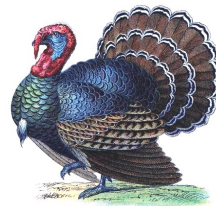


# Living Well



Newsletter  
NOVEMBER  
2024

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

## Veterans Day Tribute

With Veterans Day being this month, I wanted to take a moment to share a story about a local veteran. I knew **Cindy Foster** from going to Hampshire Regional High School in the 1970s. She had one sister and her mother worked in the school lunch program. Her father was a Korean War veteran. And they grew up on South St.

She agreed to share some time with me for this article. I so enjoy these moments – it is enriching and precious to hear someone's story. Lucky me!

In high school, Cindy was an average student and in her words "had few interests, maybe I liked to write." She had a small, tight social circle. However, she did share that she "talked a lot from kindergarten on up."

Upon graduating from high school, it was a choice of going to college or not. At the time, she thought deeply about the Vietnam War – this was her "coming of age." She remembers the folks who supported this war and the folks who protested this war. She was confused. She spoke with her father. He tried to help her understand that "while protesting war can be the right thing – they were going about it in the wrong way." He shared with her that it is important to help. "It is the military mission to provide aid when others are suffering in the world." Her mother would not sign the papers for 17-year-old Cindy to join the military right after graduation. Instead, she asked "Don't you want to be a nurse?" Cindy waited until later in the year, when she was 18, to sign up.

She joined the army and specialized in communications. She finished her basic training in Alabama and her first duty station was Fort Lewis, Washington. There were 200 people in her unit with 5 platoons and only 10 females (Cindy was the only female in her platoon). Cindy shared that her recruiters had been honest with her "the military was not welcoming to women." She said women learned to "shut up, keep their heads down and do their job." Cindy then completed mandatory training in Alaska for 3 months (Jan. – March). It was cold and challenging! Cindy earned three commendations. And achieved the rank of Sergeant in less than three years.

**\*\* Do you need a ride for in-person voting on November 5<sup>th</sup>? Call the Senior Center at 268-8410. We will do our best to get a volunteer to drive you. \*\***

Cindy loved her work in communications. While not a combat veteran, she trained for being contacted by soldiers in the field needing assistance. It was the personnel in communications that made the call about how to get help to them. Cindy stated that a superior officer told them that in war the first two targets were the ammunition sites and communications. Even though she knew this, it was still a shock to hear it.

After Alaska, she returned to Ft. Lewis and from there went to Germany. It was there that she met her husband (a soldier, as well). She did not re-up and returned to the U.S. with her husband a year later. She gave birth to her son while in Maryland. When her husband's tour ended, they relocated to Burgy. Shortly after, Cindy and her husband divorced. Using the G.I. Bill she returned to school at Springfield Technical Community College (STCC). Her mother again suggested she go into nursing. Cindy again was not interested. She majored in law enforcement and human services and returned to work. Until her mother saw...

—Continued on Page 4—



**Thank you to all who have served.**

**Veterans Day Service will be held 11/11 at 11 am at War Memorial Park on Main Street, Williamsburg.**

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)

## Food Programs:

### **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 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 or tsmith@burgy.org, 2-3 days ahead to reserve a meal.**

#### **\*Grab-n-Go!**

**Meals prepared and packaged by Highland Valley Elder Services are free for anyone 60+!** Tuesdays and Wednesdays between 11:30 and 12 noon. **Contact Tamar at 413-338-2920, tsmith@burgy.org 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.**

## Transportation:

### **Medical Rides**

Senior Center drivers are available for your medical rides *funded by PVTA*. **Call us at least 3 business 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**. *Funded by Highland Valley Elder Services.*

## Health/Wellness:

### **Foot Nurse**

**Piper Sagan is doing foot care at the Senior Center November 12th**, and the second Tuesday every month. Call us at **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.

