

Living Well



November
2021
Newsletter

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

Nick Caccamo, Williamsburg Town Administrator

Nick Caccamo, Williamsburg's new Town Administrator, had been in the position for four months when I interviewed him in September. He was born and raised in Pittsfield, MA, leaving the area to go to college. He returned to Pittsfield after graduation because he loves Western Massachusetts - the easy access to nature trails, outdoor activities and the Southern and Northern Berkshires.

In college, Nick was a History Major with an interest in Public Education. At some point, he became interested in Public Policy. Toward that end, he ran for and won a seat on the Pittsfield City Council. During his six-year tenure, Nick met and talked with Municipal employees who he found were more in-tune with the needs of the city than the Council members. That's when he became interested in Administration.

He said that Public Administration could impact government operations at the departmental level. The City Council can legislate change but a good administrator can influence change and the ways to work toward it.

When I spoke with Nick, he said he was feeling more grounded in his new position and in what each day might look like. Still, he said, "Every day has a new surprise".

Nick reminded me that several projects had been set in motion before he was hired, such as the Safety Complex, etc. These needed his attention before new projects could be discussed. I asked what kinds of ideas he had in mind. He said, for example, there was needed maintenance on buildings such as Town Office/Senior Center and others.

Pen Pal Program Update:

We are still hoping to get a few more folks to sign up as pen pals to the 6th graders at the Dunphy School. **Please email sloomis@burgy.org or call 268-8407 to sign on.** This is a larger class than we've had before, so we need more seniors to match up with! It is a fun and rewarding way to socialize with the younger generation. We may exchange 3-5 letters, through the Senior Center and the teachers. Please contact us for more information!

Nick feels he's in a good work environment; - that people are committed to doing their jobs well which he's found to be true of Williamsburg residents in general.

As he bikes through Town, Nick talks to people. "Almost everyone I meet takes pride in the ways they contribute to the town. People tell me what Board they're on or how they support the Mill River Greenway, keep the gardens growing, and so on." He was happy that people reached out to him to share their thoughts.

"The people who work in Haydenville and Williamsburg are known to or related to the people in the community. There are deep roots here and great pride in the Town."

I asked Nick what he might do when the current projects are either finished or comfortably on their way. He said that Williamsburg has no Master Plan that expresses both immediate and long-term goals. "Without a plan, you can speculate but not take steps forward." He believes the Town would benefit from undertaking that process.

Nick is planning to be at the Coffee and Cake hour at the Senior Center on Nov. 18, 2021 from 10 – 11 AM. (please call to reserve a spot.) This is one way to meet Nick and to talk to him about the town you live in.

—Tryna Hope



Art Studio Sessions Ongoing at the Senior Center!

Do you wish you had time or space to do some arty or crafty things? Why not spend a couple hours a week in our art studio?

We have room to spread out and work on projects, guided by Susan Gelotte, who provides supplies, including watercolor paints, pastels, pencils, markers, collage materials, papers, etc. Come in and get inspired to work on your own project or try new things, methods and materials. There is no charge; donations are gratefully accepted to help fund the sessions. Call us for more info, or just drop in. (Masks required)

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

Open Enrollment for Medicare and Medicare-related insurance is from Oct. 15th to Dec. 7th. This is when we can “shop” for our supplemental health insurance plans and Rx coverage...and change them if we want. If you are satisfied with your coverage, there is no need to make changes. If you would like to explore your options, the sooner you do it the better. call the Senior Center to make an appointment. Leave your name and phone number and we'll let a SHINE 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 **December 14th** and on Tuesdays every other month. 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 has appointments available on **November 16th**, 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 PVTAs 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.**

Modern/Contemporary Dance

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

Tai Chi

Instructor Marty Phinney is offering Tai Chi in the auditorium, Tuesdays, 9:30-10:30 am. 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 10:15 am. Visit her at www.bybhealth.com to sign up. Donations gratefully accepted through the Senior Center.

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 <https://www.foodbankwma.org>. (Click on the Get Help tab and select Brown Bag.) Send applications to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

Take and Eat

Two area churches are providing freshly made meals delivered every Saturday. Contact the senior center to find out more or to sign up.

Wellness Calls

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

Art Studio

Have a little fun this season! Come to Susan Gelotte's art studio sessions at the Senior Center. She brings in art supplies and helps folks work on their own projects or to learn something new. **Mondays, 3-5 pm.** Call us or drop in. (**268-8407**)

Third Thursday Men's Group

Meets at the **Williamsburg Snack Shack** on 3rd Thursdays at 8:30 am. To join, email Larry West (landlwest3315@yahoo.com), and become one of the “guys!”



