

Living Well



April
2021

Newsletter

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

Farm Share Program

The Farm Share Program will be starting up again in a couple of months so it's time for folks to register their interest. To do so, please send an email with the subject line "FARM SHARE" to tsmith@burgy.org or call the Senior Center.

We are also in need of volunteers who have a truck or SUV (or roomy vehicle) and can lift (up to 30 lbs.) boxes of produce into their vehicle and transport from Prospect Meadow Farm in Hatfield to the Senior Center. Ideally, we would have a couple of volunteers so no one person has to do it every week. We will be doing this once a week for at least 20 weeks.

Finally, we need a couple of volunteers at the Senior Center weekly to help with the distribution of the bags, especially if we are still observing Covid precautions. That job entails walking the bags to cars as people come to pick up the produce.

We will update you further as the season approaches.



Photo by Eric Weber

It's a SNAP!

Reminder to Seniors: Due to the COVID-19 pandemic, the cost of groceries has risen at a dramatic rate.

To help offset this marked jump in food prices, the Senior Center has increased our capacity to help folks sign up for SNAP Benefits (formerly known as food stamps).

Please call Tryna or Melissa at **413-268-8407** to sign up for this program. It is simple and easy to do.



Gift Bag Project

During the second week of March, we distributed the last of the senior gift bags. We want to express our deep appreciation to Bread Euphoria for the delightful croissants, to the Williamsburg Market for the dried fruit, to the Big Y, as well as the volunteers who drove the bags to their recipients: Daria D'Arienzo, Di-anne Martin, Carol Hendricks, Tamar Smith and Melissa Wilson. We received lots of cards and phone calls from happy seniors. We are delighted to know the program was such a success!



- "Thank you so much for the wonderful bag of goodies and games. It certainly made this beautiful day even brighter!"
- "That was such a kind thing to do for the seniors. We have been isolating so much that we haven't had much to look forward to. This kind gesture brought a lot of cheer to us."
- "What a nice surprise! I feel so lucky to be living here in a town full of such wonderful folks."
- "Every single item was useful and appreciated and such a welcome surprise. Just when I thought the 80s were a bummer, this happened!"
- "This made me feel appreciated and special. Gives me warm feelings about Williamsburg, even on this cool winter day."
- "So many delightful and delicious surprises!!! You really brightened my day."
- "What a grand bag of thoughtful gifts!"



Modern/Contemp. Dance update on pg 2
COVID-19 Vaccine Corner on page 3

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

Dance class will begin again sometime in April or May, weather permitting. Susan will contact everyone on the class list by email. Newcomers are welcome. Contact Susan at swaltner@smith.edu if you'd like to join.

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 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)**



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, PO 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!

COVID-19 Vaccine Corner

The Senior Center is aware of the frustration in making appointments for the COVID-19 vaccine. Like you, we are being asked to be patient and continue to try the website or wait for a call back. We are staying on top of the current information in order to be able to help in any way we can. Please check the website(s) to find the most recent updates.

Transportation to a vaccine appointment: If you are unable to get a ride from family or friends, please contact the Senior Center.

Important: Please be advised that even after you receive the vaccine, it will be important to continue to wear masks, social distance and wash hands often with soap and water or use hand sanitizer. The vaccine does not stop you from being infected with COVID 19; it is effective in preventing moderate or severe illness that could result in hospitalizations. It also does not stop you from possibly being a carrier or having mild illness and giving the virus to others. Until more people are vaccinated and transmission of the virus is significantly reduced, all protective guidelines must still be followed. **Remember to stay safe and protect yourself and others.**

COVID Vaccine Scheduling

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 online at:
www.northamptonma.gov/vaccineclinics.

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

Umass Amherst Campus Center, 1 Campus Center Way. Register online at:
www.umass.edu/coronavirus/vaccine.

Greenfield Hotline number: [413-775-6411](tel:413-775-6411) and online at: vaccine.clinics@greenfield-ma.gov

You will never be asked for your credit card information. Please have your insurance information available. You may also contact the Senior Center for help or more information at 413-268-8407.

You Love Books.

You love the Meekins Libraries. You would enjoy working with a small group of committed Friends of the Libraries to support its work in our community.

We are looking for a couple of new Board Members, particularly folks with tech skills who could help build and maintain a simple website; and/or folks who would bring the perspective of the older population in town to the group. We meet once a month on a Monday evening at the Library, currently on Zoom.

