

Living Well



March
2021
Newsletter

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

SENIOR FARM SHARES

It seems like full-on winter, but spring fantasies abound—the farmers are ordering seeds and the Williamsburg Senior Center is thinking about next summer's farm share.

This year the Senior Center is working to reach out to low-income seniors (60+). We try to keep the price down in order to encourage participation in farm shares. We anticipate a rate of \$6 per week, subject to change. Locally, the average price of a farm share is about \$25 a week, so this is a good value.

In light of these realities, Prospect Meadow continues to be the most accessible program for Williamsburg and allows us to provide fresh produce at a good price. The season will run for 20 weeks.

Prospect Meadow produce is mostly organic but there are some crops that use integrated pest management and minimal pesticides. You can find out more by visiting this link: <https://www.servicenet.org/services/vocational-services/prospect-meadow-farm/>.

Please email tsmith@burgy.org or call 413-904-8853 if you have any questions.



HILLTOWN FOOD BUCKS

Hilltown Food Bucks, sponsored by the Hilltown Community Development Corp, (HCDC), was created to help make buying food at a local store or farm stand easier to afford for Hilltown residents experiencing economic stress due to the COVID 19 pandemic.

Participants can redeem coupons for food purchases, for example get \$5 off a \$10 dollar purchase, using the coupons. This program has limited funding and has income eligibility requirements.

If you are interested you can get a one-page application at The Williamsburg Senior Center. If you have any questions, call the Senior Center at 413-268-8407, or contact Kate Bavelock, Director of Community Programs at HCDC at 413-296-4536, x116, or kateb@hilltowncdc.org.

GIFT BAGS

We here at the Senior Center talk regularly about how to let the elders in our community know we're thinking about them. A couple of months ago, Melissa, our Director, said "What about gift bags?"



And we were off and running! We decided that the gifts would include some food items, some useful things, and some fun items, etc.

Tamar Smith, our Food Coordinator, did the bulk of the shopping. Every day was a surprise when we saw what she'd brought in. We agreed that everyone over 80 would receive a gift bag and we'd deliver 20 at a time, starting with the oldest residents, ending with the youngest.

We called everyone prior to bringing the bags to be sure the people would like to have them. The deliveries were done by Melissa Wilson, Carol Hendricks, Tamar Smith, Diane Martin and Daria D'Arienzo. They each said they enjoyed doing every part of it.

The first delivery of 20 gift bags went out on January 25th. Word is they were a hit! The next delivery was February 8th, between snowstorms.

This enjoyable project will continue to be funded by donations from many of you and a grant from the Elder Trust Fund here in "Burgy." Thanks to all.

Phase II COVID Vaccine Information

If you haven't yet had your Covid-19 vaccine, you must register in order to get an appointment. Local sites:

Northampton Senior Center, 67 Conz St. Call 413-587-1219 or register at www.northamptonma.gov/vaccineclinics.

Amherst Regional High School, 21 Matoon. Call 413-259-2425 or register on-line: www.amherstcovid19.org/vaccine

UMass Amherst Campus Center, 1 Campus Center Way. Register at <https://www.umass.edu/coronavirus/vaccine>.

You will never be asked for your credit card information. Please have insurance information available. You may contact the Senior Center for additional info.

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

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, 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 or call the Senior Center at 413-268-8407 and we'll help. To purchase discounted tickets or get 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 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 on hold for the coldest months. Susan will be in touch with class members when class time looks promising.

Yoga for You

Yoga classes are led on Zoom Tuesdays at 6 pm. Donations are appreciated and go directly to Michele. Contact her at morales.wolk@gmail.com.

Tai Chi

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. Donations gratefully accepted.

Third Thursday Men's Group

Meets via zoom on 3rd Thursdays, 8:30 am. To join the ever-popular group meetings, email Larry West (landwest3315@yahoo.com). Be one of the "guys!"

Highland Valley Meals

Packaged meals are delivered Mon-Fri. Call the Senior Center to register. Suggested donation, \$3/ meal. (can be paid weekly or monthly)

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. Contact the senior center to find out more or to sign up.

