

Living Well



July
2022
Newsletter

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

The Parade is Coming to Town!

Please join us in celebrating the Town's 250th anniversary on Sunday, July 17th. The Parade begins in Haydenville center and ends in Williamsburg center (2.1 miles). The Senior Center has a trolley bus for folks who want to ride in the parade. There is also a contingent of marchers.

Contact the Senior Center at 268-8410 or email seniorcenterdirector@burgy.org to let us know how you want to participate – riding or marching. All ages are welcome. We are looking forward to this community-wide special event!

Did you know in 1771:

- In order to incorporate as a Town – there were 3 requirements: a church, a school, and a burial ground
- Population was 600
- There were 95 tax payers and 7 who were exempt
- Paper was rare, precious and taxed!
- At the time, only white male land owners could vote at town meetings (*Please come to the next town meeting – all voting-age folks living in town can vote!*)
- Most residents were farmers – wheat and rye, clover, and grass for dairying, along with a lot of fishing and trapping
- Taverns were important – they were the center of the town's social life and many opinions were shared there. (*Sound familiar?*)

Some information for the above was obtained from "A History of Williamsburg in Massachusetts" a historical account compiled by Phyllis Baker Demming (1946). It is a gem and worth your time to read and peruse. It can be found on the Meekins website.

The Parade is a great way for the Town to showcase who we are. It is also an opportunity to show support and thanks for how much we enjoy living in our community.

—MW

See the schedule of this and other events on pg. 4

Council on Aging Advisory Board

In March of this year, I wrote an article that shared thoughts on my work at the Senior Center since I began my tenure with the Town in March of 2020. I focused on the relationships I had developed with town employees during the pandemic.

I'd like to now share some thoughts on my work with a special group of volunteers that I have come to know through my employment. They are the women and men who serve and have served on the Advisory Board of the Council on Aging.

This group is compassionate and dedicated to the welfare of older adults in our community. They come together at least once a month to discuss, provide support, and help shape short-term and long-term goals of the Senior Center. Many of them visit with older adults, help do yard work, serve on other committees, assist at flu clinics, farm shares, garden, deliver gift bags, and much more. They are always there when we ask.

As with co-workers, I got to know Board members during our monthly zoom meetings. They were concerned about how the Senior Center could continue to meet the needs of older adults. They were also supportive of a new Director and the staff, especially at the onset of the pandemic. It was with their guidance, knowledge, and commitment that the Center was able to successfully navigate the adjustments during this time.

Every meeting was ended by the Board members formally acknowledging and thanking the staff for their efforts. I'd like to take this opportunity to thank them for all their efforts on behalf of seniors:

Dianne Martin, Maureen O'Brien, Linda Gibbon, Dean Acheson, Daria D'Arienzo, Gerry Mann, Pat Billingsley, Barbara Bricker, Jacqueline Dufresne, Margaret Ricci, Larry West, James Cahillane, Nancy Winninger, and Mary Lee Satterfield (emerita).
—Melissa Wilson



Williamsburg Senior Center – 141 Main Street, P.O. Box 193, Haydenville, MA 01039
Phone: 268-8407 or 8410 ~ Hours: Mon - Thurs, 8:30 - 2:00 ~ Email: seniorcenterdirector@burgy.org

SHINE

For Medicare and Medicare-related insurance issues, **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

The VA office is open and available. Our representative **Robert Vigneault** may be reached at his office at **413-587-1299** for appointments.

Brown Bag: Food for Elders

Get 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 an application at www.foodbankwma.org. Send applications to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

Highland Valley Meals

Congregate meals are being served in the Senior Café Mondays—Thursdays. Fridays will be delivery only. We are accepting new folks for these meals. **Contact Tamar at 268-8419.**

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.

Foot Nurse

Piper Sagan is doing foot care at the Senior Center **August 9th** 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 **July 12th**, and the second Tuesday of every other (odd) month. He accepts insurance for payment. Call us (**268-8407**) for an appointment.

Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation for housekeeping and other duties. Williamsburg/Haydenville residents can call the coordinator, **Fran**, at **268-7411** for more info.

Medical Rides

Senior Center drivers are available for your medical

rides funded by **PVTA. Call us at least 3 days ahead** and we will provide a driver. (You can also use their **Dial-A-Ride Services, (413-739-7436.)**)

Carpool Rides*

Rides for shopping/errands can be scheduled through our **Carpool Program. Call us at least 3 days ahead** and we will provide a driver.

Companion Program*

Would you or someone you know benefit from a friendly visit now and then? Contact us for more info.

