

Living Well



Newsletter
March
2024

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

Food Map

As we all know, food prices have increased, along with many other things. And while some costs might decrease, it seems as though food prices do not. Here are some alternative ways we can minimize food costs:

Meals	Grab and Go Meals (see article on pg 3)	Free meal for lunch or dinner on Tuesdays and Wednesdays! The only requirement is that you be over 60 years of age. Meals are provided by Highland Valley Elder Services for pick-up at Williamsburg Senior Center between 11:30 & 12 noon.	413-338-2920
	Williamsburg Senior Center Café	Monday & Thursday: WSC offers Home Cooked Luncheons. All meals are served at 11:30 am. Call to Register.	413-338-2920
	Take and Eat	Saturday: The Williamsburg Congregational and Our Lady of the Hills churches cook and deliver full meals to area seniors. Call for information.	413-338-2920
	Building Bridges Veterans' Lunch Program	Open at Noon to all veterans and a guest, free. Greenfield Elks Lodge every Thursday Easthampton Congregational Church , 1st Weds. Hadley Senior Center , 2nd Weds. Pittsfield Elks Lodge , 1st Monday	
	Meals on Wheels	Meals delivered daily from Highland Valley Elder Services. https://highlandvalley.org/	413-586-2000
Food Pantries	Hilltown Food Pantry	The Hilltown Food Pantry in Goshen is a second location of the Northampton Survival Center and serves surrounding hilltowns.	413-268-7578
	Hilltown Mobile Market	An online food hub with 20+ producers partners with local organizations to make food available to all. 19 Sawyer Road Worthington, MA 01098. Web-site: market@hilltowncdc.org . Shop online: https://hilltowncdc.myshopify.com/ . Hours: Sunday, 12-4; Monday, closed; Tues. - Sat., 10-6.	413-296-4536 x 116
	Northampton Survival Center	Provides nutritious food and other resources including 'Pantry Fresh' a pre-packaged meal prep kit that contains a recipe and ingredients to make it. www.northamptonnsurvival.org	413-586-6564
	Easthampton Food Pantry	The Mobile Food Truck Program is open at Millside Park, 2 Ferry Street, on the 1st and 3rd Thursday each month from 1:00 to 2:00 pm.	413-527-5240
	Veterans' Food Programs	VAMC Food Bank every Wednesday, 9 am-3 pm Veterans only. 421 North Main St, Building 22, the Cottage, Leeds, MA. https://www.va.gov/central-western-massachusetts-health-care/events/47020/	

See more 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

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: **268-8407**.

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 413-338-2920, 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: **413-338-2920**

Foot Nurse

Piper Sagan is doing foot care at the Senior Center **April 9th** and the second Tuesday every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). Piper can also do foot care in your home, (\$80). Call her at **413-522-8432** for an appointment.

Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation for house-keeping and other duties. Call the coordinator, **Amy Phinney 413-655-0123** 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: **268-8407**. (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: **268-8407**

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. **413-338-2920**

The Carpool & Companion 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. **413-338-2920**

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! 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 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 (March 21st)**. To join, email **Larry West (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 (March 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 can help! Volunteers work one-on-one with folks and arrange a time that works for both parties. **Contact the office at 413-268-8410 to schedule an appointment.**

Tech Connect: You can also attend the Tech Connect Drop-in Center at **Meekins Library on the 2nd Tuesday of each month, 10 am—12 noon**. Bring your device(s) and your questions! Call **413-296-5080** or for support available by email, contact: coaTechHelp@gmail.com.

Arts & Crafts Open Studio

Make your own art/crafts at our Open Studio! Bring your supplies and enjoy the camaraderie of being with a group of folks who have shared interests. **Meets on the 2nd and 4th Thursdays of the month, from 1-3 pm**. Contact **Gloria Black, 413-268-7767** or email her at Gloriosa05@yahoo.com. (see article on page 3)



New Phone Number - 413-338-2920

Tamar Smith (Food programs) & **Carol Hendricks** (Outreach programs) have a **new phone number**.

