

Living Well



July
2021
Newsletter

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

PROSPECT MEADOW FARMS, Where Our Farm Shares Come From

Prospect Meadow at 103A Prospect St. in Hatfield, is the chemical-free farm that provides Farm Shares to seniors in our area. They bring fresh fruits, vegetables, eggs, shiitake mushrooms and more from mid-June through early Fall. The farm is part of ServiceNet's vocational training program. Through working on the farm, people with mental health and development challenges learn many farming skills. They also learn general work skills: to come to work on time, to do the job assigned, to get along with new people.

Sherry Loomis and I visited Prospect Farm on Wednesday, May 26, the first 90-degree day in a string of hot days. Wearing sun hats and carrying bottles of water, we were given a tour of the Farm that provides fresh food through the Williamsburg Senior Center at an affordable price.

We walked among chickens, goats and a llama, plus rows of shallots, garlic scapes, tomatoes, kale, peppers, zucchini, etc. We watched new beds being prepared for herb gardens. The workers are rightfully proud of what they do and are generous when talking about their work.

Shiitake mushrooms are a popular crop for the Farm. We were able to see the growth process



from start to finish: workers begin by drilling holes in logs, inoculating the holes with shiitake spawn, covering the hole with bee's wax, while others take care of the mushrooms as they develop. It was an eye-opener for this city girl to see the work and time it takes (6-12 months) to bring shiitakes to the table.

Wilting a bit from the heat, Sherry and I cooled off in her air-conditioned car on the way to the second Prospect Meadow Farm at 249 West St. in West Hatfield. We decided not to visit the farming areas there – it was simply too hot. But we did visit the Farm Store which was another joy of our visit. It's tiny and mighty. The Store carries items from Prospect Meadows and also from other local farms. They sell produce, pork and meat, sauces, seasonings, local honey, dairy products, baked goods, desserts, handmade items and even more.

Prospect Meadow Farm receives funding and support from CISA (Community Involved in Sustaining Agriculture). Because of that, they are able to give the Senior Center participants a break in share cost. Tamar Smith, our Food Maven, contacted several other Farm Share providers and discovered that \$6 a week is a very good price for 20 weeks of fresh food.

Continued 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 open and available. Steve Connor may be reached at his office at **413-587-1299** for appointments.

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. 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 happening outside, weather permitting, Wednesdays at 10:00 am. Contact Susan at swaltner@smith.edu if you'd like to join. Newcomers are welcome. Donations are gratefully accepted for the Senior Center Program 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 at the **Williamsburg Snack Shack** on 3rd Thursdays, 8:30am. To join, 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)**

Outdoor Exercise Classes are invited to use the tent erected in the back of the parking lot.

Foot Care News: We will open up for foot care soon, hopefully by September. We are ordering a new chair and folks will be treated in the Planning Board Room—elevator to 2nd floor. We will announce in future newsletters and by calling former participants.

The Senior Center is grateful for your generous donations! 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

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!

First Coffee Hour at the Senior Center!



On June 10th at 10 am, the Senior Center held its first get-together since closing for the Covid pandemic in March of 2020. With restrictions still in effect, we were asked to limit our invitations to 15-20 people outdoors under our new tent. Folks who used to share congregated meals together were in attendance.

Friends who had not seen each other for well over a year got together over coffee and donut holes for a lively chat and catching up. Everyone was so happy to be out and sociable again! We hope to hold more gatherings in the future. Let us know if you are especially interested and we will call when we can!

Volunteers Needed

The Senior Center is anticipating that we will be able to start serving congregated meals sometime in the next few months. We are looking for a couple of volunteers: 1) someone to help serve and clean up meals that are provided by Highland Valley Elder Services; and 2) someone who feels comfortable cooking an entire meal for 10-20 people (with one or two helpers) once a month or so. If you are interested, please contact Tamar Smith at tsmith@burgy.org and I will call you to discuss the details.

Also, the Companion Program could use a few people willing to devote a couple of hours a week per senior. Companions visit, run errands, and may take their senior companion shopping or on outings.

We also anticipate needing a few more drivers for medical rides and carpooling. There is a stipend paid for Companions and Drivers.

Contact the Senior Center for information.

Prospect Meadow Farm *Continued from page 1*

The Williamsburg Senior Center and Prospect Meadows Farms make a good team – we support them and they support us. It doesn't get much better than that!

—Tryna Hope



Shitake growing operation as described on page 1



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, or Email: sloomis@burgy.org, Ph-268-8407.

