

Living Well



Newsletter
September
2026

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

Please Join Us!

September is Falls Prevention Month and the Senior Center wants to do everything we can to promote senior safety. To that end we are inviting you to a Meet and Greet:

September 15th at 10:00 am
Williamsburg Town Office Building,
141 Main St., Haydenville (Meal Site room)

On hand to discuss senior safety will be Burgy **Police Chief Denise Wickland and Fire Chief Jason Connell**, along with reps from local District Attorney's Office and the Sheriff's Department (all members of TRIAD*). The purpose is to offer an opportunity for older adults to meet and engage in informal interactions with folks from the aforementioned services. The primary goal is to foster relationships and to share information that could be beneficial to senior safety. There will be time for questions.

Dave Fenton, Hampshire County Sheriff's Office, had this to share, "TRIAD thrives on senior participation. Senior input is essential to the success of this program."

The Senior Center is happy to host this event. Refreshments will be served. Please call the Senior Center if any questions and to RSVP Melissa Wilson (**413-268-8410** or **senior-centerdirector@burgy.org**). Thank you.

*What is TRIAD?

TRIAD is a community policing initiative bringing together law enforcement, seniors, and elder care providers to prevent crime and educate seniors about how to stay safe.

TRIAD was formed in 1988 through a cooperative agreement with AARP and International Association of Chiefs Of Police to guarantee the safety of older citizens.

Massachusetts (Hampshire County) was the first

state to develop TRIAD / Seniors and Law Enforcement together (SALT). They are active in our area and we are lucky to have them.

Programs and events they support are:

- House numbering
- Community shredding
- File Of Life
- Drug take back
- Sand for Seniors
- Medical equipment
- Programs for fraud,scams,and elder abuse

If you want to learn more about TRIAD programs come to the Meet and Greet.

Please join us!



MEET & GREET

*With local Police, Fire, Sheriff's Dept,
& District Attorney's Office*
AKA TRIAD



TUESDAY, SEPTEMBER 15TH
10 AM-11 AM

*Get to know the folks who help keep seniors
Safe, Educated, and Reduce our Fear about crime.*

Senior Center Café
Town Office Building
141 Main St., Haydenville



Refreshments will be served

**RSVP: Melissa at 413-268-8410 or
seniorcenterdirector@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

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@burgv.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 (Sept 8th). 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 (Sept 17th). 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 (Sept 18). 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 Sept 8th 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.



Save the Date: Flu Clinic October 15th.
See the October newsletter for more information



Welcome Our New Team Member!

We are pleased and excited to welcome **Jen Batty** to the Senior Center staff. She will be coordinating our Food Programs: Brown Bag, Highland Valley (HV) meals, and Farm Shares. She has a wealth of experience and looks forward to serving the community. Her contact information: **413-338-2920** or **jbatty@burgy.org**.

Please feel free to reach out to Jen with any questions you might have about our food programs. We are committed to making sure all seniors have access to food and if there is any way we can help make that happen, please let us know.

~Melissa Wilson

School is Back in Session... Want to be a Pen Pal?

Our Pen Pal program with the 6th graders at the Dunphy School has been quite a success. After school is in session, we hope to get it started again.

Many people have been pen pals year after year, and find it really rewarding. Often, though, we don't get enough seniors to cover all the students, so some of us have two or even three pen pals! **We are looking for new senior pals, men and women, who want to take the opportunity to meet a new young friend.**

We make it easy for you. We receive letters from the students, you pick them up and answer them, then return them to us. We bring them back to the school for distribution and answering. We get a chance to meet our pals during a gathering at the school in the Spring. I find that some just write a few sentences, and some go all out, writing and drawing, etc.!

Please contact Sherry to show your interest. (**sloomis@burgy.org** or **413-268-8410**) We'll keep you posted as to when and how the program will proceed.

Thank YOU!

**The Senior Center is
grateful to everyone
who made the
Multi-Generational
event happen!**

Andrea Hineman & Dick Zimmer & their beautiful dogs
(with assistants Leslie Schneider & Jen Babcock)

Bobbi Knox & her beautiful dogs

Volunteers from Burgy Grange

Volunteers from the 4H

Folks from the Senior Center volunteer crew



Dog Day at the Senior Center - Photos by Joy Moore

Understanding the Risk Factors for Falls: A Guide to Prevention & Home Safety

Falls are a leading cause of injury among older adults, but they are not an inevitable part of aging. Many falls can be prevented by understanding and addressing the risk factors. This guide will help you identify potential hazards in your home and provide practical tips to reduce the risk of falls.

