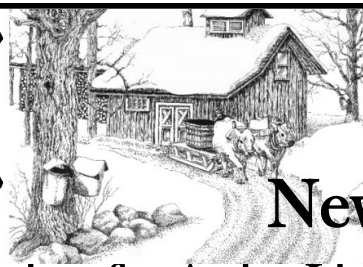


Living Well

March
2020
Newsletter



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

March 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)
- Yoga for You, 6 pm
- Mar 17: Smith College Bulb Show, 12:15 *

Wednesdays:

- Congregate Meal, 11:45 am
- Mar 11: Celtic Celebration! 12:15 pm *
- Mar 11: Caregiver Support Group, 1 pm-pg 4
- Mar 18: Advisory Board Meeting, 12:15 pm
- Mar 18: Blood Pressure Clinic, 11 am
- Mar 18: Silk Scarf Painting, 12:15 pm *

Thursdays:

- Chair Stretch & Strengthen Exercise, 10:30
- Congregate Meal, 11:45 am *
- Basic Computer Class, 6 pm
(Please call ahead)
- Mar 12: Brown Bag, 10 am
- Mar 19: Men's Group, Snack Bar, 8 am

Fridays:

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

**More info in next column*

More activities outlined on pg. 2 & 3

Visit Burgy Books, the Senior Center's little library. A great curated selection of used books for your enjoyment!
Book donations accepted.

A Celtic Celebration by Davis Bates

Wednesday, March 11th at 12:15

Join us for a lively participatory program by **DAVIS BATES**, Parents' Choice Award-winning singer & storyteller. "A Celtic Celebration: Songs and Stories for the Season" honors St. Patrick's Day and the old traditions. Come and sing along and participate in a lively hour of great entertainment! Show is FREE & refreshments served. Call to sign up. We'd love to see you there!



Smith College Bulb Show

Tuesday, March 17th at 12:30

Get away from the gloom of late winter at the Bulb Show! The Smith College greenhouse is the boost toward spring that we all need this time of year. Admission is by donation, and the Senior Center will take care of that. We'll car-pool from the Senior Center at 12:15. Come and join us!

Please call us to register by March 16.



Silk Scarf Painting

Wednesday, March 18th at 12:15

Trish Gendron of CareOne will be here to teach us the lovely art of painting on silk. No artistic skills needed! Trish will bring everything needed and guide us in making a beautiful piece of wearable art! If you took this course last year, you know how fun it is! Call us to sign up for this FREE class!

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, Mar 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 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. Call for information.

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, Mar 18, 11-12**
HOPE Nurse, Mary Kane from Hilltown Community Health Center can track your BP & offer suggestions.

Foot care Nurse, Piper Sagan **Wed, April 22, 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. You may 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, Mar 11, 1:00**
Caregivers, take some time to get the support YOU need. Moderated by Tryna Hope.

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

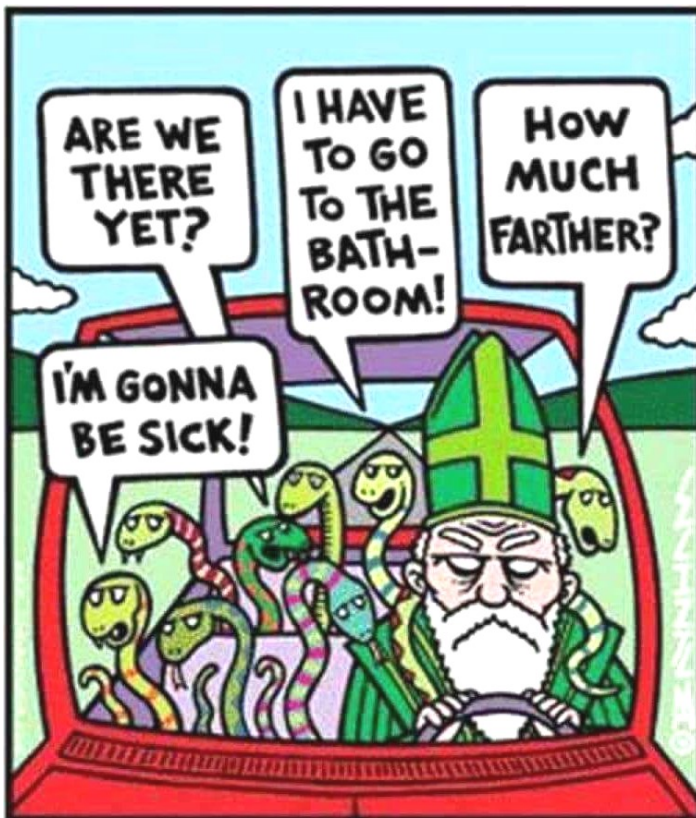
Third Thursday Men's Group **Mar 19, 8:00**
"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar.** Stop in!