### **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**. *Funded by 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, 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 Tuesdays, 9:30 am**, outside or in the auditorium. Members or interested folks can contact her at **413-268-3228**. Donations are 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.

## Just for Fun:

### **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 only meet on November 14, 1-3 pm**. Contact **Gloria Black at Gloriosa05@yahoo.com** or **413-268-7767**.

### **Men's Breakfast Group**

Meets at the **Williamsburg Snack Shack on 3rd Thursdays at 8:30 am (Nov. 21st)**. To join, email **Larry West (landwest3315@yahoo.com)** or stop in!

### **Ladies Who Lunch**

Meets at the **Williamsburg Snack Shack on 3rd Fridays at 11:30 am (Nov. 15th)**. **Please stop in and join us or call 268-8407 for info.** (Look for our sign!)

## Other Services:

### **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, November 12th, 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).

### **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. **268-8407 or 268-8410.**

### **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.

### **Hilltown Elder Network**

Also known as the **HEN Program**, is available from the **Hilltown Community Development Corporation** for housekeeping and other duties. Call the coordinator, **Amy Phinney, 413-655-0123** for more info.

**Stop in Mondays-Thursdays, 8:30-1:30**

## Meal Site Guest Cook! — Continues!

On October 17<sup>th</sup> seniors attending the Senior Center Café were treated to a delicious, home-cooked lasagna dinner (the dipping oil for bread was superb!)\*

And on **November 7<sup>th</sup>** we are excited and ecstatic to have **Miana Hoyt Dawson and Katie See** of Williamsburg, sponsoring and preparing the meal at the Senior Center. The meal will be butternut squash shakshuka (eggs in a sauce) along with salad, home-made biscuits, maple walnut blondie sundaes and beverages.

A shared meal is such a great way to bring people together. We want to build community by providing a space for folks to connect and be engaged with others. Please join us.

**To register for lunch on this day (or any day or to sign up for a monthly menu), please contact Tamar at 413-338-2920, [tsmith@burgy.org](mailto:tsmith@burgy.org).**

\*This meal was generously donated by Mark and Annette Larareo (owners of The Village Green).  
**Thank you, Mark and Annette!!**

~Melissa Wilson

## Save the Date!

**Thursday, December 12th  
at 12:30 pm in the Senior Center Café**

We had so much fun last year that we invited them back!

Join us for a Holiday Sing-Along  
with **Voices of the Valley Singers!**

**To reserve lunch before the show, Call Tamar at 413-338-2920, [tsmith@burgy.org](mailto:tsmith@burgy.org).**

## News from the Transportation Desk...

The Old Farmer's Almanac is calling for a "Calmer, Gentler" winter for New England this year! What good news for those of us who are on the road often.

Our office is almost always open during snowy weather, and our drivers make every effort to get you to your appointments, unless they feel the driving conditions are unsafe. They will call you if they need to cancel during a storm. Please make sure that your driveway is clear for their car, and that your path to the car is clear as well. We want to keep everyone safe and on time.

With gratitude this November,  
**Joy Moore 268-8407 or [jmoore@burgy.org](mailto:jmoore@burgy.org).**

## Help Wanted



We need someone who loves food and likes to volunteer — Mondays and/or Thursdays from about 9:30 -12:30. You'll do a bit of food prep, serve and do dishes. We have FUN working in the Williamsburg Senior Center Café! **Call Tamar at 413-338-2920, [tsmith@burgy.org](mailto:tsmith@burgy.org).**

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

~Author Unknown

## Thank You!

We want to take a moment to thank Walgreens in Florence and the Anne T. Dunphy School for partnering with us for the annual flu clinic. Many folks came by and it was nice to see all of them!

A thank you, also, to the volunteers who helped that day (Select Board member Denise Banister and COA Board members – Maureen O'Brien, Dianne Martin and Daria D'Arienzo). If you are interested in volunteering for the Senior Center, please contact **Melissa Wilson at 413-268-8410 or [senior-centerdirector@burgy.org](mailto:senior-centerdirector@burgy.org)**.



