

Living Well



Newsletter
August
2019

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

August Events Calendar

Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am
- Ukulele Strum Group, Weekly, 4:30 *

Tuesdays:

- Healthy Bones & Balance, 10:30 am
- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am
- Yoga for You, 6 pm
- Basic Computer Tutoring, 6 pm (call ahead)
- Meditation & Relaxation Group 11:30 (pg 2)

Wednesdays:

- Congregate Meal, 11:45 am
- Caregiver Support Group, 1 pm (call for schedule)
- Aug 14: Ice Cream Social! 12:15 pm*
- Aug 21: Advisory Board Meeting, 12:15 pm
- Aug 28: Foot Nurse, Piper Sagan, 9-2:30

Thursdays:

- Chair Stretch & Strengthen Exercise, 10:45
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6 pm (call ahead)
- Aug 8: Brown Bag, 10 am
- Aug 8: Blood Pressure Clinic 11:30 am
- Aug 15: Men's Group, Snack Bar, 8 am

Fridays:

- Tai Chi, 9:30 am New Day!
- Friday, Aug 9: Ladies Who Lunch, Snack Bar, 11:30
- Kayaking Trip to be announced (pg 3)

**More in next column*

***Contact us to find out more*

To sign up for our programs, call 268-8407

Look Inside For:

Monthly Veterans' Group (Pg 3)
Name our Little Library! (Pg 3)
Employment Opportunities (Pg 3)

Come On Down to Our Annual Ice Cream Social! Wednesday, August 14th at 12:15

Every summer, we have an Ice Cream Social to get friends and neighbors together for a cool time with cool dessert! This year's get-together is sponsored by **CareOne at Northampton!**

We are planning something special during dessert. Prepare to be surprised!

Please call to sign up! If you'd like to order a congregated lunch served at 11:45 that day, we'll need to know by **Monday, Aug. 12th.**

Ukulele Strum Group to Continue on Mondays Through August.

The Ukulele group has been having such a great time that they are continuing at the Senior Center on **Mondays at 4:30.** Led by **Dan Frank.** Bring your ukulele and a music stand. All ages are welcome! Your donations help cover Dan's costs.

Senior Farm Shares—2019

Our farm share program is up and running with a great offering of local produce. We will use a point system which allows you to choose what you want. If you are getting produce for two people, or want a lot for yourself, you may want to get two shares. Most of the produce is organic, but there will be a small amount of crop raised with integrated pest management and minimal pesticide.

\$3 per share. Please bring your own bags for pick-up Wednesday between 10:30am and 2pm at the Senior Center. Shares are limited by what is available each week. Call 268-8407 to sign up.

Want to Go Kayaking?
See "Looking Ahead" on page 3!

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - Fax: 268-8409 - Hours: Mon—Thurs 8:30-1:30, with extended hours for classes

FOOD PROGRAMS

Monday Meals

Mondays, 11:45

Meals are made fresh at the Senior Center with healthy ingredients, and include bread donated from Bread Euphoria Bakery, plus dessert by Linda Manor. Eat in, pick up or have them delivered. \$3 per meal. Please call by Thursday to reserve your meal! (No meals on Monday holidays).

Congregate Meals

Tues, Wed, & Thurs, 11:45

Meals provided by Highland Valley Elder Services. Call two days ahead to make your reservations. Most programs are before or after these meals—see schedule on pg 1. Birthday cake will be provided by CareOne the first Wednesday of each month

Brown Bag Program

Thurs, Aug 8, 10:00

The Food Bank of Western Mass. sponsors the Brown Bag Program, in which eligible seniors can get a **FREE** supplemental bag of groceries each month. Call us to apply.

SERVICES

Veterans' Service Officer

Mondays, 2-4

Stop in to see Tom Geryk for answers to your questions about Veteran's benefits and other issues.

SHINE Representative

Tuesdays 11-2

Need help with insurance issues? Wayne Glaser, SHINE Rep., is available to help. Call **268-8407** for an appointment in the office or in your home.

Basic Computer Tutoring

Tues & Thurs, 6-7

Alan Estes teaches the basics. Small class size ensures individual help. Call to reserve your spot. **Free!**

Companion Program

Are you bored at home?

Do you want to get out and meet people but don't drive anymore? Do you want someone to come and visit regularly? The Companion Program can match you to a peer for social time, companionship, running errands and more.

Medical Rides

Need a ride to a medical appt.?

Call ahead to schedule free rides to your medical appointments. Drivers are paid through PVTa.

