

Living Well



February
2020
Newsletter

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

February Events Calendar

Mondays:

- Monday Meals, 11:45 am *
- Veterans' Agent, 2-4 pm
- Ukulele Strum Group, 4:30 pm
- ZUMBA! Auditorium at 6 pm
- Bag Sew First & third Mondays, 3:15-5:15 PM

Tuesdays:

- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am *
- Yoga for You, 6 pm
- Basic Computer Tutoring, 6 pm
(Please call ahead)

Wednesdays:

- Congregate Meal, 11:45 am *
- Feb 12: Duane Carlson, Singer 12:15 pm *
- Feb 12: Caregiver Support Group, 1 pm
- Feb 19: Advisory Board Meeting, 12:15 pm
- Feb 19: Blood Pressure Clinic, 11 am
- Feb 26: Foot Nurse 9-3

Thursdays:

- Chair Stretch & Strengthen Exercise, 10:30
- Congregate Meal, 11:45 am *
- Basic Computer Class, 6 pm
(Please call ahead)
- Feb 13: Brown Bag, 10 am
- Feb 13: Pen Pal Luncheon 11:15-1:00
- Feb 20: Men's Group, Snack Bar, 8 am

Fridays:

- Tai Chi, Auditorium, 9:30 am
- Feb 14: Ladies Who Lunch, Snack Bar, 11:30

Saturdays:

- Feb 29: Steve's Sugar Shack trip, 10 am*

**More info in next column*

More activities outlined on pg. 2 & 3

**Senior Center Office & Café will be closed
on Feb 17 for Presidents' Day**

Musical Entertainment by Duane Carlson!

Wed, February 12th, 12:15 pm



Come and hear Duane Carlson sing! People often find themselves dancing and singing along to the Duane Carlson Show. The music and show will transport you to a simpler time, when music was meaningful. The show itself makes people happy—it will put an extra special smile on your face, and you'll love the performance. He was here a couple of years ago and very popular! Please call to sign up.

Trip: Steve's Sugar Shack February 29th, 10 am

Take a trip with us to Steve's Sugar Shack! Have pancakes, French toast, eggs, bacon, sausage and much more. See sap boiling. They treat us well at Steve's! Please call us to sign up—We'll leave from the Senior Center parking lot at 10. *Watercolor by local artist Steve Hamlin*



Eat, Talk & Laugh at the Café

This is a special invitation to have a lively and entertaining meal here at the Senior Center Café. Monday Meals are prepared here in the café. On Tues-Thurs hot meals, prepared by Highland Valley Elder Services, are served. It's a way to regularly engage in lively conversation with other folks especially during the Winter months. Meet new people and enjoy the ones you already know. Beat those feelings of being stuck indoors. Visiting begins around 11 and meals are served at 11:45. Entertainment, when scheduled, usually occurs after meals. Call for more info and to sign up!

To sign up for our programs, call 268-8407

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - 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, Feb 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 800-247-9632 or the Senior Center 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.

Carpool Rides are also available. **Need a ride other than for medical purposes?** Companion Program and Carpool Rides are paid for by a grant from Highland Valley Elder Services.

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

HEALTH

Blood Pressure Clinic

Wed, Feb 19, 11-12

Hope Nurse, Mary Kane from Hilltown Community Health Center can track your BP & offer suggestions.

Foot Care Nurse, Piper Sagan **Wed, Feb 26, 9-3**

Piper, Williamsburg's foot care nurse, comes on the 4th Wednesday of alternate months. This is self-pay at \$30 per visit. (Home visits, \$60.) Call for an appointment.

Podiatry, Dr. Coby

Tues, Mar 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.

FITNESS

Zumba! With Melissa T

Mondays, 6-7pm

Dance for fitness. Come & join the fun! **New expanded hours, \$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.

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, 10:30**

Gentle seated stretching led by Alexandra Mello. Good for beginners---intermediate. \$10/class, paid monthly. Financial assistance available for those who qualify.

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

Ukulele Strum Group

Mondays at 4:30

Meets at Town Office Auditorium. **Join in the fun!**

Caregivers' Support Group **Wed, Feb 12, 1:00**

Caregivers, take some time to get the support YOU need. Moderated by Tryna Hope.

Ladies Who Lunch

Friday, Feb 14, 11:30

Join "The Gals" for lunch Fridays, at the **Williamsburg Snack Bar.** Please call to reserve your spot!

Third Thursday Men's Group

Feb 20, 8:00

"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar.** Stop in!

