

# Living Well



Newsletter  
MARCH  
2025

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

## Has It Been Five years?

**YES, it has been five years** since my tenure with the Senior Center began. What do I enjoy most about the work, you ask? That's easy – it's sharing my day with the folks who use our services. That can be a phone call, walk-ins, meetings, lunch, joining a class, or our office banter. **Each day is an opportunity to help someone.**

**The Senior Center** provides a wide range of services to meet the needs of folks residing in the community. Some services are tangible, i.e., rides to medical appointments or groceries, lunch and other food programs, exercise programs, etc.

**Other services we provide** are a community space for socializing, meeting new people, making connections, companionship, and entertainment. The Senior Center programs strive to enhance the quality of life and independence of the people we serve.

**This is the language we use** to describe what we do. Describing what we do, however, doesn't tell the whole story.

**What is the whole story, you ask?** Telling the whole story has to include the staff and their commitment and devotion to the people we serve. **They don't just work here.** They know the people who live here. They are part of the community. They work tirelessly to respond to each and every individual who reaches out to us. It is obvious to anyone who comes here that we not only enjoy our relationship with residents who use our services, but we want to help them as much as we possibly can.

***The staff's care and compassion are demonstrated each and every day.***

**I also want to take a moment** to thank other town departments, local businesses and community organizations that work with us to make our town age friendly and responsive to the needs of older citizens. *We at the Senior Center look forward to continuing to work with them to serve our community.*

*~Melissa Wilson*



**Happy 5th Anniversary, Melissa!**



## St. Patrick's Meal

Monday 3/17!

Reserve your space by **Wednesday, March 12 for a special corned beef and cabbage lunch** made especially for you by our fantastic Meal Site staff!

This delicious meal including **Irish Soda Bread** from the **Martin Family** will fill up fast, so call **Toni at 413-338-2920** without delay!

Williamsburg Senior Center – 141 Main Street, P.O. Box 447, Haydenville, MA 01039  
Phone: 268-8407 or 8410 ~ Hours: Mon - Thurs, 8:30 - 2:00 ~ Email: 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](mailto: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](mailto: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 PVTA 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, **March 11th**, 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 1pm** (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.

### **Yoga Practice\***

Carol Conz leads Yoga Practice on **Mondays at 10:30 am** in the auditorium. Contact her at **413-531-7321** or [carolconz57@gmail.com](mailto:carolconz57@gmail.com) for more information.

### **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**.

### **Modern / Contemporary Dance\***

Susan Waltner's dance class happens on **Wednesdays at 10:00 am** in the auditorium. You can contact her at [swaltner@smith.edu](mailto:swaltner@smith.edu) if you would like to join.

### **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.

*\*Donations gratefully accepted for these programs.*

## Just for Fun:

### **Arts & Crafts Open Studio**

Make your own art/crafts in good company! Bring your supplies and enjoy being with a group of folks who have shared interests. **This month, we meet on March 13th & 27th, 1-3 pm**. Contact Gloria Black at **413-268-7767** or [Gloriosa05@yahoo.com](mailto:Gloriosa05@yahoo.com).

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

Meets at the Williamsburg Snack Shack on **3rd Thursdays at 8:30 am (March 20th)**. To join, email Larry West ([landwest3315@yahoo.com](mailto:landwest3315@yahoo.com)) or stop in!

### **Ladies Who Lunch**

Meets at the Williamsburg Snack Shack on **3rd Fridays at 11:30 am (March 21st)**. 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:** Tech Connect Drop-in Center at Meekins Library on the **2nd Tuesday, March 11th, 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. For info, contact **Caroline Solan at Highland Valley Elder Services, 413-586-2000, ext. 999 (Option 2)** or email her at [csolan@lifepathma.org](mailto:csolan@lifepathma.org)

### **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**

## Farm Shares Coming Soon!

With peas due in the ground on St. Patrick's Day, it is not too soon to think about **The Senior Center Farm Share Program**. The reasons for supporting the farm share include:

1. Prospect Meadow Farm is a therapeutic vocational farm program developed by Service Net.
2. The Prospect Meadow Farm Share is subsidized and costs considerably less than the equivalent farm share on the open market.
3. Prospect Meadow grows and often shares delicious shitake mushrooms and ½ dozen fresh eggs every other week.

