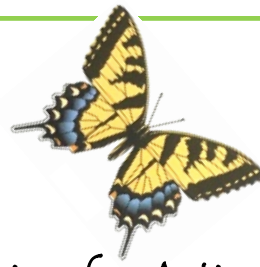


Living Well



Newsletter
June
2024

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

Protect Yourself From SCAMS!

June 10, 12:30-1:30 pm

Town Office Building, 141 Main St, Haydenville

The Senior Center and members of the Williamsburg TRIAD* will be hosting a **Scam Presentation** (including romance scams, which have been on the increase). The District Attorney's office will lead the discussion.

The DA's office is dedicated to serving the people of Hampshire County and while their primary responsibility is to prosecute crime, they also have a strong focus on progressive education and prevention efforts in various areas, one of which is elders. **"The number one crime committed against seniors that is prosecuted by the Northwestern District Attorney's Office is financial exploitation."**

With our growing use of technology it is important we learn to recognize scams – through phone calls, home visits, emails, and texts - and how our information can be compromised. This presentation offers insight into the methods scammers use to get you to provide information you would not normally give out. **Please contact us to register at seniorcenterdirector@burgy.org or 413-268-8410.**

*TRIAD - a community policing initiative connecting seniors, law enforcement and service providers to increase safety (for older adults) through education and crime prevention. **The group needs new members! Please contact Larry West at landlwest3315@yahoo.com or 268-3315.**



Williamsburg Senior Center
invites you to an

ICE CREAM SOCIAL

Friday, June 28th

at 1:00 pm

Under the Tent



Join your friends and neighbors for
a "cool" social get-together!

Ice Cream donated by The Village Green

Please call 268-8410 to sign up!



Farm Shares:

Time to sign up, if you haven't already!

You may have signed up for the farm share. If you haven't, now is the time! Shares will begin coming on June 18th.

Please contact us asap to get on the list! Prices are \$161.50 per share for the season which works out to \$8.50 per week for a bag worth about \$25! You can also still get in the lottery for the low-income shares. **Contact Tamar at 413-338-2920.**

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 get back to 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 to eat 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 provide 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 June 11th 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 a home 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 bus. 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 business days ahead.** We'll 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**

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.

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.

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.

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 (June 20th).** 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 (June 21st).** 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 in good company! Bring your supplies and enjoy the camaraderie of being with a group of folks who have shared interests. **This month, we'll meet on June 13 & 27, 1-3 pm.** Contact **Gloria Black at Gloriosa05@yahoo.com** or **413-268-7767.**

Lunch Time Lottery


Every time you eat lunch at the Senior Center Café, your name is put into a bowl for the **Lunch Time Lottery!** At the end of the month we draw a name—winners receive a gift certificate to the **Williamsburg Market** or **The Village Green!** Another reason to come to the Senior Center Café!

*Williamsburg Town Offices/Senior Center
will be closed on Wednesday, June 19,
for Juneteenth.*



Ladies Luncheon

This month's Luncheon is
 June 21st, 11:30
 at the Williamsburg Snack Bar



Third Thursday Men's Group
 This month's gathering is June 20th at 8:30 am
 at the Williamsburg Snack Bar.



TECH CONNECT
 SUCCESS FOR OLDER ADULTS

Tech Connect – Drop In Hours

Meekins Library - June 11th (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.

Living Well Newsletter Update

As you know, the Living Well newsletter will be available in digital format effective with the August 2024 edition. While the printed version will no longer be mailed to you, there are several ways to stay connected and obtain the information about our programs, services, and events.

One way is to **sign up for the digital newsletter** to be sent to your current email address. **Please contact Sherry Loomis at sloomis@burgy.org (or call 413-268-8410).**

Another way is to **visit the Town website, www.burgy.org.** Click on Senior Center. This site has a complete listing of our programs, services, and events. It also includes a link to the newsletter.

There is also the **“Williamsburg Senior Center” Facebook page** that folks can join (with a link to the Burgy.org website) to get information, as well.

Paper copies of our newsletter will be available in our office, Haydenville and Williamsburg Post Offices, Meekins Library and other various places in the community.

We are mindful of this transition from a mailed hard copy to a digital/online newsletter and the issues it might present for some folks. We want to make sure that all older adults still have access to the newsletter's important information. **You can reach the Senior Center at 413-268-8410 if you have questions.**



The Williamsburg Senior Center relies on donations 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!

Our Spring Fling Truly Was

Nourishment for the Soul!

About 25 seniors had a great time at the Spring Fling. Local musician **Patrick Callinan** began by singing some old favorites and was soon joined by **Izzy Goodenough**. They sang and strummed many lively tunes, interspersed with great stories and jokes. Home-made cookies and brownies were served. Beautiful pots of pansies were handed out, thanks to **Annette & Mark Larareo from the Village Green!**

As you can see from the pictures, little Addy tried to steal the show. Just days away from her first birthday, she was having fun interacting with everyone.

