

Living Well



September
2023
Newsletter

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

Come to our Health Fair!

September is Falls Prevention Month. To dovetail with this awareness initiative the Senior Center is having a:

- **What: Health Fair**
- **When: September 15th, 10 am – 1 pm**
- **Where: Town Office Building, 141 Main St. Haydenville**



The Williamsburg Senior Center invites you to a health fair (over 20 vendors will be in attendance). This is a unique opportunity to talk with a broad selection of people working in the health-care system with older adults.

Participating agencies include: long term care facilities, pharmacies, home care services, adult foster care, assisted living, SHINE, Veteran's Administration, and a variety of other local services and providers. Each will have information specific to the services, programs, and care they offer.

This event is also being sponsored by TRIAD, a community policing initiative connecting seniors, law enforcement, and service providers to increase safety through education and crime prevention. Local police and fire, along with a representative from the District Attorney's Office will be present.

If you have any questions about this event please call the Senior Center (413-268-8410) or email us at seniorcenterdirector@burgy.org.

Note: TRIAD is also looking for members to join the council. If interested, contact Larry West at landlwest3315@yahoo.com or 413-268-3315.



A Good Way to Prevent Falls

We want to highlight Mary Bisbee, the Healthy Bones and Balance Instructor (as part of the Retired Senior Volunteer Program, commonly referred to as RSVP). Mary has been leading classes at the Senior Center for over a year. Her first class became so popular that she now offers a second class each week!

The RSVP Healthy Bones & Balance (HB&B) Program is designed to increase participants' strength, mobility, flexibility, and balance. Class attendees say they see (and feel!) the benefits of participating in this exercise program.

Mary took the training to become an instructor and continues to do an outstanding job in leading the class every week. She read about the opportunity for training to be an HB&B instructor in the Living Well newsletter. We were delighted and more than thrilled that she was interested. It is so great when it works!

Mary's volunteer spirit is inspiring to be around, the participants' quality of life is improved, and the Senior Center is able to fulfill its mission.

If you are interested in joining this class contact Mary at 268-3225 or mbisbee52@hotmail.com.

You can read more about RSVP on page 4.



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

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 11:30—1:00 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. On **Mondays and 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 **October 10th** 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 **September 12th**, 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 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 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 (Sept. 14th)**. To join, email **Larry West** (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 (Sept. 15th)**. Please stop in and join us or call **268-8407** for info. (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 413-268-8407 to schedule an appointment.**

See page 4 for:

Pictures of our event, "Going to the Dogs!"

Senior & Veterans' Tax Relief Programs

A note from RSVP of the Pioneer Valley



FLU VACCINE CLINIC

And Covid boosters as available

The Senior Center is having a Flu Vaccine Clinic for Seniors (60 + year of age). Walgreens of Florence will be administering the vaccine.

When: Thursday, October 12th 9 am – 12 pm

Where: Anne T. Dunphy School

You must register in advance. Please call 268-8410 to register asap.

Outside/inside, weather permitting.

Save the Dates!

October 20, 2023 – Yard cleanup day! Yeah!

We are happy to announce that Hampshire Regional High School students, as part of their community-service learning program, will be helping older adults do light yard work. You must register in advance for this win-win event by contacting the Senior Center at 413-268-8410 or seniorcenterdirector@burgy.org.

October 21, 2023 – “Gen Silent” 2 pm at the Anne T. Dunphy school.

All are welcome to attend a screening of “Gen Silent,” a documentary film that explores the issues of aging in the LGBTQ community by speaking with older adults about their experiences accessing the medical field and trying to plan their futures. A collaboration of the Williamsburg COA, Northern Hilltown Consortium, Meekins Library, and the ATD School.

News from the Senior Center Café

In-house meals continue in the Senior Center Café Mondays and Thursdays and are becoming increasingly popular! To see a menu, check the **Williamsburg Senior Center** Facebook group or the Town website, www.burgy.org. *Highland Valley meals are served on Tuesdays, Wednesdays, and delivered on Fridays.*

Please RSVP for meals a couple of days in advance by calling **268-8419**.

We are also still looking for an energetic volunteer who can work once or twice a month in the kitchen doing prep, setting tables and helping with serving and clean-up.



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;
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!

RSVP of the Pioneer Valley

RSVP is your local volunteer connector. If you are currently 55 or older and want to share your skills and experience in your community, RSVP, a federal AmeriCorps Seniors program can help.

Benefits include new friends, feeling needed, up to \$15/month for mileage and/or bus and van tickets, and a no-cost personal liability, accident, and excess automobile liability insurance. A monthly newsletter will be sent to your email with news, special events, and volunteer opportunities.

400+ RSVP volunteers now serve our 63 site partners in Hampshire, Franklin, and Hampden counties, but we need you to fill increasing requests. Contact RSVP today to get started: RSVP@communityaction.us or 413-387-4558.

We Went to the Dogs!

