

# Living Well



Newsletter  
September  
2025

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

## Meet and Greet with TRIAD\*

– September 25th at 12:30 pm –  
Williamsburg Town Office Building,  
141 Main St., Haydenville (Senior Ctr. Café)

On hand will be members of our local Police and Fire Departments, along with the local District Attorney's Office and the Sheriff's Department (all members of TRIAD). The purpose is to offer an opportunity for older adults to meet and engage in informal interactions with folks from the aforementioned services. The primary goal is to foster relationships and to share information that could be beneficial to senior safety. There will be time for questions.

Dave Fenton, Hampshire Sheriff's Office, had this to share, **"TRIAD thrives on senior participation. Senior input is essential to the success of this program."**

The Senior Center is happy to host this event. Refreshments will be served. Please **call the Senior Center with any questions and to RSVP to Melissa Wilson (268-8410 or email: [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org))**. Thank you.

*\*TRIAD is a community policing initiative bringing together law enforcement, seniors, and elder care providers to prevent crime and educate seniors about how to stay safe. Please see page 4 for more information on how TRIAD helps our local community.*



## September is Falls Prevention Month!

Falls Prevention Month is observed annually in September. It aims to raise awareness about the risks of falls, promote strategies to prevent them, and encourage individuals to take steps to improve their safety.

Our Health and Wellness classes, outlined on page 2 are great for improving strength, movement and balance. Pictured below is Healthy Bones and Balance Class. One of our classes might appeal to you! Give us a call.



**See page 4 for more TRIAD coverage**



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](mailto:seniorcenterdirector@burgy.org) ~ [www.burgy.org/senior-center](http://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!\* 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. Donations accepted.

### **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 PVRTA. Call us at least 3 business days ahead and we will try our best to provide a driver: 268-8407. (You can also use PVRTA 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 on 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 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:

### **Painting in Acrylics**

New 8-week class taught by Fran Kidder on Tuesdays, 1-3 pm, beginning September 9th. Instructions in drawing, composition and color mixing. All materials provided. Contact Fran: [frankidder@icloud.com](mailto:frankidder@icloud.com) or 413-537-5574.

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

Open Studio is hoping to return in October. Check your October Newsletter for information or Contact Sherry at [sloomis@burgy.org](mailto:sloomis@burgy.org) or 268-8410.

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

Meets at the Williamsburg Snack Shack on 3rd Thursdays at 8:30 am (Sept. 18th). 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 (Sept. 19th). 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, (Sept. 9th, 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 [creeveshen@gmail.com](mailto:creeveshen@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.



# A Big Thank You!

## To Acts of Hessed Farm

for sharing your beautiful therapy animals—

They were a big hit!



## It's Time to Think About Being a Pen Pal

School is starting and we will be conferring with the 6th grade teachers at the Anne T. Dunphy School about continuing the program. If you were signed up last year, expect an email asking if you would like to rejoin. If not, **please contact Sherry at [sloomis@burgy.org](mailto:sloomis@burgy.org) (413-268-8410).**

We find corresponding with these students fun and rewarding! Part of the program is a gathering at the school to meet our pals with lunch and an activity. We hope you will join us!

## Food Demo! Freezer Friendly Stir Fry September 22, 11:00 am

Please come and enjoy a meal with Brandon Walton, RDN, LDN, Highland Valley Elder Services' own Registered Dietitian, for an educational event.

The dietitian will demonstrate some adaptive tools that can help with chopping and prepping foods. He will show us how to freeze foods, then use them to cook a vegetable stir fry, with a food tasting after the event.

Please call Tamar at 413-338-2920 to reserve a seat!

## Aprons Tell Family Stories Meekins Library August and September 2025

An exhibition of well-loved family aprons in the Neil Hammer Gallery in the Hawks-Hayden Room

Come see the display of aprons and complementary vintage household goods and add your apron story to the guest book.

## Update from the Transportation Desk

Our transportation coordinator, Joy Moore, will be on leave beginning in mid-September for several weeks. We at the Senior Center are making every effort to ensure that this vital service continues in her absence.

**If you need a ride, please contact the office at 413-268-8407.** If we don't answer right away, please leave a voice mail. We anticipate answering all calls on the same day or the next.

