

Living Well



Newsletter
SEPTEMBER
2024

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

September is Falls Prevention Month!

Senior Safety Presentation

Thursday, September 26th, 12:30-1:30 pm.

Williamsburg is lucky to have a **TRIAD** program that includes members from the D.A.'s office, the local Police, Fire and Sheriff's departments, and yours truly, the Senior Center. The group usually meets monthly to discuss how we can provide programming and increase outreach to help local seniors.

This program is being offered as a follow-up to the well-received June Scam Prevention presentation. Representatives from the D.A.'s office, Police, Fire, and Sheriff's departments will be on hand.

A variety of topics will be addressed such as; medical equipment, medical information cards, life alert pendants, house numbering, lock boxes, and smoke and CO2 detectors. They will cover solutions to tripping hazards, installing grab bars and other modifications to make home environments safer.

There will be time for questions. We hope to see you there! **Please call 413-268-8410 to register.**

Life IS better with goats from Pause & Pivot Farm in Williamsburg! See Page 4 for more!



Your Voice Matters!

The Senior Center wants to play an active role in assisting seniors who want to vote in the Nov. 5th election. Our Town Clerk, Brenda Lessard, has provided the following information:

Oct. 26, 2024: Deadline to register to vote for general election

Oct. 29, 2024: Deadline to apply for vote by mail ballot for general election

Nov. 5, 2024: General election. Polls will be open from 7 am to 8 pm

Vote by Mail:

Voters are entitled to vote by mail for any reason, as long as you're already registered to vote. You should be sent an application in the mail before the election, and you can also apply online at www.burgy.org.

In-Person Early Voting:

If you prefer to vote in person, you can get a head start and vote early, no reason needed. Early voting for the general election will take place between Oct. 19th and Nov. 1st. Actual dates and hours have not yet been finalized. In-person early voting will be done in the Town Clerk's office.

Vote In-Person on Election Day

You can always vote in person on Election Day, Nov. 5th for the general election. Polls will be open from 7 am to 8 pm. Voting will take place at the Town Offices in Haydenville. In most cases, you will not be asked to show an ID to vote. There are 5 ballot questions.

For more information contact Brenda Lessard at 413-268-8402.

SAVE THE DATE!

We will be holding a flu clinic on Oct. 10th from 9 am – 12 pm at the Anne T. Dunphy School. See Page 3 for details.



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.**

*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 Sept. 10th, and the second Tuesday every month. Call us at **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 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 (Sept. 19th)**. To join, email **Larry West (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 (Sept. 20th)**. 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, September 10th, 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 Sept. 12 & 26th, 1-3 pm**. Contact **Gloria Black at Gloriosa05@yahoo.com** or **413-268-7767**.

Save The Date!

Guest entertainer, Roger Tincknell will be performing "Island Vacation" for us on

**October 24th at 12:30 pm in the Café.
More on this next month!**



The Senior Center is having a **Flu Vaccine Clinic for Seniors (60 +)**. Walgreens of Florence will be administering the vaccine.

When: Thursday, October 10th, 9 am–12 pm
Where: Anne T. Dunphy School

You must register in advance. Please call 413-268-8410 to register asap.
 Outside, rain or shine.

Sand For Seniors

Before we know it the weather will be changing. In order to prepare for winter and slippery conditions we would like to let you know about our Sand for Seniors program offered in partnership with TRIAD and the Williamsburg Police and Fire Department. TRIAD's overall goal is to help keep seniors safe and healthy. The bucket of sand is delivered in early October and picked up in the spring to be cleaned and delivered back to you. You will get a call prior to these deliveries.

If you would like to be added to the list for a sand bucket, please call **Carol Hendricks, 413-338-2920, to be added to the list.**



TechConnect Invitation

Who: You and a friend!!
What: Tech Connect Fair
When: Saturday, Sept. 21st, 9 am – 1 pm
Where: New Hingham Elementary School, Smith Road, Chesterfield
Why: The tech connect fair will have vendors, activities, mini-workshops, and tech support people on hand to answer YOUR questions.

It is a one-stop event to bring you information about any of the devices you might use. Wondering how to use your phone to make a shopping list, set the alarm, or find the calendar? Maybe how to set up a portal for health care, how to get on zoom, or download documents? What is an app, anyways?

This is a unique opportunity to immerse yourself in a world of tech support folks who are there to help you with your technology questions.

There will also be door prizes and give aways, along with light snacks and water. **We hope to see you there! (See more about this on page 5 & 6.)**

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!**

Stay tuned for our

GUEST COOK

program to begin in October!

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;
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!

Life is Better with GOATS! Multigenerational Event August 9th was a success, thanks to all of you.

A little rain couldn't keep our hearty Williamsburg seniors, families, and friends away.

Over fifty people ventured out to pet and feed the sweet, feisty goats from Pause & Pivot Farm. They enjoyed finger sandwiches and desserts, served by youth from the Williamsburg Grange and the Misfits 4-H club. All of the different age groups made the event extra special!