To talk to or leave a message for Tamar or to sign up for meals or brown bag, call her at **413-338-2920**.

To reach Carol about programs, services, or equipment loans, call her at **413-338-2920**.



Tech Connect – Drop In Hours

Meekins Library - March 12th (2nd Tuesday of the month) **from 10 am – 12:00 noon**. Please bring your device(s), along with your questions or concerns, and tech help folks will be available to assist.

Please see the regional section for other technology offerings available. There is also contact information (phone and email) to request help or volunteer for this program.

GRAB-N-GO



LUNCHES

Something New at the Senior Center!

On Tuesdays & Wednesdays, the Senior Center has congregate meals that are provided by Highland Valley Elder Services.

In an effort to make this long-standing food program more accessible, the meals are being offered as a **grab-n-go** option! Meals are available for pick up at the center between 11:30 am & 12:00 noon, and can be eaten at your convenience. The only eligibility requirement for this program is that participants be 60+ years of age. **If you are interested or have any questions, please call Tamar (413-338-2920) or Melissa (413-268-8410).**

News from the Transportation Desk...

How lucky we are to have such an incredible transportation program in our town! It is truly the “Gold Standard” that other programs try to emulate, and it is in large part due to our small but dedicated crew of volunteer drivers.

While they are very accommodating in transporting seniors curb-to-curb for medical appointments and other necessary errands such as groceries, please remember to only request rides Monday through Friday during normal business hours. If you have an early morning medical appointment, please reach out to us and we will do our best to help.

In keeping with respecting our drivers’ schedules, please contact this office **at least three business days before your requested trip** and we will do our best to get you a ride. Short notice requests may not be accommodated, and please contact Joy to schedule **ALL** rides at 413-268-8407.

Working together, we can keep this fantastic program running smoothly. Thanks so much. ~ Joy Moore

Arts & Crafts Open Studio

A group of interested art folks got together on Feb. 8th from 1–3 pm at the senior center. While my art skills are limited to non-existent, the group welcomed me into their fold! I was more than pleasantly surprised at the enthusiasm and fun folks were having. It was great to see. The group plans to get together on the 2nd and 4th Thursdays of the month.

Contact **Gloria Black at 413-268-7767** or email: **Gloriosa05@yahoo.com** if you are planning to come.

All seniors are welcome! ~Melissa Wilson

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; 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!

Farmers Markets

CISA, Communities Involved in Supporting Agriculture

CISA provides a map of all winter farmer’s markets; most of them take SNAP and HIP. buylocalfood.org/hip-map

Grow Food Northampton Winter (Farmers’) Market

67 Conz Street, Northampton every other Saturday, November through March, 10 am - 2 pm at the Northampton Senior Center. Accepts SNAP and HIP. **Open March 9th and 23rd.** <https://www.growfoodnorthampton.org/farmers-markets/>

Farm Shares

Williamsburg Senior Center Farm Share Program

The Williamsburg Senior Center works with Prospect Meadow Farm (Service Net) to obtain vegetables for a somewhat lower price than most farm shares. June - October, Pick up at Sr. Ctr.

Call Tamar at 413-338-2920

Programs

SNAP—HIP

The Supplemental Nutrition Assistance Program (SNAP) can help you expand your healthy food budget and explore opportunities to support your wellbeing HIP puts money back on your EBT card* when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors. *up to a monthly cap of \$40, \$60, or \$80.

877-382-2363

<https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>

Brown Bag

This program is for people over 55 who meet certain income eligibility. **Qualified participants receive a bag of groceries monthly.**

412-274-9738

Save the Date – April 25th: Nourishment for the Soul!

Who: Seniors getting together
What: Fun and Entertainment
When: Thursday, April 25th, 12:30 pm
Where: Williamsburg Senior Center, 141 Main St., Haydenville

Come and be entertained by Patrick Callinan, a local entertainer (DJ, karaoke, story-telling, jokes) who has performed at the Senior Center many times prior to the pandemic. Please save the date! More info to come in the April newsletter!



Happy St. Patrick’s Day!

