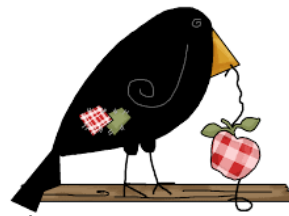


# Living Well



September  
2022  
Newsletter

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

## INTO THE FUTURE

"Tell me, what is it you plan to do with your one wild and precious life?"

*Excerpt: Poem 133: The Summer Day by Mary Oliver*

At the end of September, I'm retiring from my position as Clerical and Reception/Ride Coordinator here at the Senior Center. I'll be 79 in October and I'm interested in what comes next. With luck and health, I've got between five and ten years - maybe more - to satisfy my curiosity.

I have always loved to work. I grew up in a family that wouldn't let me work even though we needed the money. My parents had a lot of fears about the world. I must have absorbed those fears because I married into a similar kind of family. If you know me at all, you can only imagine how frustrated I became.

Once I was on my own, I leapt into work and I've enjoyed every job I've ever had. I started out erasing stray pencil marks from computerized tests, then retired (the first time) from my job at Cooley Dickinson where I directed a whole-hospital psychiatric team. I can honestly say I've loved each job more than the last. It's fitting, therefore, that I'll end my work life here at the Williamsburg Senior Center at the job I've loved most.

What will I do with my free time? I'm not sure yet. I know I need to be busy and interactive in order to be sane. I'm in a book group and I've signed up for a writing seminar that begins in October. I used to write short fiction until my work life grabbed my attention. Who knows? Maybe I'll be the next Alice Hoffman. Dream on...

Above all, here's what I'll miss. I'll miss you all - talking and laughing with you when you call or stop by. I love being able to help when I can. And I'll miss my colleagues at the Senior Center.

Williamsburg/Haydenville is a great town with a wonderful Senior Center. I've been moved to tears by the



many ways you take care of one another. Thank you for being all that you are.

—Tryna Hope, Staff Assistant/Ride Coordinator

*With her pink hair and her spontaneous laugh, Tryna showed us what it means to take care of each person. Her sense of humor, generous spirit and her expertise at doing what she does has upped the quality of care at the Senior Center, and made working here fun.*

—Sherry

*I have had the absolute pleasure of working side by side with Tryna for the past two years. Her capacity to give and care for others is a gift from her to all of us. It is a rare quality, indeed. She takes the time and effort, (and makes it seem effortless) to make every interaction meaningful and helpful. She makes you feel special. I am happy to call her my friend and know I will miss her. Staff meetings without, "Well, I was thinking..." will never be the same. We wish her the best.*

—Melissa

*Shalom Dear Tryna,*

*Words cannot express the loss I feel when I think of the Senior Center (and me) without Tryna. She has brought joy and meaning to all our lives. She works tirelessly to help people and goes above and beyond what is expected of her.*

*Good luck in your future endeavors. When I grow up I want to be just like you.*

—Carol

*I first met Tryna with questions about volunteering. She went above and beyond despite the fact that she had never met me. Through her recommendation, I volunteered at The Senior Center helping out with lunches and with Brown Bag. Due to Tryna's help, I eventually was hired to take the job. Every day, no matter how busy she is, Tryna goes out of her way to help people. She is going to leave a big hole when she retires.*

—Tamar



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@burgoy.org](mailto:seniorcenterdirector@burgoy.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 representatives, Robert Vigneault or Steve Connor may be reached 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 <https://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 **October 11th** 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.

\* *The previous 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

**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.)

### 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 (Sept. 15th)**. 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 (Sept. 16th)**. Please call **268-8407**, or email [sloomis@burgy.org](mailto:sloomis@burgy.org) to re-

## FLU VACCINE CLINIC

The Senior Center is having a Flu Vaccine Clinic for Seniors (60 + year of age). Walgreens of Florence will be administering the vaccine.

