

# Living Well



Newsletter  
August  
2025

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

## **Come Meet Our Special Guests! At the Multigenerational Event!**

This year our annual event (**Friday, Aug. 8th**) features miniature therapy horses from Acts of Hesed, Southampton, MA. While we think this is going to be so much fun, we also recognize that animals can provide a meaningful purpose in our lives, as well as health benefits.

Anne Chapdelaine, owner of Acts of Hesed, has had much experience in how animals can be a positive force in people's lives. Here is what she has shared with us:

### **The Healing Power of Horses: Equine-Assisted Therapy for Older Adults**

At Acts of Hesed Farm in Southampton, Massachusetts, we often say that the animals do more than just live on the land—they transform it. While we know our horses, and resident donkey, will bring plenty of joy and laughter, their presence also points to something deeper: the healing power and therapeutic benefit animals can bring, particularly to older adults.

Equine-Assisted Therapy has long been recognized for its impact on mental, emotional, and even physical well-being. For older adults, interaction with horses—whether brushing them, walking beside them, or simply being near them—can help reduce feelings of loneliness, stimulate memory and cognition, and lower anxiety and blood pressure. These interactions are powerful tools in combating the challenges of aging, including grief, mobility loss, social isolation, and depression.

This is not just something I've observed professionally; it's something I've experienced personally. For the past three years, my 78-year-old mother has lived with me and my husband at Acts of Hesed Farm in Southampton, MA. From her seat on the deck overlooking the pastures, she finds comfort and peace simply watching

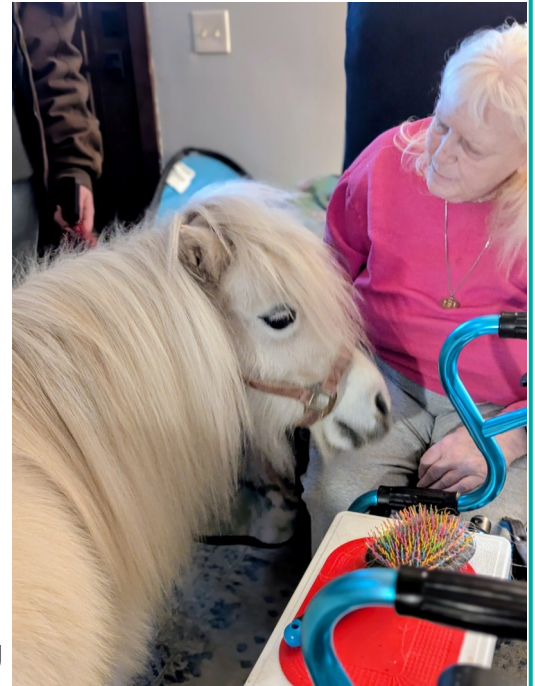
the horses graze and play. She'll often tell me what they have been up to while I am at work, and I can see in her eyes how much better she feels on the days she spends time with them. I truly believe the horses bring a sense of

calm and connection that's hard for her to find elsewhere. Their quiet presence and wordless companionship is something so many older adults crave but rarely get to experience.

Animals, especially horses, offer something unique: a nonjudgmental, deeply intuitive connection. They don't care about age or illness or memory lapses—they respond to presence. For many older adults, this can restore a sense of dignity, purpose, and belonging. At Acts of Hesed Farm, we get to see these moments when we work with elders—one interaction, one smile, and one miniature and sometimes "not so miniature" therapy horse at a time.

**We are looking forward to seeing you on August 8th and experiencing the joy, peace, and healing these animals bring.**

*~Anne Chapdelaine  
Founder and Owner, Acts of Hesed*



**See page 3 for details of this event!**

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@burgoy.org](mailto:seniorcenterdirector@burgoy.org) ~ [www.burgoy.org/senior-center](http://www.burgoy.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!** **Contact Tamar, 2 or 3 days ahead to reserve a meal. 413-338-2920 or [tsmith@burgy.org](mailto:tsmith@burgy.org).**

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

Meals prepared and packaged by Highland Valley Elder Services are free for anyone 60+ on Tuesdays and Wednesdays between 11:30 am and 12 pm. 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 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, Aug. 12th and the second Tuesday every month. Call us at 268-8407 to make an appointment, (\$50). Piper can also do footcare in your home, (\$90). 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 [carol-conz57@gmail.com](mailto:carol-conz57@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](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**

Get creative in good company! Bring your supplies and enjoy being with a group of folks who have shared interests. We are not meeting in August. Contact Sherry, 413-268-8410 or [sloomis@burgy.org](mailto:sloomis@burgy.org) for more information

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

Meets at the Williamsburg Snack Shack on 3rd Thursdays at 8:30 am (Aug. 21st). To join, email Larry West [landlwest3315@yahoo.com](mailto:landlwest3315@yahoo.com) or stop in!

