

Living Well



Newsletter
June
2026

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

Scammers Don't Take the Summer Off!

Unfortunately, these schemes can pop up anytime. Their story may change, but their motivation is always the same. They want to steal money or personal information.

The most common types of scams we hear about from residents are imposter scams. The individual gets a phone call from someone who says they're with a government agency such as the IRS, Social Security, or Medicare asking them to verify personal information. Sometimes the caller says they're from the police, the US Marshals, or the sheriff's office and says a family member has been arrested, or that your information is being used to commit crimes. They give you the opportunity to resolve the situation right away by making a payment or transferring money. Other residents have reported receiving a text message or email from what looks like their bank saying that there is a suspicious charge to their account. These messages contain a link to click on or a website to visit so that you can fix the problem and make the charge go away.

These schemes often play on emotions, particularly fear or urgency. They might pressure you to act immediately to resolve a problem. They don't give you time to think or verify the information. They might threaten arrest unless you act immediately.

My advice to protect yourself against scams is:

- Screen phone calls. Don't pick up right away.
- Hang up as soon as you realize the call is suspicious.
- Block unwanted calls and text messages.
- Resist pressure to act quickly. Talk the situation over with a friend or family member.
- Don't give out personal or financial information over the phone or through email or text message.
- Don't open attachments or click on links in emails or messages.
- Verify any information you are given by looking

up the information and contacting the company directly.

If you think you may have been scammed, act quickly! Depending on the type of payment made, contact your bank or credit card company or the service used to transfer or send the money. You can also contact the police department to report what happened. Scams or fraud can also be reported to the Federal Trade Commission at <https://reportfraud.ftc.gov>. If the scheme originated online or through emails or text message, file a report with the FBI at <https://www.ic3.gov>. If personal information such as a Social Security number was disclosed, information about what actions to take is at <https://www.identitytheft.gov>. For more information or to report suspected scams call the Consumer Protection Unit at (413) 586-9225.

Anita Wilson is the director of the Northwestern District Attorney's Office Consumer Protection Unit, which is a Local Consumer Program working in cooperation with the Office of the Massachusetts Attorney General.

Senior Farm Shares Program Starts June 16!

Prospect Meadow's 19-week vegetable FARM SHARE will start later this month 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.

There is still time to sign up! 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 her at 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 ~ 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 PVRTA). 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 PVRTA 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 (June 9th). Call Carol at 413-338-2920 to make an appointment, (\$50). Piper can also do foot care in your home, (\$90). Call her at 413-522-8432 for a home appointment. (See article on page 3)

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 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. Questions? Contact Tamar Smith at 413-338-2920 or tsmith@burgy.org. Feel free to stop in!

Men's Breakfast Group

Meets at the Williamsburg Snack Shack on 3rd Thursdays at 8:30 am (June 18th). To join, email Larry West, landwest3315@yahoo.com or stop in!

Ladies Who Lunch

Meets at the Williamsburg Snack Shack on 3rd Fridays at 11:30 am (June 19th). 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 June 9th 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 Williamsburg coordinator, 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.

Footcare Changes

Piper Sagan, R.N. provides foot care at the Senior Center the second Tuesday of every month.

Appointments include assessment of foot structure, health of the skin, toenails and circulation. Nails are clipped and filed, dystrophic nails (thickened, discolored) are thinned, and painful calluses are reduced.

Beginning July 1st rates for footcare will increase to \$60. This is the first increase in 6 years and reflects rising costs, allowing her to continue to provide high quality care. Not an easy decision for Piper to make, but necessary.

For appointments, call Carol: 413-338-2920.



Senior Sand

If you got a bucket of sand from TRIAD, they will be picking them up (empty or full) on **June 13th**. Please make sure they are outside and visible to the drivers.

Triad is a Senior Center partnership with Williamsburg Police and Fire & the Sheriff's departments. Senior Sand has been a great program, providing a bucket of sand for winter safety. If you could use a bucket next year, call Carol at **413-338-2920**.

Don't Go Hungry! **Active Food Programs**

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 268-8407.**

Congregate Weekday Meals: See page 2.*

Check out Congregate Meals, 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 our hearts.*

For more information, contact Tamar at tsmith@burgy.org or 413-338-2920.

Come In and Enjoy Lunch With Your Friends and Neighbors!



Call for Reservations: 413-338-2920

Have You Been to Our Ice Cream Socials?

One of the most popular programs we have during the year, we always enjoy getting together with other Seniors under the tent. I have been working for the Senior Center since 2012 and we have had one every year and probably back to the beginning.

