

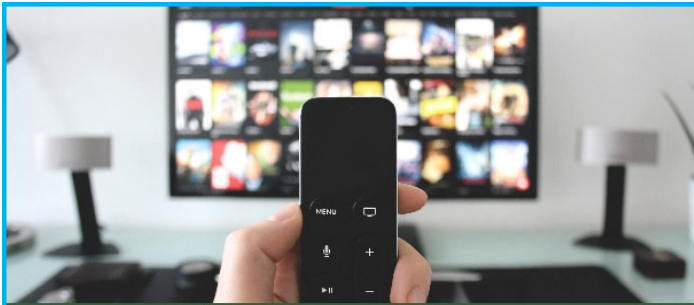
Living Well



Newsletter
April
2024

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

Special Events in Williamsburg!



TECHCONNECT, MEEKINS LIBRARY AND
THE BURGY SENIOR CENTER PRESENT

"CUTTING THE CABLE CORD"

A workshop to teach adults 60+ how to replace
cable with streaming services on any TV

APRIL 20TH, 2024

11 AM - 12 PM

MEEKINS LIBRARY

Contact Meekins Library
for more information:
(413) 268-7472

TECH CONNECT
SUCCESS FOR OLDER ADULTS

Grab-n-Go Lunch 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 Tuesday & Wednesday, 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).**



You are invited to our



Spring Fling!

"Nourishment for the Soul"

Thursday, April 25th at 12:30 pm

Williamsburg Senior Center
141 Main Street, Haydenville

**Fun and Entertainment with Musician,
DJ, Storyteller and Joker:**

Patrick Callinan

Refreshments will be served

**Please call to reserve your seat at
413-268-8410**

Get Ready for FARM SHARES!

We are getting closer to **FARM SHARE** season! Prospect Meadow will offer the same share price as last year, \$8.50 a week or \$161.50 for the 19-week season.

Low-income* seniors can get a farm share bag for \$1 per week for 10 weeks! (* "Low-income" requires you receive SNAP, Medicaid, SSI, AFDC, welfare or veterans aid or participate in the Brown Bag Program; single-income household below \$29,160 or a multi-income household below \$39,440. One share per household.)

Stay tuned for more information on these programs. In the meantime call or email Tamar at **413-338-2920** or tsmith@burgy.org for more Information.

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, stay in or **Grab-n-Go!** **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 **delicious, 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 try our best to 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 (April 18th)**. 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 (April 19th)**. **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. **This month, we'll meet on April 11th only, 1-3 pm.** Contact **Gloria Black at 413-268-7767** or email her at Gloriosa05@yahoo.com.



New Phone Number - 413-338-2920

Reminder: Tamar Smith (Food programs) & Carol Hendricks (Outreach programs) have a new phone number: 413-338-2920.

**Leave A Trace:
Volunteer Companions Needed**

“Never think that you have no influence whatsoever. Your trace, which you leave behind with just a few good deeds, cannot be erased.” —unknown

It’s a fact that seniors are at a higher risk for social isolation and age related stresses.

At one point or another everyone needs help from someone, whether it is from a family member, co-worker, volunteer, or a stranger. Receiving help makes a profound difference in both the life of the volunteer and the person they assist.

Would you like to make a difference in someone’s life? **Have you considered volunteering at the Senior Center? We are looking for volunteers to be companions for people who are homebound, isolated or lonely.** Someone to visit and chat, to take for a ride or play cards or a game with.

Volunteering has many benefits! You’ll gain a sense of purpose, increase your sense of pride, boost self-esteem and reduce stress and depression. You’ll focus on others and take attention away from your own problems. You’ll make new friends and increase your happiness. Humans are hardwired to give to others—the more you give the happier you are!

Please consider becoming a companion. You will meet some amazing and interesting people and your life and theirs will be the better for it.

—Carol Hendricks



DRIVERS NEEDED

REQUIREMENTS

- Volunteer attitude
- Reliable vehicle
- Discretion

Contact Joy for Information
413-268-8407
jmoore@burgy.org

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!

