

Living Well



April
2020

Newsletter

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

NOTICE:

Due to health issues of the Coronavirus, the Senior Center and Town Offices will be closed to the general public (as of March 13th) until further notice.

We will still be here to provide essential services. Monday Meals and Congregate Meals will be provided by pick-up or delivery Monday through Thursday. Brown Bag may be available on the second Thursday. (pg 4)

Contact us if you need rides or any other services we provide. All other activities and programs are cancelled.

In the event that we do reopen, programs will resume as planned.

Older adults are at higher risk of getting very ill from the Coronavirus. It is extra important to take action to avoid being exposed to infection. See article on pg 2.

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.

Senior Center Welcomes New Director, Melissa Wilson

We extend a warm welcome to our new Director, Melissa Wilson, who began working at the Senior Center on March 9, 2020.

Melissa, a Haydenville resident, said she is "looking forward to working with the wonderful staff and volunteers that make the Senior Center a vital service for members of the community.

It is the generosity of the network of volunteers that enable the Senior Center to do the work that it does, including meals, transportation, information and referral. This commitment, along with the professional support of Town employees, help the Senior Center function efficiently and purposefully to help meet the needs of our Senior Citizens.

Most importantly, the Senior Center plays a critical role in addressing the isolation and loneliness that many seniors in our community face each day. This is an area I feel is essential to the success of the Senior Center."



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

When & How to Wash Your Hands

Handwashing is one of the best ways to protect yourself and your family from getting sick. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

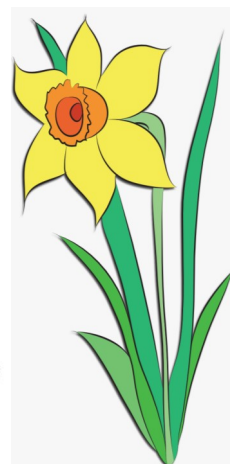
Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community. Follow these five steps every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.
- **Use Hand Sanitizer When You Can't Use Soap and Water**

Joy of spring

by Wendy Schreiner



Lawns get cut
for their first
trim
green grass
glistens
with morning dew
birdies chirp
songs of
sunshine delight
daffodils and tulips
dance in the breeze
dogs go for
longer walks
everyone and everything loves
the joy of spring

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!

All Events Cancelled Until Further Notice:

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 (Call ahead)

Wednesdays:

- Congregate Meal, 11:45 am
- Apr 8: Caregiver Support Group, 1 pm-*pg 3*
- Apr 15: Advisory Board Meeting, 12:15 pm
- Apr 15: Blood Pressure Clinic, 11 am
- Apr 22: Steve Damon, Name That Tune, * 12:15

Thursdays:

- Chair Stretch & Strengthen Exercise, 10:30
- Congregate Meal, 11:45 am *
- Basic Computer Class, 6 pm (Please call ahead)
- Apr 9: Brown Bag, 10 am
- Apr 16: Men's Group, Snack Bar, 8 am

Fridays:

- Tai Chi, Auditorium, 9:30 am
- Apr 10: Ladies Who Lunch, Snack Bar, 11:30
- Apr 17: Trip to Clark Art Museum, 10:00 *

Cancelled Until Further Notice:

Trip to Clark Art Museum *Friday, April 17, 10:00 am*

Spring is in the air, time for a road trip—Join us for a carpool trip to Williamstown and tour “The Clark”. This wonderful museum is popular for its well-rounded exhibit of old masters and impressionists.

Lunch can be purchased at the Clark or we can stop along the way. Let us know if you are interested, and if you'd like to be a driver.

Seeking Volunteers!

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, yard clean-up, raking, etc.

Teens: *Get Community Service credit for school!*

Call 268-8407 for information.

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!

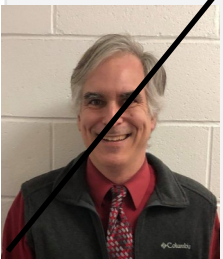
The program provides a weekend meal to many seniors who may not otherwise have a “home-cooked” meal. If you know of anyone who might be in need of this service, call us at 268-8407.

***Join us for * “NAME THAT TUNE” with Steve Damon**

Wednesday, April 22, 12:15 pm

Steve comes to us once or twice a year and brings his saxophone to lead us in naming those great old-time tunes.

Dust off your memory banks and sing along! Bring a friend or a family member.
All ages welcome!



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. **Available for pick-up or delivery.** \$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. **Available for pick-up or delivery.**

Brown Bag Program **Thurs, Apr 9, 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.

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

Cancelled:

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!

