

Living Well



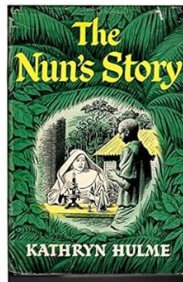
Newsletter
July
2026

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

Summer Reading List

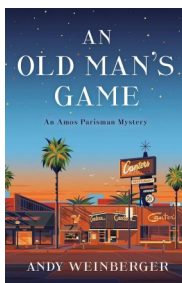
It is that time of year where “summer time” books to read are shared from various venues. We, at the Senior Center, wanted to join in and share our thoughts about good books to read over the summer (winter reading is fun, too!)

The Nun's Story written by Kathryn Hulme (1956). The inspiration for this novel is the real-life experiences of a Belgian woman who becomes a nun during WWII. From an upper-class background and with the urging of her father, she joins the convent and makes the adjustment to the world of poverty and obedience in her service and devotion to God. As a nun, she excels in her chosen field of being a nurse and is assigned after several years to work in the Congo.



It is in the Congo, after meeting a Doctor, she begins to acknowledge the truth about her struggles. With her willfulness and outspoken nature, she begins to question her conformity to the religious order. She returns to her country of origin and it is there she makes a life changing decision. I enjoyed this book very much. A movie starring Audrey Hepburn was made in 1959 (enjoyed that, as well).

~Melissa Wilson



An Old Man's Game is the first in a new series of mystery novels by Andy Weinberger, a West Coast book store owner of over 35 years, former Brooklyn Dodgers fan transplanted to the west coast.

His style may remind you of classic mystery writers like Rex Stout, Raymond Chandler, or Conan Doyle, and his plot moves along at a good pace, like a Grisham novel.

An enjoyable, perhaps unusual feature may be that his protagonist, Amos Parisman, is an aging "retired" detective in his late 70s, living in LA, with the dry wit and sense of humor of Columbo. What

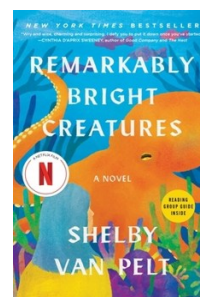
he lacks in speed and agility, he makes up for with years of experience, and it's nice to have a hero who balances being a tender caregiver for his wife with dementia and a mentor for his young assistant.

A too-short read...but fortunately for us, *An Old Man's Game* is the first in this series of Pariman detective story novels, so we'll get to see him in action in the future!
~Deb Holingworth

Nothing like reading a winter story during the hottest week! **The Winter of Second Chances** is a cozy and uplifting novel by Jenny Bayliss, the story of a chef and restaurant owner, whose marriage is falling apart and she takes on caring for an old home/business on the coast of the North Sea. She falls in love with the historic home, and dreams of the business it once was and could be again. Dealing with the elderly owner's son is difficult, until they figure out that they both want the same thing, to preserve the historical home and revitalize the restaurant and coffee shop that it used to be. Howling winds and high tides abound, romance is in the air and everyone gets a second chance. A feel-good book and a fast read!



~Sherry Loomis



If you don't have the time or inclination to read a book, there are some good movies out there! "**Remarkably Bright Creatures**," -what a feel-good movie on Netflix! This story is originally a novel by Shelby Van Pelt. A story about 70-year-old woman (played by Sally Field), a confused young man and a very smart octopus called Marcellus. There is sadness, some mystery, gossip and hope. The story ends with happiness for all! Curl up on a rainy day and enjoy watching this moving film. I now have a special place in my heart for octopi!

~Toni Boughton

More reviews on Page 3!

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 & Thursdays we make fresh-cooked meals, and Tuesdays & Wednesdays we get meals from Highland Valley Elder Services to eat in or ***Grab-n-Go!*** Contact us 2 or 3 days ahead to reserve a meal: seniorcenterdirector@burgy.org or 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.

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 (July 14th). Call Carol at 413-338-2920 to make an appointment, (\$60). Piper can also do foot care 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 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 us at 413-338-2920. Feel free to stop in!

Men's Breakfast Group

Meets at the Williamsburg Snack Shack on 3rd Thursdays at 8:30 am (July 16th). 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 (July 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 July 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 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.

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!



Last year's Ice Cream Social!



Farmer's Markets Coupons

The Williamsburg Senior Center will be distributing **FARMER'S MARKET COUPONS** to eligible Williamsburg residents who **meet income requirements**. The coupons will be distributed on a **first come first serve** basis.

Folks can apply for this program by coming to the **Senior Center (Town Office Building, 141 Main St., Haydenville)** the week of **July 20th-23rd** from **9:00 am 1:00 pm**.

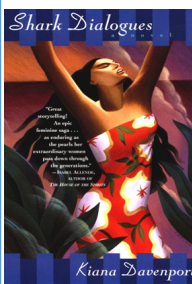
The coupons may be used to buy farm fresh fruits and vegetables and un-processed honey. **Recipients may redeem coupons at any participating farmer's market** (we will give you a list). Each coupon book is worth \$25.

