

# Living Well



November  
2023  
Newsletter

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

## Roy Beals Seems Always to be Smiling



Perhaps it is because he feels that retirement is the best part of his life. Retirement allows him time with his wife, Evelyn, and son, Jay, to follow his passions, and gives him more time to help other people. From his multiple responsibilities at the First Church of Williamsburg, to holding office in the Williamsburg Lions Club, a member of the Veteran's Memorial Com-

mittee, and as a volunteer driver for the Williamsburg Senior Center, Roy serves others.

Roy was born and lived in his father's home on Old Goshen Road for his first six years, moved twice, and moved back to the same house as a teenager. He attended Smith Vocational H.S., where he learned about metal fabrication.

When Roy realized that he may be drafted during the Vietnam War, he decided to act preemptively and visited an Air Force recruiter. He had seen F-104s flying overhead when he was younger and knew he had to work on them. Ironically, F-104s were out of commission by the time Roy entered the service, but he grew to love the F-100Ds and F100Fs he worked on.

Roy's scores in mechanical ability were high enough that he was able to choose his career field. Roy enlisted the day before his 20th birthday in 1968 as a 41351C or "Jet Aircraft 1 or 2 Engine Mechanic." Air Craft Mechanics care for and diagnose problems with airplanes and contact specialists to repair the problems.

Roy was stationed at Phan Rang AFB from September 1970 to August 1971 as an overnight crew chief. He worked twelve-hour shifts and ensured the safe keeping of multiple airplanes. He would sleep a few hours in the morning, including having slept through three rocket attacks. Roy spent the rest of his time in Vietnam working and building model cars, some of which he still has in storage. Roy notes that he

stopped biting his fingernails while in Vietnam, probably because he was too tired and too busy, and he never picked the habit back up. After his tour in Vietnam, Roy was stationed at Luke AFB, where he served until 1972.

*Continued on page 4*

## Central Hampshire Veterans Services

Under Massachusetts law, every town/city is required to have a Veterans Service Officer to assist veterans and their families in accessing state and federal benefits. For Williamsburg (and eleven other surrounding communities), our office, Central Hampshire Veterans Services, fulfills this duty. We understand that navigating benefits and resources you've earned through your (or your family member's) service can sometimes be difficult or confusing. This is where we can assist you. Our services include (but are not limited to):

- Taking applications for state veterans' benefits, including the state's Chapter 115 financial benefits for low income veterans/survivors and annuity program
- Assisting veterans with filing VA Benefits applications/claims
- Coordinating Veteran Property Tax Abatements and Work-offs
- Offering referrals to programs and services for veterans and their dependents
- Helping veterans access employment assistance
- Providing outreach services to veterans to educate on benefits and services
- Coordinating veteran observances (including Memorial Day and Veterans Day).

Our main office is located in Northampton at 240 Main St., Room 4 (Memorial Hall building) and is staffed M-F from 8:30 AM—4:00 PM. We can be reached by calling 413-587-1299 or email us at: [vetadmin@northamptonma.gov](mailto:vetadmin@northamptonma.gov). Additionally, we **hold office hours at the Williamsburg Town Offices on the first and third Wednesdays of each month from 11:30 AM—1:00 PM.**

—Dan Nye

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

**SHINE can help you with Medicare and Medicare-related insurance issues.** 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 Tuesdays and Wednesdays 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 **December 12th** 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 **November 14th**, and the second Tuesday of every other (odd) month. He accepts insurance for payment. Call us (**268-8407**) for an appointment.

### Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation for housekeeping and other duties. Call the coordinator, **Fran**, at **268-7411** for more info.