Wellness Calls

The Williamsburg Senior Center is still making friendly calls. If you are feeling lonely, or would like check-up calls, we'll add you to our call list. **(268-8407)**

Thanks to Highland Valley Elder Services for the Title III Grant that fully or partially funds the following programs: the **Companion** program, (help and home visits); the **Outreach** program (phone call "visits", referrals and more); the **Carpool** program (meal deliveries, shopping and more). If you are interested in volunteering or if you need a little help, let us know—we'll be happy to see if you are eligible!

The Senior Center is grateful for your generous donations! Your financial and volunteer donations help keep our programs going and enable us to serve our 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**.

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 Our Neighbors!



Seniors Aware of Fire Education



The State Fire Marshall tells us that electrical fires are the second leading cause of fire deaths in the Commonwealth. Here are some ways to avoid an electrical fire:

- Plug major appliances like space heaters and air conditioners directly into wall outlets. Do not use extension cords or power strips.
- Charge laptops and cell phones on hard surfaces, not on soft surfaces like beds or upholstered furniture.
- Unplug any device powered by lithium-ion batteries when charged. Do not over charge them or leave them charging unattended or over night.
- Turn heating pads, electric blankets and space heaters off before sleeping.
- Learn how to deal with a fire in your microwave oven -- hint: keep the microwave door closed, turn off and unplug it if you can do so safely.
- Store batteries the way they come -- not loosely in a baggie.

Have a sweet Sugar Season and stay 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.

Regional News



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!

Big Five plus Relevant Information

Assuming you have done a Letter of Instruction following last month's suggestion, you have quite a jump on this month's item. Good on you!

I can think of three categories of Relevant Information to keep and file. One is related to taxes, you know, "keep tax records for 3 years unless something else pops up to bite you in the ahem." We go to the horse's mouth for that guidance and type in a search question, e.g., at IRS.gov, "how long do I keep tax records". I find the major tax preparing firms such as TurboTax and H & R Block have still accurate but even more useful information.

The second category of information comes from making a good bet that files related to the contents of that Letter of Instruction will be needed. This means current insurance policies, real estate deeds, bank statements, vehicle titles, tax files, warranties, contracts, and, I'm afraid, more and more. There are ots of suggestions online for organizing these, such as files for employment, financial, health, identity, insurance, real estate, and vehicle. Let me know if you want some suggestions.

The third category is personal. Family marriage, birth, and death certificates will be useful in genealogy. Some medical records could be very helpful. Records of a significant achievement may get passed on in the family. Embarrassing photos of babies will want to be available for embarrassing those adults. Well, I did say personal. You have to figure out what this means to you.

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

Good News!

By Deborah Hollingworth



Spring officially starts, March 22nd! And the operative word, as the vaccine roll-out continues, is **patience**.

The online sign up for appointments continues to improve. There are a number of ways you can get assistance to sign up online at the state website, www.Mass.gov. Volunteers are being recruited to help, there are promises of making the website easier to navigate, and more vaccination sites continue to be opened in our area. Best way to get current information is to call your senior center where we are attempting to stay on top of developments as they happen.

The Massachusetts Scheduling Resource Line 877-211-6277 opened last month and is able to book an appointment for you. You can call and speak to a person. They are aware of availability for all sites statewide. Patience and perseverance are recommended in order to get through. All calls are free and confidential. The TTY number is 508-370-4890. Thanks to all those who helped get this much needed resource in place for those of us with limited, or no internet access.

NOTE: if you receive a phone call about the Covid-19 vaccine, know that the Board of Health, Council on Aging and others who might be volunteering to assist you **will never ask for your social security number, your credit card or bank information**. We will ask only for your name, date of birth, address, and Medicare insurance card number. There are some scammers who are using vaccine registration to get your information. **The Covid-19 vaccine is free**. If you have any concerns about the legitimacy of a phone call you receive, please hang up and call your local Board of Health or Council on Aging.

In other good news, the freeze on MassHealth benefits continues through April 24th, when the Governor will review it again. MassHealth benefits have been "frozen" since March last year. This means if you have had MassHealth, you haven't lost it, even though you may no longer be eligible. Coverage has not ended, and will remain in place until the Governor makes the decision to resume normal MassHealth processing.

