

# Living Well



Newsletter  
AUGUST  
2024

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

## Newsletter Update!

**\*\* As you know, this is the first edition of the Senior Center's monthly newsletter that is not being delivered via the post office. It is being "delivered" via our email list to folks who have signed up. \*\***

In the December 2023 Living Well newsletter, it was noted that the United States Surgeon General issued a 2023 Advisory titled, "Our Epidemic of Loneliness and Isolation. The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community." We, the Senior Center, then stated that we want to be a part of building "more connected lives in a more connected society."

In light of transitioning to an e-newsletter, we want to recommit ourselves to maintaining and building connections in our community. How do we make sure the "the word is getting out" about our programs, services, and activities? Will folks feel less connected to the Senior Center and what we do? How do we make sure folks know we are here, that we want to meet them? How do we let them know we are a resource and can connect them to many services that are available through other networks and agencies? How?

We will do this by continuing to publish a monthly newsletter! The first four pages of the newsletter are all done by staff working at the Senior Center. The regional section (four pages) is put together by the Northern Hilltown Consortium. This will not change. The only change is how folks will access the newsletter and its' important information.

Here are ways to obtain a copy: email Sherry at [sloomis@burgy.org](mailto:sloomis@burgy.org) to get on the digital mailing list; go to the [Burgy.org](http://Burgy.org) website page or the Senior Center Facebook page; or simply stop by the Senior Center office (we'd love to see you!) to get a copy. Copies will also be available at the post offices and Meekins Library.

We know the newsletter is a great outreach tool – we receive a lot of feedback and calls from what we share in it! And we will do all we can to make sure you have access to it and the information and resources it contains.

—Melissa Wilson

*Life is Better*  
WITH GOATS



**AUG 9**  
**10a.m. -12 p.m.**

**Multi-  
Generational  
Event**

**WILLIAMSBURG  
SENIOR CENTER**  
**"UNDER THE TENT"**

As advertised the Senior Center is having our **Multi-Generational Event and Luncheon on Aug. 9<sup>th</sup> from 10 am – 12 noon under the tent at the Town Office building!**

The featured guests are **goats from the Pause and Pivot Farm in Williamsburg**. We look forward to this event every year! It is a fun day to socialize with folks and interact with the animals. We then share food, have drinks and a dessert. And we're home early! It is a nice time to be together and share our stories. And there's plenty of parking!

We often hear the negative effects of loneliness and isolation among older adults. This is an opportunity to build connections and foster community. We hope to meet new people and cherish the ones we know. **Please join us. All are welcome!**

Please call **Melissa at 413-268-8410** or **Carol at 413-338-2920** to sign up. We can easily provide transportation. **We hope to see you there!**

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 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.**

### \*Grab-n-Go!

**Meals prepared and packaged by Highland Valley Elder Services free for anyone 60+!** Tuesdays and Wednesdays between 11:30 and 12 noon. **Contact Tamar at 413-338-2920, 2-3 days ahead to reserve your 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 August 13th and the second Tuesday every 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 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. (see also Page 4.)

### 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** and we'll try our best to provide you a driver: **413-268-8407**

### 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** 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.

### 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 (August 15th).** To join, email **Larry West ([landlwest3315@yahoo.com](mailto:landlwest3315@yahoo.com))**, and become one of the "guys!"

### Ladies Who Lunch

Meets at the **Williamsburg Snack Shack on 3rd Fridays at 11:30 am (August 16th).** 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](mailto: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 August 8th & 22nd, 1-3 pm.** Contact **Gloria Black at [Gloriosa05@yahoo.com](mailto:Gloriosa05@yahoo.com) or 413-268-7767.**

*Read about the HEN Program  
and more about our Exercise Classes  
on page 4*



## News From the Transportation Desk

While the sun and humidity has been wonderful for our gardens, it can make it harder for you to get around. You may feel more tired, or just not want to drive with the summer sun in your eyes. Our drivers can help get you to your medical appointments and to grab some groceries. Please give us a call at 268-8407 to set up a ride, and if you are someone who loves getting out on the road, and who likes helping out your neighbors, we would love to have you as a driver, too!

