOU need. Moderated by Tryna Hope.

**Third Thursday Men's Group** **Oct 17, 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, Oct 11, 11:30**  
Join "The Gals" for lunch Fridays, at the **Williamsburg Snack Bar.** Please call to reserve your spot!

**Fall Foliage Trip/Lunch** **Friday, Oct 18, 10:00**  
Join us for the ever-popular mystery carpool ride led by Sherry! Meet at Senior Ctr. parking lot at 10. Lunch at an undisclosed restaurant. **Carpool drivers needed.** Contact Sherry to reserve your spot! 268-8407

## Public Safety Complex Community Forum

Thursday, October 3rd, 6-7:30

Anne T. Dunphy School Cafeteria Commons

Come and hear about the status of the project - what has been done and what the next steps are - and share your thoughts! We want your feedback! The forums are informal and we'll have snacks!

## Save these Dates!

Saturday, November 2nd, 2019

### Senior Home Safety Check

See below

Monday, November 4th, 1 pm

### Smith College Chrysanthemum Show

Join us on for a carpool trip to the Smith College greenhouses  
Call to sign up!

Saturday, November 9th, 4-7 PM

### Williamsburg POLKA Party!

Town Offices Auditorium

A special treat for the Hilltowns!  
Local polka band and Polish-inspired food!  
Get your dancing shoes ready!

## Senior Home Safety Check November 2nd, 2019

### Make sure your home is safe for the Winter! What Happens?

Two firefighters come to your home and do a walk-through with you and look for trip hazards, electrical cord usage, and check your current smoke and CO detectors-then add more if needed.

### How can you sign up?

You can call **413-268-4008** and leave a message for Shawna. This is a google number and it's a little different than a regular answering machine. You will schedule a time, either in the morning or afternoon, so you can be ready for when the firefighters come.



## Monthly Veterans' Group!

The Williamsburg Senior Center and Tom Geryk, our Veterans' Service Officer, have started a Veterans' Group. This is a safe, comfortable setting for getting together with other veterans. The next meeting will be Monday, **October 28th 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.

## 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.

## Take and Eat Program

Williamsburg Senior Center and local churches have joined up to provide food access to those who need it on weekends. They will be delivering meals on Saturday, Oct. 12th. Other organizations are urged to join. For more information, contact Jenn at 268-8410.

## Fuel Assistance and Snap Programs

**You may be eligible for more than you think!** Contact Jenn at 268-8410 to sign up for Fuel Assistance and Snap Program (formerly food stamp) starting October 1st.

## Silkworm Poetry Benefit Fundraiser Friday, October 25, 6 PM, Hawkes Hayden Room at Meekins Library

Come and enjoy this poetry event featuring local writers, Jim Cahillane, Tom Clark and Anita Gallers. Your donations will benefit the Williamsburg Senior Center and its programming.



## Visit Burgy Books!

The Williamsburg Senior Center's little library has a name—**Burgy Books!** Stop in and find some unique reads. Contact Tryna at 268-8407 or email [thope@burgy.org](mailto: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**.

## 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 on Wednesdays between 11 and 2 at the Senior Center. \$3 per share.

## Highland Valley Elder Services: Keys to Aging Expo

Hadley Farms Meeting House,  
41 Russell St, Hadley, MA 01035  
Tuesday, October 1, 3:30 pm

Highland Valley Elder Services provides us with Congregate meals, options counseling, Meals on Wheels, and much more. Find out more about their programs and what they can do for you. You'll get a chance to meet the people who can help, and get a bag full of goodies too!

## Seeking Volunteers!

**We need a few people to help with our Brown Bag program. Second Thursdays of the month for 1-2 hours, Help us fill the bags!**

### **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!**



## 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 [slomis@burgy.org](mailto:slomis@burgy.org).

## Thank You for Your Generous Donations!

Your donations help support our Farm Share 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

This month, we will focus on those of you who benefit from medical oxygen in your home. Here are a few safety ideas for you to live with:

Senior   
**SAFE**

- A patient on oxygen should not smoke.
- No one should smoke in a home in which oxygen is being used.
- Keep oxygen cylinders at least five (5) feet from a heat source, open flames or electrical devices.
- Keep body oil, hand lotion, and items containing oil and grease away from areas in which oxygen is being used.
- Something to remember: when medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it much easier for a fire to start and spread.

Stay SAFE at home!