If you missed the Spring Fling, stay tuned for more events, like the Ice Cream Social on June 28th! See page 1 for details. We hope to see you there!



Stitching to the beat

Let's have Lunch!

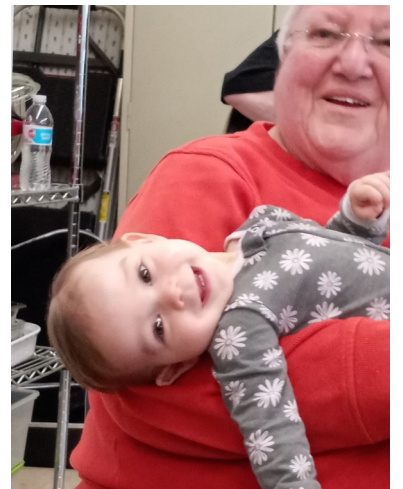
The Spring Fling was also an opportunity for folks to come and enjoy a home cooked meal at the Senior Center Café. Folks enjoyed the meal and then stayed for the entertainment!

But you don't have to wait till the Spring Fling annual event to partake of a meal at the Café. The Senior Center features home cooked meals Mondays and Thursdays (weekly) at the Café.

We would love to have folks join us. The camaraderie and conversation are as enjoyable as the meal! Call Tamar at 413-338-2920 to reserve.



Singing his heart out



Stealing the show

Seniors Aware of Fire Education

As summer approaches, many of us are planning road trips, staying in hotels and motels. Here are a few fire safety tips for hotel/motel stays:



- Select places that have sprinklers and smoke alarms in each room.
- When you get your room, count the number of doors down the hall to the nearest exit.
- If you are deaf or hard of hearing, ask for a Hearing Impaired Kit or for a room that has a strobe alarm in the room.
- Keep your room key, eyeglasses, wallet and flashlight on the night table. When the smoke alarm sounds, take these things with you.
- Feel the door with the back of your hand. If it is hot, don't open it.
- If it is cool, open the door a crack. Be ready to close the door if heat, flames and smoke rush in.
- If there is just some smoke in the hall, get low and go, go down the hall counting the doors to the exit.
- Get out and stay out until the fire officials say it is safe to return.

Have great and SAFE adventures!

--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.



Crypto – warning, Will Rogers...

You've read some news about cryptocurrency, right? Bitcoin? Blockchain? Cryptocurrency is digital money that can be used to purchase things or to form part of an investment strategy. Please do remember though that it is unregulated and the values are highly volatile, so getting into this new form of currency is a high-risk venture.

Also, the skeptic in me points out that the word "crypto" means secretive or hidden, often used in combination with other words such as cryptography, the "practice and study of hiding information". Cryptic coloration is one form of camouflage in animals.

I have paid only passing attention to the development of cryptocurrency, but now, what a surprise, we find crypto sneaking into scams. Actually, there is nothing sneaky about it. Barging is more the correct word! When a scammer requests that we pay up, he or she used to ask us to wire money or send gift cards. Now they may request that we buy cryptocurrency.

Worse, as I learned in a recent AARP newsletter, there are ATM machines that deal in cryptocurrency. The scammer can tell us to go find one of those, easily done, and put in X amount of cash. We might as well be digging a black hole and dumping the cash into it!

Please be safe,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com

Tech. Help and Training for June



VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to do for individuals in your town, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through www.northernhilltownscoas.org

Tech Support Available

Help by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Centers:

(no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays from 1:30 to 3:30
- Williamsburg
Meekins Library Drop-In tech support monthly
2nd Tuesday 6/11 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
monthly, 2nd Tuesday 6/11 from 10 to Noon
- Worthington Library
Drop-In tech support, 2nd Thurs. 6/13, 1-3pm
{appt. preferred}
- Goshen Town Hall, 42 Main St.
Drop-in tech support, Weds. 6/19 from 1-3pm
- Plainfield Shaw Memorial Library
Drop-In tech support, 3rd Thursday 6/20

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 3:00, 6/6 through 7/11
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, 6/5 through 7/10

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

Tech Workshops:

“Cutting the Cable” with Streaming

- Chesterfield Community Center Tues 6/18,
6:00 to 7:00pm
- Westhampton Public Library Wed 6/26,
10:30 to Noon

Devices Available:

We have PC laptops, Chromebooks and tablets. If you need a device to connect to the internet, have something so old it is not working effectively, or need a different type of device, please contact us.

Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online form on our website: www.northernhilltownscoas.org

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.

NEW Day Trip Friday, June 14. Block Island. Enjoy a guided island tour and luncheon at the National Hotel. Make payment to Landmark Tours for \$160 and mail to the address above NOW.

