

# Living Well



August  
2022  
Newsletter

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

## A Special Moment

I want to take this opportunity to share a special moment with you. One of our Senior Center Pen Pal volunteers came into the office to pick up her letter from her 6th grade pen pal (they had exchanged letters 3-4 times during the school year). She went to her car, but before we knew it she was back in our office waving her letter. "Look at what they wrote me, look at what they did for me!" She explained that she had mentioned that she loved dragon flies. Her pen pal sent a letter with 2 pictures of dragon flies. She was glowing and stated, "You just don't know how much this has made my day." We were so happy for her!



The Pen Pal Program began several years ago. Seniors exchange letters with Anne T. Dunphy 6th graders during the school year. This program was missed during Covid, but was able to return this year. And it was a big success! There were 17 volunteers writing letters to 26 sixth graders.

Here is what the school teachers shared with us: "The sixth graders were always eager and excited to get letters from their pen pals, asking almost daily if their newest letters had arrived yet. Even some of the more reluctant writers could not wait to correspond with their pen pals. Pairs bonded over a vast number of topics - including pets, travel plans, favorite foods, and sports teams. One sixth grader in particular could not wait to show their pen pal pictures from a recent trip to Costa Rica, and another looked forward to sharing about Portuguese recipes and sports team stats. Students always made sure to add pictures, stickers, and special touches before sending off their letters. This program was so meaningful to them!"

The Pen Pal Program will begin this fall with the new sixth graders. Please watch our future newsletters for opportunities to sign up for the program. We hope to continue to build upon the success that this program has enjoyed.

—Melissa Wilson

## Intergenerational Luncheon with Bunnies!

Please join us for a multigenerational event **Friday, August 12th from 10am – 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 (to be limited if necessary).

**Please contact the Senior Center at 268-8410 or email us at [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org).**

**We hope to see you there!**

*Funded by a grant from Highland Valley Elder Services*



## Having Trouble Understanding Your Computer or Cell Phone? Our Technology Program is Back!

As you know, the Senior Center has been working to provide technology assistance to seniors. We are happy to share the way to get help.

To meet with a volunteer, please call our office (268-8407 or 8410) and make an appointment for a Tuesday or Thursday (or to schedule an alternative time.)

Our volunteers are committed to helping older adults use technology. Please note that this program provides one-on-one, customized assistance.

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](mailto: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 2nd Thursdays at the Senior Center. Call the Food Bank at **413-247-9738** or **800-247-9632** or download an application at [www.foodbankwma.org](http://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 **Sept. 13th**, 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. 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](mailto: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**.

## Healthy Bones & Balance is BACK!!

**Mary Bisbee** leads HB&B on **Thursdays, 9:30 to 10:30 am in the Auditorium**. Call the Senior Center to sign up or just stop in! (See article on page 3.)

### 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](mailto: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](http://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 (Aug. 18th)**. To join, email Larry West ([landwest3315@yahoo.com](mailto: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 (Aug 19th)**. Please call **268-8407** (or email [sloomis@burgy.org](mailto:sloomis@burgy.org)) to reserve your spot at the tables. See you there!

## MONDAY MEALS!

Monday Meals have resumed! Many thanks to **Susan Farrell** who has helped cook Monday Meals for some years (before & after closings) and who will return after spending some time with a new grandson.

We extend a big **welcome and thank you** to our new volunteers, **Jim Vogel** and **Tina Thomas!**

We anticipate many delicious meals throughout the summer and beyond.

Call us (268-8419) to sign up for fresh, "home" prepared meals served Mondays in the Senior Center Café!

**8 FREE COVID TESTS A YEAR  
(or a month?)  
WITH MEDICARE**

If you are on Medicare B, you can now get 8 free COVID tests per calendar year or - is it 8 free tests per month? Both the information and ordering are confusing. I couldn't find a place to order online and the phone number listed was not helpful.

Not to be stymied, I went to my pharmacy, CVS on King Street in Northampton. Here's what I found out:

- CVS on King St. is a participating pharmacy; (the pharmacy is closed from 1:30 – 2 each day).
- Regardless of where you usually shop, you can access these tests at any participating pharmacy;
- Order the tests inside at the Pharmacy Consult window;
- You may need to show your Medicare card;
- The tests could be ready in two hours - or the next day as in my case.
- They must be picked up inside at the main Pharmacy window, not at the drive-up window.

Would it be 8 tests for the whole year - or 8 tests every month? Surprise! It's 8 tests each month for the rest of the year!

Why would I or anyone else need 48 COVID tests? We might feel safer socializing with friends and family when tests are readily available. "Come on over. I hope you won't mind if we both test ourselves before we get together."