We would like to thank the generosity of Terry and Miana Dawson from Pause & Pivot Farm and their family, the youth lead by Faith Bisbee from the 4-H, and Shannon Wade from Williamsburg Grange for their hard work moving tables and chairs and helping serve, and the help of our wonderful volunteers and COA Board members. We couldn't do this without you!

Looking forward to next year – bunnies, dogs, goats – what's next?
~Joy Moore



Senior & Veterans' Tax Relief Programs

The Town's ongoing Senior and Veterans' Volunteer Tax Relief Programs (also called Tax Work-Off Programs) are accepting applications. Deadline is October 1st, but there is often room later, especially in the Veterans' program. People can do work for the Town and earn a reduction in property tax, up to \$1500 per household per year.

For the Senior program the person must be at least 60 years old and have a household income of less than about \$60,000; some preference may be given to people whose household income is less than about \$38,000 (see application form for exact amounts). If a lot of people apply, then each person may get a little less. The Veterans' program is open to all veterans with no income or age limits.

For both programs, an approved substitute may do the work for someone physically unable to work. Note that the amount earned is considered taxable income by the Federal Government, and this may affect eligibility for income-based programs. Also note that these programs are totally separate from the Senior and Veteran Tax Exemptions. Applications are available from the Senior Center, the Selectmen's Administrative Assistant (413-268-8400, x9) or online at www.burgy.org.

Sign-up Now for the Digital Newsletter!

Williamsburg's monthly **Living Well Newsletter** is available in digital format on the **Burgy.org** website, and emailed to everyone on our digital mailing list.

Paper copies will be available in the Town Offices, Meekins Library & post offices. Please encourage your friends and neighbors to sign up too!

To subscribe or unsubscribe from this newsletter

Contact us at 268-8410, or sloomis@burgy.org.

Visit our website, www.burgy.org or our Facebook Group: [Williamsburg Senior Center](#)



Seniors Aware of Fire Education

September has been designated "Fall Prevention Month." So, here are some things you can do to keep from falling down to avoid serious injuries:



1. Stay active.
2. Try balance and strength exercises. Your COA may sponsor exercise sessions.
3. Make your home fall-proof.
4. Wear slip-proof shoes.
5. Have your eyes and hearing checked regularly.
6. Find out what the side effects are from the medications you are taking.
7. Get enough sleep.
8. Limit your consumption of alcohol.

Enjoy a S.A.F.E fall without falling!

--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.



TECH CONNECT FAIR

Saturday, September 21st, 9am-1pm
New Hingham Regional Elementary School
30 Smith Road. Chesterfield, MA

Don't miss the Tech Connect Fair on Saturday, September 21st at the New Hingham Regional Elementary School! You can drop in anytime from 9am to 1pm. Residents from all towns are welcome to attend! Come and discover an array of tech vendors, engage in mini workshops, attend informative sessions, and participate in tech-centric activities.

One of our previous year's attendees shared, "This event ignited my passion for learning. I have so many items on my list to learn, and now I know how to get started." We're sure you'll gain new insights, get your tech queries solved, and maybe even find a new passion. Plus, we've got door prizes and giveaways adding to the fun. **Can't wait to see you!**

All Those Papers! Part 1

So you know how you throw something out and the next day wish you had it? Sadly, that can happen with papers! We've gone over what papers you should have and how to file them (The Book), now - please don't yell - do I HAVE to keep them ALL??? The good news in short, no. The bad news, you have to figure out which ones. Some of these decisions are personal, some are not. So here we go.

Personal - should you keep old love letters? Photos of past boy or girl friends? The registration for your first car? You decide, we all don't care.

Not personal - here we care as we don't want you to be sad. We'll start with taxes and finish next month with other items. I have to admit I cheated this month and let the IRS write for me. This is too important to chance an error.

Taxes. I used this link - www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records and added emphasis on a definition. Let me know if you want more details, or a print of this link. Records here means your tax returns and associated documents, like 1099s, or other documents that were filed with the return or that could have an effect on your return in future years.

"The length of time you should keep a document depends on the action, expense, or event which the document records. Generally, you must keep your records that support an item of income, deduction or credit shown on your tax return until you can amend your tax return to claim a credit or refund, or the IRS can assess additional tax.

1. Keep records for 3 years if situations (4), (5), and (6) below do not apply to you.
2. Keep records for 3 years from the date you filed your original return or 2 years from the date you paid the tax, whichever is later, if you file a claim for credit or refund after you file your return.
3. Keep records for 7 years if you file a claim for a loss from worthless securities or bad debt deduction.
4. Keep records for 6 years if you do not report income that you should report, and it is more than 25% of the gross income shown on your return.
5. Keep records indefinitely if you do not file a return, or
6. If you filed a fraudulent return."