If you're interested and/or have questions, please contact the President of the Friends, Susan Waltner, at swaltner@smith.edu .



**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.

Our Readers' Contributions

I've been thinking lately about barns. Through the 60 years I've lived or spent much of my time in New England, old barns have been, for me, among the region's most captivating features. But the sharp decline in New England agriculture, particularly dairy farms, has been accompanied by a great vanishing of barns, especially big ones. These cavernous buildings housed horses and oxen, cows, sheep, pigs, chickens, ducks, turkeys and barn cats, stored firewood, hay and corn, sheltered farm tools and machinery from the weather, and provided indoor workspace where everything that broke was repaired. They've seen dances, auctions, dinners, weddings, raisings, other social occasions, countless calvings and foalings and hatchings, and more than a few human deaths.

Few of us are farmers now. We don't need barns for all the many purposes they once served. Those among us who inherited barns from the prior owners of our homes and land sometimes struggle to maintain them, and sometimes don't bother. Few of the old barns are well maintained. Many aren't maintained at

all, and quickly deteriorate. Only the fact that they were heavily built of durable materials keeps some of them standing at all, and even that isn't enough for others -- the snow collapses them, and when the roof goes, the rest soon follows.

People who still farm don't earn enough to keep an old barn up -- especially not one that doesn't pay for itself in useful service. People who aren't farmers are more likely to have disposable income they can use to care for an old barn, if they have the inclination (and a barn). Few, it seems, have both. The pleasure of seeing an old barn whose owners have given it the TLC it requires is tempered by the knowledge that its next owners may just let it go, and all that care will have come to nothing.

I drove around town the other day and photographed a few of Williamsburg's surviving barns -- by no means all or the best of them. I wish I had photographed many more in the past, including those that have vanished since I came here 42 years ago.

—Eric Weber (reprinted from a Facebook post)

Photos by
Eric Weber



Painting by Trish LaFreniere from a photo by Jeff King

Yes is a Pleasant Country

yes is a pleasant country:
if's wintry
(my lovely)
let's open the year

both is the very weather
(not either)
my treasure,
when violets appear

love is a deeper season
than reason;
my sweet one
(and april's where we're)

~ e.e. cummings

Donated by Amanda Emerson



Seniors Aware of Fire Education



If you or a loved one uses home oxygen, you should be aware of the fact that using home oxygen increases the risks of fire and burns. Using home oxygen increases the amount of oxygen in the air, hair, clothing, bedding, and furniture, making it a whole lot easier for a fire to start and spread. With more oxygen in the air, fires burn hotter and faster. Here are a few things for you to consider on using home oxygen safely:

- Do not smoke.
- Keep oxygen and tubing 10 feet away from heat sources like candles, lighters, wood stoves, hair dryers, stoves, heaters, electric razors.
- Avoid using petroleum-based products like lip balms or lotions, which catch fire easily.
- If you or anyone in your house has to smoke, smoke outside the house. Make sure that you have working smoke alarms.
- Plan and practice a home escape plan with a minimum of two ways out of every room and an outdoor meeting place.

Have a SAFE spring!

--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!

Personality of Money

We are all products of our upbringing. As adults, we may follow what we were taught and what we observed, or veer away from that. This is particularly interesting to me when it comes to how we view and manage our money, or in shorthand, our money personality. Motley Fool reported on five personalities:

- ⇒ **Planners.** Disciplined savers, reasonable risk takers, e.g., carefully invest in the stock market. These folks probably turned in homework before it was due. 23% of Americans are in this category.
- ⇒ **Savers.** Somewhat cautious, and somewhat risk-averse. For 19% of us, money under the mattress is good. No unexpected event like needing new tires will catch a saver! Savers can become planners.
- ⇒ **Strugglers.** Financial setbacks occur, and are very harmful. Strugglers are not able to get or keep an emergency fund going; sadly, this covers 18% of Americans.
- ⇒ **Impulsives.** May plan and save, but an impulsive's large buy can ruin things. We are 24% strong and not good with credit cards.
- ⇒ **Deniers.** Dislike financial planning, don't believe it can work. 15% of us would rather not even think of money either now or in the future.

Understanding ourselves is of course necessary to make changes that we think will be beneficial. These five personality types offer a simplistic view, one view, and there are other ways of categorizing ourselves. Let me know if you'd like more to read on this.

