

Living Well



October
2020
Newsletter

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

Senior Spotlight: Larry West

The Senior Center did hear back from a member in the community that Larry West would be an ideal person to acknowledge as Senior of the Month. We couldn't agree more! Here's what some other folks had to say:

"Larry is a very special and kind person. He devotes time and energy to his church and his community. He is always quick to respond to any request of help whether it is to cook meals or to deliver something or to help with yard work."

"I quickly realized that Larry is special because of all the help he gives to others."

"He is fantastic, kind and a very loving, generous person. I can't think of a better person to be Senior of the Month. He is always willing to help everyone he can. He brings me my Saturday lunch meal and the church paper. I've known him a very long time."

"Larry, in his quiet way, takes charge and does what needs to be done. He organized the monthly men's breakfast group as well as several outings. Missing these in person get-togethers is another sad consequence of the pandemic."

"I have never met such a calm and more thorough person than Larry West. Whether it's helping to organize and run the Town picnic, to organizing seniors for a Zoom call, he is always very reassuring, willing and ready to volunteer. Williamsburg is very lucky to have Larry as one of its own."

"Larry is the best of neighbors—whether he is dropping off those cherry tomatoes and autumn squash, or delivering treats and weekly church bulletins to housebound seniors—he is there when you need him. Larry has a good word and makes time for a visit with his neighbors. He shares the bounty from his garden, his care for people and his soulful singing with the community. He works on behalf of his Church, his Grange, and his town and has for years. I appreciate this chance to laud Larry."

"Larry is a very active member of the Williamsburg Congregational Church. [Among many other things], he delivers printed versions of the weekly virtual worship services to church members who do not have access to the Internet. Larry is a very busy man in retirement."

"From presiding over the Williamsburg HS Alumni Assn.

to kayaking with seniors, Larry is out there!"

I think we can all agree that Larry is what we used to call "a regular guy." **Thanks for all you do, Larry!**

Let us know your pick for Senior Spotlight! Call or email the Senior Center with suggestions!

Fuel Assistance: renewal applications should all have been sent out as of the end of September. New applications are also being processed. To call for Fuel Assistance, dial 1-800-370-0940, and press 1 for fuel assistance. Their website is: www.communityaction.us. Choose "home energy assistance" and click on "fuel assistance."

Vote! Tuesday, November 3rd is the day of the Presidential Election and for various other elected positions. Polls are open from 7:00 am – 8:00 pm at the Haydenville Town Hall and the Anne T. Dunphy School. Early voting will be 10/17 – 11/2/2020. **Your vote counts!** If you have questions, call Town Clerk Brenda Lessard at 268-8401.

Outdoor Home Visits

Every once in a while, this COVID thing gets to me. When the heck will it end? What I miss most is talking to someone in person. Do you feel the same? If so, what would you think of talking with someone outside your home, sitting down, masked, and six or eight feet away? Of course, we'd be yelling because who can hear what anyone's saying through a mask? There are some of us at the Senior Center and in the community who'd love to hang out with you for a half hour or so. If this is safe for you and something you'd like to do, call the Senior Center at 413-268-8407. Tryna Hope

CVS Flu Clinic Reminder:

Friday, Oct. 9th from 10:00 am – 3:00 pm at the Town Hall in Haydenville. This is an outdoor event (individuals can remain in their car) for people 60+ with social distancing protocols in place: must wear a mask, 6 feet apart, use hand sanitizer. Please bring your Medicare Card Part B or other insurance card if applicable. **You must be registered** for this event. If you haven't already registered, please call 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 - Email: 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 an agent 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.

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! If you've already registered, call 413-739-7436 or 866-277-7741 to schedule.

Third Thursday Men's Group

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

Chair Stretch & Strengthen

Alexandra Mello will start class in October via Zoom. Class day & time to be announced. If interested, call or email the Senior Center and you will be contacted when plans are complete. No fee for class.

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. Contact the Senior Center to sign up!

Brown Bag: Food for Elders

This program provides a free bag of healthy groceries to eligible seniors once a month at the Senior Center. Call The Food Bank at 413-247-9738 or 800-247-9632 or download a printable application at 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. Call us at 268-8407.