Programs Cancelled until further notice:

Blood Pressure Clinic

Wed, Apr 15, 11-12

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

Foot Care Nurse, Piper Sagan **Wed, Apr 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, May 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.

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.

Ukulele Strum Group

Mondays at 4:30

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

Caregivers' Support Group

Wed, Apr 8, 1:00

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

Ladies Who Lunch

Friday, Apr 10, 11:30

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

Third Thursday Men's Group

Apr 16, 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.

Seniors Aware of Fire Education

Senior 
SAFE

This month's topic is how to plan your escape from a fire. So, here goes:

- Know and practice two ways out of every room in your home.
- Make sure all doors and windows that lead outside open easily.
- Clear all clutter that may be in the way of your escape or make you trip or fall.
- Keep eyeglasses, keys, hearing aids, meds list, and a phone within easy reach near your bed.
- Have an outside meeting place a safe distance in front of your home where family members can meet and where first responders can see you.
- If you use a wheelchair or walker or might have a problem escaping from a fire, discuss your escape plans ahead of time with your family, building manager, neighbors and/or fire department.
- Practice your home fire escape drill twice a year.

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

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

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



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

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

Fun Facts for Taxes

Well, not really, but a catchy title, right? I read recently that we taxpayers may not be all that savvy about the trillions of dollars we hand over every year. So I read a bit more.

It seems tax collections started in Egypt during the time of the pharaohs, and were applied for various purposes in Greece and Italy and Great Britain. In more modern times, England imposed an income tax to help deal with Napoleon. Our first income tax was started to fund the Civil War in 1861 (though we did have earlier taxes, e.g., remember the Whiskey Rebellion?). Taxes have morphed, gone up and down, and actually make interesting historical reading: bebusinessed.com/history/history-of-taxes

Anyway. There are a couple of things we really should know about our taxes.

- * If you get a refund, you have given the government an interest-free loan.
- * If you are in arrears on paying taxes, it will not affect your credit score. The three credit bureaus decided there was too much chance for inaccurate information. Very comforting, right?
- * If you delay doing your taxes until October, you still have to pay by April 15 an estimate of what you will owe.
- * Keep your returns and backup paperwork at least 3 years, more if you fear an audit, might have under-reported income, or went years without filing.
- * And of course there are scams. If you have had identity theft, the thieves can file a tax return in your name and claim a refund. This can go on for years if you aren't required to file yourself. If something changes and you file, you will get a note from the IRS that you have already filed! Then the work begins to clear up the mess.

Holding my SS number close,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

CORONAVIRUS 19 and impact on COAs and elders in the Hilltowns

Dear friends and readers of the newsletters from the Northern Hilltowns Councils on Aging,

We apologize for any delay that has occurred in the receipt of our newsletter. We had prepared our newsletters as usual, listing all of the events, activities and programs provided by the Councils on Aging, and were ready to go to the printer when the Governor declared a state of emergency and towns that are part of our Northern Hilltowns Consortium have closed public buildings. Rather than publish programming and invitations we have decided to redo the newsletters. Instead, we are providing important guidelines that are so important in minimizing the effects on older adults in our communities.

There is a shortage of disinfectants in stores and I have trouble driving long distances, how can I disinfect my home without a special product?

For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Prepare a bleach solution by mixing:

5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water

How can I make my own hand sanitizer?

You can use rubbing alcohol: 2/3 cup alcohol with 1/3 cup of aloe vera lotion.

Is the need to keep social distance from others really necessary?

YES! Flatten the curve before it flattens you. It's as important as washing hands frequently and correctly. Both precautions protect you, your family and friends. Many of us are already compromised by autoimmune diseases, chronic respiratory illnesses or other chronic diseases. Please remember it's as important to dry your hands thoroughly as it is to wash correctly.

Highland Valley Elder Services Remains Open

Allan Quimet, the Executive Director Of Highland Valley Elder Services is staying in touch with all of the Councils on Aging and sent the following message:

Dear Directors,
I hope you are well during this challenging time.

Please find a brief update regarding HVES programs and services in response to COVID-19. Programs and services may be reduced or delayed by our providers since we are in the people helping people business but we are not aware of any major disruption to services at this time. We have prioritized our most vulnerable consumers in the event of a worker shortage. I realize we are all trying to strike a balance of service delivery, socialization, and the need for social distancing/isolation. We are concerned about the unintended consequences to consumers and want to ensure we assist each other for their wellbeing.

To allow for maximum flexibility, we will begin to deliver individualized and portable meals to COAs who have meal sites. We will begin this process by Monday the 16th the latest. The meals will offer maximum flexibility for your unique community needs. Consumers may take them home or eat them at the community meal location. (Meals may come cold, frozen, or hot so they may require some preparation.) If you know of residents in your community, over 60, who become incapacitated by illness, please refer them to us for meals. We will initiate a three week meal delivery plan and add additional time if it becomes necessary.