If interested please contact **Melissa Wilson**,
413-268-8410 or email her at:
seniorcenterdirector@burgy.org



Continued from Pg 1

I'm currently reading ***Shark Dialogues***, a novel by Kiana Davenport. It spans over 150 years of Hawaiian history, tracing the lives of four female cousins and their ancestors. It explores colonialism, cultural identity, family ties and legend, and provides the reader with a glimpse of very gritty Hawaiian history that is overlooked in our education.



Kelsey Pfendler, of #YouRowKelsey is reading this novel as she attempts to become the first American woman and youngest woman to row over 2,400 miles across the Mid Pacific solo. She departed Monterey, California and is heading to O'ahu, Hawaii to raise funds for the Whale Foundation.

I wondered, while reading portions of the book, if she was imagining herself being on the endless expanse of the Pacific and experiencing the storms and scorching heat that the sailors did. I marvel at her bravery as I marvel at the women in *Shark Dialogues*. We often look at the past for inspiration, but as I follow Kelsey's progress across the Pacific and read her chosen book, I am moved by her fortitude.

~Joy Moore

Employment Opportunity

Williamsburg Council on Aging – Food Programs Coordinator

This position is responsible for coordinating food programs and works closely with the Meal Site coordinator to ensure the smooth running of all aspects of food programs. This work includes, but is not limited to: coordinate food programs (Highland Valley meals, Brown Bag, Farm Shares, etc.), practice food safety, clerical/computer work, assist with special events, and any other duties as assigned.

Requirements: Ability to communicate effectively both orally and in writing, relate well with seniors, have serve safe certification/obtain certification, develop good working relationships with co-workers, volunteers and other service providers. Basic computer knowledge, able to easily lift items (groceries, kitchen pots, pans) when necessary.

Knowledge and skills of computers, clerical and reception practices, organizational skills, working as part of a team, and a positive attitude are necessary. Five years employment experience and work with older adults preferred. CORI check required.

In general, the schedule is Tuesdays and Wednesdays (3 hours each day – late morning). Hours may vary and include additional hours based on the needs of the program. Pay rate is \$21.37 per hour. Some training/certification may be required. Attend meetings when necessary. Interest in preparing and cooking a meal for attendees is desired.

To apply: send resume and letter of interest to: seniorcenterdirector@burgy.org, mail to **Williamsburg Senior Center, P.O. Box 447, Haydenville, MA 01039** or drop off letter to us at the **Town Offices, 141 Main St., Haydenville**. Applications will be accepted until position filled.

The Town of Williamsburg is an Equal Employment Opportunity employer and does not discriminate based on race, religion, color, national origin, sex, sexual orientation, age, veteran status, disability status, or any other applicable characteristics protected by law.

The Senior Center will be closed on July 2 for Independence Day



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!

You Make a Difference!

“Never think that you have no influence whatsoever. Your trace, which you leave behind with just a few good deeds cannot be erased.”
~unknown

It's a fact that Seniors are at a higher risk for social isolation and age related stresses.

At one point or another everyone has needed help from someone. Whether it is from a family member, co-worker, volunteer, or a stranger. Receiving help makes a profound difference in both the life of the volunteer and the person they assist.

Would you like to make a difference in someone's life? Have you considered volunteering at the Senior Center? We are looking for volunteers to be companions for people who are homebound, isolated or lonely. Someone to visit and chat with, to take a ride or play cards or a game with.

Volunteering has many benefits. You gain a sense of purpose, increase your sense of pride, boost your self-esteem and reduce stress and depression. Volunteering gives attention to others and takes it away from our own problems. You make new friends and it makes you happy. Humans are hardwired to give to others. The more you give the happier you are!

Please consider becoming a companion. You will meet some amazing and interesting people and your life and theirs will be the better for it.

**If you are interested, call Carol Hendricks:
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.

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:

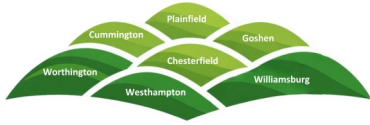
Don't miss our Ice Cream Socials, Multi-generational events, holiday meals, and other free fun events created to fill our bellies and our hearts.

**For more information, contact us at
413-338-2920**

Come In and Enjoy Lunch With Your Friends and Neighbors!



Call for Reservations: 413-338-2920



Regional News

Good News, June, 2026

This month we talk about nursing home care. Something you don't want to know until you need to know. Statistics say for those of us 65 or older, 70 percent will need nursing home care in our lifetime, but only 20 percent will need long-term placement. (The rest being short term rehab stays after a medical event.)

What if you are part of that 20 percent?

How does a nursing home placement happen?

Usually this starts with a hospitalization, perhaps after a 911 event, maybe after a planned surgery when you are discharged from the hospital to a nursing home for rehab. If you were admitted to the hospital and stayed the 3 midnights...Medicare pays for this short term rehab stay which is usually a few weeks at best.

