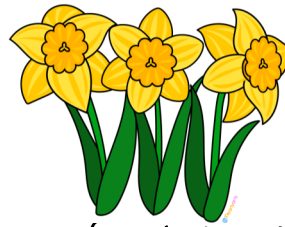


# Living Well



April  
2023  
Newsletter

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

## Open House & Volunteer Recognition

All are welcome – Please join us!

On Wednesday April 26th from 10:00 am – 12:00 pm (noon) the Senior Center is having an Open House at the Town Office building. We want to showcase the activities and programming the center offers for older adults in our community. It is an opportunity for you to come and see our space and visit with staff and volunteers.



We are excited to show off our meal site room's new furnishings. With ARPA (American Rescue Plan Act) funds and building repair funds, we have been able to make some upgrades: new wall oven, new freezer, new furniture, fresh paint, and a new counter top! The meal site room serves lunch four days a week (folks also come to play games and for conversation). This was the first upgrade since the space opened up for meals over twenty-five years ago as part of an effort to increase socialization and decrease isolation (meaning: meet people, share stories and have fun!).

It is also an opportunity to meet the staff and volunteers at the Senior Center.



"I cannot say enough about the folks who work at the Senior Center. Their breadth of knowledge and deep concern for the folks who reside in our community is exceptional."

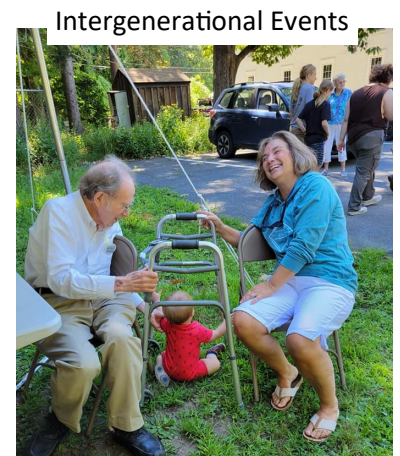
Volunteers and all those folks who help us provide programming are also an important part of what we do. They perform a variety of functions: lead exercise classes, provide transportation, companionship, do meal preparation, bake fresh goods, and other miscellaneous tasks. Their expertise and dedication to their craft and the folks we serve is immeasurable. As one of the instructors said "I feel it [class] lifts a lot of spirits."



We look forward to seeing you for this event.

Refreshments will be available.

See you there!



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, 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 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 **April 11th** 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 **May 9th**, 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](mailto:swaltner@smith.edu) if you would like to join.

### Tai Chi

**Marty Phinney** offers 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](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 (April 20th)**. 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 (April 21st)**. Please call **268-8407**, or email [sloomis@burqy.org](mailto:sloomis@burqy.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).

## Save the Date!

**Wednesday, May 10,  
12:15 pm**

**Davis Bates** will entertain with songs & stories to welcome Spring and celebrate Mothers' Day!

Everyone is welcome!



## It's Time to Start Thinking About Farm Shares for the Summer of 2023!

The season will start on Tuesday, June 20th and end the week of October 23rd. Senior Center Volunteers will pick up the produce and have it available at the Town Offices for pick up between 4 and 5 pm. Prospect Meadow Farm is able to offer the share for the same price as last year: \$170 for the season with half a dozen eggs every other week.

This year we are asking that everyone pay in one (\$170) or two (\$85) installments. We also want to note that once you are signed up for a share, you are committed for the season. **Please call Tamar at 268-8419 if you have any questions.**



Finally, please note: the **Hilltown Mobile Market** at <https://www.hilltownmobilemarket.com/> will have a delivery site in Williamsburg, although where that will be has not yet been determined for 2023.

## Friendship

*Some quotes about Friendship:*

"I get by with a little help from my friends."  
—John Lennon

"The better part of one's life consists of his friendships."  
—Abraham Lincoln

"Sometimes you don't realize how much you needed a friendly visit until you had one and realize all that you were missing."

"It was wonderful to have someone to take a ride with."  
"During Covid it was so nice to have a friendly voice to talk to."

"It's nice to be able to call your companion to help out with something"

**Would you be interested in a friendly visit by one of our volunteers?** Perhaps you would like to simply sit and chat over a cup of tea or coffee—maybe play cards, checkers or a board game and need a partner—or just enjoy some interesting conversation!

**Please call the Senior Center (268-8407) if you'd like to take advantage of this special opportunity.**

**Spring is sprung, the grass is riz,  
I wonders where the birdies is!**



Though often attributed to Ogden Nash or ee cummings, the poem has roots that go back further in time to an anonymous author.