### Medical Rides

Senior Center drivers are available for your medical rides funded by **PVTA**. **Call us at least 3 days ahead** and we will provide a driver. (You can also use their **Dial-A-Ride Services, 413-739-7436.**)

### Carpool Rides\*

Rides for shopping/errands can be scheduled through our **Carpool Program**. **Call us at least 3 days ahead** and we will try our best to provide you 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! This **free class** is 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 (Nov. 16)**. 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 (Nov. 17th)**. 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. **Contact the office at 413-268-8407 to schedule an appointment.**

## Our Pen Pal Program is Still in the Works!

If you'd like to **sign up to be a pen pal** to a 6th grader, please email [sloomis@burgy.org](mailto:sloomis@burgy.org) or call Sherry at 268-8410. She will contact you soon with news of the program. This will be our 6th year with this fun, rewarding program. Won't you join us?

## News from the Transportation Desk

Did you know that you can arrange with us to come to the Senior Café for lunch, a special event at the Senior Center, or go grocery shopping? Taking care of your emotional health is just as important as your physical health, and we want to make sure you can get out in the world.

### **Last-minute rides requests may not be filled!**

It takes time to make the calls needed to find you a ride. **Please call Joy at the Transportation line, 268-8407, at least 3 of our business days (Mon-Thur) in advance, if at all possible, to make your request.** We will do our best to get you a driver. If you need help with mobility, please try to have someone accompany you or call the **PVTA Dial-A-Ride, 413-739-7436.** (*Our drivers are not authorized to handle wheelchairs or act as personal care attendants.*) If you have any questions, please be sure to call—We are looking forward to helping you get out there!

**If you would like to be one of our volunteer drivers,** please contact us. There is a stipend for rides given. We'd love to chat!

—Joy Moore

## Manna Community Kitchen

**FREE**

# Thanksgiving Meal

**November 23rd, Noon-2 PM,  
Edwards Church, 48 Elm Street,  
Northampton**

**Please register by Nov. 18th to pick up  
your meals or arrange for free delivery.**

**Call us, 413-887-0500, between 9 am & 7 pm  
mannanorthampton.org**



**Happy  
Thanksgiving!**

## Something New! Adding Some Spice!

As you know, the Senior Center Café is the place to go for lunch and good company. We serve lunches (prepared on-site) on Monday and Thursdays. The homemade meals are exceptional; the meal site coordinator and volunteers do an amazing job! On Tuesdays and Wednesdays, the meals are provided by Highland Valley Elder Services. All are healthy and nutritious!

In addition to being able to have good conversation and a home cooked meal, **we will be having a monthly raffle for the folks who attend our congregate lunches!** This begins in November. **Please contact Tamar to sign up (268-8419 or tsmith@burgy.org).**

The Senior Center is always looking for more ways to have folks join us. We want to do all that we can to help people feel connected to their community. Rides can be provided to and from the meal site.

**The Williamsburg Senior Center relies on donations from the community to support our well-attended 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!**

## Health Fair Report:

The Senior Center held its first Health Fair on September 15th. We had 18 participants including Braille services, physical therapists, personal trainers, the Foothills Health District, the Veterans Agent, Shine Counselor with Insurance information, RSVP volunteer opportunities, Homecare and long-term care facilities. The Fire Department did Blood Pressure checks and had free Blood Pressure monitors, step trackers and File Of Life cards to hand out. The event was attended by approximately 50 people and everyone seemed to get information that they needed. **Thank you to all who participated and to Dianne and Dave Martin, Maureen O'Brien, Mary Bisbee, and Larry West for volunteering their help and supporting our Health Fair.**

--Carol Hendricks



## October's Flu Clinic

We are pleased to have been able to bring a Flu Clinic to our town—it was a hit! Over 70 people had signed up when we went to print. We send a **Big Thank You to: Walgreens for administering the clinic; the Anne T. Dunphy School for providing the venue; and our many volunteers, including Maureen O'Brien, Mary Bisbee, Daria D'Arienzo, and Denise Banister.** "It takes a village!"



## Roy Beals, Continued from page 1

When Roy returned home to Williamsburg, he continued his career with all things mechanical. He became an auto mechanic, then worked at Williamsburg Blacksmith Shop for eleven years. An acquaintance from the Hilltown Choral Society referred him to the October Company in Easthampton where they needed someone with his skills, and Roy stayed there as a supervisor for 27 years before retirement.