** These two programs are provided by a Title III Grant through Highland Valley Elder Services*

Wellness Calls

The Williamsburg Senior Center makes friendly calls. If you are feeling lonely, or would like check-up calls, we'll add you to our call list. (**268-8419**)

Modern/Contemporary Dance

Susan Waltner's very popular dance class is happening on Wednesdays at 10:00 am in the auditorium or on the lawn. Contact her 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 folks can contact her at **413-268-3228.**

Yoga for You

Yoga classes by Michelle Morales are led on Zoom **Tuesdays at 6 pm. You can reach Michelle 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. Other hours may also be available.

Men's Group

Meets at the **Williamsburg Snack Shack** on **3rd Thursdays at 8:30 am (July 21st).** To join, email Larry West (landwest3315@yahoo.com), and become one of the "guys!"

Ladies Who Lunch

Meets at the **Williamsburg Snack Shack** on **3rd Fridays at 11:30 am (July 15th).** Please call **268-8407** (or email sloomis@burgy.org) to reserve your spot at the tables. See you there!

Get Current News Online!



Our newsletter was put together before June 8th. Some news for July might not be included here. Please be aware that you can get our latest updates on our Facebook Group: **Williamsburg Senior Center** (click on Join Group) or on our website: www.burgy.org (click on Departments, then on Senior Center).

 **Ice Cream Social!**
FRIDAY, JULY 29 AT 1:00 PM
OUTDOORS IN THE TENT.
CALL FOR RESERVATIONS!

Technology Program is Back!

We are pleased to announce the restarting of our Technology program on **August 2nd**. Alan Estes will be available on **Tuesdays and Thursdays from 6:00–7:00 pm** at the Senior Center in the Town Office Building in Haydenville.

Please call the center (**268-8407 or 8410**) or email seniorcenterdirector@burgy.org to sign up.

Prior to the pandemic, Al worked for the Senior Center in this capacity. We look forward to helping seniors (including me!) with technology. We welcome Al back!

We make a living by what we get. We make a life by what we give.

-Winston Churchill

Being a companion involves spending a few hours a week with someone, just talking, taking a ride, having coffee or an ice cream, or playing cards or a game. Seniors are at a higher risk for social isolation and age related stresses. Receiving help makes a profound difference in both the life of the volunteer and the person they assist. Here are some of the benefits of volunteering:

1. Meet new people, increase social interactions
2. Gain a sense of purpose and become happier
3. Health benefits—reduces stress and gives attention to others while taking us away from our own problems
4. Increases brain function and helps both short- and long-term memory
5. Volunteering makes you happier! Humans are hard-wired to give to others. The more you give the happier you feel.

If you would like to volunteer, call us at the Senior Center: **413-268-8407**. —CH

Stop By and Get a Button!



Stop in any time to claim your button!
(Mon—Thurs, 8:30 - 2:00)
Or we will send you a button if you
make a donation!

THANK YOU!



Thank You 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.

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!

Williamsburg's 250th Anniversary Celebrations - Events Schedule Come, Join the Fun!

June 26,

- ◆ 6:30 pm—**Ecumenical Service** at First Congregational Church of Williamsburg

July 15,

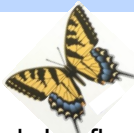
- ◆ 11:30 am—**Hot Dog Grill** at Florence Bank
- ◆ 9:00 pm—**Fireworks**, River Road, Burgy

July 16,

- ◆ 9:00 am—**Festival**, Main Street, Burgy
- ◆ 6:00 pm—**Wild Bill and the Flying Sparks** at Burgy Brews
- ◆ 7:00 pm—**Square Dance** at the Williamsburg Grange (lessons available)

July 17,

- ◆ 9:30 am—**PARADE!** Route 9, Haydenville to Burgy Center
- ◆ **Chicken Barbeque with music by Patrick Callinan**, American Legion Post 236, Haydenville

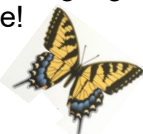


I Love Living Here!

As I sat on my front porch last weekend, I reflected on how much I love living here in the country. After spending many years in a big city, it's such a relief to watch the trees sway in the breeze and listen to the birds and tree toads. Animal sightings are a big thrill too!

Thursday evening, it was fireflies in the meadow on Adams Road. Saturday, I saw a black bear as I turned onto Dewey Circle. I stopped and watched him meander across the road. Another day last week, I looked up from my book to see a small doe looking right at me. We surely communicated—I think it was love! There is a lot of chipmunk activity, and the little ones are out and scampering all over. Yesterday, a hummingbird buzzed my head as I watched the yellow swallowtail butterflies zigzag from flower to flower. Yes, I love living here!

—Sherry Loomis



**Stay Up-to-Date! Visit the Town Website: www.burgy.org
& Facebook Group: [Williamsburg Senior Center](https://www.facebook.com/WilliamsburgSeniorCenter) for the Latest News & Announcements!**

To subscribe or unsubscribe from this newsletter or receive this newsletter by email only, contact us, leaving your name, address and phone number at 268-8407, or sloomis@burgy.org.

