

# Living Well



May  
2020

Newsletter

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

## Hello from the Senior Center Staff!

Due to health issues of the Covid-19 Pandemic, the Senior Center and Town Offices will remain closed to the general public until further notice. **But we will still be here to provide essential services!**

Highland Valley Elder Services is providing lunchtime meals to be picked up or delivered Monday through Friday. Donations to them are encouraged. (Checks can be made out to HVES and given to your driver or left in the box at the Town offices). Call 268-8407 to order meals.

Take and Eat meals are prepared by volunteers at two local churches, First Congregational Church of Williamsburg, and Our Lady of the Hills in Haydenville. They prepare and deliver a delicious meal on two Saturdays a month, free of charge. If you or someone you know would like to sign up, call 268-8407.

Brown Bag distribution is on the second Thursday of the month. To sign up for a monthly bag of groceries, call 800-247-9632.

Contact us if you want to sign up for meals, need rides, medical equipment, or any other service we can provide. All other activities and programs are on hold for the duration.

## Visit the Town of Williamsburg

Website: [www.burgy.org](http://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. Email-[sloomis@burgy.org](mailto:sloomis@burgy.org), Ph-268-8407.

## Thank You to ALL of our Volunteers!

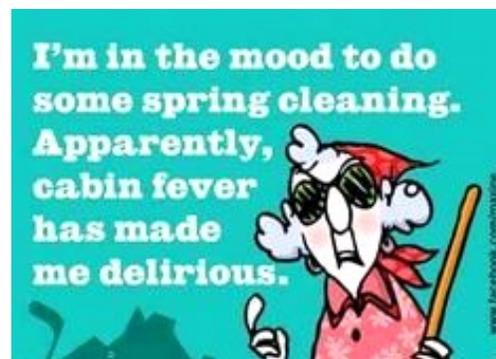


In this time of self-quarantines and isolation we have many beacons of light—our volunteers!

When you have a meal delivered, get a ride to an essential medical appointment, or a neighbor brings your groceries to you, volunteers are hard at work behind the scenes. Whether cooking or delivering meals, helping with errands, sewing masks, or anything else we can't even imagine, volunteers are helping keep our small towns running smoothly.

You may see different folks coming to help you out than before. Please welcome them, as they are the heroes that are out there doing their best. **THANK YOU VOLUNTEERS!**

**Due to rapidly changing circumstances, our programs are subject to change as necessary.**



*If you are suffering from cabin fever, or wondering what to do with yourself, see the related articles on page 2.*

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

Phone: 268-8407 - Hours: Mon - Thurs 8:30 - 1:30

How Can We Help You?

## WHAT ARE YOU DOING THESE DAYS?

I am a lucky woman. Part of my work at the Williamsburg Senior Center has been to make weekly calls to people in the area. Carol Hendricks and I are checking in to see that people have their shopping, medications, and other needs met. This week we became curious how folks are managing the stay-at-home order.

Here are some things I've been told that neighbors are doing – bird watching, going on walks, noticing the spring flowers blooming, making wooden toys for their grandchildren, reading, plus television and Netflix are common forms of entertainment. One woman told me that she had to ask a neighbor for help in a health situation. In the process, they realized that they'd never talked before and how lucky they were to have finally done so.

Tryna Hope, Assistant to the Assistant



## SENIOR FARM SHARES 2020

Spring is finally here, and we are offering farm shares again this year. 20 week CSA shares (June 22nd-October) for \$60. Weekly shares include enough vegetables for one person, along with bi-weekly eggs.

In order for this program to work smoothly, we are asking for a commitment, just like a typical farm share. You may either pay up front for the season, or pay weekly, but you are responsible for the weeks you may be gone. In such cases, you can give your share to someone else or donate it. 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. We have some bags, but it would be helpful if you brought your own. Thank you, and we look forward to seeing you.

**\$3 per week, or \$60 for the season.**

Pick up most likely on Wednesday afternoons at the Senior Center, starting June 22. Look for more info in the June Newsletter.

**Call 268-8407 to sign up, or email [mmccall@burgoy.org](mailto:mmccall@burgoy.org).**

## Feeling Isolated and Bored?

You don't have to let isolation and loneliness consume you. You can change your life for the better and give yourself the positive mindset and attitude that you deserve to have. There are many things you can do to keep social isolation at bay. Dealing with loneliness is easier to do than you might think when you look at what activities and habits you can get yourself into.

