

Living Well



November
2022
Newsletter

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

Honoring Our Veterans

Veterans Day is observed annually on November 11th. It's a holiday honoring men and women who have served in the United States armed forces, celebrated on the anniversary of the end of World War I.

Veterans Day is observed on November 11, regardless of what day of the week on which it falls. The observance of Veterans Day on this date not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: **A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.**

To our Veterans: We are forever grateful for what you've done to maintain America's freedom. Thank you for your sacrifice, your bravery, and the example you set for us all.

I'd like to take this opportunity to recognize two of our local veterans:

Gordon Cranston, a life-long Burgy resident, recalls receiving his draft notice in 1952 near his 18th birthday. Soon after, in September, he and 5 or 6 other young men from town met at Burke's Store, which also housed the post office (and was located at what is now the Williamsburg General Store). They took a bus to Springfield, MA for physicals. Gordon reported for duty on January 21, 1953. After 16 weeks of basic infantry training, he was stationed in Korea for approximately 16 months. He returned home in December 1954. Gordon says, "I am proud of my service. I did it for my country. When you got the draft notice, you knew you had to do it." He added, "We don't need war. Nobody likes war. War does not solve any problems." His family is proud of him.

Russ Richardson, another life-long Burgy resident, also recalled getting his draft notice and going to Springfield by bus for a physical in the summer of 1952. He reported for duty in October, attended Army training, and was also sent to Korea. Russ shared that his older brother had served in WW II. He thought if his brother served then he should do his part, too. Russ said that at the time, "I felt good about serving. Glad I did my part." Russ was there for 13 months and then returned to the US. He said he got to see another country and meet people from all over the world. He mentioned a friend he met from North Carolina, who had never seen a snowflake and ended up working on ski patrol! He was glad to be back home. Russ also reminded me that he is a Yankees fan, but even more than that, he is a polka fan! I replied that he was a polka fanatic!

To all our veterans, your service is appreciated. Happy Veteran's Day!

—Melissa Wilson



**The Town of Williamsburg
will have a brief ceremony on
Friday, November 11th at 11:00 am
at the
Veteran's Memorial in Williamsburg.**

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 **December 13th** 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 **November 8th**, 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 happens 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**.

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 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 (Nov. 17th)**. 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 (Nov 18th)**. Please call **268-8407**, or email sloomis@burgy.org to reserve your spot at the tables or just stop in! See you there!

Save the Date

Holiday Sing-in with Roger Tincknell

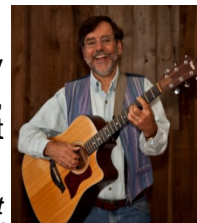
Monday, December 12th at 12:30 pm

"Pete Seeger to Peter, Paul & Mary"

Folk and seasonal songs

Please join us to usher in the holiday season, stretch your singing muscles, and bring joy to your day! Contact us at 413-268-8410 to sign up.

This program is supported in part by a grant from the Williamsburg Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



See more about our food programs on page 3
Get the goods on what's NEW on page 4



What's to Eat? Food Security in the Hilltowns

Want to laugh and make new friends? Do you need an inexpensive place to meet a friend for lunch?

The Williamsburg Senior Center Café is open daily Monday through Thursday for congregate meals (available regardless of ability to pay). Come a few times a month or come everyday. Make a friend, be a friend. The happiness here is contagious and good for one's health. Call at least two days ahead to 268-8419 to save a space.

Even in Williamsburg (Burgy), there are people who struggle to obtain enough healthy food to eat, particularly seniors who may lack transportation, social support or the ability to pay for food.

When access to food is limited or uncertain, it is called **'food insecurity'**. According to Americashealthrankings.org, "older adults with food insecurity may have significantly reduced intake of vital nutrients which could adversely affect overall health."

