

# Living Well



June  
2023  
Newsletter

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

## Some Thoughts on Father's Day

Father's Day was created to complement Mother's Day. Father's Day celebrates fatherhood and paternal bonds; it highlights the influence of fathers in society. Many countries celebrate it on the third Sunday of June, but it is also celebrated widely on other days. Lyndon B. Johnson issued a proclamation that recognized the day. It became a national holiday in 1972, when Pres. Richard Nixon signed legislation designating the third Sunday of June as Father's Day.

Last month's newsletter featured thoughts and quotes folks shared about Mother's Day. This month is dedicated to thoughts and quotes about Father's Day.

My father always said that the best way to learn was by doing. However, I do remember a time when he amended that by saying, "Think first! Then learn by doing."

"Well, did you learn anything?"

I told my father that every time I used the vacuum cleaner the dog would bark. He responded with "maybe you should use it more often."

Sometimes we would complain about our jobs. My father would say "I don't care what job or work you do, just do it the best that you can and be the best at it."

My dad insisted we all graduate high school, because he wanted us to have a better life than he did.

My father said what mattered most was what the person was like on the inside.

"Take pride in your work. It has your name on it. No matter if it is grand or simple."

I can recall that when my father found abandoned baby birds he would take the time to nurse them back to health.

"Did you eat today? Then you should work today."

"Don't sweat the small stuff. And it's all the small stuff."

My father couldn't make me work on tobacco after all the horror stories he told. So he said, "Go to college and learn how to push buttons for a living," and I did.

When I was 3 or 4 years old, Dad was going to buy a used car. He asked me what color I wanted and I said yellow. When he came back with a black car I cried, so he painted the steering wheel yellow.

I enjoyed writing this article as I did the Mother's Day article. This type of information-gathering helps me to connect, in an intimate way, with folks I interact with regularly. That's something I am very fond of doing—hearing people's authentic stories.

—Melissa Wilson



## Pride Awareness

We are writing a short article for Pride Month. We feel the need to do this, especially with the current rise of assault (legislation, book banning, physical violence, etc.) and danger the LGBTQ+ community faces daily.

On June 28, 1969 the Stonewall Inn (a gay bar) in New York City was raided. When police became violent the patrons fought back. The Stonewall Riot became the flash-point for gay people demanding to live openly. More protests followed and in this way, a movement was born. Gay Pride marches grew and spread in the US and the world.

President Clinton declared the anniversary of the Stonewall Riots be commemorated every June as Gay and Lesbian Pride Month. President Obama expanded Pride Month to include the diversity of the LGBTQ+ community. The struggle (with all its brutality) for gay rights continues to this day.

We can also celebrate with the LGBTQ+ community and honor their diversity. Please join the Senior Center in being a welcoming community for our LGBTQ+ friends and neighbors. Pride Marches in our area: Springfield – June 3<sup>rd</sup>, Greenfield – June 10<sup>th</sup>, Holyoke – June 17<sup>th</sup>, (Northampton's was May 6<sup>th</sup>).

—Tryna Hope and Melissa Wilson

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@burg.org](mailto:seniorcenterdirector@burg.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

VA office hours are back! Stop in to see our rep, Dan Nye on 1st & 3rd Wednesdays or call **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.foodbankwma.org>. Send applications to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

### Congregate Meals

**Meals are being served in the Senior Café Mondays—Thursdays!** Fridays are by delivery only. Mondays, we make a fresh-cooked meal, and Tuesday-Fridays we get meals from Highland Valley Elder Services. **Please join us! Contact Tamar at 268-8419, 2-3 days ahead to reserve a meal**

### 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 **June 13th** and the 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 **July 11th**, 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/Friendly Visits\*

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**. (See **Tai Chi Beginners' Class** on pg. 3.)

### 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 (June 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 (June 16th)**. Please call **268-8407**, or email [sloomis@burgy.org](mailto: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! **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).

**See "Technology Support at Meekins" on pg. 3 for another option.**

**See pages 5-6 of the Regional Section of this newsletter for "A Conversation About Memory" to be held in Chesterfield. All are welcome!**

## Tai Chi – Beginner’s Class

Class instructor, Marty Phinney, is pleased to announce that a beginner’s tai chi class will start in June. This is the first time in over three years that a beginner’s class is being offered. It is an eight-week class and those who wish to continue could then be folded into the existing group of more experienced students. **The beginner’s class will meet Tuesdays, 9:30 am — 10:30 am beginning June 6th, inside (or outside weather permitting).**

Tai chi provides an opportunity to learn a new skill, exercise, and meet folks. Marty can be reached at 268-3228 or [phinneypottery@gmail.com](mailto:phinneypottery@gmail.com). If you have any questions or want to sign up. We look forward to meeting new folks.