Photos by Sherry Loomis

Monthly Coffee Hour

The Senior Center is planning an indoor Coffee Hour on Thursday, November 18th, 10-11 am. Please call 268-8407 or email Tamar (tsmith@burgy.org) to sign up, as indoor spaces are limited.

Masks will be required to enter the building.

Our Fall Foliage Mystery Ride Was a Lot of Fun!

On October 8th, eight of us caravanned in two cars through the back roads of Western Mass. It was a beautiful day, and the foliage was starting to color nicely in the high country. The mystery was that even the leader didn't know we were going to the Bridge of Flowers! We convened for a great lunch at Spruce Corner Restaurant in Goshen for further chatting and storytelling. Great memories were made to keep over the coming winter!

If you would like to be included in future social gatherings, call us at 268-8407.



Keeping up with "The Holidays"

Traditionally we feast at Thanksgiving, Christmas, and other holidays. We think everyone is doing it, and the cards and ads show big gatherings with a groaning table. Fast forward to now. We are single, or much smaller family units, our circumstances have changed. Covid has isolated many of us, making celebrations difficult or a thing of the past.

Manna Soup Kitchen has a solution that works for many folks in the Hilltowns. They make a holiday meal and deliver it to people on the holiday of your choice. Please call the Senior Center (268-8407) for more information. Their flyer should be ready to share soon, and we'll be posting it around town.



**HEALTHY BONES & BALANCE
BECOME A LEADER:**

**Keep seniors healthy and active!
Lead a class in your community!**

The RSVP Healthy Bones & Balance Program is designed to increase participant's strength, mobility, flexibility, and balance. This is a weekly exercise class led by trained RSVP volunteers. Healthy Bones & Balance classes are a free, fun, way to exercise and socialize. **If you are interested in training to become an instructor please call Melissa Wilson at the Senior Center, 268-8410 or email seniorcenterdirector@burgy.org.** The RSVP program is run by Community Action Pioneer Valley.

Note: You can now donate online: Go to the www.burgy.org website and click on the Senior Center. There will be a link to make your donation. Your contributions help support programs that are vital to seniors.

We are 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 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!

History of Veterans Day

World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (*Public Law 380*) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

You can read the complete history at:
www.va.gov/opa/vetsday/vetdayhistory.asp



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.



What's Happening at Meekins?

We have new expanded hours!

Tuesdays 10-6

Wednesdays 1-7

Thursdays 3-6

Saturdays 9-2

Both entrances are now open.

Masks are required for entry.

In the coming months the staff, Trustees and community members will be circulating a community survey regarding library services and community offerings. Please keep an eye out. All voices need to be heard.

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

Senior SAFE

Hear A Beep.
Get On Your Feet!

Hear A Chirp
Make A Change!

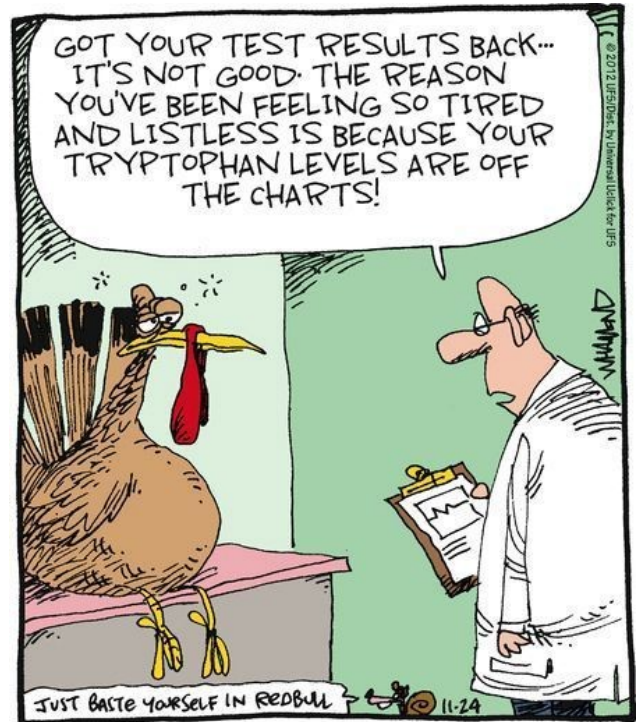
Last month's topic was the "Sound You Can Live With," your smoke detector. Remember? This month's topic is Carbon Monoxide (CO) alarms:

- Carbon Monoxide is a colorless gas that you cannot see or smell and it takes away the ability of your body to get and use the oxygen your body needs to survive.
- The CO alarm gives off a continuous set of four loud beeps to let you know you have dangerous amount of CO in your house.
- When you hear the continuous beep, beep, beep, beep, go outside, then call 911 and stay out of the house.
- A single chirp every 30 to 60 seconds means the battery is low and must be replaced.
- CO alarms also have "end of life" sounds that vary by manufacturer. Check their instructions.
- Chirping that continues after replacing the battery means the alarm needs to be replaced.

