

Living Well



February
2022
Newsletter

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

Senior Citizen Profile: Paula Wentworth

“Dear Paula, I am writing a short note to thank you for visiting with me. It was a delightful interlude during the busy Holiday times. I am fortunate to be in my position, and can take the time to meet and get to know you, our oldest town resident. Little did I realize just how remarkable a person I was to encounter on that day. I also want to thank you for allowing me to share what I learned. Please keep in touch. Happy Valentine’s Day. **Sincerely, Melissa.”**

As stated above, I had the absolute delight to visit with Paula Wentworth, the Town’s oldest resident. She is talented, forthcoming, hard-working, energetic, and interesting. She feels herself special and is somewhat surprised to be Burgy’s oldest citizen. While there are many things I can say from that visit, here are some things I would like to share.

Upon entering her home, Paula remarked how beautiful the view is from her windows no matter the season. She asked where I would be most comfortable sitting as she was comfortable anywhere. I realized after our conversation that this is a metaphor for her life: she is content and at peace. “I enjoy my own company.”

After she told me gardening was her favorite life-long activity, I asked what her favorite flower was. She paused for some moments and then said it has to be the tea rose. “Many years ago, that is how I met my first husband. I was riding my bike in Leeds heading to the usual swimming spot, when a fellow passing me said, ‘Can I smell that tea rose you are holding in your hand?’ My heart beat so fast. We were inseparable and courted for nearly six years before being married in Dec. of 1942.” Her husband, Bob Lyons, left soon after their wedding for three years (on Valentine’s day of ‘43), serving in the U.S. Marine Corps from 1942-1945 during World War II. Upon his return they settled in Florence and it was there that their two children, Katherine and Maureen, were born. Years later, (1957) they bought land in Williamsburg, built a house, and enjoyed many years together.

Paula also shared that when her daughters were 9 and 11 years of age, she came across an advertisement (again) in the local newspaper that Cooley Dickinson Hospital was looking for an applicant to train as an X-Ray technician. This ad was run every six months (and accepted only one applicant every six months) and Paula always made a point to bring this up in conversation with her husband. Her husband was inclined that she

stay home with the children. But on this particular occasion his response was “do something about it.” So she did. She applied, was accepted, and had a long and successful career. When I asked about Bob’s response being different and why that was, she said she did not ask and never looked back. She just ran with it!

Years later this would prove to be a valuable decision. Paula’s husband, Bob, had a heart attack (52 years of age) and was unable to work outside the home. It was Paula’s employment that got them through. Her husband would keep the house and have supper on the table when she got home from work. They had switched positions! She was so grateful that she had something to fall back on after his health problems. “I am so glad I did what I did.”

Sadly, her husband passed away in 1988. Paula did not know what she was going to do. She didn’t want to lose everything. She said she had to “play along and keep going.” Over the years Paula worked various jobs. She formed the Hilltones in 1988, a singing group that performed in many venues—music is another life-long talent she enjoys immensely. She taught line dancing at the Senior Center, worked in her gardens, and enjoyed her many talents. At the Senior Center she formed many lasting friendships. There she met her second husband, Hal Wentworth, the Director. Hal, sadly, passed away in 2008. Paula also was caregiver to her daughter Maureen, who passed away in 2013. Paula said that it was fortunate she was able to have Maureen in her home during this time, as that is what they both wanted.

Paula’s resiliency, energy, desire and ambition, and her happiness and acceptance of the losses in her life, are remarkable. In describing her life, Paula says she never dreamt of the day when she would have what she has. She is so grateful for her full life, her family, and her home in Williamsburg. We are grateful to have Paula and for sharing her story with us.



Paula received the Golden Cane as the Town’s oldest resident

— MW

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 help with Medicare and Medicare-related insurance **SHINE can help**. If you want to speak to a SHINE agent, call the Senior Center to make an appointment. Leave your name and phone number and we'll have an agent contact you.

Veteran's Service Officer

Though there are no office hours in the Town Offices, the VA office is open and available. **Robert Vigneault** may be reached at his office at **413-587-1299** for appointments.

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.

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 Elder Services.

