

Living Well



May
2021
Newsletter

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

Town Administrator, Charlene Nardi

Happy Spring! I hope you are well and you are enjoying the sun, the beautiful flowers, and the sound of the birds and peepers. I love this time of year. It signals rebirth and change.

This year it is with sadness that I tell you after ten years I am leaving my position as Town Administrator, effective May 20th. It has been an honor and joy to work in my hometown. I have so enjoyed visiting and chatting with folks at the senior center, doing puzzles with guests, and sharing stories over meals. This town is a reflection of its wonderful people and I thank you for the opportunity to get to know you and serve the town.

I know it has been a long and difficult year for most everyone, but as I write this, I feel very hopeful as the state continues to roll out the vaccines. Soon we will be able to visit and speak to one another in person and enjoy time together. We will do that with great joy. It is my hope that I will see many of you in town as we go about living in this great community. Be well and take care.

My Best,
Charlene Nardi

Burgy/Haydenville Will Miss You, Charlene!

Charlene has done so much to support the Senior Center, both with her pleasant and cheerful presence in the Café and behind the scenes. Charlene has also helped us through many difficult times and guided us for ten years. **We thank you and wish you great success in your new position. See you around town!**

Memorial Day, 5/31/21

As of this printing, information on Memorial day is not yet available. We hope you will commemorate the day in a safe and healthy way. Better days are coming!



Farm Share Program

Farm share will be starting in June and will cost \$6 a week or \$120 for the season. If you want to sign up for farm share, please send an email to tsmith@burgy.org with your email and phone number, number of shares you want and whether you want to pay up-front or week by week. You may also call the senior center with the same information.

If you are interested, there may be availability with the Hilltown Community Farm Share program; more information at hilltownmobilemarket.info.

COVID Vaccines: Call the Senior Center if you're having difficulty scheduling an appointment or are homebound. 413-268-8407.



Photo by Daria D'Arienzo. See more on page 4.

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 starting up again, outside, weather permitting, Wednesdays at 10:00 am. Contact Susan at swaltner@smith.edu if you'd like to join. Newcomers are welcome. She will let you know when the classes will begin—hopefully soon! Donations are gratefully accepted for the Senior Center programming fund.

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 through the Senior Center.

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 to Highland Valley)

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!

Tax Help

Due to COVID, free income tax services have been greatly curtailed or canceled. Community Action may be able to help—it requires a cell phone and possibly a scanner. If you or a helper want to try it, the program is called Volunteer Income Tax Assistance (VITA):

- Log onto www.communityaction.us/taxes
- Click on Get Your Refund or getyourrefund.org
- Click on File Taxes With Help – and go from there.

If you have a family member or friend, there is the option of having a Liaison do this with you.

We are looking into the possibility of having an AARP-funded tax service here at the Senior Center for next year. We hope we're not just dreaming. We'll keep you posted.

HIP, Healthy Incentives Program

What is it? The Healthy Incentives Program helps SNAP (Food Stamp) recipients get at least \$40 more every month to spend on local fruits and vegetables. That means if you have SNAP, you automatically have HIP! There is no additional paperwork.

How does it work? You need to shop at specific farm stands or CSAs (Community Supported Agriculture) with your SNAP/EBT card to receive the additional \$40.

You can get a list every month online at dtafinder.com or from the Senior Center (268-8407) letting you know which farm stands or CSAs can provide that service.

Examples: Crabapple Farm in Chesterfield, Saturdays 10 – 4. Call ahead to use HIP at 413-296-0310; Northampton Tuesday Market, 1:30 – 6:30; 150 Main St; \$10 of SNAP doubled; 413-320-4799.



Photo by Daria D'Arienzo

Important News for Seniors and Homeowners: Proposed Zoning Bylaw Changes & You!

At the upcoming June 7th Annual Town Meeting there will be proposed zoning bylaw amendments that the Planning Board would like to tell you about. In the current bylaw there is a provision allowing for an attached accessory apartment to the primary residence. The proposal would allow for a detached accessory apartment as well.

In both types of apartments, owners must live on the property. In both cases there must be separate exit, sleeping, cooking and bathroom facilities. In both cases, a maximum of two bedrooms is allowed. In both cases, adequate septic and parking must be provided.

There is a size limit of 900 square feet for a detached accessory apartment. A special permit would be needed in all zones.

The Planning Board felt this proposed change might be of great interest to everyone as we "age in place". It could also generate additional income through long term rental for the property owner.

We are also recommending voters accept changes to the solar bylaws to improve the environmental setting for the arrays and provide safety when storage batteries are used.

Please join us Monday, June 7th at our Annual Town Meeting. Your vote benefits everyone!

Thank you for your consideration.

—The Planning Board

What's Happening at Meekins?

