

Living Well



April
2022
Newsletter

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

Technology Day – Bring Your Device Event

- **Who:** Anyone interested in learning more about their handheld device!
- **What:** One on One training on how to use your handheld device!
- **When:** Saturday, April 30th from 9:00 am – 1:00 pm
- **Where:** Meekins Library
- **How:** Bring your device. Volunteers will be available to answer your questions.
- **Why:** To enhance our lives by using technology.

During the pandemic there has been discussion about the impact of a lack of access and knowledge in using technology (smart phones, computers, email, tablets, etc.). There is concern that folks, especially older adults, have had fewer resources during the crisis due to little or no use of technology. This gap in technology use is sometimes referred to as the “Digital Divide.”

The Bring Your Device event is to help folks have more options available:

- Is it snowing and you can't make it to your Dr.'s appointment? Set up a telehealth visit!
- Missed the deadline to pay your bill? Avoid a late charge and pay online! No stamps necessary!
- How do I answer the phone? Is this thing on?
- How do I take a picture?
- Can't see your grandchildren? Visit them on Skype!
- Communicate by email.
- Read books!
- And much, much more!

Please call 413-268.8410 or email the Senior Center with questions (seniorcenterdirector@burgy.org). **We look forward to seeing you there!**



lots more to learn so that's why this event on April 30th can be so helpful for many of us." —Linda G.

"Where would we be without our iPhones, iPads, etc, etc? Its hard to imagine life before! Especially during the pandemic I have been able to have virtual doctor appointments, attend fitness classes and visit with friends. But I certainly have

"During the past two years, the Senior Center's increased use of technology enabled us to serve the community during the pandemic. Staff worked remotely for a year and a half, meeting on a weekly basis by phone conference and zoom; SHINE, SNAP, fuel assistance and other applications were completed online; board meetings and exercise classes met on zoom; documents were scanned, faxed, and emailed. Staff was able to help register folks for vaccine appointments via the website. Increasing our technology skills is critical to being able to help folks. It is one more way we can respond to the needs of seniors!" —Melissa W.

Coffee Hour, 2/24/22



Do You Love a Parade?

See “Save the Date” on page 3. Help celebrate our Town's 250th Anniversary!



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 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 have been delivered Mon-Friday, and congregate meals will be resuming this month. *See Congregate Meals below to contact us.*

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 **April 12th** 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 **May 10th**, 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 PVRTA 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 outside or 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 (or Zoom)** on **3rd Thursdays at 8:30 am.** To join, email Larry West (landwest3315@yahoo.com), and become one of the "guys!"

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

Congregate Meals!

The Senior Center is hoping to serve congregate meals twice a week during April.*

Doors will open at 11:00 for coffee and socializing. Meals will be served at 11:45.

You must be registered to participate. Please call 268-8419 or email tsmith@burgy.org to sign up, as space is limited.

**(If Covid restrictions permit it)*

Be sure to ask about current mask requirements.

Farm Share News!

Prospect Meadow is charging \$8.50 a week for the share or \$160 for the whole season, which includes 1/2 dozen eggs every other week. Prospect Meadow pointed out that the price of everything is going up. This price is still competitive, even compared to the MA/CISA Senior Share Program.

Please indicate interest by sending an email to tsmith@burgy.org. Kindly include your phone number in the email.



Save the Date!!

July 17, 2022, is the 250th Anniversary Celebration Parade for the Town of Williamsburg

The parade route is 2.1 miles beginning in Haydenville center and ending in Williamsburg center. We are looking forward to this town event and hope to see many people come out to celebrate our community!

The Senior Center welcomes anyone (or group) who is interested in walking and/or participating with the Senior Center (any age is welcome!) to join us! Please call the senior center (268.8407 or 8410) or email: seniorcenterdirector@burgy.org. We are also seeking volunteers for that day or the days leading up to the parade. Come one, come all!!

Please go to the burgy.org website for more details.