## It’s still possible to join our Farm Share!

The season starts **Tuesday, June 20th** and ends the week of October 23rd. Your bags will be available for pick-up **between 4 & 5 pm** at the Town Offices.

Prospect Meadow Farm is able to offer the share for \$170 for the season, including a half-dozen eggs every other week.

This year we are asking that everyone pay in one (\$170) or two (\$85) installments if possible. 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.



## Senior & Veterans’ Tax Relief Programs

Don’t forget the Town’s ongoing Senior and Veterans’ Volunteer Tax Relief Programs (also called Tax Work-Off Programs). Deadline is October 1, and there is still room for the current year—remember to think about it for the upcoming year. 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. (Check with the Selectmen’s office for the exact numbers if you are close.) 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 x9) or online ([www.burgy.org](http://www.burgy.org)).



## Technology Support at Meekins

Did you know that older adults can get 1-on-1 technology help at Meekins Library? Just bring your device(s) to our newly established drop-in center at the Hawkes-Hayden room from 10 am – 12:00 noon, **Tuesday, June 6th**. No appointment is necessary.

*A collaboration by the 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!**

Williamsburg Senior Center  
invites you to an

# ICE CREAM SOCIAL

Friday, July 7th  
at 1:00 pm  
Under the Tent



Special Entertainment  
by  
Dianne Martin  
& Bethany Ouimet

Join us for a "cool" social get-together!

Please call 268-8407 to sign up!

## Volunteer Appreciation Open House: A Rousing Success

On any given day you will find several volunteers helping out The Williamsburg Senior Center; perhaps driving a senior to an appointment, helping with a cellphone, leading an exercise class, or cooking food for Monday Meals.

There are upwards of 50 people giving The Senior Center their time and energy — and we wanted to do something to celebrate their work. I'm happy to say that the April 26<sup>th</sup> Open House and Volunteer Appreciation event was a rousing success! A majority of volunteers came to the event and were given a gift basket and shared fruit salad, sweet breads and other brunch-type foods.

What was most gratifying was the obvious pleasure the volunteers and visitors took in one another's company. The Senior Café was abuzz with conversation and laughter for a couple of hours, a reflection of the connections we have forged and the gratification to be found in helping others.

We are looking forward to another year of caring and sharing with our Williamsburg Seniors!

— Tamar Smith



### Did You Know?

You can get a color digital image (a pdf download of this newsletter) along with, or instead of a paper copy! As postage rates go up and grant funding goes down, we may resort to digital copies more and more. Join a list of your neighbors who already get digital copies!

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 a digital copy by email, contact us, leaving your name, email address and phone number at 268-8410, or [sloomis@burgy.org](mailto:sloomis@burgy.org).**

**Notice: Annual Town Meeting, Monday, June 5th, 6:00 PM at the Anne T. Dunphy School**

You're invited to  
**A CONVERSATION ABOUT MEMORY**



**Thursday, June 22nd 10am-3pm**  
**Chesterfield Community Center**  
**400 Main Rd., Chesterfield**

- ⇒ *Ever forget where you left your keys or phone ?*
- ⇒ *Recognize someone's face but can't recall their name?*
- ⇒ *Forget what you were looking for?*
- ⇒ *Love old memories but can't hold on to new ones?*
- ⇒ *Can't remember how to do something that you've done many times?*
- ⇒ *Do you ever get lost driving?*

**Lunch and Refreshments will be provided**

*Sponsored by the*

*Northern Hilltowns Consortium of Councils on Aging*

**RSVP BY JUNE 16:**

**413-296-4007 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)**

*Northern Hilltowns Consortium of Councils on Aging  
presents:*

## **A Conversation About Memory**

- 10:00am: **Check in & Coffee**
- 10:30am: **Welcome and Program Overview**  
Jan Gibeau, R.N. PhD. Director, Chesterfield COA
- 11:00am: **Understanding Memory Impairments**  
Dr Rebecca Starr, MD, AGSF, Medical Director, Geriatrics,  
Cooley Dickinson Healthcare  
  