Observance of Independence Day



Independence Day is a federal holiday in the U.S. commemorating the Declaration of Independence of the United States of America, on July 4, 1776. Independence Day is the national day of the U.S.

Background: During the American Revolution, the legal separation of the thirteen colonies from Great Britain in 1776 actually occurred on July 2, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain's rule. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the wording of the Declaration, finally approving it two days later on July 4. A day earlier, John Adams had written to his wife Abigail:

“The second day of July 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.”

Adams's prediction was off by two days. From the outset, Americans celebrated independence on July 4, the date shown on the much-publicized Declaration of Independence, rather than on July 2, the date the resolution of independence was approved in a closed session of Congress.

By a remarkable coincidence, Thomas Jefferson and John Adams, the only two signatories of the Declaration of Independence later to serve as presidents of the United States, both died on the same day: July 4, 1826, which was the 50th anniversary of the Declaration, Jefferson even mentioning the fact. Although not a signatory of the Declaration of Independence, James Monroe, another Founding Father who was elected as president, also died on July 4, 1831, making him the third President who died on the anniversary of independence. The only U.S. president to have been born on Independence Day was Calvin Coolidge, who was born on July 4, 1872.

Quoted from:
[https://en.wikipedia.org/wiki/Independence_Day_\(United_States\)](https://en.wikipedia.org/wiki/Independence_Day_(United_States))

Look Park is Open!

After being confined for such a long time, it feels good to get outside and enjoy the scenery. For those of you who like to walk or take a ride in the park, this is good news! Entrance fee weekday rates (Mon-Thu) are \$5 per car. Weekend rates (Fri-Sun and holidays) are \$10 per car. **Seniors can buy a Season Pass for \$45.**

Note: Those with a military ID or handicap placard have free vehicle entry. Enjoy your summer!



Photo by Daria D'Arienzo

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.

Also available: in library browsing and computer use by appointment. Watch for details! Call us at 413-268-7472 or email us at meekinsbooks-@cwmars.org or for reference meekinsreference@cwmars.org.

Visit our Website: www.meekins-library.org.



Our new tent behind the Senior Center/Town Offices



Senior SAFE

Here comes the Fourth of July, released from most of the COVID restrictions! But along with July 4th celebrations are injuries from the use of fireworks. Every year children and adults are severely injured using illegal fireworks.

People of all ages lose fingers, hands and eyes because of the careless use of fireworks. Fireworks also cause structure and brush fires and keep firefighters, EMTS and police way too busy.

Even sparklers are very dangerous. Before putting one in the hands of your children or grandchildren, consider this: sparklers burn at 1200 degrees Fahrenheit. Water boils at 212 F, wood burns at 575 F, glass melts at 900 F. So don't put something that burns at 1200 degrees into the hands of anyone and risk severe 3rd degree burns or worse.

So, skip the trip out of state for purchasing fireworks that are illegal in our state; and enjoy the fireworks displays put on by licensed professionals.

Have a SAFE 4th,

--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.

Crabby Road

8-19-11



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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!

How DO they do it?

If you think of a scammer as being a professional – meaning that is what they do for an income, you can see why they get clever. How do they do what they do?

Well, there is the direct “just steal it” approach to assuming your identity. They lift your wallet and within half an hour make a new driver’s license and valid credit card. In my case, several years ago, they went to my credit union and took out \$5,000 in cash “for a funeral”. I filed a police report (so I wasn’t out any money) within an hour of knowing my wallet was gone, but the damage was done. They were never caught and my credit union was stiffed.

Then there is the “put together a puzzle” approach. They can steal your identify by assembling a puzzle. Say you post your birth date on social media, and then a photo saying here I am at my high school reunion! High school yearbooks are online for the reading. Scammers now probably know when and where your social security number was issued, and therefore can get your first five numbers.

“Games” on social media give them more clues, e.g., what was your first car, the name of your first pet? Where did you meet your spouse? These may be part of your various online security questions, giving the scammer more pieces of the puzzle.

The last four digits of your social security number are unique and random, which is why you really need to protect them. That may be the last piece of info the scammer needs to get you. Remember: they, he or she is a pro.

Carefully,

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

July's Good News

By Deborah Hollingworth

I get a lot of questions from people saying they have trouble being able to afford their prescription drugs, so this month's good news is about possible ways to lower your costs, save money, or get your Rx free!

