

Living Well



October
2022
Newsletter

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

“I DON’T KNOW IF YOU HAVE FAITH BUT I DO”

Elizabeth Schuster 9/13/2022

For those of you who know Elizabeth, it’s no surprise that my first question is - where to begin? She’s lived fully and actively for over 90 years. Though reluctant to be written about, she changed her mind to share one slice of that life.

“I have four girls, all professionals.” When she was told that her oldest daughter was deaf, Elizabeth began researching schools that teach deaf children, and discovered Clarke School in Northampton. At that time Clarke was a boarding school where teachers and children lived together. She was not discouraged when she learned that they receive hundreds of applicants a year and accept only 20 children five-years-old and under.

Elizabeth persevered. “I don’t know if you have faith but I do.” She brought her young daughter to Clarke School for an initial interview. Elizabeth understood the odds and prayed her daughter would be accepted. Although the psychiatrist tried to discourage Elizabeth from feeling hopeful, she remained optimistic—and indeed her daughter was accepted. She started at Clarke at the age of four-and-a-half in 1957.

When she read the acceptance letter, Elizabeth said to her husband, “I don’t know about you but I’m moving to New England. Sixty-three years ago, Elizabeth, her husband, her three-and-a-half year old child plus their second daughter moved from Ohio to Western Massachusetts. “I left Ohio in a Spring coat. Coming into Springfield/Northampton, it was Siberia!” That was in 1956. “When we arrived in downtown Northampton, the snow was piled so high on Main Street that I couldn’t see the other side.”

Her husband secured a job as sales manager of Northampton Cutlery while Elizabeth prayed for a

house. They found one across the street from Clarke School. When they put their home in Ohio on the market, it sold the next day! Things were falling into place for her family.

But Elizabeth was not finished. Her daughter was “headstrong”. In order to assure her daughter’s adjustment to the new school, Elizabeth took a correspondence course and began teaching her at home as well. Her daughter adjusted well to Clarke and went on to graduate from Rochester Institute of Technology.

Elizabeth and her husband bought land in Williamsburg and spent two years building their house, where she has lived since the early 1960s, across from her friend, Paula Wentworth.

When reflecting back on her life, Elizabeth Schuster is content with how things worked out. “The only thing I wish is that I’d met Paula earlier. We have a lot in common.” This is quite a testament to a life lived well.

—Tryna Hope

See page 4 for pictures of the Intergenerational Luncheon



Williamsburg Senior Center - 141 Main Street, P.O. Box 193, Haydenville, MA 01039
Phone: 268-8407 or 8410 ~ Hours: Mon - Thurs, 8:30 - 2:00 ~ Email: seniorcenterdirector@burgy.org

SHINE

For Medicare and Medicare-related insurance issues, SHINE can help. If you want to speak to a SHINE agent, call the Senior Center to make an appointment. Leave your name and phone number and we'll have an agent contact you.

Veteran's Service Officer

The VA office is open and available. Our representatives, Robert Vigneault or Steve Connor may be reached at **413-587-1299** for appointments.

Brown Bag: Food for Elders

Get a free bag of healthy groceries to eligible seniors 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.

Highland Valley Meals

Congregate meals are being served in the Senior Café Mondays—Thursdays. Fridays will be delivery only. We are accepting new folks for these meals. **Contact Tamar at 268-8419.**

Take and Eat

Two area churches are providing freshly made meals delivered every Saturday. Contact the Senior Center to find out more or to sign up.

Foot Nurse

Piper Sagan is doing foot care at the Senior Center **October 11th** and on second Tuesdays every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). Piper can also do footcare in your home, (\$80). Call her at **413-522-8432** for an appointment.

Podiatry

Dr. Coby has appointments available on **Nov. 8th**, and the second Tuesday of every other (odd) month. He accepts insurance for payment. Call us (**268-8407**) for an appointment.

Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation for housekeeping and other duties. Call the coordinator, **Fran**, at **268-7411** for more info.

Medical Rides

Senior Center drivers are available for your medical rides funded by **PVTA**. **Call us at least 3 days ahead** and we will provide a driver. (You can also use their **Dial-A-Ride Services**, (**413-739-7436**.)

Carpool Rides*

Rides for shopping/errands can be scheduled through our **Carpool Program**. **Call us at least 3 days ahead** and we will provide a driver.

Companion Program*

Would you or someone you know benefit from a friendly visit now and then? Contact us for more info.