\*\*\*Please call us at least three business days ahead and we will do our best to provide a driver. \*\*\*  
—Joy Moore

### Café News:

**Grab-n-Go Meals! Highland Valley Elder Services provides free (or small donation) lunches Tuesdays, Wednesdays and Fridays** for anyone over 60 years old. You must pick up the Tuesday and Wednesday meals between 11:30 and noon at The Senior Center Café; on Fridays we deliver.

**In-house Meals! Our home-cooked meals are served Mondays and Thursdays at 11:30.** Come early and chat with friends. Always a hit, the room can fill up fast, so call for a reservation! Call Tamar, **413-338-2920** to reserve your spot!

### Farmer's Market Coupons

Farmer's Market Coupons (\$50 worth of free vegetables) are here. To apply – at the Williamsburg Senior Center – you must be:

- 60 years or older
- Income at or below 185% of the Federal Poverty Level
- (OR) Handicapped and living in a congregate setting
- Live in Williamsburg

After signing up, participants will be chosen by lottery. Call Tamar at the Senior Center, **413-338-2920**.

## Ladies Luncheon

August 16th, 11:30  
at the Williamsburg Snack Bar  
Stop in, look for our sign!

### Third Thursday Men's Group

This month's gathering is August 15th, 8:30 am  
at the Williamsburg Snack Bar.



### Tech Connect – Drop In Hours

**Meekins Library - August 13th** (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.

**The Williamsburg Senior Center thanks you for all your generous contributions!**

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!**

## Exercise Classes at the Senior Center

**Our Senior Center offers a variety of classes for folks:**

**Healthy Bones and Balance** – Mary Bisbee is the class instructor trained and certified through RSVP (Retired Senior Volunteer Program). This class is designed to increase your balance and strengthen your bones. The original intent was to help prevent falls. Mary has been teaching this class for over 3 years.

**Tai Chi** is taught by Marty Phinney. Tai Chi is an art embracing the mind, body and spirit. Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey. Marty has been teaching this class for over 30 years!

**Contemporary Dance** with Susan Waltner. An active class combining music and dance movement. Susan is a retired dance professor. She has been with the Senior Center for over 7 years.

**Strength and Cardio workouts** with Joan Griswold. Joan is a certified class instructor and offers classes in various hilltowns. Some are in person and some on zoom. You can attend as many classes per week that you want.

Please feel free to reach out to the instructors to see if you would like to attend (see page two for contact information). **All are welcome!**

## In Home Services

The Hilltown Elder Network (HEN), administered by Hilltown Community Development Corp. (HCDC), provides eligible rural elders with in-home services, such as home chore or transportation assistance, which help to insure safe conditions for independent living. To receive HEN assistance, elders must be at least **62 years old**, must meet household income criteria, and must have depleted or become ineligible for other forms of assistance, such as State Home Care.

Eligible elder participants receive assistance with cleaning, laundry, food shopping and meal preparation, and escorted transportation at no charge. A participant's eligibility is determined during the intake process. An over-income applicant may use HEN to locate a screened, experienced, local caregiver who will provide services for private payment.

HEN Caregivers are trained local residents who are paid for their services. Each caregiver is reference-screened and CORI-checked. HEN services do not include personal care. HEN services are available during off hours, on weekends and during bad weather when most for-profit providers cannot be consistently reliable. HEN coordinates fully with other provider agencies, such as Area Agencies on Aging and Visiting Nurse Associations, so as to limit duplication and maximize the impact of services.

To connect to HEN services, contact Amy Phinney at 413-655-0123.

## I Scream for Ice Cream!

Friday June 28<sup>th</sup> we had our annual **Ice Cream Social**. What a delightful treat on a summer day! The event was attended by 50 people—Our Williamsburg Seniors enjoyed eating sundaes and conversing with old and new friends!

The ice cream, hot fudge and whipped cream were generously donated by **Annette and Mark Larareo of the Village Green**. They have been sponsors of our Senior Center Ice Cream Social for many years, and we are very appreciative of their contribution! They also donated pansies for our Spring Fling and ice cream sandwiches to the Senior Café and the Take and Eat program.

—Carol Hendricks



### Seniors Aware of Fire Education

Emergencies happen fast and need to be quickly attended to. Here are three things you can do to plan for emergencies.