1. Let's talk about generic Rx. I refer to this as the "400 List" which is a list of about 400 generics the Walmart started offering about 10 years ago for \$4 a month or \$9 for a 90 day supply. Soon after Walmart began this program, Stop & Shop, Big Y, Price Chopper, Target, Walgreens, and most all major pharmacies began to do the same. NOTE: this does not lower your insurance co-pay, does not use your Rx insurance, but is a retail cost. You can check to see if your prescription is on the list, or ask your pharmacist.

2. Diabetes medication. Price Chopper and Walmart both have started programs to help patients who need diabetes medication. In addition, this year there were five Medicare D plans that drastically reduced the cost of some insulins. We expect this to continue. This option uses your Rx insurance and lowers the cost.

3. The Rx Outreach Program is a mail order program, not insurance. To qualify, your income must be less than \$47,960/ year, or less than \$67,640/ year if married. For more information, you can Google to learn what Rx are covered.

4. Good Rx Coupons are another option which you use instead of your insurance. You would need to Google to see what Rx have the largest discounts. It's a surprisingly extensive list.

5. Co-pay Foundations offer support for specific diseases that require expensive Rx.

6. Free Trial offers. Sometimes your doctor's office can give you free samples. Trial offers are also available from the drug manufacturer, especially for newer medications like Eliquis. Eliquis has a whopper co-pay if you are using your Medicare D plan insurance which most likely has a \$450 annual deductible. So initial refills of your medication can put a real crimp in your budget. Eliquis offers a free 30 day trial offer which you can download online.

7. Which brings us to Manufacturers Patient Assistance Programs. Bristol Myers-Squibb makes Eliquis. Their Patient Assistance Program will greatly reduce the cost if your income is less than \$38,640/ year or less than \$52,260/ year if married. You can download their application form online, provide income verification, have your doctor complete their portion and submit.

OK, that's 7 ways to reduce your cost....how do you know that will work best for your situation? Thank heavens we have experts we can turn to for guidance.

The Pharmacy Outreach Program is a free information help line for Massachusetts residents. This is a non-profit program that I may have mentioned before in previous Good News columns. Run by the Massachusetts College of Pharmacies and the Executive Office of Elder Affairs, they are available M-F 8-5 at 866-633-1617. They can help with applications for the Manufacturers Patient Assistance programs. They know the pharmaceutical manufacturers and can help you determine which program will help with your Rx cost.

Another information resource is Needy Meds which you can learn about online, or call at 800-503-6897.

I can't say enough about these two resources in their ability to help you sort through the maze of what's out there for your particular situation. The take-away today is: if your income is limited to the guidelines mentioned above (programs don't ask about assets) there is probably help available to reduce the cost of your Rx.

Need Help With Your Housing Repairs?

Hilltown CDC received funding for the FY20 Housing Rehab Program for the towns of **Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg and Worthington**, and we're currently applying for the FY21 grant that may include the following communities: Chesterfield, Cummington, Goshen, Peru, Plainfield, Westhampton, Williamsburg, and Worthington. Homeowners who live in these towns are encouraged to apply now if you need help with your housing repairs.



Listed below is the work that can be performed under the Housing Rehab Program:

Siding ~ Roofs and Chimneys ~ Windows and Doors
~ Floor Joists ~ Flooring ~ Insulation
Walls ~ Ceilings ~ Handicap Accessibility Work
Septic Systems and Sewer Tie-in's ~ Plumbing and
Electrical Updates ~ Wells, Pumps, and Hot Water
Tanks ~ Porches, Decks, and Stairs ~
Lead Paint Removal ~ Asbestos Removal

These are **NO Interest/NO payment loans** which may be entirely forgiven, and all work is completed by a licensed contractor of your choice. Please don't delay, funding is available, and you may be surprised to find out you qualify! Please contact Paula Bilodeau, Program Manager, at **(413) 296-4536, ext. 123** or email paulab@hilltowncdc.org for an application.

Household Income Guidelines/Limits:

Household Size	Maximum Gross Annual Income
1	\$47,850
2	\$54,650
3	\$61,500
4	\$68,300
5	\$73,800
6	\$79,250
7	\$84,700

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

On the Road Again..



Francine Frenier teams up with area COA Trip Planners

Here is a brief outline of future bus trips for 2021. Please know nothing is written in stone and things can change. Some trips are originating from the Southamptton Council on Aging, but Francine will be the contact person for all trips mentioned below. All trips include taxes and tips.