Tryna Hope, Staff Assistant

Thanks to Pat Billingsley, COA Board member, for bringing this to our attention.

**Healthy Bones & Balance is Back!  
Thursday Mornings at 9:30  
in the Auditorium  
Led by Mary Bisbee**

"After seeing an ad seeking Healthy Bones and Balance leaders in the Living Well Newsletter...and after the COVID break...I have become a certified HB&B leader!"  
—Mary Bisbee

Classes started on July 21st and will continue on Thursdays from 9:30—10:30 am at the Town Offices Auditorium. **Contact the Senior Center to sign up!**

*HB&B is sponsored by RSVP of the Pioneer Valley  
[RSVP@communityaction.us](mailto:RSVP@communityaction.us)*



**Stop By, Get a Button!**

**Stop in any time  
to claim your button!  
(Mon—Thurs, 8:30 - 2:00)  
Buttons are available at the  
Senior Center.**



**We Thank You!**

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](http://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!**

# What to Know About Dehydration in Older Adults

Dehydration is dangerous no matter what your age, but seniors are at a greater risk for dehydration than other age groups. Dehydration can happen quicker than you think and can cause damage before you have a chance to rehydrate. Learn the signs of dehydration and how you can prevent it from happening to you.

## Understanding Dehydration

Dehydration happens when you don't drink enough water. When your body's water content is too low, it causes damage quickly. Dehydration is especially prevalent on hot days or after vigorous exercise. Mild or moderate dehydration is easy to recover from, but severe dehydration requires immediate medical attention.

### **Signs of dehydration include:**

- Feeling unquenchable thirst
- Few or no tears
- Dry, sticky mouth
- Not urinating frequently
- Dark-colored urine
- Unexplained tiredness
- Feeling dizzy or lightheaded
- Confusion



### **Call your doctor immediately if you experience any of these symptoms:**

- Diarrhea or vomiting that lasts longer than 24 hours
- Feeling irritable and disoriented
- Sleepier than usual without reason
- Inability to keep fluids down
- Bloody or black stool

## Why Does Dehydration Affect Seniors?

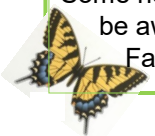
**Feeling thirsty.** Your body has a natural defense against dehydration – the feeling of thirst. While there are guidelines in place that tell you how much water to drink each day, typically you can drink to your thirst.

Your body lets you know how much water you need by giving you the sensation of needing to drink something. **As you age, your body's thirst signal diminishes. When your body needs water, you may not even realize it because you don't feel thirsty like you once did.**

### **Get Current News On-line!**

**Our newsletter was compiled before July 12th.**

Some news for August might not be included here. Please be aware that you can get our latest updates on our Facebook Group or on our website. See below.



**Body function.** Your kidneys may not work as effectively with age, leading to a fluid imbalance in your body. Since your body has less water composition as you age, you become dehydrated much quicker than when you were younger.

**Medications.** Diuretics are especially prone to causing dehydration. If you take a combination of several medications, be aware of interactions that may lead to dehydration.

**Cognitive impairment.** If you suffer from dementia or Alzheimer's, you're at a greater risk for dehydration because you may not remember to drink when you need to. Even if your body sends thirst signals, decreased cognitive ability may mean your brain doesn't understand the signals or it may miss them completely.

## Preventing dehydration

**Drink water.** The best way to prevent dehydration is to drink plenty of water. Keep in mind that drinking soda and coffee may increase the effects of dehydration in seniors, worsening your condition. Try to stick to water, milk, or juice.



**Set reminders.** If you don't feel thirsty very often, set reminders on your phone or use a timer. Make sure you drink a certain amount of water each time your reminder goes off. By drinking water consistently throughout your day, you can easily prevent dehydration.

Once you establish a habit of drinking more water, it will be easier to maintain. Keep in mind that you need to drink more than usual if you're physically active or if it's particularly hot outside.

**Enhance your water.** If you get bored drinking plain water all day, try infusing it with fruit. Add lemon, lime, or orange to your water so it tastes better. You can also add herbs like mint or basil if you prefer a stronger taste than fruit provides.

**Consider your diet.** Many fruits and vegetables have high water content and contribute to staying hydrated. If you find that drinking more water is difficult, try incorporating more fruits and vegetables into your diet. Other foods that promote hydration include: Yogurt, jellies, soup, broth, tea, etc.

**Talk to your doctor.** If you've tried these tips and you're still experiencing dehydration, talk to your doctor. A healthcare professional can ask questions about your diet, habits, and medications to determine the cause of your dehydration.