Phone Scams

Here's a common one – a young man calls an elderly woman, says he's her grandson/daughter. He tells her he's far away from home and is in police custody. He says he needs money for the lawyer, to pay his bail, and for travel home – oh, and please don't call mom/dad/anyone or in the family. The fake grandchild might put another person on the line who says he's the grandchild's lawyer who verifies the story. I know of and have heard of several Seniors who have gotten scammed by someone like this. The caller is believable, manipulative, and knows how to scare you. Don't be the next one to fall for this.

Tryna Hope

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!



Highland Valley ELDER SERVICES

**Assisting Elders, Families & Caregivers
through collaboration, education
and advocacy for 45 years.**

413-586-2000

**All programs and services still operational
during the COVID pandemic.**

Information & Referral Services

Family Caregiver Program– Resources for Caregivers

Home Delivered Meals

Community Dining Sites

Ombudsman Services– For Nursing Facility Advocacy

Money Management Assistance

Protective Services

Case Management

Options Counseling

Transportation Concierge

Homemaking, Personal Care, Companion

Personal Emergency Response Systems

Consumer Directed Options- Hire family/friends to

provide the assistance you need.

And more...

www.highlandvalley.org

info@highlandvalley.org



Options Counseling provides:

- Free consultation with a certified Options Counselor.
- Unbiased information.
- One-on-one meeting, either in person, over the phone or by email, to discuss what your short and long term goals are.
- Personalized approach that ensures that your choices are respected.
- Exploration of options for paying for services.
- Referrals related to your particular needs and wishes.
- Assistance with planning the next steps.
- Information about long-term care services and supports.

**To connect with an Options Counselor contact Highland Valley Elder Services Information & Referral Department:
413-586-2000**

Chesterfield Community Cupboard closes as the Little Corner Cupboard opens in new location on October 1



Cold weather coming, lack of heat sources and logistical problems with snow plowing have led the Chesterfield Community Support Team, in consultation with the Board of Health, to set up at a smaller site at the entrance to the kitchen at the Chesterfield Community Center. It's been clear that the food that's been offered at the Cupboard has been very appreciated and needed. The need to keep it going will no doubt continue as financial hardships grow, prices of food increase and farm markets begin to close. Even with the Goshen Pantry, CISA coupons and Hilltown Bucks, food insecurity persists.

New protocols have been developed for assuring the health and safety of everyone using the cupboard in the new restricted space. The "Little Corner Cupboard" will be open twice a week on Tuesdays from 9-11am and Thursdays from 2-4pm. Volunteers are required to be on site during the open hours. Strict guidelines for social distancing and sanitizing will continue to be followed and masks are required. The goal of staying as anonymous as possible is still in effect. The duration of the program will be guided by the receipt of business and individual donations.



Would you like to receive your newsletter, in color, 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!

Scam Covid-style

You have to admire scammers, in some ways. They see a new thing in life and adjust their pitches to it, and quickly. For instance, did you know some scammers want you to think you can get a government stimulus check from a car dealership? They may send a check that says "COVID-19 Auto Stimulus" with space to endorse the check on the back, according to the Federal Trade Commission (FTC).

Another example. I ate inside in one restaurant and they asked me for contact information in case they need to do virus tracing, e.g., tell me there has been a potential contact with a person who tested positive for Covid-19. Well, another wrinkle from the scammers is to call and pretend to be a contact tracer and ask questions that go beyond the names of places and people you have come in contact with. A real tracer will never ask you for money or financial information.

Certainly the savvy citizens of Massachusetts would not suffer from these scary scams! Sadly, from Jan. 1 to Sept. 9 in MA, there were 5,664 fraud reports with a loss of \$2.69 million dollars. And that is just what was reported! There was a very sharp increase in cases starting in mid-March. Funny coincidence, that, timed with the virus. These data are from the FTC Covid-10 and Stimulus Reports: public.tableau.com/profile/federal.trade.commission#!/vizhome/COVID-19andStimulusReports/Map

I'm sure you can figure out not to buy a virus testing kit, "early-release" vaccine, or a preventive or cure for Covid-19 from a phone call or email. You won't assume someone who says s/he is calling from the government (Social Security, Centers for Disease Control, etc.) has your best interests in mind. All the old safeguards still hold – don't click on email attachments, don't answer the phone from an unknown source, guard your wallet and identification., don't get pressured into paying, keep some skepticism.

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

Good News!