--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.*

### Be Your Best

#### Joan Griswold Brings Exercise Program to Chesterfield: Strength for Life

Maintain good posture with total body strength and flexibility so your physical capabilities keep you active in your everyday life. Join in this social, health-enhancing workout being offered at the Chesterfield Community Center on Friday mornings at 10am. **The first session is on October 25th.**



The popularity of the sessions Joan Griswold holds in Goshen and Plainfield leaves many wanting more. She will now come to Chesterfield and expand on the very popular ball exercise classes held in previous years. Now people who want to attend her sessions will have three days a week to choose from:



**Plainfield: Mon. 10am;  
Goshen: Weds. 10am;  
Chesterfield: Fri. 10am.**

**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.

### Ack! Talk to a lawyer!?

Every once in a while I write about documents we all really should have in place to make things easier for ourselves and our loved ones. Those notes usually include "You might need to see a lawyer about this." I suspect that tends to help procrastination, right?

So I'm hoping these suggestions will help move things along. They apply whether you are looking for help with a contract, being sued, have a personal injury, are trying to right a wrong, drafting your will or setting up a trust, or helping settle someone's matters after death. In today's society, there are many reasons for consulting a lawyer.

So...

1. Gather all documents and information you might need, make copies to give to the lawyer. Include names of other people who might be involved, with how to contact them.
2. Think of the questions you will need to ask and write them down.
3. Be ready to take notes as you get answers, or ask someone to go with you to do that.
4. Ask about fees for the tasks you need done and get a printed copy of the response.
5. Ask the questions about your issue.
6. Read and understand everything you are going to sign; ask questions again if needed.
7. Get copies of everything you sign for your files, and keep them safe.
8. Understand what happens next and when, meaning actions by you or by your lawyer.
9. And my favorite – ask him or her: "What other questions should I ask?"

Remember you can talk to your lawyer and the conversation is confidential. Also remember that if you don't get questions answered clearly and to your satisfaction, you may need to find another lawyer.

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

# Hilltown Easy Ride and Hilltown Driver Pool



## Answers to Common Questions

**Need a ride?** Hilltown Community Development provides transportation for shopping, medical and COA outings for seniors in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington. Our primary program is operating a FRTA van, which runs five days a week, prioritizing medical rides on Monday, Wednesday and Friday. Tuesdays we go to the Big Y in Northampton and Thursdays we go to Market 32 in Pittsfield – both of those shopping trips have the option of also shopping at Walmart and other stores in their respective plazas. The shopping trips are a great way to get food and errands done while leaving your car at home – plus we have a great group of regulars which add to the enjoyment of the outing each week.

You must be 60+ to be eligible to ride the Hilltown Easy Ride and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to be processed, and once you get the acceptance letter you can start booking rides.

For those occasions when the van is unavailable for a medical appointment, we supplement with the Hilltown Driver Pool – a pool of drivers from the community who can take passengers in their personal vehicles to medical appointments which the van cannot accommodate due to scheduling or service area restrictions. Please make your appointment request to Ed Pelletier, Dispatch Coordinator, and he will determine which option will work according to the schedule: 413-296-4232.

### Frequently Asked Questions:

#### **Will the van take me anywhere I want to go?**

The Hilltown Easy Ride is operated under a contract with Franklin Regional Transit Authority and they do give us restrictions on which towns we serve (Chesterfield, Cummington, Goshen, Plainfield and Worthington), where we go and how it is used. Re-occurring medical appointments and appointments more than 30 miles away are not al-

lowed as they overburden program resources. For this reason we secured a small grant for the Hilltown Driver Pool to help us cover those limited instances. Shopping, wheelchair accessible transportation, and medical rides we can cluster are all great uses of the van! The Hilltown Easy Ride is public transportation, not a taxi service, so sometimes there is a bit of a wait to be picked up or for other passengers to complete their shopping.

So yes, the van can take you almost anywhere with a few exceptions, caveats and within the grant funding we have available. But we are always happy to work through scheduling conflicts and program restrictions – so call us! We can only keep these programs funded if they are well used and we consider riders an essential part of our Hilltown transportation team.

#### **What does it cost?**

Van fares depend on distance, but the average rides are from \$3.50 to \$4.50 round-trip. Hilltown Driver Pool rides are by a suggested donation of \$5 to \$15.

#### **How do I book a ride?**

Call our dispatch coordinator Ed Pelletier at 413-296-4232 and tell him about your trip request. We do need 48 hours notice (two business days – call Friday for a Tuesday request) as our drivers are all “on-call” and need to be set up.

