

# Living Well



Newsletter  
December  
2019

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

## December Events Calendar

### Mondays:

- Monday Meals, every Mon, 11:45 am
- Veterans' Agent, 2-4 pm
- Ukulele Strum Group, Weekly, 4:30 pm
- ZUMBA! Auditorium at 6 pm (pg 3)
- Bag Sew every other Monday at 3:15-5:15 pm
- **Dec 23: Foot Nurse, Piper Sagan, 9-2**

### 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)
- **Dec 10: Music Program with Patrick & Izzy!**  
12:15 pm \*
- **Dec 17: Trip to Yankee Candle, 12:15 pm\***

### Wednesdays:

- Congregate Meal, 11:45 am
- **Dec 4: Intro to Aromatherapy, 6 pm \***
- **Dec 11: Caregiver Support Group, 1:00 pm**
- **Dec 18: Advisory Board Meeting, 12:15 pm**
- **Dec 18: Blood Pressure Clinic, 11 am \***

### Thursdays:

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

### Fridays:

- Tai Chi, Auditorium, 9:30 am
- **Dec 13: Ladies Who Lunch, Snack Bar,**  
11:30 am

TBA: Christmas Crafts with Trish Gendron of CareOne (pg 3)

*\*More info in next column  
More activities outlined on pg 2 & 3*

To sign up for our programs, call 268-8407

## **\*Intro to Aromatherapy-Basics\***

With Kay Judge, Clinical Aromatherapist

**Wednesday, 12/4, 6 pm, Sr. Ctr Café**

This class is designed to provide a basic understanding of what the use of essential oils is all about. Topics to be covered include defining essential oils, an explanation of how they are derived, discussion of their beneficial properties and an outline of safe use practices. Participants will have the opportunity to create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. **All are invited! Call 268-8407 to register.**



## **\*Holiday Music Program\***

Patrick Callinan & Izzy Goodenough

**Tuesday, Dec. 10th at 12:15**

Come join us for a great hour of musical entertainment—Patrick and Izzy know how to show us a good time! Come and sing along with your favorites or just enjoy the music. If you'd like to join us for lunch before the show, please call by Monday, Dec. 9th to reserve your meal.

## **\*Trip to Yankee Candle\***

**Tuesday, Dec 17, 12:15**

Join us for a carpool trip to Yankee Candle! Pick up your last minute gifts or just enjoy the ambiance of the holidays in the YC Flagship Store. Meet at Senior Center Café at 12:15. Please call ahead to sign up, so we'll have enough drivers!

## **\*Blood Pressure Clinic to Resume\***

**Wednesday, 12/18, 11 am til 12 noon**

If you'd like your BP checked, come on in. Mary Kane of Hilltown Community Health Care will record and keep track for you.

Senior Center Office & Café will be closed on  
December 25th & Jan 1 for the holidays

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, Dec 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 and Snap programs.



## HEALTH

**Foot care Nurse, Piper Sagan** **Mon, Dec 23, 9-2**  
Piper, Williamsburg's foot care nurse, comes on a Monday this month. This is self-pay at \$30 per visit. (Home visits, \$60.) Call for an appointment.

**Podiatry, Dr. Coby** **Tues, Jan 7, 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! \$10 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 gratefully 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. Ask about her beginners' class.

## OTHER GROUPS

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

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

**Yankee Candle Trip** **Tuesday Dec 17, 10:00**  
Join us for a carpool trip to Yankee Candle! We'll leave From the senior Center parking lot at 12:30. **Carpool drivers needed.** Contact Sherry to reserve your spot! 268-8407

**Third Thursday Men's Group** **Dec 19, 8:00**  
"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar.** Stop in!

## Write your own Holiday Letters!

Do you get chatty holiday newsletters from your friends or relatives?

Would you like to send your own?

Sherry at the Senior Center will type your letter on pretty printed stationery and make enough copies for your holiday mailing.

Write a letter and get in on this free service! You'll get to choose from several different papers. All you need to do is address the envelopes!

Call Sherry at the Senior Center, 268-8407 or [sloomis@burgy.org](mailto:sloomis@burgy.org).