Senior   
**SAFE**

1. Make sure your house number is clearly visible from the street, so first responders can find your home quickly.
2. Get a FILE OF LIFE from your Council On Aging center, fire or police department. Fill it out with the names of the medications you are taking; post it on or in your fridge (EMTs will look for it if they are transporting you to the hospital).
3. Notify E-911 when someone in your house uses a life support system such as home oxygen or has some other disability. Dispatch will notify first responders which will enable them to render aid more quickly.

Plan to be SAFE!

--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.*



## QR codes – Questions!

### What are they?

They are the ubiquitous white squares printed on labels and packaging that contain black squares and squiggles (most likely a technical term). They might make you think of bar codes, the multiple black lines printed on labels. But the QR code is sort of a spiffy bar code, where more data can be stored in the image. QR codes can store data such as web sites, text, images, payment information, and application downloads.

### What does QR stand for?

My guesses were Quaint Rabbit, Quiet Roommate, and Quintessential Realist. Turns out it stands for Quick Response. Who knew. The general idea is that an electronic reader such as on your cell phone can access tons of information quickly. Sorry – Quickly.

### Is there a problem?

So thinking that if an electronic reader, operated or accessed by a human being, can get all that information, is there a chance for mischief? What a surprise, **yes, there is** and it is called Quishing (I did not make that up). When the reader such as our phone scans the code, information is obtained that could be used to steal identity or money. I just got a bulk-mail letter from an insurance company with a QR code; even if they are a reputable company, if I scan that, I will give them some of my electronic information and they will at a minimum start sending me emails and maybe texts. The FTC warns that standard security programs may not be able to catch problems with QR codes.

Safety precautions are similar to other electronic “things” to which we are asked to respond. Be sure you know where you are clicking, the context, reputation, etc. In other words, who might be trying to push you to a fraudulent website. The AARP Fraud Line gives these three “Don’ts”: Don’t download an app from the code. Find and use the app from your phone’s app store. Don’t pay a bill by clicking on a QR code. Don’t follow a QR code you got online or from a text.

Quietly I leave you for this month,  
Jean O’Neil  
TRIAD Committee member  
jeanoneilmass@gmail.com  
413-268-2228

## Tech. Help and Training for August



### Tech Support Available

Receive technology help by email, phone, drop-in or appointment: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**. Response within a day.

### Drop in Centers: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.  
Weekly on all Tuesdays from 11:00 to 2:00  
Bi-Weekly on Fridays, 11:30-1:30 (8/9 and 8/23)
- Cummington Community House, 33 Main St.  
Drop-In tech support, 2nd Weds. 10-12 (8/14)
- Goshen Free Public Library, 42 Main St.  
Drop-in tech support, 3rd Thurs. 12-2 (8/15)
- Plainfield Shaw Memorial Library, 312 Main St.  
Drop-In tech support, 3rd Thurs. 5-8pm (8/22)
- Westhampton Public Library, 1 North Rd.  
Drop-In tech support, 4th Thurs. 2-4pm (8/29)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 8/13 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 8/13 from 10 to Noon
- Worthington Library, 1 Huntington Rd.  
8/12 from 1-3pm. Appt. preferred.

### Tech Training:

Must pre-register for classes no later than one week before the scheduled training date. All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email [coaTechConnect@gmail.com](mailto:coaTechConnect@gmail.com); call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

- Beginner's Computer / Laptop Class  
will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30
- Intermediate Windows Computer Class  
starts, Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

### Tech Workshops:

- Chromebook Training, 8/9, 10:30-11:30
- iPad Basics Workshop, 8/22, 9-10:30
- Windows Basics Workshop, 8/23, 10:30-11:30
- Accessing the Newsletter Online, 8/28, 10:30-11:30

## SAVE THE DATE:

### Second TechConnect Fair

New Hingham Regional Elementary School

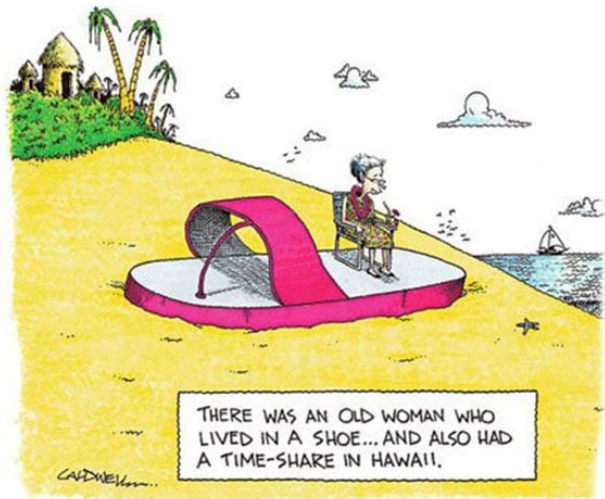
Sat. Sept. 21st, 9:00 - 1:00

Check website for details!