**When: Friday, October 14th, 9 am – 1 pm**

**Where: Town Office Building in Haydenville**  
(141 Main St., Haydenville)

**You must register in advance.**

**Please call 268-8407 or 268-8410 to register.**  
Outside/inside, weather permitting.

## Stop In, Get a Button!

**Stop in any time**  
**to claim your button!**  
**(Mon—Thurs, 8:30 - 2:00)**  
**Town Office building,**  
**Haydenville**

I support the  
**BURGY**  
**SENIOR**  
**CENTER**

## Falls Prevention Workshop

September 18-24, 2022 is Falls Prevention Awareness Week. According to the National Council on Aging's website: **Falls have been the leading cause of fatal and non-fatal injuries among older adults, leading to serious injuries and increased risk of additional falls.**

We want to help folks prevent falls! Please join us for a **Falls Prevention and Balance Workshop** on **Monday, September 26th at 1 pm** (at the town office building). The workshop will provide information and tips to help you take steps to prevent falls. Coni Gilman, a physical therapist with a practice in Williamsburg, enjoys sharing her experience and knowledge. She has done workshops at our Senior Center (prior to the pandemic) and is a dynamic presenter offering many helpful suggestions to prevent falls in the first place!

To register, please contact the Senior Center at 268-8410 or [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org).

## Our Ice Cream Social—A Great Success!

Friday, July 29th, we had our Ice Cream Social. What a delightful treat on a hot summer day! The event was attended by 40 people who enjoyed eating sundaes and conversing with old and new friends.

The ice cream, hot fudge, strawberries and whipped cream were generously provided by Mark and Annette Larareo of the Village Green. They also provided an experienced scooper, Emily Godden, who works at the Village Green, Highland Valley Ambulance and the Goshen Fire Department.

Music, provided by Diane Martin on the recorder and Bethany Ouimet on the electric piano, was enjoyed by all. **Thank you, Diane and Bethany!**

We could not have had such a successful event without the help of our Donors and Volunteers. **A big Thank You to: Mark and Annette Larareo, Emily Godden, Maureen O'Brien, Tina Thomas, Daria D'Arienzo, Becca Brooks and Jack Cameron.**

**See you next year!!**

## Technology Assistance Program

As you know, the Senior Center has been developing a technology assistance program. We have been able to arrange several sessions for folks to get one-on-one help. Here is some recent feedback:

"My passwords had been compromised. I was in panic mode and did not know what to do. She (volunteer) made me feel safe. We were able to fix them and she showed me the security settings. Reviewing the security issues was the biggest thing. But now, I can use the calendar on my phone and get notification of upcoming events! I can even use the Notes app to do a grocery list! It has helped me simplify my daily life and provided me a lot of comfort knowing my safety was intact."

If you need help with technology, please give us a call (268-8407 or -8410) and we can help set up a session with a volunteer to answer your questions.



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!**

## The Town's 250th Parade, July 17th

The parade went off without a hitch and our seniors played a big part of it! Some of us rode in the Senior Trolley, waving our flower signs out the window. Others marched behind our banner. The Contemporary Dance group tirelessly danced their way up the parade route. Tai Chi was also represented by Marty Phinney. Musical groups, vintage cars, fire trucks and police and more were included. And the always-fun Shriner's group zoomed up and down the whole parade. It was a beautiful day, and participants were thrilled to see so many people along the route, cheering us on! That, combined with the festivities on Friday and Saturday, provided a wonderful festival for our townsfolk, who celebrated being out and about after the long COVID confinement. Here are a few pictures!



Some Seniors rode in the Burgy Bullet Trolley in the parade. A notable passenger was Paula Wentworth, the town's oldest resident. **Thank You to Pioneer Valley Transit Authority for the trolley!**



*The Take and Eat Program supports the seniors by providing meals for them on weekends. Sponsored by Our Lady of the Hills and Williamsburg Congregational Church*



## Senior & Veterans' Tax Relief Programs

The Town's ongoing Senior and Veterans' Volunteer Tax Relief Programs (also called Tax Work-Off Programs) are accepting applications. Deadline is October 1, but there is often room later, especially in the Veterans' program. People can do work for the Town and earn a reduction in property tax, up to \$1500 per household per year.