The Williamsburg Senior Center participates in a number of programs designed to address food insecurity. We serve a mid-day meal Monday through Friday. The **Monday Meal** is home-cooked right in our Café, **Tuesday—Friday, we serve meals from Highland Valley Elder Services**. The HVES meals are designed by a nutritionist to meet senior nutrition needs. Monday through Thursday we eat meals together in the Senior Center Café in order to address not just nutrition, but also loneliness and social isolation, which are considered to be serious public health risks. Social isolation can put seniors at risk of dementia, heart disease, depression and more. These meals are available to anyone over the age of 60, regardless of ability to pay.

In addition to congregate meals, the Senior Center participates in a **Brown Bag Program (with the Western Mass Food Bank)**, which provides free non-perishable foods to help eligible folks stretch their monthly food budget. Additionally, **Senior Center staff can help you apply to SNAP (Supplemental Nutrition Assistance Program)**. Also, both **Williamsburg and Goshen have food pantries available for Hilltown residents**. Finally, the Senior Center has a reduced-price **Farm Share Program from Prospect Meadow Farm**, a ServiceNet organization. For about \$10, seniors get a bag of fresh vegetables weekly during the farm season.

Please call the Senior Center at **268-8419** if you have questions or interest in any of these programs. **We'd be delighted to help.**



Photos by Carol Hendricks

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!

The "New Tryna"!

We all know there's no such thing, but as we wish Tryna Hope everything wonderful in her future, the Senior Center is adding some joy... **Joy Moore!**

Joy's will be the voice that you hear when you call our office to schedule your transportation or ask general questions. Please join us in welcoming her – she is looking forward to meeting all of you.

The Pen Pal Program

is moving forward. We have quite a few seniors preparing to write to the Dunphy School's 6th graders. We still need more! Please consider being a pen pal to one of these vibrant and interesting young folks. It will enrich your life! Call the Senior Center to sign up.



New Art Show at the Senior Center

Longtime friend of the Senior Center, Ruth Loomis, passed away in October. As a landscape artist, Ruth leaves quite a legacy of art to her family. We will feature an art show of her work starting in November in the Senior Center Café. Stop in any time to see Ruth's work in oils, acrylics, pastels and theorem.

See page 2 for the many events and programs you can join when you come in!

Williamsburg's New Tax Collector!

Sharon Strzegowski was hired as the new Tax Collector for Williamsburg on 9/6/22. Williamsburg's former tax collector had retired, leaving a vacancy. The Collector's office is primarily responsible for collecting real estate, personal property and motor vehicle excise tax, as well as water and sewer. Sharon was most recently the Treasurer/Collector for Hatfield, MA.

The office hours will now be Monday – Thursday, 9 am – 4 pm or by appointment. Stop in, the door is open!

Sharon can be reached at **413-268-8401** or towncollector@burgy.org for any tax questions you may have.

Manna Community Kitchen

**FREE
THANKSGIVING MEAL**

**November 24th, Noon-2 PM,
Edwards Church, Northampton**

*Please register to pick up your meals
or arrange for free delivery.*

**Sign up online or call us 9 am - 7 pm
at 413-887-0500**

**Please sign up by Saturday, November 19
mannanorthampton.org**

* "If it is true that one of the greatest pleasures of gardening lies in looking forward, then the *
* planning of next year's beds and borders must be one of the most agreeable occupations in *
* the gardener's calendar. This should make October and November particularly pleasant *
* months, for then we may begin to clear our borders, to cut down those sodden and untidy *
* stalks, to dig up and increase our plants, and to move them to other positions where they *
* will show up to greater effect. People who are not gardeners always say that the bare beds *
* of winter are uninteresting; gardeners know better, and take even a certain pleasure in the *
* neatness of the newly dug, bare, brown earth." *
* — Vita Sackville-West *

Get Up-to-Date News On-line!

Our newsletter was compiled before October 12th. Some news for November might not be included here. Please be aware that you can get our latest updates on our website: 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.

Silly Thanksgiving Jokes for both young and old

Q: If pilgrims travel on the Mayflower, then what do college students travel on?

A: The Scholar Ships.

Q: Where did they take the Mayflower when it was sick?

A: The nearest doc.

