

Living Well



Newsletter
JUNE
2025

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

FOREVER CURIOUS: My Interview With Dick Zimmer

I had the pleasure of meeting Dick Zimmer about a year ago through our congregate meals program at the Senior Center. Dick came with his daughter, Andrea. He is a man of many interests and talents. Dick, along with his wife, ran the Penrose Bed and Breakfast (that pink Victorian home) for many years on Route 9 in Haydenville. He has stories to tell and enjoys sharing them with folks. Over lunches, I have been able to learn about his life.

On one particular occasion I said, “See you Thursday.” The reply was that he was not able to come this week. He was going to be at Westfield State University to share his therapy dogs with the students! Dick and his wife (who passed away about a year ago) have been working with therapy dogs for 20+ years. Dick and his daughter Andrea continue this volunteer work. Both shared that it was really his wife who was the “dog world fanatic.” She was a family run Labrador Retriever breeder for 40+ years.

On another occasion, I learned that Dick is an artist. His specialty is scenery using acrylics, painting pictures of the scenery both near where they have lived (8 states) over the course of his life and all seven continents that he has traveled to. I marveled at the recent painting he did of his current home! He is modest about his talent, saying that everyone can be an artist. He cited many names, including that of Grandma Moses who began painting at age 78. He says a good trait to being a good artist is observation.

Dick was born in Oak Park, a suburb of Chicago. From there he attended Purdue University, graduating with a Bachelor's Degree in Mechanical Engineering (1960). He then attended the American Institute of Foreign Trade, graduating with a bachelor's Degree in Foreign Trade (1961). Dick's father was also a mechanical engineer who received his degree from Vienna University in Austria. [Dick's father immigrated to America with a group of friends (due to the economic downturn in Europe). He needed to learn English—and it was with picking peas and working for a sausage company that he accomplished this. Many years later, he retired from Goss as the Vice President of Engineering (Goss made huge printing presses for

companies such as the New York Times, Chicago Tribune, Wall Street Journal)].

Dick, himself, worked for various companies throughout his career and describes himself as a risk-taker—always willing to try something new and to increase his opportunities. At retirement he was President of Stevens Polyurethane for JPS Elastomers.

Dick shared that he always wanted to accomplish as much as his Dad did, and then some. What he meant by that was that he was inspired by his Dad's tenacity. Dick said his parents never pressured him, but he never wanted to disappoint them.

Dick also told the story of how his Dad met his Mom. They were each going to the movies, independent of each other. He pulled into a parking space and, unbeknownst to him, she had chosen the same spot. After he “took her spot” she got out of her car and yelled at him, telling him that it was “her spot and why did he take it?” Dick's Dad realized she was not going to back down and said,

Continued on page 3

Dick's paintings will be on display at Meekins Library in June.



You won't want to miss to our
Ice Cream Social!

See page 3 for details!

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

Melissa Wilson, Director ~ Email: seniorcenterdirector@burgy.org ~ www.burgy.org/senior-center

Food Programs:

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 a.m. and 12 p.m. 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 Carol Hendricks to find out more or to sign up: 413-338-2920.

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.

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, June 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.

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.

Yoga Practice*

Carol Conz leads Yoga Practice on Mondays at 10:30 am in the auditorium. Contact her at carolconz57@gmail.com or 413-531-7321 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 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 to sign up. Other hours may also be available.

**Donations gratefully accepted for these programs.*

Just for Fun:

Arts & Crafts Open Studio

Get creative in good company! Bring your supplies and enjoy being with a group of folks who have shared interests. This month, we meet June 12th & 26th, 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 (June 19th). 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 (June 20th). 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? Drop-in Center at Meekins Library the 2nd Tuesday of every month, (June 10th, 10:30 am — 12:30 pm.) Bring your device(s) and your questions! For additional help, including purchasing devices, call 413-296-5548 or for support by email, contact 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

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, Christine Reeves, 413-346-3042 or rnaturalfaith@gmail.com for information.