Mark and Annette Larareo of The Village Green graciously donate the ice cream and all the fixings. We thank them wholeheartedly! We love having their local business here in town!

So, save the date, **July 10th at 1:00 pm**, and join us! ~Sherry Loomis



Elder Law Presentation, May 19. Thank you to Atty. Sarah E Dolven of Sharp, Heyman, Dolven & Elkins, LLP and to the Massachusetts Bar Association for sponsoring it.

We Are Invited!



Stacy Jenkins, from Anne T. Dunphy School is inviting seniors to join them for an upcoming show by the **Tanglewood Marionettes** on **June 8th at 2:00!**

They will have their current Pre-K, K, 1st, and 2nd grade classes - and will also invite their incoming Kindergarten and preschool families to the show.

"Last year it was a great show, and I remember thinking how folks of all ages would enjoy it! **Join us for some entertainment in our air conditioned gym!**"

We Thank 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!



Good News, June, 2026

Research shows over 80% of home care help for seniors and the disabled in this country is provided by family. It's estimated over 50 million family caregivers are helping with: errands, housework, transportation to medical appointments, laundry, medication oversight, money management, and personal care like help with a shower, getting dressed or daily grooming. That's up 40% in the last decade as our population ages. AARP surveys suggest caregivers are providing an average of about 24 hours of help per week. Without going into how much this might cost if families weren't helping, surveys show 78% of caregivers incur out of pocket costs, averaging around \$7,000 per year. A disproportionate amount of this falls on lower income households. AARP says 10% of adults consider themselves caregivers when asked. That's 1 in 10 American adults.

In the last 2 months Good News articles, we've talked about where to go to get home care help, and who might help with the cost. This month, let's look at ways family caregivers can get paid.

MassHealth has 2 programs where you can hire your own caregiver, and that caregiver can be a family member, or friend...anyone you are not married to.

1.) The Adult Family Care program pays a 24/7 caregiver to provide or manage care that includes getting you to medical appointments, providing meals, grocery shopping, laundry, personal care and socialization. This works whether you live with your caregiver, or your caregiver moves in to live with you. To qualify: you must be 18 or older, have a primary care physician, need significant daily assistance, and be eligible for MassHealth. Your home, or the caregiver's home if you move in with your caregiver, must meet health and safety guidelines. This program works well for young disabled adults as well as seniors.

The AFC program RN makes an initial assessment to determine needs and provides ongoing RN support making home visits on a routine schedule. This program also provides social work support to help with issues including paperwork, and help for the caregiver locating

additional resources if/when needed.

Example: Alice Jones lives with her daughter and goes to a day program during the week while her daughter works. She also receives PT, and other services which her daughter coordinates.

The AFC program pays Mary's daughter a monthly tax-free stipend for the care and services she manages for her Mom.

For more information on AFC program providers, you might start with a call to **Highland Valley Elder Services 413-586-2000**, and ask for an Options Counselor.

2.) The PCA program (Personal Care Attendant) is another MassHealth program that pays family caregivers for the hours of hands-on help you need. To be eligible, you can be any age, have a primary care physician, need hands on care, and be eligible for MassHealth. The PCA program RN makes the initial assessment and determines a Care plan that is reviewed annually unless medical conditions change, in which case the RN can make changes to your Care plan. You must need help with hands on personal care...as the program name suggests. Your Care plan might allow for 9 hours of help a week or more, depending on your need. (The most generous Care plan I've seen was for 90 hours of help weekly for a quadriplegic). Your PCA worker(s) can be friends, neighbors, family or someone you hire from the State PCA registry. You must be able to hire/fire/supervise your worker, or have a surrogate that provides that oversight. One of the oldest PCA program providers in our area is **STAVROS for Independent Living** located in Amherst. For more information you can contact them at **413-256-0473** or **Highland Valley and ask for their Information and Referral department or their Options counselor**.

Both these programs require you to be eligible for MassHealth which has financial eligibility guidelines. To learn more about MassHealth regulations, you can check with your COA to see if a SHINE counselor would be the way to start.

~Deb Hollingworth

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 July 12, 13, 14 or 15th: Tall Ships in Boston. Contact First Choice Tours at 413-665-9090 for additional info. Also, Southampton Senior Center has a trip scheduled for **July 13th**. Cost is \$157. Departs at 6am. Call 413-529-2105 to sign up. (See picture below)

Day Trip August 3rd: Encore Casino. \$50 Cost includes: round trip bus transportation, driver's gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by July 1, 2026. Just 8 more passengers are needed for this trip to go.