## Holiday Crafts with Trish Gendron of CareOne Date to be determined

Remember when all our gifts were hand-made?  
Maybe some of us do and some don't!

Come and do some holiday crafting with Trish. CareOne sponsors our annual Ice Cream Social, monthly birthday cakes, and has taught many crafts here in the past.

Contact us to sign up and see what will be on the agenda when Trish comes!

\*\*\*\*\*  
\* **Have you tried ZUMBA?** \*  
\* Now is the time of year to think about getting \*  
\* some quality exercise indoors! **Zumba** is a fun \*  
\* and effective **dance fitness class** that provides \*  
\* a total **workout**, combining all elements of fit- \*  
\* ness – cardio, muscle conditioning, balance \*  
\* and flexibility, boosted energy and a serious \*  
\* dose of awesome each time you leave class. \*  
\* Zumba is happening in our Auditorium every \*  
\* Monday at 6-7 pm. Come and join in the fun! \*  
\* Keep the winter doldrums at bay! Just \$10 per \*  
\* session, led by Melissa T. Call for more infor- \*  
\* mation. \*  
\*\*\*\*\*

## Celebrate the Spirit of the Season with Hanukkah, Christmas & Winter Stories at Meekins Library, Williamsburg Sunday, December 8, 2019, 4 to 6 pm Everyone is welcome!

Join friends and neighbors for the annual reading (and noshing) of seasonal and holiday classics that celebrate this time of wonder at the Meekins Library.

Selections include: Just Enough is Plenty by Barbara Diamond, Goldin Owl Moon by Jane Yolen, Coming Home by Michael Morpurgo, The Scallop Christmas by Jane Freeberg, The Polar Express by Chris Van Allsburg.

Come read or listen as we read along and enjoy holiday treats and warm drinks. Please bring a donation for the Hilltown Pantry, or something warm to wear for those in need, or something to share with our animal friends in shelters if you can. For more information call Daria at 413-268-7472 or 413-538-6489, e-mail at [ddariento@me.com](mailto:ddariento@me.com), or visit Meekins on-line at [www.meekins-library.org/](http://www.meekins-library.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.

## Ukulele Group!

All are welcome to join the ukulele strum group which gets together on Monday afternoons, 4:30-5:30 in the Auditorium, 2nd floor of the Williamsburg Town Offices- there is an elevator.

Dan Frank is facilitator and members have varying ability; all come for the sheer enjoyment of strumming their ukuleles and singing along. Group members have a wide range of skills, and are pretty non-judgmental. A free-will offering is collected at the end of the session.

So — if you have access to a ukulele, dust it off and come on down. Everyone is eager to help and happy to have you join in!

## 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, Snow Shovelers

Light chores, yard clean-up, Shoveling sidewalks  
**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 [sloomis@burgy.org](mailto:sloomis@burgy.org).

# 5 Tips to Help Seniors Stay Warm This Winter

As we age, our body's ability to regulate internal body temperature and sense fluctuations in temperature can decrease. This is a particularly important function for Seniors as it gets into the colder months because of possible health risks, such as **hypothermia**.

One of the misconceptions about hypothermia is that it only occurs in extremely cold environments, but in actuality, people may begin experiencing symptoms at just 60 degrees Fahrenheit.

Hypothermia presents a very real danger for Seniors, but fret not, there are some actions you can take to not only prevent hypothermia but also feel comfortable this winter. Here are some general tips to help you stay warm in the 2018-2019 winter season.

- **1. A Warm Home**

In the colder months, your heating bills can get expensive. However, don't let this deter you from keeping yourself warm indoors. It may be tempting to lower your thermostat to save a few extra dollars. However, any home that's lower than 68 degrees can pose a risk for Seniors, especially in a poorly insulated home.

At a minimum, keep your thermostat above 68 degrees and ensure your windows and doors are well insulated, which will only help you save on your heating bills, and ultimately stay warm.

- **2. Bundle Up**

Wearing more layers is essential during the winter months for Seniors. Start with a basic layer made of fabric such as wool, polyester, or flannel to help wick away moisture. This will keep you dry, and ultimately warm, as wet clothes do little to help with warmth.

