

Living Well



Newsletter
April
2026

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

Profile – Carol Konz

I met Carol on the day she came into the Senior Center and offered to lead a class in what she referred to as “Practicing Yoga.” She explained that it would be informal and gentler; folks would be able to participate at their own level and ability (which included with or without a chair). She had a few friends who would be interested in attending and was hoping to increase that number. The Senior Center thought it would dovetail nicely with what is currently offered. The class has been meeting for over a year with 7-10 participants.

I had the opportunity to get to know Carol and asked her if it would be okay to share this with others.

Carol grew up in Easthampton with her parents and three siblings, one of whom was mentally and physically disabled and a resident of the Belchertown State School. After graduating high school, Carol went to Franklin Pierce College, obtaining a degree in marketing. Carol was able to secure work with an employer who paid for her schooling as long as she had a passing grade (She made the Dean’s list). “I attended college at night with an accelerated curriculum. Can’t believe I did it.” I can. She shared that one of the best things she ever did was, at 24 years of age, she began investing for retirement. (Who does that?)

There are some themes that seem to run in Carol’s life (in addition to having good instincts about money and business): volunteering, cultural awareness and staying active.

She remembered, as a child, trick or treating for UNICEF and participating in road races. This sense of giving back to the community is a life-long endeavor. While living in Burgy for the past 30 years, she has served on many committees, including the public safety complex, police and fire search committees. “I feel good when I volunteer. It’s easy to be kind.” Her experiences have helped her find friendship and camaraderie.

Another theme is Carol’s life long passion for increasing her awareness about herself and others. She talked about being “a little white girl from Easthampton” and how transitioning into adulthood was challenging. The world offered a wide range of diversity and she wasn’t ready for it. She used her experiences to increase her understanding of others. “As a child I did not understand racism, but as an adult I have to learn and understand.” This is something Carol continues to do every day.

Carol is active, especially outdoor activities, and loves – “has to be” – busy. Fitness and exercise are her life-long companions. She enjoys skiing, hiking, kayaking, swimming, and traveling. She is not one for sitting still. She said she recently hurt her back, but still managed to rip up a floor (that morning) in the house she is renovating with her husband, Greg Konz.

Greg and Carol owned and managed the Williamsburg Pharmacy and Hardware Store for over 30 years. It was there that Carol said she got to know the community. She interacted with many folks and enjoyed the time she worked at the store. She did not talk about “religion or politics.”

Carol describes herself as not a complainer. She puts it on herself to do better or be better. A quote “If it’s meant to be, it’s up to me” says it all.

I am very glad that Carol came to the Senior Center that day.

~Submitted by Melissa Wilson



April is National Volunteer Month

—a time to celebrate and recognize the contributions of volunteers. It is an opportunity to join the impact of volunteerism and encourage more people to get involved in their communities. See page 3 for more!

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

What's Happening at the 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.

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.

Take and Eat

Two area churches provide delicious, freshly-made meals, delivered every Saturday. Contact Carol Hendricks to sign up: 413-338-2920. Donations accepted for the churches.

Transportation:

Medical & Carpool Rides

Senior Center drivers are available for your **Medical Rides** (funded by PVTA). Rides for shopping & errands can be scheduled through our **Carpool Program** (Funded by Highland Valley Elder Services). Call us at least 3 business days ahead and we will try our best to provide a driver: 268-8407. (Or you can call PVTA Dial-A-Ride at 413-739-7436.)

Health & Wellness:

Foot Nurse

Piper Sagan does foot care at the Senior Center on the **second Tuesday every month (April 14th)**. Call Carol at 413-338-2920 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 / Wellness Calls

Would you or someone you know benefit from a regular companion? Or would you like to receive wellness calls or a friendly visit now and then? Contact Carol for more info at 413-338-2920. *Companion Program is funded by Highland Valley Elder Services.*

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. You can contact her at 413-531-7321 or carolconz57@gmail.com for more information. Free class sponsored by RSVP.

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. Contact Susan at swaltner@smith.edu if you'd like to join.

Strength and Cardio Workouts*

Joan Griswold leads 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:

Weekly Game Sessions in the Café

Join us on **Wednesdays, Noon—2 pm** for game sessions. Bring a game, cards or activity to share. To sign up, contact Tamar Smith at 413-338-2920 or tsmith@burgy.org, or stop in!