Benefit and Options Counseling

We can help you find the resources you need to:

- Make informed decisions
- Create short and long-term plans for services
- Identify resources that will facilitate your continued independence
- Plan for support to ensure your ability to age in your home or help you determine what other options you may want to consider
- Help you sign up for Fuel Assistance & Snap programs.

HEALTH

Blood Pressure Clinic

Thurs, Aug 8, 11:30

Please contact us to see if it is happening this month.

Foot Care Nurse, Piper Sagan

Wed, Aug 28, 9-2

Piper, Williamsburg's foot care nurse, comes on fourth Wednesdays every other month. This is self-pay at \$30 per visit. (Home visits, \$40+.) Call for an appointment.

Podiatry, Dr. Coby

Tues, Sept 10, 9:30-1

Routine foot care every other month in the Town Office building. Call for an appointment. Dr. Coby does medical billing—bring your insurance card.

FITNESS

Yoga for You—Adult Yoga

Tuesdays, 6:00

Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60. Call to register.

Healthy Bones & Balance

Tuesdays, 10:30

and Thursdays, 4pm. Fun, low impact exercises designed to increase strength, mobility, flexibility and balance, taught by Susan Glenn. Call to register and fill out a medical clearance form. Class is **free**.

Chair Stretch & Strengthen

Thursdays, 10:45

Gentle seated stretching led by Alexandra Mello. Good for beginners---intermediate. All ages welcome. \$10/class, paid monthly.

T'ai Chi Classes

New Day: Fridays, 9:30

Taught by Marty Phinney, T'ai Chi provides simple exercises that help build energy, power and flexibility. Call for info & to register. Small fee per class.

OTHER GROUPS

Meditation & Relaxation Class

Tuesdays, 11:30

Class will be taught by Lynn Lovell. Call for info.

Third Thursday Men's Group

Aug 15, 8am

"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar**. For a good time, join them!

Ladies Who Lunch

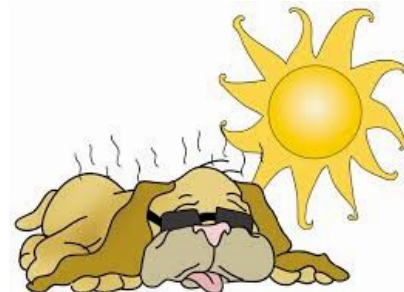
Friday, Aug 9, 11:30

Join "The Gals" for lunch Fridays, at the **Williamsburg Snack Bar**. Please call to reserve your spot!

Caregivers' Support Group

2nd Weds, 1:00

Caregivers, take some time to get the support YOU need. Contact us for dates and time.



Calling all Veterans! Would you like to join a monthly Veterans' Group?

The Williamsburg Senior Center and Tom Geryk, our Veterans' Service Officer, would like to start a Veterans' group. The group will discuss topics familiar and new and help to create friendships. First meeting will be **Monday, July 29th at 12:00 Noon**.

Please let us know if you're interested—Call the Senior Center at 268-8407 for more information.

Looking Ahead

We are still planning a **Kayak trip to the DAR** sometime soon. If you are interested, please give us a call—we'll set a date in August or September, and off we'll paddle!



Seeking Help in Our Senior Center Kitchen / Café

Flexible part-time position, 2-4 days, 3-5 hrs each. Help prepare our Monday Meals and serve prepared meals Tues - Thurs.

Paid position. Call Jenn at 268-8410.

Get to know your Cell Phone

David Martin of Williamsburg will be available to teach you the ins and outs of your cell phone! Call us at 268-8407 and we'll help you set up an appointment with David.

Visit the Town of Williamsburg Website: www.burgy.org

Facebook: Williamsburg Senior Center

- To subscribe or to unsubscribe from this newsletter,
- To receive this newsletter by email only,
- To add/remove your phone # from our auto-call list,

Contact us, leaving your name, address & phone number at **268-8407** or email sloomis@burgy.org.

Still Looking for a NAME for Our Little Library!

The Williamsburg Senior Center's little library needs a name. Please help us with your funny, whimsical, or even serious ideas. Call with your suggestions (268-8407) or email them to thope@burgy.org.

We have about 250 books, mostly mysteries, more than half are large print. Please let me know what you'd like to read from our small, free library. Would you prefer large or regular print, fiction, non-fiction, biography or autobiography, historical fiction, etc.? Contact Tryna at 268-8407.



Library Services for Seniors

If you or a friend or neighbor would like Meekins Library books and other materials delivered to your home, contact **Anne Bussler at 268-7979**.