Bag Sew **First & third Mondays, 3:15**
Help make bags to be used by local businesses to reduce plastic bag usage! No skills needed. Sewing machines and equipment provided.

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. **In March, we'll be delivering meals on the first & third Saturdays.** If you know of anyone who might be in need of this service, call us at 268-8407.



St. Patrick driving the snakes out of Ireland.

The Williamsburg Board of Health

in coordination with Massachusetts Public Health is monitoring the Coronavirus situation.

At this time there is very little known about how the virus is transmitted; therefore, our best recommendations are frequent hand washing, especially after being in the public, and getting your flu shot. We advise you take all the same precautions you would to avoid getting any other respiratory illness. We will keep you informed as new information becomes available.



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.

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!

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, hovelng sidewalks

Teens: *get Community Service credit for school!*

Call 268-8407 for information.

Do you know what a Lock Box is? It is a safe and secure way to allow Police Fire and Emergency Personnel to access your home in an emergency. You provide a spare key and an access code is set up for the box (which is placed outside your door). The access code is not kept locally with any department but is requested by Emergency Personnel from Dispatch when a call is placed and you are unable to answer your door. It prevents Emergency personnel from having to break a window or door to gain access and help you.

These boxes are provided to seniors free of charge (donations always appreciated) by TRIAD through the Safe Entry Program. Lock Boxes, also known as Knox Boxes, can be provided **to non-seniors for \$20.** It is a good reminder to also have a File Of Life (about your medical information, medications, contact information, etc.) on your refrigerator door. The Senior Center has these available.

If you would like more information about the Lock Box, contact the Police Department 268-7237 or the Williamsburg Senior Center 268-8407. If you want a Lock Box installed, contact the Police department 268-7237

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.

CAREGIVER SUPPORT GROUP

Consider this – you are taking care of someone in your home or theirs. You don't feel you have time for yourself, friends, or other family members. You may feel isolated but you don't talk about that for fear of being judged. You certainly don't want to be seen as complaining – after all, this is truly an act of love. But wouldn't it be good to talk to others in a similar situation who certainly won't judge you and could offer help from their own experience?

If this sounds familiar, think about joining the Caregiver Support Group at the Williamsburg Senior Center. The group meets on the second Wednesday of each month from 1 – 2 PM. Join us for our next Support Group on Wednesday, March 11, 2020. Call the Senior Center at 268-8407 to tell us you're coming. If you need someone to stay with the person you are caring for, let us know and we will try to accommodate.

Support your Local Sugarhouses!

In February we went to Steve's Sugar Shack in Westhampton. They treat us well at Steve's! In March, when Winter is starting to crack open, the local sugarhouses are bubbling with activity. I always look forward to this time of year, and go out to breakfast at some of my favorite sugarhouses. In most cases, families and friends run these seasonal restaurants. I like supporting our friends and neighbors!

Over the last 25 years, I've noticed the old maples are losing ground and dying along the sides of the country roads. I hope the forest trees are faring better and will last a long time. But with climate changing as it is, we may not always have these lovely sugarhouses. Bring your grandkids or young friends and teach them about our New England heritage. Enjoy the short Maple Season while you can!



Thank You for Your Generous Donations!

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

This month we have a home fire safety check list. Please use it. Circle the Y (yes) or N (no).

Senior 
SAFE

- Y N Do you have working smoke alarms on every level of your house?
- Y N Do you stay in the kitchen while heating food?
- Y N Are space heaters placed 3 feet or more from things that can burn?
- Y N Are electrical wires in good condition (not damaged or cracked)?
- Y N Do you know two ways out of every room in your home?
- Y N Do you know what to do if your smoke alarm or CO detector sounds?

