

Living Well



June
2020
Newsletter

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

I've Gotta Get a Message to You!

(Name that Band! – see page 2 for answer)

Dear Friends,

The Senior Center wants to let you know that staff is available during this time to help you. Although the Town Office Building is not open to the public, staff is still working hard to make sure the center is providing services. Please call the center; if someone does not answer, leave your name and phone number. Messages are checked daily (except weekends), and staff will return your call as soon as we can (usually the same day!).

This newsletter contains information about our programs and how they can still be contacted as we continue to discover new ways to meet your needs while coping with the effects of social distancing. The Senior Center is ready to assist you in any way we can.

We are also making calls to speak with folks on a weekly basis; if this is something you feel you would like, please let us know. It can be just to chat or to help with a specific issue. Please call, we would love to hear from you. (268-8407)

Sincerely,

Barbara, Carol, Melinda, Melissa, Sherry, Susan, and Tryna

What Are You Doing These Days?

Sherry dug out her Christmas mailing list and started writing cards. It was fun to use up that collection of note cards and begin to catch up with friends and family! She also keeps up with friends on Facebook and attends Buddhist meetings via Zoom. Gardening is finally under way, and she can't wait to grow some herbs and blooms!



Thank You, Volunteers!



In this time of self-quarantines and isolation we have many beacons of light—our volunteers!

Thanks to Sherrie and Olivia Marti, Cindy Lusier, Denise Banister, and many others, for their generous donation of hand made masks to help keep our citizens safe through this pandemic!

We also thank Norma Whitley for her generous time and effort delivering meals to as many as 20 folks a day!

Join our Trivia Contest!

Win a gift certificate to Williamsburg Market!

Daria at Meekins Library kindly came up with a series of trivia questions. We'll publish one each month. Get into the contest by sending your answers **by June 12th** to sloomis@burgy.org or call **268-8407**.

Que: When was the Helen E. James School dedicated and what was it built for?

In case there is more than one correct answer, we will draw names. Answers will be published next month. **Good luck!**

Visit the Town of Williamsburg

Website: www.burgy.org

Facebook: Williamsburg Senior Center

- To subscribe or 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.

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

Phone: 268-8407 - Hours: Mon - Thurs 8:30 - 1:30

How Can We Help You?

What's Happening to our Programs?

Bag Sew Group Postponed

Val Nicoletti who runs the group says "We are canceling the Bag Sew for now and will contact you later in the year when we will restart it."

Yoga for You

Yoga classes will be starting up on Zoom and folks can email Michele to register. Same date and time (Tuesdays at 6 pm). Contact Michele at: morales.wolk@gmail.com.

SHINE

You can continue calling the Senior Center to leave messages for Wayne Glaser. Leave your name and phone number, and we'll get the message to him. (268-8407).

Veteran's Service Officer

The VA office is still open and available to all. Tom Geryk may be reached at his office at 413-587-1299.

Foot Nurse

Piper Sagan is able to do foot care in your home, using safe practices. Price is \$60 per visit. Call her at 413-522-8432 for an appointment.

Podiatry

Dr. Coby can be reached at 413-774-4450.

Modern/Contemporary Dance

Susan Waltner says, "I'm looking forward to dancing with everyone as soon as we can reconvene; in the auditorium or outside. In the meantime, here is a movement sequence to play with: Begin; Dive In; Turn; Twist; Melt; Leap Forward; Flip Backward; Stretch, Squirm like a Worm; Curl; Release, Drop, Bow.

Interpret the words in any way you want to, do all or just a few of them and repeat enough to remember your sequence for some brain work, physical exploration and change of mind-state. Put on some music of your choice and do your sequence to it. You can do it in your house, your yard, your driveway, your barn, etc.!"

Pen Pal Program

Burgy Seniors have been pen pals to 15 sixth graders from the Anne T. Dunphy School. The teacher, Ms. Black has been emailing letters back and forth between the kids and the participating seniors with a couple using "snail mail." This intergenerational program has been very rewarding to the seniors and the 6th graders alike! It will end with the "school year", but we hope to start it up again in the fall. **We heartily thank Ms. Black, who is retiring this year!**

Medical Rides

If you need a ride to a Dr. appointment or other medical reasons, you can still call us. We are not using our regular drivers at this time for safety reasons, but PVTA is providing rides in their vans. They need about a week's notice so they can get you registered and scheduled in. We can help you get registered and scheduled for your rides to and from appointments. (268-8407)

Third Thursday Mens' Breakfast

The Mens' Group is getting together via Zoom meetings. If you are interested in joining, call 268-8407 or email sloomis@burgy.org.

