

Living Well



February
2023
Newsletter

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

A Love Story for Valentine's Day: Jim & Maureen Cahillane

Seventy years ago, I found myself in England. I was a twenty-year-old Airman 1st class in the United States Air Force.

In June 1950, I graduated from St. Michael's High School and the Korean War began. I went to St. Anselm's College in the fall. Home for Christmas, I joined three school friends to volunteer for the Air Force.

Our train left Springfield, Mass. for an eye-opening trip to Texas. After basic training, a train took us north to Cheyenne, Wyoming to earn a Teletype certification.

One day a friend at H.Q. gave me an overseas duty choice, England or Korea? I chose England because my dad was born in Ireland. New York to Southampton took ten days on the WWII troopship, USS General Darby.

Five of us were assigned to RAF Fairford, which, despite its name, housed Americans servicing Bomber Groups rotating in and out of the UK. I learned that the nearest place to meet girls was Swindon's dance hall, The Majestic, which had a Big Band on Saturday nights.

A friend introduced me to a girl he escorted to the weekly dances. I asked Maureen to dance. Miss Stone clerked at Lloyds Bank. As we fox trotted, I learned she spent four years as a boarding student at Notre Dame High School in Northampton, England. I replied that I was from a different Northampton, and also a Catholic high school graduate. Bingo!

My idea of romance was to sing softly in my partner's ear. Maureen must have loved Ira Gershwin's lyrics, as did this believer of life idealized in Technicolor musicals.

"It's very clear our love is here to stay

Not for a year, but ever and a day.

Gibraltar may tumble, the Rockies may crumble

They're only made of clay, but

Our love is here to stay."



It became our song. Note the clever combining of UK's Gibraltar and America's Rockies. As home-front children, we were aware of the "Special Relationship" between our nations in war and peace.

In keeping with mufti, I ordered a \$78 Donegal Tweed suit from a London tailor who came on base to measure up classy dressers. Maureen revealed she could spot any American by the swagger in their walk.

Five-foot three Maureen had an Audrey Hepburn vibe, was a mad tennis player, dressed conservatively, believed in God, with reservations about certain clergy. Maureen had a mind of her own.



My new girlfriend read books, liked the theater, performed in The Mikado at school and enjoyed life... I realized I was dating a sophisticate, in process of gaining my own Fair Lady, with a late nod toward Julie Andrews, Eliza Doolittle, and George Bernard Shaw. It was a growing-up time; we floated along like a boat in a Tunnel of Love. Our courtship set sail.

Following a dozen Saturday night dances, spring was on the horizon. I asked her for a proper date, which had its challenges. Maureen

told her folks that she was bringing a boy home for tea, but not an American.

Her mum, Evelyn, was warm and welcoming. Her dad, Eddie, was an electrician who, like most fathers, didn't spark to young men with designs on their daughters. Thanks to Mum Stone, I enjoyed their "tea" indeed. Maureen had a 10-year-old brother, Paul. He and I have since shared vacations, like borrowing a Jeep to follow Ike's route to Normandy for the 50th anniversary of D-Day. We closed our age gap to 80 and 90 last month.

When it came to it, sharing a religion may have been the closer. Another clincher was our first kiss at the local bus stop. In the custom of first dates I bent to kiss Maureen on the lips. She returned it.

Continued: See "A Love Story" on page 3

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, Dan Nye or Steve Connor may be reached at **413-587-1299** for appointments.

Brown Bag: Food for Elders

Eligible seniors can get a free bag of healthy groceries on 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.foodbank-wma.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.** (See also pg. 3)

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 **February 14th** and on second Tuesday every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). Piper can also do footcare in your home, (\$80). Call her at **413-522-8432** for an appointment.

Podiatry

Dr. Coby has appointments available on **March 14th**, 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 or a regular companion? We can set it up for you! 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

Marty Phinney is offering Tai Chi outside or in the auditorium, **Tuesdays, 9:30 am**. Members or interested folks can contact her at **413-268-3228**.

Healthy Bones & Balance

Mary Bisbee leads HB&B on **Mondays at 1 pm** (except holidays) and **Thursdays at 9:30 am in the Auditorium**. Call the Senior Center to sign up or stop in!

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 (Feb. 16th)**. 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 (Feb. 17th)**. Please call **268-8407**, or email sloomis@burgy.org to reserve your spot at the table or just stop in! (Look for our sign.)

Technology Program

Need help using your cell phone, computer or other devices? The Senior Center has a group of volunteers who can help! They are knowledgeable, caring, and committed to helping older adults use the technology they choose in their daily lives. **Please contact the office at 413-268-8410 to schedule an appointment** (volunteers work one-on-one with folks and arrange a time that works for both parties).

Art Show at the Senior Center!