Photos by Daria D'Arienzo



**Happy Thanksgiving!**

—Continued from Page 1—

An advertisement that Highland Valley Ambulance Services (Francis Dresser) was looking for people to train for Emergency Medical Technicians (EMT) positions. Cindy completed this training and continued her work as a Certified Nurse's Assistant along with responding to EMT calls. She loved being an EMT! Again, Francis approached her and asked if she would be interested in paramedic training. She then attended Springfield College and passed her state boards to obtain her license.

She continued paramedic work for American Medical Response (AMR) in Springfield for 22 years (she retired in 2022). Cindy credits the military for "making her strong." She said she needed that strength to get her through her work as a paramedic. As we can all guess, this line of work brought Cindy face to face with many difficult and tragic circumstances and outcomes.

She did share, however, one story. She recently ran across an individual who asked "Do you remember me?" She did not. He then told her that she was the paramedic who saved his life. He was able to retell enough of the circumstances that Cindy did indeed remember. While she was trying to put an IV in his arm he was grabbing at her and yelling "don't let me die." He then went into cardiac arrest, she performed CPR, revived him and got him to the hospital. He had his children with him and wanted her to meet them.

This story continues to help Cindy to this day. Since retiring she shared that she goes to therapy to help her with "PTSD from the ghosts of people who had died and the severity of situations she encountered" as a paramedic. She said the military – while making her strong, also taught her to "suck it up" and "stand your ground." Cindy has learned that it is okay to seek help. She speaks highly of the Leeds V.A. and credits their primary care for reaching out to her. She

also says that the military is more welcoming to women now. She is happy about that, too.

In retirement, Cindy has become a member of the Haydenville Legion (2023). She says she needs a purpose and has found it there. She adds "doing something for others is why I am put here." She describes the legion as members "who served our country and now want to serve our community." Another activity Cindy is passionate about is "advocacy for suicide prevention training and watch dog group for all first responders as well as veterans." Needless to say, Cindy has a lot of energy. She wears her commitment and passion for others on her sleeve.

As Director of the Senior Center, I have had the opportunity to meet many older folks (our neighbors) in the community. This has led me to share some of their stories with you. It is their stories that inspire me to be the best I can be, to be reminded that our lives are all part of something bigger than ourselves, and to serve with the purpose of making the world a better place.  
~Melissa Wilson

## Manna Community Kitchen

**FREE**

# Thanksgiving Meal

**November 28th, Noon-2 PM,  
Edwards Church, 48 Elm Street,  
Northampton**

**Please register by Nov. 21st to pick up  
your meals or arrange for free delivery.**

**Call us, 413-887-0500, between 9 am & 7 pm  
mannanorthampton.org**

## 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!**

## Seniors Aware of Fire Education

The big cool down of fall has already started and folks are firing up their wood and pellet stoves and plugging in their space heaters. Here are some things to consider as you prepare to use them.



### For fireplace and solid fuel (coal, wood, pellet) stoves:

- ~ Have your chimney professionally inspected and cleaned.
- ~ Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- ~ Do not use flammable liquid to start the fire.
- ~ Make sure the damper is open before starting the fire.
- ~ Keep any flammable material at least three feet away from the stove.
- ~ Always use a fireplace screen to keep flying embers and sparks in the fireplace.
- ~ Shovel ashes into a METAL BUCKET with a METAL LID, and place it on the ground well outside the house and away from the porch. Ashes and embers can stay hot for days and ignite combustibles.

### If you must use a space heater, here are a few ways to use it safely:

- ~ Do not use a space heater as your number one heating source.
- ~ Keep any flammable material at least three feet from the heater.
- ~ Plug the heater directly into the wall outlet. Do NOT use extension chords or power strips with the heater.
- ~ Always turn off the heater when going to bed or leaving the room.
- ~ Remember, it is illegal to use portable kerosene and propane heaters inside your home because they create carbon monoxide.