Sharon Asher, RN,BSN, MBA, Program Director  
Pioneer Valley Memory Care Initiative  
  
*How does memory work?  
What is normal for memory in older adults?  
Types and range of memory changes  
Evaluation and treatment of memory impairments  
Getting help: resources available  
Pioneer Valley Memory Care Initiative*
- 12:00pm: **Group Discussion: Sharing the Journey**
- 12:30pm: **Lunch**
- 1:15 pm: **Impact of Dementia on Personal and Family Life**  
Deb Hollingworth, LCSW, Regional Connections Facilitator  
*Adjusting to the impact of learning about your diagnosis  
What it's like to be a caregiver or being the one who needs help  
Common challenges for both care recipients and caregivers  
Tips for better communication*
- 2:00pm: **Tools for improving memory**
- 2:30pm: **Closing remarks**  
*What's Next? Suggestions for additional programs and supports*

## 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 July 20. **Lake George Cruise-*** Take a 2 ½ 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 NOW. **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 24. **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. **NOTE DATE CORRECTION.**

*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. **WAIT LIST ONLY.**

*Day Trip November 4. **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.

## June's Good News

By Deb Hollingworth

### The Bucket List

When my kids were growing up, teenagers, I used to be on their case to clean up their rooms. Pretty much constantly. And they would assure me they were working on it. To which I would reply, "Will it happen in my lifetime?"

I have a "Will it happen in my lifetime? bucket list. First item on that list is changing eligibility rules so that when we turn 65 MassHealth doesn't count our assets. They don't count our assets when we're younger, just when we hit 65.

In Massachusetts if we are low income, or disabled, we can get affordable (subsidized) health insurance, with premiums determined by our income. The lower our income, the lower our monthly premiums. Until we reach 65. Then the eligibility rules change, and our assets count. So if we saved for retirement, or have a life insurance policy with a cash surrender value, or any savings, then we lose our affordable health insurance.

We become eligible for Medicare at 65, but Medicare has monthly premium(s), and if we want to purchase a supplement to our Medicare, then that's another monthly cost.

So as a SHINE counselor, the question I get quite frequently is: why do I lose my subsidized health insurance when I turn 65 and might need it most? And the Good News is: Mass Senior Action Council is working on changing that. Last month I wrote about the income eligibility changes to the Senior Buy-in Program where income and asset limits were raised so that more seniors (an estimated 60,000 of us) will now be eligible to have the Buy-in Program pay our Medicare B monthly premium, and get our Rx co-pays subsidized. We can thank Mass Senior Action Council for lobbying our legislators to get that change. Now they are working at doing away with the asset eligibility limit altogether! This would mean Massachusetts would join eleven other States to offer subsidy for low income seniors 65 and older. **This is Huge.** If you qualified, your co-pay for brand name Rx...like Eliquis...would be \$10. And at the risk of being too optimistic, it looks like this could become a reality in the near future. Mass Senior Action Council could use our help; have our voices join their effort.

You can Google Mass Senior Action Council to learn more and join. There is no membership fee and they are working hard for us and getting results!

**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.**

**If I die**

at home, what should happen? Triad is all about making elders more secure, and while that usually includes avoiding scams and bad financial situations, there are other issues in our lives. For example, a reader asked "What do you do if someone dies at home, maybe at night, maybe unexpectedly, who do you call? What do you have to do? And remember we are in the hilltowns."

Good question, so here is what I learned for three scenarios.

- **For an expected death, if hospice has been caring for the person**, call the hospice nurse who will know what to do. They will be able to pronounce death and facilitate transporting the body.
- **For an expected death, but hospice has not been involved**, call 911. Emergency personnel will know what to do to obtain a legal pronouncement of death that is needed for a death certificate. Survivors should not move the body.
- **For any unexpected death**, call 911.

Two Comments:

⇒ Every person should have a MOLST (MA Medi-

cal Orders for Life Sustaining Treatment) or CC/DNR (Comfort Care / Do Not Resuscitate Order Verification) form on file to handle the question of whether cardiac resuscitation attempts should be made by emergency personnel. Other forms such as Living Wills may be prepared and address other emergency care options. Designation of a Health Care Proxy is also very desirable.

⇒ Even though we are a bit distanced in the hilltowns, we have terrific emergency response teams who know what to do and will do it with respect.

Take care,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

**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!