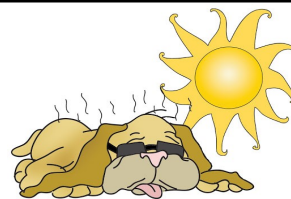


Living Well



August
2021
Newsletter

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

Food for the Body and the Soul

I have been working with the Take and Eat program since it started in October 2019 and thought people might like to know how it came to be.

In 2019 a survey was done in the Hilltowns about many things, but part of it was food security and health programs. It was out of this survey that a core group was formed. The group began with Father Richard Bondi, Rev. Worth Noyes, Carol Reinhart, Mark Kolosinski and Jennifer Hoffman, and eventually included Pastor Don Morgan, Daria D'Arienzo, Jim Cahillane, Denise Bannister, Larry West and Charlene Nardi. They met once a month from June through October 2019, and beyond.

Fr. Bondi had heard from a Reverend in Hatfield who had been doing a Take and Eat program, and he (Fr. Bondi) presented it to the group. The origin of the Take and Eat program was a non profit organization founded by Rev. Francis Ryan and his wife Kathleen. They aimed to recruit, train and empower volunteers in various faith-based community organizations to prepare and deliver free meals to seniors on the weekend. The assumption was that people may have help getting meals during the week but what happens on the weekends?

The original plan was to try to have enough organizations (churches and civic groups) to be able to do this every Saturday. Since the only churches that could do it were the Williamsburg Congregational Church and the Our Lady of the Hills Church, it was decided that it would be on the 1st and 3rd Saturdays of the month. Originally there were approximately only 10-12 meals. The first meal went out on October 5, 2019 from Our Lady Of The Hills. This continued until the Covid Pandemic began. Then the two churches (Denise Bannister with the Williamsburg Cong. and Jeanne Haskell Moriarty with Our Lady of the Hills Church) decided they would each do two Saturdays a month, If the month had 5 weeks Williamsburg Cong. would pick up that one. The interest in the meals during this time when people were isolating and staying home increased the number of meals to what we presently have which is 42-45.

These meals are cooked, baked, prepared and delivered by volunteers to our senior population at no cost to them. Donations are gratefully accepted.

These volunteers have been the masked angels during this pandemic. They have cooked and baked and delivered with love. During this time, the doorbell was rung



and the food left on the porch or the door handle without contact, only a wave. Sometimes this was the only contact people had for almost a year. It progressed to handing the food over, and being able to see the smile in the eyes above the mask of both parties. It has now progressed to little conversations, some people with masks, but most without. It is so good to be able to see each other's faces and smiles again!

"To all the volunteers, thank you for your kindness and fellowship to our community." (*I think this applies to all volunteers, not just Take and Eat.*) "If not for you, someone who needed love would have gone without it. There would be one less smile, one less laugh, one less hug and the song of life might have skipped a beat."-- Anonymous recipient

—Carol Hendricks

Photos: Daria D'Arienzo



Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - Hours: Mon - Thurs 8:30 - 2:00 - 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.

Foot Nurse *

Piper Sagan is doing foot care at the Senior Center on Tuesdays every other month beginning August 10th. Call us (**268-8407**) to make an appointment. Piper can also do foot care in your home, (\$80). Call her at **413-522-8432** for an appointment.

Podiatry *

Dr. Coby will begin seeing patients on September 21st, and the third Tuesday of every other month. He accepts insurance for payment. Call us (**268-8407**) for an appointment.

Medical Rides **

The Senior Center drivers are available for your medical rides again! Call us at least 3 days ahead of any rides you need and we will provide a driver. (You can still use PVTa for medical rides in their vans with **Dial-A-Ride Services, (413) 739-7436.**)

Rides for shopping/errands can also be scheduled through our **Carpool Program**. See article on right.

Modern/Contemporary Dance

Susan Waltner's dance class is happening Wednesdays at 10:00 am in the auditorium. Contact Susan at **swaltner@smith.edu** if you'd like to join. Donations are gratefully accepted for the Senior Center Program fund.

Tai Chi

Instructor Marty Phinney is offering Tai Chi Tuesdays at 9:30 and hopes to be outside when the weather permits and inside when it is too hot or too wet. Group members or interested others can contact her at **413-268-3228**.

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**.

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, 8:30 am. To join, email Larry West (**landwest3315@yahoo.com**), and 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. (see page 1.)

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**)

Foot Care *

With the re-opening of the Town Offices, foot care is now available by appointment with podiatrist, Dr. Coby, and foot care nurse, Piper Sagan, on the 2nd floor of the Town Offices building.

Beginning August 10th, Piper will offer a 30 minute foot care visit for a \$50 fee. Dr. Coby will begin appointments on September 21st. Dr. Coby accepts insurance. Please contact the Senior Center if you would like to make an appointment for either one.