NEW Day Trip Tuesday, July 2. Encore, Everett, MA Casino trip. Free \$20 slot play. Lunch on your own, options available on site. Make payment to Francine Frenier for \$42 and mail to the address above NOW.

NEW Day Trip Friday, August 23. Essex Steam Train & Riverboat, Essex, CT. A train and riverboat excursion awaits. Includes luncheon at Griswold Inn. Make payment to Landmark Tours for \$136 and mail to the address above by July 20th.

NEW Day Trip Friday, September 13. Boston, MA Charles River Sightseeing Cruise & Harvard Museum of Natural History, home of the Glass Flowers. Includes lunch at The Cheesecake Factory. Make payment to Landmark Tours for \$124 and mail to the address above by August 1st.

Day Trip September 9-29 TBD. Big E. Dependent on the offered entertainment.

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. Ten seats available.**

Continued on back page.

The Newsletter is Changing

There are some changes coming with this newsletter and we'd like to let you know what to expect.

First, a brief background. In its current format, the newsletter is a group effort of all seven towns that make up the Northern Hilltowns Consortium of COAs: Chesterfield, Goshen, Cummington, Plainfield, Worthington, Westhampton and Williamsburg. The newsletter has both a local section and a regional section. The regional section is the last four pages of the newsletter and includes information relevant to folks in all the Consortium towns. The local section is either two or four pages, depending on which town you live in. The local section includes information about activities and services specific to your town.

For the last several years, the monthly newsletter has been primarily funded by a generous Service Incentive Grant originally administered by the Executive Office of Elder Affairs and, recently, by the Massachusetts Councils on Aging. Last year we also received some funds from a specific line item in the state budget.

Many people in the Consortium have worked long hours to apply for and then manage this funding. This includes keeping in contact with people in the relevant agencies and our state legislators. That funding allowed us to produce, copy and mail a paper edition of the newsletter to all of you.

All of us- COA coordinators, directors and volunteers- have happily done this work because we truly believe the newsletter is a vital resource for our communities. Because it has been mailed to every household in the seven Consortium towns that has a resident who is 60 years old or over, it is our primary means of sharing information with you about everything we do – from lunches and crafting groups to information about home safety and medical insurance and everything in between.

We also believe that a paper newsletter matters to our readers, even if the world is moving on to solely electronic means of communication. Many of you have told us how much you value receiving a traditional paper newsletter.

Unfortunately, the funding that has allowed us to copy and mail this newsletter has nearly run out. Despite our best efforts, we have been unable to find alternate funding. In an increasingly digital world, funding for copying and mailing a paper newsletter is no longer supported. Reading online has become the norm.

To that end, we would like to inform you about what will be changing. Unless your COA makes

specific alternative arrangements, the July 2024 issue of this newsletter will be the last time we mail a paper copy to you. After July, we can still provide you with an electronic copy of the newsletter.

Readers who currently receive the newsletter as a PDF via email will continue to receive it that way. Readers who do not receive the newsletter via email but would like to, please contact our newsletter editor, Kristen Estelle, with your name, email **and mailing address**, so she knows which town's newsletter you'd like to subscribe to: **regionalco-anews@gmail.com**

In anticipation of this change, we have created a user-friendly and informative website, where you will be able to access the newsletter for all the consortium's towns: **northernhilltownscoas.org**

We understand that many of you may not want to receive the newsletter by email or do not have the technology to do so. Please know we are working to ensure the newsletter reaches you. As you see on the previous page, our TechConnect team offers technology classes, as well as free devices you can use to go online. Additionally, some of the COAs are considering leaving paper copies in public places around town. Check the local news portion of the newsletter to see what your town's COA has planned in this regard.

You are always invited to contact your COA with any questions or concerns.



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

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US POSTAGE
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PERMIT 183
Greenfield MA

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

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Sherry Loomis
Joy Moore
Tamar Smith
Toni Boughton
&
Our Many Volunteers

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

On the Road Again: 2024 Trips

continued from page 4

NEW Day Trip Friday, October 4. Vermont's Finest. Stops at Scott Farm Orchard for freshly pressed cider and slice of apple pie, & Robb Family Farm Sugarhouse to sample maple cream and syrup. Lunch at The Marina included. Make payment to Landmark Tours for \$127 and mail to the address above by August 19th.

NEW Day Trip Tuesday, October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

Day Trip Monday, October 21. Boston Fine Arts Museum. Guided tour and many exhibits to explore on your own including: Jewelry--Beyond Brilliance, Art of Japan, Dali: Disruption and Devotion. Lunch on your own at one of three dining options within the Museum, or bring your own to eat outside the Museum. The \$72-\$88 (depends on how many passengers) payment to Francine Frenier is due by August 21st. Please mail a check to the address above. ***Call NOW to reserve a seat so the price can be set.***

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 a check to the address above.