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**)

Foot Nurse

Piper Sagan is doing foot care at the Senior Center **February 8th** and on second Tuesdays every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). 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 **March 8th**, and the second Tuesday of every other (odd) 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 **Car-pool Program**.

Modern/Contemporary Dance

Susan Waltner's dance class is happening on Wednesdays at 10:00 am in the auditorium. Contact Susan at swaltner@smith.edu if you would like to join.

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. 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.

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!"

~The Senior Center gratefully accepts donations to help fund many of our programs.~

Information for Tax Assistance

Unfortunately, we don't have any tax assistance programs in the Hilltowns this year. Here are some ways to get help:

AARP has an online tax program: Type in "AARP tax aide" in your browser and click on the appropriate box. Folks can also make appointments at the Northampton Senior Center, which serves as an in person/drop off site. AARP also has a Tax Aide Site Locator Tool (type into browser) to find additional sites that can do an in-person visit (might be a drop off due to COVID). You can also call 888.687.2277.

Community Action of Pioneer Valley offers free Tax Assistance through the VITA program. This program helps taxpayers with lower incomes maximize their tax refund or reduce their taxes due. They have online tax prep or drop off sites in Northampton or Greenfield. Phone number to call is 413-376-1136. To do taxes online with this program type into browser: communityaction.us. Click on Community Services (in the menu bar across the top). A drop down will appear: VITA Free Tax Assistance program.

If you have further questions, please feel free to contact the Senior Center.

A Special Holiday Gift

It is a wonderful gift when we can think of—and help—others!

This year Christmas and New Year's fell on Saturdays. Meals on Wheels did not deliver meals on the Friday before the Holiday. When a certain caring person by the name of Denise Banister realized this, her first reaction was, "How can we make sure that the people that normally get a meal on Friday will get one either Friday or Saturday?" She spoke with Madelyn Breen from the Our Lady Of The Hills Church. They decided that Williamsburg Congregational Church would do a meal Dec 24th, and Our Lady would do Jan 1st.



On Friday, December 24th, the Williamsburg crew made and delivered a hearty minestrone soup, bread, several desserts and snacks. Then on Saturday, January 1st, Our Lady made and delivered baked ham, vegetables, dessert and snacks.

A special thanks goes out to the volunteers who prepare, cook, bake, package and deliver these meals. The very act of doing this at one of the busiest times of the year is a kindness we're all grateful for!
— CH

Do You Need Help With Technology?

The use of technology can serve many purposes in our lives: staying in touch with family and friends, telehealth appointments, banking, virtual tours, taking photos, sending and receiving emails, and many other useful things. Do you need help using technology (smart phone, iPad, laptop, desk top, etc.) or help with devices or internet use?

Please contact the Senior Center if you feel you could benefit from increasing your knowledge or use of technology. We will try to find a way to help with this.

Also, if you, or someone you know, is interested in helping someone learn technology, please call the Senior Center to sign up to volunteer. Thank you.



Caregiver Support Group

Folks who take care of others often feel alone or isolated and don't get the care and support they might need. If that sounds like you, you may be interested in joining a support group for caregivers. We will keep the group small and meet up on zoom for the time being. Contact us at the Senior Center if you are interested.

Many Thanks Every Day from the Williamsburg Senior Center!

You might not be aware that the Williamsburg Senior Center relies on donations from the community to support some of our best-loved programs and events. If you would like to donate, there are three ways to contribute:

1. Donate online via Unipay at www.burgy.org/senior-center
2. Drop off your donation in person during business hours
3. Mail a donation to Williamsburg Senior Center, PO Box 193, Haydenville, MA 01039 (see below)

Donations of all sizes are welcome, appreciated and put to good use.

The Senior Center also wants to thank the volunteers who offer time and talent to support the Williamsburg Senior Center. Without your dedication, we could not provide so many important programs and services to our seniors.

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!