Arts & Crafts Open Studio

Led by Steve Lavalley on **2nd and 4th Thursdays, 1-3:00 pm**. Bring your supplies and join us! Contact Steve at stevephal@gmail.com or 413-320-7624.

Men's Breakfast Group

Meets at the **Williamsburg Snack Shack on 3rd Thursdays at 8:30 am (April 16th)**. 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 (April 17th)**. Please stop in and join us (Look for our sign!) or call 268-8407 for info.

Other Services:

Technology Program

Drop-in Center at Meekins Library, second Tuesdays, will be on April 14th this month, 10:30-12:30. Bring your device(s) and your questions! For additional help, including purchasing devices, call 413-296-5080 or coaTechHelp@gmail.com. More on Page 7.

SHINE

SHINE can help you with Medicare and Medicare-related insurance issues. For more info, contact **Caroline Solan at Highland Valley Elder Services, 413-586-2000, ext. 999 or 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 **new coordinator for Williamsburg, Barb Crane at 413-478-1696** or email barbcranehen@gmail.com.

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.

Hilltown Resource and Volunteer/Job Fair

Sponsored by
The Northern Hilltowns
Consortium of Councils on Aging

Saturday, April 25, 2026

10 a.m. – 2 p.m.

New Hingham Regional Elementary School

30 Smith Rd Chesterfield, MA

DOOR
PRIZES!



Rooted in the Hilltowns, Guided by Care

YOU'RE
INVITED!

More About the Resource and Volunteer / Job Fair

Why Come? Our hilltowns thrive when we show up for one another. Your impact can be profound. Help strengthen the economy and networks that enrich our community and serve older adults.

What You Will Find? Essential resources including Veteran Affairs, in-home support, transportation, and nutrition programs designed to help older adults age safely and independently at home. We will have information to take away, limited *tech help* and questions answered, Hilltown Elder Network (HEN) program service and job *applications*, *giveaways* and *door prizes*: Campground stay, stained glass from a local artisan, Williamsburg Market gift certificates, and more.

Participating Organizations include:

Hilltown CDC, HEN Program, Highland Valley Elder Services, Foothills Health District, Shine, Trinity Health, ServiceNet, Tech Connect, Veterans Affairs, Elder Care Access, New England Wound Center, Consumer Protection, Funeral Consumer Alliance, Blood Pressure Clinic and much more!

We hope to see you there!

Why Volunteer?

National Volunteer Month is a wonderful reminder that even small acts of kindness can have a profound impact.

"I always felt the taxpayers of the town provided an excellent education for me and volunteering is my way of giving back and thanking them."

~Denise Bannister

"Reaching out to others and giving back to your community is a good feeling." ~Madelyn Breen

"Volunteering is the ultimate in democracy. You vote in elections once a year but volunteering is your vote everyday about the kind of community you want to live in." ~Anonymous

"I've always liked to fix things, and volunteering answers that call. It is rewarding to solve a problem, whether getting folks to their appointments, eliminating loneliness with the Pen Pal program or the Lady's Luncheon and the Men's Breakfast group or whatever. I'm glad to help."

~Sherry Loomis

Volunteer Quotes

"I believe it's very important to be part of the community that I live in and I have a tendency towards isolation so I do the volunteer driving partly as a way to keep my sanity, but also to stay aware of the things and people in the community around me." ~Jack Cameron

"I enjoy volunteering and helping seniors get to their appointments. They all have a lot of good stories to tell and you can learn from their wisdom." ~Jean Adamites

"I drive for the COA when I can because it feels good to be able to help other people. I enjoy meeting and talking with folks from town. It is interesting to hear what people have done or where they have been. Some people talk more than others but either way is fine with me, talking or riding in silence. All of the folks I have met are interesting and pleasant to be with. That along with the fact that the COA staff are all caring and OUTSTANDING people." ~Roy Beals

Senior Farm Shares Program to Begin Soon!

Every week, beginning in June - for the last five years - a van full of vegetables arrives at The Williamsburg Senior Center; bags of produce to be picked up by Burgy seniors! The history of this rather special program adds value to the deliciousness of the shitake mushrooms, eggs, greens and more.