Curbside Pick Up of books, DVDs, audio books: Tuesday 12-2, Wednesday 4-6, Thursday 3-5, Saturday 12-2

Pop Up Browsing on the patio during Curbside Hours- weather permitting. Zoom Book Clubs, programs, Board Games Online, Take and Make Crafts, WiFi on the patio.

What will be new in May? In library browsing and computer use by appointment. Watch for details! Call us 413-268-7472. Email us @ meekins-books@cwmar.org or for reference: meekinsreference@cwmar.org

Visit our Website at www.meekins-library.org

Our Readers' Contributions

Just Taking a Walk...

For almost 25 years I have been walking along the highways and byways of our town. It never surprises my husband to hear me call, "I'm just taking a walk..." as I dash out the door. I can be bundled up for the cold, or hidden under a floppy hat for the sun, or carrying an umbrella and wearing bright red rain shoes, suitable for splashing in puddles.

Sometimes I am going on a short walk with a purpose—to the Market or Meekins. Sometimes it's a meander to enjoy the beauty of the landscape and the river or admire the striking town buildings and homes I pass. Sometimes it's a series of visits with neighbors and dogs along the way. Always there are pauses for photographs.

Whether it's walking up Village Hill, or down Depot on an early summer Sunday morning with no one around, walking in town is an adventure. I have always loved the peace, the beauty and yes, the excitement of my walks. Who knows what wildlife you will encounter—deer, turkeys, bobcats, bear, monarch butterflies, birds large and small, and recently a memorable 20 minute "conversation" with a pileated woodpecker busy working on a downed branch along the side of the road.

No two walks are ever the same—even going up and coming down the same road changes things. And during this past crazy COVID year, I have come to appreciate my town and these walks outside more deeply. One town. 25 years. Hundreds and hundreds of walks. I never tire of it.
—Daria D'Arienzo



Photo by Daria D'Arienzo

1960: A Ten-Year-Old on Mountain Street

See Sir, See Sir! The black-capped chickadee and the sounds of chainsaws in the woods wake me up on a late spring morning. After a breakfast of cinnamon toast, "butter it all the way to the edges," Dad says, I check to see if the cows have gone down the lane to the woods. They scare me, but I love to go out in the woods with one of my favorite books: Heidi, Little Women, or maybe the Bobbsey Twins.



There's a special place behind the apple orchard at my grandparent's farm that has big pine trees and the ground is covered with pine needles and deep squishy moss. My favorite spot! I can see the comings and goings at the farm, but they can't see me. If I get there before my brothers are around, I can stay there and read till the cows come back. I don't want to be in the woods with the cows!. Mom made me an olive loaf sandwich for a picnic.

Just as I got to a good spot in the book, I heard a sound, just a little sound, and I looked up. Running through the woods, right in front of me—a bobcat! I knew it was a bobcat because of its big head and short tail. I was amazed! Excited! Then I realized that I was still sitting in the woods, alone. I jumped up and flew up over the hill to the safety of our yard, heart pounding and out of breath. For a while after that, I did my reading in the playhouse, but the lure of my favorite spot always brought me back there.

I live on Mountain Street again after years away. I often hear the sound of the See Sir bird and pause to remember those late spring and summer days, when I could spend hours in the woods without a worry, always on the lookout for potential bobcats — or cows!
—Sherry Loomis



**Visit the Town of Williamsburg
Website: www.burgy.org**

Facebook: Williamsburg Senior Center

To subscribe or unsubscribe from this newsletter, or receive this newsletter by email only, call us, leaving your name, address and phone number.

Email-slloomis@burgy.org, Ph-268-8407.



As you take the winter sand off your lawn along with your other spring projects, here is an easy one for you to do. Check and see if your house number is visible from the street. If your house is not visible from the street, is your driveway clearly marked with a house number? Here are a few things you should consider:

- ⇒ Numbers must be at least 4 inches in height (larger would be even better) and facing the street.
- ⇒ Put numbers under lighting.
- ⇒ Use numbers with a contrasting background so they are visible at night.
- ⇒ If your driveway is long, post your house number on both sides of your mail box or on a sign pole at the end of the driveway near the road.
- ⇒ Be sure to keep the numbers visible by trimming bushes, tall weeds and trees.
- ⇒ Remember, emergency personnel from a neighboring community may not be familiar with your area. Paramedics, firefighters and police officers find you faster when your home is clearly marked.

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.

**When I don't need it:
I see it everywhere**



**When I actually need it:
I can't find it anywhere**

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 – Can We Change?

Last month I said we are all products of our upbringing. We are the result of genetics and life experiences, including seeing how our parents and peers handle money. From all this, we develop our habits and attitudes. From habits and attitudes, we move to how we manage our money, if and how we invest, how/why/when we spend or save, how easily we fall prey to a scammer, even on to the mechanisms and practices we use to pay our bills.