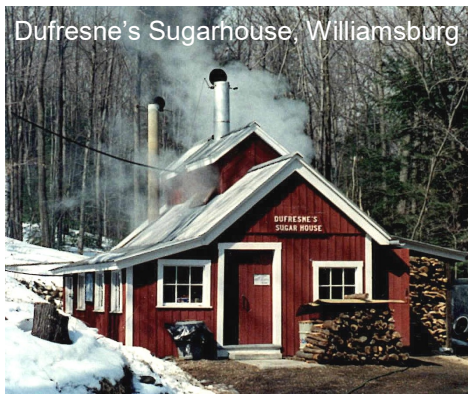
Short and Sweet

Maple syrup season begins in mid to late February. It is one of my favorite times of the year! I enjoy visiting maple sugar houses and the many breakfast spots that are open. Did you know:

- It takes roughly 40 gallons of sap to make one gallon of maple syrup.
- Maple sap is mostly crystal-clear water with about 2% sugar content.
- A typical sugaring season lasts 4 to 6 weeks. A pattern of freezing and thawing temperatures (below freezing at night and 40-45 degrees Fahrenheit during the day) will build up pressure within the trees causing the sap to flow from the tap holes.
- Sugaring season ends when the warmer days of late spring cause the leaf buds to unfold.
- A tree needs to be about 40 years (10-12 inches in diameter) to be large enough to tap.

Does tapping harm the maple trees? Proper tapping does not harm the tree, and the amount of sap taken from the tree is a mere fraction of the volume of sap in the tree on any given day. Trees must be about a foot in diameter before they can be tapped, and most trees can have one or two taps per season. Larger trees may have more. Many of the big maple trees in New England have been tapped yearly for well over 100 years.

What is maple cream? Maple cream, also known as maple butter, or maple spread, is made from maple syrup that has been boiled further to remove more moisture, then cooled and stirred until it becomes “creamy.” There is no butter, cream, or other additives in it. It is called maple cream because of its very smooth and “creamy” texture. It has the consistency of, and spreads like soft butter and is delicious on toast, English muffins, or on a peanut butter sandwich in place of jelly.



How long will maple syrup keep? Unopened, maple syrup will keep indefinitely. Because it is an all natural product with no preservatives, once opened, a container of maple syrup must be kept refrigerated.

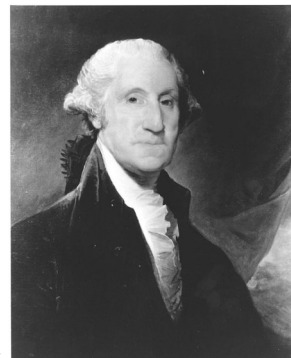
As I *write* this in early January, maple sugar season is weeks away (we still have to wait for the ground hog to see his shadow or not!). As you *read* this, I only have a couple of weeks to wait. — MW

From: vermontmaple.org/how-maple-syrup-is-made and mass-maple.org/about-maple-syrup/frequently-asked-questions/

Presidents' Day or Washington's Birthday?

This year, Presidents' Day is Monday, February 21st. Although the holiday is most often referred to as “Presidents' Day,” the observed federal holiday is officially called “Washington's Birthday.” Neither Congress nor the President has ever stipulated that the name of the holiday observed as Washington's Birthday be changed to Presidents' Day. Additionally, Congress has never declared a national holiday that is binding in all states; each state has the freedom to determine its own legal holidays.

So why is Washington's Birthday commonly called Presidents' Day? In a sense, calling the holiday Presidents' Day helps us to reflect on not just the first president, but also the founding of our nation, its values, and what Washington calls in his Farewell Address the “beloved Constitution and union, as received from the Founders.” Additionally, Abraham Lincoln's birthday is February 12th, so by calling the holiday “Presidents' Day,” we can include another remarkable president in our celebrations as well.



Historically, Americans began celebrating George Washington's Birthday just months after his death, long before Congress declared it a federal holiday. It was not until 1879, under Pres. Rutherford B. Hayes, that Washington's Birthday became a legal holiday, to be observed on his birthday, February 22.

Washington's birthday was celebrated on February 22 until well into the 20th century. In 1968, Congress passed the Monday Holiday Law to “provide uniform annual observances of certain legal public holidays on Mondays.” By creating more 3-day weekends, Congress hoped to “bring substantial benefits to both the spiritual and economic life of the Nation.”

