

Living Well



January
2021
Newsletter

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



Well, we made it through 2020, and what a wild and weird year it was, with sadness for all the friends and family we have lost and the folks we are missing. Here's to hoping for a better year ahead and maybe, just maybe, a return to some form of normalcy.

We look forward to opening the Senior Center again, when it becomes possible. Meanwhile, we continue to operate and offer as many programs and services as we can, thanks to the instructors and many volunteers! And if there is something we can do for you, please let us know! **Looking forward to the possibilities of 2021!**

Caregiver Support Group

The Williamsburg Senior Center invites people who are taking care of a loved one to join the Caregiver Support Group. Whether your loved one lives with you, in their own place, or in a long-term care facility, this group is for you.

The group is a confidential place to talk with others who are having similar feelings, frustrations, and senses of loss. Sharing both difficulties and joys is more helpful than you might think.

The group meets on Zoom twice a month, from 11-12 on the first and third Thursday. If you are interested, call the Senior Center at 413-268-8407. If you need help with Zoom, let us know and we'll do our very best to see what we can do to help.

Pen Pal Program

As of this writing, we have no news about the 6th graders. We will get back to you as soon as we do. If you'd like to be on the list, give us a call. (268-8407)

TAI CHI — GRADUALLY, GRADUALLY

Remember Monday November 30 of this year when it rained all day? I do. I was at work at the Williamsburg Senior Center when Melissa, the Director, called me over to look out the window. There in the pouring rain were five or six people in the parking lot doing Tai Chi led by Martha "Marty" Phinney!

This class began years ago in Chesterfield but during COVID it meets weekly outside of the Williamsburg Senior Center. Here is what the students told me they get from Tai Chi and this class:

"I find it a beautiful way for older people to move; it is slow, fluid, great for balance, and because there is a specific sequence, good for the brain". (Susan Waltner)

"...health, balance in mind and body, and centeredness." (Paul Sonerson)

"The classes have been great for helping with my core strength." (Jim Fortini)

"It's magical, the way you're carried along with the group if you can let yourself go." (Sarah Prince)

"The connection to the earth and natural world through the body, the poetic names." "A bright spot in the pandemic" (Jean Blakeman)

"I find that for me, doing it outside creates a visceral connection to the natural world." (Hilary Nolan)

Who is this Marty Phinney whose Tai Chi teaching keeps her students coming back even outside, even during COVID? Here is what I learned:

Marty offers non-judgmental, non-competitive support and she has faith in each of her student's abilities. She's welcoming to all students and knows how to modify the exercises and postures to meet the needs of her students. Marty is a teacher. She understands the form, she is clear and she is patient. "It's very apparent in her teaching that Marty is grounded in her practice, that she understands energy and knows how to communicate that to her students." Wow! You won't be surprised to learn that I've joined her class.

If you are interested in talking to Marty about joining this class, call her at **413-268-3228**.

If meeting outside is too daunting right now, the Senior Center in Northampton offers beginning Tai Chi on Zoom.

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**.

Medical Rides

PVTA is providing medical rides in their vans with **Dial-A-Ride Services, (413) 739-7436**, for seniors 60 and over. Rides are available **Mon-Fri from 6:30 AM to 5 PM** during the pandemic. **One-way rides are \$3 - \$5 depending on locations and distance.** One-time advance PVTA registration is required before you can call for rides. **Register for Dial-A-Rides at (413) 739-7436 for a short intake or call the Senior Center at 413-268-8407 and we'll do it for you.** If you want to purchase tickets or need financial assistance, call us. We may be able to help.

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 footcare 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 still being held outdoors in the garden behind the Town Offices on Wednesdays at 10:30, Susan will be in touch with class members if class time looks promising.

Yoga for You

Yoga classes are led on Zoom Tuesdays at 6 pm. Contact Michele at morales.wolk@gmail.com.

Tai Chi (see also pg 1)

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

Strength and Cardio Workouts

Joan Griswold is leading workouts via Zoom Thursdays at 10:15am. Visit her at www.bybhealth.com. Contact the Senior Center to sign up!

Third Thursday Men's Group

Meets via zoom meeting on 3rd Thursdays @ 8:30 am. This ongoing group meeting has been very popular. Email Larry (landwest3315@yahoo.com) to get on the contact list. Join in the conversation!

Higland Valley Meals

Packaged meals are delivered by volunteers Mon-Fri. Call the Senior Center to register. Suggested donation of \$3 per meal.