[www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

**Devices ready for distribution:** We have many PC laptops, refurbished Chromebooks and tablets. If you need or are waiting for 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](mailto:coatechconnect@gmail.com), leave message at **413-296-5080**, or use online form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

**GOSHEN VOLUNTEER NEEDED WILL TRAIN:** to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, [coatechvolcoor@gmail.com](mailto:coatechvolcoor@gmail.com), or visit [www.northernhilltownscoas.org](http://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.

*Day Trip Friday, September 13. **Boston, 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 NOW. Waitlist only.

*Day Trip Monday, September 23. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. Herman's Hermits starring Peter Noone performs at 2pm. **Cost is FREE for Chesterfield Seniors 60+ and \$18 for other seniors.** Make your check payable to Francine Frenier and send it to the address above by September 6th. NO REFUNDS due to bargain price.*

*Four Day Trip September 30- October 3. **Lancaster, PA. Sight & Sound's spectacular theatrical experience of the biblical show Daniel.*** Cost \$646, per person dbl. occupancy. Highlights: Sight & Sound Theater show, tour of Philadelphia, visit the Liberty Bell, Holocaust Memorial, The Mint, and spend time at Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above now. Call now to reserve your spot. Four seats available.**

*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. Waitlist available.

***NEW** Day Trip Monday, October 14. **Thimble Islands Cruise** along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors 60+ and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating. Two pick up locations, Worthington and Northampton.*

*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. Waitlist only.

***NEW** Day Trip Monday, October 21. **Boston Fine Arts Museum.*** 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 \$85 payment to Francine Frenier is due by August 21st. Please mail a check to the address above. Waitlist only.

*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 \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. NO REFUNDS due to bargain price.

**October 2025~~~~Blue Ridge Mountains Asheville, North Carolina**

## Virtual Good News for August

By Deb Hollingworth

Confused? The Good News is that many of you applied for the Medicare Savings Program when MassHealth released the new application in March. And many of you have been approved. Congratulations!

You should have gotten notification from social security that they would be putting your Medicare B premium back in your check, so your social security check should be bigger now. It can take a couple of months for that to happen, but it looks like they are processing faster now. You should also receive a MassHealth ID card (which looks like an ATM card). It's blue and has your MassHealth ID number on it.

### **Why are you getting a MassHealth card... does this mean you have MassHealth?**

No, the Medicare Savings Program is a Federal benefit...not MassHealth. I know you must be sick of me saying that...over and over....but it's easy to think you have MassHealth if they send you an ID card.

Depending on your income, you may need to show that MassHealth ID card at the pharmacy, or when you have doctor visits, because there are additional benefits for those with incomes less than \$2,385 / month (single) or \$3,237/ month {married}. For those at this income, the Medicare Savings Program automatically enrolls you in Extra-Help which will subsidize your Rx co-pays and also pays your co-pays for doctor visits.

So tuck that new MassHealth ID card away in your wallet, and make sure to show it to your medical providers.

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

**WILLIAMSBURG  
COUNCIL ON AGING  
ADVISORY BOARD**

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&  
Our Many Volunteers

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

# SCAM ALERT!



*You get a call or message saying that you did not appear for **jury duty**, you need to pay a fine or you will be arrested.*

***What should you do?***

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

***VERIFY THE  
INFORMATION***

**Massachusetts  
Office of the Jury  
Commissioner**

**(800) 843-5879**

*If you have a  
consumer problem or  
question, contact the*

**Northwestern  
District  
Attorney's  
Consumer  
Protection Unit**

**Greenfield  
(413) 774-3186  
Northampton  
(413) 586-9225**

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