Today, George Washington's Birthday is one of only eleven permanent holidays established by Congress. One of the great traditions followed for decades has been the reading by a U.S. senator of George Washington's Farewell Address* in legislative session, which remains an annual event to this day.

* https://www.senate.gov/artandhistory/history/minute/Washingtons_Farewell_Address.htm

From: <https://www.almanac.com/content/when-presidents-day>

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, contact us at 268-8407, or sloomis@burgy.org.

Seniors Aware of Fire Education

In observance of National Burn Awareness Week that happens in February, this month's topic is on preventing and treating burns. This is a hot topic for our age group because skin thins with age and a burn will be much deeper on an elder than on a younger person.

Senior 
SAFE

A decreased sense of touch from diabetic neuropathy can lead to worse burns. Here are a few things of which to be mindful in preventing and treating burns:

- ⇒ Use oven mitts to protect against hot liquids and touching hot pots or ovens.
- ⇒ Set the hot water heater temperature to 125 degrees F. Burns occur in seconds at higher temperatures. (State law requires it to be set between 110 and 130 degrees.)
- ⇒ Heating pads and electric blankets are a significant cause of burns for seniors.
- ⇒ Consider a heating pad where you have to hold the control to keep it on.
- ⇒ We teach children to *Stop, Drop, Cover and Roll* if their clothing catches fire. If getting up off the floor is a problem for you, smother the flames with a towel, blanket or coat.
- ⇒ Cool a burn. Run cool water over a minor burn -- not cold water, not ice, just cool water, which will cool the boiling liquid under your skin.
- ⇒ Call 911 immediately for serious burns.

Have a S.A.F.E. February!

--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!



Just playin' my harp...

I do love music and played drums and piano at one time, but I'm not going to break out in song here. This harping is on the need for all of us to take care of the Big Five. I spent 6 months in early 2019 on these if you need to refresh.

So what 's the big deal? Two things: 1. *uncertainty*, and 2. *mental condition*. We know there is uncertainty in life, including not usually knowing how and when our life will end. We don't know what tomorrow will bring, how our health will hold up, how family relationships will go. Being prepared with our will, health care proxy, durable power of attorney, advance directive, and HIPAA release adds some stability and certainty to life, maybe a small feeling of relief.

Mental condition. I do charge right in there, don't I? Well, *someone* has to say these things. If you or someone you care about is going down the dementia path, PLEASE get these documents in order. If you wait too long, the person may not be able to make a good set of decisions. If you wait too long, an attorney may be unsure that the person is still sufficiently capable to be able to understand and sign the documents. The alternative then may include a court-ordered conservatorship or guardianship. Quite the bother...

It would be music to my ears if I hear from you that you've done even 3 of the 5!

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

February's Good News

By Deb Hollingworth

Here it is, the beginning of a New Year and perhaps a good time to think ahead? I call this "next chapter" planning: when we pause from our daily routine and take time to think about the future and dealing with the "what if" situations in life. What if you have a life changing event, like a medical issue? Or what if you're stressed by diminishing financial resources, not just grocery bills, but health care costs, household overhead...everything seems to cost more and you wonder if your resources will last as long as you do?

While everyone may have these questions, planning ahead can be more challenging if you are caring for someone with dementia, or if you are taking care of yourself and think you may be developing some memory issues.

Where do we start?

Having a conversation with someone familiar with available resources might be a good way to sort through the seemingly limitless amount of information on the internet, in the news and in print. The Good News is that we live in an Information Age.....the challenge is that we live in an Information Age and it can be overwhelming and confusing. So who can you talk to?

If your Senior Center has an Outreach worker, that's a good first call. And for our seven hill towns, Highland Valley has funded a grant for a program called The Connector which helps you find the resources you need and helps you deal with the process of getting connected with those resources. If you call your senior center, they can put you in touch with The Connector.

Options Counselors are another resource, helping in a similar way. You can call Highland Valley 413-586-2000 and ask to speak to their Options counselor, but if you want to check out the website for Greater Springfield Senior Services (the agency, like Highland Valley that covers the Springfield area) , it is GSSSI.org. You can download their Elder Guide which is over 60 pages of resources for seniors, including: housing options, day programs, assisted living residences and nursing homes with dementia supports, caregiver programs, information on legal issues, reverse mortgages, food resources and much more. Options counselors can help you understand these resources and help determine if you are eligible.