The vegetables are grown at Prospect Meadow Farm in Hatfield; employing 80 + 'farmhands' who participate in a vocational training program specifically set up for persons with developmental disabilities and mental health challenges. They currently offer programs in Hatfield and Pittsfield.

The Senior Farm Share Program is supported by CISA (Community Involved in Sustaining Agriculture) which allows Prospect Meadow to provide food at a **significant savings to our seniors**.

For more information on prices, timing etc. please call Tamar at 413-338-2920 or send an email to tsmith@burgy.org

Tamar Smith
Food Programs Coordinator
Williamsburg Senior Center



The Senior Center & Town Offices will be closed on April 20th for Patriots' Day

We Have Fun at the Senior Center!



St. Patrick's Day Luncheon, March 12th

Volunteers Needed!

We would like to add you to our pool of volunteers! If you'd like to help by giving seniors in Williamsburg/Haydenville rides to their medical appointments or essential errands, or if you can spare a couple of hours once or twice a week to help in our Senior Café, please give us a call—we could sure use your help!

Please call us at 413-268-8407 or 413-338-2920. Thank you!

The Williamsburg Senior Center Thanks You for Your Generous Contributions!

Please mail your donation to Williamsburg Senior Center, PO Box 447, Haydenville, MA 01039.
Or donate on-line via Unipay: www.burgy.org/senior_center.

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

What is the Northern Hilltowns Consortium?

The Northern Hilltowns Consortium (NHC) is comprised of the Directors/Coordinators of seven Northern Hilltowns – Chesterfield, Cummington, Goshen, Plainfield, Westhampton, Williamsburg, and Worthington. This group of COAs has been meeting monthly since the late 1990's. It is a partnership, collaboration, support group, network of dedicated, knowledgeable, and highly effective COA leaders. The group focuses on ways to improve quality of life, help maintain independence, reduce isolation and loneliness to support aging in place in the hilltowns.

The Consortium has had success in applying for grants over the years because our small towns collaborate. This funding benefits our seven-town region, most notably bringing you the TechConnect Program (nearly \$300,000 in 2023).

The NHC has been awarded Service Incentive Grants (SIG) since 2015 to develop and coordinate services in our region. For several years we have also received Highland Valley Elder Service grants for our Community Connector Program, intergenerational and fitness programming. The group has hosted region wide events, such as the successful "Let's Have a Conversation about Memory", featuring Dr. Rebecca Starr. NHC collaborates to get grants and create worthwhile events to bring to you and our communities.

The NHC website contains every COA's newsletter each month. We encourage you to read all or some of them. It also has a variety of information about resources, tech services, and town COA details. Please visit the website at <https://www.northernhilltownscoas.org>.

All seven of the Consortium Councils on Aging will be at the **Resource, Volunteer and Job Fair on April 25th.** ~Melissa Wilson

FREE GUIDED TOUR!



A free guided tour of Arrowhead, Herman Melville's historic home and farm, is planned for Friday, April 17th from 11 am to noon. It is located at 780 Holmes Road in Pittsfield, Massachusetts. At least

12 participants are needed for this event. **Please RSVP to Polly, pryan@town.plainfield.ma.us or 413-212-1581.**

On the Road Again...



*** Trips in 2026 ***

Contact Francine Frenier to reserve your seat

BEFORE mailing payments.

For more info call **413-296-4291**

Email: **francine.frenier@gmail.com**

Mail: **11 Stage Rd. Williamsburg, Ma 01096**

Day Trip, Sunday, May 3rd, A Grand Night for Singing at the Seven Angels Theater in Waterbury, CT. Pre-show lunch at San Marino's Restaurant. Price \$132. Make a check payable to Landmark Tours and mail NOW to the address above. **Wait list available.**

Day Trip, May 8th, FDR Homestead, Library and Val Kill. Contact Forbes Library 413-587-1011.

Day Trip, June 11th, Million Dollar Quartet play. New London Barn Playhouse presents a jukebox musical that dramatizes a real and remarkable moment in music history. Four future legends, Elvis Presley, Johnny Cash, Carl Perkins, Jerry Lee Lewis happened to gather in the same studio. Includes a buffet luncheon at Colby-Sawyer College. Price \$177. Make a check payable to Landmark Tours and mail NOW to the address above. I need 10 more to make the trip ago.