Don't be shy about wearing more layers, especially when venturing outdoors. While it's easy to take a layer off when it gets too hot, it's much more difficult to find a jacket or a coat when you're away from home.



- **3. Cover Your Extremities**

Another essential tip is keeping your extremities warm, especially outdoors. Seniors may have some trouble regulating temperatures in their extremities, which can result in poor blood circulation to the hands and feet.

Consider wearing dry gloves, thick socks, and a good pair of boots when going outdoors to prevent heat from escaping your body.

- **4. Eat Warm Foods**

Eating healthy foods is important for Seniors, but it can even help you stay warm in the winter. Due to aging, medications, or pre-existing health issues, some Seniors may struggle with eating well. Loss of appetite can occur because of these factors. However, it's important to keep yourself well fed during the colder months to ensure your body has all the nutrients it needs to maintain a healthy immune system.

Try introducing extra healthy fats into your diet to boost your metabolism, which in turn, keeps your body warmer. If healthy fats aren't a viable option, soups, stews, and chili are also great ways to warm your body inside out. Consider avoiding alcoholic beverages, as they will thin your blood, which will only lower your body temperature.

- **5. Exercise**

Another simple way to increase your body temperature and increase your appetite is exercise. Regular exercise keeps your body stay fit and helps maintain a healthy and robust immune system, which is essential in preventing colds and cases of flu in the winter.

Although exercising outdoors may not be a great option during the winter months, local recreation centers or senior centers that have indoors gyms can offer a safe and practical solution to staying healthy and fit.

<https://www.easyclimber.com/blog/>

## 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!

### 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



The December holidays will be with us before we know it. Many of the customs involve candles. So, here are a few things to be mindful of when using candles:

- Consider using battery-operated, flameless candles; what doesn't burn can't burn you or your house.
- When using candles that burn, place them in sturdy, safe candleholders that will not burn or tip over.
- Keep candles at least 12 inches from anything that can burn.
- Never leave a burning candle unattended.
- Never use a candle where medical oxygen is being used.
- Be careful not to splatter hot wax when extinguishing a candle.

Have very S.A.F.E. holidays!

~ 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.*

### FY20 Housing Rehab Program

Hilltown CDC will be submitting an application for the FY20 CDBG Grant to apply for Housing Rehab in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. If you have used the Housing Rehab Program in the past, or plan to use it in the future, we'd like to hear from you.

We continue to look for ways to improve our programs at the CDC, and we welcome your ideas, suggestions, or input about our programs. If you have any recommendations on how we could better design the Housing Rehab Program, improve our overall effectiveness, or any suggestions that might enhance the delivery of our services, please let us know? You can call, email, or fax your comments for our upcoming grant application until January 3, 2020. We look forward to hearing your ideas. Thank you.



Please contact Paula S. Bilodeau, Housing Rehab Program Manager, at (413) 296-4536, ext. 123, fax (413) 296-4020, or email paulab@hilltowncdc.org for comments, program information, or for an application.

### 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. Include your address so I will know which mailing list to take you off of. Thanks!

### Credit Reports and Death

Some columns are less enjoyable than others to write. My condolences to the two friends who have need for this information in the last month.

Each individual has an account with each of the credit bureaus. This wonderful financial tool is yours alone! With a good credit score, you can get better loan rates, insurance rates, and other benefits. When someone dies and the credit bureaus are told of the death, the account is closed and the score goes to zero. This is to prevent scoundrels from using the account information for their benefit. It also may help you as a survivor from being harassed by someone wanting to part you from your money.

As a survivor, in addition to all the emotions and details you are dealing with, it is a good idea to get a copy of the deceased's credit report from each of the three bureaus so you can get a clearer picture of his or her finances and learn if you are responsible for anything, such as being a co-signer on a credit card. The request for a copy can be made by a spouse or executor.

Send a letter with the following information about the deceased: legal name, Social Security number, date of birth and of death, last known address, a copy of the death certificate or letters testamentary. Include your full name, your address, and if not a spouse, the court document showing your executor status.

After that, you can request the credit bureaus close the account and mark it "Deceased. Do Not Issue Credit". The Social Security Administration should forward this request, but I'd advise making sure it happens. Addresses for the three credit bureaus are easy to find online but call me if you have troubles.