Visit the Town Website: www.burgy.org
Facebook: [Williamsburg Senior Center \(group\)](#)
To subscribe or unsubscribe from this newsletter or receive this newsletter by email only, contact us at 268-8407, or sloomis@burgy.org.

Free Covid Tests

Did you know you can order COVID test from the federal government? Order online at covidtests.gov or call 1-800-232-0233.

Come Join Us Aboard a Williamsburg/Haydenville Time Machine Journey!

Our Town-2021 is a book of memories, interviews and pictures about living in Haydenville and Williamsburg. This book has been more than eight years in the making. It contains 75 plus contributions and is available this spring!



If you are interested in purchasing a copy of this book, please **contact one of the people listed below**. The price will be approximately \$30 per copy plus an additional charge if the book needs to be shipped. The final price will be determined very soon. Read and enjoy stories of your fellow townsfolk!

- Mary Bisbee - 413-268-3225
mbisbee52@hotmail.com
- David Bickford - 413-586-3662
davidbickford945@gmail.com
- Delia Crocker - bookforburgy@hotmail.com
- Daria D'Arienzo - ddarienzo@me.com
- Larry West - landwest315@yahoo.com
(95 Main Street, Haydenville, MA 01039)

Thank you for your support.

Photo: Jean Tiley York dressed up for the Women's Club Parade.

Many Thanks Every Day from the Williamsburg Senior Center!

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.

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

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!

Caregiving: You're Not Alone

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." – Rosalynn Carter

Approximately 53 million caregivers have provided unpaid care to an adult or child in the last 12 months.

About 16.3 million adult family caregivers care for someone with Alzheimer's or a dementia-related disorder.

How Can the Family Caregiver Support Program Help? Family Caregiver Specialists can, at no cost to you, facilitate...

Access

- Refer you to services and resources in your community

Counseling and training

- Advise you one-on-one
- Help you plan for care wherever your loved one lives
- Organize caregiver support groups
- Run workshops and training
- Provide educational materials

Respite care

- Relieve you temporarily from your caregiving responsibilities so you can get the rest and respite you need

Hiring In-Home Help and Support

Family caregivers cannot do everything all the time and may want to consider hiring someone to help. Finding the right person to help your family member can be complicated and the safety of your family member should be the top priority.

- **AARP's How to Hire a Caregiver** defines the different types of in-home caregivers and offers steps to take when hiring a caregiver.
- **The Family Caregiver Alliance's Hiring In-Home Help** includes key questions to ask when hiring a caregiver.
- **Medicare's Home Health Compare** helps you to compare home health agencies.
- **Massachusetts' Personal Care Attendance Program** includes a list of Personal Care Management (PCM) Agencies which can help you find a PCA.

Technology for Caregivers

Technology has changed a lot over the years and is becoming useful in ways we never could have imagined. Today, there are many tools that can help family caregivers and their families. These include websites, apps, sensors, devices and digital health platforms.

Technology helps caregivers find what they need, stay organized, and connect with others. It also helps older adults and those living with disabilities stay independent.

- **MassMatch** connects people to Assistive Technology for help with communication and mobility.
- **The Massachusetts eHealth Institute** is the designated state agency for health technology.
- **Massachusetts Broadband Institute** aims to make affordable high-speed Internet available to all homes, businesses, schools, libraries, medical facilities, government offices, and other public places across the Commonwealth.

Caring for Someone Living with Dementia

The number of individuals living with Alzheimer's Disease in Massachusetts is expected to increase from 120,000 people in 2016 to 150,000 people in 2025. Caring for someone living with Alzheimer's or a dementia-related disorder has unique opportunities and challenges. There are a variety of services and programs in Massachusetts that may be able to help.

- **Training and Technology for Families Caring for Individuals Living with Dementia**
- **Dementia Friendly Massachusetts** is a grass-roots movement to make communities safe, inclusive and respectful for persons with Alzheimer's disease, or a related dementia
- **Memory cafés** offer social connection, support, activity, and information for individuals living with Alzheimer's or a related disorder and their family members, friends, and professional caregivers.
- **Directory of Memory Cafes in Massachusetts**
- **National "Virtual" Memory Café Directory**
- **Memory Cafe Toolkit**
- **Alzheimer's Association**

For information and **live links**, go to:
www.mass.gov/info-details/caregiver-help-and-information



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. Contact us at the Senior Center if you are interested.