Piper and Dr. Coby are requiring that all patients wear a mask.

Medical and Carpool Rides **

Our drivers are back in business and ready to help you out! To make these programs work more efficiently, we have a few guidelines:

- **Please schedule your rides at least 3 work-days ahead** in order for us to find you a driver.
- **Requests for drivers must be made between 8:30 and 2, Mondays-Thursdays.** Calls will be returned within one or two business days.
- All rides **must be reserved through the Senior Center**, within the hours stated. **If a call doesn't come through the office, the driver risks not getting paid for the trip.**
- Since we are in the office regularly now, **please do not call employees' home phone numbers.**

Two programs fund our drivers: Medical rides are paid by Pioneer Valley Transit Authority. Carpool rides are funded by Highland Valley Elder Services. **Let's work together and make these programs work for you!**

Notice: The Town Offices are Open!

Read this newsletter and see what programs are starting up in the next months. We missed you!

Senior Center Café

The Senior Center is considering when and how to transition back to meals on-site (congregate meals) as before the pandemic, and we are starting to gauge interest. **If you are interested in attending the Monday Meals or the Congregate Meals (Tuesday through Thursday), kindly call the Senior Center (268-8407) and let us know so we can plan accordingly. We'll let you know when this will start happening!**

Volunteers Needed

The Senior Center is anticipating that we will be able to start serving congregate 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 she 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. **A stipend is paid for Companions and Drivers.**

Contact the Senior Center for information.

Are You Interested in Making Art?

**Do you think you have NO talent?
Are you hesitant to try new things?
This Art Studio offering is for you!**

Susan Gelotte is an artist who can guide you and show you how to use art materials, while you work on your own chosen art project. She will bring in a plethora of art supplies and help you get started on projects of your choice. She will introduce you to various materials and art forms. What are you interested in?

Susan has conducted these art studio sessions at the Northampton Senior Center with much success. We would like to offer this studio session on Mondays, between 3-5pm, beginning in September. We need to find out if there is any interest—We are hoping for a lively time with lots of fun and all kinds of art. Wouldn't it be fun to get together with friends and share your projects?

Please give us a call at 268-8410 or email Sherry at sloomis@burgy.org to show your interest, the sooner the better!



**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.

The Senior Center is grateful for your generous donations! If you would like to contribute, please fill out 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!



The Meaning Behind "Dog Days of Summer" Has Nothing to Do With Summer at All - or dogs, for that matter

As advocates of "country living," the dog days of summer are something we're all too familiar with. But, as with many popular expressions, have you ever taken the time to think about what the phrase actually means? What do dogs have to do with it? And what the heck is a "dog day" anyway?! (Sorry, cat lovers.) Since the aforementioned "dog days" just began on July 3, we took it upon ourselves to dig up the history behind the phrase and get to the bottom of its origin.

According to The Old Farmer's Almanac, the unofficial authority on all things folklore and weather-related, the phrase "dog days" refers to the hottest time of the year, which is the 40 days that span from July 3 through August 11. The Almanac explains:

August 11 coincides with the heliacal (at sunrise) rising of the Dog Star, Sirius. The rising of Sirius does not actually affect the weather (some of our hottest and most humid days occur after August 11), but for the ancient Egyptians, Sirius appeared just before the season of the Nile's flooding, so they used the star as a "watchdog" for that event. Since its rising also coincided with a time of extreme heat, the connection with hot, sultry weather was made for all time: "Dog Days bright and clear / indicate a happy year. / But when accompanied by rain, / for better times our hopes are vain."

So, ironically, the origin of the phrase has little to do with extreme heat, and much more to do with astrology, not to mention the Nile's yearly flooding. The deep historical context of the phrase becomes even more interesting when you think of all the new meanings the phrase has taken on throughout history.

In an interview with *National Geographic*, Anne Curzan, an English professor at the University of Michigan said, "Now people come up with other explanations for why they're called the 'dog days' of summer, [like] this is when dogs can go crazy."

The expression has also made its way through popular culture through the years, even popping up in *Charles Dickens's A Christmas Carol*:

The cold within him, froze his old features, nipped his pointed nose, shriveled his cheek, stiffened his gait... A frosty rime was on his head, and on his eyebrows, and his wiry chin. He carried his own low temperature always about with him; he iced his office in the dog-days; and didn't thaw it one degree at Christmas.

When all is said and done, to us, the phrase will always refer to those torturous, unbearable summer days, when the air is thick with heat, and the only thing that could possibly placate us is a big ol' glass of sangria. Right, people?! Hang in there until August 12!

—www.countryliving.com/life/a39114/dog-days/



What's Happening at Meekins?

Meekins has reopened for public browsing!