If we have habits and attitudes about money, can we change those to improve our lot in life? This is a huge topic, but bear with me as I share a little of what I read this month about one avenue of change. Some interesting research on traumatic stress (e.g., from abuse, serious health issues, and believe it, pandemics!) shows that stress can change parts of the brain, for instance, physically shrinking an area that allows us to reason logically and to assess risk. Another region of the brain that can physically change is responsible for working memory, mental flexibility, and self-control, what they call "executive function", all of which may impact our financial practices and skills.

So can we change? Yes! All the things *They* keep telling us that are good for our overall health (physical exercise, reasonable diet, socialization, mindfulness, etc.) can work in our favor to reduce stress and so improve our brain function. We may even bring about physical changes in the brain that result in improved memory, more rational thinking, better planning, and better decisions. Thus a person may move from being an impulsive spender to being a saver, or a denier may decide to jump into the shallow end of the investing pool.

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

Foot Care from Highland Valley Elder Services (HVES)



If you are a client of HVES, you may be eligible for in-home foot care. Call your Care Advisor to see if you're eligible. If you don't have a Care Advisor, call Highland Valley's main number (413-586-2000) to ask about eligibility.

May's Good News

By Deborah Hollingworth

At last the long-awaited spring has arrived with tulips, apple blossoms and time to plant our vegetable gardens! Many more of us have had our



Covid vaccine shots and are beginning to make those postponed medical appointments: trips to the dentist, the eye doctor, and perhaps time to schedule knee or hip surgery. If you find the rehab process from surgery requires some medical equipment that is not covered by your health insurance, you might call your senior center to ask about their "loan closet". If your town doesn't have a senior center because they share space in a town building, call them anyway because there is a regional loan closet for our Northern Hilltowns in Cummington. If you need a walker, wheelchair, raised toilet seat, commode, crutches or quad cane, you can give your senior center a call and they will check out the Cummington "closet" to see if that item is available for loan. Likewise, if you have items to donate, the Cummington loan closet can take them.

Many items, like hospital beds or wheelchairs can be rented on a short term or extended time basis. And some health insurances, like Hospice, will cover the cost of these rentals.

It is always a good idea to speak to someone at your senior center to see if you might get other support services, like meals, help grocery shopping, or a friendly visitor, as you rehab from surgery. And if you've had your Covid shots, you may be able to help if someone needs a ride to a medical appointment or help with grocery shopping.

It's time to reconnect and lend a helping hand to a neighbor as we come out of a long winter.

Senior Farm Share



2021 Enrollment begins May 1!

If you're over the age of 60 and meet income eligibility requirements, you are eligible to apply for a Senior Farm Share!

What it is: Ten weeks of fresh, local produce delivered to participating Senior Centers and Councils on Aging. Shares are valued at \$135, and participants pay a one-time fee of \$10 during enrollment. Many sites accept SNAP/HIP payments for this \$10 fee. If you participated last year, an application will be mailed to you from CISA. If you would like to participate this year, please contact us at 413-296-4007, email coa@townofchesterfieldma.com or write to COA, Box 7, Chesterfield MA, 01012, and we will mail you a new application. **Applications will be accepted until June 1st.**

**THIS TOO
SHALL PASS.**

**IT MIGHT PASS
LIKE A KIDNEY
STONE.**

but it will pass.

**I'VE LEARNED
SO MUCH FROM
MY MISTAKES,
I'M THINKING
OF MAKING
A FEW MORE.**

**"The world's favorite season is the spring.
All things seem possible in May."**

- Edwin Way Teale



**"The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
a cloud come over the sunlit arch,
And wind comes off a frozen peak,
And you're two months back in the middle of March."**

- Robert Frost



**"The country ever has a lagging Spring,
Waiting for May to call its violets forth,
And June its roses--showers and sunshine bring,
Slowly, the deepening verdure o'er the earth;
To put their foliage out, the woods are slack,
And one by one the singing-birds come back.**

**Within the city's bounds the time of flowers
Comes earlier. Let a mild and sunny day,
Such as full often, for a few bright hours,
Breathes through the sky of March the airs of May,
Shine on our roofs and chase the wintry gloom--
And lo! our borders glow with sudden bloom."**

- William Cullen Bryant, *Spring in Town*, 1850

"Never yet was a springtime, when the buds forgot to bloom."

- Margaret Elizabeth Sangster

**"It's spring fever.... You don't quite know what it is
you do want, but it just fairly makes your heart ache,
you want it so!"**

- Mark Twain

**"Every spring is the only spring - a perpetual astonish-
ment."**

- Ellis Peters



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.*



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.

HOME IMPROVEMENT



If you're going to hire a Home Improvement Contractor...

- Make sure they're registered or licensed with the state
888-283-3757 www.mass.gov/consumer;
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

*If you have a
consumer problem or
question, contact the*

**Northwestern
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Greenfield
(413) 774-3186
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