## Technology Support at Meekins

Did you know that older adults can get 1-on-1 technology help at Meekins Library? Please bring your device(s) to our newly established drop-in center at the Hawkes-Hayden room from 10 am – 12:00 noon on the following Tuesdays:



**April 4th, May 2nd and June 6th.** No appointment is necessary.

*Collaboration by Williamsburg Senior Center and Meekins Library. Sponsored by a grant coordinated by the Northern Hilltown Consortium of COAs*

**The Williamsburg Senior Center relies on donations from the community to support 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 \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Thank You for Helping Us Support Our Neighbors!**

## News from the Transportation Desk...

**“What a blessing it is to have this service for our community!”**

When Williamsburg seniors need **medical rides** or a lift to run **essential errands** like grocery shopping or picking up prescriptions, the Senior Center is here to help arrange it. We have some pretty incredible volunteer drivers who answer the phone when I call, and they always step up to help get our seniors on the road. They not only give of their time, but lift spirits, form connections, and ensure that folks have the peace of mind knowing that they can depend on their community to show up for them.

### How does this program work?

If you need a ride, please call 268-8407, Monday-Thursday 9 am – 1 pm, and we will make every effort to get you one! It is important that riders be able to get in and out of the vehicle without assistance. Remember, please, that we normally need **at least three business days’** notice to be able to schedule your ride, but of course we will do our best to help with an urgent matter.

Our drivers will pick you up and drop you off at your medical appointment or essential errands, then return you to your home. Face masks can and should be worn for your mutual safety.

If you need extra help (non-ambulatory) getting into or out of the vehicle or into appointments, you will need to bring a helper with you. This is for your safety and the drivers’.

If you are in a wheelchair, the PVTA provides a wonderful, low-cost service called **Dial-A-Ride**. It is the safest, easiest way to get where you are going. Simply call **413-739-7436** and explain that you are in a wheelchair and need to get to an appointment. They need at least 24 hours’ notice to get your ride planned. This program is available to all Williamsburg seniors (regardless if you need assistance or not) with a 24-hour notice. Call them to schedule. Please feel free to reach out to us if you need help.

We are happy to be here for you and to help you get where you’re going! We provide 30-50 needed rides each month, helping our seniors stay healthy and happy. We are committed to helping folks live independently and age in place, and this program helps us to achieve this goal.

**Please reach out if you ever should need us!**



—Joy Moore,  
Transportation Coordinator  
268-8407

*Our transportation programs are funded by grants from Highland Valley Elder Services (HVES) and Pioneer Valley Transit Authority (PVTA).*

## Story Time!

Join Mary Bisbee (and others) for an hour of newspaper stories about past life in our town. We will meet at the Williamsburg Senior Center Café on Wednesday April 19th at 10:00 am. You can then join the lunch group (11:30) to continue the conversation. If you are interested in lunch that day, please let Tamar know (for ordering purposes) by Thursday April 13, or you may bring your own meal and stay!

This is a topic of interest because...? It is fascinating to learn how people lived and what daily life was like! *Did you know that at one time the town bell rang to let people know when to start work, when there was a fire, and when there was a funeral (it could have rung for other things, too)?*

Please join us in the discussion! Learn something new and share what you know about local history!

Visit our website, [www.burgy.org](http://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](mailto:sloomis@burgy.org).

**“And Spring arose  
on the garden fair,  
Like the Spirit of Love  
felt everywhere;  
And each flower  
and herb  
on Earth’s dark breast  
rose from the dreams  
of its wintry rest.”**

PERCY BYSSHE SHELLEY



**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!

## Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.

This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall, upstairs dining room. **The classes will be on Friday May 12th and May 26th from 1-2:30.** Please call or email Kerry Normandin by May 8 to register for this great workshop: [413-268-8236](tel:413-268-8236) x118, [coa@goshen-ma.us](mailto:coa@goshen-ma.us)

## Your State Representatives

### State Senator Paul Mark

Email: [paul.mark@masenate.gov](mailto:paul.mark@masenate.gov)

Phone: 413-464-5635

Mail: 773 Tyler Street  
Pittsfield, MA 01201

Nearby local office hours:  
Williamsburg Town Hall  
2nd and 4th Tuesdays from 1-3pm

### State Representative Lindsay Sabadosa

Email: [Lindsay.Sabadosa@mahouse.gov](mailto:Lindsay.Sabadosa@mahouse.gov)

Phone: 413-270-1166.

Mail: 76 Gothic Street  
Northampton, MA 01060

## Caregivers Part 2: Banking

More thoughts on keeping your care recipient financially safe. Last month was credit cards, now we give attention to banking.

