

# Living Well

September  
2020  
Newsletter



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

## Senior of the Month My Friend Barbara Murnane

Starting in late March of this year, Carol Hendricks and I began calling elders in Williamsburg to ask about their food and medication needs following the recent COVID-19 lockdown. Barbara was on my list and we hit it off from the beginning. We discovered a shared sense of humor as well as a feeling for social justice and empathy.

One conversation led to another and we began speaking weekly. Soon we were sharing our histories. Barbara had strong parents. She grew up on a farm where she learned the importance of all living things.

She was married to a college professor and they had a son. Father, mother, and son became avid birders. To this day, Barbara can identify some birds from their songs and other vocalizations alone. This has assisted her in adapting to the fact that she is losing her eyesight. Barbara is one of the most accepting and capable people I know. She listens to audiobooks and has an active letter-writing life.

After Barbara's husband died, she accepted her son's invitation to leave Maine and come live near him and other family members in Williamsburg. She doesn't regret her move though she does miss Maine at times.

Barbara doesn't dwell on the past. Her interests are in the here-and-now. She has had grave concerns about the education of children not only because of COVID but also because of the inherent inequities that have always interfered with the education of children of all races and classes. She's sick of the hate on radio and television these days and much prefers to listen to beautiful music.

Barbara describes herself as very healthy but old and that is exactly how she seems to me. She is one of my role models for aging gracefully. Barbara just had her 93<sup>rd</sup> birthday. I wish her healthy years to come.

Very respectfully submitted,  
Tryna Hope, Senior Center Staff

*Please contact the Senior Center if you know of a likely candidate for our Senior of the Month. All seniors are welcome! We can be reached via mail, email, or simply call us. We hope to hear from you.*

## SNAP\* Applicants Have More Fun, Make More Friends, and Influence People

I recently had the great pleasure of meeting with a Williamsburg couple, Rick Lipschutz and Mandy Emerson, on their beautiful veranda, to discuss a SNAP application. We tried doing it by phone but... have you ever tried to get help with a knitting project on the phone? Let me spare you. You can't.

Rick and Mandy weren't sure they qualified so we set to it. They'd ask a question and we'd segue into stories of pasts shared by decades of life. I'd ask a question which would lead us into reminiscences of experiences we shared and those we didn't.

The upshot is that the couple received quite a bit more SNAP benefits than they or I expected. And we had a delightful time doing it. That need not happen with everyone—but it could. (Call 268-8407.)

Tryna Hope

\*Supplemental Nutrition Assistance Program  
formerly known as Food Stamps

## Curbside Home Visits

What a wonderful idea! We miss you and want to take the time to visit. It is just as it sounds – we will come to your home to be with you—at the curb! With smiles, good cheer, and a funny story or two! And of course, we want to hear your stories, too.

It will be outside with social distancing in mind. If you're interested in a curbside visit or are interested in volunteering to visit someone, please contact the Senior Center. We look forward to hearing from you.



## Census 2020 Update

Our government officials have moved the census cut-off date to **September 30, 2020**. This makes it imperative that we get that information in this month! Census information is used to determine how much money local governments get to fund important programs and services including school lunches, plans for highways, support for firefighters and families in need!

If you have not yet sent in your information, you can call it in at **1-844-330-2020**, or you can answer the questions online at <https://my2020census.gov/>.

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039  
Phone: 268-8407 - Hours: Mon - Thurs 8:30 - 1:30 - Email: [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org)

## Currently Active Senior Programs

### **SHINE**

For insurance issues, call the Senior Center to make an appointment. Leave your name and phone number and we'll let them know to contact you.

### **Veteran's Service Officer**

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

### **Foot Nurse**

Piper Sagan is doing foot care at the Hadley Senior Center on Tuesdays and Thursdays. Call them at 413-586-4023 to make an appointment. Piper can also do foot care in your home, using safe practices (\$80). Call her at 413-522-8432 for an appointment.

### **Podiatry**

Dr. Coby can be reached at 413-774-4450. He has an office at 7 Main Street, Florence.

### **Modern/Contemporary Dance**

Susan Waltner's dance class is being held outdoors in the garden behind the Town Offices on Wednesdays at 10:30, weather permitting.