If you checked NO to any of these questions, you are at a greater risk for being injured in a home fire. Do what you need to do to be able to say YES to all the questions. Senior S.A.F.E. will help you along the way.

Have a S.A.F.E March!

--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.

Crabby Road

Crabby Road



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Maxine.com

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!

Social Security – Something else to check!

Along with death and taxes, we find the Social Security Administration (SSA) in our line of sight. Our interest is in making sure our earnings records are correct. The SSA keeps track of our earnings and calculates our benefits from those records, so if there is an error, we could lose money. I assume it would never be an error the other way...

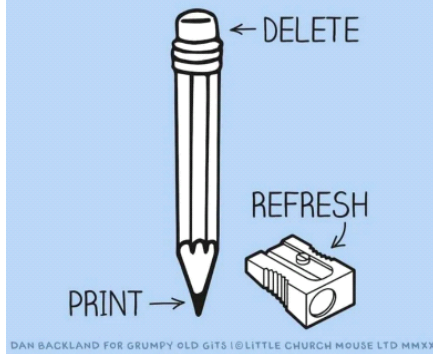
The SSA sends earnings statements every five years until a person turns 60, then they are sent every year until retirement. When you look at the statement, the first thing is to verify that this is YOUR record and your social security number. The second thing is to check their figures against your pay stubs or income tax forms.

Dealing with Social Security online is quite beneficial – the main page is **www.ssa.gov**. If you don't have a computer, it might be worth your time to have someone help you get an online account; you can go to the library to access it.

And I know you know this – a phone call saying your social security card has been compromised, or that you need to send it in to be renewed, or that you need to send money to reinstate your account - is poppycock. This is one of the biggest frauds going these days. In fact, says the Federal Trade Commission – "A Social Security scam was the top government fraud scam and phone calls were the number one way people reported being contacted by scammers. While most people said they hung up on those calls, those who lost money reported a median loss of \$1,000 in 2019."

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

WHEN I WAS A KID, THIS WAS MY COMPUTER:



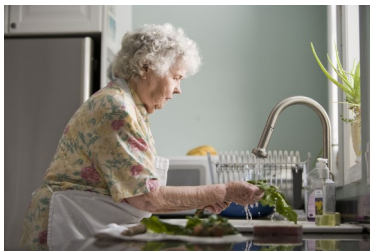
Cancer Connection Spring / Summer Guide 2020

If you are, or know someone, in treatment for cancer or are a cancer survivor, call Cancer Connection at 413-586-1642 to ask for their current Guide, or check out their website at www.cancer-connection.org. You may be surprised at the many free activities and classes available to you. For example: Hands in Clay, Creating Collage, Spirit of the Written Work, Improv, as well as support groups, integrative therapies, and several kinds of exercise and physical activity.

Good News!

In the late 1990's, **MassHealth** changed income and assets regulations for residents 65 or older who are significantly frail. This is called the **Frail Elder Waiver**. If you are "frail" enough to need significant home care support in order to avoid a nursing home placement, MassHealth allows you to have up to \$2,313/ month in income. (This amount increases each year according to the COLA) The asset limit of \$2,000 remains the same, but if the applicant is married, "excess assets" can be transferred to the healthy spouse, and even better, MassHealth will not count the healthy spouse's income! The good news here is that when you are frail enough to require nursing home care, MassHealth makes it easier to qualify and get the care you need to stay home. The objective is to provide an alternative to nursing home placement.

Better yet, there are two MassHealth programs that will pay family caregivers for the help they provide. Anyone you are not married to can be paid for help bathing, dressing, help with meals and medication management, help getting to medical appointments, grocery shopping, and laundry. These two programs are called Adult Family Care and the Personal Care Attendant program. Adult Family Care pays a monthly tax free stipend, the Personal Care Attendant program pays an hourly wage.



It should be mentioned that MassHealth also pays for Rx, for Adult Day Health programs, and all co-pays and deductibles for medical goods and services, acting as a secondary insurance for Medicare. Between the two, once you qualify for MassHealth, you have 100% coverage.

For more information about MassHealth regulations, MassHealth Adult Family Care and Personal Care Attendant programs, or help with the MassHealth application, you can ask at your senior center how to get in touch with a SHINE counselor.

Sleep Study

The UMass College of Nursing is doing a sleep study involving caregivers of individuals with mild cognitive impairment or early Alzheimer's Disease. Members of the pair must live together and not have a diagnosed sleep disorder.