Trip to Steve's Sugar Shack **Sat, Feb 29, 10:00**

Join us for a carpool trip to Steve's! See article on page 1. Meet and leave from Senior Center at 10.

Take and Eat Program

We want to thank the generous volunteers at the **First Congregational Church of Williamsburg** and **Our Lady of the Hills Parish** for making and donating wonderful meals for the Take and Eat Program!

The program provides a weekend meal to many seniors who may not otherwise have a "home-cooked" meal. If you know of anyone who might be in need of this service, call us at 268-8407.

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.

Fulfill Your New Years Goals

with healthy exercise classes at the Senior Center! Classes include Zumba!, Yoga for You, Creative Dance Class, Chair Stretch & Strengthen and T'ai Chi. See page 2 for descriptions and times for each class. Movement keeps you healthy and helps prevent falls and other physical problems. All abilities are welcome—no need to be a couch potato!



Assistive Equipment Loaners

As many know, we have a lot of equipment stored in our basement that is available for loan. Most popular are wheelchairs, shower and tub chairs, walkers and rollators, toilet seat risers and commodes. We also have crutches and canes and an occasional bed rail set. Before spending money on equipment, give us a call and see if we can offer you something from our stash! We also take donations of these items.

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,](#)

Contact us, leaving your name, address and phone number. Email-sloomis@burgy.org, Ph-268-8407.

Could YOU Use a Companion?

You may have seen our ad below asking for companions. If you have trouble getting out and about or would like company, you might want a companion too! You can get help with errands, go out for appointments—or ice cream, or just enjoy visiting. Let us know what you need and we'll try to match you up with a helpful and friendly companion. Call for info at 268-8407.

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

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!

STOP BY B U R G Y B O O K S S O O N !

Burgy Books, the Senior Center little library. A great curated selection of used books for your enjoyment!

Cabin Fever Symptoms and Coping Skills

Cabin fever is a popular term for a relatively common reaction to being isolated in your home for a period of time. Some experts believe that cabin fever is a sort of syndrome while others feel that it is linked to seasonal affective disorder and claustrophobia. Cabin fever may often cause ongoing isolation over a period of time.

Symptoms

Not everyone suffering from cabin fever will experience exactly the same symptoms, but many people report feeling intensely irritable or restless. Other commonly experienced effects are: lethargy; sadness or depression; trouble concentrating; lack of patience; food cravings; decreased motivation; social isolation; difficulty waking; frequent napping; hopelessness; changes in weight; inability to cope with stress.

Note that these symptoms may also be indicative of other issues and talking to a therapist can be helpful. Please note that not everyone cooped up at home in the winter has cabin fever. Only when someone experiences several of the symptoms mentioned above is it likely cabin fever.

Coping With Cabin Fever

As mentioned above, cabin fever is often helped with the assistance of a therapist. However, if your symptoms are relatively mild, taking active steps to combat your feelings may be enough to help you feel better.

- **Get Out of the House:** If you are housebound, this may not always be possible. But if you are able to go outside, even for a short time, take advantage of that opportunity. Exposure to daylight can help regulate the body's natural cycles, and exercise releases endorphins, creating a natural high. Even a quick stroll can help you feel better quickly. If you are not able to leave the house at all, get close to a window and start moving around.
- **Maintain Normal Eating Patterns:** For many of us, a day stuck at home is an excuse to overindulge in junk food. Others skip meals altogether. However, eating right can increase our energy levels and motivation. You may feel less hungry if you are getting less exercise, so monitor your eating habits to ensure that you maintain the proper balance of nutrition. Limit high-sugar, high-fat snacks and drink plenty of water.
- **Set Goals:** When you are stuck in the house, you may be more likely to while away the time doing nothing of importance. Set daily and weekly goals, and track your progress toward completion. Make sure that your goals are reasonable, and reward yourself for meeting each milestone.
- **Use Your Brain:** Although TV is a distraction, it is also relatively mindless. Work crossword puzzles, read books or play board games. Stimulating your mind can help keep you moving forward and reduce feelings of isolation and helplessness.

Taken from: <https://www.verywellmind.com/cabin-fever-fear-of-isolation-2671734?print>



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



As our homes are buttoned up against February's cold, one big concern can be the build up of Carbon Monoxide inside. Carbon Monoxide (CO) is a gas that you cannot see, taste, or smell. It is called "the silent killer". CO poisoning can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages. Headache, nausea, and drowsiness are symptoms of carbon monoxide poisoning.