Please contact our nutrition department regarding any community meal questions. Please contact or send referral to our information and referral department regarding home delivered meals or other service requests. If you have general questions feel free to contact me or anyone else at Highland Valley that may be of service to you or your community members. My best to you and your communities. I know we are a resilient bunch and support each other especially well during times like these.

Thank you,
Allan Ouimet, LICSW-MA, LCSW-CT
Executive Director

*** There is a new open line at HVES: 586-2000 ext 211 for all information and questions about COVID-19**

Staying in touch is important. Do not ride this out alone. If you need help, please reach out to friends, families or others. If you are feeling ill and wonder if you have the virus, please call your doctor first and remain in your home.

For more information about COVID-19, the following links are very helpful.

Massachusetts Information on the Outbreak of Coronavirus Disease (COVID-19):
mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19

Governor Baker's Press Releases re: COVID-19: mass.gov/lists/press-releases-related-to-covid-19

It's our hope that you find this information helpful and that we all come out unscathed on the other end. We look forward to getting back to the regular kind of newsletters later.

On the Go!



The Friends of the Northampton Senior Center have 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.**



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.

July 22: Museum of Fine Arts in Boston celebrates its 150th Anniversary. Thirty five paintings by Monet on display. Included is a family style meal at Maggiano's. Cost is \$108. Receive a \$10 discount if paid in full by June 10, 2020.

Aug. 11: Plymouth 400th Anniversary, Thanksgiving Buffet. Visit the Mayflower II and America's living history museum at Plimoth Plantation. Cost is \$124. Receive a \$10 discount if paid in full by June 24, 2020.

Sept 28- Oct 2: Niagara Falls/Toronto 5-day bus trip. \$525 per person dbl. occupancy. Receive a \$25 discount if paid in full by June 15, 2020. Passport required. Lodging is on Canadian side of the Falls.

Nov 16-17: 2 Day Holiday Shopping at Destiny USA Mall, Syracuse, NY, the second largest mall in the USA. Over 250 stores & dining options. Accommodations at Embassy Suites with breakfast included. Other meals on your own. Cost to be determined per person dbl. occupancy. Receive a \$10 discount if paid in full by September 15, 2020.

Coming May 2021:
11 Day Bus trip to **COLORADO!**



April's Good News!

By Deborah Hollingworth

The good news this month is about **Prescription Advantage**, which is a program for Massachusetts residents designed to help with the cost of their Rx. Sometimes I think this benefit is one of the best kept secrets. It doesn't cost anything, and the application is not too complicated. You can apply online (prescriptionadvantagemma.org) or call them and they will help you complete the application by phone: **1-800-243-4636**. Your SHINE counselor can help too. Ask at your senior center. Even if you have Rx coverage through your health insurance, like a Medicare Advantage plan, or a stand alone Medicare D plan, Prescription Advantage still can help, especially if you have to take expensive brand name Rx and find yourself in the "donut hole" every year.

If your income is less than \$3,122 if single, or \$4,227 if married, you are eligible.



NOTE: if you already have Extra-Help, which is a benefit administered by Social Security, or you have MassHealth, you do not need Prescription Advantage.

But unlike Extra-Help and MassHealth...and this is important— Prescription Advantage **does not count assets**. Only your income.

Prescription Advantage is a subsidy for lower income Massachusetts residents. The less income you have, the more Prescription Advantage helps. In the 1990s, Massachusetts was one of the first states to offer Rx subsidy to support its residents. In 2006, when the federal government launched Medicare D, it was modeled on Massachusetts' Prescription Advantage.

For more information, you can visit prescriptionadvantagemma.org or contact your SHINE counselor to see if you qualify.



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

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

 <p>SOCIAL SECURITY SCAM</p>	<p>WHAT SHOULD YOU DO?</p> <ul style="list-style-type: none">• Never give personal information to unsolicited callers• Remember, the SSA will never call you asking for your Social Security #• Don't trust your caller ID• HANG UP!
<p>Your phone rings, the caller ID says it's the Social Security Administration.</p> <ul style="list-style-type: none">• You are told that your Social Security Number has been compromised and you need to confirm your number.• If you don't cooperate, the "Agent" threatens to take you to court or have your Social Security check blocked-meaning you won't receive your benefits.	<p>NWDA Consumer Protection Unit Greenfield (413) 774-3186 Northampton (413) 586-9225 Working in cooperation with the Office of the Attorney General</p>