Sleep problems are very common in people with mild cognitive impairment. Because they are often dependent on their caregivers, this interferes with the sleep of their caregivers as well.

Their study question is: can objective sleep data help guide self-management strategies for better sleep for both?

For more information, contact Cynthia Jacelon: (413) 545-9576 or jacelon@umass.edu.

Adapting Home to Age in Place

Plan to stay in your own home as you grow older? Here are some of the possible remedies that can make life easier and safer:

Difficulty: Balance and Coordination

- Bath seat in the tub or shower
- Bathtub with transfer bench
- Walk-in shower with pull-down seat
- Grab bars near the bath and toilet
- Handrails extending beyond the top and bottom of the stairs
- Stairway handrails on both sides

Difficulty: Hearing Impairment

- Dishwasher is ultra-quiet to reduce background noise.
- Increased volume on phones.
- Smoke detectors have strobe lights.

RESOURCE DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536 x120
Veterans' Service Officer Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Brian Brooks	413 772-1571
DO NOT CALL Registry	888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400 or 413 296-4007
Call Chesterfield COA for assistance	413 296-4007
Hilltown Food Pantry - Goshen Town Office Bldg- Diane Meehan, Director	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center- Medical & Dental	413 238-5511, ext. 131
HOPE Nurse, Mary Kane	413 238-5511, ext. 322
Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 322
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
Foot Care Piper Sagan, RN	
foot care in Cummington, call Ann Eisenhour	413 634-2243
foot care in Goshen, call Liz Loven for appt.	413 268-7122
foot care in Williamsburg or in-home visits	413 268-8407
Deb Dean, foot care in Westhampton	413 667-5363
Diane Roeder, foot care in Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	413 268-8407
Lorraine York-Edberg	413 773-5555, ext. 2275
Deborah Hollingworth (Chesterfield)	413 296-4007 or 413 268-8317
Mass Health and New Health Coverage	
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation Appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical & Carpool Rides (call to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866 277-7741
Hilltown Easy Ride Van & Driver Pool Ed Pelletier	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Susan Metcalfe LaRock	413 743-5345
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Sherry Loomis	413 268-8410
Worthington COA , Shelley Modestow	413 238-5532

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

PRSR STD
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PAID
PERMIT 183
Greenfield MA

**WILLIAMSBURG
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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 March

Saturday, March 7th at 5pm

Corned Beef and Cabbage Dinner

Chesterfield Congregational Church

Cost is \$14.00 for adults; children 12 and younger \$7.00; children under 3 no cost. Everything is home-made and served family style. Take out available. Contact Nancy Hewes with reservations 296-4230.

Sunday, March 8th, 8:30am-10 am

Irish Celtic/Gaelic Music & Breakfast

Chesterfield Church

Irish Celtic/Gaelic music by The Rolling Scones (Banjo, Guitar, fiddle, stand up bass). Full breakfast- Irish crime French toast, pancakes (pure maple syrup), eggs, home fries and a variety of homemade scones. Donations welcomed.

Wednesday, March 11, 12:15 pm

A lively participatory program by Davis Bates!

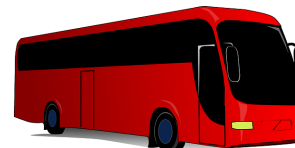
Williamsburg Senior Center, 141 Main St. Haydenville

Williamsburg Senior Center invites you to "A Celtic Celebration, Stories and Songs of the Season" in honor of St. Patrick's Day. Sponsored by the Williamsburg Cultural Council. All are welcome--Join us!

Sunday March 15th at 8am and returning at 6pm

Foxwoods Casino Bus Trip

The bus will be leaving the Goshen town parking lot at 8am. This bus trip is a fundraiser for the Chesterfield veteran's park committee and Friends helping Friends. Good break from the winter and not far to drive. To sign up or if you have any questions, call Kris Zdaniewicz: 413-329-8919.



Save the Date!

Sat. April 25th 9am-3pm

Spring/ Summer Clothing Exchange

Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. April 22nd from 5-8pm and Fri. April 24th from 9am-3pm, then come back to shop on Sat. the 25th from 9am-3pm! All are invited to participate whether you donate clothes or not. Thank you everyone for your contributions!