- **Explore Things Around You**

Try to get out and see the little things where you are. Take a walk or pick up your mail. Go for a drive. Check out your gardens. What's new in your yard?

- **Focus on Your Health**

Eat healthy food. Get up and move—or sit and move. Play some music and sway or clap. Walk around the house. Do some long-awaited chores. Don't be a couch potato.

- **Be More Creative**

Learn to play the ukulele that's been hanging around forever, start a diary, pull out those jigsaw puzzles, be creative with cooking by using only what's on hand, and see the pleasurable activities that some of your neighbors are already doing in the left-hand column. If you use a computer, look up YouTube videos on any topic, or tune into a how-to program on tv.

- **Be Appreciative**

Try to be accepting of your life and acknowledge and respect all the great things you have. "Counting your blessings" helps uplift your life!

- **Reach Out**

Keep in touch with family and friends. Make phone calls or send a note or a pretty card. You will touch another life and brighten your day!



### Seniors Aware of Fire Education



As the coronavirus spreads into our hilltowns, you have been given a lot of good advice on social distancing and what to do if you come down with it or are exposed to it.

Our topic this month is what to do if you or a loved one needs an ambulance.

It is easy; dial 911. Listen to the dispatcher and answer his/her questions. You may be very anxious, but don't be impatient. The dispatcher needs to ask the questions so that the appropriate response team will get to you.

Breath, keep your distance and be SAFE!

--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.*

### ***Summer is still coming. Save this date!*** **Thursday August 20, 2020**

Let's go back to when Life was Simple:  
***Pickety Place Luncheon***  
Mason, New Hampshire

5-Course Luncheon,  
Acres of gardens, greenhouse,  
unique Herbs and Gift Shop



Chesterfield Adults 60  
and older: \$25 p/p  
All other residents and others: \$40

Motor Coach will depart from  
Chesterfield Comm. Center 8:45am, return 5pm  
Goshen Town Hall 9am, return 4:45pm

To register and to get more information,  
call Maryanne Coleman: 296-4787

Full Payment due at time of registration

### **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!

### Spring Cleaning

No, not windows, though mine are a little dirty... let's talk about those annoying piles of paper. Can you imagine having just a few tidy, labeled, and filed stacks of paperwork? Can you imagine no risk of sliding on a loose piece of paper and falling? Can you imagine someone being able to come into your home and find the medical records you need right now because you went to the hospital? No? Well, we have some time, so let's see what can be done.

First, find a container such as file drawers or cardboard boxes of a size to hold folders. Find folders or dividers. Get a marking pen and/or labels. Find a box for shred and recycle.

Second, find a clear surface and lay out your piles and stacks, sorted into their relevant topics. Determine by topic if they are: keep forever, keep several years, keep a year or less, or shred and recycle. Those things to be kept can be sorted by date, and you may find that some older documents really don't have to be kept. What are the topics? Insurance, bank, automobile, mortgage, utilities, medical, purchases... you get the picture.

Make sure you have topics that relate to taxes. As you might expect, the IRS rules for what to keep and how long to keep it are lengthy and won't even fit this column. Here are the basics:

**[www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records](http://www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records)**

Other things such as automobile titles or house deeds, and on the other end, expired warranties for products you don't even still have are simpler to determine. I found several good lists of topics and their timetable for keeping. If you can't access these yourself, give a holler after you've started your process and can see what you have to deal with.

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

## Good News!

By Deborah Hollingworth



Seems like there is a scarcity of "good news" these days as we learn to deal with this Covid-19 pandemic, developing new habits of social distancing, scrupulous hand washing, and disinfecting surfaces. Hopefully it's not too early to say we might be seeing some "flattening of the curve" because of our new habits?

Meanwhile neighbors check on neighbors, families and friends keep in touch with social media, new groups of volunteers spring up and our leaders are thinking of ways to work collectively. Who could have imagined Governor Baker putting together a deal with China for over a million face masks and having the New England Patriots jet go pick them up and deliver to Massachusetts hospitals, and our National Guard escorting some of these masks to New York hospitals? It sounds like a movie script, but difficult times call for creative solutions.