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

## Older Patients Deserve Age-Friendly Care

"I've been on my gout medication since the 1990s. No one ever suggested I stop taking it, doc." Jerry was a new patient, in for a general health checkup. He had a variety of health conditions and was taking at least 6 different medicines. When I asked him how long it'd been since his last gout flare, he proudly replied, "I haven't had one in 20 years." Now, maybe he hasn't had a recurrence in two decades because he's been on the medicine, or rather, maybe he just doesn't need to be on the drug anymore.

Jerry's experience isn't unusual: many older patients are still taking medication that had been prescribed to them when they were much younger, without anyone questioning whether they should still be taking it. Think about it – has your doctor ever comprehensively reviewed all your medicines with you – and discontinued one or lowered a dose? It's critical that you review your medications with your doctors and see if there should be any changes. Every drug has risks and benefits, and that balance can sometimes shift as we age. In fact, certain drugs should be outright avoided as you get older. Yet, most older patients are unaware of this.



This is one of many findings surfaced by a recent survey on age-friendly health systems conducted by WebMD and The John A. Hartford Foundation. We surveyed nearly 3,000 patients and caregivers, age 65 and older, and the results were a bit sobering. We learned that the care of older adults is mired in misinformation, especially among minority populations, with older patients and caregivers mistakenly believing that sharp declines in the quality of life are inevitable. Here are a few of the findings that I found most concerning:

- Forty percent of those surveyed were unaware that certain prescription medications affect the quality of their thinking.
- More than two-thirds of caregivers said that the person in their care has difficulty walking around, and half said that they had fallen within the past year. And very few are doing any activities to improve mobility.
- Only a very small percentage talk to their doctors about their concerns and fears or share their future health goals.
- Forty percent of respondents incorrectly think that depression is an inevitable part of aging.

So why are older patients not getting the care and the information that they need?

I think part of the reason is that patients and caregivers often aren't sure what to expect – and what they should demand – from doctors and the health care system. They just accept the status quo, but we need to change that. Patients and caregivers need to know that they can and should ask for care that meets their specific needs.

Advances in medicine have allowed us to live longer,

and that's great. But now we need medical care that will help to optimize our health as we age. We need age-friendly care that is evidence-based, causes no harm, and is always consistent with what matters to the older person. But that kind of change will only happen if patients and caregivers ask for it and start to expect it. So, if you're an older patient, or caregiver, I hope you'll take a few minutes and read the results of the survey ([www.webmd.com/healthy-aging/age-health-care-survey](http://www.webmd.com/healthy-aging/age-health-care-survey)) It may open your eyes to some things that you didn't know you could be asking of your doctors.

And, in case you are wondering, Jerry did decide to stop his gout medicine and he has been doing very well!

~ John Whyte, MD MPH

*John Whyte, MD, MPH, is a board-certified internist and the Chief Medical Officer at WebMD, where he leads efforts to develop and expand strategic partnerships that create meaningful change around important and timely public health issues. As a popular health writer, he has been published extensively both in medical and mainstream publications.*

## General Contractors

### **Are you are interested in steady, local work?**

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by grant programs. We recently received the FY19 Housing Rehab Grant and will be bidding 22 projects in the upcoming months. In addition, we're in the process of applying for the FY20 Housing Rehab Grant for another anticipated 20-22 projects.

Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington with an average project cost of \$30,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

**GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workers' Compensation insurance (if applicable) is required.**

HCDC is an EEO/Section 3 Employer. Women and minorities are encouraged to apply.

**Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org).**

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

# 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.**

## Quick Look 2020

**Jan 14: New England Air Museum**, docent guided tour, lunch on your own at Friendly's in Windsor, CT. \$65 due by Dec. 14th.

**Feb 24: Day trip to the MGM Casino in Springfield.** Cost is \$25 per person. Casino bonus to be determined. Payment is due by January 27th. Limited seats. No refunds due to bargain price.

**May 1-10: Memphis/Nashville 10-day bus trip.** See the Grand Ole Opry, Country Music Hall of Fame, Memphis Rock N' Soul Museum, Graceland and other sites. Cost per person in a double room is \$1070. Receive a \$25 discount if paid in full by February 3, 2020.