“Our Town-2021”

Our Town-2021, Memories of Williamsburg and Haydenville is available now! To purchase a copy, please contact one of the folks listed below. The price is \$25 per copy plus shipping if needed. Enjoy the stories of your fellow townsfolk!

- David Bickford - 413-586-3662
davidbickford945@gmail.com
- Mary Bisbee - 413-268-3225
mbisbee52@hotmail.com
- Delia Crocker - bookforburgy@hotmail.com
- Daria D'Arienzo - ddarienzo@me.com
- Larry West - landlwest315@yahoo.com
(95 Main Street, Haydenville, MA 01039)

Save the Date: August 12th

Please join us for a multigenerational event **August 12th from 10 am –12:00 noon** at the Town Office building in Haydenville.



Judi Press from Rivervalley Rabbitry will be bringing her Mini Rex rabbits to help us learn more about these special creatures. Gentle holding and petting will be allowed. This will be held outside, weather permitting.

Youth members of the Grange and 4-H, led by Shannon Wade and Faith Bisbee, respectively, will be on hand to share in this special day.

Lunch at 11:30 am is also part of the deal! Registration in advance is required (with a limit if necessary). Please contact the Senior Center at **268-8410** or email senior-centerdirector@burgy.org.



We hope to see you there!

Funded by a grant from Highland Valley Elder Services

Meekins Library

2 Williams St., Williamsburg, MA 01096
(413) 268-7472

**Hours: Tuesdays 10-6, Wednesdays 1-7,
Thursdays 3-6, Saturdays 9-2**

Visit our Website: www.meekins-library.org



Worcester WooSox

August 20, 2022



Regional News



Come watch the Red Sox' WooSox host the Nationals' Rochester Red Wings at Polar Park in Worcester. This typical Triple-A minor league game starts at 4pm.

- Take in the nostalgia and view Red Sox championship memorabilia.
- Enjoy a private ballpark fare buffet: (no waiting in lines) Hamburgers, Hotdogs, Mac & cheese, Potato salad, Kettle chips, Cookies, Water, Tea, & Lemonade.

Transportation, driver gratuity, buffet and entrance to the park all included for \$129. Discount \$10 if paid by July 9, 2022.

Sponsored by Friends of Northampton Senior Center (FNCS). Meet the Bus at Sheldon Field, Old Ferry Rd, Northampton. Departure time TBD. Contact Francine Frenier at 413-296-4291 or email Francine.frenier@gmail.com for tickets or more info.

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!

And what does my Health Care POA do?

So let's say I am in that coma from last month's note, and therefore unable to speak or say what I want to have happen to me on my sickbed. Do I want more treatment? Should I be let go to wend my way to the hereafter? Happily, I arranged for a trusted friend to be my advocate, to make medical decisions on my behalf. That person is my Health Care Proxy or Health Care Agent.

What does this person do to benefit me? They can:

- ⇒ authorize a particular treatment to start, e.g., hook me up to a ventilator
- ⇒ authorize a particular treatment to stop, e.g., remove me from a ventilator
- ⇒ request that a treatment be modified, e.g., increase the frequency of an injection
- ⇒ consent to have me undergo surgery
- ⇒ arrange for a second opinion on my care
- ⇒ request comfort measures
- ⇒ advocate for quality of life at any stage. Examples below!

My mother could still speak but not effectively argue her case that she was ready to go into hospice. I did that for her and her last weeks were much improved.

My father went into the hospital 6 months before his death, for a two-day stay. He made me promise that he would not have to go to the hospital ever again! Done.

Somewhere in that last 6 months he got a new doctor at the rest home. Dad was almost 98 years old. The rest home called to tell me that this new doctor thought Dad should not have any salt in his diet – bad for him, you know? Eating was something he still enjoyed, and you know what saltless food tastes like. With my POA powers, I got that order removed by lunch time.

All is still well!
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

July's Good News

By Deb Hollingworth

Happy Birthday, Burgy! Be sure to see all the events in their newsletter this month, and check out the town website for a calendar of coming events for the 250th birthday celebration! And be on the lookout for lots of activity in the surrounding Hilltowns (like our 4th of July celebrations) as we take advantage of events that can be held outside.

Meanwhile the Covid surge that isn't making headlines continues. Last month, at my house, after a family visit, I started getting emails saying the people we had hugged had tested positive and were sick with Covid. I'm hearing this happening more and more frequently. I had a few test kits, but expected to run out if we wanted to test every day, so I called my Senior Center and sure enough, they had test kits I could pick up. So just a reminder that test kits are available from your Senior Center. And here's a piece of Good News: after kissing both these family members who tested positive....after spending an afternoon with them at a family picnic....and after getting their emails....we began quarantining just in case, but my husband and I never got it, never tested positive, never had any symptoms, which gives me great faith in the booster shot which we both had gotten three weeks before.