Please call **Tamar** at **413-338-2920** with any questions.

**Information about sign ups to follow in April newsletter.**



## Great Food and Great Company

The Williamsburg Senior Center continues to share delicious, healthy, home-cooked meals with local seniors on **Mondays** and **Thursdays** at the Town Offices in Haydenville. The meals are always great, and you will always find a friend just waiting to meet you.

On **Tuesdays** and **Wednesdays** you can **Grab & Go** (or keep the conversation going) with a Highland Valley Elder Services meal.

Nourish your body, mind, and spirit here at the Senior Center amongst friends.

We invite you to join us. Call or stop by to register for meals: **413- 338-2920**

Tamar Smith

Food Programs Coordinator

**413 338-2920**

*"Where food is shared, happiness is doubled."* ~ Unknown



## News from the Transportation Desk

### Are you REAL ID ready?

On **May 7, 2025**, U.S. travelers must be **REAL ID** compliant to board domestic flights and access certain federal buildings.

#### The GOOD NEWS:

The **RMV has a dedicated line for Seniors 65+ and people with disabilities** to call for appointments. The phone # is **857-368-8005**. They are very helpful and can tell you what you need for identification, etc.

You may also go online at **mass.gov/real-id** to make an appointment or find out more information.

If **you need a ride**, please call the Senior Center at least 3 of our business days in advance and we will do our best to get you to your appointment. **413-268-8407**

**Joy Moore jmoore@burgy.org**



*Save the Date*

## SPRING FLING

WILLIAMSBURG SENIOR CENTER CAFE

**THURSDAY, APRIL 24**  
**12:30 P.M.**

ENTERTAINMENT BY  
PATRICK CALLINAN

REFRESHMENTS WILL BE SERVED



## Meekins Library

We are fortunate to have **Meekins Library** in our back yard. The staff are always willing to help with whatever comes their way. I recently spoke with **Bev Bullock**, Library Director, and she informed me that the library has a staff member who is dedicated to helping folks with **technology concerns**. They are available during the hours the library is open. In addition, the Senior Center offers a **drop-in center** for seniors to get technology help at Meekins. A volunteer is available in the **Hawkins Room** at **Meekins Library** the **second Tuesday** of each month between **10 am – 12:00 pm (noon)**.

We have been lucky to have this program. We want to take this moment to thank all the volunteers who make this possible.

And lastly, **we are looking for volunteers to help seniors learn and use technology**. If you are interested in being a volunteer, please contact Melissa Wilson at **413-268-8410** or [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org).

Thank you, **MW**



**Tech Drop in at Meekins Library**

*"For each petal on the shamrock, this brings a wish your way, Good Health, Good Luck, and Happiness, for today and every day."*



### 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 447**, Haydenville, MA 01039.

### The Williamsburg Senior Center counts on YOUR support to continue our programming for local seniors!

I would like to contribute to the Williamsburg Senior Center. My contribution of \$ \_\_\_\_\_ is attached.  
(Please write your check to **Town of Williamsburg** with "Senior Center program support" on the memo line.)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Thank You for Helping Us Support Our Neighbors!**



# PLEASE do your Power of Attorney now!

For more information, please revisit  
page 5 of the June 2022 newsletter:

<https://northernhilltownscoas.org/files>

For financial safety,  
Jean O'Neil  
TRIAD Committee member  
jeanoneilmass@gmail.com, 413-268-2228

## Seniors Aware of Fire Education

This month our focus is what to do  
and not to do treating burns and  
scalds.