If you would like to share your email address with Francine so we can keep in touch, please send a short message to francine.frenier@gmail.com or call 413-296-4291. Please make your interest known 4-6 weeks prior to the trips so plans can be confirmed.

- ⇒ **October 8-18.** 11 day bus trip to **Colorado Springs**. Sit back & relax and enjoy the beautiful scenery. Activities almost every day. Many meals included. \$1,190 due 7/15. Only 6 seats left.
- ⇒ **July 27.** Visit **York Village**, southern gateway to Maine and stop at Nubble Lighthouse, Down East Clambake @ Fosters, shop at Kittery Outlets -\$94 due NOW.
- ⇒ **September TBD.** Big E, date to be determined, \$12 for Chesterfield residents, \$15 for out of towners. An interest list is needed prior to more planning. Please contact Francine by July 31. Door to door service, two pickup locations, no parking fee, driver tip included.
- ⇒ **August 17.** **Indian Princess Mississippi River Paddlewheel boat ride** on Lake Chaubunagungamaug in Webster, MA. Lunch choice aboard ship, shopping at Grafton Country Store - \$83.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$67.
- ⇒ **October 19.** **Green Mountain Flyer Vermont** scenic fall train ride with lunch at New England House, stop at Vermont Country Store - \$90.
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$133 *if paid in full by 9/30/21 Seating is limited.*
- ⇒ **December 9.** Pizza & Salad early dinner prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.



Save the Date:

Freida's Song

Meet the Author: Ellen Prentiss Campbell

Sunday, August 1st at 4pm

**Chesterfield Community Center
400 Main Rd.**

Ellen Prentiss Campbell is the author of the novel *The Bowl with Gold Seams* (2016, winner of the Indie Excellence Award for Historical Fiction) and the short story collections *Known By Heart* (2020) and *Contents Under Pressure* (2016, nominated for the National Book Award). Ellen spoke to us in 2016 about writing her first novel and will come to Chesterfield to talk about her new book.



Frieda's Song, a work of historical fiction, is inspired by the life of renowned psychiatrist Frieda Fromm-Reichmann. Fleeing Nazi Germany in 1935, she came to the Chestnut Lodge Sanatorium in Rockville, Maryland. She practiced there for the rest of her life, establishing the Lodge's reputation for innovative treatment of mental illness. Fromm-Reichmann lived next door to the hospital in her custom-built home, Frieda's Cottage, dying there under mysterious circumstances in 1957. The Lodge closed in 2001; several years later fire destroyed the abandoned hospital building. Frieda's Cottage survived. Campbell explores the dual mysteries of Frieda's death and the destruction of the Lodge. The novel spans seventy years and is told by Frieda; current-day psychotherapist Eliza Kline; and Eliza's teenage son Nick. The story explores the tension between love and work, the strength and limits of relationship, and what healers must do to heal themselves. Rich in detail of time and place, *Frieda's Song* is a dramatic tale of the way history and chance, and the work and people we love, shape our lives—and how the past is always present, haunting us.

Mark your calendars to join us on **Sunday, August 1, at 4PM** in welcoming Ellen to Chesterfield again. Light refreshments will be served. *Copies of Frieda's Song are available to borrow from The Chesterfield Public Library.*

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.

General Contractors

Are you are interested in steady, local work?

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by the Community Development Block Grant. We recently received funding for the FY20 Housing Rehab Program with an anticipated 18 projects. In addition, we're in the process of applying for the FY21 grant for another anticipated 18 projects.

Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Westhampton, Williamsburg, and Worthington with an average project cost of \$35,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workmen's Compensation insurance (if applicable) is required.

*HCDC is an EEO/Section 3 Employer.
Women & minorities are encouraged to apply.*

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email paulab@hilltowncdc.org.

Last Chance:

Two ways to stretch your food budget

Something for everyone: You can use the program by signing up for an affordable Hilltown Community Farm Share, use your SNAP, HIP, WIC, and Senior FMNP Coupons or pay on your own but still benefit from a sliding scale. It's also possible to purchase great veggies at regular, affordable prices and shop locally and support the program at the same time.

For more information, visit **hilltownmobilemarket.info** or contact **Seva Water** at **sevat@hilltowncdc.org** or **413-824-1840**

July 22-October 8, 2021

The **Hilltown Mobile Market** is back for a third season this summer and fall. Come and get your Hilltown-grown lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit and debit. The market is supported by Healthy Hampshire, Hilltown Community Development and the Hilltown Community Health Center.