More good news:

We have until July to file both our State and Federal income taxes. The Food Stamp program has not been reduced as expected and pop-up Food Pantries are happening in our communities.

Along the same lines, Governor Baker has "frozen" MassHealth benefits. This means those MassHealth consumers who have to file their re-application paperwork won't lose benefits. Those individuals in the process of filing new applications for MassHealth benefits have more time to get their applications completed. Your time won't run out if you miss a deadline. This decision keeps MassHealth benefits in place and suspends deadlines for getting paperwork completed.

Here's hoping next month will see more progress defeating this pandemic. Until then, stay well, and help a friend or neighbor when you can.

The Hilltown Food Pantry, with its permanent location in Goshen, is open every Wednesday from 1-3pm [extended hours to 6pm are temporarily suspended] and will serve the remaining towns of its service area: Chesterfield, Goshen, Huntington, Middlefield, Plainfield, Westhampton, and Williamsburg. Food distribution for this site has moved across the parking lot to the Goshen Town Hall assembly room. Again for space considerations to help clients, volunteers and staff maintain a safe distance from one another as bags are packed and distributed.

Both sites offer drive by pick up of prepacked bags of groceries for people who are struggling to have food on hand during this national pandemic emergency. The supplies include shelf stable items, fresh produce and other food items as available.

Hilltowners may also choose to access emergency food from Northampton Survival Center at the Jackson Street Elementary School, 120 Jackson St, Northampton on Monday, Wednesday and Friday from 12-3pm during the national Covid-19 crisis.

For more information go to the website: [www.northamptonssurvival.org](http://www.northamptonssurvival.org) or call 413-268-7578.



## Hilltown Food Pantry Reopens

Hilltown Food Pantry, a program of Northampton Survival Center, is open for food distribution to residents of the hilltowns of western Hampshire County.

In order to better adhere to the physical distancing guidelines our state is prescribing, and to help people stay closer to their homes, a temporary sister pantry has been opened at the R.H. Conwell Elementary School on Route 112 in Worthington to serve residents of Worthington and Cummington who are in need of grocery supplies. Please call 413-238-1999 to reserve bags for pick up on Thursdays from 1 – 1:30pm at the school.

The **Hilltown Mobile Market** is coming back this summer with more farms, new locations, a longer season, and double the number of farm shares!

Your support during our pilot season last year resulted in increased grant funding to purchase a market vehicle and broaden our reach to more communities. Starting in July, we will bring "pop-up" markets to Blandford, Cummington, Huntington, and Worthington each week for twelve weeks, stocked with the freshest Hilltown-grown produce. Stop by and shop with cash, credit, debit, SNAP, WIC, or Senior FMNP Coupons, or sign-up in advance for a **Hilltown Mobile Market Farm Share** to support our farms and guarantee your pick of that week's harvest. The

Farm Share is an affordable option with a sliding scale between \$5-20 per week and is also eligible for HIP (Healthy Incentives Program) reimbursements!

The market is supported by *Healthy Hampshire*, *Hilltown Community Development* and the *Hilltown Community Health Center*.

For more information or to sign up for a farm share, visit **hilltownmobilemarket.info** or contact Caitlin Marquis: 413-588-5562, cmarquis@collaborative.org.

### **Joan Griswold stays in touch and keeps us moving**

During our time of keeping our distance while staying close, Joan has made it so much easier for those in her exercise classes to get through it all. Her daily email messages bring encouraging thoughts, important insights and images of her strategies for "working it out" outside. Her emails are refreshing in more ways than one. Here is one of them:

#### ***When times get tough, we have to do our best to keep moving!***

It seems like it all changed, in just a mere few days. Life as we knew it came to a screeching halt while fear and anxiety began to escalate. Our day to day routines became disrupted, and it took some time for some to realize just how serious things had become. The reality has now sunk in; it's a different world out there right now.

In those final days, I recall the experience of being told I could not teach my exercise classes I so adore, I could not teach valuable CPR skills to folks looking to be helpful in a time of need. If someone had told me a month ago that life as we knew it would be changing like never before, I am not so sure I could have believed them yet here it is, right outside our doors.