We are featuring a show of landscape artist, Ruth Loomis, in the Senior Center Café. Stop in any time to see Ruth's work in oils, pastels and theorem.

If you'd like to show your art in the Senior Center, let us know!



“A Love Story” contd. from page 1

A fellow employee at Lloyd’s Bank was cycling by. Monday morning he asked her, “Who was that tall American I saw you kissing last night?” That was the start of an adventure with any number of twists and turns.

Our romance plied its course from one year to the next. One foggy night the last bus to my base was canceled. I returned to Eddie’s house. A brisk welcome led to new sleeping arrangements. Mum slept with Maureen and the new boyfriend with lifelong gardener Eddie, in a standard size bed.

One journey to London was successful in that we saw Pal Joey on stage in the West End. I engaged a roaming photographer to snap us in each other’s arms in Trafalgar Square.

I had a diamond ring that I’d bought on sale at the Post Exchange, also a lady’s gold watch. She had seen the ring and was disappointed to get the watch for her birthday. The ring was presented as we pledged our troth for 1955 in America. A besotted pair, we left our future to faith and fortune.

Once home, I went to work in dad’s Hudson dealership. Dad was seldom there, as he’d been elected mayor of Northampton. Six months flew by. Maureen booked her trip to America on Cunard’s Queen Elizabeth. My brother Bob, my mother, and mom’s friend came along for moral support. We drove to the New York pier and waited for my fiancée to disembark. She did, we kissed, her straw hat flew off, life began anew. “Rites set for Romance that spanned Sea,” read a friendly headline when our wedding date was set.

We’ve kept in touch with England, where it started with one dance. Maureen’s transformation from fiancée, to bride to loving mother of five was miraculous. Raising five children has kept us busy. We made lifelong friends via volunteering, politics, university, writing, travels, poetry and books—living life to its edges—forty city years, twenty-eight in Williamsburg.

I encourage lovers to borrow our song, “Love is Here to Stay.”

—*Jim Cahillane is a 30-year Opinion Columnist in the Daily Hampshire Gazette*

**Got Cabin Fever? Feeling Lonely?
Let’s Get Sociable!**

Congregate Meals

We start gathering around 11 am. Conversations get lively. Coffee is ready. Lunch is served at the round tables at 11:30. Visiting goes on after lunch, sometimes as late as 1 pm. **Join us for lunch and social hour at the Senior Center Café!** You’ll meet the nicest people here, get lunch and coffee in the bargain, all for free or a minimal (*suggested donation, \$3.00*) fee. Call Tamar a couple of days ahead to reserve your spot, 413-268-8419. See you there!

Ladies Who Lunch

A group of **women get together at the Snack Bar on the third Friday of each month.** We are strictly a social group with no agenda! If you want to get out and visit with friends and neighbors, this is a great group for that. We are looking for new folks to join, as the group is small at this time. The more women who come, the more interesting and fun it will be! Won’t you join us this month? **Stop in on February 17th at 11:30. Look for our sign!**

Third Thursday Mens’ Group

A group of local men meet at the **Snack Bar at 8:00 am on the third Thursday of each month (February 16th)!** Contact Larry West with any questions at landwest3315@yahoo.com. **Stop in—you, too, can be one of “the guys”!**

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 _____

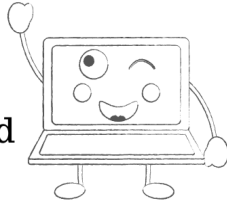
Phone _____ Email _____

Thank You for Helping Us Support Our Neighbors!

We want to hear from You!

Please make sure to return the Technology Survey by February 15th!

You can call 268-8410 and do it on the phone, too!



There's nothing that says "New England" like a sugarhouse breakfast! One of my earliest memories is Dad taking us kids to a dark and steamy sugarhouse where a nice old farmer poured samples of hot syrup in tiny pleated paper cups. The taste was pure heaven, and so was the steam in the room! A sensory delight I never forgot.

As winter lingers on, I look forward to maple season. I like to **support our local sugarhouses**. They usually open in late February and are listed in the newspaper or online. A lovely treat to welcome the beginning of Spring! **Or make your own pancakes, served with pure maple syrup:**

Good Old Fashioned Pancakes

1 1/2 cups all purpose flour
3 1/2 tsp baking powder
1 tbsp sugar
1/4 tsp salt
1 1/4 cup milk
3 tbsp melted butter
1 egg.



Sift flour, baking powder, sugar, and salt together in a large bowl. Make a well in the center and add milk, melted butter, and egg; mix until smooth.

Heat a lightly oiled griddle or pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake; cook until bubbles form and the edges are dry, about 2 to 3 minutes. Flip and cook until browned on the other side. Repeat with remaining batter.

ENJOY!!

