

# Living Well



July  
2023  
Newsletter

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

## Funding for the Living Well Newsletter

As you know, the Williamsburg Senior Center writes this newsletter, which includes a regional section, that gets mailed to 450+ households every month. The printing and mailing costs are paid for by the Service Incentive Grant (SIG). This grant, from the state Executive Office of Elder Affairs (EOEA), was awarded to the Northern Hilltown Consortium (NHC - 7 local hilltowns) several years ago. This funding ends June 30, 2023.

As a result, the Living Well newsletter and its distribution is very much in jeopardy. We are working to secure future funding. Avenues being pursued are through the state legislature and possibly a new round of SIG grant RFP's (request for proposal). It is unknown if these efforts will be successful.

As stated in our November 2022 newsletter: 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. It is a great outreach and communication tool; there is no other method that has the widespread impact that is achieved through the distribution of this newsletter. On a personal note, I enjoy working on the monthly newsletter. It is the heartbeat of what we do. I especially love the stories of residents who have lived and thrived in our community.

It is more than likely, that by the time you read this, we will know if we were able to secure funding through the state legislature budget process. SIG grant funding will be known in July. We will let you know the status of funding for the newsletter as soon as possible.

The newsletter is also available in digital form (in color). This may be an alternative way to get COA news to you. To subscribe, please call 268-8410 or email [sloomis@burgy.org](mailto:sloomis@burgy.org).

—Melissa Wilson

## 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!

## A Letter to the Editors:

As a senior in Williamsburg, I've been receiving the newsletter *Living Well* for several years, both digitally and via mail, and I've found it a vital source of information and a real pleasure to read. Many of my older friends in the community have expressed a similar opinion.

I understand that the mail option is now at risk for lack of funding. That's really unfortunate for an elderly rural population. While I have Internet and a computer, the monthly paper version is my go to when I need to check on a program date or deadline, or a phone number for service. It's a bit daunting for me, and I hear other seniors, to continually resurface the digital version.

Furthermore, here in the western hilltowns, not every senior is connected digitally or capable with computer devices. That leaves them with less access to available help and community.

The editors, contributors, and publishers in the seven-town consortium do a remarkable job. They deserve thanks and praise. I hope there's a way to keep *Living Well* available by mail to those who need it most.

—Yours truly, Maureen O'Brien

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@burgy.org](mailto:seniorcenterdirector@burgy.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 (and some Thursdays) we make fresh-cooked meals, and other days 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 **August 8th** 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. Donations gratefully accepted.

### 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**. Donations gratefully accepted.

### 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 to check it out! **Free class** sponsored by RSVP.

### 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 (July 20th)**. To join, email **Larry West** ([landlwest3315@yahoo.com](mailto:landlwest3315@yahoo.com)), and become one of the "guys!"

### Ladies Who Lunch

Meets at the **Williamsburg Snack Shack** on **3rd Fridays at 11:30 am (July 21st)**. 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! Volunteers work one-on-one with folks and arrange a time that works for both parties **Please contact the office at 413-268-8410 to schedule an appointment.**

Please see the **regional section** (pages 5-8) for

**"Saving The Written Word:  
Councils on Aging Newsletters At Risk"  
&  
"Aging and Technology Survey Results"**



## STAY TUNED for KITCHEN CHANGES at the Senior Center

As some of you know we have home-cooked meals on Monday and are usually filled to capacity. We are working to expand our offerings to include specially-made foods on Thursdays also, and we are **looking for experienced kitchen help**. If you are interested, please **contact Tamar at 268-8419**.

## Get Sociable at the Senior Center Café!

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 fee (*suggested donation, \$3.00*). Call Tamar a couple of days ahead to reserve your spot, 413-268-8419. See you there!

### Save the Date:

## Going to the Dogs!

On **August 11th** the Senior Center along with the youth of the Williamsburg Grange and 4-H, led by Shannon Wade and Faith Bisbee, respectively, will be visited by therapy dogs courtesy of Bright Spot (Leeds). I think we all know the value that pets can offer to our lives; this is one more opportunity to connect and feel the warmth and friendliness of an animal's presence. (Dogs will be leashed. We will have a dog-free zone, if you'd rather.)

This multigenerational event is from **10 am – 12 pm (noon)**. **Lunch, with sides, desert, and drinks will be served at 11:30 am**. Please call to register at 268-8410 or email [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org). Come for the food, the company, the dogs, and the fun!



