

Living Well



January
2020
Newsletter

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

January Events Calendar

Mondays:

- Monday Meals, 11:45 am
- Veterans' Agent, 2-4 pm
- Ukulele Strum Group, 4:30 pm
- ZUMBA! Auditorium at 6 pm
- Bag Sew First & third Mondays, 3:15-5:15 PM

Tuesdays:

- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am
- Yoga for You, 6 pm
- Basic Computer Tutoring, 6 pm (call ahead)
- Jan 7: Podiatry w/ Dr. Coby 9:30-1:30
- Jan 14: Lets Get Crafty! 11:00 am *

Wednesdays:

- Congregate Meal, 11:45 am
- Jan 8: Caregiver Support Group, 1 pm
- Jan 15: Advisory Board Meeting, 12:15 pm
- Jan 15: Blood Pressure Clinic, 11 am
- Jan 22: Trip to Magic Wings, 12:15 *

Thursdays:

- Chair Stretch & Strengthen Exercise, 10:45 *
- Congregate Meal, 11:45 am
- Basic Computer Class 6 pm (call ahead)
- Jan 9: Brown Bag, 10 am
- Jan 16: Men's Group, Snack Bar, 8 am

Fridays:

- Tai Chi, Auditorium, 9:30 am
- Jan 10: Ladies Who Lunch, Snack Bar, 11:30

**More info in next column
More activities outlined on pg 2 & 3*



To sign up for our programs, call 268-8407

Trip: Magic Wings Butterfly Conservancy Weds, January 22, 12:15



Take a trip with us to a tropical paradise right in Deerfield! Just when Winter bears down, a trip to Magic Wings can do wonders for the soul! Join us for a carpool trip. We'll leave from the Senior Center about 12:15. Asking \$5 each for admittance, and the Senior Center will pick up the balance. Please call to sign up.

Let's Get Crafty! Tues, January 14, 11:00 Senior Center Office

We were gifted with a box of pocket calendars with no covers. With patterned paper, decorative tapes, stickers, and rubber stamps, we'll make a nice personalized cover--easy crafting! Come and design your own or a few to give away. Please call to sign up.

Free Stretch and Strengthen Classes in January!

Start off the new year being more active, and try this gentle yet effective exercise class for free. The weekly chair exercise class is suitable for all levels. **Thursdays, 10:45-11:45 am in the Town Office auditorium.**

After the first trial month, classes are \$10 each, payable monthly. Financial Assistance is available for those who qualify.



Senior Center Office & Café will be closed on Jan 1 for New Years Day and Jan 20, MLK Day

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - 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. These meals are **not** available to go.

Brown Bag Program **Thurs, Jan 9, 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, respite care, 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 and Snap

HEALTH

Foot Care Nurse, Piper Sagan **Wed, Feb 26, 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, \$60.) Call for an appointment.

Podiatry, Dr. Coby **Tues, Jan 7, 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

Zumba! With Melissa T **Mondays, 6-7pm**

Dance for fitness. Come & join the fun! **New expanded hours, \$10 drop-in fee.** Get ready to MOVE!

Yoga for You—Adult Yoga **Tuesdays, 6:00**

Taught by Michelle Wolk, Geared for active adults. All ages welcome. Class is \$12 or 6 classes for \$60. Call to register.

Healthy Bones & Balance **Tuesdays, 10:30 and Thursdays, 4pm**

Class is **on hold** for a month or two. Watch for new schedule in the future! **See article on pg 3.**

Creative Dance Class **Wednesdays 10:00**

Contemporary dance for adults, taught by Susan Waltner. Free class, donations gratefully accepted. Call for schedule.

Chair Stretch & Strengthen **Thursdays, 10:45**

Gentle seated stretching led by Alexandra Mello. Good for beginners---intermediate. \$10/class, paid monthly. Financial assistance available for those who qualify. **Free Classes in January! See article on pg 1.**

T'ai Chi Classes **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. Ask about her beginners' class.

OTHER GROUPS

Ukulele Strum Group **Mondays at 4:30**

Town Offices Auditorium. **Join in the fun! See pg 3.**

Magic Wings! **Wed, Jan 22, 12:30**

Warm and tropical, butterflies and exotic animals! **Car-pool drivers needed.** Call to reserve your spot!