Identifying Risk Factors

Physical and Health-Related Factors:

- Muscle Weakness and Balance Issues
- Chronic Health Conditions
- Vision Problems

Environmental Hazards:

- Cluttered Spaces
- Poor Lighting
- Unsecured Rugs and Carpets
- Cords and Wires
- Medication Side Effects

Home Improvements to Prevent Falls:

- Remove Throw Rugs
- Manage Cords and Wires
- Improve Lighting
- Declutter Your Home
- Install Handrails and Grab Bars
- Use Non-Slip Mats

Managing Medication Side Effects

- Review Medications Regularly
- Monitor Side Effects

Exercise to Improve Balance & Muscle Strength. See the website below for some great balance exercises.

Conclusion: Preventing falls involves a combination of addressing physical health factors, making home improvements, managing medication side effects, and incorporating regular exercise to improve balance and muscle strength. By taking proactive steps, you can create a safer environment and reduce the risk of falls, helping to maintain your independence and quality of life. Regular check-ups with healthcare providers, staying active to improve strength and balance, and making simple changes in your home can make a significant difference in fall prevention.

If you have any concerns about your risk of falling or need assistance making home modifications, consult with a healthcare professional or a specialist in falls prevention. Acting now can help ensure a safer future.

For more information, visit the website:

<https://accesscarepartners.org/understanding-the-risk-factors-for-falls-a-guide-to-prevention-and-home-safety/>



Join Williamsburg Senior Center on Facebook!

<https://www.facebook.com/groups/884759358908964>

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.burqy.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.

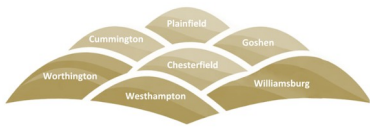
(Please write your check to **Town of Williamsburg** with "Senior Center program support" on the memo line.)

Name _____

Address _____

Phone _____ Email _____

Thank You for Helping Us Support Our Neighbors!



Regional News

Good News, September, 2026

From time to time, I get questions about MassHealth's "Estate Recovery" from folks who might be eligible for MassHealth benefits but are worried that "MassHealth will take my house" or any and all other assets.

Eligibility rules for MassHealth are different depending on whether you are dead...or alive.

If you are alive...and want MassHealth benefits your *countable* assets must be less than \$2,000.

- Countable is the key word here. MassHealth **does not** count a car if you have one registered in your name, or a prepaid funeral contract, or term life insurance or your home if it is your primary residence.
- MassHealth **does** count a car if you have more than one... does count a home if you do not live in it, does count a whole life insurance policy if it has a cash surrender value, does count savings, and retirement investments. (IRAs are uncountable if you are still actively contributing to them)

Excess Assets

If you have more than the allowed \$2,000 in countable assets, you may be able to transfer excess assets out of your name.

As of this writing 2026, you can transfer \$160,000 of countable assets to your spouse.

If your assets are more than that, or you own assets jointly with other family members, or friends... you should probably do asset preservation work with an elder law attorney.

MassHealth will count the asset if you are able to access it...if you no longer own the asset, or can not access it in your life time...the asset becomes uncountable.

Asset Transfers

If you are not dead...but want MassHealth to pay your nursing home bill, the infamous 5-year look back rule applies. Which means MassHealth looks at any/all asset transfers for the 5 years prior to your entering a nursing home.

- If you are married, MassHealth allows you to transfer up to \$160,000 of countable assets to your spouse. This asset limit changes/ increases each year.
- Remaining countable assets will be used to pay your nursing home bill until you have "spent down" to the \$2,000 asset limit.
- If yours is the *only* name on the deed to your home, MassHealth may put a lien on your property which would be paid when sold.

If you are dead...and have an Estate that will go through Probate...MassHealth will present a bill to Probate for services rendered during the last 10 years of your lifetime. MassHealth starts keeping track of your "bill" after you turn 55, and does not bill Estates of less than \$25,000.

For more detailed information you might Google MassHealth Estate Recovery.

~Deb Hollingworth

Come In and Enjoy Lunch With Your Friends and Neighbors!



Call for Reservations: 413-338-2920

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 September 28, Monday. 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.

*** Trips in 2027 ***

Multi Day Trip April 25- May 1 Savannah, Jekyll Island & Beaufort, SC. Seven days, six nights. Visit Savannah, "The Belle of Georgia," Magnificent Beaufort, SC "The queen of the Carolina Sea Islands," and Port Royal Sound Maritime Museum and more. Includes hotels, breakfasts and 4 dinners. Price \$987 per person, double occupancy. A \$25 discount is given if paid in full by January 25, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above after the first of the year.