Veteran's Service Officer

Stop in and see your VA rep, Dan Nye, on the 1st & 3rd Wednesdays, upstairs, from 11:30 am — 1:00 pm or call 413-587-1299 for an appointment.

*Stop by the Office Mondays - Thursdays,
between 8:30 - 1:30*

Williamsburg Senior Center
invites you to an
ICE CREAM SOCIAL

Friday, June 27th

at 1:00 pm

Under the Tent



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

Ice Cream donated by The Village Green

Please call 268-8410 to sign up!

Our office will be closed on Thursday, June 19th



JUNE 19
**JUNE
TEENTH**
FREEDOM DAY

Hilltown Elder Network (HEN)

Last month we featured the HEN Program in our newsletter. This month, we have a new coordinator for Williamsburg/Haydenville!

Christine Reeves
rnaturalfaith@gmail.com
413-346-3042.

Please call Christine to see if you are eligible for HEN, if you would like to have a caregiver help you out at home, or If you would like to consider BEING a caregiver.

Listening Session – Public Transportation

The Pioneer Valley Planning Commission (PVPC) is updating the Coordinated Public Transit-Human Services Transportation Plan for 2025, and needs help to identify any transit service gaps in our community.

This listening session, run by Carl Jackson of PVPC, is scheduled for On June 16th, from 12:30 – 1:30 pm, at the Town Office building in Haydenville. "Please attend our upcoming listening session to provide us with input and recommendations for the plan."

We, at the Senior Center, look forward to being able to participate and be heard. Please feel free to join us.

**Thank You!
To our May Guest Cook!!**

On May 22nd we enjoyed a wonderful chicken and potato casserole prepared by Christopher Ehorn, Jr. and his wife, Tara Henson. It was a full house! Great food and great company!

If you are interested in being a Guest Cook for our meal program, please contact Toni at the Senior Center, 413-338-2920 or Melissa at 413-268-8410.

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"why don't you park here? I'll find another one, and then we can go to the movies together." They had two children together, Dick and his sister Melanie.

Dick's advice is to get involved with something you are passionate about, work hard, and always be nice to people. He describes his father as a great role model. He shares that he is blessed to have his two children and four grandchildren. He stated he is "forever curious." It is curiosity that has driven his life.

As stated above, Dick has lived in several states, but has resided in Haydenville for the past 38 years. He asks if he qualifies for a late blooming native?

Dick came into the office recently, and was talking about a new pair of shoes he had someone custom-make for him. He was pleased as punch that he was able to walk in them using a walker, leaving his wheelchair behind. As he left the office, he added "The next time you see me I'll have walked all the way from Penrose to Town Offices!" Did I tell you that when I first met Dick Zimmer he was in a wheelchair? His positive attitude, affability, ability to learn something new (that curiosity thing again!) and ability to persevere make him a pleasure to know! He has enriched my life and hopefully, now, yours.

~Melissa Wilson

Our Spring Fling was a great success!

We had entertainment by Patrick Callinan and Steve "Izzy" Goodenough. Stories, jokes and songs were shared. About 30 seniors attended and enjoyed the program!

If you missed the party, stay tuned for future events at the Senior Center! Our Ice Cream Social is scheduled for June 27th, and there will be more fun things to do as the year progresses. Please check our Newsletter and plan to join us!



Our Sixth Grade Pen Pals

In 2016, we started writing to 6th graders at the Anne T. Dunphy School. The teacher at that time was instrumental in getting it started and encouraged an annual get-together. The first one was here in our café, but transportation issues brought the gatherings into the school.

Every year, we have been invited to meet and have lunch with our pals, then we do a project together. May first this year, we planted little pots of marigold seeds together. Then we sat with our pals for a show by Berkshire Hills Music Academy. What fun it all was!

