

Living Well



Newsletter
JULY
2025

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

Summer Reading at the Senior Center

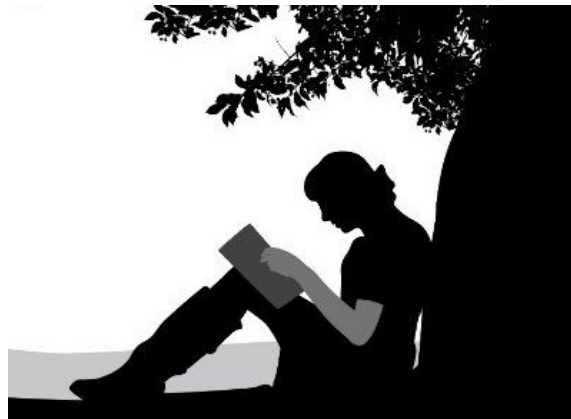
It is that time of year where “summer time” books to read are shared from various venues. We at the Senior Center wanted to join in and share our thoughts about good books to read over the summer.

The Things They Carried by Tim O'Brien

This is a fictional narrative of a man's reckoning with his participation as a soldier in the Vietnam War. Stories he relates are about experiences in the war and how he thinks about them 20 years later. Not an easy read, but worthwhile. Prior to reading this, it was easier for me to say “yeah I know it was horrible.” After reading this, it gives me a chill to have it described in the words the author chooses. Mr. O'Brien is a well known and celebrated author and has received many awards for his books. ~Melissa Wilson

Death Angel by Linda Fairstein. I am never without a book. Of the stacks I've consumed lately, this one stands out! I thought it would be grizzly, but I found it to be a gem! The body of a young woman is found at the foot of the Angel of the Waters statue in Central Park. Asst. DA Alexandra Cooper and Detective Mike Chapman follow a twisting trail of evidence that takes them “deep into the city's dark history—and deeper into the mind of a killer whose work has only just begun.” It's a good mystery with a touch of romance and lots of real history of the area, making for a most interesting and satisfying read! ~Sherry Loomis

The most recent book I read was **The Women** by Kristin Hannah. It is a historical novel about a young woman who enlists in the Army as a nurse during the Vietnam war. It is about courage and friendships, patriotism and the difficulty of reassimilating afterward in a society that was divided over whether we should have ever been at war and not acknowledging women were even there. It is about women's struggles with



PTSD (post traumatic stress disorder) and their lack of being seen in a war zone. It was a very good and enlightening read. ~Carol Hendricks

My absolute favorite summer reading is the **Peach Truck Cookbook** by Jessica N. Rose and Stephen K. Rose. Peaches are my favorite fruit, and I go a little peach crazy in July and August. I grab my well-loved, stained, and sticky-noted book for inspiration even in the middle of winter, and dream of hot summer days. Here's one of my favorite recipes from it:

Fresh Peach Caprese Salad

Arrange ½ lb fresh mozzarella slices, 2 sliced peaches, 2 sliced heirloom tomatoes and some fresh basil leaves on a serving platter. Drizzle with vinaigrette made of 2 Tbsp balsamic vinegar, 2 Tbsp fresh lemon juice, 1 Tbsp stoneground mustard, 1 Tbsp honey, 1 Tbsp chopped shallot, ¾ tsp kosher salt, ½ tsp ground black pepper, ¼ cup extra-virgin olive oil. Sprinkle with flaky salt. Enjoy with some iced tea and sunshine! ~Joy Moore

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You won't want to miss to our
July Guest Cook!

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, July 8th 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.

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 July 10th & 24th, 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 (July 17th). To join, email Larry West landlwest3315@yahoo.com or stop in!

Ladies Who Lunch

Meets at the Williamsburg Snack Shack on 3rd Fridays at 11:30 am (July 18th). 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, (July 8th, 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**

Our Guest Cook Program Continues with Denise Banister and Crew!

July 21, 11:30 am at the Senior Center

Menu:

**Hamburgers, Potato Salad, Cucumber Salad
and a Dessert!**

Please contact Tamar to sign up for this special lunch, **413-338-2920**. Meals are served at 11:30 am. Seating is limited, so call now!



WILLIAMSBURG SENIOR CENTER CAFE

**COME EAT
WITH US!**



COMMUNITY MEALS!