Please join us for



Ladies Luncheon

at the

Williamsburg Snack Bar

on 3rd Fridays at 11:30 am

Open to all 60+ women who want to get together in a restaurant setting!

Stop in, look for our sign!



Sponsored by Williamsburg Senior Center

This month's Luncheon is April 19th.

We hope you'll join us!

TECH CONNECT

SUCCESS FOR OLDER ADULTS



Tech Connect – Drop In Hours

Meekins Library - April 9th (2nd Tuesday of each 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 and contact information to request help or volunteer for this program.

Arts & Crafts Open Studio

All Seniors are Welcome!

So often, when I lived in Denver, I dreamed of breaking into some kind of art community. When I moved back to Haydenville, I found it! Folks who do any kind of art or craft benefit from “jamming” with like-minded people. The Open Studio is a great place to share our talents! **This month, we'll meet on April 11th only, 1-3 pm.** Bring your own supplies.

Contact **Gloria Black** at **413-268-7767** or email: **Gloriosa05@yahoo.com** if you'd like to join.

~Sherry Loomis

Save the Date:

MAY THE 4TH BE WITH YOU!

- ◆ **What:** *Hilltown Food Policy Council Community Potluck*
- ◆ **Where:** *Chesterfield Community Center, 400 Main Rd, Chesterfield*
- ◆ **When:** *Saturday, May 4th, from 12:00 – 2:00*
- ◆ **Why:** *It's time to come together again to schmooze, share food, and rebuild old relationships and create new ones. And it's all FREE!*
- ◆ **Sponsor:** *Hilltown Food Policy Council*



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](#)

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!



After the Scam...

So you have been scammed. You may have lost money, a sense of security, or just pride. What do you do? Consider these options:

1. Crawl in a corner and cry "poor me, poor me" for awhile.
2. Complain to friends and family at length, accept sympathy.
3. Get ready to move on, learning how it happened and determining to never let it happen again. You might enlist one of those friend and family folks here.
4. Submit a report or complaint to the proper authorities.

I think number 1 would be very tempting, number 2 might be somewhat satisfying. But numbers 3 and 4 are the best choices!

This is a good read for the problem: <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>. Your first action after realizing there has been a scam is to try and limit your loss. Call the local police department to see if they can help, especially if you lost money or property or had your identity compromised. The sooner the scam is reported, the better the chance that police can recover some money. Contact your bank and credit card firms and tell them there was a fraudulent charge, freeze your credit reports, and change passwords.

Next, if you did lose money, call the National Elder Fraud Hotline at 1-833-372-8311. A case manager will help you through the reporting process and through any remaining steps to take, depending on the type of scam.

If the scam is computer-based, it is also a good idea to report this to the FBI's Internet Crime Complaint Center at www.IC3.gov for their tracking of cyber crimes. You can also contact the Federal Trade Commission – go to ftc.gov for a reporting form. You describe what happened, read their suggestions for next steps, and know that they will share reports with investigative agencies to help others.

After you have limited your loss, be brave and tell others to try and warn them. Post on social media, call those who you think might be vulnerable. Please know you are not the only person who has been scammed – many others have and will be, sadly.

Be brave!
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com
 413-268-2228

Technology Help and Training for April



Volunteers Still Needed: to learn more about what we need volunteers for in providing help to others with technology, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or visit www.northernhilltownscoas.org.

Tech Support

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

Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 4/9 from 10 to Noon, Williamsburg
Repeats 2nd Tues. of each month
- Monthly Nash Hill Place Resident Drop-In tech support, Tuesday 4/9 from 6pm-8pm
Repeats 2nd Tues. evening of each month

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 2:30, restarting 4/25 for six weeks through 5/30
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, restarting 4/24 for 6 weeks through 5/29

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

Must pre-register for classes 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:

On **Saturday, April 6th** we will be holding a **FREE TechConnect Fair** with vendors, mini-workshops, information, walk-up tech questions answered, activities, giveaways and door prizes at New Hingham Elementary School, Smith Rd, in Chesterfield. Bring a friend!



April's Good News:

MassHealth Has Released the Medicare Savings Program Application!