Senior SAFE

There is a common misconception that falling is an expected part of the experience of getting older. This is not true. Falls are preventable. Here are some things you can do or be mindful of that reduce the risk of falling:

- ⇒ Stay active. Regular exercise improves leg muscle and balance. Ask your health care provider which type of exercise is the best for you. Check in with your local COA to find what programs are available.
- ⇒ Make your home safer. Get rid of clutter on the floor. Improve lighting in places like stairs and hallways. Get rid of scatter rugs or secure them with double sided-tape. Have handrails on all staircases. Install grab irons in the bathroom and use non-slip mats in your tub and shower.
- ⇒ Have your vision, hearing and feet checked yearly and be aware of what medications make you feel sleepy or dizzy. Wear shoes with non-skid soles and don't shuffle but pick up your feet when walking.

Have a fall free spring!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.



So I lay them and you get all the credit?

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!

It shouldn't be so hard...

I got a note the other day about a reader's experience in dealing with Medicaid as her mother was ill and, as it turns out, dying. It was a mess! So I don't know the solutions but decided to pass on the cautions she sent me. We will call her Sal and give an abbreviated version of what happened.

Sal's mother was in rehab and Sal was trying to get her into a long-term care bed and approved for Medicaid. Her mother was finally approved but died the next day. No Medicaid card or number ever arrived. The program has a burial fund, see: **www.mass.gov/service-details/who-can-apply-for-funeral-and-burial-payment-assistance** for information. In Sal's case, the fund was set up at a bank with only the mother's name and no beneficiary. There was a paperwork issue that took coordination between the state and the bank. The bank did not share with Sal some of the requirements for using the account. Between these matters and all the other items you can imagine (the rest home, medical bills, insurance, never mind her mother's well-being), things were very hard.

Lessons learned:

- do everything you can ahead of time (my favorite Big Five and related documents),
- check that real estate and bank accounts are in the ownership that you want,
- remember that even people in official positions can make mistakes,
- make written notes after a conversation with the bank, insurance, funeral home, attorney, Medicare/Medicaid, including the date and person talked to,
- think about what you heard and if there is an inconsistency or something just feels "off", follow up on it,
- AND at the end of each conversation, ask "What else should I know or ask you?"

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

April's Good News

By Deb Hollingworth

Maybe you remember years past when we were encouraged to collect our "emergency information" and fill out a "File of Life" card which came with a magnetized pocket so it could be hung on your refrigerator?

You might ask at your Senior Center to see if they have any of these File of Life pockets available, but even if they don't, you can make your own.

Here's why it's important: when we are in a stressful situation, like a health emergency, some of us get that shot of adrenalin and become amazing at getting 911 resources in place, and dealing with ER admissions information, but most of us are not amazing.... we get a "stress dementia" where we can't recall our health insurance numbers, sometimes our phone information, or list of Rx or medical conditions.

You don't have to worry about remembering important information like Rx allergies, or various doctor's names and phone contact information if you write it all down on an Emergency Information Sheet.

It should list: your name, date of birth, your health insurance numbers, your primary doctor's name and address. Then a list of your medical conditions and Rx that you take (which would include any allergies). Your emergency sheet should also include your Health Care Proxy, and family member's contact information.

Several years ago, I was the chauffeur for my sister who had a detached retina and needed several appointments in Burlington, MA for surgery. Each time we went to check in, the receptionist asked her the same questions: name, address, phone and health insurance information. As my sister became more distressed about her loss of vision, she had more difficulty answering what appeared to be simple questions. So we wrote down all the answers to questions ahead of time, and just gave the card to the receptionist. Whew....sigh of relief. Another time my Mom fell and set off her Lifeline. I got the call at work from the Lifeline folks, met the ambulance at the ER, and there was my Mom, on the stretcher with her File of Life information clutched in her hands. I just handed it off to the admission folks and was able to stay with her as she got processed in the ER for admission. She didn't have to wait alone, waiting for me to get admission because all the necessary information was on the File of Life card.