Caregivers' Support Group **Wed, Jan 8, 1:00**

Caregivers, take some time to get the support YOU need. Moderated by Tryna Hope.

Ladies Who Lunch **Friday, Jan 10, 11:30**

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

Third Thursday Men's Group **Jan 16, 8:00**

"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar.** Stop in!

RSVP Healthy Bones & Balance

As stated on pg 2, Healthy Bones & Balance is on hold until we get a few more leaders trained.

RSVP's Healthy Bones and Balance program trains volunteers to lead strength training and balance exercise classes. Volunteers are trained to lead class participants through a series of exercises that increase strength, flexibility, mobility and balance.

HBB leaders receive on-going training by attending three leader meetings annually, and have access to the Master Trainer and Program Coordinator for support and advice, as needed.

Leading Healthy Bones and Balance is a great opportunity to stay active, meet new people, and provide a valuable service for your community.

The Williamsburg Senior Center is looking for additional volunteers who would be willing to commit to the two required initial trainings, and subsequently provide regularly scheduled weekly classes to be held here.

Trainings are being scheduled for 2020. If you are interested in this program, please contact Sherry Loomis at 413-268-8407.

Could YOU Use a Companion?

You may have seen our ad at right asking for companions. If you have trouble getting out and about or would like company, you might want a companion too! You can get help with errands, go out for appointments—or ice cream, or just enjoy visiting. Let us know what you need and we'll try to match you up with a helpful and friendly companion. Call for info at 268-8407.

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,

Contact us, leaving your name, address and phone number.

- Phone: 268-8407
- Email: sloomis@burgy.org.

Visit Burgy Books, the Senior Center's little library. A great curated selection of used books for your enjoyment!
Book donations accepted.



3

Ukulele Strum Group!

All are welcome to join the Ukulele Strum Group which gets together on Monday afternoons, 4:30 -5:30 in the Auditorium, 2nd floor of the Williamsburg Town Offices—there is an elevator.

Dan Frank is facilitator and members have varying ability; all come for the sheer enjoyment of strumming their ukuleles and singing along. Group members have a wide range of skills, and are pretty non-judgmental. A free-will offering is collected at the end of the session.

So—if you have access to a ukulele, dust it off and come on down. Everyone is eager to help and happy to have you join in!

Get to know your Cell Phone

David Martin of Williamsburg is 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.

Seeking Volunteers!

We need a few people to help with our Brown Bag program. Second Thursdays of the month for 1-2 hours, help us fill the bags!

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

Snow Shovelers

Light chores, yard clean-up, shoveling sidewalks
Teens: get Community Service credit for school!

Call 268-8407 for information.

Thank you to ALL of our volunteers!



Stopping by the Woods on a Snowy Evening

By Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.



Beat the Fall and Winter Blues

When your mood is falling as fast as the thermometer, these small lifestyle changes may help boost your spirits.

1. Give your skin some TLC

As temperatures and humidity levels plummet, all that cold, dry air takes a toll on your complexion. Using moisturizers or even coconut oil, which can help you avoid irritation and skin tears. Ask your doctor what he/she recommends.

2. Make your environment brighter

Light boxes can help with seasonal depression. Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine. Add plants for a fresh air fix.

3. Eat smarter

Certain foods, like chocolate & leafy greens, can help to enhance your mood and relieve anxiety. Cut back on candy and carbohydrates which can increase feelings of anxiety and depression.

4. Exercise

Walking three or more times a week improves symptoms of mild to moderate depression. Exercising under bright lights may be even better for seasonal depression. Shopping malls or stores are a good place to start during the winter. Getting outside when possible is especially beneficial.

5. Turn on the tunes

Listening to upbeat or cheery music significantly improves people's mood in both the short and long term.

6. Plan a vacation

Longing for sunnier days at the beach? The simple act of planning a vacation causes a significant increase in overall happiness.

7. Help others

Ladling out soup at the local shelter or volunteering your time can improve mental health and life satisfaction.

8. Visit your Senior Center

Get involved with the Senior Center. Come for lunch and stay for the company and our many programs. Call us for more information!