By Deb Hollingworth

This Federal benefit program, administered by MassHealth, can reduce your health insurance costs by: paying your Medicare B premium which is \$174/ month this year. It also automatically gives you Extra-Help which is a program that subsidizes your Rx costs, and you get Health Safety Net coverage for hospital costs. If your income is low enough, the Medicare Savings program will, in addition, also pay co-pays for medical services like doctors visits, tests, and emergency services.

This is a great program and the financial eligibility guidelines have changed. Income can be as much as \$2,824/month if you are single and as much as \$3,833 if married. As of January 1st this year, Massachusetts became the 11th State to eliminate the assets limit for this benefit. Eligibility is determined by income alone.

The application is one page, with your signature required on the back side. Applications are now available. I don't know if you've been doing the math, but the savings on your Medicare B premium, which is now being deducted from your social security check, will be restored to your retirement benefit for a yearly savings of over \$2,088 this year. You can get an application, and description of the Medicare Savings Program and how it works, from your Senior Center. If you have questions, or need help determining if you are eligible, or help getting the application completed and submitted, you can ask for a SHINE consult.

This change has been a long time coming and you can thank Mass Senior Action which is our advocacy voice for Massachusetts Seniors.

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.

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 short wait list is available.**

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storwton 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. **A short wait list is available.**

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 FNCS 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. **A short wait list is available.**

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.

Seniors Aware of Fire Education

This month the Senior SAFE focus is on fall prevention. Falls are the leading cause of death from unintentional injury among older adults. Here are a number of things you can do to keep from falling down:

- 1. Exercise Regularly.** It will help you build strength and improve your balance and coordination. Ask your doctor about the best things to do. Take advantage of your Council On Aging exercise group.
- 2. Take Your Time.** Get out of chairs slowly. Sit for a moment before getting out of bed. Stand up and get your balance before you walk.
- 3. Keep Stairs And Walking Areas Clear.** Remove any clutter from walking areas.
- 4. Improve Lighting In And Outside Your Home.** Use night lights or a flashlight to light the path from your bedroom to the bathroom. Turn on the lights before using the stairs.
- 5. Use Non-Slip Mats** In the bathtub and shower. Have grab bars installed next to the bathtub, shower and toilet. Wipe up spilled liquids immediately.
- 6. Avoid Uneven Surfaces.** Use only throw rugs that have built-in non-skid backing. Use non-skid pads under rugs. Smooth out wrinkles and folds in carpets. Be aware of uneven sidewalks and pavement out doors.
- 7. Stairways Should Be Well Lit.** Lighting from both the top and bottom of the stairway is important. Have easy-to-grip handrails along the full length on both sides of the stairs.
- 8. Wear Sturdy, Well Fitting Shoes.** Low-heeled shoes with non-slip soles are best. They make a fashion statement and are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Be SAFE and fall free!

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

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.

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

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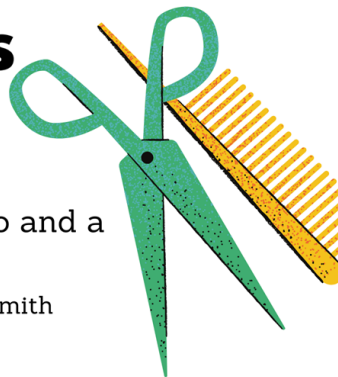
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Our Many Volunteers

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

\$5 haircuts

SMITH VOCATIONAL
COSMETOLOGY



Ready for a fresh 'do and a
new you?

Get your haircut at Smith
Vocational!

WHEN: Tuesdays & Thursdays,
call to schedule

WHERE: The Salon is located in Room 124 of
Building A at Smith Vocational High
School, 80 Locust St., Northampton.

**WHAT
ELSE:** Manicures, colors, facials, and other
hair care options, call for other prices

**HOW TO
BOOK:** Simply call 413-587-1414 ext. 3531 for
an appointment. All are welcome!

Drawing Class in Goshen!

Thursdays, April 4 - May 23 from 1-3pm
Goshen Town Hall - Upstairs
42 Main St. Goshen
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. Supply list provided upon registration. Register at www.lenagarcia.com