**May 31-Jun 13: Mediterranean Cruise 14 days**— only a few seats remain. Passport required. Excursions available. Deadline to sign up January 15, 2020.



## Share the Love with Vulnerable Seniors this Year



Highland Valley  
ELDER SERVICES

Exciting news! For the 12th year running, the Meals on Wheels network is participating in the 2019 Subaru Share the Love Event. Over the past eleven years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.2 million meals nationwide to seniors in need.

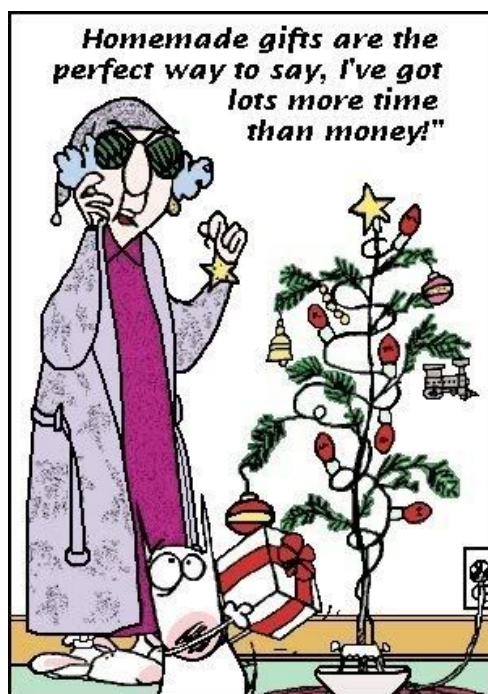
Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.** This is simply unacceptable, which is why Highland Valley Elder Services provides the nutritious meals, friendly visits and safety checks to the seniors of Hampshire and Hampden counties. This vital support keeps seniors in their own homes, where they want to be. We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve.

### HERE'S HOW IT WORKS

This November 14, 2019, through January 2, 2020, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.\* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, Highland Valley Elder Services will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

You might not be in the market to purchase a new car, but if you are, please look into the Subaru Share the Love Event to learn more. If you're not shopping for a new vehicle, *you can still help* by spreading the word to your family and friends. Share our posts about the Share the Love Event on Facebook, Twitter, and Instagram. And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice.

\*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 14, 2019, through January 2, 2020, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 15, 2020. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit [subaru.com/share](http://subaru.com/share). All donations made by Subaru of America, Inc.



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

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**WILLIAMSBURG  
COUNCIL ON AGING  
ADVISORY BOARD**

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Melinda McCall  
Tryna Hope  
Carol Hendricks  
Barbara Estes  
&  
Volunteers

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

## Out and About in December

**Wednesday, December 4th, 6 pm**

**An Intro to Aromatherapy: The Basics**

*Williamsburg Town Offices Caf *  
*143 Main Street, Haydenville*

Presenter: Kay Judge, Clinical Aromatherapist

This class is designed to provide a basic understanding of what the use of essential oils is all about. Create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. All are invited! Please call 268-8407 to register.

**Sat. December 7th, 9am-3pm**

**Fundraiser Vendor/ Craft Fair**

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

This event raises money for the Chesterfield-Goshen Children's Fund, which helps provide holiday gifts to local children and families who need a little help this season. Baked goods, handmade wreaths, raffle and more.

**Sun. December 15th, 3pm**

**Hymn Sing**

*Goshen Congregational Church, 45 Main St., Goshen*

**Fri. December 20th 9am & 10am**

**Spa Day at Smith Vocational**

*80 Locust St. Northampton*

Smith Vocational collaborates with the Chesterfield COA by offering a "spa day" once a month to seniors in the surrounding area. 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.

**Mondays, 4:30-5:30pm**

**Ukulele Group**

*Williamsburg Town Offices, Auditorium*  
*143 Main St. Haydenville*

All are welcome! Dan Frank is facilitator and members have varying ability; all come for the sheer enjoyment of strumming their ukuleles and singing along. A free-will offering is collected at the end of the session.