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 <https://www.foodbankwma.org>. (Click on the Get Help tab and select Brown Bag.) Send applications to: **The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.**

Take and Eat

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

Wellness Calls

The Williamsburg Senior Center is making calls weekly or monthly to see how you are doing. If you are feeling lonely, or would like a check-up call, we'd be glad to add you to our call list.. **(268-8407)**

The Senior Center is grateful for all the generous donations you have given us! Thank you for your financial and your volunteer donations which keep our programs running and enable us to serve the community!

If you would like to contribute, please fill out the form below and send your donation to **Williamsburg Senior Center, P.O. Box 193, Haydenville, MA 01039**. Again, we thank you!

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 Us Support Your Neighbors!

Seniors Aware of Fire Education



I am sure that we are hoping that 2021 will be a much better year than 2020. But whatever happens with COVID, January will still be January with its cold, ice and snow; and we Hilltowners will be driving in that stuff. Here are a few things that you can put in your car that will help you if you get stuck in the weather:

- ⇒ A flashlight with extra batteries
- ⇒ A first aid kit and manual
- ⇒ Jumper cables.
- ⇒ Flares
- ⇒ Blanket, hat, mittens, shovel, windshield scraper, sand, tire chains, fluorescent distress flag, caution triangles.

Have a SAFE New Year!

--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 to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

List Plus Calendar Equals a Plan

So along about this time of year, I often write about things that could be New Year's resolutions, or not, depending. If you don't believe in making resolutions, that's ok, but I have a suggestion for you. Make a list! Associate that list with a calendar, and **ta da!** You have a plan! This a way to make a possibly overwhelming task doable, and so much in life improves with a plan, I do believe.

The plan to which I refer is based on a list which is based on things you really should do to make life easier for yourself and for those who follow behind you. Remember the Big Five? They are the will, health care proxy, durable power of attorney, advance directive, and HIPAA privacy release. No surprise, they will now and again require a review and update. Last year to those five we added the task of keeping up with your credit reports, and I'm going to add three more – writing a Letter of Instruction, compiling relevant information, and preparing a budget.

Why the calendar? If you take these nine items and assign them a calendar month, then you can spend a few minutes a month dealing with them one at a time. You will then have three months to do as you please!

First, pick your lucky number (between 1 and 30, ignoring February's limitation) if you have one. Then pick one of the nine items and pair it with a month. Write them all down on your list and in each month of a calendar on your lucky number day. It doesn't matter a whole lot what month you use, but you might want to use March to check your credit reports because this task is free and easy until the end of April. If you haven't done this, go to 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.

Contact me if you need a refresher on the Big Five, and Plan Away!

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

Good News!

By Deborah Hollingworth

This month's good news is about an often forgotten benefit called Health Safety Net.

This program was started back in the 1950s when we were investing in our nation's infrastructure, building interstate highways, schools, hospitals and clinics. As is the case with much federal funding, the money to build our hospitals and clinics came with a mandate, a promise to provide care for patients with limited financial resources. Decades ago, this program was called "Free Care" and helped provide medical treatments/services, usually in the hospital's ER, for those patients without insurance, struggling to pay medical bills. More recently it was called "Uncompensated Care Pool" meaning hospitals and federally funded clinics could bill for patients if they had no insurance and limited income.



These days it's called "Health Safety Net" which is a much better name because this program provides a safety net for those whose insurance isn't covering all their bills.

Example: if you are hospitalized and have Medicare, but no supplemental insurance, you are responsible for paying the hospital deductible of \$1400 and most likely some co-pays for medical treatments received. If you meet the income guidelines, Health Safety Net could cover these costs.

The interesting thing about Health Safety Net is that this benefit eligibility regulation does not count assets. If you are single, your income needs to be below \$1,595/month. If your income is as high as \$3,190/month....you would still qualify for partial Health Safety Net. Married couples income needs to be less than \$2,155 for full benefits, but can be as high as \$4,310 for partial coverage.

Health Safety Net covers any co-pays or deductibles for a hospital stay and any medical services you receive in a federally-funded clinic (like the Hilltown medical centers). Yes, this includes dental care you might receive there.

The good news gets better. If you are having difficulty paying for your Rx because even though you have a Medicare D plan, or insurance through your retirement pension, your co-pays are really high: Health Safety Net pays for your Rx if you use the pharmacy in a federally-funded clinic like Holyoke or Chicopee medical centers. Their pharmacies take "outside scripts", meaning your doctor can call in your Rx to that pharmacy and you can pick it up free, or with a very low co-pay. Health Safety Net will be billed.

Example: over the years, I have had folks with inhalers with big co-pays, some medications for osteoporosis or glaucoma with co-pays of several hundred dollars a month. If they meet the income eligibility guidelines, Health Safety Net will pay for their Rx.