For the Senior program the person must be at least 60 years old and have a household income of less than about \$50,000; some preference may be given to people whose household income is less than about \$30,000 (see application form for exact amounts). If a lot of people apply, then each person will get a little less. The Veterans program is open to all veterans with no income or age limits.

For both programs, an approved substitute may do the work for someone physically unable to work. Note that the amount earned is considered taxable income by the Federal Government, and this may affect eligibility for income-based programs. Also note that these programs are totally separate from the Senior and Veteran Tax Exemptions. Applications are available from the Selectmen's Administrative Assistant (268-8400, ext. 9) or online at [www.burgy.org](http://www.burgy.org).



## Get Up-to-Date News On-line!

Our newsletter was compiled before August 12th. Some news for September might not be included here. Please be aware that you can get our latest updates on our website: [www.burgy.org](http://www.burgy.org) or on our Facebook Group: **Williamsburg Senior Center**. Check 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).

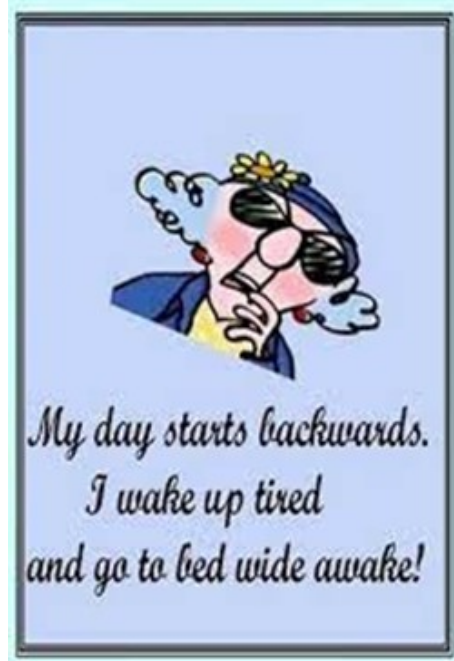
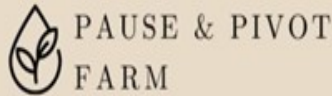
# Oliver's and Friends Season Celebration

A BENEFIT FOR THE GOSHEN LIBRARY

11 AM-3 PM  
SATURDAY, SEPTEMBER 17TH  
36 MAIN STREET, GOSHEN, MA

- HILLTOWN ARTISANS AND MAKERS
- "GRAZE BOXES" LOCAL FOODS SAMPLERS
- FARMS FROM AROUND THE REGION

This event brought to you by:



**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!

## The Living Will - MOLST – Which?

You may read that Massachusetts does not recognize the legality of a living will. So why on earth did I say last month you should do one? Can't I just do the Medical Orders for Life-Sustaining Treatment form (MOLST) and be done with all this? Well, yeah, but the living will is kind of a conversation, while the MOLST is an order. The conversation, including talks with your health care proxy, helps make decisions on what is documented in the MOLST.

A MOLST form is a binding medical order in our state that you fill out with your medical provider. It is intended for adults with serious illness and speaks to the use of life-sustaining treatments, generally in an immediate situation. The MOLST should be followed by care providers in all treatment settings, including emergency and ambulance transport.

In addition to being a medical order, the MOLST is part of a person's long-term planning and preferences. It is a personal document and can be changed if the situation or personal feelings change.

It is a good idea to post your MOLST where emergency personnel can find it. The usual bright pink form is bright and pink so it is easily findable. Your doctor will also have a copy.