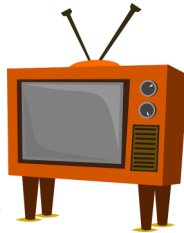
By Deborah Hollingworth

For all of us on Medicare, it's annual Open Enrollment again. October through the first week in December...we get to go shopping...for our health care coverage. If you don't want to "shop" for different coverage, you don't have to, but there might be a better deal, that is better coverage for less money. And we all love to bargain hunt. Maybe not so much with health insurance? If I've heard it once, I've heard it dozens of times that folks just wish their coverage was simple. Perhaps in my lifetime, it will be, and we will look back on these days of chaos when health insurance companies bombarded us with their advertising as "back in the dark ages".

But in the meantime, our mailbox (and TV) is full of advertisements for health insurance because this is the season to switch if you want to.

What is all the advertising about?

When we turn 65, and we've paid into social security, or our spouse has paid into social security, we get Medicare: original Medicare A & B. Then we can sign up for a Medicare D plan to cover our Rx, or enroll in a Medicare Advantage plan that covers Rx. Each year in the fall, during Open Enrollment, we get to change our mind and select different coverage. Many Medicare beneficiaries will decide to change their Rx coverage (their Medicare D plans). This happens a lot because the D plans change their prices, change their deductibles...even change their formularies which is the list of Rx they cover. So what was a "good" plan for you last year may not be a good plan for you next year.



An example that kept us SHINE counselors busy last year was a Humana Walmart's switch. Their \$32 x month D plan that covered a lot of Rx, changed to a \$62 x month plan for the same coverage. If folks read their mail, they were pretty upset. If they knew to call a SHINE counselor, they could "shop" the plans for the upcoming year and discover that Humana had another plan, in the \$30 x month range...which covered almost the same Rx. But you had to know this....and switch.

How does the switch work?

During Open Enrollment, you get to sign up for a new plan if you want. The new plan takes effect January 1st and cancels out your old plan. To see if you should switch, you might contact your SHINE counselor who can do a Plan search/

analysis for you and give you the contact information you need to call and enroll in a new plan.

You can call your senior center to schedule an appointment with a SHINE counselor. 'tis the season to be shoppers, if we want.

Household Hazardous Waste Collection

**Saturday, October 24, 2020,
9 am – Noon**

at Westhampton Highway Department

Create a Safe Home: Properly dispose of household hazardous waste. The Hilltown Resource Management Cooperative (HRMC) announces their annual HHW Collection Event for residents of the ten HRMC member communities of: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

The program is free to HRMC member-town residents, however, reservations and pre-registration is required. Pre-registration runs from October 1-18, 2020. Please email your name, street and mailing address (including town and zip code), and phone number to hrcm@hrcm-ma.org. Or you may phone HRMC with the above information including an email address at 413-685-5498. Note that Huntington residents are asked to provide their transfer station sticker number at the time of registration. HRMC will confirm your registration by email and send an attached confirmation letter to bring with you to the event.

Protect your home and our environment by properly disposing of old or unwanted household chemicals. Products containing lead, petroleum products, pesticides, herbicides, and acids should NOT be poured on the ground, down the drain, or placed in household trash.

The HRMC HHW collection program accepts a wide range of unwanted household products with labels that indicate that special handling is required. Examples of common warnings include "caustic, toxic, corrosive, poison, flammable, warning, danger, caution and keep out of reach of children and pets."



Make your home a safer home by changing your purchasing habits, and adopting some minor changes to the way you clean your home or care for lawns and gardens.

For more information on recycling, visit the "What to do With" link at: www.hrcm-ma.org

Epidemics

The world today seems to find us more stressed and frightened than COVID-19 can explain. The unrest, divisions and anger seeping into the fabric of our lives leaves us hoping, if not longing, to find a way to understand how we got here and what's in the future. Sarah Prince, our yoga teacher, found a passage from Ayurveda, an ancient system of health maintenance. Today it is often referred to as the sister science of yoga. The main text, Charaka Samhita, written 2,000-2,500 years ago, is primarily a discourse between Atreya (a great Ayurvedic physician) and his disciple Agnivesa. It was first written in Sanskrit in a poetic style, as are all Vedic texts. The rhythm, meter and melody of the Vedas allowed for easier memorization.