—Taken from <https://www.realsimple.com/health/mind-mood/emotional-health/generosity-happiness-survey>

Thank You for Your Generous Donations!

Your donations help support our Farm Share 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!

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!



Seniors Aware of Fire Education



The New Year is a time to make and keep resolutions. Here are a few you might want to make and keep that will help keep you from falling. Resolve to:

- Get more exercise.
- Wear sturdy, slip-proof shoes.
- Wear slip-proof slippers; don't walk around the house wearing only socks on your feet.
- Get rid of scatter rugs or secure them to the floor so they won't scatter you.
- Sand ice on steps and walks.
- If you are having trouble with balance, talk to your doctor.

Have a S.A.F.E. new year!

~ 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.

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. Include your address so I will know which mailing list to take you off of. Thanks!



Cell Phone Static

For as helpful as cell phones have become, they sure do cause a lot of bother when all those unwanted calls come in. I assume you added your number to the "Do Not Call" registry a long time ago, and that helps a bit but there are things you can do in managing your phone.

A good first hint is to put everyone who might call you in your contact list. Give them a name and answer the call only if that name comes up on the screen. If someone else calls and really wants you, they can leave a message. You can also assign a ringtone to the folks in your contact list, then ignore other ring tones as they come in.

After spending some time with a beverage (hey – you might as well enjoy the process) and getting your contact list set up, ask your phone to block all other calls. You'll find that option in "Settings", and may also be able to set up the "Do not disturb" option to help block unwanted calls.

And some avoidance... when you do online shopping, try to opt out of phone calls. If a store clerk asks you for a phone number, find out if it is really necessary that they have it. Or just politely refuse to give it, gambling on whether they will give up on a sale or not.

There are services to block calls – too much to write in this space. But look at **clark.com/technology/phones-mobile-devices/how-to-stop-robocalls/** and **consumer.ftc.gov/taxonomy/term/919**

As always, if you do answer a robocall, do not engage in either a chat or tirade. Don't hit a key to "stop these calls". For real, do not say the word "yes". Just Hang Up!

Stay safe,

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

Circuit Breaker Tax Relief

There is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments. If you have not filed for Circuit Breaker before, you may file for the current year and the two years previous. You must file a Massachusetts state income tax return to claim the Circuit Breaker Credit, whether or not you normally file one. You must include Schedule CB, Circuit Breaker Credit, with form 1. For additional information, contact:

**Massachusetts Department of Revenue
Customer Service Bureau
800-392-6089
617-887-MDOR
www.mass.gov/dor**

Notes from MCOA

Massachusetts Council on Aging

* **New Veteran's Services Benefit Calculator from Harvard Law School**

In November, the Veterans Legal Clinic at the Legal Services Center of Harvard Law School launched a new online tool to help Massachusetts veterans and survivors who are struggling financially. The tool, called the **Massachusetts Veteran Benefit Calculator**, is an easy to use online calculator and can be accessed at MassVetBen.org. The Mass Vet Benefit Calculator helps veterans, their families, and service providers determine potential eligibility for financial assistance through the Massachusetts Veterans' Services Benefits Program—known as Chapter 115. Chapter 115 can provide critical monthly assistance to low-income veterans, as well as their survivors and dependents, with monthly payments ranging over \$1000 depending on need.

The Mass Vet Benefit Calculator can be completed by the veteran, or with the aid of a family member, service provider, or advocate. It takes only a few minutes and can be done on a desktop computer, a smartphone, or a tablet. The Calculator asks a series of questions about income and expenses and at the end indicates if the user appears to be eligible for assistance through Chapter 115, along with an estimate of how much they are likely to receive. The Calculator also provides information about how to apply for Chapter 115,

including contact information for the user's local Veterans' Service Officer (VSO), who will submit a formal application. The Mass Vet Benefit Calculator was created to help reduce financial insecurity, homelessness, and hunger in the Commonwealth's veteran community, and we hope it will be of use in your vital work with veterans and survivors.

* **Medicare Savings Programs (MassHealth Buy-In programs)**

On January 1, 2020 the income and asset limits for the Medicare Savings Programs (also known as "MassHealth Buy-in" programs) are increasing. Under these new limits some Massachusetts residents with Medicare may be newly eligible for these programs, and existing members may be eligible for other Buy-In benefits.