**MONDAY & THURSDAY
HOME-COOKED FOOD**

Join us for wonderful food and
friendly conversation.

GRAB & GO MEALS!

**TUESDAY & WEDNESDAY
Highland Valley (HVES)**

Enjoy HVES food on Tuesday &
Wednesdays and chat with your
neighbors. You may even get a
special dessert!

MEAL TIME: 11:30 a.m.

COST: FREE (donations accepted)
We can help with transportation, too!

FOR INFORMATION ABOUT ANY OF THESE
PROGRAMS CALL TAMAR AT 413-338-2920



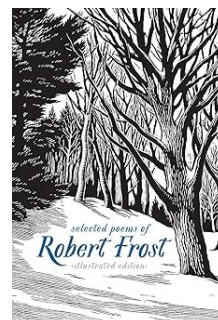
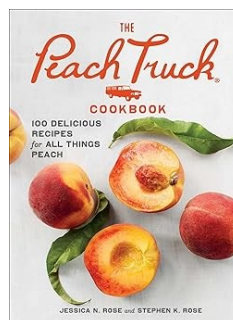
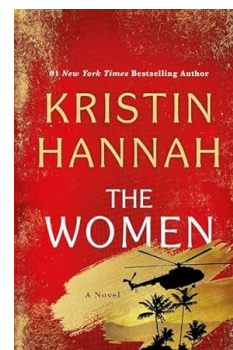
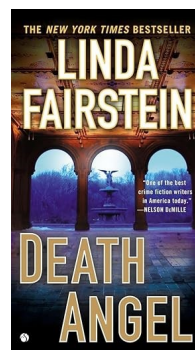
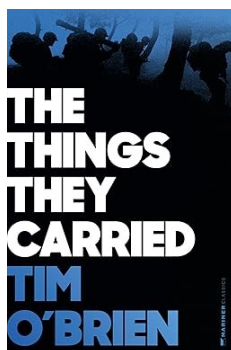
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I always read a few poems from **Robert Frost's Book of Poems** to remind me of the adventure of life and not to be afraid, of our responsibilities to each other, our country and the world. One of my favorites is:

The Gift Outright by Robert Frost

The land was ours before we were the land's.
She was our land more than a hundred years
Before we were her people. She was ours
In Massachusetts, in Virginia,
But we were England's, still colonials,
Possessing what we still were unpossessed by,
Possessed by what we now no more possessed.
Something we were withholding made us weak
Until we found out that it was ourselves
We were withholding from our land of living,
And forthwith found salvation in surrender.
Such as we were we gave ourselves outright
(The deed of gift was many deeds of war)
To the land vaguely realizing westward,
But still unstoried, artless, unenhanced,
Such as she was, such as she would become.

~Toni Boughton



A Big Thank You!

to Mark and Annette Larareo of
The Village Green for sponsoring our
Ice Cream Social!

Save the Date!

Friday, August 8th, 10 am to 12 Noon
Under the Tent

Join us for a multi-generational event!

**Come and enjoy
miniature horses and a donkey**
from

Acts of Hessed Farm
in Southampton, MA

Lunch will be served with help from
youth from the 4-H and the Grange

RSVP: 413-268-8410



The Williamsburg Senior Center Thanks You for 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!





Power of Attorney, yet again

Since I last nagged you on getting a POA, I have learned some things. One of them the hard way, but that is to your benefit. Oh, and the person who gives the POA to another person is called the “principal”; the person who receives the authority is the “agent” or the “attorney-in-fact”.

1. Before the agent can use the POA for the principal, the principal should notify any third parties, such as banks, that the agent is authorized to act on the principal's behalf. This means that the agent should go to or communicate with the bank or rest home or whatever entity, to insure they can accept the POA and add it to their files. The agent should take a copy of the appointment and proof of identity.

2. Some entities such as a financial institution may need a certified copy of a POA. The attorney who prepared the POA – or any notary public – can prepare a certified copy from an original POA document. This verifies that the POA is still valid.

3. The wording should be explicit as to privileges given to the agent. My best example of that is making sure that complete electronic access to accounts is available. I bank online, many of you do, and the principal may want the agent to be able to continue that.