Q: How did Mayflower sailors say hello to each other

A: They waved.

Q: What kind of music did the Pilgrims like to listen to

A: Plymouth Rock.

Q: What kind of cars would pilgrims drive today?

A: Plymouth.

Q: What do you use to make Thanksgiving bread?

A: May flour.



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!

Charitably thinking

It's the time of year when we sometimes consider charitable giving, knowing that the cold is coming, there are celebrations coming up, and we often see more "good will to men" and to women and children and pets. And April 15th will be here soon. Some of the items below may need some further research on your part. Tax consequences will be based on your situation and on current tax law, which is WAY beyond me. I'm just putting out some ideas. There are more options, a bit more complex. For instance, there are some planned gifts to a charity that will pay income. I can give you something to read on that.

Annuity - if you have some funds THAT YOU ARE SURE YOU WILL NOT BE NEEDING, buy an annuity from a legitimate source and make your grandchild or other favored person the beneficiary. You may also identify him or her as the beneficiary of your retirement plan or life insurance.

Bequest - this goes in your will and may be called a planned or deferred gift. This is a donation planned now and realized after your death by payment from your estate.

Note - we assume that the recipients of the above will not be bumping you off to get the money; I think that would pretty well negate your good will aspect.

Contributions -

- One-time donation. Write a check the first of December, that's it. Then if you and the charity qualify, add it to your tax deduction column for next April.
• Recurring Gifts. You can set up a bank withdrawal every month to a favorite charity, knowing if you have to you can put a hold on that. Again, maybe a tax benefit.
• Stock Donations. If you give stocks you held over a year to a charity, you may avoid paying capital gains on the taxes on the stock's appreciated value.
• In-kind Donations. This is not monetary, but goods and services, your time, your expertise. No tax break for you, just satisfaction.

Gratefully yours, Jean O'Neil TRIAD Committee member jeanoneilmass@gmail.com; 413-268-2228

Future Funding for Our Newsletter... To Be Continued?

Do you value the COA newsletter? Does it help you stay connected and informed? How would you feel about not having COA news at your fingertips?



These are questions to ponder while considering that the funding for this benefit may not be permanent.

Seven years ago, in the Fall of 2015, our first regional newsletter for seniors was mailed. It went out to over 2,000 Hilltown households reaching seniors in Plainfield, Cummington, Goshen, Worthington, Chesterfield, Williamsburg, and Westhampton. The early newsletters carried a few pages of regional news, but in 2016 we embarked on our present format of 2-4 pages of news specific to each town followed by a 4 page regional section. Every month, you've received printed or digital information about events and activities in your town as well as important news concerning senior benefits, health, law, and food security regionally. Over six years, totaling 84 issues, and in all 168,000 mailed copies, news about what seniors are doing in the Hilltowns has been provided by a Service Incentive Grant from the Executive Office of Elder Affairs. This gift of over \$32,000 a year is going to end in 2023.

The newsletter has been our modern-day town crier and a way to bring us together, feel less isolated, and to let us know about important developments that may impact us. We are happy to be able to continue delivering it to you...but for how much longer? Your regional COA consortium has been pondering this question. We have many ideas for securing long term funding that we'd like to share with you in future newsletters. Your feedback about these ideas would be most valued.

In the meantime, any donations of support to sustain our town crier long term are most welcome! Donations can be made out to the "Northern Hilltown Consortium/Town of Chesterfield" and sent to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012. A donation form is at the bottom of this page for your convenience. **Thank you for your support!**



November's Good News

By Deb Hollingworth

This month's good news is short and sweet. If you haven't heard yet...it's looking like our social security benefit could be increasing by 8.7% this January. And the cost of our Medicare B premium is decreasing! Yes, it's going down from \$170/month coming out of our social security benefit, to \$165/month. This means a significant increase in our social security checks. Other benefit programs are also increasing. October 1st SNAP (food stamps) awards increased 12%. And the Governor's budget included an increase in the Circuit Breaker benefit, up to \$2,400 for those who qualify. Fingers crossed..... there's anticipation that fuel assistance will also be more generous this year.