1. First of all, remove the patient from the source of the burn.
2. Call 911 if the burn is deep and/or covering a large area.
3. Run COOL (not cold) water over the burn. This will cool down and stop the boiling fluid under the skin.
4. Do NOT put butter, grease or ointment on the burn.
5. Flush a chemical burn continuously with cool water.
6. Remove watches and jewelry from the burn area.
7. If possible, remove clothing from the burn area.
8. If clothing is stuck to the burn, leave it in place and cut away the clothing around the burn.
9. Again, do not hesitate to call 911 and seek medical attention for serious, deep, large area burn treatment.

Have a burn-free and sweet sugar season!

--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.*



Please join us!

### "Sharing Stories, Creating Change" Hilltown Exhibit Opening & Community Gathering

The Hampshire County Community Story Archive  
presents a collection of food stories sharing  
community wisdom for a better future.

Saturday, March 8th

1:30 to 3:30pm

Join in conversation with storytellers at 2pm

Meekins Library, Community Room  
2 Williams Street, Williamsburg

Free & open to the public.  
Refreshments will be served!

Visit [hcfpc.collaborative.org](http://hcfpc.collaborative.org) to learn more

*Funded by Mass in Motion, an initiative of MA Dept. of Public  
Health & Williamsburg Cultural Council, a local agency  
supported by MA Cultural Council.*



## Tech. Help and Training for March



### GREAT NEWS!

TechConnect will continue providing services. Although we have fewer trainings going forward, drop-ins and tech support will continue. Please take advantage of ongoing service.

### DELIVERING NOW AND ACCEPTING NEW REQUESTS: Internet Hotspots

It's not too late if you need affordable internet access! We have a solution that may work for you. Hotspots are small cellular devices you can use to access the internet, and they work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. Calls to **413-296-5080** are now returned and emailing **coatechconnect@gmail.com** is also a great way to reach us.

### Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment: **coaTechHelp@gmail.com**, phone or text msg **413-296-5080** or check the website, **www.northernhilltownscoas.org**, for locations and time. You can attend drop-in at all locations, except Nash Hill.

### Devices for you: PC laptops, refurbished Chromebooks, iPads and Android tablets

There is still time to join the Digital World. 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**

### 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  
Two Fridays, 11:30-1:30 (3/7 and 3/21)
- Cumington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (3/12)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (3/20)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (3/20)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (3/27)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 3/11 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 3/11 from 10 to Noon
- Worthington: drop-in tech support at COA office. Call COA for date & time: 413-238-5962.

### Tech Training:

MUST pre-register for training no later than two days before the scheduled training date. All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email **coaTechTrainer@gmail.com**, call or text **413-296-5080**, or sign up through the website **www.northernhilltownscoas.org**

### Tech Workshops, March through August:

*On Fridays twice a month from 10:30–11:30 at  
Chesterfield Community Center*

- 3/7 - Computer Maintenance
- 3/21 - Misinformation
- 4/4 - Social Media
- 4/18 - Cloud Basics
- 5/2 - Intro to Google Suite
- 5/16- Microsoft Word
- 6/6 - Microsoft Excel
- 6/20 - Canva
- 7/18 - Windows Basics
- 8/1 - Google Drive

### Computer Classes:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at **www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect**

We can set up your access to this website and help you begin to train yourself for very basic to more advanced beginner digital literacy.



## On the Road Again...

### 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 May 6.* One day at **Encore Casino in Everett, MA.** Free Slot play. Lunch on your own. Restaurants on site. Cost \$40. I need 15 to sign up to make this trip affordable. Make check payable to Francine Frenier and mail to the address above by March 6.

*Day Trip May 19.* **Isabella Stewart Gardner Museum & Maggiano's Little Italy.** Enjoy a delicious family-style lunch at Maggiano's. Tour three floors of galleries at the Isabella Stewart Gardner Museum on your own. Price \$144. Make check payable to Landmark Tours and mail to the address above by March 24. **Waitlist only.**

*Day Trip June 8.* **Winnepesaukee Railroad.** Enjoy a complete turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train while touring the shores of Lake Winnepesaukee. Price \$137. Make check payable to Landmark Tours and mail to the address above by April 8. **Waitlist only.**

*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. Make the check payable to Diamond Tours and mail to the address above. **A few seats remain.**

*Day Trip July 16.* **FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy a boxed lunch on board. Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail to the address above by May 28.