Health Safety Net is not MassHealth. It is a Federal program. But in Massachusetts, you apply for HSN by filing a MassHealth application. For help with that, you can call your senior center and ask for a SHINE counselor.

Where in the Hilltowns can you get help with food?

Winter is on our doorstep, the pandemic is still with us and having choices for safe access to food still is a challenge. Here are some of the options available:

- ⇒ **The Hilltown Food Pantry** in Goshen is open on Wednesdays from 1-3pm and every third Wednesday from 1-6pm. It offers food at no cost for everyone.
- ⇒ **Chesterfield residents** can pick up food at the Community Cupboard on Tuesdays and Fridays from 9-11am. Located at the Community Center, it's available for people who need to avoid traveling to box stores, facing financial difficulties or could benefit from help for related reasons. No registration or release of personal information needed.
- ⇒ **Highland Valley Elder Services Meals on Wheels program:** Call (800) 322-0551 to find out more about their Home Delivered Meals and to learn the latest in adaptations made during COVID-19
- ⇒ **Take and Eat.** Our Lady of the Hills Church and Williamsburg Congregational Church offer residents in the hilltowns a meal program called "take and eat". Volunteers prepare meals each Saturday and deliver those meals to residents who have requested them. Anyone wishing to receive a free meal please contact Nancy Wood at 268-7978.
- ⇒ **Hilltown Food Bucks**, offered through HCDC. Eligible participants can receive between \$100-\$125 food coupons per month for five months to be used at participating local stores and farms. The coupons double your spending power when you make a purchase, so a shopping basket worth \$80 can be paid for with \$40 of coupons and \$40 of your own money. For questions on the Hilltown Food Bucks program, please contact Kate Bavelock, Director of Community Programs, at kateb@hilltowncdc.org or 413-296-4536 x116. Participating Retailers: Corners Grocery Store in Worthington, Chesterfield General Store, Old Creamery Coop in Cummington, Moltenbrey's Market in Huntington, and the Williamsburg Market.
- ⇒ **The Plainfield Mutual Support Network** has

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an account set up at The Old Creamery in Cummington for folks in need. In Worthington, the Sawyer Farm is offering food pickup. First-timers get \$20 off their first order. Contact info needed.

⇒ **Cummington:** Groceries & prescription pick-up/delivery. Call 634-5452 or email cummington-certcvhelp@gmail.com to arrange, as well as grocery deliveries from the Creamery and Sawyer Farm on Tuesdays and Fridays. Orders must be in by Mondays and Thursdays at 2 p.m. **Emergency food:** If you find yourself in need of food and cannot wait until your next grocery trip or next pick up from the food pantry, CERT can help you. Please call 634-5452.

⇒ **Westhampton Winter Food Pantry:** The food pantry at the church is stocked with items. Anyone needing food is welcome to come: Mondays & Wednesdays 5-8pm, Fridays 11am - 2PM, Saturdays 9am-12 Noon. It is located in the church kitchen at the back of the church. When open, the doors will be unlocked. The pantry is anonymous and self-serve. To keep the food bank running, they need volunteers to help open and close the pantry. Those interested in helping can sign up here: www.signupgenius.com/go/20f0544ada82ba5ff2-food

⇒ **The Take and Eat ministry** is a non-denominational effort that serves elders and home-bound people in need, preparing and delivering weekend meals for up to 100 clients in Easthampton, Southampton, and Westhampton, on the first, third, and forth Saturday of the month. St. Philip's Episcopal Church and the Westhampton Congregational Church are working together to provide meals on the 4th weekend of every month. If you have any questions or have a specific need, you can call the church at (413) 527-4204 and someone will get back to you.

Nanette's Nook

Nan Clark, a writer of children's animal stories, has provided a story, in couplets, that brings a lighter side to life as we face a new year. It reminds us of two things: that love is more permanent than one thinks and happy endings to stories still lighten an otherwise dreary day. As Nan writes: "This is a true story about my grandmother and a piglet she raised on their farm in Pennsylvania in the 1800s. Her name is Lida Andre." The pig's name is Ted. Looks like Lida was quite a lady. Nan may soon be providing more of Lida's farm stories. We need stories now more than ever. Do you have one you'd like to share? If so, send it to coa@townofchesterfieldma.com.

Pig in the Parlor: A Pig's Tale with a Twist

By Nan Clark

"A pig in the parlor!? Never!" you say:
But that is where Ted was discovered today.

His Missy was missing- "a 'birthing'", they said,
Which, of course, didn't make any sense to her Ted.

He considered this woman to be his Pig Mother
And didn't desire a sister or brother.

After all, she had raised him since he was a runt;
"She can't do without me", he'd boast with a grunt.