Here we are in the midst of the corona storm. We all know someone who knows someone impacted by this storm. We are told to stay great distances apart, and while being outdoors is a great idea, you have to avoid all the mobs. As I continue to navigate my way through each day, I know in my heart the most important thing I can do is to "continue to support". A giver by nature, this comes easily to me. What is harder is relaying it via a media means.

There are some important points that I try to relay. **The most important is to be sure you move your body, each and every day, in some way.** Maintaining some physical movement is good, for both the mind and body. I created a YouTube channel for all to resource. There are exercise, nutrition and relaxation videos available for all. Check out my channel at:

**[www.youtube.com/channel/UCtInbx8RBhb\\_GC4fvN3icJw/featured](https://www.youtube.com/channel/UCtInbx8RBhb_GC4fvN3icJw/featured)**

Subscribe to be informed when I update and add more! I have now begun to also provide Zoom exercise sessions for the Monday, Wednesday and Friday groups. Contact me for additional information.

**Routine in your day is an absolute must.** Have a plan or a list of what needs to be done! Try to have things that you can incorporate into your day, and make you feel good! Maybe it is reading, calling a friend to talk or writing a poem, tending to your plants, or simply sitting quietly and appreciating being alone. If alone is something you are feeling too strongly, there is an email list that allows participants to write and share with others. If this sounds like something you need in your day, just let me know and on the email distribution list your name will go!

**Eating wholesome and healthy foods supports healthy brain function.** This is also an important consideration for keeping your immunity at its optimal function. Hand washing and good hygiene along with distance from others is important, but how about being mindful of what you decide to fuel your body with each and every time you reach for something? Carbs are so easy to consume in a pinch, but do not forget to have something with protein content each and every time you eat.

**I personally believe the best way to start the best day is to get up and get your exercise out of the way.** Morning is a wonderful to wake up your heart and challenge your muscles, or to be outside enjoying fresh air and the beauty that surrounds us here in the hills. I have never been more appreciative of the little trails, low traffic roadways and local little streams. They provide such beautiful and tranquil scenes. Be in these wonderful moments as much as you can; stop and cherish them as the gift that they are. Breathe deeply and expand those lungs, feel your belly extend then engage core to spine. Do not forget your muscles need attention too! Pick up those free weights and crank out a simple strength exercise or two!

**Stay plenty hydrated,** for this, too, is important as it keeps your joints lubricated and your body functions regulated. It's great for your skin while it flushes your body of all the crazy toxins!

**Maintain a positive attitude the best that you can.** It is really easy to be down when you watch the news and engage with others who cannot see the positive things that surround them every day. I am so incredibly thankful for the elders who I am fortunate to know; they have taught me that sometimes you have to admit things are out of your control. Once you acknowledge that this is the case, you can move about your day with greater dignity and grace.

We will gather in person again sometime soon! Until then, be sure to make the effort to take care of YOU. The corona storm will indeed pass. Until then, please stay healthy and safe.

**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**

Jacqueline Dufresne, Chair  
Maureen O'Brien, Secretary  
Dean Acheson  
Daria D'Arienzo  
Margaret Ricci

**ASSOC. MEMBERS**

James Cahillane  
Gerry Mann  
Lawrence West  
Nancy Wwinner

**SENIOR CENTER**

**STAFF**

Melissa Wilson, Director  
Sherry Loomis  
Melinda McCall  
Tryna Hope  
Carol Hendricks  
Susan Farrell  
Barbara Estes

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

## TIPS TO AVOID CORONAVIRUS SCAMS



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186  
Northampton (413) 586-9225



- **Hang up on robocalls.** Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls.

- **Ignore online offers for vaccinations and home test kits.** Scammers are trying to get you to buy products that aren't proven to treat or prevent the Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus.

- **Fact-check information.** Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources.

- **Know who you're buying from.** Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.

- **Don't respond to texts and emails about checks from the government.** Anyone who tells you they can get you the money now is a scammer.

- **Don't click on links from sources you don't know.** They could download viruses onto your computer or device.

- **Watch for emails claiming to be from the Centers for Disease Control & Prevention (CDC) or experts saying they have information about the virus.** Visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

- **Do your homework when it comes to donations, whether through charities or crowdfunding sites.** If someone wants donations in cash, by gift card, or by wiring money, don't do it.