Day Trip, June 23rd, Portsmouth Harbor Cruise and Fosters' Lobster/Clambake. Before the Portsmouth Harbor cruise, enjoy lunch at Fosters in York Maine offering a choice of **Lobster, BBQ chicken or Vegetarian option.** Price \$160. Make a check payable to Landmark Tours and mail NOW to the address above.

Day Trip, July 12, 13, 14 or 15, Tall Ships in Boston. Contact First Choice Tours, 413-665-9090.

Day Trip, August 3rd, Encore Casino. \$50 Cost Includes: round trip bus transportation, driver gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by June 6, 2026. 35 passengers are needed for this trip to go.

Day Trip September TBD, Big E.

Day Trip Nov/Dec TBD, Holiday trip

*** Join us for a trip & leave the planning to us! ***

Good News April 2026
~ Deb Hollingworth

Finding home care resources can be a challenge.

If you need a little help...like grocery shopping, rides to medical appointments, meals, or help remembering to take Rx, there are several affordable resources available.

If you need help daily for personal care like bathing, dressing as well as help with laundry, grocery shopping, and meal prep, then finding a reliable, skilled provider can be more complex.

Let's start with those of us who need a little bit of help to keep ahead of housework, laundry and making meals. And perhaps you want to give up driving, but still need to get to medical appointments, or out to do errands. Affordable resources might include services from Highland Valley **586-2000** or the HEN (Hilltown Elder Network) program at the CDC **296-4232**. And your senior center might be able to help with transportation to appointments and help with meals. Your senior center can also recommend ways to get you started on what kind of help you need, and who provides it. Most of these services are free or at low cost.

For more help understanding what's available, Highland Valley has a free consultation service called Options Counseling which can give you an overview of resources for your particular situation.

Paying for home care services is the next challenge.

Home care help can be paid for many ways: 

Dementia Talk – For Caregivers

Are you a caregiver of a person who has dementia? Caregiving is hard work; education, support, and community can all have a positive impact! Heidi Zahra, MSN RN, is a faculty lecturer at the Elaine Marieb College of Nursing at UMass Amherst.

On Thursday, April 30th at 10 am in Plainfield, she will speak with caregivers on the topic of sleep, a very common challenge for caregivers of people with dementia. She will also share additional educational offerings and programs for care partners. This is a nice way to connect with other caregivers and share ideas and stories.

For more details, **contact Polly at 413-212-1581 or pryan@town.plainfield.ma.us.**

1. Medicare pays for home care services if you are discharged home after rehab or hospital for a planned surgery or after an unplanned medical event. Your doctor can “write orders” for OT, PT or RN. While helpful, these services are not designed to give you daily assistance and are short term, usually for 2-4 weeks.
2. If you need more help and are an eligible veteran, you may be able to get ongoing services through the VA. Call your senior center to see when you can speak with your veteran's agent.
3. While Medicare doesn't pay for ongoing home care help, MassHealth does. And you may be eligible for MassHealth benefits. Check with your SHINE counselor for eligibility requirements.
4. Long Term Insurance policies, if you have one, they pay for home care benefits. So dust off that policy you began years ago and read the contract to see how to access your benefit.
5. Paying privately is expensive, but if you want to stay home safe and get the care you need, this may be the time to consider it.

Next month we'll talk about how to look for home care services providers. Meanwhile, don't miss an opportunity to **see what's available at the April 25th Resources Fair which is being held at New Hingham School in Chesterfield. See you there!**

COMMUNITY CONNECTOR

The Hilltown Elder Network (HEN program) is looking to help our Hilltown seniors! If you are in need of assistance with house cleaning, meal prep, grocery shopping, or transportation please call the number below to sign up. It is a free service, if income eligible, provided by Hilltown CDC.

If you are a senior wanting to make a little extra money (\$22 an hour) while helping out a community member, please call! Hours are flexible and can be as little as two hours a week. We have some HEN recipients who are also HEN caregivers.

We will be having a **job fair on Saturday, April 25th from 10-2 at New Hingham Elementary school where HEN will have a booth** with all the info you will need to get started as a caregiver or one receiving help.