Here are some things you can do to avoid CO poisoning:

- Install and maintain CO detectors that are labeled by a recognized testing laboratory.
- Follow the manufacturer's instructions for placement and mounting height.
- Know the difference between the sound of smoke alarms and the sound of CO alarms.
- When a CO alarm is strident, get to a fresh air location and call 9-1-1.

Have a S.A.F.E. February!

~ 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.

Regional News

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!

If the groundhog sees MY shadow, that means I've got six weeks of groundhog stew.



All the numbers...

We used to have our area code and a plain ol' 1-800 toll-free number. But numbers have proliferated! Here is the current listing of valid numbers and what they do. If a phone call comes in and (uh oh) you answer it, and are asked to make a toll-free call to a number not on the approved number list (uh oh) to win your cruise tickets, don't do it!!

From the Federal Communication Commission, and they should know, here are the current valid toll-free numbers, meaning the caller does not pay: 800, 888, 877, 866, 855, 844, and 833. Note - a cell phone caller may have a charge, depending on their calling plan.

911 – no change – this still connects you to emergency personnel.

411 gives you directory services but there likely will be charges. Instead, dial 1-800-FREE-411, which is 1-800-373-3411. There is a short ad and the service may or may not work.

900 – this prefix is a "pay-per-call" number that a business may use. This means of course that you will pay, if you dial, and may pay more than normal long-distance rates.

In the future – the prefix 988 may become a short-cut code for people considering suicide. It would be the short version of the existing 1-800-273-TALK, or 1-800-273-8255.

Prefixes ending in 11 (211, 311, 411, 511, 611, 711, 811 and 911) are not used for our phones because they are service codes. For instance, MA has a 211 organization that helps with referrals for social services, such as food banks and heating assistance. More on those:

www.networkworld.com/article/3134324/beyond-911-other-n-1-1-codes-you-should-know.html

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

Good news!

The **MassHealth Senior Buy-In** program's income and asset eligibility limits have changed allowing applicants to have up to \$1738/ month in income (if you are single) and up to \$2346/ month (if married).

Asset limits have increased too. Now you are eligible if your countable assets are \$15,720 or less (single) or \$23,600 or less (married).

If you are eligible.....*MassHealth will pay your Medicare B premium* which has gone up to \$144/ month this year.

With these increases in what is allowed for income and assets, the Governor's office expects another 40,000 Massachusetts residents will become eligible for the Buy-in programs.

More good news: they made the application shorter and simpler. It gets better— now the application no longer requires verifications for income and assets. MassHealth will do the checking. You don't have to send in copies of bank statements, or pension and social security benefits.

If you think you qualify, or know someone who might, you can get an application by contacting your SHINE volunteer, or your COA.

What's in your wallet?

Measuring economic stress on older Americans

One of the biggest challenges people face as they consider retirement isn't just how long they will live but how financially secure they will be. There are good reasons to be concerned. Because of rising rents, the costs of health care and other costs of living, many older adults enter their retirement years facing the difficulty of making a balanced household budget, especially people who live alone. A large portion of every state's independent older adults lack incomes that would allow them to escape the threat of poverty, to remain independent and to age in their own homes.

A recent report prepared by the Gerontology Institute at UMASS "Insecurity in the States 2019" includes the following facts:

- National averages suggest 50 percent of older adults living alone and 23 percent of elder couples have annual incomes below the Elder Index.
- Nationwide, 32 percent of single elders and 18 percent of elder couples fall into the gap between the Federal Poverty Level and the income required for realistic economic security.
- At least 40 percent of adults age 65 or older in every state are at risk of being unable to afford basic needs and age in their own homes.

More than half of older adults living below the Elder Index rely on Social Security for at least 90 percent of their incomes.

Because of the gender differences in earned income, women fare poorly:

- Women usually live longer than men but tend to save less for retirement.
- Women make 82 cents to every dollar a man earns.
- Women are more likely to work part-time jobs without access to workplace savings plans.
- Women are still the primary caregivers, often leaving jobs to care for family members.
- Older women rely on Social Security; for many it is their only source of income.
(source: WISER)

The Elder Index was developed by the Gerontology Institute at the University of Mass. Boston with Wider Opportunities for Women (WOW), and is currently maintained through a partnership between the Gerontology Institute and NCOA. The Elder Index is a measure of the income that older adults need to meet their basic needs and age in place. It's a free online tool that allows users to calculate the realistic cost of living for older adults in every county and state in the U.S. The report matches that information with income data to calculate the percentage of older adults whose incomes fall short of their costs and ranks the states on that basis. Another report focused on Massachusetts provides detailed elder economic insecurity data on the county level. The elder index calculated a realistic national average annual cost of living of \$25,416 for renting elder singles and \$36,204 for older couples who rent. The 2019 federal poverty guidelines for the 48 contiguous states are \$12,490 per year for singles and \$16,910 annually for couples.