#### **Ladies Who Lunch**

Meets at the Williamsburg Snack Shack on 3rd Fridays at 11:30 am (Aug. 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? Drop-in Center at Meekins Library the 2nd Tuesday of every month, (Aug. 12th, 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](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, Christine Reeves, 413-346-3042 or [rnaturalfaith@gmail.com](mailto: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**



# Join Us for a Multi-Generational Event!

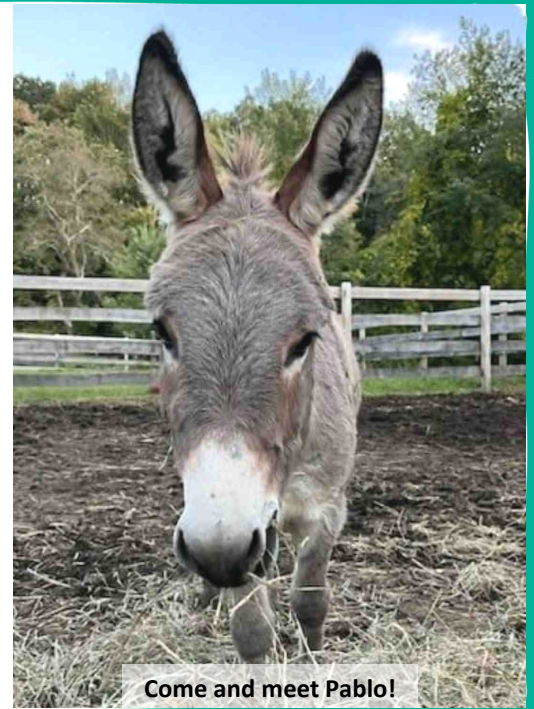
Friday, August 8th, 10 am - 12 Noon  
Under the Tent

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

**Acts of Hesed Farm**  
in Southampton, MA

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

**RSVP: 413-268-8410**



Come and meet Pablo!



Ice Cream Social in June

## A Big Thank You!

**To our July Guest Cook  
Denise Banister and her Crew!**

**Contact us to find out how YOU can be a  
Guest Cook!**



### **New Class Offering!**

## Painting in Acrylics

will be taught by Fran Kidder, starting in September

**The 8 week class will meet on Tuesdays  
from 1-3 pm, beginning September 10th, in the  
Senior Center Cafe'. Fran will supply all of the  
materials. Limited to 6 participants.**

The class will include instruction in drawing, composition and color mixing. "We will paint from photographs, mine or yours, as well as still-life objects such as flowers. I consider anybody an artist who decides to give it a try."

**If interested, contact Fran:  
413-537-5574  
frankidder@icloud.com**



Photos by Joy Moore

## The Boston Shuttle is Back!

After a four-year pause, Massachusetts General Hospital has restarted its shuttle service for Pioneer Valley residents. Our voices were heard, and they responded. Here is some information about the shuttle service.

The shuttle leaves Monday - Friday at 6:30 am from the parking lot across from 8 Atwood Drive, Northampton, and travels to Boston with stops at MGH (walk to Mass Eye & Ear next door) & Brigham & Women's Hospital. You must have an appointment scheduled at any of those facilities between 10 am and 1:30 pm. The shuttle departs Boston at 3 pm.

The shuttle is wheelchair-accessible, is complimentary, and seats 28. Each patient may bring one companion.

You must register at least 24 hours in advance by calling MGH at 413-966-8011. They have people to reserve seats/answer questions from 8 am - 12 pm, Monday-Friday. If you call outside of those hours, Press "1" to leave a message.

We hope that you can make good use of this service, so that the shuttle will continue to run well into the future. Please share this information with your friends. There is a parking lot at Atwood Drive to leave your vehicle until you return, but if you need a ride to the shuttle, please reach out to Joy at the Senior Center for options: 413-268-8407.