“Everyone’s Irish on St. Patrick’s Day”



Don’t forget to **spring ahead** on **Sunday, March 10th!**
Daylight savings time begins at 2:00 am.

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 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.

SAVE THE DATE!



TechConnect Fair
APRIL 6, 2024, 10 AM-3 PM
 New Hingham Elementary School
 Chesterfield

Join us for a festive event offering technology support and exploration, giveaways, and more.
 For adults 60 and older.



A program of the Northern Hilltown's Consortium of COAs

www.northernhilltownscoas.org

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!

*May your troubles
 BE LESS AND YOUR
 blessings be more
 AND NOTHING BUT
 happiness come
 THROUGH YOUR DOOR.
 -Irish Blessing*

The English Language – gotta love it...

I enjoy those pieces that question why our language includes things such as spellings that are the same but the sound is different, e.g., cough, rough, though, and through. Then there are the words that just make me smile, like “kerfuffle”.

Our language changes all the time, too. We now have phishing and smishing and vishing and catfishing, and more. The AARP has a nice page with some definitions:

www.aarp.org/money/scams-fraud/info-2023/glossary-of-scam-terminology.html

A few highlights – phishing means they send real-looking emails to get us to click and provide information. Smishing means real-looking and sounding text messages on our phone. Vishing is a voice message, again to get us to buy something or to provide information. Catfishing is making a fake online profile, perhaps to start a romance scam or begin an online game and from that a relationship (which likely won’t end well).

Never mind the word, the idea is the same. A hacker or scammer pretends to be our bank or Medicare or the insurance company. He or she sounds real or friendly or helpful or scary, depending on how they are working their scam. They are trying to get us to willingly give up critical information so they can steal something from us, like our identity or funds in our bank account. Apparently tax season causes a rise in all these things, including fake emails – phishing! to get tax identifier numbers. If it happens to us, we can report this to phishing@irs.gov

Here’s to safe fishing,
 Jean O’Neil
 TRIAD Committee member
jeanoneilmass@gmail.com

March's Good News

By Deb Hollingworth

Donald Trump, Joe Biden and Bernie Sanders all agree on one thing. The cost of our prescription drugs is too high. Americans pay more for their Rx than any other nation. This is not news: we know this.

The Good News is that efforts to reduce our cost are underway, starting with the Biden administration's Inflation Reduction Act which became effective August 16th, 2022. As of January 2023, co-pays for most insulins are now reduced to \$35/month or less. Vaccines are now zero co-pay including the shingles vaccine. Next year OOP starts. That's a cap on Out Of Pocket spending on Rx. So once you have spent \$2,000 in co-pays on your prescriptions, you will not have Rx co-pays for the remainder of the year.

The Federal government is also targeting high cost Rx. We have to wait until January 2026 to see savings on Eliquis, Xarelto, Jardiance, Farxiga, Entresto, Imbruvica and Stelara which are on the list of the first 10 Rx to be reduced. And in 2027, we'll see another list of 10 Rx to be reduced. This is because Medicare will be able to negotiate with the drug manufacturers and pharmaceutical companies will have to pay a "rebate" if they raise their prices more than the rate of inflation. This may seem like a slow process, but it's progress.

In Massachusetts, we've had out of pocket spending limits for Rx co-pays with our Prescription Advantage program since the 1990s, but this has only been available to lower income residents. The Federal OOP program does not have income/asset eligibility rules. Everyone is eligible. For more information on Rx costs, or if you have questions about generics, or other cost savings measures, you can contact the Pharmacy Outreach Program at **866-633-1617** or call your senior center to ask for an appointment with your SHINE counselor.



Technology Help and Training for March



Volunteers Still Needed: to learn more about what's needed to help others with technology contact the Volunteer Coordinator at **413-296-5548**, email coatechvolcoor@gmail.com, or visit the website www.northernhilltownscoas.org.

Tech Support

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within 24 hours.

Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Meekins Library Drop-In tech support on Tuesday 3/12 from 10 to Noon, Williamsburg
Repeats 2nd Tues of each month
- Nash Hill Place Resident Drop-In tech support, Thurs 3/12 from 10:00 to Noon
Repeats 2nd Tues of each month

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 3:00, for 6 weeks starting 3/7 through 4/11, or 4/18 through 5/23
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, for 6 weeks starting 2/21 through 3/27 or 4/3 thru 5/8

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level.

Must register for classes or workshops no later than one week before the scheduled training date. Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Event Save The Date:

On **Saturday, April 6th** we will be holding a **Tech Connect event** with vendors, mini-workshops, information, activities and door prizes at New Hingham Elementary School, Smith Rd, in Chesterfield.

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.

Day Trip Tuesday, May 14. Neil Diamond -The Tribute from Las Vegas - Rob Garrett, known as the King of Diamonds, performs at the Aqua Turf Club, CT. Family style meal of Chicken ala Kathryn & Broiled Scrod included. The \$131 (price correction) Payment to FNSC is due by March 12. Please mail them to the address above. **A few seats are available.**

Nine 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 - is due NOW. Make payment to Diamond Tours and mail to the address above. **A few seats are available.**

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storrowton Tavern Carriage House in W. Springfield. Self-drive or carpool. Cost is \$77 made out to Chesterfield COA and mailed to address above. Chesterfield seniors: please call for pricing.

Day Trip Thursday, July 11th. 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. The \$118 Payment to Landmark Tours is due by May 10. Please mail to the address above. **This trip sold out last year, so reserve early.**

Day Trip Wednesday, August 7th. Resorts World Casino-- Catskills, NY trip. Can you get enough of **Elvis**? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to FNSC is due by May 5. Please mail to the address above. Please include your date of birth for the player card. **THIS TRIP IS A GO. Waitlist available.**

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel. Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by June 20th. Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above. Call now to reserve your spot.**

Day Trip October 14th. Lake George Cruise- Take a 2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. Keyboard entertainer performs. Stops at scenic Prospect Mountain and the Lake George Outlets with 30 stores to explore. The \$131 payment to Landmark Tours is due by August 19th. Please mail to the address above. **This trip sold out last year, so reserve early.**

NEW Day Trip October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$TBD Payment to Francine Frenier is due by August TBD. Please mail a check to the address above. This trip will depart from Hadley.

Day Trip Friday December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail to the address above.

Summit to Fight Fraud: Preventing Fraud and Scams for Older Adults and Others Tuesday, March 19th at 10am

Sponsored by Investor Protection Trust, and presented with the Massachusetts Securities Division, the Pension Action Center will host a free in-person **AND live-stream event** on fraud prevention on Tuesday, March 19th. The event is free of charge, but registration is required.

Hosted in the UMass Ballroom space from 9am-3pm, with programming starting at 10am after a breakfast welcome reception, we will gather a group of experts in this field: guest speakers and panelists including several Q&A sessions. We aim to have presenters from community law enforcement, AARP MA, the Banker's Association, state officials, in addition to other stakeholders and experts in this space.



Link to Register: <http://tinyurl.com/2rkbejux> OR email your COA Coordinator/Director for the link.

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.

NEW Drawing Class in Goshen!

Thursdays, April 4 - May 23 from 1-3pm
Goshen Town Hall - Upstairs
Suggested Donation of \$10 per class

This eight week, two hour drawing class is geared for beginners who would like to learn to draw, or would like to grow their skills in drawing. We tackle questions like "How do you break down what you see in order to draw it?" "How can you see the shape, line, value?" and "How can I suggest movement within my drawing?" Senior, adult and teen participants will work on these skills in an encouraging and relaxed atmosphere. Each class will begin with a warm up, and then a drawing project. The goal is to stretch our brain, try something new and to have fun together.



Save the Date: Saturday, April 13th at 3pm

4D1G Gospel Quartet

Goshen Congregational Church
45 Main St., Goshen

Come enjoy this HymnSing and gospel music with us! Dennis Ainsworth on piano. More details to follow.

Save the Date: Saturday, April 27th, 9-3pm

Spring / Summer Clothing Exchange

Goshen Congregational Church
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! More details to follow.