- Only use the Williams St (Rt. 9) entrance
- 1 HOUR browsing time limit
- No appointment needed, but number # of folks allowed in at a time will be limited
- Masks are REQUIRED

Hours:

**Tuesday, 1-5; Wednesday, 1-6;
Thursday, 2-5; Saturday, 10-2**

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

THE ANGEL PARK CONCERT SERIES 2021

Angel Park in Williamsburg Center
Wednesday Evenings • 6pm to 7:30pm
July 7th through August 18th

- Louise Mosrie - July 7th
- Katie Clarke and Larry Leblanc - July 14th
- Annie Guthrie - July 21st
- The Group DeVille Trio - July 28th
- Tom Shields and Barely Standing - Aug. 4th
- Lonesome Brothers - August 11th
- Christa Joy and the Honeybees - August 18th

Please join us for seven wonderful evenings of entertainment!

Sponsored by Florence Savings Bank,
The Williamsburg and Massachusetts Cultural Councils,
and contributions from area music lovers.



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 WE do it?

So how and why do we fall victim to these scammers? We're thinking adults, not inexperienced children. What goes wrong for us?

Well, when we lose our wallet, we may lose the carefully stored Social Security card and vaccination card. We might even lose our Medicare card that allows a scammer to hack our account and ruin our medical reputation. (No, I don't expect you to memorize that entire number. But you can make a copy of the card, cut it to shape, block out four characters, and memorize them. You shouldn't need the full number until you go to a new medical provider.) I should note - now that our SSN is not our Medicare number, this is not as large an issue as it used to be.

We enjoy posting online and playing social media games, playing with known friends, and we let our guard down. We tend to forget that someone besides our good friends may be watching the screen and picking up answers to our security questions or otherwise adding to the online profile they are generating. We also may still have an inclination to pick up the phone when it rings, whether or not we know the caller.

Then there's the collection of poor passwords we have. What's that? You only have ONE password?! Yikes! Watch for a password note in this newsletter next month.

One final thought for now. As we age, we lose some ability to feel doubt or to assess risk. We show increased optimism and positivity, and are more likely to assess someone as trustworthy based on a face or voice quality. We miss the warning signs. What to do about that? All I can say right now is "Let's be careful out there!" Thanks, Sgt Esterhaus of NYPD Blue.

Again, carefully,

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

August's Good News

By Deborah Hollingworth

The good news this month is about housing options. From time to time AARP does surveys asking older adults where they prefer to live. The answer never changes, 85%-90% of us want to stay in our own homes for as long as possible. (And sometimes longer). Being able to do that depends on our keeping fit, not developing any medical conditions that limit our ability to take care of ourselves.....and having enough retirement income to keep up with increases in the cost of our household overhead. Property taxes, homeowners insurance and utility costs are never going to go down, so this can be a challenge if we have changes in our income, from a loss of life partner, or we outlive our assets.

If we have to consider moving, leaving our home, the best strategy is to move to a place where we will be able to stay regardless of how infirm we become or regardless of our shrinking financial resources.

So what are the possibilities?

There are many aspects of planning for future housing, but today we'll focus on Assisted Living facilities. First, let's dispel some myths. Assisted Living is



not a nursing home. Far from it. I describe it like "a cruise ship that never leaves the dock". Meals, housekeeping and if needed, help with personal care and Rx management. In addition, most ALFs have a myriad of activities that include arts, crafts, music, day trips, book clubs and exercise classes. In fact, socialization is often the most important aspect of assisted living residences. Next myth, ALFs are only for people with significant financial resources, "I could never afford it". If you calculate what your monthly household overhead is...and then realize that when you move to an ALF you no longer have property taxes, utility bills, homeowners insurance, and home repairs....then the monthly rent begins to sound more reasonable. Still, rent at an ALF can range between \$3,000-\$5,000 per month depending on what kind of support services you need.

How is this affordable? Many people sell their homes when they move to an ALF and use the proceeds from the sale to pay their rent for a couple years. If you are planning ahead, it's a good idea to know about ALFs that have rent subsidy programs for low income residents who exhaust their assets. We are fortunate to have several in

our area: The Arbors Assisted Living residences in Westfield, Chicopee, Greenfield, and Amherst, Landmark at Monastery Heights in West Springfield, Heritage Hall in Westfield to name a few. To get more information about the possibility of your moving to an Assisted Living, you can call Highland Valley, LifePath, WestMass Elder Care, or Greater Springfield Senior Services and ask for their Information department, who should be able to refer you to an Options Counselor to talk about your situation and possible housing options.

Wanted: Part Time Administrative Assistant Chesterfield Council on Aging

Position responsibilities include preparing schedules and documents, assistance with office functions and services to older adults. Flexible hours available for 5 hrs/week at \$18 hr. Great position for someone looking to balance work and family life. Preference is for someone with experience and background working with older people in service or business settings. The goal is to have someone join the team who likes working with older adults, is goal-oriented, interested in learning new skills and working in a welcoming environment. Send letter of application to Jan Gibeau, Director of Council on Aging, Box 7, Chesterfield MA 01012.