PVTA Free Senior Tuesdays!

Free Tuesday bus rides will begin on July 2 and run through the fiscal year. PVTA hopes to encourage seniors to get to social and other engagements without cost.

Always Seeking Volunteers!

We Need Companions (Paid)

Visit seniors, help with errands, go on outings

Medical Drivers (Paid)

Drive seniors to medical appointments

Carpool Drivers (Paid)

Help folks run errands, trips & non-medical rides

Yard Workers

Light chores, raking, yard clean-up

Teens: get Community Service credit for school!

Call 268-8407 for information.

Thank you to ALL of our volunteers!

Acts of Kindness

Every day at the Senior Center, I observe people smiling, laughing and speaking pleasantries to one another. Some days, however, an event stands out more than others.

I walked into the Café and our meal site coordinator, Melinda, stopped me and said, “let me show you something sweet our clients have done for ‘Jane Doe’”.

We walked over to the puzzle table, and Melinda showed me that whoever was last working on the puzzle left several pieces empty and neatly placed the missing pieces on the side. Melinda continued to say, “They know that completing a puzzle makes ‘Jane’ happy, so they leave it for her to complete”. This made me pause and my heart filled with pride and happiness. A simple act of kindness can make someone’s day, and in this instance, affect others.

I keep reflecting on this moment and it made me realize that small things are big things and we can never underestimate how a small thing can make a big difference.

During these high-pressure times, we should consider doing more selfless acts of kindness. It truly is a pay-it-forward idea - it inspires others to do the same.

Remember: smiles are like sneezes, they are contagious and spread.

— Jenn Hoffman, Director



**I’m at the place
in my life where
Errands count as
“Going Out”**

Thank You for Your Generous Donations!

Your donations help support our Companion Program; provide financial aid to lower class fees; and give us the flexibility to add new programs to benefit local seniors. EVERY donation is important to us, as are all the VOLUNTEERS who donate their time to help out. **Please consider a tax deductible donation.** To contribute, fill out the form below, send it with your check made out to **Town of Williamsburg** (address on pg 1). We thank you for your continuing support!

— Jenn Hoffman, Director

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 _____

Thank You for Helping to Support Your Neighbors!



Regional News

Seniors Aware of Fire Education

If you have spent any time outside this summer, you have probably met up with the over abundance of ticks in our area. Along with the deer ticks carrying Lyme Disease, there are ticks new to our area that carry some other diseases. Here are a few things that may help you deal with ticks:



- If you are going outside, cover up and use bug repellent.
- Be sure to check yourself and loved ones for ticks when you come in.
- If you find a tick on you, don't panic.
- Remove the tick immediately with tweezers or a tick key.
- If the tick is engorged and you don't know how long it's been attached, seek medical attention.
- If it is not engorged, keep an eye out for the typical bullseye rash or flu-like symptoms the next two weeks. If either happens, seek medical attention.

Have a tick free SAFE summer!

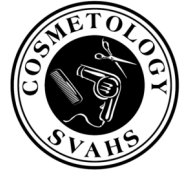
--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year.

All work is done by students and is supervised by a licensed instructor.

Starting Friday, September 20th, haircuts (\$6), manicures (\$5), and facials (\$9) will be offered. Available appointment times are 9am & 10am. Facial appointments are limited to one per hour due to space availability.



Future dates to mark on your calendar are: Oct. 18, Nov. 15, Dec. 20, Feb. 14, Mar. 20, Apr. 17 and May 22. The 'Spa' services take place at Smith Vocational High School, in Building A, Room 124. Remember to call early for your appointment as slots fill up quickly. Please call the Cosmetology Department at the school. Their direct line is 413-587-1414 ext. 3531.

Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at **regionalcoanews@gmail.com** to be put on the email list.

Wallet Gone, Gone, Gone

Stolen or lost, your wallet had stuff in it that you actually wanted to keep. Here are a few suggestions for dealing with a nasty situation.

1. File a police report if you think theft was or even *might* have been involved. This gives you protection against charges on your card account.
2. Pull out the photocopy of your cards (see *) and other wallet contents and start phoning or going online. Ask if there have been any recent charges, verify they are yours, and request card replacements and ask when you can expect the new cards.
3. Be glad that during the days that you have no valid credit cards, you had kept one card safe in the house that you can still use. Also be glad that you do not carry your social security card with you. **Also** be glad that you have put a credit freeze on your credit bureau accounts.
4. Contact each of the three credit bureaus and request a fraud alert on your accounts.