Ladies Who Lunch

Not all of us are computer savvy, but if any women want to get together in Zoom meetings, contact us and we'll try to set it up-268-8407.

Computer and Cell Phone Help

Call us if you are having problems. We'll connect you to our consultants, and they can try to help you by phone.

Chair Yoga, Tai Chi and Zumba are on hold until we open back up again. We'll let you know.

Until then, please enjoy good health!

SENIOR FARM SHARES 2020

Sign Up Now for Your Farm Share!

Most of the produce is organic, but there will be a small amount of crop raised with integrated pest management and minimal pesticide. If you are getting produce for two people, or want a lot for yourself, you may want to get two shares.

We are asking for a commitment, just like a typical farm share. You may either pay up front for the season, or pay weekly, but you are responsible for the weeks you may be gone. In such cases, you can give your share to someone else or donate it. Thank you, and we look forward to seeing you.

\$3 per week, or \$60 for the season.

Please make out checks to Town of Williamsburg

Pick up on **Tuesdays between 11 & 1** at the Senior Center, **starting June 22nd.**

An option for home delivery is available.

Call 268-8407 to sign up, or email mmccall@burgy.org.

Answer to Name that Band (pg 1):
The Bee Gees



Seniors Aware of Fire Education



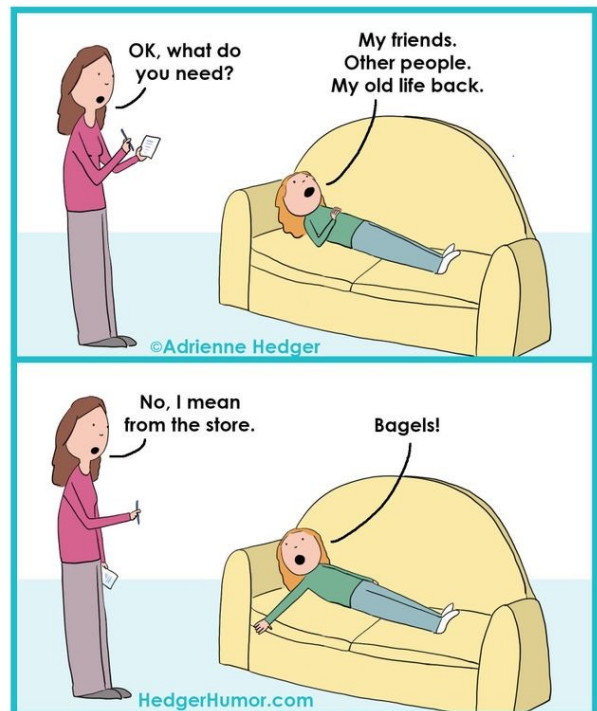
As we stay at home during the pandemic, it gives us a good opportunity to do a safety check of our homes. This month the focus is on electrical safety. Here are some things to think about and/or do:

- Electrical work should be done by a licensed electrician.
- Check all electrical appliances and replace cracked, damaged or loose cords.
- Have outlets replaced if plugs do not fit snugly or the outlet does not accept plugs with one blade larger than the other.
- Plug only one high-wattage appliance into an outlet at a time, even if there is space for another one.
- Avoid using extension cords as fixed features.
- Be sure that arc fault interrupters have been professionally installed to shut off the electricity when a dangerous situation occurs.
- Find reasons for blown fuses or tripped circuit breakers and have an electrician inspect and correct the problem.

--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.

Scenes From Self-Isolation



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!

Sorry – more organization!

One of my cousins is very well organized. I am her backup executor and every year she sends me an updated list of all her financial stuff including passwords. For most of us, it is an amazement to get this done once, never mind every year. But if we can emulate her, our survivors will thank us! Here is a list of questions that should be addressed, with the answers written out and given to those who will deal with our affairs. Do recognize that the person who holds your power of attorney, or eventually your executor, will be able to access documents. But giving them a jump start is really helpful.

- * Do you have a will, where is it kept, and who is the attorney who prepared it?
- * Have you given someone a power of attorney for financial affairs? If so, who is it, and where is the document kept?
- * Have you given someone a power of attorney for health care? Same questions as above.
- * Have you done a MOLST and/or other end-of-life instructions? And where are those?
- * What bank do you use?
- * Do you have a safety deposit box? Where is the box located and where are the keys? Do you have a current list of contents for the box? And where is it? I hope not only in the box...
- * Where are essential personal papers such as birth and marriage certificates, Social Security and military service records, retirement papers?
- * Where are life, health, and property insurance policies kept? Who issued each of the policies and how do you reach them?
- * Do you have a financial adviser? How do you reach him or her?