### One more consideration:

- ~ Make sure you have working carbon monoxide detectors in your house. CO is a colorless, odorless gas, and is absolutely lethal.

Stay warm, SAFELY!

--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.*

## Emergency Room Advice

Personal experience can be a terrific teacher. This is what I learned in the last 8 months or so. For this note, I will assume you are helping a family member or friend.

If it is necessary to send someone to the hospital emergency room, look at the transportation options, e.g., driving the future patient, or calling 911 and going in an ambulance. If the latter, the patient will be seen initially quicker than if he/she walked in. Plus, if there is a life-threatening issue or the patient is not capable of moving themselves, then obviously you want them to be in EMT care ASAP. Bless those folks.

Follow the ambulance safely – don't rush. It will take a little time for the ambulance to get there and into the hospital and for them to put the patient somewhere that you can see him/her. Take the time to get Necessary Stuff.

And what on earth is Necessary Stuff? This is a technical term (well, maybe not...) meaning identification, medicines, medicine list and schedule, paperwork, phone numbers, and things to do.

**Identification** – you may need the Medicare card or other insurance.

**Medicines** – toss (yes, carefully) the pill containers into a plastic bag. Include non-prescription items such as supplements. The hospital pharmacy is well-stocked but there may be meds that they don't have. In this case, they will package them and have you keep them safe. And, remember only the hospital staff is to give medicines while you are there.

**Medicine list** - Of course you already have this, right? Brand name, generic name, dose, and how many times a day and when the pill is taken.

**Paperwork** – the MOLST or POLST and a copy of the healthcare proxy. The hospital may already have these but you need to be sure. The default option, if they don't, is to label the patient Full Code and pull out ALL stops if the patient stops breathing. The health care proxy of course lets you ask questions and get answers, and make decisions to the benefit of the patient if they are unable to speak for themselves.

**Phone numbers** – You will need to call those who need to know, e.g., children, other family members, friends. You should have the number for the primary doctor, any consultants, or case managers. You may need to (*cont. on next page*)

## Tech. Help and Training for November



### Tech Support Available by Appointment

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.

### Still Available: Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets

Our 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: [coatechconnect@gmail.com](mailto:coatechconnect@gmail.com), **413-296-5080**, or use online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Need affordable internet access?

We now have a way for you to affordably connect to the internet using an internet "Hotspot" device. They work like WIFI without cable or fiber service. If you are interested in learning more about how these devices work and how they could benefit you, please contact us by phone or email.

### 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 (11/1 and 11/15)
- Cummington Community House, 33 Main St.  
Drop-In tech support, 2nd Weds. 10-12 (11/13)
- Goshen Free Public Library, 42 Main St.  
Drop-in tech support, 3rd Thurs. 12-2 (11/21)
- Plainfield Shaw Memorial Library, 312 Main St.  
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (11/21)
- Westhampton Public Library, 1 North Rd.  
Drop-In tech support, 4th Thurs. 2-4pm (11/22)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 11/12 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 11/12 from 10 to Noon

- Worthington Library, 1 Huntington Rd.  
Call COA for date & time: 413-238-5962.

### Tech Training:

Must pre-register for training 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)

### Computer Classes:

Beginner's Windows Laptop Class will restart on Thursdays November 7- December 5 for four-weeks, 1:00- 2:30. Repeats on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts Wednesdays on October 23- November 27 for 6 weeks, 10:30-Noon. Repeats on December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

### Tech Workshops:

- Internet Basics– Fri. 11/1, 10:30-11:30am
- Using Medical Portals & Telehealth-  
Thurs. 11/14, 10:00-12:00pm
- Microsoft Word– Fri. 11/15, 10:30-11:30
- Computer Maintenance– Fri. 12/6, 10:30-11:30
- Organizing, Storing, & Moving Digital Photos (ONLINE CLASS) - Mon. 12/9, 1-2:30pm
- Windows Accessibility– Fri. 12/13, 10:30-11:30
- Android Phones– Tues. 12/17, 1-2:30pm



**(ER Advice, cont. from previous page)** call a friend who has a key and can take care of pets.

**Things to do** – there will be some down time so reading or handwork might be appreciated. That's of course in addition to the worrying which I know you can handle.