Our multigenerational event, "Going to the Dogs" was a great success! The folks from **Bright Spot Therapy Dogs** of Leeds brought many beautiful dogs to meet over 50 people who came to the event. Young and old alike, everyone enjoyed the company of the beautiful, well-behaved dogs and their owners. Many **volunteers**, youth from the **Williamsburg Grange** and the **4-H** helped set-up and serve lunch to everyone. Wraps from **Big Y**, and Ice Cream Sandwiches from **The Village Green** were served. The weather cooperated and gave us a beautiful, cool summer day!

We thank all who participated in this great event!



Photos by Joy Moore & 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!

Senior & Veterans' Tax Relief Programs

The Town's ongoing Senior and Veterans' Volunteer Tax Relief Programs (also called Tax Work-Off Programs) are accepting applications. Deadline is October 1, but there is often room later, especially in the Veterans' program. 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 (see application form for exact amounts). If a lot of people apply, then each person will get a little less. 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.

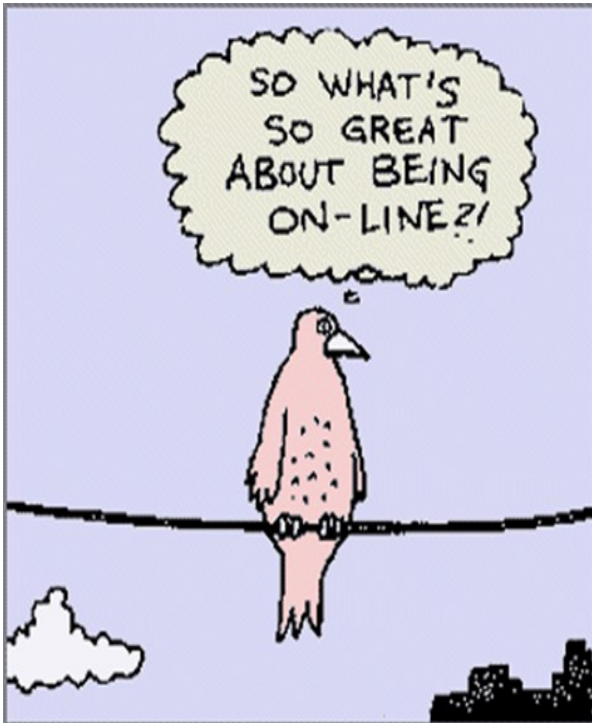
Applications are available from the Selectmen's Administrative Assistant at 268-8400 x9, or online at www.burgy.org.

Visit our website, www.burgy.org or our

Facebook Group: [Williamsburg Senior Center](https://www.facebook.com/WilliamsburgSeniorCenter)

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.



Good News for Northern Hilltown Seniors!

The seven Northern Hilltowns COAs were awarded nearly \$300,000 over 18 months to increase rural digital literacy and internet access for each of seven towns (Goshen, Williamsburg, Chesterfield, Westhampton, Plainfield, Cummington and Worthington) between September 2023 and January 2025. The funding was secured using the information from the survey we collected early in 2023. The project has four goals: give Whip City or Comcast internet service to those households without; give people laptop/tablet devices to connect to our digital world; train folks to use their new or current devices; offer technical support either in face-to-face appointments, by phone, at drop-in center, through classes, workshops, Zoom, and videos on the Northern Hilltowns Consortium of Councils on Aging website, www.northernhilltownscoas.org

We also are **seeking volunteers** for many tasks and a few paid staff to help meet digital needs in our towns. Watch for regular updates, volunteer opportunities, hiring announcements, and schedules for tech support and training. We will be kicking off the grant with a Digital Fair this fall. See www.northernhilltownscoas.org for exact dates and locations or look for flyers and lawn signs. We are excited to offer new digital resources and services and hope you will participate actively.

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!

Ongoing Computer/Laptop Classes starting in October

Classes held on second and fourth Thursdays from 1-3pm in the Chesterfield Community Center.

Learn more about using a computer or laptop! You don't need to own or bring a computer/laptop. Geared toward everyone, from those interested but know nothing, to beginners, to people comfortable with basics but wanting to learn more specific skills, and intermediate users. The goal of the class is to explore computers, internet, or learn something new! Participants can learn everything from turning on a computer, basic terms, how to make, find, reorganize files, get on the internet, and programs you want to get proficient using. People from all communities are welcome to attend. **Registration requested but not required by calling 296-5080 or emailing pegwhalenworkshops@gmail.com** or just stop in. Come on October 12 to the first class! See what it's about, 1-3pm at the Chesterfield Community Center. Classes scheduled for 10/12, 10/26, 11/9, 12/7, 1/4, 1/18.

Tech support hours for Sept., Oct., Nov.