—Sherry Loomis

(<https://www.allrecipes.com/recipe/21014/good-old-fashioned-pancakes/>)

Fuel Assistance

Remember, Fuel Assistance applications can be done online at www.communityaction.us/fuel-assistance or by calling 800-370-0940. You can also call the Senior Center at 413-268-8410 if you need help completing the application.

Do You Enjoy Hearing and Telling Stories About Our local History?

We are starting a circle of friends who are interested in talking about the good ole days—"today we have car accidents, back then it was the horse that had problems" — "What was the name of the Williamsburg High School athletic team?" (hint – it was not the Bantams).

We would like to have a group to meet at the Senior Center. Let us know if you'd like to join us for stories about how life was in Williamsburg and Haydenville in years past. Please call Mary Bisbee at 268-3225 or mbisbee52@hotmail.com.



How about some friendly afternoon competition?

DO YOU LOVE CRIBBAGE?

Contact Melissa Wilson

268-8410

or

Joy Moore

268-8407

For more Information...



Visit our website, www.burgy.org or our Facebook Group: [Williamsburg Senior Center](#)

To subscribe or unsubscribe from this newsletter or receive this newsletter by email, contact us, leaving your name, address and phone number at 268-8410, or sloomis@burgy.org.

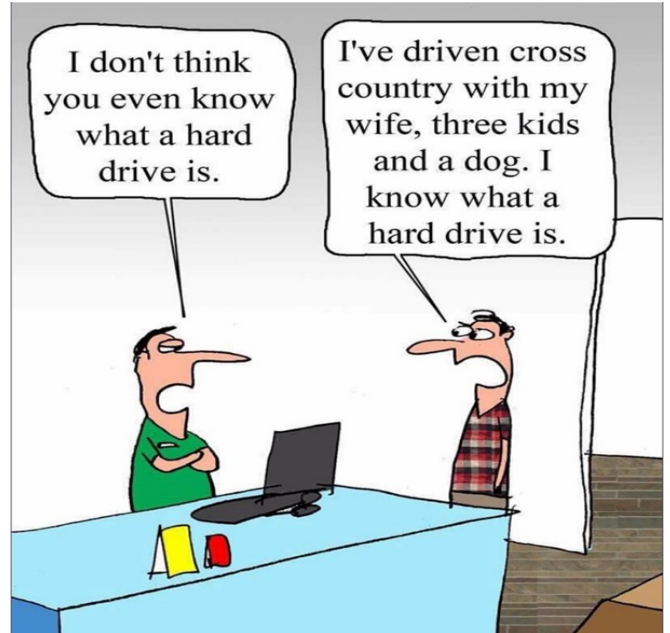
Out and About this Winter



www.clarkart.edu
413-458-2303

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!



Tiny footprints

As soon as a child is born and their photo is posted online, they have a digital footprint. While we enjoy seeing a new baby's smiling face or a toddler smelling a flower, their digital footprint can be hacked. That is just the very sad story of how our technology today can be misused. A scammer can set up a fake identity, therefore messing up the child's future finances before they are even earning any money. A baby's digital image can be altered and used in pornography.

A recent article in the Washington Post was sobering. They projected over 7 million cases of identity fraud by 2030, costing victims more than \$900 million. It is believed that over half the porn images online in one country were photoshopped from social media. This is from a book by Leah Plunkett Sharenthood: *Why We Should Think Before We Talk About Our Kids Online*.

So what should parents and other family members do?

1. Be CAREFUL when posting online even if you think you are safe. Do not post full names, birthdays, ages, or specific locations.
2. Set up privacy settings on your social media. See this page- www.nytimes.com/wirecutter/guides/online-security-social-media-privacy/ Even setting privacy controls is no guarantee the child is safe. The controls can be complicated and change, and even if a crook can't download an image, they can take a new photo of what was posted and photoshop it.
3. Take another look at passwords. Many times people use birthplace, school name, favorite pet, etc. in a password. These are things commonly written about in a post; 3 or 4 pieces of information may be all that is needed by the hacker to steal an identity.

In all seriousness,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

February's Good News

By Deb Hollingworth

It's that time of year again when we are gathering what we need to file our tax returns, and I received a request for information on the Circuit Breaker which I wrote about last March. This year's potential Circuit Breaker rebate may be even bigger than previous years, so this is the time to look into it and see if you might qualify.

Circuit Breaker Fact Sheet

"You may get a cash refund on your State income taxes."

The Massachusetts Circuit Breaker Income Tax Credit for Homeowners age 65 and older is a program for those seniors whose property taxes and half of the water/sewer bills equal more than 10% of their annual gross income. You can get this refundable tax credit even if you do not owe State income taxes. You can file a tax return even if you do not have taxable income.

