

Living Well



Newsletter
August
2026

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

Dog Days are Back!

You're
INVITED!



Friday, Aug. 7
10 a.m. – 12 p.m.

Multi-Generational Event

Dogs Days are Back!

**WILLIAMSBURG
SENIOR CENTER
“UNDER THE TENT”**



10 a.m. Come pet therapy dogs trained by your neighbors Bobbi Knox, Dick Zimmer, and Andrea Hineman



11 a.m. – 12 p.m. It's a wrap - lunch is on us!



Visit with Youth from the 4-H and Grange



Thanks to a grant by Highland Valley Elder Services

RSVP

413-268-8410

EMAIL: SENIORCENTERDIRECTOR@BURGY.ORG

The Senior Center is happy to be hosting our annual Multigenerational Event on **Aug. 7th from 10 am – 12:00 pm (noon)**! This event checks all the boxes: **food, fun, and community.**

The fun is therapy dogs with Bobbi Knox, Bill Zimmer and Andrea Hineman. All have been sharing their furry companions at community events for over 20 years. This is the Senior Center's second foray with therapy dogs. By far, it was our most popular event. Come meet Remi, Tori, Laine, Lettie, and Cindy Lou... they will be wagging their tails and ready to greet you!

The food is a variety of wraps, chips, treats, and drinks. The 4-H and Grange youth help to set up, serve, and clean up from the day's event. The 4-H and Grange youth have been participating in this event for a number of years. We always look forward to seeing them.

It is also about community. Folks who time together, share stories, meet new friends and visit with old friends. It promises to strengthen our relationships and our community. We hope to see you there!



~Melissa Wilson

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 (Aug. 11th). 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 (Aug 20th). 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 (Aug 21st). 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 Aug 11th 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.

Hanging out with friends at our Ice Cream Social on July 10th...



...and behind the scenes!



Photos by Toni Boughton

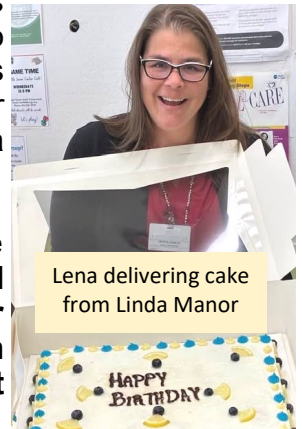
**A big Thank You to Village Green for
Supplying our Ice Cream Social!**



Celebrate Your Birthday With Us!

Please come and join us for "Birthday Thursday!" On the 2nd Thursday of each month we celebrate that month's birthdays! We will start to serve cake at 12 noon. It is a fun time to visit with other folks from town over a piece of cake!

Don't forget, we also serve lunch on Mondays and Thursdays at 11:30. **For lunch, you need to sign up ahead. For cake, just show up!**



Lena delivering cake
from Linda Manor

Town Event! NATIONAL NIGHT 2026

Tuesday, August 4th, 6:00 PM
at the
Williamsburg Public Safety Complex
16 Main St., Williamsburg

Free concert by Red Loves Blue!
Free Hot Dogs!
Free Ice Cream!

Fire & Police apparatus on Display!

WIN!

Prize Wheel

WIN!

Sponsored by Florence Bank



Call for Reservations: 413-338-2920

Enjoy Lunch With Your Friends & Neighbors!



Discovering Your Luck

Somewhere in the darkness Waiting in the wings
Lives a little magic
That might make your heart sing

You can't exactly find it Just invite it to appear
You might not even sense it
When it actually is near

It is a combination Of preparedness and trust
That the universe is watching
So believe in this you must

So try not to focus On where you might be stuck
But rather welcoming the magic
And discovering your luck

~Robert Longley



Photo: Sherry Loomis



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.burgv.org/senior_center.

The Williamsburg Senior Center counts on YOUR support to continue our programming for local seniors!

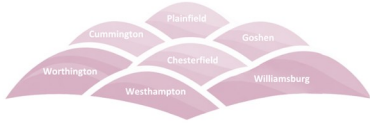
____ I would like to contribute to the Williamsburg Senior Center. My contribution of \$_____ is attached.
(Please write your check to **Town of Williamsburg** with "Senior Center program support" on the memo line.)

Name _____

Address _____

Phone _____ Email _____

Thank You for Helping Us Support Our Neighbors!



Regional News

Good News, August, 2026

I'm going to take a stab at trying to clear up some confusion about the **Medicare Savings Program** that many of you have applied for and gotten.

It's been 2 years now since Massachusetts dropped the asset limit and now determines eligibility based on income alone. This was a huge change for this Federal program. Only 12 states have dropped the asset requirement.

MSP...Medicare Savings Program is a Federal program which: 1. pays your Medicare B premium, 2. automatically enrolls you in the Extra Help program which subsidizes the premiums and co-pays for your Rx, and 3. automatically makes you eligible for Health Safety Net which gives you free care at any federally funded clinic or hospital.

MSP is administered by MassHealth. Which is where the confusion may start.

If approved, you get a letter from MassHealth. MSP is not a MassHealth program...but you are given a MassHealth ID number and once a year, they send you a recertification application (looks just like the 2 page MSP application you filled out originally). In order to keep your MSP, you need to complete and return that paperwork to MassHealth.