Good ol' belt and suspenders practices – annual checking of credit bureau records, placement of a freeze, request for fraud alert.

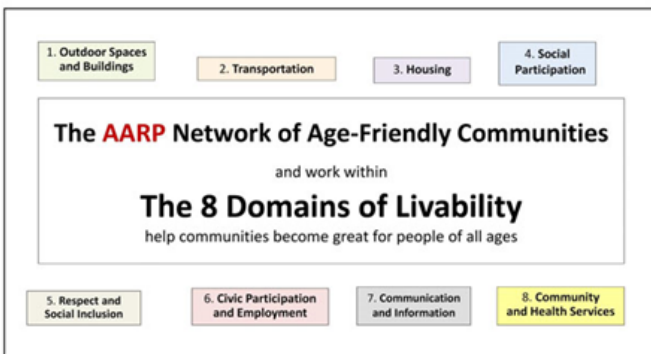
* Get thee to a copier with your wallet. Take out your credit cards, driver's license, gas card, medical cards, etc., and put them on the copier face side down. You can get 8 cards on one sheet of paper. Make a copy, then carefully turn the cards over to copy the back, making sure the cards are in the same position as the first time. Now you have a record of your card number and how to call to put a stop on transactions and request a new card.

And remember THE credit report site – **annualcreditreport.com**

Safely,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

AARP Awards Certificates to seven towns in the Northern Hilltowns Consortium of Councils on Aging

Antron Watson, AARP Massachusetts Age Friendly Director, welcomed Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cumington and Plainfield into the WHO and AARP network of communities committed to developing towns and cities that make aging in place a reality for all generations. Approximately 40 representatives from Select Boards, Councils on Aging and other community members were joined by Representative Natalie Blais to celebrate the achievements of each town in looking at the main issues of accessibility of buildings, walkability, transportation, access to health services, information and inclusion of older adults in the life of each town.



The eight domains of livability listed above are: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community and Health Services.



Antron Watson, AARP Massachusetts Age Friendly Director; Natalie Blais, MA State Representative; Jacqueline Dufresne, Chair of Williamsburg Advisory Board; Camille Smith, Chair of Worthington COA Advisory Board; Julia Lennen, Westhampton COA Coordinator; Evelyn Culver, Goshen COA Coordinator; Trish Colson-Montgomery, Chesterfield Select board

Williamsburg Senior Center Seeking Help in Kitchen / Café

Flexible part-time position, 2-4 days, 3-5 hrs each. Help prepare our Monday Meals and serve prepared meals Tues - Thurs.

Paid position. Call Jenn at 268-8410.

Hilltown Mobile Market 2019 FAQ

What is a Mobile Market?

A mobile market is a farm stand that brings fresh farm produce to various locations in a community to make locally-grown produce more accessible to everyone. Although we have many farms in the Hilltowns, there aren't enough farmer's markets in the area to serve the community. The mobile market will stock produce from multiple farms, making it easier to find what you are looking for in one place. It also directly supports our local farmers without requiring them to add another market day to their busy schedule. The Hilltown Mobile Market is a grant-funded project for 2019 & 2020. If it is successful, we hope to sustain it with additional outside support.

Who can visit the Mobile Market?

Everyone can buy produce at the Mobile Market! Each week will feature an assortment of fresh, Hilltown-grown produce and you can buy what you need for dinner or for the whole week! You can purchase produce using cash, credit/debit, SNAP (food stamps) and WIC or Senior Farmers Market Coupons.

When and where will the Mobile Market take place?

You can visit the mobile market at one of its two "pop-up" locations:

Worthington: Thursdays, 3pm-5pm
The Maples, 48 Old North Rd
July 25-Sept 26, 2019

Huntington: Fridays, 3pm-5pm
Town Hall Green, 24 Russell Rd
July 26-Sept 27, 2019

What is the Hilltown Mobile Market Farm Share?