(<https://www.cooleydickinson.org/2025/06/cdh-to-restart-weekday-round-trip-shuttle-service-for-patients-seeking-care/>)



### ***Save the Date!***

**September 25th, 12:30 pm.**

### **Meet and Greet**

**With local Police and Fire chiefs,  
representatives from the DA's office  
and the Sherriff's office**

**Sponsored by TRIAD**

**Look for more info in September's Newsletter**

### **Lily Stafford, RN is the New Foothills Health District Public Health Nurse**

She offers walk-in wellness clinics in our member towns, referral support, resource connection and navigation, sharps collection, chronic and acute disease management assistance, medication management, infectious disease monitoring and more. No appointment necessary – Williamsburg hours take place on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays from 10:00—11:30 am at the Town Hall. Please contact her with questions at [fhd.phn@burgy.org](mailto:fhd.phn@burgy.org).



### ***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](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!**







## Regional News

### SENIORS AWARE OF FIRE EDUCATION

Cooking fires are still the leading cause of residential fires and fire injuries. Here are a few things you can do and not do be a fire S.A.F.E. cook:



- Keep the area around the stove clear of groceries, food packaging, and other items that can burn, like paper towels, hand towels and oven mitts.
- Wear tight fitting sleeves or short sleeves when cooking.
- Stand by your pan while boiling, broiling, or frying food.
- In the event of a fire starting in a pan or pot,
  - smother it with a lid or cookie sheet.
  - Do NOT try to move a burning pan and
  - Do NOT it douse it with water for fear of spreading the fire.
  - Just PUT A LID ON IT!

If the cooking fire gets away from you, call 911 immediately.

Be sure to STAND BY YOUR PAN when cooking,

-- 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.*

### DEMENTIA AND FINANCES



On one of my trips home, Dad activated my Power of Attorney because he caught himself writing two checks to a charity, which dismayed him with worry about doing worse. Probably all of us have a vague or possibly real fear of

dementia. When it comes to finances, there is basis for that fear. This month's note comes directly from a recent New York Times column by Dana G. Smith on financial problems as a sign of possible dementia. "People with dementia can experience money problems or declining credit scores years before memory loss, or other cognitive symptoms, emerge. They might forget to pay their bills, for instance, or no longer be able to stick to a budget."

"One of the reasons why financial mismanagement can be a sensitive indicator is just because it's so complicated," involving the interplay of multiple brain regions, said Dr. Winston Chiong, professor of neurology at the Univ of California, San Francisco. "Consequently, finances can be one of the first areas where cracks in someone's cognition start to appear."

The author points out that poor financial decision-making is especially a concern for those with frontotemporal dementia, a relatively rare form of dementia affecting judgement very early on in the disease. These people might make impulsive purchases and decisions. Others might be more trusting of people than they had been. That of course increases their risk of being scammed.

So I send this not to be scary and alarmist, but to pay attention to a possible warning signal such as missing bill payments, falling for scams, or seeing lower credit scores. If a sign comes, it is important to have open, honest conversations about the future, document important information early, and develop support networks that can help us out.

Yours in health,

Jean O'Neil

TRIAD Committee member  
jeanoneilmass@gmail.com

413-268-2228

## TECH HELP AND TRAINING FOR AUGUST



### 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 services.

### DELIVERING NOW & 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 internet and 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 to [coatechdevices@gmail.com](mailto:coatechdevices@gmail.com).

### TECH SUPPORT AVAILABLE BY APPOINTMENT

Receive technology help by email, phone, drop-in, or by appointment:

[coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com) phone or text msg 413-296-5080 or check the website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org), for locations and time. You can attend drop-in at all locations, except Nash Hill.

### DEVICES FOR YOU: PC LAPTOPS, DESKTOPS, REFURBISHED CHROMEBOOKS, AND IPADS

There is still time to join the Digital World while supplies last. We have received more PC laptops, desktop computers, refurbished Chromebooks, and a few iPads. If you need 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 by leaving a message at 413-296-5080, or use the online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### DROP IN CENTERS:

ALL 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 in August from 11:30 to 1:30, on 8/1

### DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon,  
2<sup>nd</sup> Wednesday 8/13

Goshen Library, Drop-In tech support from Noon to 2:00, 3<sup>rd</sup> Thursday, 8/21

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3<sup>rd</sup> Thursday 8/21

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4<sup>th</sup> Thursday 8/28

#### Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30 2<sup>nd</sup> Tuesday, 8/12

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2<sup>nd</sup> Tuesday, 8/12

Worthington Drop-In tech support at COA office  
– call COA for date/time

### TECH TRAINING CLASSES AND 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](mailto:coaTechTrainer@gmail.com); call or text 413-296-5080, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org).