MOLST and similar forms from other states are not considered valid medical orders in Massachusetts, though they are still considered as evidence of a patient's preferences. People who regularly spend time in another state should discuss these forms with their medical professionals in both states.

Still thinking for the future,  
Jean O'Neil  
TRIAD Committee member  
jeanoneilmass@gmail.com; 413-268-2228

## September's Good News

By Deb Hollingworth

With the cost of everything going up, and for many of us, our income not keeping up, it's good news when we see a change that will actually save us money!

The Governor recently signed the Budget for next year which includes an increase for the MassHealth Buy-in programs. This translates to an increase in the amount of income allowed to be eligible for the Buy-in. This is the program that pays your Medicare B premium. We sometimes forget that our Medicare B premium comes out of our social security benefit before it's direct deposited in our bank account. This year that's \$170 per month. If we qualify, the MassHealth Buy-in program will pay our \$170 per month premium and social security puts that money back in our check. (That would be a little over \$2,000 for the year!)

Currently the income limits are \$1,869 per month or \$2,518 if married. Your assets need to be less than \$16,800 or less than \$25,200 married. The asset limit will stay the same, but next year the income limit will change. You will be able to have as much as \$2,548 per month, or \$3,433 if married. This welcome income increase could effect about 60,000 Massachusetts residents. If you think you might be one of them, you should give your senior center a call and ask to speak with a SHINE counselor. We expect this change to go into effect January 1st 2023.

Keep tuned next month for more good news in Governor Baker's budget for 2023.

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### September is Falls Awareness Month: Why is this important?

- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls.

#### **Myth 1: Falling happens to other people, not to me.**

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

#### **Myth 2: Falling is something normal that happens as you get older.**

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

#### **Myth 3: If I limit my activity, I won't fall.**

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

#### **Myth 4: Muscle strength and flexibility can't be regained.**

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

#### **Myth 5: Using a walker or cane will make me more dependent.**

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility

*Source: National Council on Aging National Falls Prevention Resource Center*



## On the Road Again...



### 2022 & 2023 Upcoming Trips

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.

*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 NOW. Payable to Landmark Tours. Mail to address above.

*Day Trip Sept. 19. The Eastern States Exposition— Big E.* Free Performance by Young at Heart Chorus at the Court of Honor Stage. Cost \$10 for Chesterfield Seniors and \$17 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Chesterfield or Northampton.

*Day Trip Oct 1. Hoosac Train Excursion.* 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost \$20 for Chesterfield seniors 60 and over and \$30 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Northampton and Chesterfield.

*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.

*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 address above.

### 2023

*Multi Day Late April 2023. Myrtle Beach Show Trip.* Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early. Contact Francine to reserve your seat.

*Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees.* Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st,

so we can get good seats. Mail to address above.

*Multi Day September 29 through October 9, 2023. 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. Contact Francine to reserve your seat.



## The BIG E – West Springfield, MA Monday, September 19<sup>th</sup>



Cost Includes: round trip bus transportation, gratuities & entrance fee to the Exposition

### Young at Heart Chorus Performs @ at the Court of Honor Stage 2pm--FREE

Chesterfield Seniors (age 60 or over) **\$10**  
Open to all ages and all communities for **\$17**

Meet the Bus : 8:45 A.M.  
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: approx. 4:45 P.M. from the BIG E  
Cash or checks payable to Chesterfield COA due by September 6th.

Scooter or wheel chair assistance available at the entrance for a fee.

Reserve your seat, call Francine Frenier 296-4291  
or call the COA 296-4007

**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.

**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.

**LITTLE ROOTS**



**FAMILY MUSIC**

*SING TOGETHER ACROSS THE GENERATIONS*

*Funded by Highland Valley Elder Services*

Two Thursdays in September from 10 - 10:30 am

-SEPTEMBER 15 with Annie Stevenson

-SEPTEMBER 29 with Maggie Shar

at the Chesterfield Community Center

free and open to all!