## Farmers' Market Coupons

Be on the lookout for Farmers' Market Coupons (on our Facebook page). We get a very limited number to give out, and you must be income-eligible to receive one. It might be worth a try if you go to the markets.

Contact us for more information: Tamar Smith, 268-8419.

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!**



**You may wonder, “Why do we celebrate the 4th of July? What does it mean?”** Well, this day is incredibly significant in American history. It marks the day the Declaration of Independence was adopted (July 4, 1776) and the United States officially became its own nation. American citizens celebrate America’s birthday with festivals, parades, fireworks, barbecues and other festive activities.

America declared its independence from Great Britain. In order to fully understand the significance of Independence Day and what happened in 1776, we need to go back in history a bit. Before America was its own country, it was comprised of 13 Colonies established by the Brits: New Hampshire, Massachusetts, Connecticut, Rhode Island, Delaware, New York, New Jersey, Pennsylvania, Maryland, Virginia, North Carolina, South Carolina and Georgia. The first colony was settled in Jamestown, Virginia, in 1607. European countries, especially Great Britain, continued to colonize America throughout the 17th century and a good portion of the 18th century. By 1775, an estimated 2.5 million settlers lived in the 13 Colonies.

Tensions started brewing when Great Britain passed legislation that gave it more control within the Colonies, especially when it came to taxing the colonists. The Crown was in debt after the French and Indian War, so it started taxing the American Colonies to

boost revenue. The passage of legislation like the Stamp Act in March 1765, the Townshend Acts in June and July of 1767 and the Tea Act of 1773 forced colonists to pay more money to Great Britain—even though the Colonies didn’t have a say in the Crown’s policies. This became known as taxation without representation, a concept that was a heated pillar in the American Revolution.

Events like the Boston Massacre and the Boston Tea Party further escalated tensions between British occupiers and American colonists. Those tensions exploded in April 1775, when the Battles of Lexington and Concord broke out in Massachusetts as British forces attempted to confiscate weapons from the colonists. It was the first time Colonial militias battled British troops, and thus, the American Revolutionary War began.

Fast-forward to a June 1776 Continental Congress meeting in Philadelphia. Here, Virginia statesman Richard Henry Lee proposed a motion for the Colonies to declare independence from Britain. A committee was formed to draft an official independence document, which became known as the Declaration of Independence. On July 2, 1776, Lee’s motion for independence was approved. Two days later, on July 4, 1776, the Declaration of Independence was officially adopted—and America became a free nation. After declaring independence, America continued to fight in the Revolutionary War and officially defeated Great Britain in September 1783.

Many modern Independence Day traditions stem from America’s early independence celebrations. People would attend bonfires, concerts and parades to celebrate their new nation. It was also common for the Declaration of Independence to be read aloud, followed by muskets and cannons firing. It’s safe to say, the earliest Americans celebrated the 4th of July loudly and proudly!

Over time, those activities evolved into the Independence Day traditions we know and love today.

—[rd.com/article/4th-of-july-history/](http://rd.com/article/4th-of-july-history/)

**Images: July on Mountain Street**



The buzzing insects we used to call ‘lectric bugs; always looking for a place to swim in the brook; climbing around the cliffs and boulders looking for the entrance to “the tunnel”; the butternut tree on top of Cooper hill with Grandma; reading in the apple tree; the cows in the lane walking to Marther’s; riding my bike to Trisha’s, the swimming hole on Adams

Road; pollywogs and tire tubes; thunderstorms and rainbows; splashing in the rain; helping Mom can food; picking Japanese beetles off Grandma’s raspberries; eating raspberries, green peppers and string beans right in the garden; trying to tan with baby oil and lemon juice for my hair.

Hot fun in the summertime!

—Sherry Loomis

**Get the Digital Version!**



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).



## LIES MY MOTHER TOLD ME

By I Might Be Funny

1. "It's illegal to drive with the overhead light on."
2. "If you swallow your gum, it will stay in your stomach for 7 years."
3. "Keep making that face & it'll freeze like that."
4. "I have eyes in the back of my head."
5. "You can't swim for 30 minutes after eating."
6. "Don't sit so close to the TV, you'll go blind."
7. "The dog went to live on a big farm."
8. "I'm just running into the store for *one* thing."
9. "A watermelon will grow in your stomach if you swallow the seeds." © I Might Be Funny
10. "Maybe...I'll think about it."