While it doesn't wipe out the increases in prices we see at the grocery store, the gas pump, or the fuel oil prices, it still is welcome news in a year when stretching the budget is on our minds.

For information on any benefit programs, including how to apply, you can contact your senior center, and look for future articles in the Regional Section of your newsletter.

The Regional COA Newsletter benefits from your support!

I would like to contribute to the COA Newsletter. My contribution of \$_____ is attached.

(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support this vital resource for our seniors!

On the Road Again...

2022 & 2023 Upcoming Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments: 413-296-4291 or francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

2023

Multi Day April 23-29, 2023. Myrtle Beach Show Trip. Five shows—Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for this seven day trip for \$829. Take a \$25 discount if paid in full by 1/30/23. Contact Francine to reserve your seat.

Day Trip May 18. Beatles Ticket to Ride - A 4-piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$TBD by February 1st, so we can get good seats. Mail to address above.

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.



Workshops for Working the Digital World



Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or pegwhalenworkshops@gmail.com**

Fall 2022 Computer Class Schedule October 31 -December 5

Windows 10/11 Computer/Laptop Class,
6 Sessions - Mondays, Oct 31 to Dec 5, 2-4pm

iPhone basics workshop
Friday, November 18, 12-2pm

How to use Telehealth and Zoom
Saturday, December 3, 10-11:30am

Android basics workshop
Monday, December 12, 2-4pm

Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

CHOICES: Managing your Medicare online

If you are a Medicare beneficiary, you should have a secure, online account to manage your Medicare information. It's quick and easy to create an account. Simply go to medicare.gov and click on create my account. Have your Medicare card handy. Once you have an account you can use it to: save your prescriptions and pharmacies; sign up to go digital; get your yearly "Medicare & You" handbook electronically, instead of by mail; and view and print a copy of your official Medicare card.

Don't be concerned about losing access to the account if you forget your password. You can click on the "forgot my password" link and they'll instantly send you a code that will let you reset the password.

Having your Medicare information organized in one digital file will save you time and frustration when you have to produce a list of your medications; or you've misplaced the Medicare card and can't locate it the day you're visiting a new health care provider. Just think about the piles of paper that pile up around you that can be reduced or even eliminated by going digital. Reminder: Open enrollment runs from October 15-December 7. This is your opportunity to review your plan and make sure it still is the right fit. *Shared by the Southern Connecticut Area Agency on Aging.*

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

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

MEMBERS
Diane Martin, Chair
Maureen O'Brien, Secretary
Pat Billingsley
Daria D'Arienzo
Linda Gibbon

ASSOC. MEMBERS
Gerry Mann

EMERITA
Mary Lee Satterfield

**SENIOR CENTER
STAFF**
Melissa Wilson, Director
Carol Hendricks
Joy Moore
Sherry Loomis
Tamar Smith
&
Our Many Volunteers

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

Need Help With Your Housing Repairs?
The Housing Rehab Program may be able to help!

Eligible homeowners will receive a deferred payment loan with zero interest and no monthly payments, and all repair work is done by a licensed contractor. Please don't delay, funding is available and you may be surprised to find out you qualify.

Household Income Guidelines/Limits:

Household Size	Maximum Gross Annual Income
1	\$52,750.
2	\$60,250.
3	\$67,800.
4	\$75,300.
5	\$81,350.



Work that may be performed under the Housing Rehab Program:

- Septic Repairs
- Sewer Tie-in
- Accessibility Work
- New Wells Drilled;
- Pumps Repaired
- Windows Replaced
- Roof Repairs
- Heating System Repairs
- Plumbing & Electrical Repairs
- Lead Paint & Asbestos Removal

Hilltown CDC is accepting applications from homeowners who live in: **Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg and Worthington**. Please contact the Program Manager, Marjorie Liscombe, for more information: **(413) 296-4536, ext. 109** or email **marjoriel@hilltowncdc.org**. You can also visit our website: **www.hilltowncdc.org**

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.