Have a SAFE November!

--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.



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!

ROBO CALLS!!! Note 1

More frustration - right next to spam text messages, phone calls from who knows who for you know what. You know I would love to give you a single source or option or program or Something, to stop phone calls you don't want. Sadly, it is complicated so I can't do that.

What I can do is ask you to read a very complete and mostly straight-forward website from the Federal Trade Commission. It starts with making sure you have done what you can with the national Do No Call list. Just a reminder, if you have added a phone or changed numbers, make sure you sign up the new phone. You can also call their number to check your status. **"You can register your numbers on the national Do Not Call list at no cost by calling 1-888-382-1222 (voice) or 1-866-290-4236 (TTY). You must call from the phone number you wish to register. You can also register at donotcall.gov."**

The Federal Trade Commission site goes over landlines and cell phones and some options. Go to consumer.ftc.gov, then click on "Privacy, Identity & Online Security" and read under "How To Block Unwanted Calls."

Actions –

Check your Do No Call status.

If you want me to print the FTC pages and get them to you, just holler.

If you need help with interpretation of those pages, just holler.

If you need a grandchild or other young person to help you with this, good luck. I don't have one.

Your town's Senior Center or COA may also have someone to help you with this.

Keep Smiling,

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

November's Good News

By Deborah Hollingworth

What is Open Enrollment...and why do we go through this every year? Good question, so let's see if I can shed a little light on the subject.

Open Enrollment is this time of year (October 15th through December 7th) when we can change our health insurance coverage. We get inundated with a lot of advertising from insurance carriers like AARP, BlueCross, Health NewEngland, who want us to enroll in their plans. Their insurance plans sound great. But are they better than what we already have? And why do plans change...why can't they stay the same every year? Some of you do not have to change plans. So you can ignore all this advertising.



1. If you have MassHealth as well as Medicare, you do not have to consider changing plans.
2. If you get your health services through the VA, you don't have to change or pay attention to any of this advertising.
3. If your health insurance is part of your retirement/pension, you don't have to change.
4. If you are still working and have health insurance through your employer, or your spouse's employer, you don't have to change.
5. And finally, if you are satisfied with your current health insurance coverage, you don't have to change.

That leaves the rest of us. Here's when it makes sense to check out other insurance options.

- ⇒ This year my Rx plan decided to almost double the monthly premium. This happens. And when it does, there might be a better option.
- ⇒ This year my doctor prescribes a new medication that my current plan doesn't cover...or it's covered, but the co-pay is expensive.
- ⇒ This year we're going to spend the winter in Florida and I'm not sure my Medicare Advantage plan works there?
- ⇒ This year I'd like to get a knee replacement and anticipate needing PT after. My plan has some pretty high co-pays, maybe there's a better plan for me?

I heard that some Rx plans are offering much lower co-pays on the type of insulin I have to use. Which plans might work better for me?

Each year the Federal government allows insur-

ance carriers to make changes to their plans so they can maintain their profit margins. The cost of Rx increases, new medications are always coming on the market, hospital costs increase, and insurance providers are allowed to modify their plans accordingly. As consumers, we get to stay with our plans....or opt out and change. It can be confusing and overwhelming. So call your senior center and book your SHINE appointment early!



HMLP: Home Modification Loan Program

Home Modification Loan Program (HMLP) is a state-funded loan program, providing loans to homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities. This is not a home repair program and is not a resource to repair roofs, windows, or heating and septic systems. Work must be completed by contractors who are licensed and insured.