#### **How do I know if the ride is confirmed?**

Ed will secure the driver and adjust the schedule and call you back the day before to confirm.

#### **What if the dispatch doesn't answer the phone?**

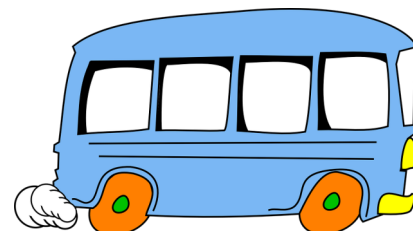
Ed works 8-10am so often riders leave him a voicemail. He checks and returns calls within 24 hours – please feel free to leave a message and he will get back to you.

#### **Is there a low-income eligibility requirement?**

**NO**, any resident of those five towns who are 60 years old and over, plus veterans of any age, may ride regardless of income.

#### **Why do I have to do paperwork to apply?**

The van belongs to FRTA who contracts with us, so we are required to use their forms and they keep approved rider lists. It is also important for your safety that we have your full name, contact information and an emergency contact on file while riding with us. Some terminology on the application is unfamiliar, or maybe you don't have a copier at home to make a photocopy of the required drivers license. We are happy to help, call Ed if you require assistance with the application.



# On the Go!



The Northampton Senior Center has arranged the following outings, and you are welcome to join!

\*Please make your reservations early as these trips fill up fast!\* **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

**Oct. 10: A Day in Vermont.** Cost \$78. 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– Possible Multi Day Trips:

*Destiny USA Mall in Syracuse, NY  
Memphis-Tunica, Niagara Falls, and  
Nantucket!*

## Possible Day Trips:

*New England Air Museum, Shows, Casino,  
Majestic Theater*

**Suggestions are always welcome.**

## Attention Medicare Beneficiaries... Open Enrollment Time Approaches

It's that time of year when your mailbox may begin to fill up with marketing materials from your Medicare D plan, or your Managed Care Plan.



**Open Enrollment starts October 15th and runs through December 7th.** It's the time of year when you can switch health insurance plans if you're not happy with your current coverage... or you might just want to check to see if there's a better health insurance plan out there. For those of you who are enrolled in a Medicare Managed Care plan, you have an even longer Open Enrollment time, extended to March 31st now.

Consider this your "annual health insurance check up".

Ask yourself the following questions:

- does my current plan cover all my Rx?

- are the copays for my Rx affordable?
- has my income changed significantly this past year, which might make me eligible for subsidy help with my health insurance now?
- have I received letters from my health insurance that I don't understand? Or are just confusing?
- have I discovered my Plan has significant co-pays for ambulance rides, hospitalizations, or rehab services?
- do I want to sign up for a Medicare Managed Care Plan because I only have Original Medicare A & B?

If you answered yes to any of these questions, or if you are just curious about any new health insurance options that might work better for you, contact your SHINE counselor.

You can call your senior center; Highland Valley Elder Services, 413-586-2000; or the Regional SHINE office at 413-773-555 to schedule an appointment.

## Self Help Options:

- you can check your Medicare and You handbook which can be accessed online if you don't have a hard copy.
- you can call 1-800-MEDICARE and say "Agent". Help is available 24 hours a day including weekends.
- you can go online, to medicare.gov and check out their brand new, user friendly, website if you are looking for information on the Medicare D Plan Finder.

**NOTE:** any changes you may make to your health insurance during Open Enrollment take effect January 1st, 2020.



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

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

## Out and About in October



**Tues. October 1st at 3pm**

**Keys to Aging Well Expo**

*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](http://www.HighlandValley.org) or find us on Facebook at [www.facebook.com/HighlandValleyElderServices/](http://www.facebook.com/HighlandValleyElderServices/)

**Sat. October 5th at 6pm**

**Ukulele Workshop**

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

For all ages: 8 to 98! Ukulele provided. Taught by David Maloof. Wish to participate? Register by calling or stopping by the Goshen Free Library: 413-268-8236 x111.

**Fri. October 18th at 9am & 10am**

**Spa Day at Smith Vocational**

*80 Locust St. Northampton*

Smith Vocational is collaborating 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.

**Sun. October 20th at 2pm**

**The Not-So-Good-Life of the Colonial Goodwife  
By Velya Jancz-Urban**

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

This enthusiastic delivery is funny and frank. Laugh, grimace and honor our foremothers' journeys while learning about the little-known life-ways faced by women of New England during the Colonial era. Sponsored by the Goshen Historical Society. All welcome!