Boosters work.
Can't say enough about that.

So if you haven't gotten a booster recently, and you qualify, but you don't know where to go, or don't have a ride, call your Senior Center. They can help, so that all of us can get our boosters, wear masks, socially distance, but still enjoy a family visit or get together with our neighbors, like at a 250th birthday party.

Have a good summer, and stay safe!



2022 Household Hazardous Waste Collection Events

HRMC announces regional HHW Events including the annual HRMC HHW Collection on **Saturday, October 22, 2022 from 9 a.m. until noon**. Once a year, the HRMC holds a Household Hazardous Waste (HHW) Collection Event for residents of the HRMC member communities. **The 2022 event will take place on October 22 in Westhampton**. Pre-registration is required for this event and will take place from October 1-October 16. Residents are asked to email the HRMC with their name, address (Street and Town), and phone number. HRMC confirmation of your reservation (done via email) is required to participate. If you are unable to attend the HRMC HHW event, we have reciprocal arrangements with other regional Towns that are offering HHW events.

In 2022, the HRMC has agreements with the following communities to allow HRMC member Town residents to participate in their events. In all cases, pre-registration is required. Registration for each of the events typically begins 3-4 weeks prior to the event. If you are an HRMC resident, please contact the HRMC Administrator at **413-685-5498** or email **hrmc@hrmc-ma.org** to inquire about attending one of the following regional events.

2022 Regional Reciprocal HHW Collection Events

- 7/16/22 9 am-noon Northampton
- 7/23/22 9 am-noon Belchertown
- 9/10/22 9 am-noon Agawam
- 9/24/22 9 am-noon Amherst
- 9/24/22 9 am-noon Greenfield (FCSWMD Towns)
- 9/24/22 9 am-noon Orange (FCSWMD Towns)
- 10/01/22 9 am-noon Chicopee
- 10/08/22 9 am-noon West Springfield
- 10/22/22 9 am-noon Westhampton
(HRMC Towns)

The Hilltown Resource Management Cooperative is composed of these member towns: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

HRMC, PO Box 630, Williamsburg, MA 01096
Phone: 413-685-5498 Email: hrmc@hrmc-ma.org
Website: www.hrmc-ma.org

On the Road Again...

2022 Trip Lineup & Upcoming in 2023



These are the bus trips being planned for 2022 and 2023 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* helps with the cost of some trips. Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Updates

Niagara Falls trip -CANCELLED. Diamond Tours has cancelled all Canadian trips in 2022. Covid restrictions on bus travel are too great. We'll try again in 2023.

Day Trip Sept/Oct -CANCELLED. Wareham, Ma. Cranberry Bog Tour. Could not coordinate vendors within requested time-frame.

Coming up in July and beyond

Day Trip July 28. Winnepesaukee Railroad luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available via email. WAIT LIST ONLY.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes family style luncheon: Chicken Parmesan & Broiled Scrod. Cost \$114. Due NOW. Flyer Available.

Aug 12 at Noon. Lady Bea River Boat Excursion. A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense). We will board at Brunelle's Marina, 1 Alford Street, South Hadley, MA. Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30am departure time). Boat ticket prices will depend on the number of reservations as well as taking into consideration a sliding scale price for those who may need one. Maximum cost will be \$30/person. Boat capacity is 49.

For reservations (or questions) contact Polly at 413.212.1581 or pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days/ 2 nights. A nice, short, relaxing getaway. Cost \$359. Payment due NOW. Flyer available.

Day Trip August 20. Triple A affiliates, Red Sox **Woo Sox** vs Rochester Red Wings at Polar Park

in Worcester, MA. Private ballpark-fare buffet for our group included. \$129. Discount of \$10 if paid by July 9, 2022. Flyer available.

Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport. Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. WAIT LIST.

Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn. Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & Chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

Day Trip Sept. The Big E. Free Entertainment at Court of Honor Stage. Date & Cost TBD.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. Graceland, Grand Ole Opry, Madame Tussauds Wax Museum, Two shows. \$1,205 due NOW. Flyer available. Only a few seats remain.

2023

Multi Day Late April. Myrtle Beach Show Trip. Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early.

Multi Day October. Mt. Rushmore— South Dakota & Devils Tower— Wyoming. 11 days. Cost \$TBD, \$25 discount if paid early.



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.

DOOR-to-DOOR SALES



Hire me
NOW!

**If you're considering hiring someone
who knocks on your door and offers
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*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**