Feel free to add any questions that apply specifically to you and that are not covered here. Thanks to Marsha Goetting at the Montana State Extension Service for the genesis of this list.

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

Good News!

By Deborah Hollingworth

I'm hoping as you read this next month, in June, that Spring has finally arrived and we have seen the last of frost and snow. Safe to plant tomatoes, safe to begin to relax our social distancing? However, the landscape has changed, and getting together in large groups may not be part of our lives for a while. If there is good news in all this, it is that we have discovered new ways to help each other. Neighbors are volunteering to help those who cannot get out to do grocery shopping, need to get to medical appointments, or just need to hear another voice. Check and chat activities have sprung up, more of us are learning to Zoom and connect virtually. All of us are checking in with our family and friends more often, and developing a new appreciation for what, perhaps, we had taken for granted....human contact.



Hilltown senior centers are creating a host of new activities, and thinking of new ways to be safe, promote wellness, and stay in touch. If you want to volunteer to help a neighbor, if you need food, if you need puzzles, books, or help with errands, the Good News this month is that you can call your senior center, it's just a phone call away.

Explore the World without Leaving Home

Feeling cooped up and longing to explore a new landscape or historic interior?

Here are some virtual tours to explore online:

- Virtual MA, Massachusetts Regional Tourism Councils: www.massvacation.com/virtual-ma
- Panorambles: www.panorambles.com
Rich, detailed tours photographed by local photographer Mark Roessler.
- Visit the Metropolitan Museum of Art to see its British Galleries and a presentation: www.metmuseum.org/exhibitions/listings/2020/british-galleries
- Historic Deerfield is a treat in its digital form: www.historic-deerfield.org.
- Mass Moments is a daily almanac of Massachusetts history. Visit the website to read short essays depicting an event in Massachusetts for each day of the year: www.massmoments.org



Listen by Naomi Shihab Nye

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.
Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to gaze at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.



Living in a New World

Covid-19 has launched people of all ages into a new world of cyber communication. It's a "push that came to shove" when the triple challenge emerged to protect older adults from exposure to the virus, finding ways to stay close while following guidelines for social distancing and reach out to each other as the new norms of "normal life" evolve.

We are fortunate that the timing of changes comes as we are finally about to get Broadband in the Hilltowns. Learning to use the internet is becoming more and more a necessity than a luxury as we build stronger communities.

Highland Valley Elder Services has informed us that "each Council on Aging can receive as much as \$3500 of Title IIIB community support funds to better equip COAs in providing services in creative and adaptive ways, to meet the changing needs of our senior population due to Covid-19. "The goal is to allow COAs to promote greater capacity to provide remote services to consumers during the Covid pandemic and beyond."

Some examples of funding include upgraded technology and capacity to communicate by using updated technology and internet services

What kind of programs do we envision? One of the most important issues in developing "Age Friendly Communities" is the desire for more and more accessible information about life in our communities, not just about older adults, but for everyone. Some of us will be setting up computer classes using interactive screens to teach the basics for small groups wanting to talk with each other in limited but social distancing locations. Much better than a teacher moving from person to person to coach you by looking over your shoulder at individual small screens. It'll all be on a big screen onsite that allows you to actually see how to operate and change information tailored to your community or region. It could also be done through the internet with a teacher available both in person and online.

Three of the COAs in the Hilltowns already provide exercises with Joan Griswold's use of ZOOM classes and others are invited. Funding from Highland Valley currently supports this important program. More than one chair yoga teacher plans to also offer some online classes. Who would have thought that we could expand contact and health programs by seeing each other virtually? It's not the same as up front and personal, but as we gradually move toward safer ways of coming together we can also keep our online relationships going.

By the time you read this, you will have no doubt learned of other new programs and services. The Chesterfield COA has wanted for some time to let people what is going on at the Community Center without having to come inside.



Williamsburg Senior Center
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Haydenville, MA 01039

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

DOOR-to-DOOR SALES



**If you're considering hiring someone
who knocks on your door and offers
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*If you have a
consumer problem or
question, contact the*

**Northwestern
District
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Consumer
Protection Unit**

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(413) 774-3186
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