As a reminder, **please call at least 3 business days in advance** and we'll try our best to find you a volunteer driver. Our normal business hours are Mon.-Thurs., generally from 8:30 am-1:30 pm.

**PVTA Dial-A-Ride (413-739-7436)** is another option for medical rides and errands. You'll need to register with them at least 7 days in advance. Once registered, call them at least 24 hours ahead to book a ride. Trips are one-way, so book a return trip too. Trips are free until 9/30, then \$3 or \$4 each trip. Visit [www.pvta.com/](http://www.pvta.com/).

## What is TRIAD?

TRIAD itself began in 1988 when the TRIAD organization was established through a cooperative agreement between AARP, the International Association of Chiefs of Police (IACP), and the National Sheriff's Association (NSA). The sole purpose was to reduce senior victimization.

The Town of Williamsburg has had an active TRIAD group for 11+ years (there is a prior history dating back to 2006, however the best sense I can get is that it was inactive for a period of years until Larry West rejuvenated the committee and became chair in 2014). TRIAD is a collaboration of police, fire, sheriff's office, district attorney's office, older adults, and council on aging (COA) personnel. (Local TRIAD activities include sand delivery, file of life cards, house numbering, lock boxes, drug take back, as well as educational opportunities where elders can learn about home safety, banking scams, consumer fraud, elder abuse, shopping safety and other areas of interest.

Our local group also focuses on creating a safer environment for seniors by addressing their specific needs and concerns. If you have an area of interest or a specific concern, **please contact Melissa at the Senior Center and/or attend the meeting (268-8410 or [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org)).**

TRIAD members currently are: Larry West, Mary Bisbee, Jean O'Neil, Police Chief Denise Wickland, Williamsburg Police Officer Aimee Wallace, Fire Chief Jason Connell, Hampshire County Sheriff's Office Dave Fenton and Marcy Brougham, District Attorney's Office Rachel Webber, and Melissa Wilson and Carol Hendricks of the COA.

**If you are interested in joining our group, please contact Melissa. Participation from members of the community is welcome. We look forward to hearing from you.** ~ Melissa Wilson

**You'll enjoy meeting your neighbors for a great home-cooked meal in our Café Mondays & Thursdays!**



Call for Reservations: 413-338-2920

***Save the Dates!***  
**October 16th**  
**Flu Clinic**

**October 30th, 12:30 pm**  
**Musician and Storyteller,**  
**Tim Van Egmond**

***The Williamsburg Senior Center Thanks You for Your Generous Contributions!***

Mail your 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

Wow! It is already September and it is still hurricane season, which has already messed with us. With this in mind, here are a few ideas on how to prepare for any emergency.



- Have a plan on how to get out of the house in 3 minutes or less.
- Keep eyeglasses, canes, walkers, hearing aids, masks near where you are sleeping
- Make sure pathways are clear of clutter.
- Install night lights (LEDs work well) throughout the house to prevent falls.
- Remember your smartphone has a flashlight built in.
- Make sure your house number is clearly visible from the road so first responders do not have to spend crucial time finding you.
- Get and fill out a FILE OF LIFE from your Council On Aging and post it on the refrigerator.
- Know where you can seek shelter and find sustenance. Stay strong and be SAFE!

-- 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.*

### WHAT DO YOU WANT TO SEE?



Looking back, I've been writing this note since early 2014 and volunteering in the topic since 2007. It occurs to me that I could ask you what you want to read. That I can write, of course... Here is an alphabetical list of topics I would be happy to work on. Please note the list does not include tax or investment advice!

Some of these topics have been at least touched on before, but somehow new information or warnings keep coming up.

#### **Big Five and relatives**

Will, health care proxy, durable power of attorney, advance directive, living will, MOLST, POLST, HIPAA release. Add to this beneficiary designations.

#### **Budgeting**

What to include, format for planning and recording, tips for staying on track

#### **Credit**

Cards, credit bureau records, managing, correcting errors, raising your score

#### **Death**

Dealing with finances and related matters after this unfortunate occurrence

#### **Digital security**

Phone and email and internet safety

#### **Financial literacy**

Finances and our brain, useful facts

#### **Identity theft**

How it happens, how to avoid, how to recover from

#### **Scams**

Recognizing and avoiding and recovering from

#### **Web resources**

For financial topics

Please let me know your thoughts!