At some point the nursing home determines you have maxed out your Medicare rehab benefit and you need to be discharged. **Home? What if you are "not ready", and you or your family caregiver(s) feel it is "unsafe" for you to go home?**

You can stay in the nursing home, but switch from being a rehab patient, to being a long term resident, which means Medicare stops paying your monthly bill and you either pay the bill yourself or apply and get approved for MassHealth, which pays most long-term residents' ongoing monthly bills.

What if you are home, and your situation has deteriorated to the point where you need to be a residential placement, a long term, not rehab nursing home resident. How do you make the transition from home to nursing home without the 911 event or hospitalization?

This is called a **Community Admission**. You can contact the nursing home of your choice and make arrangements. They will need a medical summary from your doctor, and a payment source, either you plan to pay your bill yourself, or you complete and submit a **MassHealth application**.

If you already have MassHealth, this process is simpler in that you only need to file the long term supplement section which gives MassHealth current verification of your income and assets. If your countable assets are less than \$2,000 (and you haven't transferred or 'gifted' any significant assets in the past 5 years)...then you would be eligible for

MassHealth to pay your ongoing nursing home bill. If your assets are more, you submit verifications and MassHealth will determine your "spend down" amount before becoming eligible.

Unlike a hospital discharge to a nursing home, a community admission takes longer, because we are waiting for an available bed in the nursing home of our choice. (With hospital discharges to nursing home...you take the first available bed, not necessarily the nursing home of your choice). With a community admission, the nursing home you choose may put you on a waiting list when your paperwork is complete and call you when a bed becomes available. You can accept the bed, or delay and ask to be kept on their waiting list for the next bed. This is sometimes common when caregivers feel they can postpone placement a little longer. Getting the process started, getting on a waiting list is recommended if you wish to avoid the 911/hospitalization admission process.

Another option is a short term nursing home stay, called a Respite placement. Respite is for caregivers providing 24/7 care where the person needing care is placed in a nursing home, giving the caregiver a "respite" break. These are usually at least 2 weeks, and depend on bed availability. Not all nursing homes offer Respite stays. **Check with the Highland Valley Ombudsman director, Michele Wolf, 413-588-5744.**

Michele provides oversight for the nursing homes in our area. She can give you a listing of all facilities and speak with you about which provide dementia care, or dialysis, or specialized rehab programs. She may also know nursing homes who have a VA contract.

Which brings us to **how to pay for short term Respite stays which are not covered by Medicare.** The VA contracts with a few facilities and may pay for short term placement for veterans, check with your veteran's agent. And MassHealth may also pay for short term placement if you have MassHealth.

Odds are, you won't need this information, but if you do, you might have a conversation with the Ombudsman program director at Highland Valley.

~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 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 3 more** passengers are needed for this trip to go.

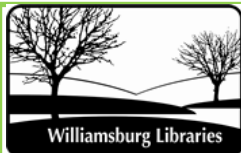
Day Trip September TBD Big E.

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 Storowton's Carriage House, West Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026. Just a few seats left.

**** Trips in 2027 ****

Watch for upcoming details on a 3-days/2 nights trip to Baltimore to see the Red Sox play the Baltimore Orioles along with some sightseeing. Waiting for 2027 MLB schedule to come out in December.

** 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

(Haydenville Library open by request)

TechConnect - Technology Help for July 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.

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: We have free refurbished laptops while supplies last. **Please call 413-296-5080** and leave us a message if you are interested. 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
- **Goshen Library**, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 7/16
- **Westhampton Library** Drop-In tech support, from 2:00 to 4:00, 4th Thursday 7/23
- **Williamsburg, Meekins Library** Drop-In tech support (call 268-7472 for latest information).
- **Worthington** Tech support - contact Eileen Daneri, eadaneri@gmail.com

SCAM ALERT!

It's a **SCAM** if someone calls you claiming:

- You are getting a new, plastic Medicare card.
- Medicare is switching to a card with a chip in it.
- It's a new year so you need a new card.
- They need you to verify your Medicare number.

Report Medicare Fraud to:
Medicare 1-800-633-4227

or

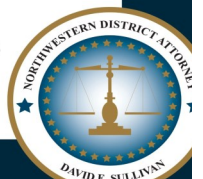
Senior Medicare Patrol 1-800-892-0890

**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



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

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ADVISORY BOARD**

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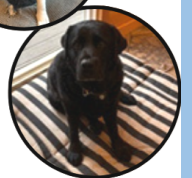
Mary Lee Satterfield

SENIOR CENTER STAFF

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



Save the Date!
Friday, August 7, 10 a.m. - 12 p.m.
Multigenerational Event
Dog Days are Back!



We are thrilled to invite you all to enjoy a visit with the service dogs trained by local residents Bobbi Knox, Andrea Hineman, and her dad, Dick Zimmer! You'll also enjoy lunch and conversation served by youth volunteers from the Grange and 4H, and time spent in the beautiful outdoors "under the tent."

As COA staff and a Granger, I am blessed to experience this event on multiple levels, and it is one of my favorite days. Everyone has a great time, and it's wonderful meeting your children and grandchildren and witnessing everyone enjoy the event. Make sure to watch for the flyer and RSVP so we can save your spot! ~ Joy Moore