Drop-in center open Wednesdays, 10am-3pm, first and third weeks of each month, at Chesterfield Community Center. Just stop by or pre-schedule a time slot online at:

northernhilltownscoas.org/p/86/Sign-up-for-technology-help

Starting 9/6, 9/20, 10/5, 10/4



The Book! Part 1. First Priority, Emergency

By Jean O' Neil and Deb Hollingworth

The Problem. So, are we all drowning in paperwork? Do we have piles of Probably Important Papers around? Are there some actually important papers that we can't put our hands on? If, heaven forbid, someone had to come in and deal with our paperwork life, would they want to just run away? We are guessing at least some of these questions have some truth in their answers.

The Solution. We plan on suggesting some ways to tame the paper beast. If you use the ideas that we are going to share for the next several months, you should be able to get your paper life in order. We have broken the whole enchilada into bite-sized, doable pieces.

The Benefits. Why would you want to tackle this? What if getting your paperwork organized could save you money, or be critical to your well-being in an emergency, or help your family take care of things if you can't?

We will be writing for three scenarios. One, there is a sudden death or incapacity. Two, there is a prolonged illness. (In both cases, others will have to step in to keep things going). Three, there is a desire to just get organized and not fret. We've all heard of the benefits of decluttering...

FIRST PRIORITY. Let's start with information that is needed in an emergency. Say you have a 911 event and the EMTs are here to take you or a loved one to the hospital. If you have a red packet of File of Life on your refrigerator and have kept the paper inside current, you have helped yourself a great deal. Our Senior Centers can get you a File of Life magnet.



Even without that magnet, you can write out the relevant information and carry it in your wallet and give a copy to a trusted friend or family member.

That includes:

- Your name, birthdate, address, and phone numbers
- Health insurance provider
- A list of medicines, allergies, any recent medical events
- Chronic medical conditions such as heart disease or diabetes
- The name and number of your primary care doctor
- Contacts to tell about your situation, who to call first, who to call as backup
- Contact information for your Durable Power of Attorney and Health Care Proxy (see June and July 2022 newsletters)
- Location of your critical information binder or folders (see next newsletter!)

Other priority information may include:

- Location of your house and car keys
- Codes for a security system or lock box, for the garage door
- Passwords for computer systems
- Pet care (name of caretaker, food and medicine instructions, name of vet)

You will have to decide where to keep this information as some of it is sensitive. It should be made available to those who need it but kept secure against access by others.

The next chapter, if you want to get a head start, will be on Assets and Liabilities, which can include an inventory of assets, and listing of financial obligations like mortgages, credit cards, loans, and monthly household overhead/bills.

**When we're young,
we sneak out of our
house to go to
parties.**

**When we're old, we
sneak out of parties
to go home.**



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 September 22. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. **Cost is FREE to the first 20 Chesterfield Seniors and all others \$18**. Make your check payable to FNCS and mail to the address above. NO REFUNDS due to bargain price.*

*Day Trip October 9. **Lake George Cruise** - Take a 2.5 hour luncheon cruise through the vistas of Lake George. A Captain's Luncheon Buffet will be served on board. Special pricing for Worthington Seniors \$75, for all other seniors the cost is \$125. Make your check out to Landmark Tours and mail to Worthington COA, PO Box 7, Worthington, MA 01098 by September 5th. Two pick up locations--Worthington and Northampton. A similar trip sold out recently, so reserve early. For further information contact Phyllis Dassatti at 413-238-5962.*

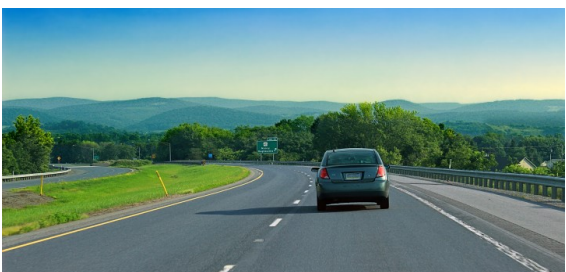
*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater**. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.*

~~COMING IN 2024~~

*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.*

~~Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.~~

Looking for day trip ideas for 2024. Please email Francine at address above.



Northern Hilltowns Consortium of COAs presents:

Another Conversation About Memory Thursday, September 28th

Chesterfield Community Center, 400 Main Rd.
Chesterfield, MA 01012



Program:

- 10:00 **Check in & Coffee**
- 10:30 **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director,
Chesterfield Council on Aging
- 11:00 **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*
- 12:00 **Tools and Tips for improving your memory**
- 12:30 **Lunch**
- 1:30 **Impact of memory impairments 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
How to talk with someone with memory
impairments*
- 2:30 **Closing remarks: What's Next?**

Lunch and refreshments will be provided

RSVP BY SEPTEMBER 21st:

coa@townofchesterfieldma.com or
413-296-4007



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

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PERMIT 183
Greenfield MA

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Our Many Volunteers

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.
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Fall / Winter Clothing Exchange
Saturday, September 30th, 9-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/27 from 6-8pm or Friday 9/29 from 9am-3pm, then come back to shop on Sat. the 30th from 9am-3pm! All are invited to participate whether you donate clothes or not.

WHY ENGLISH IS HARD TO LEARN

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!

- ANONYMOUS
via LoveThisPic.com