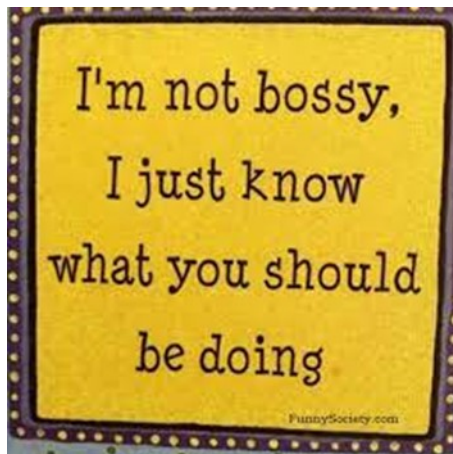
From: [www.webmd.com/healthy-aging/what-to-know-about-dehydration-in-older-adults](http://www.webmd.com/healthy-aging/what-to-know-about-dehydration-in-older-adults)



**Stay Up-to-Date—Visit the Town Website: [www.burgy.org](http://www.burgy.org)**  
**& Facebook Group: [Williamsburg Senior Center](#) 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](mailto:sloomis@burgy.org).

**Looking for:  
Part Time Administrative Assistant  
Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, organizing events including coordination of publicity activities and materials and assistance with office functions. Flexible hours available for 5 hours/week. Preference is for someone with experience in areas of publicity and communications, coordinating schedules, and assisting with other office tasks. The goal is to have someone join the team who likes working with people, is goal-oriented, interested in learning new skills and working in a welcoming environment.



I've decided to sell  
my vacuum  
cleaner



Its just been  
collecting dust..

**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

### Next– the Living Will

First let me explain how one should NOT do a living will. In the late 70's I had not encountered such an animal. I lived in one state, my parents in another. In the mail came two copies of "A Living Will" signed by my parents, with no note. The will called for no unnecessary measures to prolong life, among other things. So I called home. No answer for two days. I called our neighbor. "Oh yes, your folks drove to the west coast. In case something bad happens, they thought you should know their wishes." Yikes.

So how should we do this important document? First, we should predict the future. *Right...* We are trying to give health care directions before they are needed and to cover a large variety of possible situations. But think it through. Consider family history and what could happen to your health. Think about limits on your activities and how unpleasant you would find them. Consider the "artificial procedures" we read about, such as ventilators, feeding tubes, and pain management. Do some reading – I can give you some good sources.

Second, we should talk to the people most involved in our lives, those who would be most affected by our serious illness and possible death. This is an enormously personal document to prepare, but that does not mean it is private. You need others, especially your Health Care Proxy, to know your wishes and help make sure they are followed. Talk it through.

Thinking for the future,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## August's Good News

By Deb Hollingworth

Today's best price for fuel oil in our zip code is \$5.61 a gallon. So...why am I checking fuel oil prices today, when the temperature is expected to hit 90 degrees? Because a West Chesterfield resident had to fill her oil tank last month and is still recovering after writing that check. She gave me a call, looking for help, because she was thinking ahead to winter when filling the oil tank might be necessary every month.

Did we ever imagine paying over \$5 a gallon, closer to \$6 a gallon for fuel oil? Especially when we got off so easy last winter when prices were as low as \$2.85 a gallon. So what can we do to get ready for the cold weather and calls to our oil dealer?



### Where to start

Getting an energy audit with MassSave might be a good investment of your time....and it's free! (Actually we pay for it every month a few cents on our electric bill.) If you make an appointment with MassSave, they make a house call and look over any/all ways to reduce your energy costs.

Have you ever wondered if you are eligible for fuel assistance, weatherization programs, replacement of your furnace, or swapping out your older appliances for a new energy efficient refrigerator or stove? Do you know if you are eligible for a discount on your electric bill?

Besides giving you a report on where insulation, replacement windows or doors might reduce your heating costs, MassSave will let you know if you are eligible for any benefit programs that might help make those changes.

They have a great website, [masssave.com](http://masssave.com) or you can call them at 1-866-527-7283. Meanwhile we hope that

the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or in a sunny pasture so we can generate our own energy.



we hope that the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or in a sunny pasture so we can generate our own energy.

## A Nurse's Note

By Jan Gibeau

It seems that I always wanted to be a nurse. I recently saw a group photo from what must have been when I was in the 2<sup>nd</sup> grade. There I was, white dress, cap and cloak. Maybe because it was during World War II, as I was standing beside little sailors and soldiers. Maybe it was because in those days, every little girl learned you could grow up to be a wife (and mother), a teacher, a nurse or a nun with other professions often not even mentioned. My parents were descendants of French Canadian Catholics, so no surprise about the nun bit. Nevertheless, I started working at a wonderful nursing home while I was in high school owned by Mrs. Mary McKerly, LPN. Then I met Marion Nudd R.N, the head nurse, who, upon hearing that I planned to become a nurse, took me under her wing and became my mentor, although we didn't use such words then.