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Please email Francine NOW so she can see if there is enough interest to make either of these trips a go:

\*\*3-day/2 nights trip to Baltimore to see the Red Sox play a game against the Baltimore Orioles along with some sightseeing and visit the National Aquarium. Waiting for the 2027 MLB schedule to come out in December to determine dates.

\*\*Seven day trip to Chicago, partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, visit a historic Navy Pier and museums. Possible date : October 17, 2027.

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

## Seniors Aware of Fire Education

September is **Fall Prevention Month**, a great reminder to take steps to reduce the risk of falls. As first responders, we receive many calls each year to assist older adults who have fallen. While some falls result in only minor injuries, others can lead to broken bones, head injuries, or a loss of independence. The good news is that many of these incidents can be prevented with a few simple changes.

### To help reduce your risk:

- Keep walkways, stairs, and entryways free of clutter.
- Secure or remove loose rugs.
- Improve lighting throughout your home, especially at night.
- Install and use handrails on stairs and grab bars in bathrooms.
- Wear sturdy, slip-resistant shoes and avoid walking in socks on smooth floors.
- Have your vision and hearing checked regularly.
- Stay active with exercises that improve strength, flexibility, and balance.

A few minutes spent making your home safer today can help you remain independent, active, and confident for years to come. If you have concerns about fall hazards in your home, don't hesitate to ask a family member, friend, or caregiver for assistance.

**Have a safe start to autumn!**

Senior   
**SAFE**

Capt. Steve Estelle  
SAFE Educator  
Goshen Fire Department



Dog Day at the Senior Center

## **TechConnect -Technology Help, September**

TechConnect will be offering Q&A style classes this fall on the second Tuesday of the month at the Chesterfield COA offices. Bring your questions and contributions to our roundtable discussion. Hosted by Lizzy Canady from 1-2pm on the following dates:

- **9/8/2026:** Artificial Intelligence: Trends and Topics
- **10/13/2026:** Digital Legacy: Putting your digital house in order
- **11/10/2026:** TBD 12/8/2026 TBD

No registration necessary.

**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, 3<sup>rd</sup> Thursday, 7/16
- **Westhampton Library** Drop-In tech support, from 2:00 to 4:00, 4<sup>th</sup> 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](mailto:eadaneri@gmail.com)



# LGBTQ+ LUNCH

Join us to share a meal together, see folks you know, and meet those you don't.  
Hilltowns LGBTQ+ residents and allies welcome!

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**Wednesday, September 23<sup>rd</sup>**  
**12 PM**

400 Main Rd, Chesterfield, MA 01012

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**Register by Sep. 18<sup>th</sup> to join!**

413-296-4007  
[coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)  
<https://www.townofchesterfieldma.com/council-aging>



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

**WILLIAMSBURG  
COUNCIL ON AGING  
ADVISORY BOARD**

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Christopher Flory  
Mary Bisbee  
Toni Boughton  
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Mary Lee Satterfield

**SENIOR CENTER STAFF**

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

## Sharing and Caring: A Memory Café

*A group led by two speech-language pathologists  
for adults with memory loss and their care partners*



This October, the **Goshen Council on Aging** is launching a supportive social group for people with memory loss and their care partners. "Sharing and Caring" will be run by two local speech-language pathologists who will provide education, strategies, and support to participants.

The group will meet **every first Thursday of the month from 1:00 to 2:30 at Goshen Town Hall** to connect over afternoon activities and refreshments. Skilled facilitators will be available to help participants with Dementia and Mild Cognitive Impairment as they engage in the group.

Are you interested? Reach out to Kerry Normandin at the Goshen COA at **413-268-8237 x 118** or [coa@goshen-ma.us](mailto:coa@goshen-ma.us) to learn more and to register.

## SCAM ALERT!

Scammers are increasingly targeting older adults by convincing them to deposit cash into **cryptocurrency kiosks** (Bitcoin ATMs) located in convenience stores, package stores, gas stations, and other businesses.

**How the scam works:**

- You receive a phone call, text, or email claiming to be from law enforcement, a government agency, your bank, a utility company, or even a family member in trouble.
- The scammer creates a sense of urgency and instructs you to withdraw cash from your bank.
- They then direct you to a cryptocurrency kiosk and tell you to deposit the money.
- Once the money is sent, it is extremely difficult, often impossible, to recover.

**No government agency or public utility**  
will ask you to pay with cryptocurrency.

**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