### TECH WORKSHOPS AUGUST:

On Friday at 10:30 – 11:30 at Chesterfield Community Center

**8/1 - Google Drive 10:30 – 11:30**

### COMPUTER CLASSES:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at [Your paragraph text](#). We can setup 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 payments. For more info call 413-296-4291 Email: [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com)  
Mail to: 11 Stage Rd. Williamsburg, MA 01096

**Day Trip** Sept. 15th 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** WED. 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 email [coa@worthington-ma.us](mailto:coa@worthington-ma.us) for details & to reserve a seat by Sept 1. Limited seating.

**Day Trip** Oct 9 A Chorus Line. Center orchestra seating for the 50<sup>th</sup> Anniversary Production at the Goodspeed Opera House in East Haddam, CT. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make your check payable to Landmark Tours and mail it to the address above by August 1. A few seats available.

**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. Make check payable to Diamond Tours and mail to address above. One bus only. Wait list still available.

**2026 Multi Day trips** to  
Washington DC and Mackinac Island

**Day Trip** Dec 7, Sunday 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 check payable to Landmark Tours and mail to address above by Oct. 13. Call or email to be added to the Wait List

There are **day trips** to Bronx Zoo, Statue of Liberty, Salem, Radio City Rockettes leaving from Chicopee. Call 413-296-4291 or 413-593-3939 for more information.

## GOOD NEWS FOR JULY 2025

By Deb Hollingworth

It's been awhile since I've talked about the Pharmacy Outreach Program, a great resource for folks who have questions about RXs. This telephone help line (866) 633-1617 has been around for about 20 years and is available M-F 8:30 to 5. Located at UMass Medical-Worcester, and funded by the MA College of Pharmacies and Executive Office of Aging & Independence. Their information line connects you with pharmacists or information specialists who understand prescriptions and the drug plans that cover them.

They can tell you about drug interactions, generics vs. brand names, whether there is another RX that might work as well as the one you are currently taking and review your prescription list. But the number one question information specialists get is about RX cost. And if you are one of those folks who take more than 8-10 RXs daily, co-pays mount up and can be a financial hardship.

If there's a less expensive way to get your RX, the Pharmacy Outreach specialists will know. Whether it's manufacturer's patient assistance programs, prescription discount cards, Rx coupons, free trial offers, manufacturer co-pay cards or co-pay foundations. They can guide you through the labyrinth of options.

As you might guess their phones ring off the hook during Open Enrollment (October 15th - December 7th) when it's time to pick a Medicare D plan for the coming year. They have already begun taking appointments for Open Enrollment, so if you have a complicated RX list with multiple medications with significant co-pays, you might want to give them a call (866) 633-1617. Book your appointment now!

**WILLIAMSBURG SENIOR CENTER  
141 MAIN STREET  
P.O. BOX 447  
HAYDENVILLE, MA 01039**

**WILLIAMSBURG  
COUNCIL ON AGING**

**ADVISORY BOARD  
MEMBERS**

Dianne Martin, Chair  
Maureen O'Brien, Secretary  
Mary Bisbee  
Toni Boughton  
Daria D'Arienzo

**ASSOC. MEMBER**

Christopher Flory

**EMERITA**

Mary Lee Satterfield

**SENIOR CENTER STAFF**

Melissa Wilson, Director  
Carol Hendricks  
Sherry Loomis  
Joy Moore  
Tamar Smith  
Toni Boughton  
&  
Our Many Volunteers

# SCAM ALERT!



*Did you get a message  
saying that you have **unpaid  
toll charges?***

*The message warns that  
your license or registration will  
be cancelled or suspended if  
you don't pay.*

**WHAT TO KNOW**

EZDriveMA **does not** send  
text messages asking for  
payments for unpaid tolls.

**WHAT TO DO**

**-Stop!** It's a scam!

**-Don't click on the  
link** in the message  
to make a payment.

**-Call EZDriveMA**  
**at (877) 627-7745**  
to see if you owe  
money for unpaid  
tolls.

*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  
Massachusetts Attorney  
General.**