If you would like to join our Pen Pal Program for the next school year, contact Sherry or Melissa at 413-268-8410. The program usually gets going in October or November.



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 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!



Seniors Aware of Fire Education

As you plan your summer vacation, here are some things to think about hotel/motel fire safety. First of all, select a hotel or motel that has a smoke detector and a sprinkler system in the room. Here are some things to think about or do after you have checked in:

Senior 
SAFE

- Check out TWO ways out of the hallway. The elevator is NOT one of them.
- Count the number of doors to the nearest exit and the number of doors to the other exit.
- If you are deaf, ask for a Hearing Impaired Kit or a room with a strobe fire alarm
- Keep your room key/card, your eyeglasses, your wallet and a flash light on the night table. Take them with you when the fire alarm sounds.
- Feel the door with the back of your hand. If it is really hot, do not open it.
- If it is cool, open it a little. If smoke, heat and flames rush in, close the door.
- If the hallway is clear or just has smoke in it, get low and go, counting the doors to the best exit.
- If you cannot reach an exit, return to your room.

If you are stuck in your room:

- Put wet towels around the door to discourage smoke and heat from getting in the room
- If possible, open the window and hang a sheet or towel out of it to let the firefighters know you are there.
- Do NOT jump out the window.
- Cover your face with a wet cloth and stay low by the window.
- Call 911 and let them know which room you are trapped in.

I hope you do not have to do any of this, but do think about it as you move into your hotel/motel. Have a SAFE vacation!

--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.

Joy oh Joy – two more new scams?

Well, new to me. Sorry to pass these on, but forewarned is forearmed, right?

First one: I got an email from someone I hadn't corresponded with or seen for at least three years. She asked if I used Amazon and I wrote back yes. She then asked if I could help her out. She had a good friend with a birthday and wanted to get her an Amazon gift card today but there was a problem with her credit card. Could I order the gift card and pay for it, she would repay me when things with the bank were straightened out. Umm, no way would have been my answer if I had written back.

One of the cues on this was the perceived urgency – card needed **TODAY!** Also, I liked the person presumably sending the email so there was a personal connection designed to make me feel like I should help her out.

Second one: this might not be a scam but it has Buyer Beware all over it. A friend was online for help with a computer-related accessory and signed into the chat to get technical assistance. She was asked to pay a dollar deposit – a fully refundable dollar deposit – so she put in her debit card number. Things started feeling wonky so she did NOT give her security ID and quit the site. The phone rang and it was her bank calling about three questionable charges just attempted of \$55 each.

She had gotten hooked up with JustAnswer.com, a valid service that contracts to provide technical advice. There is a \$5 or \$1 dollar fee to start up, then a monthly fee of \$55. Some who have tried to quit the service have found that difficult. If you are doing a technical chat, it is free unless they give you the fine print. Hence, Buyer Beware.

Do stay safe,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228



Tech. Help and Training for June



GREAT NEWS!

TechConnect will continue providing services through a partnership with Northampton Open Media. 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. Call **413-296-5080** or email coatechdevices@gmail.com.

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 while supplies last. We have ordered more PC laptops/ computers, refurbished Chromebooks, iPads 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 coatechdevices@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 (6/13 and 6/27)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (6/11)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (6/19)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (6/19)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (6/26)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 6/10 from 10:30-12:30 Nash Hill Place Resident Drop-In tech support 2nd Tuesday 6/10 from 10 to Noon

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 coaTechTrainer@gmail.com, call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops, June into August:

***Note Change To June Workshops** from mailing

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

6/13 - Microsoft Excel

6/27 - 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.

*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. Payment of \$1,052 due **NOW**. Make the check payable to Diamond Tours and mail to the address above. **Wait-list only.**

*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 **NOW. Call or email above to be added to the Wait List.**

*Day Trip August 3. Triple A affiliates, **Boston Red Sox Woo 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 due **NOW**. Make check payable to Francine Frenier and mail to address above. **Call or email above to be added to the Wait List.**

*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.