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

April's Good News

By Deborah Hollingworth

The days are longer, the sun is warmer, more of us are able to get our Covid vaccine shots, so it puts a "spring" in our step as we begin to think about gardens, farmer's market and getting out and about.



The good news this month is a reminder about the Healthy Incentive Program which gives SNAP recipients an instant rebate on fresh fruits and vegetables when purchased from certain farm stands, and our Mobile Farmers market which we anticipate will be at the Maples in Worthington and in downtown Huntington again this year. The Healthy Incentive Program will give up to \$40 per month for households of 1-2 people. Benefits are added to your EBT (food stamp card) each month, making your food stamp dollar stretch farther!

For a listing of HIP locations, you can check their new website map. When you type in your zip code, the site will sort locations by those closest to you. Check it out:

buylocalfood.org/open-hip-locations

The site is continually updated, so you can find markets that will accept your SNAP and HIP benefits.

For those of you who might be interested in applying for SNAP benefits, the income eligibility is \$1,383 for a single person household, and \$1,868 for a two person household. If you are interested in learning more about the Food Stamp program, (called SNAP), and getting help with an application, you can contact your senior center or get in touch with the Williamsburg Senior Center, which is a designated SNAP site: 413-268-8407. They can help you apply.

Correction— Cummington Fair Photos

In the March newsletter's Cummington Fair photo article, the incorrect email address to send photos was given. The correct email is:

it.cummingtonfair@gmail.com



As a reminder: 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, please contact April: **413-268-7109**, it.cummingtonfair@gmail.com. You can email the photos to April or she can borrow them, scan them and return them to you.



Hilltown Mobile Market

FRESH, LOCAL, HILLTOWN-GROWN

www.hilltownmobilemarket.info

Blandford, Cummington, Huntington & Worthington

July 22-October 8, 2021

The Hilltown Mobile Market is back for a third season this summer and fall! Starting in July, we will bring our colorful veggie van to Blandford, Cummington, Huntington, and Worthington each week for twelve weeks, stocked with the freshest Hilltown-grown produce from our neighborhood farms.

Come and get your local lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit, debit, SNAP, HIP, WIC, and Senior FMNP Coupons. You can also sign up for a Hilltown Community Farm Share to guarantee your pick of the week's harvest for as little as \$5 per week! Registration begins April 1st.

For more information, visit:

hilltownmobilemarket.info

or call or email Seva Water at

sevat@hilltowncdc.org or 413-824-1840

The market is supported by

Healthy Hampshire,

*Hilltown Community Development and the
Hilltown Community Health Center.*



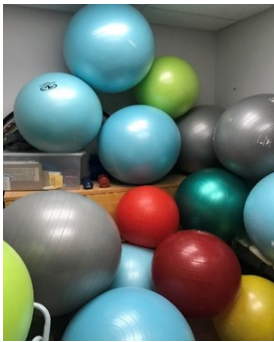
Joan Griswold's Exercise classes: Six years and going strong!

One of the most stable ways to stay strong during the COVID pandemic has been to join Joan's classes. Reading her email updates and reminders alone makes the day seem brighter. Over a third of the class has been with her for several years, with another 41% participating at least a year. Once in, people usually stay. Nearly 20% attend at least once a week and another 29% take part three times a week. Most members of the groups say that the class has helped maintain their personal health and feel improvements in their overall strength and energy. Good reasons to still be going after six years. Moving forward, we will continue to offer classes online but look forward to also having on-site programs as soon as we can. It's clear that the commitment to exercise is keeping things going and growing.



Want your own exercise ball at home?

We have too many at the Community Center in Chesterfield. Call Jan at 296-4007.



**The Cummington Council on Aging
invites you to a show!**

Mabel and Jerry



By Steve Henderson

This could be the most hilarious blind date ever! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen and you will be on the right track.

**See the show on video!
April 30, 2021 at 1:00 p.m.**

Contact the Cummington Council on Aging at croumeliotis@cummington-ma.gov or 413-634-2262 for the link to the show (as well as help navigating the technical aspects of viewing the show).



This program is supported in part by a grant from the Cummington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

Williamsburg Senior Center
141 Main Street
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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.

TECH SUPPORT SCAM

The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.

- They might try to gain access to your computer to steal your personal information

Here's what you can do:

- Just hang up
- Don't click on any links in an email or pop-up screen
- Never give someone else control of your computer & don't share your passwords
- Don't give out financial information to someone you don't know
- Keep your computer's security programs up to date



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