But he did not do this alone. Upon returning to town, Roy ran into Evelyn, whom he had known in junior high, who declined his first offer of a date, but fortunately accepted on the second request. The rest, as they say, is history. Evelyn as well as Roy's GTO, The Judge, were both "Keepers," and you may have seen the Williamsburg Players perform a play based on Roy's car story, which you can find at the Meekin's Library under *My Car Story* by Roy Beals. Roy and Evelyn have a son, Jay, who remains close with them and is a big part of their lives.

When asked about how Roy became involved with volunteering, Roy, in his unprepossessing fashion, simply states that he had time, and saw where help was needed. He lives his faith in helping others. You may find him offering a reading or sermon as a member of the Worship Team for the First Congregational Church of Williamsburg, or out weed whacking as its Sexton.

You may find Roy painting the benches in town or picking up trash with the Lions club, whose motto is "We Serve." He is a past President and is currently its Treasurer, and was integral in planning a 50th Anniversary car show in September.

Maybe you will see him offering a benediction at the Memorial Day Parade in front of the War Memorial.

You will also find Roy volunteering for the Senior Center, after he heard of the need for people to get to their appointments.

Roy has said that he gets as much from helping others as they get from being helped. When asked if he has any advice for the people coming up behind him, he simply suggested to make sure you prepare for retirement so that you can enjoy it. "It's the best part of life. You have more time to help other people."

—Joy Moore

## 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).

# Seniors Aware of Fire Education



The big cool down of fall has already started and folks are firing up their wood stoves and fireplaces. Most chimney fires are started by a build up of CREOSOTE in the chimney which can ignite in and through the chimney into the house.

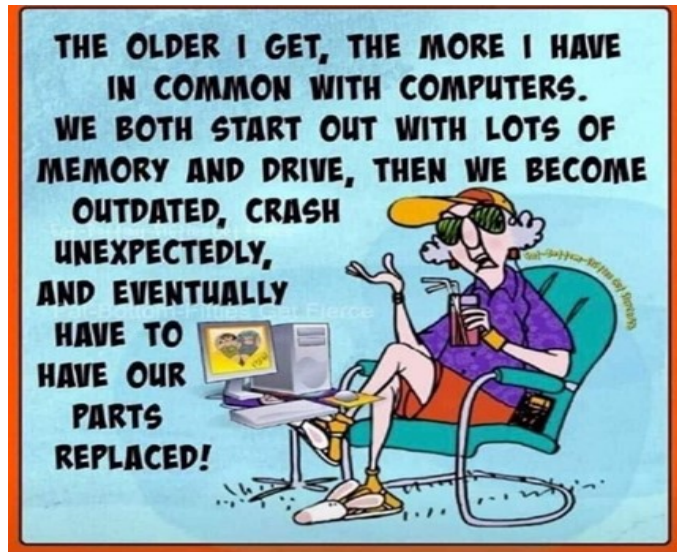
Here are a few tips on how to begin the wood heating season safely:

- Have your chimney inspected and/or cleaned at the beginning of the heating season.
- Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- Do not use flammable liquid to start the fire.
- Make sure the damper is open before starting the fire.
- Always use a fireplace screen to keep flying sparks and embers from falling onto the floor.
- Shovel ashes into a metal bucket with a metal lid, and place it on the ground well outside the building. Ashes and embers can stay hot for days and still ignite combustibles.

Have a SAFE wood heating season!

--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

*The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.*



**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

## **My Forgetter's getting better but my Remember-er is Broke**

Often times I walk into a room, say  
"What am I here for?"  
I wrack my brain, but all in vain  
a zero is my score.  
At times I put something away where it is safe,  
but, Gee!  
The person it is safest from generally is me!

When shopping I may see someone, say "Hi"  
and have a chat,  
Then, when the person walks away I ask myself,  
"Who the heck was that?"