You can make your own Emergency Sheet of In-

formation. And you can carry it in your wallet. Might save you considerable stress when you need it?



POLKA PALOOZA

IN HONOR OF

**RUSS
RICHARDSON**



FEATURING

THE EDDIE FORMAN BAND

SATURDAY APRIL 2, 2022
4:00 PM - 7:00 PM

POLKA DANCING, FOOD & FUN

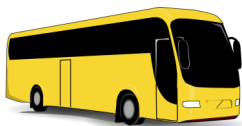
CASH BAR, DONATIONS AT THE DOOR WELCOME

American Legion Post 236
5 Bridge Street
Haydenville, MA 01039

On the Road Again...

2022 Trip Lineup

Listed are the bus trip destinations with various travel groups. Most trips are limited to 36 passengers. Chesterfield COA and *Friends of Northampton Senior Center* are helping with the cost of some trips. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.



Updates on the following:

Multi Day May 2-5 Lancaster, PA Sight & Sound Theater presents David. 4 days. \$485, due by **April 4, 2022.** Flyer available. Dates and price change.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes chicken & salmon lunch. Cost \$113, **due by 4/18/22.** Flyer available.

Day Trip. Encore Boston Harbor Casino. Postponed until June 2022.

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.

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. \$1,205, \$25 discount if paid by 7/2/22. Flyer available. A few seats remain.

Day Trip July/August. Worcester, MA Red Sox Triple A affiliate team, Woo Sox game.

Day Trip September 9. Thomaston, Connecticut. Naugy Scenic Train Ride.

Day Trip Sept. The Big E

Day Trip Late Sept/Early Oct. Wareham, MA. Cranberry Bog Tour.

Day Trip Oct 4. Octoberfest! The Schnitnel Brothers perform. Self Drive to the Log Cabin. Meal choice and Cost to be determined.

What's in a word?

Every month over 2000 COA newsletters go out to the households of older adults in the seven northern hilltowns. Each town receives both local and regional sections that include news, trips, events, health information, access to benefits, tips from Jean O'Neil on how to protect yourself from scams and other risky shenanigans, fire safety facts from Worth Noyes, Good News from Deb Hollingworth about how to get what you want when you need it and a host of other important topics that help people stay in their own homes and live as independently as possible.



A grant from the Executive Office of Elder Affairs has made all of this possible. It's been a vital and concrete way to help those living in small, rural towns. It's helped us join the national AARP Age Friendly Communities.

This grant has enabled us to keep the written word alive and provide the kind of critical communication that is of such high priority to everyone; and, it actually comes to your doorstep or post office. **This grant is set to end on June 30th. At that time the written word in the newsletter will stop coming.**

It seems ironic to be talking about loss of the written word as everything shifts toward living in the digital age. I can see why some of our local and national newspapers are struggling. Oddly, they are struggling because people have moved to the virtual world; we're struggling because so many people in our rural communities have limited access to the virtual world. Many don't have broadband, some can't afford the costs of having broadband connections and many simply cannot afford to buy a computer.

To make the severity of the problem even worse, our newsletter has provided the major tool we have had to reduce isolation, connect people to the information they want and need and build regional networks that allow us to stretch and share our resources.

We are working hard to develop options that will support the survival of this service. **If you would miss this newsletter, please help by telling us how the newsletter fits into your life and why you would hate to lose it. We're planning to prevent this, down to the last word.**

Please contact your COA NOW!

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

PRSR STD
US POSTAGE
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Our Many Volunteers

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

CHARITY SCAM

You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

WHAT CAN YOU DO TO MAKE SURE THE MONEY IS GOING TO A GOOD CAUSE?

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General