Loan Information:

- \$1,000 to \$50,000 loans to property owners
- 0% interest
- No monthly payments or interest
- Repayment is required when property is sold or transferred
- \$1,000 to \$30,000 loans to owners of manufactured or mobile homes
- Landlords with fewer than 10 units may be eligible for a 3% loan for a tenant

Possible Home Modifications:

- Bathroom & kitchen modifications
- Ramps
- Stair-lifts, and/or platform lifts
- Sensory or therapy spaces
- Hard-wired alarm systems
- Fences
- Accessory dwelling units

Eligibility is based on:

- Income
- Documentation of need from professional
- Proposed home modifications

(Continued on next page)

2021 Income Guidelines

Household Size Eligible with Gross Income up to:

1	\$188,000
2	\$214,800
3	\$241,600
4	\$268,400
5	\$290,400
6	\$311,400
7	\$333,000
8	\$354,400



For more information call Susan Gillam at **1-866-500-5599** or visit cedac.org/hmlp

From Alzheimers Society: It's Time to Open the Cognitive Impairment Door Wider

Reprinted below are excerpts from the Alzheimer Society's website (www.alzheimers.org.uk) that offers information as you cross the threshold to the topic of dementia.

What is dementia and what are the symptoms?

Dementia is the term for a group of symptoms that occur when the brain is damaged by diseases. This includes Alzheimer's disease or diseases of the blood vessels that can cause a stroke. These diseases can cause a significant decline in a person's mental abilities or 'cognitive function' - our capacity for things like memory, thinking and reasoning.

For a doctor to diagnose dementia, a person's symptoms must have become bad enough to significantly affect their daily life, not just be an occasional minor irritation. This means having new problems with everyday activities about the house, in the community or at work. For example, starting to have problems paying household bills, using the phone, managing medicines, driving safely or meeting up with friends.

If a person has symptoms that are worse than would normally be expected for a healthy person their age, but are not severe enough to significantly affect their daily life, a doctor may diagnose mild cognitive impairment (MCI). This is not a type of dementia, though some people who have MCI will go on to develop dementia.

The signs of normal aging and dementia

In the next column are some of the possible changes due to both normal aging and early dementia. However, it is important to remember that everyone is different and not everyone with dementia will have all of these changes.'

Other conditions may also account for some of them. For example, a person with depression can have problems making decisions, get confused easily and appear withdrawn or irritable.

Ability	Possible changes due to normal aging	Possible changes due to dementia
'Short-term' memory and learning new info	Sometimes forgetting people's names or appts, but remembering them later	Forgetting the names of close friends or family, or forgetting recent events - i.e. visitors you had that day
	Occasionally forgetting something you were told	Asking for the same info over and over - for example, 'where are my keys?'
	Misplacing things from time to time, i.e. your mobile phone, glasses, but retracing steps to find them	Putting objects in unusual places, i.e. putting your house keys in the bathroom cabinet
Planning, problem-solving and decision-making	Getting less able to juggle multiple tasks, esp. when distracted	Having a lot of difficulty concentrating
	Making a bad decision once in a while	Frequently poor judgement when dealing with money or when assessing risks
	Occasionally making a mistake when doing family finances	Having trouble keeping track of monthly bills
Language	Having a bit of trouble finding the right word sometimes	Having frequent problems finding the right word or frequently referring to objects as 'that thing'
	Needing to concentrate harder to keep up with a conversation	Having trouble following or joining a conversation
	Losing the thread if distracted or many people speaking at once	Regularly losing the thread of what someone is saying
Orientation	Getting confused about the day or the week but figuring it out later	Losing track of the date, season and the passage of time
	Going into a room and forgetting why you went there, but remembering again quite quickly	Getting lost or not knowing where you are in a familiar place
Visual perceptual skills	Vision changes related to cataracts or other changes in the eyes, such as misty or cloudy vision	Problems interpreting visual information. For example, having difficulty judging distances on stairs, or misinterpreting patterns, such as a carpet, or reflections

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.

Vaccine Booster Information

The Centers for Disease Control and Prevention (CDC) and the federal Food and Drug Administration (FDA), as well as the Advisory Committee on Immunization Practices (ACIP) have authorized the Pfizer COVID-19 Booster for individuals 65 years of age and older, individuals 18-64 years of age at risk for severe COVID-19 due to underlying medical conditions, and individuals 18-64 years of age who are at increased risk for COVID-19 because of occupational or institutional settings who have previously received the Pfizer vaccine. These residents are eligible to receive their booster shot at least 6 months after their second dose of the Pfizer COVID-19 vaccine.

You can get help with making an appointment or finding a walk-in clinic through the Northampton Senior Center. Go to:

northamptonma.gov/2219/Vaccine-Clinics#weeklyschedule.

If you cannot find what you need on the website, you can call their vaccine line at 413-587-1219. Walgreens and CVS (as well as other locations) also have booster shots available—appointments are encouraged.