Yours in knowledge,

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

## TECH HELP AND TRAINING FOR SEPTEMBER



### GREAT NEWS!

TechConnect is 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

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. 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

### DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon,  
2<sup>nd</sup> Wednesday 9/10

Goshen Library, Drop-In tech support from Noon to 2:00, 3<sup>rd</sup> Thursday, 9/18

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3<sup>rd</sup> Thursday 9/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4<sup>th</sup> Thursday 9/25

Williamsburg,

Meekins Library Drop-In tech support from 10 :30 to 12:30 2<sup>nd</sup> Tuesday, 9/9

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2<sup>nd</sup> Tuesday, 9/9

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 TRAINING CLASSES AND WORKSHOPS:

There are no workshops or classes scheduled for September.

### TECH CONNECT CONTINUES THROUGH OUR AFFILIATION WITH



## GOOD NEWS FOR SEPTEMBER 2025

By Deb Hollingworth

I confess... sometimes I struggle finding Good News with our current events...and this month especially I am so tempted to call this column Bad News because a perfect storm is brewing which looks like it will result in substantial increases in your monthly premiums, deductibles and co-pays for Medicare D plans.

Do you care, will this effect you? That depends. The answer is No....if you get your Rx through the VA because you are a veteran.

The answer is No... if you get your health insurance through your retirement pension plan, or your spouse's pension plan. (like municipal or State employees)

The answer is No, not as much....if you don't take any Rx...or if your Rx are just generics.

But the answer is Yes....if you are one of those Medicare beneficiaries who take brand name Rx and have a "stand alone" Medicare D plan. Which means you do not have a Medicare Advantage plan where your Rx are included.

Of the 70 million Medicare beneficiaries...there are a lot of us who like traditional Medicare and who have resisted enrolling in a Medicare Advantage plan, so we have a "stand alone" Medicare D plan.

AND, Open Enrollment is coming up... October 15th– December 7th where we have to decide to stick with our D plan that we've had this year.....or change plans because the cost for premiums, co-pays and deductibles will be lower if we switch plans?

In 2006 when Medicare D plans were "invented".....there were 22 Medicare D plans for New England residents. This past year we were down to 14. That number may shrink again for

2026 ... as Health insurance companies that offer Medicare D plans are looking at their bottom line and determining there's not a large enough profit margin to continue to offer them.

What's making the cost of Medicare D plans increase this year?

- rising cost of RX.....we have some remarkable new RX on the market now, but they come with significant co-pays as many of us taking blood thinners have discovered.
- regulatory changes which allow D plans to increase their monthly premiums as much as \$50 x month where before they were limited to \$35 x month increases.
- cutbacks in subsidy that these health insurance companies were getting as part of the Deficit Reduction Act passed in the summer of 2022. A recent Wall Street Journal article said subsidy cutbacks expected to be as much as 40%.

All these factors impact profit margins....so we anticipate changes in D plan costs as we help folks during Open Enrollment this year.

The Good News is that there are Medicare familiar counselors who can help you sort through your options. Suggest you call early for **an appointment!**

**SHINE counselor** Caroline Solan at Highland Valley Elder Services ... 413-586-2000

**Pharmacy Outreach Program** ... 866-633-1617

**LifePath regional SHINE office** ... 413-773-5555

.....



Trip to Polar Park where the group watched the WooSox play on August 3<sup>rd</sup> in Worcester

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

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COUNCIL ON AGING**

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Our Many Volunteers

## Scam Alert!

### Government & Business Imposter Scams



***They say they want to help, but they just want to steal your money!***

- Someone is using your account, or they found suspicious activity.
- Your information or Social Security # is being used to commit crimes.
- There's a security problem with your computer.

#### **WHAT TO DO**

**Do not respond.** Just hang up!

**Do not** call the phone number they provide.

**Don't click** on links in text or email messages.

**Verify** the information. Call your bank using the phone number on your card or statement.

**Get help** for tech issues from someone you trust.

*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**

[www.NorthwesternDA.org](http://www.NorthwesternDA.org)

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