Yes, my forgetter's getting better while my  
remember-er is broke,  
And it's driving me plumb crazy and that isn't  
any joke.

My forgetter's getting better but my  
remember-er is broke, to you that may seem  
funny but to me that is no joke.  
For when I'm "here" I'm wondering if I really  
should be "there," and, when I try to think it  
through, I haven't got a prayer!

## The Book- Part 3. Personal Information

By Jean O' Neil and Deb Hollingworth

Thanksgiving is coming - we should talk stuffing! Well, not the turkey, but your wallet. Part of the process of organizing our paperwork is knowing where to best keep it.

So on to Part 3. We all have a batch of personal documents, some need to be with us at all times, others are needed now and again, others maybe once every several years, if that. Where should these items be kept?

**Wallet.** An appropriately skinny wallet has your driver's license, vaccination records, library card, grocery or gas cards, one or two credit cards, and roadside assistance card. If you have under-age children, you should carry some of their records as well.

**Home.** Safe but available, you might keep your Medicare card, and vehicle title and registration in your home. We also recommend keeping a copy of your will, durable power of attorney, health care proxy, living will, and letter of instruction at home.

**Safety deposit box.** A very secure and protected way to store information is a metal box in your bank's vault. Here can go things that you don't need immediate access to, likely a birth certificate, marriage or divorce papers, social security card, military discharge papers, real estate deed, and passport.

Our local banks have safety deposit boxes that may cost \$40 or more a year, more for a larger box. They give you two keys and keep one; your key plus their key is needed to access the box. If you lose your key, they will have to drill the box open and charge you.

If you don't have a safety deposit box, there are alternatives. You can buy a safe to keep at home in a secure place. Safes come in different qualities and prices based on their size, level of protection from burglary, and resistance to fire.

Another alternative, simplicity itself, is to make a copy of the documents and ask a friend or family member (perhaps the person who has your Power of Attorney?) to store them so they are in a second location. If that location is in a different state, even better, to reduce chances of an emergency hitting you both. This approach at least gives you a start on replacements if needed.

Back to stuffing. Why do we ask you to un-stuff your wallet? Identify theft! If you carry your social security card and your Medicare or health insurance cards and your wallet is stolen or lost, the

information on those cards can help an unscrupulous person highjack your identity. We can hear some of you protesting now – I can't remember those numbers! OK. You can make a copy of the card, cut it to shape, block out the last four characters, and memorize them. Or maybe not bother. Deb says the Medicare card is easily replaced with a phone call, and we note that you shouldn't need the full Medicare number until you go to a new medical provider.

One more thing – if anyone would like a large three-ring notebook, I have two and will be happy to give them a new home. Give me a call. Jean, 268-2228.

Until next time – part four will be on home matters, such as history of home improvements and overall house management. You'll really want to learn about a family heirloom clock...

We DO NOT throw away  
perfectly good food in this  
house.

We put the left overs in  
Tupperware, put the  
Tupperware in the fridge, let it  
go bad, THEN throw it out.

## Haircuts and More at Smith Vocational High School

*Tuesdays & Thursdays*

Manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School on Tuesdays and Thursdays.

The cost is \$5.00 for a haircut. Please call for other prices. 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!**

## On the Road Again... 2024 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.

~~COMING IN 2024~~

*Multi Day Trip May 29– June 6, 2024.*

**Nova Scotia, Prince Edward Island & New Brunswick. *Passport required.***  
**Check your expiration date.**

Cost \$1,644 per person dbl. occupancy, \$25 discount if paid in full by **February 20th**. Make payment to Diamond Tours and mail next year to the address above. Wait List Only.

**This 9 day trip includes:** 8 nights lodging including 5 nights in Canada, two night stay in Maine. 15 meals including: 8 breakfasts, 6 dinners, 1 lunch. Guided Tour of Acadia National Park, Halifax, Peggy's Cove & Prince Edward Island

~If you have called in the past and are on the list for this trip, please call or email Francine again to confirm you are still interested.~

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

~~*A trip to Sight and Sound Theater in Pennsylvania Dutch country to see Daniel is in the works.*~~

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

The answer is “YES” if.....