That's when I fell in love with the elders. Everyone was treated as an individual person known by their name and never called a patient or other such labels. Marion taught me that everyone had their own histories and stories to tell. I learned how to listen, an art that seems to have been fractured by the need to "take care of" medical devices, not so much the person who is attached to them. I was not yet 17 when I went into the room of Mary, a very old woman, as she had just died. I was very fond of her and Mrs. Nudd sat on the side of the bed with me as I took in the finality of death. She helped me learn what "loving care" meant and the importance of learning how to say goodbye. Then together, we carefully bathed and prepared her to leave the nursing home. I learned how to feel empty and full at the same time.

Other important things I learned from Mrs. McKerly, Mrs. Nudd, the cook and all the folks who lived and worked there was the importance of trust and honesty but a kind of honesty that is softened a bit before it's delivered; how to laugh with people, not at them; giving yourself permission to cry without blubbering and feeling embarrassed, among other things. When I went on to the Mary Hitchcock School of Nursing in Hanover, New Hampshire, I knew that Marion Nudd had been and was my first and best role model and I hoped I could become as good a nurse as she was. Her skills, strengths and guidance in confronting the intimacies of caring provided a great primer for a young nursing student. Those feelings have stayed with me for over 67 years.

Now that I'm an elder myself and running some bumps and potholes in my road I'm keeping my eyes peeled for a descendant of Marion Nudd.

Aren't we all?

## On the Road Again...

### 2022 Trip Lineup & Upcoming in 2023



Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

*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 (10:30 am departure time). Donations will be accepted towards the overall cost of the excursion (to be collected the day of the event). Maximum donation is \$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.

*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 address above.

*Day Trip Sept. The Big E— Eastern States Exposition.* Free Entertainment at the Court of Honor Stage. Date TBD. Cost \$15 for Northampton Seniors and \$17 for others and all out of town folks. Mail your check payable to FNCS to Francine Frenier 11 Stage Rd, Williamsburg, Ma 01096 by August 31st. NO REFUNDS due to bargain price.

*Day Trip Oct 1. Hoosac Train Excursion.* 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost TBD for Chesterfield seniors 60 and over and TBD for other seniors. Mail your check payable to Chesterfield COA to Francine Frenier, 11 Stage Rd., Williamsburg, MA 01096 by September 1st. NO REFUNDS due to bargain price.

*Day Trip Oct 6. Mystic Aquarium and Luncheon.* This trip is being planned by Worthington Council on Aging. Includes admission to Mystic Aquarium, a delicious luncheon at the Griswold Inn, bus transportation and gratuities. Worthington residents 60 and over contact Phyllis for special pricing and for all other seniors the cost is \$148. Call Phyllis at 413-238-5962 and leave a clear message by September 20th. Seating is limited and Worthington residents get priority.

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

*Day Trip Dec 8. Yesterday Once More* - A Tribute to The Carpenters captures The Carpenters' concert experience. Self-Drive to the Log Cabin. Luncheon will include Gorgonzola Sirloin & Stuffed Haddock. Make payment to FNCS for \$68, \$10 discount if paid by October 12th. Mail to Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

### 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 September 29 through October 9. Mt. Rushmore— Crazy Horse - S. Dakota & Devils Tower - Wyoming.* 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023.

### Tech Talk with Peg Whalen

I have been doing smartphone workshops and providing individual technical support through the COAs. This column offers easy tips for resolving vexing issues. This month I am offering a tip for iPhones. Does your iPhone screen go dark or gray or ask again for your Passcode after a very short time? This problem is caused by an adjustable setting called Auto Lock. To lengthen the time before your phone fades out on you do the following.

Open your **Settings** App using the icon that



looks like this:

Follow the list of settings down to **Display & Brightness** and tap, scroll down the list to **Auto-Lock** and tap, the Auto-Lock screen will give you a list of time options from 30 seconds to Never. Tap on the time length you want your screen to stay active before going to lock screen, getting dark, or asking again for a Passcode.

That's all there is to it!

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

PRSR STD  
US POSTAGE  
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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.

**Saturday, September 24th, 9-3pm**

**Fall / Winter Clothing Exchange**

Goshen Congregational Church  
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/21 from 6-8pm or Friday 9/23 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 24th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**” If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org).**