A box by the wood stove she'd fixed for his bed;
Nothing was ever too good for her Ted.

His bottle she'd filled with warm milk from her Bossy;
In no time at all Ted was plump, pink and glossy.

She'd scooped out a grapefruit and filled it with mash;
Young Teddy would slurp up that slop in a flash.

He grew and he grew, getting Bigger and BIGGER;
Til famous he was for his Fabulous Figure!

You'd think he was merely a mite of a mouse,
The way that he wandered all over the house.

Today it was different, there could be no doubt;
Ted couldn't push open the door with his snout.

Looked out his kitchen- it couldn't be true!
Just what would you do if it happened to you?

Ted shoved and he grunted and made such a fuss-
That the hired man chased him and told him to hush.

So he settled quite quietly down by the door;
It seemed that he waited forever — or more.

In his pig-perfect mind Ted was wishin' and hopin'
Someone would forget him and leave the door open.

And that's how he wangled his way to the kitchen;
With a rush, and a grunt, and his curly tail twitchin'.

He knew with a sniff there was no one around,
So he searched through the house without making a sound.

He hid when he harkened an old neighbor lady-
A'fussin' and cooin' 'bout someone's new baby.

"You best be a'namin' the darlin'", she said;
And she went to the kitchen, but didn't see Ted.

He waited until he was sure she was gone —
He had to find Missy, he'd lingered too long.

Teddy peeked in the parlor and felt all undone,
On the day-bed his Missy was snugglin' her son.

But seein' her pet pig, she cried out with joy,
"Come closer, my Teddy, you're still my Big Boy!"

"Oh Teddy, you will never know how I missed you;
And now that you're here I am just gonna kiss you!"

Well, Teddy's pig-heart was 'bout burstin' with bliss,
And he squealed his excitement, expectin' her kiss.

Just then the old neighbor returned to the parlor-
Saw Ted by the day-bed and how she did holler!

She tossed her starched apron up over her head;
She shivered and shook and she finally said-

"In all me born days as a birthin' mid-wife
I never did see such a thing in my life!"

A Pig in the Parlor! - You callin' him Teddy-
Me thought you be naming' your baby already."

She snatched up her shawl and homeward she hurried;
Missy laughed and told Teddy he needn't be worried.

She showed him her baby, all pinkish and pouty,
Ted touched his wee toes with the tip of his snouty.

The baby, so small, didn't show any fear-
And he curled a fat fist around Teddy's tough ear.

So Missy and the baby and Teddy were glad;
It was surely the best day that they ever had.

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

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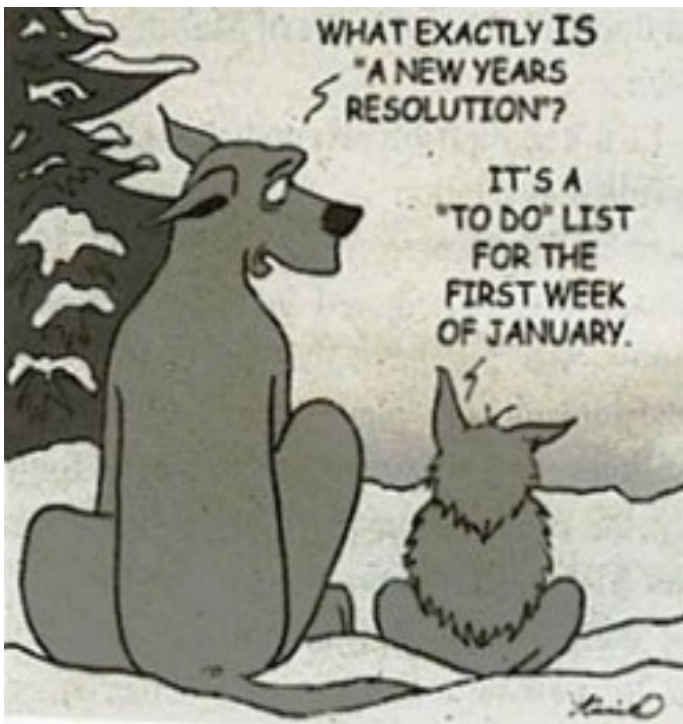
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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.



WANTED: Internet Technician

to coach, consult and problem solve transitions to using computers and life on the internet. Flexible hours, access to work space and resources needed. Looking for someone with experience, good interpersonal skills, patience and pride in seeing people succeed.

Do you know anyone who might be interested in this part-time role?

If so, please contact Jan Gibeau,
Director of Chesterfield Council on Aging:

413-296-4007 or

coa@townofchesterfieldma.com