*Day Trip August 3.* Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies Lehigh Valley IronPigs** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ballpark-fare buffet are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above by June 1.

*Day Trip Sept. TBD.* **The BIG E,** an annual favorite, with free entertainment at The Court of Honor Stage.

*Day Trip Oct. 9.* **A Chorus Line.** Center orchestra seating for the 50th Anniversary Production on stage at the Goodspeed Opera House in East Haddam, CT. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above by August 1. **Note date change.**

*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. Make the check payable to Diamond Tours and mail to the address above. **As of March 2025, Diamond Tours**

**is expecting this trip to go, despite the hurricane damage around the area. Please stay tuned.**

*Day Trip Nov-Dec.* **A Holiday Event in Waltham, MA.** Reagle Music Theater Players beloved Christmas extravaganza--100 performers, live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at The Chateau Restaurant. Price TBD. Sundays.

## Good News for March 2025

Being a caregiver is usually not something you imagine, or plan for. It just happens. It could be your parents needing help, or your child becomes disabled, or your life partner's medical problems become debilitating. Your caregiver responsibilities can happen in an instant due to accident and/or injury. Or they can grow slowly, when the person you are helping begins needing more and more support. It can become overwhelming, and isolating where you focus on what needs to be done day by day.

How do you manage? What help is available?

We usually look to our health insurance because caregiver tasks include helping with personal care, meals, cleaning, grocery shopping, managing Rx, and keeping track of doctor appointments. For those of us over 65 who have Medicare as our primary health insurance, we are surprised and disappointed to discover that Medicare doesn't cover home care services or nursing home costs except for short periods of rehab, or after a hospitalization when your doctor can write orders for the VNA to deliver limited home care help.

In Massachusetts, we also have the State Home Care program which can provide ongoing home care services for residents over 60. These services include help with meals, housekeeping, personal care, transportation to medical appointments, lifeline services and a program called Options counseling to help understand other resources. Unfortunately, availability of workers for home care is limited, especially here in the hill towns. Highland Valley is the agency who oversees and pays for these home care services. Often authorized hours go unfilled because there aren't available workers.

So while Medicare and Highland Valley may pay for some home care, when our caregiver needs are greater, MassHealth is the resource that can help caregivers pay for the help they need.

MassHealth is medical insurance for those with limited financial resources. However, MassHealth has different income and asset eligibility limits for different programs. For caregivers, there are a couple of programs that help.

The PCA (Personal Care Attendant) program lets you hire your own worker, and Mass Health pays for a number of hours determined by a nursing assessment. So those who have significant medical problems, would qualify for more hours than those with less need. The worker you hire can be anyone (*cont. on next pg*)

**Williamsburg Senior Center**  
**141 Main Street**  
**P.O. Box 447**  
**Haydenville, MA 01039**

**WILLIAMSBURG  
COUNCIL ON AGING**

**ADVISORY BOARD  
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Joy Moore  
Tamar Smith  
Toni Boughton  
&  
Our Many Volunteers

(cont. from previous pg) who is not married to the MassHealth member. The PCA program has higher income eligibility limits, and "excess" assets can be transferred before applying. This program pays for care at home, not nursing home. MassHealth also pays for the Adult Family Care Program, like the foster care system, a caregiver can be paid for managing the Mass Health member's care at home. AFC pays the caregiver a tax free stipend for managing and coordinating services. The program also provides a RN and social worker to help the caregiver access other resources and services.

To enroll in either of these programs, the person needing help must be eligible for Mass Health.

You might contact your senior center or SHINE counselor to ask about Mass Health eligibility. Don't assume you're not eligible- it's worth a conversation to explore the options.



## Spring/ Summer Clothing Exchange

**Saturday, April 26th, 9am-3pm**

Goshen Congregational Church  
45 Main St. Goshen



Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/23 from 6-8pm or Friday 4/25 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 26th from 9am-3pm! All are invited to participate whether you donate clothes or not.