The Root Cause of Epidemic

Agnivesa asks Atreya, "What is the root cause of Vata imbalance, which is the root cause of an epidemic?" This was Atreya's response (remember, these are written in poetic form, over 2,200 years ago):

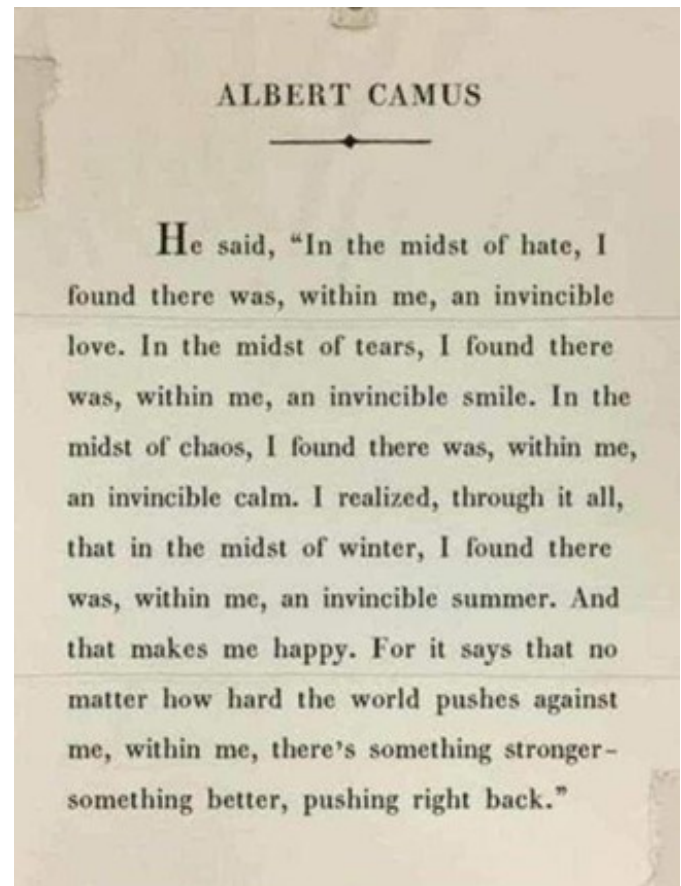
The root cause of derangement of vata and epidemic is unrighteousness. When the Heads of country, city, guild and community have transgressed the virtuous path and deal unrighteously with the people, their officers and subordinates, the people of the city and community, and merchants carry this unrighteousness further.

Thus, the unrighteousness puts pressure on and forces righteousness to disappear. Then the people with righteousness, having disappeared, are abandoned even by the Gods. Consequently, when righteousness has disappeared, unrighteousness has the upper hand and the Gods have deserted the place, the seasons get affected and because of this, it does not rain on time or at all. There is abnormal rainfall, winds do not flow properly, the land is affected, water reservoirs are dried up, and herbs, giving up their natural properties, acquire morbidity or die. Then epidemics break out due to polluted environment and food.

Likewise, unrighteousness is also cause of the destruction of community by weapons. Those who have excessively increased greed, anger, attachment, and conceit, disregarding the weak, attack each other.

Sharma, PV Charaka Samhita, Vimanasthanum, Ch. 3. Verses 20, 21 Chaukhamba Orientalia. Delhi. 1981

During this challenging time everyone who looks for truth and the right thing to do and does it will bring balance back to our planet.



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

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US POSTAGE
PAID
PERMIT 183
Greenfield MA

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Our Many Volunteers

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

October is Fall Prevention Month

CATCH YOURSELF! Simple Steps to Prevent Falls

Your risk of falling increases when you have:

- fallen before
- balance problems
- chronic diseases
- depression
- hazards in the home
- a lot of medications
- memory problems
- muscle weakness
- problems walking
- vision problems

Reduce your risk of falling and stay independent, healthy and strong by following these steps:

1. **Get a fall risk assessment.** Talk to your doctor about your fall risk, especially if you have any of the conditions above.
2. **Review your medications.** Bring all your meds and supplements to your doctor or pharmacist at least once a year and when there are changes in your health. Ask about side effects and interactions, especially if you take four or more meds.
3. **Have your vision checked** once a year by an eye doctor.
4. **Engage in regular physical activity.** Ask your doctor about the best activities for you and make a plan. Doing Strength and balance exercises using your lower body can build your strength, improve your balance and coordination, and reduce your risk of falling.
5. **Assess your home and make changes for safety.** Use a home safety checklist or talk with a professional to look for things inside your home that make you more likely to fall. Change your home to make it safer; reduce clutter, improve lighting in rooms, hallways and stairwells; and install handrails and grab bars.

For more information, visit: www.stopfalls.org.