Last year the maximum refund was \$1,162, but Governor Baker has recommended in his 2023 budget that this be increased to a maximum of \$2400.

If you have not filed/applied for the Circuit Breaker before, this is the year to do it!

You are eligible if:

- ⇒ you are 65 or older
- ⇒ own your home
- ⇒ are current with your property taxes
- ⇒ and if your property taxes are more than 10% of your income
- ⇒ your income needs to be less than \$62,000 single, or \$93,000 married filing a joint income tax return
- ⇒ and if your home is assessed at less than \$884,000

You apply by:

- ⇒ filing a Massachusetts Income Tax return
- ⇒ and including a schedule CB
- ⇒ you must supply copy of your property tax bill
- ⇒ also your water/sewer bill if you have one
- ⇒ and provide income verification

February Tech Talk by Peg Whalen

The holidays can bring technology, often wanted and sometimes unexpected gifts of technology devices. Family and friends can be excited to share their love of technology by gifting us ePhoto Frames, new and previously owned iPads, smartphones, laptops, kindles, and other devices we may be reluctant to use. If you are someone that received a device you have little interest in or limited understanding about using, there is help.

From February through June 2023, and perhaps beyond, each COA in the northern hilltowns has scheduled a recurring week and day each month for in-town technical support. I will be offering individual time for interested people to come, free of charge, and begin getting the assistance, guidance, and reassurance to get started or learn more in a way that is understandable and effective. If learning one-one-one is your preferred way to increase your understanding about technology, sign up for a time slot in your own or a neighboring town. Walk-ins may or may not be accommodated so call or email ahead to ensure you get the time you need. **Contact Peg Whalen: 413-404-4566 or nhillcoatech@gmail.com.**



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... 2023 Trips



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

Day Trip May 18. Beatles Show- 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. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for **\$78** which is due NOW so we can get good seats. Mail to the address above. **PLEASE NOTE CORRECT PRICING.** It was previously listed as \$120.

Day Trip May 22. Staying Alive- A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$120 due NOW, so we can get good seats. Mail to the address above.

Day Trip July 20. Lake George Cruise- Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.

Day Trip August 10 Garden in the Woods- This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th**. Mail to the address above.

Day Trip September. BIG E. A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.

Multi Day September 29-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.

*Multi Day October 2-October 6, 2023. Branson, Missouri--*5 days. Fly from Hartford. Seven shows: Irish Dublin Tenors, The Duttons, CJ Newsom, Pierce Arrow Show, Doug Gabriel and others. Visit the Titanic Museum and enjoy a guided scenic Ozark tour. Cost \$2,599 per person double occupancy. Includes air fare, hotels, 4 breakfasts, 4 dinners, deluxe motorcoach while on tour, sightseeing, admission to shows and tour escort. \$500 deposit by **March 15, 2023**. Contact Francine to reserve your seat.

Day Trip November. Elvis The Musical- North Shore Theater. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Make payment to First Choice for \$TBD by **July 21st**. Mail to the address above.



LENA
GARCIA

Playing with Art! Give it a try!

A Taste of Oil Painting Workshop

Wednesday, February 8th 10:30am-12:30pm

Explore Oil Painting and see if this is a medium for you! I know I can be intimidated by a new art medium; where do I begin? How do I use it? Come experience this fascinating medium in a calm and supportive atmosphere. Oil painting has a slow and relaxed tempo. It is flexible and very forgiving. Using provided materials, participants will make a painting of a simple still life. Demonstrations on sketching your still life, mixing your paints, and painting with the oil paints will be given while participants try out all these skills and work on their monochromatic or black and white painting. Try something new, stretch your brain all while having a good time!



Oil Painting Class

Mondays, April 3 - June 12th from 1 -3pm
(no class 5/29)

More details coming soon!

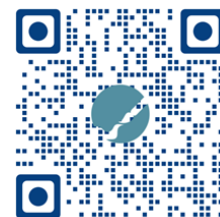
Shadow Puppetry Workshop

Saturday, May 20th from 10am - 12pm

Multigenerational event for anyone who can use an exacto knife (10yrs and up)
More details coming soon!

Registration for all at www.lenagarcia.com
or call: **425-977-5120**

*All events at the Chesterfield Community Center.
Sponsored by the Chesterfield COA and partially funded by Highland Valley Elder Services.*



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

PRSR 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.

SCAM ALERT!



Watch out for Computer Virus Scams!

*You might get a call, email, or a message
that appears on your screen.*

*It says there's a problem with your computer
& they can help you fix it.*

- Just hang up or delete the message.
- Don't click on links in an email.
- Don't call the telephone number on the screen.
- Never give someone control of your computer.
- Don't share passwords or log-ins.
- Keep your computer, tablet, & mobile phone security programs up to date.

*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**

