

# Living Well

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



Newsletter  
May  
2026

## ELDER LAW PRESENTATION

SPONSORED BY THE MASSACHUSETTS BAR ASSOCIATION  
HOSTED BY THE WILLIAMSBURG SENIOR CENTER

**TUE. MAY 19 @ 3 PM**

TOWN OFFICES, 141 MAIN ST HAYDENVILLE



HOME & ASSET PROTECTION  
MEDICARE/MEDICAID  
POWER OF ATTORNEY  
VETERAN BENEFITS  
AND OTHER TOPICS

Presented By:  
Attorney Sarah E. Dolven  
Sharp, Heyman, Dolven & Elkins, LLP  
RSVP: 268-8410  
[seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org)

### Dear Reader:

This presentation will provide important information about elder law and how folks can best use this information to fit their unique circumstances. Attending this event is great way to get an understanding of what laws are out there and help folks make informed decisions. **The event is free and we hope to see you there.**

~Melissa Wilson



### Sign-up is Open for the Senior Farm Shares Program

*"I think the farm share is great—terrific vegetables, especially the mushrooms."*

*"Love the eggs, shiitake, parsnips, tomatoes, lettuce..."*

*"Overall we are quite pleased with our farm share and feel it's a good value for our money."*

Prospect Meadow's 19-week vegetable FARM SHARE will start in mid-June and run through October. The Williamsburg Senior Farm Share from Prospect Meadow is a half-size share (appropriate for two people) with a half-dozen eggs every other week and their farm-grown shiitake mushrooms at regular intervals—easily worth \$25 per bag.

**The cost to Williamsburg seniors is \$8.50 a week. (The seasonal cost is \$161.50.)**

To ask questions or sign up, please call our food programs coordinator, Tamar Smith at 413-338-2920 or email [tsmith@burgy.org](mailto:tsmith@burgy.org).



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)

## 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](mailto: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 (May 12th). 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 for info, 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](mailto: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](mailto: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](http://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](mailto:tsmith@burgy.org), or stop in!

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

Open Studio will close down over the summer. Look for us to re-open in September!

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

Meets at the **Williamsburg Snack Shack on 3rd Thursdays at 8:30 am (May 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 (May 15th)**. 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 May 12th 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](mailto:coaTechHelp@gmail.com). More on Page 5.

#### **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](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 **Williamsburg coordinator, Barb Crane at 413-478-1696** or email [barbcranehen@gmail.com](mailto: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.



### Sand For Seniors

If you had a sand bucket delivered last fall TRIAD will be picking them up sometime in May. Please make sure they are left outside.

You will receive a call from me when a date is set for pickup.

~Carol Hendricks

## Senior Center will be Closed on May 25th for Memorial Day

### All About Food

Williamsburg Senior Center is on a mission to make sure our seniors are nourished – mind and body!

Our food programs are a cornerstone of our programming, and we encourage you to make use of them, and to share this information with other seniors (60+) who may need this information.

Please don't let transportation or finances be a roadblock to reaching us. Reach out to our staff if you need a ride. 413-338-2920 or 258-8407.

**Congregate Weekday Meals:** See page 2.\*

Check out Congregate Meals\* Meals are free, with donations gratefully accepted. Come eat with us (Mon & Thurs) or Grab and Go! (Tues & Wed)

**Brown Bag:**

Staples for the pantry, free for eligible seniors. 2nd Thursday of each month. (also on pg 2)\*

**Farm Share:**

Pick up Farm-fresh vegetables each week at the Senior Center. Starts in June and runs 19 weeks. Less than \$10/week.

**Special Events:**

Don't miss ice cream socials, holiday meals, and other free fun events created to fill our bellies and hearts.

For more information contact Tamar at [tsmith@burgv.org](mailto:tsmith@burgv.org) or 413-338-2920.

### Come In and Enjoy Lunch With Your Friends and Neighbors!



Call for Reservations: 413-338-2920

## Hilltown Resource Volunteer/Job Fair Was A Success!

The Hilltowns are more than a location; they are a feeling of community, a place you feel safe and supported. We have high quality services in place when you need them, staffed by people who genuinely care. **This is not by chance – it boils down to one word: “community.”** Neighbors share a vision and joint ownership to make it happen. **This is where volunteers come in.** They quietly fill the needs within our community. Without volunteers, we would not be the “Hilltowns,” but simply another dot on a map.



Speaking of Hilltowns, our Northern Hilltowns Consortium of COAs held a Resource Volunteer/Job Fair on Saturday, April 25<sup>th</sup> at the New Hingham Elementary School in Chesterfield. Representatives from the seven Hilltown COAs attended, vendors from area service agencies were on hand, and there were even job opportunities and door prizes!