*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. **A 2nd bus has a few open seats.**

*Day Trip Sunday, December 7. **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 \$160 (approx.) Make a check payable to Landmark Tours, mail to address above by Oct. 13.

There are day trips to Bronx Zoo, Provincetown, Hampton Beach, Statue of Liberty, Salem, Mohegan Sun, Radio City Rockettes all leaving from Chicopee. If interested, call 413-296-4291 for more info.

Good News for June 2025

By Deb Hollingworth

Let's talk about ways to get help at home, and how to pay for it. If you are having difficulty bathing, dressing, doing housework, grocery shopping or getting to doctor appointments, there are services available.

Through Medicare: these services need a doctor's order and are delivered by Certified Medicare Home Care providers like VNAs. They are designed to be short term. Usually few weeks, and often after a medical event like a stroke, heart attack, or surgery for hip or knee replacement. Medicare funded services are NOT designed to be long term. They do not come on a daily basis. Typically the VNA might send a worker a couple times a week for 3-4 weeks.

State home care services through Highland Valley can provide help with personal care, housekeeping, grocery shopping or transportation. They are designed to be short term, or long term. A co-pay is charged. Co-pays are determined on a sliding scale, based on your income. State home care services are typically a couple hours, once or twice a week. Services are delivered by Certified home care providers like our local VNAs. Availability of workers can be an issue.

MassHealth is the only medical insurance that provides substantial hours of home care help, even on a daily basis. This help can come through a Certified Medicare home care provider like a VNA, but also can be someone you hire on your own. MassHealth will pay caregivers for the help they provide. Your caregiver can be anyone you are not married to. This is often the best option for someone who might need a number of hours of help on a daily basis. To access this benefit, you need to be eligible for MassHealth. Which means you must have limited income and assets. However, you can have as much as \$2,900/ month in income if you apply as a Frail elder waiver. Countable assets must be \$2,000 or less. But your primary residence, a car, term life insurance and pre-paid burial contracts are all uncountable assets. Excess assets can be transferred. This is where I run into the misconception that there is a 5 year look back for any asset transfer. This applies only to applicants seeking nursing home payment.

If your intent is to remain in your home, you can transfer assets, and then apply for MassHealth. You report the transfers so that MassHealth has a record of them in case, in the future, you might require nursing home care. If you want MassHealth to pay your nursing home bill, the 5 year look back applies. If you want MassHealth to pay for care at home, the 5 year look back does not apply.

MassHealth has a couple of programs that pay family caregivers. The most familiar, perhaps the most popular, is the PCA program (*cont. on next page*)

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

**WILLIAMSBURG
COUNCIL ON AGING**

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&
Our Many Volunteers

(continued from previous page) where you hire your own worker....and MassHealth pays them.

Probably the best way to learn more about the MassHealth programs that pay caregivers is to speak to an Options Counselor at Highland Valley: **586-2000**, or an Options Counselor at STAVROS **256-0473** or an Options Counselor at LifePath in Greenfield **773-5555**.

They can help determine which MassHealth program might work best for your situation. Next month we can talk about the Adult Family Care program which is another way MassHealth can pay family for the help they provide.



Funded in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act

FITNESS FOR ALL WITH JOAN

These movement opportunities have been created by a certified fitness instructor/personal trainer with functionality and mobility for daily life in mind. Come move with us in person or via Zoom. Make the time to invest in your health, in YOU!



**Classes offered on Monday, Wednesday,
Thursday & Friday**



M, 9:30 AM W, TH 10:15 AM, FRI 9 & 10:15 AM



Monday: Zoom only
Wednesday: Goshen COA/Zoom
Thursday: Zoom only
Friday: Chesterfield COA/Zoom

*Donations are welcome to support these class offerings

COME JOIN US



413-537-8337



www.bybhealth.com

Joan@bybhealth.com