4. To change the mailing address of the principal for Medicare and Social Security (SS), the agent will need to go through SS, and whether this can be done online or via phone or if a visit is required is fluid these days. In my case, I called SS to set up an appointment to visit and learned that the federal government does not recognize a POA. SS requires that the agent register as a Representative Payee. The paperwork includes a form “Request to be Selected as Payee” and likely a form for a medical provider to certify that the principal cannot or does not want to manage their finances.

5. MassHealth requires the agent to register as an Authorized Representative before the principal's address can be changed, or before MassHealth will share information about an insurance issue. That registration form can be found online: www.mass.gov/doc/authorized-representative-designation-form-1/download

6. The principal should keep a list of who they have informed about their POA, in case they later need to revoke it.

Smile!

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com

413-268-2228



Seniors Aware of Fire Education

This Senior S.A.F.E. column is different from the many that have been published over the years. I am going to give you only one piece of fire and life safety advice, which is:

Senior 
SAFE

~ if you are in a structure that is on fire or in one when a carbon monoxide detector sounds,
GET OUT and STAY OUT!

This is the last COA newsletter put together by Kristen Estelle. She has edited, formatted and produced the printed and online editions of the newsletters that go to every senior in seven Northern Hilltowns. She has brought local and regional news for everyone's benefit. This newsletter was the first of its kind when it was recognized by the Department of Fire Services a number of years ago at an annual S.A.F.E educators conference.

I personally thank Kristen for editing and formatting my column. It catches the eye and is an easy read. I also thank her for the “gentle reminder” of the deadline each month.

Job well done!

--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. Help and Training for July



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 One Friday, 11:30-1:30 (7/18)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (7/9)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (7/17)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (7/17)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (7/24)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 7/8 from 10:30-12:30 Nash Hill Place Resident Drop-In tech support 2nd Tuesday 7/8 from 10 to Noon

Tech Training Classes & Workshops:

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, July and August:

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

- 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 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 vs Philadelphia Phillies** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-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. 15. The BIG E, an annual favorite, with free entertainment at The Court of Honor Stage. The Stylistics perform hits from the 70's. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Barbara Kaczinski & send to 39 Leeno Terr. Florence, MA 01062 by Sept. 1. NO REFUNDS due to bargain price. Bus leaves from Sheldon Field. **NOTE: check info and mailing address.**

NEW Day Trip Tues. October 8. Historic Salem Cross Inn. Includes luncheon, choices available. Tour of Quabbin and stop at Brookfield Orchards. Discounted price for Worthington Seniors over 60 and \$103 for other seniors. Call Phyllis 413-238-5962 or coa@worthington-ma.us for details and to reserve a seat by Sept 1. Limited seating.

Day Trip Oct. 9. A Chorus Line. Center orchestra seating for the 50th Anniversary Production 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. **Call or email above to be added to the Wait List.**

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 10 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.

Good News for July 2025

By Deb Hollingworth

Let's talk a little more about resources for caregivers. Are you a caregiver? Nurses, physical therapists, and other medical professionals certainly are, but you are too if someone depends on you to help them in order to stay home safely.

Maybe you do grocery shopping, or provide rides to medical appointments? But what if you are taking care of someone 24/7, providing personal care, meals, setting up medications, doing laundry and a host of other tasks to make sure the house is run.

Being a caregiver, managing the household, can become a full time job.

What happens if you need care yourself? Who can take over while you get the care you need for a medical procedure, recovery from surgery, or just to recoup your strength? This kind of help is called Respite care. It might be help like someone coming into your home, or it might be a short term nursing home placement for the person you're taking care of.

These short term nursing home placements can be paid for by MassHealth if the person you are caring for qualifies for MassHealth, or in some cases, the VA will pay for short term placement if the person you care for is a veteran and receives medical services from the VA system.



To find out more about the Caregiver Options, you can contact Highland Valley Elder Services at **586-2000** and ask to speak to an Options counselor. Highland Valley also has had Caregiver grants to help with additional expenses when the caregiver needs Respite services support. (Federally funded grants through Highland Valley are subject to availability). And always give your senior center a call to see who to speak to about MassHealth and Veterans services eligibility.

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

**WILLIAMSBURG
COUNCIL ON AGING**

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&
Our Many Volunteers

SCAM ALERT!



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

What should you do?

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

**VERIFY THE
INFORMATION**

**Massachusetts
Office of the Jury
Commissioner**

(800) 843-5879

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

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

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

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