Day Trip September TBD: Big E.

Day Trip December 8th: Merry Christmazz Holiday Variety Show. Jimmy Mazz performs seasonal traditional and contemporary tunes from various artists. Yankee Pot Roast lunch and show at Storrowton's Carriage House, W. Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026.

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



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**

or www.meekins-library.org

Williamsburg Resilience Fair

Saturday, June 6, 10:00 AM—1:00 PM

How does Williamsburg stay strong in the face of floods, climate change, and everyday challenges?

Come meet your neighbors, and learn what our community is doing to become flood resilient. Activities for the whole family at Meekins!

Celebrate Rochelle Wildfong's Retirement

Saturday, June 20

A day of light refreshments and fun.

10:00 ~ Storytelling with John Porcino

11:00 ~ Jazz with Paul Arslanian

12:00~ Words of Thanks & Presentation of Retirement Gift

1:00 ~ Music with James Kitchen and the Appliances

To contribute to a retirement gift for Rochelle, be in touch with Archivist Daria D'Arienzo at ddarienzo@me.com; or 413-268-7472 and leave a message.



TechConnect - Technology Help for June

TechHub Workshops /Tech Support Sessions:

Chesterfield workshops are one hour, beginning at 10:30 am. Technical support will follow from 11:30-1:30. Sessions are held at 400 Main St., Chesterfield, downstairs. Classes are free and there is no need to register.

Workshops in Chesterfield:

- 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.

Devices for you: Refurbished PC laptops: 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 from us 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 268-7472 for latest information).



Game Time at the Senior Center



Should I Be Charging My Tech Devices to 100%?

No! Your smartphone and your other devices do not need a 100% charge to run efficiently. Keep your battery charge between 30% and 80%. Once the level hits 30% charge it a bit. This level is best for keeping a battery healthy. If you remember, unplug it at 80%. Don't charge all night.

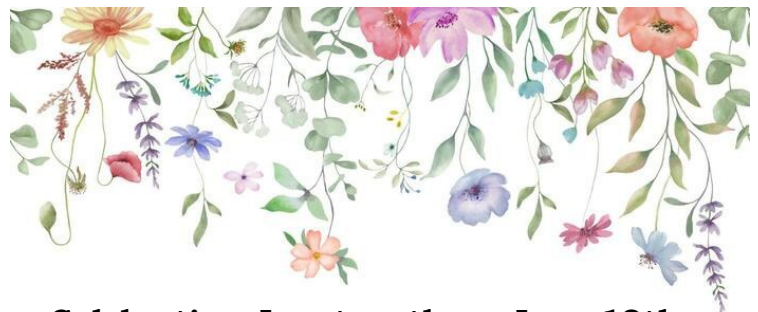
For devices, like a laptop or tablet, constantly being plugged in is not good for battery health. Keeping a device plugged in will stress the battery, not preserve it. Batteries, like people, need exercise. Use the device on battery power then recharge.

Folks often wonder if they have **damaged their tech device if the battery runs down to zero percent. No,** completely depleting the battery does not break it or the device. Although it should be avoided, it's not a catastrophe.

You can check the health of an **iPhone** battery by opening the Settings app. Tap the menu item Battery. On the next screen look for and tap Battery Health and Charging. The screen will show a percentage representing battery health. If it is under 80% the paragraph below may say the battery is "significantly degraded". **Sounds bad!**

It's not!! It only means you have to charge it more often. The percentage is a comparison with how long the charge lasted when it was new. For example, my iPhone battery says 79%. I use it a lot each day and find I only need to charge it in the evening. I'm happy with that. It's personal preference. Be wary—the recommendations come from the same company trying to up-sell you.

What if your battery dies out completely or needs a charge every few hours? Replace it, rather than spring for a brand new device. Batteries can be replaced. And if you do decide to buy another device, **buy refurbished!**



Celebrating Juneteenth on June 19th

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

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

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

Save the Date!

Williamsburg Senior Center
invites you to an

ICE CREAM SOCIAL

Friday, July 10th

at 1:00 pm

Under the Tent



Join your friends and neighbors for
a "cool" social get-together!

Ice Cream donated by The Village Green

Please call 268-8410 to sign up!

SCAM ALERT!

If someone knocks on your door offering to repair your roof, fix your chimney, or do other home improvement projects, **it could be a scam!**

- Resist the pressure to act quickly even if it sounds like a good deal
- Get at least 3 written estimates before hiring someone to do work at your home
- Check their license with the state at 888-283-3757
- Never pay for the entire project up front
- Get a written contract even for small repairs

**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