**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!

## 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

## Scams and Our Brains

We read a lot about the different scams and the scammers that are out to get us (no, it is not paranoia if they really are, goes the old joke), but what about our role in scams? I got to thinking about the "How" part of our avoiding scams. Perhaps it comes down to how we think about them. Our mental state may direct how we respond to a potential threat.

So, we get an offer, a message, some communication, and wonder if it could be a scam. Are there hard and fast rules to help you to decide? Not always but there are three that should tickle your brain.

- ⇒ If the person asks you for something related to crypto currency, It Is A Scam.
- ⇒ If the person says they are calling from Medicare, Social Security, the IRS, or the FBI, It Is A Scam.
- ⇒ If they are calling from your bank and asking for personal information like your account number, debit card number or pin, account log-in credentials, Social Security Number, or account balance, It Is A Scam.

Other rules are fuzzier, but consider:

- ⇒ Was it an unsolicited phone call?
- ⇒ Was it an unsolicited and maybe poorly worded email?
- ⇒ Was it an unsolicited door visitor?
- ⇒ Does it sound too good to be true?
- ⇒ Do they say there is great benefit but no risk?
- ⇒ Is the speaker or writer pressuring me to hurry, act fast, keep this secret?
- ⇒ Have any friends or family warned me about responding to calls and emails?
- ⇒ Do I think I'm too smart or well-informed to fall for a scam?
- ⇒ What does my instinct say? Or if you prefer, what is my gut reaction?

Probably our best defense against the scams is our brain!

Thoughtfully,

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

## July's Good News

By Deb Hollingworth

There are 2.4 million Massachusetts residents who are enrolled in MassHealth's programs. Usually we have to re-certify every year, that is, fill out what looks like an application every year to let MassHealth know about any changes in our circumstances. Did we get married, did our spouse die, did our financial situation change? Is our address the same? In March 2020, when Covid put us in a "public health emergency", re-certification stopped because our MassHealth coverage was frozen in place.

Now that the Covid public health emergency has ended, MassHealth has to start the re-certification process again. For all 2.4 million of us. The good news is that more folks have been hired to help us do this. Highland Valley and LifePath (in Greenfield) have received money to hire a Benefits counselor to help with the re-certification application. So here are some numbers to call if you have questions about the Big Blue envelope.

You can call MassHealth's customer service line at **800-841-2900** or Highland Valley at **413-586-2000** and ask for their Benefits counselor, or LifePath at **413-773-5555** to ask for their Resource Consultant. Closer to home you can contact your Senior Center to speak with your SHINE counselor.

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### Saving the Written Word: Councils on Aging Newsletters at Risk

Funding from the Executive Office of Elder Affairs for the monthly newsletter ended on June 30th. The Northern Hilltowns Consortium of Councils on Aging has been working diligently to find a way to save it. It's the major way we reach out to 2,326 households with people 60 years or older. It's important. Better communication was one of the priorities people cited in our Age Friendly survey as a priority in making our towns more livable.

What does the newsletter do to make communication stronger? We've focused more and more on getting the word out about:

- Town and regional events that help people feel less isolated and more connected to their communities and each other.
- Access to food, exercise classes, health insurance plans and benefits
- Use of broadband and internet resources, learning how to use iPhones, computers and other equipment needed to enter the digital world

- Learning about scams and how to reduce vulnerability.
- Groups in each town that meet regularly meet to work on arts and craft projects, puzzles, playing cards, etc.
- Educational programs about major issues affecting us as we age, such as memory problems, loneliness, financial problems, access to medical services, long term care and end of life issues.

Losing the newsletter puts all of this in limbo. The Consortium has applied for a number of grants but the process itself is very competitive. We will not know the results until after the final state budget is signed by Governor Healy. Representative Lindsay Sabadosa and Senator Paul Mark have been working hard to support our efforts by filing bills in both the House and Senate. At the time of this writing the request did not make it out of the House budget committee, but the Senate voted to fund \$25,000. We appreciate their work on our behalf. Unfortunately, we need close to \$42,000 each year to keep the newsletter alive.

We have applied for a major grant from EOEA to increase digital equity in rural communities. The hope is to expand electronic access for people who want to switch over to digital copies but also make it available on the Consortium website: **[northernhilltownscoas.org](http://northernhilltownscoas.org)**, the town websites, Facebook, and a range of related internet access points. We recently learned that applications that have been submitted resulted in a total of \$3 million dollars, twice the \$1.5 million of the funds available.