Medicare Savings Programs (MSP)

Medicare Savings Programs are federally funded programs administered by each individual state. These programs are for people with limited income and resources and help pay some or all of their Medicare premiums, deductibles, copayments and coinsurance.

In Massachusetts, you'll recognize this program as the "MassHealth Buy-In" Programs. As part of the Medicare Savings Programs, Massachusetts offers three different coverage types.

- * MassHealth Senior Buy-In for Qualified Medicare Beneficiary (QMB)
- * MassHealth Buy-In for Specified Low-Income Medicare Beneficiaries (SLMB)
- * MassHealth Buy-In for Qualifying Individuals (QI)

For current income and asset/resource limits please visit: mass.gov/service-details/program-financial-guidelines-for-certain-masshealth-applicants-and-members



Stronger than Yesterday



Chair Yoga

Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.

Tues. 10am, Chesterfield Comm. Ctr
Led by Sarah Prince
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.
Chair Stretch and Strengthen
Led by Alexandra Mello. \$10/class.*

Yoga for You

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

Tues. 6-7pm, Williamsburg Senior Ctr.

Dance Class (Modern / Creative)

Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.

Weds. 10am, Williamsburg Senior Ctr.

Feldenkrais

Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.

Mon. 7pm, Chesterfield Comm. Ctr.
Requested donation: \$5/class

Healthy Bones and Balance

Designed to increase participants' strength, mobility, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.

Mon. & Thurs. 9:30am
Cummington Comm. House

Mon & Fri. 10:30am
Worthington, Maples I Comm. Room

Williamsburg classes are on hold for a short while. Watch the newsletter for re-start dates.

Hiking

Chuck Horn and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, email Ray: westhamptoncoahikers@comcast.net

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass. Led by Joan Griswold.

Mon. 10am, Plainfield Town Hall
Weds. 10am, Goshen Town Hall
Fri. 10am, Chesterfield Comm. Ctr.

T'ai Chi

T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Mon. 9:30am, Chesterfield Comm. Ctr.
(Advanced; \$5/class)

Thurs. 6:30pm Chesterfield Comm. Ctr.
(Beginner; \$5/class)

Fri. 9:30am Williamsburg Senior Ctr.
*\$10/class**

Zumba!

*Led by Melissa Tee. All levels welcome. \$10/class.**

Mon. 6pm, Williamsburg Senior Ctr.

To find out more, and to register, please contact the appropriate COA:

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Chrisoula Roumeliotis, 634-2262,
coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematk@aol.com

Plainfield: Susan LaRock, 413-743-5345,
slarock@town.plainfield.ma.us

Westhampton:

Amy Landau, 203-3086, westhamptoncoa@comcast.net

Williamsburg:

Sherry Loomis, 268-8407, sloomis@burgy.org

*Financial aid may be available for Wburg residents.

Worthington:

7 Shelley Rice, 413-238-5532, coa@worthington-ma.us

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

MEMBERS

Jacquelyn Dufresne, Chair
James Cahillane, Vice Chair
Nancy Winninger, Treasurer
Daria D'Arienzo
Margaret Ricci

ASSOC. MEMBERS

Dean Acheson
Gerry Mann
Maureen O'Brien, Secretary
Lawrence West

**SENIOR CENTER
STAFF**

Sherry Loomis
Melinda McCall
Tryna Hope
Carol Hendricks
Barbara Estes
&
Volunteers

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

Out and About in January

Sun. January 5th at 1pm
Ring in the New Year: International Potluck
Chesterfield Community Center
400 Main Rd. Chesterfield

You are invited to come ring in the new year with us!
Share your family's traditional holiday dish!* Food.
Family. Fun. Music by Jerry Noble.

**Not required. Donations also welcome.*



Weds. January 22nd, 6-9pm
Wild and Scenic Film Festival
Chesterfield Community Center
400 Main Rd. Chesterfield

Sponsored by Wild and Scenic Westfield River Committee and the Chesterfield Cultural Council. Hosted by Chesterfield Council on Aging. Snow date January 29.