The Alzheimers Association has their 24 hour help line, 800-272-3900, and also a Care Consultant (617-393-2100) who can help you understand the disease process, answer your specific questions and concerns and create strategies

to cope effectively as your situation changes. Caregiver support groups, now even more available virtually, are a great way to talk with other caregivers, dealing with the same issues you worry about. You can look online for support groups, or ask the Alzheimers Care Consultant for recommendations.

So the first step for future planning is to find someone to talk to who knows the resources available; someone who can offer suggestions and guidance. Remember you are not alone and there is help, just a phone call away.

On the Road Again...



2022 Trip Lineup

These are some of the bus trip destinations in different stages of planning with various travel groups. Most trips are limited to 36 passengers. More information to come in future newsletters. Vaccinations are required. Contact Francine Frenier by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Day Trip. Encore Boston Harbor Casino. Postponed till Summer 2022.

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost TBD, \$25 discount if paid early. Flyer available. This will be rescheduled for 2023.

Day Trip May 5. Country Shopping in Southern Vermont Trip. Includes visit to Grafton Village Cheese, lunch at The Marina, and stops at the Vermont Country Store & Allen Brother's Farm Market. Cost \$103, \$10 discount if paid by 3/24/22. Vaccination proof requirement by the restaurant. Flyer available.

Multi Day May 23-27. Lancaster, PA. Sight & Sound Theater presents David. 5 days. \$549, \$25 discount if paid by February 16, 2022. Flyer available.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes lunch. Cost to be determined. Approx. cost \$120, \$10 discount if paid by 3/31/22. Flyer available.

Day Trip June 9. Corvettes Doo Wop Revue. Lobster Tail or Prime Rib for lunch. Self Drive to the Log Cabin. Cost to be determined.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

RESOURCE DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536 x120
Veterans' Service Officer Robert Vignault	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Brian Brooks	413 772-1571
DO NOT CALL Registry	888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400 or 413 296-4007
Call Chesterfield COA for assistance	413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Drohan, Director	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center- Medical & Dental	413 238-5511, ext. 131
HOPE Nurse, Mary Kane	413 238-5511, ext. 322
Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 322
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
Foot Care Piper Sagan, RN	
foot care in Cummington, call Ann Eisenhour	413 634-2243
foot care in Goshen, call Piper for appt.	413 522-8432
foot care in Williamsburg or in-home visits	413 268-8407
Deb Dean, foot care in Westhampton	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, ext. 2275
Deborah Hollingworth (Chesterfield)	413 296-4007 or 413 268-8317
Mass Health and New Health Coverage	
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cummington	Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation	Appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical & Carpool Rides	(call to schedule)	413 268-8407
PVTA Dial-A-Ride	(tickets sold at Williamsburg Senior Center)	866 277-7741
Hilltown Easy Ride Van & Driver Pool	Ed Pelletier	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Susan Metcalfe Honneus	413 743-5345
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 977-6799

Williamsburg Senior Center
141 Main Street
P.O. Box 193
Haydenville, MA 01039

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Greenfield MA

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&
Our Many Volunteers

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Winter Farmer's Markets

Fresh, local food is available all year!



All of these markets take HIP! HIP is free extra SNAP money for fruits and vegetables. Ask the market manager to learn more!

- **Northampton Winter Market**, 67 Conz St. Northampton. Every other Saturday 10am-2pm, through April 2nd.
- **Winter Market at Hampshire Mall**, 367 Russell St., Hadley. Saturdays 10am-2pm, through April 2nd.
- **Easthampton Winter Market**, 122 Pleasant St. Easthampton. Sundays 10am-2pm every other week through March 27th.

The Savvy Caregiver Program

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.



Join Us:

Tuesdays (will be held virtually)
2/22/2022 – 3/29/2022
1:00-3:00pm

For More Information:

Contact: Erin LaBreck
(413)588-5749
Email: elabreck@highlandvalley.org

www.healthyliving4me.org