Other not so good news...some of you may have received letters from MassHealth saying they will no longer be paying your Medicare B premium. You are not



alone, 1800 Massachusetts residents received this (Federal) subsidy which will end February 28th. If this has happened to you, or someone you know, you can contact your SHINE counselor for details. You will not lose your other MassHealth benefits, just the Part B subsidy. If you have questions about medical insurance, you can always contact your senior center for a SHINE appointment anytime.

Tax Assistance

Hilltown Community Development unfortunately will not be offering community tax prep assistance this year due to ongoing safety concerns for our volunteers, staff and clients.

However, Community Action Pioneer Valley is providing FREE tax assistance to clients who live in Hampshire or Franklin counties with incomes of \$31,900 or less (for a single filer). Clients will need to be able to scan and email their documents to participate this year. Those who do not have that ability are encouraged to wait until after March 1st, since Community Action is working on a possibility of a "drive through" scanning of documents. For additional information and to schedule an appointment please visit Community Action at www.communityaction.us/freetaxassistance or call 413-376-1136.

An additional resource is AARP's free online tax assistance website. There is no income limits or other restrictions for people to utilize the AARP self-prepared service.

Please note that the IRS is not accepting 2020 tax returns until February 12th this year.

AARP recently put out the following article "**Ten things to know about your 2020 tax returns**" that discusses some tax changes for 2020, what to do if you haven't received the stimulus checks, and other relevant topics:

www.aarp.org/money/taxes/info-2021/getting-ready-to-file-2020-taxes.html

Cummington Fair photos



April Judd is working on a Cummington Fair history book and is looking for photos. If you have any that you would like to include in the book, contact April: 413-268-7109, cummingtonfair@gmail.com. You can email the photos to April or she can borrow them, scan them and return them to you.



On the Go!

A hearty hello from your trip leaders, Lorraine, Barbara, Betty, Karen and Francine.



With the vaccine in view, the Friends of Northampton Seniors travel group would like to give you a brief outline of future bus trips that are being contemplated for late summer and fall of 2021. Please know nothing is written in stone and things can change.

If you'd like to share your email address with Francine so we can keep in touch, please send a short message to:

francine.frenier@gmail.com

Watch for more details in upcoming newsletters.

- ⇒ August MGM Casino
- ⇒ September Big E
- ⇒ Late September Niagara Falls, if border is open, 5 days
- ⇒ October 8-18 Colorado, 11 Days
- ⇒ Late Oct/Nov Plymouth, 400th Anniver. Program
- ⇒ December Bright Nights & Red Rose



The time is approaching and we couldn't be more excited!



Smith Vocational Culinary students and the chefs are firing it up in the kitchen.

Check out the school website for the menu:

www.smithtec.org/culinary-arts

and look for them on Facebook and Instagram. Each post will have more details. This will be a safe, fun and delicious experience for everyone!

The Oliver Smith Restaurant drive-thru!

FIRST LETS GO OVER A FEW DETAILS TO START:

1. VERY IMPORTANT, CALL FIRST to make sure the restaurant is open that day. Our menu & schedule may vary week to week.
2. The daily menu can be found on our school website, and I will post it on Facebook & Insta, SO FOLLOW US!
3. All orders MUST be in by 10a.m!



OPENING DAY: 2 / 8 / 21
TO PLACE ORDERS CALL:
413-587-1414 x3522
KEEP AN EYE out for the rest of the IMPORTANT DETAILS!
THANK YOU FOR YOUR PATRONAGE!

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.

Money Wiring



If you have a consumer problem or question, contact the

**Northwestern
District
Attorney's
Consumer
Protection Unit**

Greenfield
(413) 774-3186
Northampton
(413) 586-9225

**Working in cooperation
with the Office of the MA
Attorney General**



Money wiring scams come in many variations. Scammers like to get paid using wire transfer services because it's fast, the money is often available within minutes, not leaving the consumer time to cancel the transaction once they realize it is a scam. The money is usually picked up in cash and in person making it hard to recover.

Remember...

- **Never wire money to claim a prize**
- **Never wire money to someone you don't know**

Watch out for these MONEY WIRING SCAMS

- Lottery & sweepstakes scams
- Overpayment scams
- Relationship scams
- Mystery shopper scams
- Online purchase scams
- Apartment rental scams
- Advance fee loan scams
- Family emergency or friend-in-need scams
- IRS scams