Massachusetts comes up as the state where the level of economic insecurity is the highest. "The elder index provides an important reality check – a realistic measure of the actual cost of a no-frills lifestyle for elders living independently."

Why are these facts important to everyone? As we face threats to the benefits available to older people, such as the recent reductions for those relying on Food Stamps and suggested cuts to Medicare, it's crucial to actively engage with local, state and congressional officials to advocate for keeping supports in place for everyone. It's especially urgent that women become more proactive in protecting their financial resources and also advocate for increasing the incomes of women across all age groups.

To learn more you can visit:

www.elderindex.org.



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.**

Feb 24: Day trip to the MGM Casino in Springfield. Cost per person \$25, includes transportation to the casino, \$20 slot play, and \$20 lunch voucher. Payment due NOW. Limited seats.

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 \$1095. Receive a \$25 discount if paid in full by February 3, 2020. There are a few remaining seats.

June 16: Hildene-Lincoln Family Mansion Tour & Gardens, Manchester, VT. Lunch included at Wilburton Inn overlooking the Green Mountains. Cost is \$117. Receive a \$10 discount if paid in full by May 4, 2020.

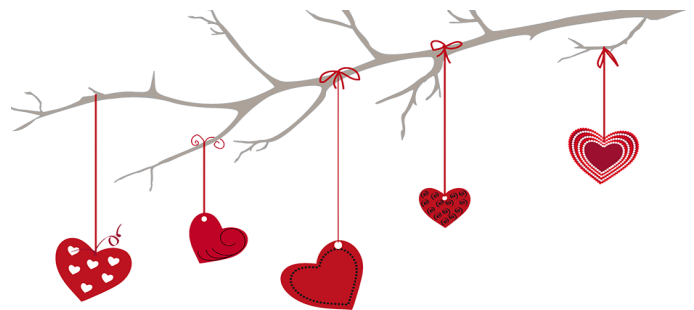
Sept. 7-13: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$960 per person dbl. occupancy. Receive a \$25 discount if paid in full by June 8, 2020. A few seats are available. This 7 Day trip includes:

- 6 nights lodging in Canada --12 meals including: 6 breakfasts and 6 dinners
- Guided Tour of Halifax, Peggy's Cove, & Lunenburg
- Admission to King's Landing Historical Settlement
- Guided Tour of Prince Edward Island, includes Anne of Green Gables' home.
- Admission to the Natural Wonder: "Hopewell Rocks"
- Visit to the Waterside Town of Saint John



Drawing Classes

Alexandra (Boo) Cherau, a well known artist from Chesterfield, is teaching an ongoing class on Thursdays from 10-12 at the Chesterfield Community Center on 400 Main Road in Chesterfield. This is a class for everyone who has any interest in learning how to draw, even if you've never given it a shot before. There is still time to sign up. There is no fee involved, but as usual, donations are welcome. The materials you will need include sketch pads, drawing pencils, and an artist quality eraser. Call Chesterfield COA (296-4007) for details.



[i carry your heart with me (i carry it in]

By E.E. Cummings

i carry your heart with me (i carry it in
my heart) i am never without it (anywhere
i go you go, my dear; and whatever is done
by only me is your doing, my darling)

i fear
no fate (for you are my fate, my sweet) i want
no world (for beautiful you are my world, my true)
and it's you are whatever a moon has always meant
and whatever a sun will always sing is you

here is the deepest secret nobody knows
(here is the root of the root and the bud of the bud
and the sky of the sky of a tree called life; which grows
higher than soul can hope or mind can hide)
and this is the wonder that's keeping the stars apart

i carry your heart (i carry it in my heart)

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

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

Out and About in February

Weds. Feb 12th, 12:15pm
The Duane Carlson Show!

Williamsburg Senior Center
141 Main St. Haydenville

Come and hear Duane Carlson sing! He puts on a great show that will transport you to a simpler time, when music was meaningful. He was here a couple of years ago and very popular! Join us!

Fri. February 14th, 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.

Coming in April...

Spring/Summer clothing Exchange at the Goshen Congregational Church. More information to follow.