Please contact Jennifer O'Connell at **413-296-4536 ext. 110**, or jennifero@hilltowncdc.org for more information or to sign up before the **job fair**.

TechConnect - Technology Help for April

TechHub Workshops and Tech Support sessions are returning to Chesterfield on alternate Fridays:

Workshops are one hour beginning at 10:30 am, and technical support drop-in sessions will follow from 11:30-1:30. All sessions will be held at **400 Main St., Chesterfield**, downstairs. Classes are free and there is no need to register. **Note date and topic changes from previous newsletters.**

Workshops:

- April 3, Online Safety & Avoiding Misinformation
- April 17, Introduction to Google Workspace
- May 1, Cloud Basics & Google Drive
- May 15, MS Excel Basics
- May 29, Windows 11 Operating System Basics
- June 12, Designing with Canva
- June 26, Zoom Basics

Tech Support home visit is available by appointment:

Call or message **413-296-5080** to arrange a home visit or email coaTechHelp@gmail.com for help.

Devices for you; Refurbished PC laptops and iPads:

if you need a device to connect to the internet or have something so old it is not working effectively, please contact us. **Leave a message at 413-296-5080.**

Drop-in Centers (no appointment needed):

- **Chesterfield Community Center**, 400 Main Rd. Chesterfield. Weekly, All Tuesdays, 11:00 to 2:00
- **Goshen Library**, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 4/16.
- **Westhampton Library** Drop-In tech support from 2:00 to 4:00, 4th Thursday, 4/23.
- **Williamsburg, Meekins Library** Drop-In tech support from 10:30 -12:30 2nd Tuesday, 4/14.
- **Nash Hill Place Resident** Drop-In tech support, 2nd Tuesday, 10:00 to Noon, 4/14.
- **Worthington Tech Support** - contact Eileen Daneri eadaneri@gmail.com.

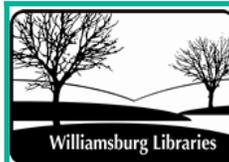
NOTE: Plainfield and Cummington residents should call **413-296-5080** for an appointment or use the Chesterfield site.

Internet Hotspots

Funding for hotspots data has ended. Call **413-296-5080** for help on finding the right low-cost internet plan for you.



Ladies Who Lunch, 3/20



Meekins Library Haydenville Library

Hours for public browsing at Meekins

Tuesday	10-6
Wednesday	1-7
Thursday	3-6
Saturday	9-2

For more info: 413-268-7472

SCAM ALERT!

The Northwestern District Attorney's Office
Consumer Protection Unit offers free assistance to residents.

We Can Help With:

- Disputes between residents and businesses
- Preparing consumers before major purchases
- Protecting individuals from fraud, identity theft, and scams
- Educating the public on consumer protection

For a consumer question or complaint please call:

Northampton
(413) 586-9225

Greenfield
(413) 774-3186



Working in cooperation with the Office of
the Massachusetts Attorney General



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

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&
Our Many Volunteers

Volunteer Quote

““What do you have going on today?” I’m asked this every time I get a haircut. Back when I was working, I had easy answers. Meetings. Emails. Grading.

After I retired, I was tempted to say, “This. This haircut. That’s what I’ve got going on today.”

The easy answers returned when I started driving seniors to their appointments.

I’ve met so many wonderful, interesting people on these runs. Lives well lived. Fascinating histories. A fierce commitment to independence.

I may lend a hand helping someone out of the car, collapse a walker, or reach across a lap to release a seat belt—but that’s not what stays with me. It’s the stories. A business built from a chance idea. Therapy practices still active. A solo bike ride across the country. Pride in grown children. Years spent teaching. Loves lost. Marriages still going strong.

It turns out I do have something going on. I just didn’t recognize it at first.”

~Jenny Chandler

SCAM ALERT!

Concerned about identity theft?
Consider **FREEZING YOUR CREDIT**.

A credit freeze limits outside access to your credit reports. It can help prevent someone from opening new accounts and loans in your name.

Call the credit agencies for a FREE credit freeze:

Equifax 1-800-685-1111
Experian 1-888-397-3742
Transunion 1-888-909-8872

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the Massachusetts Attorney General