The Consortium is still committed to keeping the newsletter going as long as we can. In our June monthly meeting the group voted to use funds from our membership dues to cover the August edition.

Let's hope that we are fortunate enough to get the help we need, but June and possibly July are cliffhangers for now.

Respectfully,  
Jan Gibeau  
Chair, Northern Hilltown Consortium of  
Councils on Aging



## 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 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 **NOW**. Mail to the address above. **WAIT LIST ONLY.**

*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 **NOW**. 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 **NOW**. Mail to the address above. Limited seats.

*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 **NOW**. Mail to the address above. **WAIT LIST ONLY.**

*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. Due **NOW**. Contact Francine to reserve your seat.

*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 \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.

*Multi Day Trip May 2024. Nova Scotia, Prince*

**Edward Island & New Brunswick. Passport required.** Cost TBD per person dbl. occupancy. This 9 day trip includes 8 nights lodging including 5 nights in Canada, one night stay in Maine coming and going. 14 meals including: 8 breakfasts and 6 dinners. Guided Tour of Acadia National Park, Guided Tour of Halifax, Peggy's Cove & Lunenburg.

## Aging and Technology Survey Results

We are grateful to everyone who contributed their experiences with technology by participating in the Aging and Technology survey and offer thanks to even more people expressing interest in the results. We mailed over 3,516 questionnaires to everyone 60 and older in Chesterfield, Cummington, Goshen, Plainfield, Westhampton, Williamsburg, Haydenville, and Worthington. The response was overwhelming, with over 1,225 returns, a response of 35%.

### Here's what we learned:

Our results show 85% of older adults in the Hilltowns use technology daily, 10% use it never, rarely or once in a while, and 5% use it monthly or weekly. The top three reasons for none or infrequent technology use are knowing little to nothing (44%); having no interest (35%); and over one-quarter have concerns about stolen identity, theft, or home break-ins. Of the small number of people never or infrequently using technology, 15% said they cannot afford internet service and computers.

Of those responding to the survey 91% said that they have a computer, laptop, or tablet and are able to access the internet. Almost one in ten (8%) have no technology of any type. About 3/4 report having printers The types of phones people use varied; 59% still have a landline, 90% have cellular phones, and 90% of these are smartphones. Three quarters have Broadband internet service from either Comcast, Dish, Direct TV, Satellite or Whip City fiber network.

People said that they make use of technology in a variety of ways. Most people use email (93%). Other ways include: searches on the internet, order prescriptions online, make telehealth appointments, use medical/health care portals. Over half of people (52%) use social media of some type to access retirement accounts or online Social Security accounts. Slightly over a third have an online Medicare account.

### Who helps with technology?

The major source of help comes from adults: adult or child/teen family members (74.2%) or friends (24.2%). *Continued on next page.*

**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.**

continued from page 7)

What are the concerns about "going online"?

Safety was a concern and one-third of people indicated that they have been or may have been a victim of computer or internet scams. Among these scam victims, 6% lost money, 11% report viruses, 3% lost information, and/or 2% had damage to equipment. Very few reported financial loss or damage to authorities, with less than 5% alerting police, DA, or government entities, banks or credit card companies.

The questionnaire includes a section about older adults' interests in learning more and how they want to get technical support and training.

Almost half of those responding expressed definite or possible interest in learning more. The most requested ways of learning include having someone to call when they have a problem or question and scheduling one-on-one help (40.8%). Workshops (34.5%) and drop-in locations (29.9%) were also identified as ways to learn more. Over 1 in 4 said that being told about helpful websites, watching online videos, and ongoing technology classes were good ways to help them learn more. That's good to know because all these services currently are available across our seven northern hilltowns

or online.

Of the nearly half interested in learning more, the devices they most want to learn to use/use better are smartphones and computers/laptops. Over 70% of people identified technology uses they most wanted to learn, including taking, managing, saving, or sending photos, streaming to TV, scanning documents, and attaching documents.

This survey has been very helpful in charting the course to making life on the internet easier, but we could use more help to get there. If you are among the advanced/expert users and are willing to share a small amount of your time to help other older adults please let us know at [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com)

What's ahead?

The Consortium has applied for a major grant from the Executive Office of Elder Affairs that could be a strong way to move us forward. In addition to the needed services identified in the grant, it may also provide a way to help more people get Broadband, have access to hotspots and use laptops at identified computer sites in the Hilltowns.

Your voices have been heard and we await decisions when Governor Healy signs the new budget.