In addition to buying produce from the stand, you can also sign up for the Mobile Market Farm Share – the most affordable option! For \$5 per week, you will receive 10 weeks of fresh produce valued at \$175. You can either pay for the share using SNAP (food stamps) (*cont. on next page*)

On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. A Buffet Lunch is included at O'Connor's Restaurant in Worcester. Conclude the day at the Worcester Art Museum for a guided tour. Cost is \$109. Wait list only.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per person dbl. occupancy. A few seats remain. This 9 Day trip includes:

- 8 nights lodging including 5 nights in Canada
- 14 meals including: 8 breakfasts, 6 dinners
- Guided Tour of Acadia National Park
- Guided Tour of Halifax, Peggy's Cove and Lunenburg
- Admission to King's Landing Historical Settlement
- Guided Tour of Prince Edward Island, includes Anne of Green Gables' home.
- Admission to the Natural Wonder: "Hopewell Rocks"
- Visit to the Waterside Town of Saint John

Oct. 10: A Day in Vermont. Cost \$78. There is a \$10 discount if paid in full by August 15th. Visit and shop at some quaint places in Vermont, including the Vermont Country Store in Weston. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

**Coming in 2020:
Mediterranean Cruise - 14 Days -**

Via the Royal Caribbean's Vision of the Seas

From \$2,579



(cont. from previous page) with a full reimbursement through the HIP program, or you can pay with cash / check.

How will the Mobile Market Farm Share work?

If you participate in the Mobile Market Farm Share, you will have to come to either the Worthington or Huntington location each week during Market hours (3-5PM) to pick up your share. If you have limited mobility or transportation, please contact us so that we can help you make other arrangements to pick up your share. Each share will consist of approximately 5 items, some of which you will be able to choose based on your individual or family preferences. The share is designed for small and/or elderly households. If you have a larger family, you may want to consider signing up for two shares.

How do I pay for the Farm Share with SNAP/HIP?

When you sign up for a Farm Share, you will enter into an agreement with one of the farms that will be supplying the produce. We will ask for your EBT card number, contact info, and signature. Your EBT account will automatically be charged \$25 in August and in September. Please reserve a minimum balance of \$10 on your EBT card on the first of each month for this transaction to go through. You will automatically get your \$25 reimbursed on your EBT account through your monthly HIP benefit.

Can I use my HIP benefit at the Market?

Yes! However, in order to take advantage of the MA Healthy Incentives Program (HIP), you must sign up in advance for the Hilltown Mobile Market Farm Share. Unfortunately, you cannot at this time use HIP to make additional purchases on the market stand, but you can use your regular SNAP benefits, as well as cash, credit/debit, and WIC or Senior Farmer's Market Coupons.

What kinds of produce will I get in my Share?

Produce will vary week to week depending on what is seasonally available on our farms. In the early season, there may be more lettuce and beets; in the middle, more squash, potatoes and beans, and towards the end, more tomatoes, peppers, and broccoli. We also plan to offer some sweet corn and fruit from other farms.

Who should I contact if I have further questions?

For additional questions, please contact Hilltown Mobile Market organizer Seva Tower at sevat@hilltowncdc.org or 413-296-4536 x112 (office) or 413-824-1840 (mobile). Our market staff this season also includes Fletcher Schneeflock, Mobile Market Coordinator, and Rebecca Marmor, Healthy Hampshire Summer Intern.

Williamsburg Senior Center
P.O. Box 193
Haydenville, MA 01039

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Greenfield MA

**WILLIAMSBURG
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&
Volunteers

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in August

Friday, August 2nd at 10:30am
Puppet Show With Tom Knight



Chesterfield Comm. Center
400 Main Rd.
Chesterfield, MA

Tom Knight has been delighting children and their grown-ups with his original, interactive, musical puppet show since 1988. His unique blend of musicianship and puppetry celebrates reading ("the Library Boogie"), the environment ("the Garbage Monster"), and science ("The Solar System"), with hand-made puppets, catchy songs, and a high degree of audience participation. The strong visual elements appeal to children as young as 2, while fun lyrics engage children up to twelve, and adults alike.

Sponsored by grants from Chesterfield Council on Aging through Highland Valley Elder Services and Chesterfield Cultural Council.

Monday, August 12th
Three showings: 4:30pm, 5:15pm, 6:00pm

Boston Museum of Science
Portable Planetarium Program:
The Night Sky

Chesterfield Town Hall
403 Main Rd.
Chesterfield, MA

This presentation helps audiences discover which stars, planets, and other astronomical wonders are visible this evening. Using a portable planetarium, you take a tour of the solar system and beyond, and are provided useful tips on how you can navigate the night sky from your own backyard.

Limit: 25 people per show. Please call, stop in or email the library to sign up! The library is open on Mondays from 2-7, Wednesdays 10-4, and Saturdays 9-1. The library phone number is (413) 296-4735 and their email is: chesterfieldpubliclibrary@gmail.com.

Program sponsored by Friends of the Library and Chesterfield COA grant from Highland Valley Elder Services.