Yours in health,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)  
413-268-2228

## On the Road Again... 2024 & 2025 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, 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 NOW. Please mail a check to the address above. NO REFUNDS due to bargain price. Waitlist available.

~~~~~2025~~~~~

*Multi Day Trip June 22-26. Montreal & Ottawa. Passports required.* Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Price \$1,052. Discount of \$25 if paid in full by March 26, 2025. Make the check payable to Diamond Tours and mail to the address above.

*Day Trip TBD. Winnepesaukee Railroad.* Enjoy a delicious turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train. Tour the shores of Lake Winnepesaukee. Price TBD.

*Multi Day Trip October 12-18. Biltmore Estate & Smoky Mountains, Asheville, NC.* Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18, 2025. Make the check payable to Diamond Tours and mail to the address above. **As of November 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

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More day trips to come! Any new ideas or special events are always welcome. Please email Francine at francine.frenier@gmail.com. Any interest in a Woosox game? Please email me.

THANK YOU to all the passengers who joined the trips. I hope you enjoy travelling to various places and meeting new friends as much as I do.

~ Francine



**Haircuts, manicures, colors, facials, and other hair care options** are being offered at Smith Vocational High School on every other Wednesday, starting **October 12 through mid May**.

The cost is \$5.00 for a haircut (please call for other prices.) The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside. Simply call 413-587-1414 ext. 3531 for an appointment.

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

**All are welcome!**

### Local chorus invites the public to sing along

Heart of the Valley Chorus, a women's voices barbershop a cappella group, is inviting members of the community to sing along with them at several open rehearsals this holiday season. Anyone aged 8 to 108 who enjoys singing in the "treble" range – soprano, alto, mezzo, and high men's parts – are encouraged to come learn a few holiday songs, with an option to perform along with the chorus at the Bombyx Center for Arts and Equity in Northampton on December 14. Singers under 16 are welcome with an adult.

Heart of the Valley Chorus has been bringing its unique blend of barbershop harmonies to the Pioneer Valley for 40 years. Members come from Longmeadow, Holyoke, Easthampton, Hadley, South Hadley, Leeds, Florence, and Goshen, and range in age from their 20s to their 70s! Singing a variety of music – jazz, Broadway, contemporary, and inspirational – all in four-part barbershop style, the group is dedicated to sharing their music with underserved populations and creating a safe and welcoming space for all singers.

**The group's open holiday rehearsals are scheduled for Wednesdays 11/13, 11/20, 12/4, and 12/11 at 6:30pm at the Christ United Methodist Church on Rocky Hill Rd in Northampton.** Anyone interested in joining this special holiday program should contact Stephanie at [heartofthevalleychorus@gmail.com](mailto:heartofthevalleychorus@gmail.com) or visit [www.heartofthevalleychorus.org](http://www.heartofthevalleychorus.org) for a registration form.

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

**WILLIAMSBURG  
COUNCIL ON AGING**

**ADVISORY BOARD  
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Maureen O'Brien, Secretary  
Mary Bisbee  
Toni Boughton  
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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.

# SCAM ALERT!



***You get a call or message from a charity looking for donations. Should you donate?***

***Scammers try to fool you into giving them money.***

- They rush you into giving out your credit card number over the phone.
- They use names that sound like a real charity.
- They change the caller ID to make you think it's a local caller.

***What to do:***

-Research before donating. Look up the charity online & read what others are saying about it.

-Ask the caller to send you more information.

-Don't feel obligated to donate to someone who calls you.

***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.**