The Extra Help program that you were automatically approved for when you got MSP, is administered by social security. Fortunately, they don't require recertification every year. Extra Help automatically enrolls you in a Medicare D plan and pays the premium. And when you go to the pharmacy to pick up your Rx, the pleasant surprise is that co-pays are very low for generics and no more than \$12.50 for any brand-name Rx. The beauty of Extra Help is that enrollment in a Medicare D plan happens automatically without your having to do anything. And as long as you keep your MSP...you will keep your Extra Help.

So where's the confusion?

1. I get calls from folks who say, "I never applied for this Medicare D plan? So how did I get one?"

It happened automatically...and if you don't like what you were assigned, you can switch. (A SHINE counselor can help with that.)

2. I get folks asking why they have a MassHealth ID number if they didn't enroll in MassHealth? And...medical providers seeing your MassHealth ID number in the system may say "Oh, I see you have MassHealth?" To which you should answer, "No I don't have MassHealth, I have the Medicare Savings Program which is a Federal program, that subsidizes my Medicare". Even your doctor's office may not understand the difference.

3. Some folks that are approved for MSP have a low enough income to qualify for QMB, and those MSP folks will be mailed a MassHealth ID card. Don't throw it out!

QMB folks have the added benefit which pays any/all co-pays from medical providers. So, if you receive a MassHealth card in the mail, show it to your doctor, and make sure they have it in your medical record.

Questions? Call your senior center, or your SHINE counselor at Highland Valley, Caroline Soland. 586-2000.

~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 Monday, September 28: The Big E. an annual favorite, with free entertainment at The Court of Honor Stage. Frankie Avalon performs his hits. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Francine Frenier and mail to the address above. **Due Now. NO REFUNDS** due to bargain price. The bus leaves from Sheldon Field.

NEW Day Trip Monday. October 12th: Worthington COA Fall Foliage Bus Trip. Hudson River Narrated Cruise aboard the Rip Van Winkle II, choice of gourmet boxed lunch on board, and Market stop. Discounted price for Worthington Seniors over 60 and \$140 for other seniors. **Call Phyllis 413-238-5962 or email coa@worthington-ma.us** for details & to reserve a seat by September 1st.

Day Trip Tuesday, 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. Wait list only.

**** Trips in 2027 ****

Watch for upcoming details on a 3-days/2 nights trip to Baltimore to see the Red Sox play a game against 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! ***



Help Wanted!

For the past several years the Northern Hilltown Consortium of COAs has been able to offer a resource called **the Connector**. This is funded through a grant from Highland Valley Elder Services and is designed to help residents in the seven hilltowns connect with the services they need. **The Connector helps determine eligibility for benefits like SNAP, fuel assistance, subsidized housing, home care services, Circuit Breaker, and was created to help us understand how systems work, what benefits are available, and how to apply for them.**

This is a **part-time position**, with flexible hours, averaging about 25 hours a month.

Basic computer skills, a knowledge of benefit programs and experience working with seniors on "late life" issues is helpful.

For more information, you can contact **Jess Humphries at the Chesterfield COA, 400 Main Road, P.O. Box 7, Chesterfield, MA 01012...or email coa.townofchesterfield.com.**



TechConnect - Technology Help for August

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

Seniors Aware of Fire Education

Summer heat can be dangerous, especially for older adults. Heat related illnesses can develop quickly and become life threatening if not recognized and treated early.

Senior 
SAFE

Heat exhaustion occurs when the body loses too much water and salt through sweating. Signs may include heavy sweating, weakness, dizziness, headache, nausea, muscle cramps, and cool, clammy skin. If someone is experiencing heat exhaustion, move them to a cool place, offer water or a sports drink, loosen clothing, and apply cool wet cloths to help lower body temperature.

Heat stroke is a medical emergency. Signs include confusion, slurred speech, hot dry skin, seizures, or loss of consciousness. Call 911 immediately and begin cooling the person while waiting for help.

During hot weather:

- Drink plenty of water.
- Avoid strenuous activity during the hottest part of the day.
- Wear lightweight clothing.
- Stay in air conditioned spaces when possible.
- Check on neighbors, friends, and family members.

Stay cool, stay hydrated, and stay S.A.F.E. this summer!

Capt. Steve Estelle, SAFE Educator
Goshen Fire Department



Ladies Who Lunch
(see page 2)

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)*

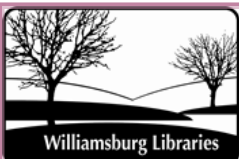
Farm Share:

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



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]

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

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

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Maureen O'Brien, Chair
Christopher Flory
Mary Bisbee
Toni Boughton
Laura Davenport

ASSOC. MEMBERS

Daria D'Arienzo,

EMERITA

Mary Lee Satterfield

SENIOR CENTER STAFF

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

Save the Date!

**September 23, 2026
12:00 Noon**

for a

**COA Event for LGBTQ
Residents & Allies**

**Chesterfield Community Center,
400 Main Road, Chesterfield**

Gathering to share a meal and experiences,
concerns and discuss life in or before retire-
ment. All towns welcome! For more info,
email: Henrichsen.bev907@gmail.com



SCAM ALERT!

If you get a text message you weren't expecting, **it could be a scam!** What it looks like:

- A message saying there's a problem with payment information.
- An alert about suspicious charges to a bank account or a credit card.
- A package delivery notification.
- An invoice for unpaid tolls or traffic tickets.
- A notice for failure to report to jury duty.
- A bill for an expensive product or service you didn't order.
- A random message from a number you don't recognize or someone you don't know.

What to do: Don't reply. Slow down and verify the information independently. Block and report suspicious messages.

**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