Again, this is all easier if you have a robust durable Power of Attorney (POA) that allows banking functions. With this, you can talk to bank officials, go online to check deposits and balances, make deposits and withdrawals, balance the checkbook, and request the settings below. Different banks have different policies, so check with your particular bank on the specifics but this should give you good questions to ask. For instance, even without a POA the bank might allow you to monitor another person's bank statement, after clearing you.

**Create alerts.** Get a message from the bank when a withdrawal goes over a set amount, or a balance falls lower than you want. You may also be able to get an email every day showing the available balance on the account.

**Set transaction limits.** If a withdrawal is requested that goes over a set amount, the transaction can be halted.

**Stop payment.** If something does go awry, you can request that the bank stop the payment.

**Check overdraft status.** Banks offer protection against the account going into the red, but you should choose how or if you want that protection. This is a not one-size-fits-all decision.

Take care,

Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)  
413-268-2228

**April's Good News** By Deb Hollingworth

**Help Wanted: Part Two**

Finding home care help in the hilltowns can be a challenge. There's a shortage of available workers and Medicare certified home care agencies often can't fill requests for help. Many of us rely on family and friends or programs through our senior center which may work for short term solutions, but what if you anticipate needing help for an extended period of time? Did you know that there are programs that let you hire your own worker? That worker can be a family member or friend (not spouse).

MassHealth has two different programs that pay family caregivers for the care they provide. You must meet financial eligibility requirements for MassHealth. Many folks assume they "won't be eligible because I have money in the bank". But there are ways to qualify and you should check with your SHINE counselor. Income has to be less than \$2,742/month with limited assets. But, you can transfer assets without a 5 year look back period if you are intending to remain at home instead of entering a nursing home. Also, for those of you who are not going to qualify for MassHealth, Highland Valley has a program called "self-directed care" which allows you to hire your own worker. If you are a veteran, you might qualify for some home care help. And while it's less common, if you are one of those folks with a Long Term Care Insurance policy, that policy will also pay for home care help. Need help sorting through all the options? Check with your senior center and ask to speak to the SHINE counselor.



**Haircuts and Manicures at Smith Vocational High School**

*Tuesdays & Thursdays,  
April & May*



Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher alongside. Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton.

**All Are Welcome!**

**Beyond Basics Smartphone Workshop**

**Friday, May 19th  
1:30-3:30pm**

**Chesterfield Community Center**

*Presented by Peg Whalen*

Want to know how to find and listen to podcasts? Wondered how to make a mobile deposit with your banking app? Desperate to block unwanted calls and text messages? This workshop will help you do things you have wondered about but have not figured out how to do. Sign up for Beyond Smartphone Basics. If you have an iPhone OR an Android smartphone this workshop is for you.



**Interested in coming?**

**Reserve a spot by Tuesday, May 16th.** To register, contact workshop presenter Peg Whalen, at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) or 413-404-4566. Email, leave a voicemail or text including your name, email address, what type of smartphone you have (iPhone or Android), whether you use mobile banking and your home or cell phone number.

***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 \_\_\_\_\_

## 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 FNSC for **\$78. WAIT LIST ONLY.**

*Day Trip June 20. Encore Casino.* Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 by **April 21st.** *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. 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. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due **April 1st. WAIT LIST ONLY.**

*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 Breast of chicken, Baked Salmon, or Yankee Pot Roast. 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 August 23. Saratoga Racetrack,* Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th.** Mail to the address above.

*Multi Day Trip September 10-12. Nantucket Island.* Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Make payment to First Choice for \$748 p/p double occupancy due **June 21st.** Mail to the address above.

*Day Trip September 14. Lake Sunapee Luncheon Cruise- Vermont Country Store.* A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and

a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th.** Mail to the address above.

*Multi Day Trip 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.

*Day Trip November. Elvis- A Musical Revolution- North Shore Theater.* An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for \$259 by **July 21st.** Mail to the address above. A few seats available.



Saturday, April 29th, 9-3pm

## Spring / Summer Clothing Exchange



Goshen Congregational Church  
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

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

PRSR STD  
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Tamar Smith  
&  
Our Many Volunteers

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

## Encore Boston Harbor Casino Day Trip

**Tuesday, June 20, 2023**

**\$42.00 cost includes:**

- round trip bus transportation
- driver gratuity
- \$20 in free slot play!

Meals on your own

*\$22.00 special discount for Chesterfield seniors  
age 60 and over*

Meet the bus: Sheldon Field, Old Ferry Rd.  
Northampton. 7:00 A.M, subject to change  
Bus leaves casino: 3:30 P.M.

Cash or checks payable to Francine Frenier **due April 21, 2023**

Only 30 seats available ~NO REFUNDS due to bargain price~

**Contact: Francine Frenier 413-296-4291 or [Francine.frenier@gmail.com](mailto:Francine.frenier@gmail.com)**