### **Yoga for You**

Yoga classes are led on Zoom Tuesdays at 6 pm. Contact Michele at [morales.wolk@gmail.com](mailto:morales.wolk@gmail.com).

### **Tai Chi**

Instructor Marty Phinney is offering an outdoor activity. Details and times may vary. Group members or interested others can contact her at 413-268-3228.

### **Medical Rides**

PVTA is providing medical rides in their vans. Pre-registration is necessary. We can help with that! (268-8407). If you've already registered with them, call 413-739-7436 or 866-277-7741 to schedule.

### **Computer and Cell Phone Help**

Call us if you are having problems. We'll connect you to our consultants. They may be able to help you by phone.

### **Third Thursday Men's Group**

Meets via zoom meeting on 3rd Thursdays @ 8:30 am. Email Larry ([landlwest3315@yahoo.com](mailto:landlwest3315@yahoo.com)) to get on the contact list.

### **Strength and Cardio Workouts**

Joan Griswold of Goshen is leading Strength and Cardio workouts via Zoom Thursdays at 10:15 am. Check Joan's website at [www.bybhealth.com](http://www.bybhealth.com). Contact the Senior Center if you are interested in signing up! Donations gratefully accepted.

### **Brown Bag: Food for Elders**

This program provides a free bag of healthy groceries to eligible seniors once a month at the Senior Center. Brown Bag is for people over 55 who meet income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid, or have a documented disability, you may qualify. Call the Food Bank at 413-247-9738 or 800-247-9632 or download a printable application at [www.foodbankwma.org](http://www.foodbankwma.org). (Click on the Get Help tab and select Brown Bag.) Applications can be sent to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

### **Take and Eat**

Two area churches are currently providing meals delivered every Saturday. The program is looking for other groups that might want to participate. Contact the senior center to find out more.

### **Farm Share Program**

The Farm Share program distributes a bag of fresh produce and farm products on Tuesday afternoons to participants. The program is currently full, but we hope to do it again next year!

### **Wellness Calls**

The Williamsburg Senior Center is making calls weekly or monthly to see how you are doing. We'd be glad to add you to our call list. Sometimes it is good to have a short chat on a regular basis! If you'd like to get on our call list or if there are any other services we can help you with, call 268-8407.



*Need a mask or two?  
Contact the Senior Center*

## **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



Wow! It is already September and it is still hurricane season, which has already messed with us. With this in mind, here are a few ideas on how to prepare for any emergency.

- Have a plan on how to get out of the house in 3 minutes or less.
- Keep eyeglasses, canes, walkers, hearing aids, COVID masks near where you are sleeping
- Make sure pathways are clear of clutter.
- Install night lights (LEDs work well) throughout the house to prevent falls.
- Make sure your house number is clearly visible from the road so first responders do not have to spend crucial time finding you.
- Get and fill out a FILE OF LIFE from your Council On Aging and post it on the refrigerator.
- Know where you can seek shelter and sustenance; this pre-planning is very important during this COVID time of social distancing.

Stay strong and be SAFE!

--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.*



### Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

### What Luck...

So you know I'm a fan of checking our credit reports to make sure information is correct, that no one has absconded with our information, and as a reminder to do good financial management. The recommended practice is to check one of the three major credit bureaus every four months, so each one is checked once a year at no cost.

Well, what luck! Because of the virus we have grown to hate, the bureaus are allowing free weekly access to our reports through April of next year. If somehow you haven't been checking your reports, here you go - [www.annualcreditreport.com/reviewYourReport.action](http://www.annualcreditreport.com/reviewYourReport.action). Look at each one now, dispute anything that is wrong, get it fixed, then start the annual cycle of checking.

While you are there, put a freeze on each report. That will keep unsavory people from accessing your report, stealing your information, and gaining credit or opening an account in your name. Just make very very very sure that you print out or write down the pin they give you. You will need that to thaw your report, if / when you want to be considered for credit.

Q. If I have a freeze, do I still need to check my report for correctness? Or can I just trust credit card companies and mortgage holders to always provide the right information? A. Yup. Nope.

With luck,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## Good News!