1. You have none of the above
2. You have Medicare and are interested in a Medicare supplement
3. Your medical conditions have changed and you expect to need more medical care
4. Your Rx costs are significant
5. You expect to travel, or spend significant time out of State
6. Your doctor is “not in network”
7. You have gotten denials for services
8. You just don't like your current health insurance coverage
9. You're just curious

## RESOURCES

- The SHINE program (also called SHIP program in other States)
- The Pharmacy Outreach Program
- Prescription Advantage (for Massachusetts residents only)
- The MassHealth Buy-in program
- X-tra Help through Social Security
- Health Safety Net

For information on any of the above resources, give your senior center a call to get an appointment with your SHINE counselor.



## What is Open Enrollment?

Open Enrollment happens each year from October 15th through December 7th. It's the time when we can shop for health insurance.

### Do You Need to Shop?

The answer is “NO” if....

1. You have health insurance through your pension retirement benefit
2. You use the VA for medical care
3. You have MassHealth
4. You are still working and have employer's insurance coverage or your spouse is still working and you are covered under your spouse's insurance

## November Tech Talk; It's a Small World

by Peg Whalen

Remember Disney's “It's a Small World After All”. I always loved that song. Well, the world is now singing a new tune, “It's a Digital World After All”. I took some liberties and rewrote the lyrics.

It's a world of tech  
A world of skills  
It's a world to explore  
And a world with thrills  
There's so much to be shared  
That it's time we're aware  
It's digital world after all.

I'd love it if all of us were singing this song. Many of you already do. I encourage more of you to join

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

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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.**

*(continued from previous page)* them. We can all benefit from living in this new world. You've lived through party line phone service, rotary dialing, and wireless phones. Now we have handheld computers that make calls, take pictures, send text messages, do email, and offer video calling.

The internet saves us money, time, gas, energy. Telehealth appointments with our health providers, safe online banking to spare us trips to the bank, ordering prescription refills easily, and shopping that saves us driving to stores. We can watch tv for much less than costly cable and satellite services. Working on puzzles is free and easy. The internet opens a world to us where we can read about topics we are interested in, learn just about anything, even work from home.

Using digital technologies lets us reach people we may be unable to see regularly. We can watch young family members living elsewhere grow up. Social media, like Facebook, gives many people a way to lessen loneliness or isolation. Video calls make it possible to share holidays with those we love. We can relieve boredom and enjoy the stimulating competitive exchanges we love by playing games online, like Mah Jong. Visiting people we otherwise would lose contact with is easier when friends move away or when we retire and don't see coworkers we enjoyed working with.

There really is so much to be shared, explored, learned. I encourage you to build your skills in ways you find helpful. Our new Digital Literacy funding provides you with many ways to explore this digital world. You can participate in ways you find interesting and accessible. And we can help, with learning, equipment, broadband, and support. Because, It's a Digital World After All!

**Ongoing Tech Support & Computer Classes  
with Peg Whalen**

We're offering Drop-In Center Tech Support at the Chesterfield Community Center on the 1st and 3rd Wednesdays of each month. In November, Drop-In is on 11/1 and 11/15 from 10am-3pm. You can stop in or schedule:

**coaTechHelp@gmail.com** or **413-296-5080**. Please call or email for assistance outside Drop-In hours. Free equipment and broadband installation will be available soon, along with training.

Computer classes you can attend at any point are on the 2nd and 4th Thursday of each month. Register before coming: **coaTechHelp@gmail.com** or **413-296-5080**. Classes are scheduled for 11/9, 12/14, 12/28, 1/11, 1/25, from 1:00 to 3:00. Laptops are provided. You are encouraged to bring your own to learn on. We start with turning a computer on OR you can learn just what you are interested in. Give it a try!