Burgy COA was well represented by Joy Moore, Sherry Loomis, Board member Laura Davenport, and volunteer Deb Hollingworth. We were thrilled to meet new faces and share about our programs, and most of all, offer the opportunity to **VOLUNTEER** with us! **We currently need volunteers in the kitchen, driving folks to doctor’s appointments and essential errands, technology help, and on our COA Advisory Board.** Each of these opportunities is flexible. You can lean into your skillset or try something new!

**You don’t have to be a senior to volunteer!** You choose when you are available, get to meet great folks, and know that you are helping keep our Hilltown the community you love. You truly will make a difference with just a few hours of your time and gain much more than you give.

**Please reach out to our director, Melissa Wilson, email [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org) or call 413-268-8410.**

~Joy Moore

## 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](http://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

## Good News, May 2026

When looking for **home care help**, it's important to understand that Massachusetts does not regulate these businesses unless they have contracts with MassHealth, other State agencies, or are certified Medicare home care providers. Being regulated means they have to meet standards of care in order to keep their certification. Of the approximately 400 home care companies in Massachusetts, only about 1/3 of them are subject to regulation.

Standards of care include CORI checking their employees when hired, supervising them on the job, and providing ongoing training to insure a level of skill.

**So that's a good thing.** But odds are, you are more likely to find a company that is **not** regulated.

**Does this matter?** Depends on what kind of help you need, and perhaps how long you expect to need it. Because home care help is expensive and regulated companies can bill Medicare and MassHealth, and may have contracts with the VA or State Home Care agencies like Highland Valley. Which means **there may be help paying for the services you need.**

Unregulated companies are most likely to be private pay only. Cost of care varies depending on where you live, what you need, and how many hours per day or week you need.

One good thing in favor of the private pay providers... the customer is always right. If you're not happy, you can take your business elsewhere, so these home care providers are highly motivated to please.

While the regulated, certified providers must meet standards of care, they sometimes have issues when it comes to customer service.

**So there's a trade off.** Let me say that there are many certified/regulated home-care providers that provide excellent customer service and understand the importance of maintaining a reputation for same. You might look for well established companies who have been in business long enough to build a reputation for excellence.

**Where do you go to look for these providers?** You might start with the web site [Medicare.gov](https://www.medicare.gov). This site lists certified Medicare providers and starts by asking for your zip code to narrow the search for those companies near you.

**The Massachusetts Home Care Aide Council also has a helpful web site.** This is a non-profit association of home care agencies that provides training opportunities as well as guidelines for standards of care.

**Mass PCA Directory** helps those who would like to become a PCA worker, those looking for PCA training...and those looking to hire a PCA worker.

You might also speak with **your doctor's office**, hospital or rehab for a recommendation...especially if you think Medicare might pay for services.

**To get you started...**Your senior center may be able to recommend several home care providers. A lot will depend on what kind of help you need, and whether or not there are ways to get help paying for it.

## TechConnect - Technology Help for May

### TechHub Workshops/Tech Support sessions:

**Chesterfield 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.

- 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

**Meekins Library Workshops**, 1:30 followed by one hour of tech support.

- May 11, Google Workspaces
- June 1, Cloud Basics

**Tech Support Home Visit is available by appointment. Call or message 413-296-5080 to arrange a home visit.**

**Devices for you: Refurbished PC laptops and iPads.** if you are looking for a free refurbished laptop or iPad, please call 413-296-5080 and leave us a message. We will offer free devices while our supply lasts. If you have received a device and are not using it, please call our number to arrange a return so someone else can use it.

### Drop-in Centers (no appointment needed):

- **Chesterfield Community Center**, 400 Main Rd. Chesterfield. Weekly, All Tuesdays, 11:00 to 2:00
- **Williamsburg, Meekins Library** Drop-In tech support (call library for latest information).

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

**WILLIAMSBURG  
COUNCIL ON AGING  
ADVISORY BOARD**

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**SENIOR CENTER STAFF**

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



## SCAM ALERT!

If someone knocks on your door saying they have "leftover asphalt" and they offer to pave, repair, or seal your driveway today, **it's a scam!**

- Resist the pressure to act quickly even if it sounds like a good deal
- Get a written contract even for small repairs
- Never pay for the entire project up front
- Get at least 3 written estimates before hiring someone to do work at your home
- Report suspicious paving crews to police

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

Northampton  
(413) 586-9225

Greenfield  
(413) 774-3186

Working in cooperation with the Office of  
the Massachusetts Attorney General