By Deborah Hollingworth

We should be baking zucchini bread. It freezes well, and by now if we don't watch it, they can get to be the size of baseball bats.

As we enter another month of Covid, stretching resources gets to be more challenging. Families out of work, bills still needing to be paid, groceries getting more expensive- it's good that our gardens are finally producing after what seemed like a slow start. Let's hope for a late frost.

This is a reminder for folks to check out the Hilltown Mobile Farmer's Market which is in Blandford and Huntington on Friday afternoons and Worthington and Cummington on Thursday afternoons. The Market runs July 23rd to October 9th this year and accepts SNAP (food stamps) benefits, HIP (Healthy Incentive benefits as well as cash. Produce is from local farms and looks terrific. Blueberries, peaches, apples soon, tomatoes, squash, corn, kale, onions, beets, you name it, you can probably find it at the Market. If you can't get to the Market, there are volunteers who can shop for you if you call your senior center and ask. And of course, you can be one of those volunteers and shop for a senior, or someone who is having difficulty getting out...or struggling to make ends meet.



This has been an amazing time to watch the generosity of our neighbors helping neighbors. Senior centers are getting donations of food, money and time from a growing band of volunteers. The Food Pantry is in full swing in Goshen on Wednesday afternoons, and the Chesterfield Cupboard is open daily. Chesterfield's effort to help those in town who need groceries has been a real community effort, getting up and running, and now with volunteers helping to shop, stock shelves, clean and manage inventory. It has been exciting to see more families use the cupboard, and more donations come in.

Williamsburg's Take and Eat weekend meal program continues to help seniors every other weekend with a home delivered meal made by volunteers at Our Lady of the Hills, and the Williamsburg Congregational Church. If you know someone who could use a meal, or if you'd like to be a volunteer and help to continue this effort, you can give the Williamsburg Senior Center a call. The office may not be open, but the staff is still working and can be reached daily.

Here's a pitch for those of you who may not have checked out the SNAP program, also known as food stamps. You can apply online. The application process takes about 20 minutes. Don't have a

computer? Call your senior center to get help getting that application started. Benefits have been expanded. So if your income is less than \$1,777 a month for an individual, \$2,146 for a couple, \$2,514 for a family of three....you could qualify. With the price of groceries continuing to increase, this might help at the check out counter.

Meanwhile, let's bake and share zucchini bread?

2 cups of graded zucchini  
3 eggs lightly beaten  
1 cup salad oil  
1 cup sugar  
3 1/2 cups flour  
2 teaspoons of vanilla  
1 teaspoon baking powder  
1 teaspoon baking soda  
A pinch of salt, a pinch of cinnamon  
Add raisins, chopped walnuts, if you want



Bake at 350 degrees for an hour. Makes 2 loaves.

Recipe from:

*Garden Ways Zucchini Cookbook, 1977.*



**The 2020 Census is underway!** It counts every living person in the USA. From **August 11 to September 30th**, Census takers will interview homes that haven't responded to the 2020 Census.

If you have not responded, you can do so by returning the mailings you should have received from the U.S. Census Bureau.

If you didn't receive your mailings, no problem! You can fill out your information over the phone with a verified Census Bureau representative at 844-330-2020. If you have any questions or concerns, please reach out to the Secretary of the Commonwealth's staff to have a conversation about Census operations at 833-621-2020.

Your community depends on your Census response for funding and representation for the next decade to come. The impact on your community include: school lunches, plans for highways, support for firefighters and families in need. Census results affect your community every day. Please respond if you haven't already done so.



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

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&  
Our Many Volunteers

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

## Need something to celebrate?

### Here are 12 lesser known holidays in September!

- 5th: National Cheese Pizza Day
- 6th: Read a Book Day
- 9th: National Teddy Bear Day
- 10th: Sewing Machine Day
- 11th: No News is Good News Day
- 12th: Chocolate Milkshake Day
- 16th: Collect Rocks Day
- 19th: International "Talk Like A Pirate Day"
- 20th: Wife Appreciation Day
- 21st: Miniature Golf Day
- 26th: National Hunting & Fishing Day
- 28th: Ask a Stupid Question Day