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

Tech. Help and Training for September



Tech Support Available

Receive technology 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: 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 (9/6 and 9/20)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (9/11)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (9/19)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (9/19)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (9/26)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
On hold for now.

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; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Computer Classes:

Beginner's Windows Laptop Class will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30

Intermediate Windows Laptop Class starts Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Zoom – Fri, 9/6/2024, 10:30 – 11:30
- Mac basics – Wed, 9/11/24, Noon-1pm
- Google Drive – Fri, 9/20/2024, 10:30 – 11:30

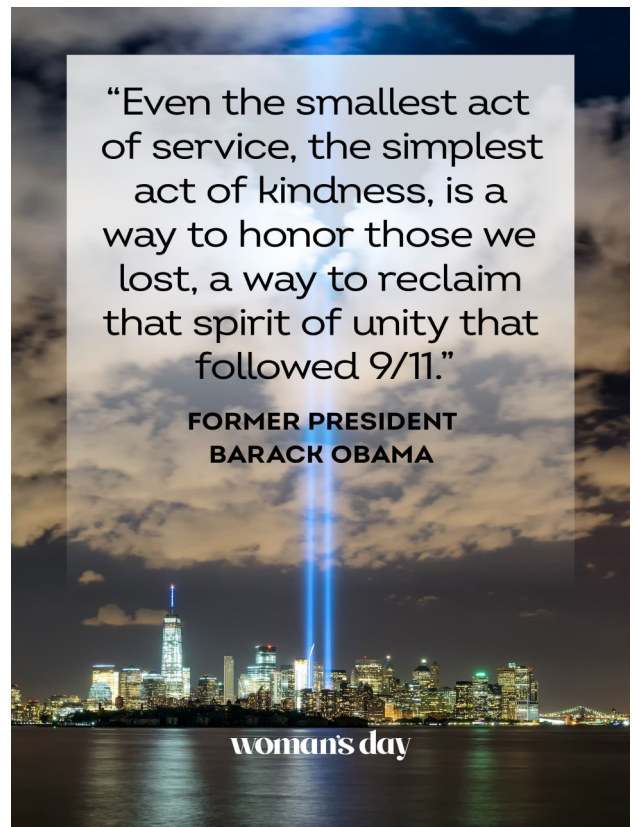
- Accessing the newsletter online – Mon, 9/30 at Noon - 1:00pm
- Facebook – Fri, 10/4/2024, 10:30 – 11:30
- What does THAT mean: tech terms – Wed, 10/9/24, 11:00 - 12:00pm
- MS Excel – Fri, 10/18/2024, 10:30 – 11:30
- Streaming – Sat, 10/26/24, 10:30 - 12:00pm

TechConnect Fair

New Hingham Regional Elementary School
Sat. Sept. 21st, 9:00 - 1:00
Check website for details!
www.northernhilltownscoas.org

Devices ready for distribution: Our recently hired staff member Ky Martus, is distributing devices. Please remind us if you requested one and are still waiting. We have more PC laptops, refurbished Chromebooks and iPad and Android 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, leave message at **413-296-5080**, or use online request form on our website, www.northernhilltownscoas.org

Cummington Drop-In Volunteer Needed - Will Train: to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through 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 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 NOW. NO REFUNDS due to bargain price.

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.

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 NOW. Please mail a check to the address above. Waitlist available.

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. Waitlist available.

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



Fall / Winter Clothing Exchange

Saturday, September 21st, 9-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/18 from 6-8pm or Friday 9/20 from 9am-3pm, then come back to shop on Sat. the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

A WILLIAMSBURG FORUM ON OUR CLIMATE AND ENERGY FUTURE

Sunday, September 22, 2 pm

Our Climate Future: What to Expect in New England

Temperature and precipitation projections for New England, anticipated challenges of these changes and what you can do to prepare.

Presented by:
Toni Lyn Morelli,
Northeast Climate Adaptation
Science Center, UMass

Events are at the Anne T. Dunphy School in Williamsburg. Childcare and light refreshments will be provided.

Brought to you by Indivisible Williamsburg and the Williamsburg Energy Committee

SAVE THE DATE!

Sunday, October 6, 2 pm	Sunday, October 20, 2 pm	Sunday, November 3, 2 pm
How to Save Money with Energy Upgrades	Your Electricity Bill 101	Our Electricity Future

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

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

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Toni Boughton
&
Our Many Volunteers

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

SCAM ALERT!



You get a message saying your package cannot be delivered. They provide a link to click to schedule delivery.

What should you do?

- Stop and verify the information before you act.
- Don't click on the link or call to claim the package or schedule a delivery.
- Keep tracking information if you are expecting a delivery.

**VERIFY THE
INFORMATION**

USPS.com
1-800-275-8777

UPS.com
1-800-742-5877

FedEx.com
1-800-463-3339

*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

**Working in cooperation
with the Office of the MA
Attorney General.**