Farmers' Market Coupons



Farmers' Market Coupons are available through your town's COA. Each booklet contains \$25 worth of coupons that can be used at various local farmers' markets.

The eligibility criteria are:

- ⇒ 60 years old
- ⇒ household income at or below 185% of the federal poverty level
- ⇒ disabled, under the age of 60, live in elder housing and receive nutrition program benefits and income at or below 185% of the federal poverty level.
- ⇒ For a household of one, 185% of the federal poverty level is \$23,828 per year. For a household of two, it is \$32,227 per year.

If you are interested, contact your town's COA.

On the Road Again..



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 Southampton Council on Aging, but Francine will be the contact person for all trips mentioned below. All trips include taxes and tips.

The Chesterfield COA is offering a \$20 refund on any non-sponsored Chesterfield trips listed here (*) to folks 60 years of age and older.

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.

- ⇒ **September 20.** Big E, \$12 for Chesterfield residents, \$15 for out of towners. Entertainment: Rainer Martin in ***The Donna Summer Experience***. Door to door service, 2 pickup locations COA & Elks Lots, no parking fee, driver tip included. Payment due by September 1st.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$67 due by August 10th.*
- ⇒ **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 **now**. Only 4 seats left.*
- ⇒ **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 lunch prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.*



Part Time Work Available: Hilltown Elder Network (HEN Program)

Help Williamsburg area elders with housework, occasional transportation to appointments, and various household chores.

Call Fran Goebel: 413-268-7411

\$15.00 per hour

A Hilltown CDC Program

Friends of the Chesterfield Library presents

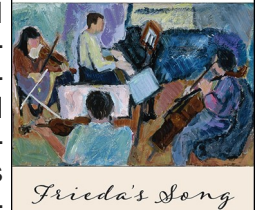
**Author Ellen Prentiss Campbell in-person
for a discussion of her new novel
FRIEDA'S SONG**

Sunday, August 1st at 4pm

**Chesterfield Community Center
400 Main Rd.**

Join us as author Ellen Prentiss Campbell discusses her new novel *Frieda's Song*, inspired by the life and work of renowned psychiatrist Frieda Fromm-Reichmann who fled Nazi Germany in 1935 and lived and worked at the Lodge in Rockville, Maryland, establishing its reputation for innovative treatment of mental illness, dying in her custom-built cottage on the grounds in 1957.

ELLEN PRENTISS CAMPBELL



Campbell's riveting novel explores the lives of the remarkable Frieda Fromm-Reichmann and current day psychotherapist Eliza Kline who—decades after Frieda's death—lives in the Cottage. Eliza, a struggling clinician and single mother, seeks inspiration in Frieda's work and finds surprising ways Frieda still inhabits the Cottage. The novel is a tale of how history and chance, and the work and people we love, shape our lives—and how the past remains present.

Campbell, a Smith College alum and award-winning author of the historical novel *The Bowl with Gold Seams*, worked as a psychotherapist in Rockville for many years. She lived so close to the Lodge she awoke to the smell of smoke the day the hospital, empty for several years, burned to the ground. Frieda's Cottage survived the blaze and has been recently restored and designated a National Historic Landmark. For more about *Frieda's Song* and Ellen Prentiss Campbell, visit www.ellencampbell.net

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.

Monday, Sept. 13th 1-3pm at the Chesterfield Community Center

Peg Whalen presents: iPhone Workshop

Want to catch up with your grandchildren who tell you using an iPhone is simple and easy? The fact is, figuring how to use all of the features of an iPhone is often not obvious at all. Join us at the workshop, hang out with friends and have fun "learning the ropes".

- Understand some basics of getting your phone to do what you want it to do.
- Learn things you have been told it can do but you have not figured out how.
- Understand your phone enough to feel comfortable with using it for new tasks and activities.
- Understand what you should be wary of.
- Identify ways to find out more about your phone

Some of the issues to be covered include how to:

- Get your pictures off your phone and onto your computer.
- Use it as a flashlight, compass or level.
- Set it up for printing to a wireless printer.
- Find and install apps.
- Determine whether you can use it for banking, bill paying, accessing medical records and reaching your doctor's office or pharmacy.



Interested in attending?

Please call the Chesterfield COA, **413-296-4007**, or send an email to **coa@townofchesterfieldma.com** to register by August 30th. It would be helpful to include information about how long you have used a cell phone, what make and model of cell/smart phone you currently have, and what questions you would like answered. Can't join us but want to learn more? If you can't attend this workshop on the scheduled date and time but would be interested if it is repeated in the future, let us know. This information will help us determine whether additional workshops should be scheduled.

** Please note: This workshop will not cover how to troubleshoot an ongoing problem with your phone or how to fix broken parts of your phone.*