** The previous two programs are provided by a Title III Grant through Highland Valley Elder Services*

Wellness Calls

The Williamsburg Senior Center makes friendly calls. If you are feeling lonely, or would like check-up calls, we'll add you to our call list. (**268-8419**)

Modern/Contemporary Dance

Susan Waltner's very popular dance class is happening on Wednesdays at 10:00 am in the auditorium or on the lawn. Contact her at swaltner@smith.edu if you would like to join.

Tai Chi

Instructor Marty Phinney is offering Tai Chi outside or in the auditorium, **Tuesdays, 9:30-10:30 am**. Members or interested folks can contact her at **413-268-3228**.

Healthy Bones & Balance

Mary Bisbee leads HB&B on **Thursdays, 9:30 to 10:30 am in the Auditorium**. Call the Senior Center to sign up or just stop in! (See article on page 3.)

Strength and Cardio Workouts

Joan Griswold is leading workouts via Zoom **Thursdays at 10:15 am**. Visit her at www.bybhealth.com to sign up. Other hours may also be available.

Men's Group

Meets at the **Williamsburg Snack Shack** on **3rd Thursdays at 8:30 am (Oct. 20th)**. To join, email Larry West (landwest3315@yahoo.com), and become one of the "guys!"

Ladies Who Lunch

Meets at the **Williamsburg Snack Shack** on **3rd Fridays at 11:30 am (Oct. 21st)**. Please call **268-8407**, or email sloomis@burgy.org to reserve your spot at the tables or just stop in! See you there!



A Halloween Party!

Story teller and musician, **John Porcino**, will be providing the entertainment on **Monday, Oct. 31st at 12:30 pm** (immediately after our luncheon hour). John has been "Celebrating 38 Wonderful Full Time Years Weaving Threads of Laughter and Insight into the World." John's performances are a mix of stories and songs that come to life with warmth, humor, a playful touch of audience participation, and a twist of music from around the world.

Please join us that day to usher in the fall season and help prepare for the onset of winter. Contact us at 413-268-8410 to sign up.

This program is supported in part by a grant from the Williamsburg Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



FLU VACCINE CLINIC

The Senior Center is having a Flu Vaccine Clinic for Seniors (60 + year of age). Walgreens of Florence will be administering the vaccine.

When: Friday, October 14th, 9 am – 1 pm

**Where: Anne T. Dunphy School
(Please note the new venue)**

You must register in advance.

Please call 268-8407 or 268-8410 to register.



Technology Program is Alive & Well!

Having trouble with your computer, cell phone, or other devices?

Alan Estes will be available on Tuesdays and Thursdays from 6:00 – 7:00 pm at the Senior Center in the Town Office Building in Haydenville to help with your computer technology needs.

Prior to the pandemic, Al worked for the Senior Center in this capacity. We look forward to helping seniors (including me!) with technology. We thank Al for providing this helpful service!

If you need help with technology, please give us a call (268-8407 or -8410) and we can help you set up a session with Al or our other volunteers to answer your questions.

Walk-In Wellness Clinic

A Walk-in Wellness Clinic is now provided by Williamsburg’s Public Health Nurse. No appointment is necessary for:

- Guidance in managing chronic health issues
- Medication management/side effects consultations
- Sharps and mercury thermometers disposal
- Covid 19 symptom management including “Long Covid”
- Information regarding Home Health Care and local resources

Where: Williamsburg Town Office Building, 141 Main St., Haydenville, 2nd Fl., Planning Board room.

When: Every 2nd & 4th Thursday, 10 – 11:30 am.

Questions: Michael Archbald, RN PHN, 413-522-7112 or phn@burgy.org

We are grateful to the Foothills Health District for making this important and valuable program available to seniors in the community.

Yoga, Anyone?



As you know, the Senior Center is having in person classes and meals at the Town Office building.

Recently, we received a request to have in-person Yoga classes, and want to know if others are interested, as well.

Please contact the Senior Center at 268-8410 or seniorcenterdirector@burgy.org if you would be interested in having a weekly in-person yoga class. We will let you know if and when we get it started.

The Williamsburg Senior Center relies on donations from the community to support some of our best-loved programs and events. If you would like to donate, there are three ways to contribute:

1. Donate online via Unipay at www.burgy.org/senior-center;
2. Drop off your donation in person during business hours,
3. Mail a donation to Williamsburg Senior Center, PO Box 193, Haydenville, MA 01039.

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 Us Support Our Neighbors!

Intergenerational Luncheon with Bunnies

Every now and then, planned events happen the way that you planned them! Such is the way things unfolded for the luncheon event on Friday, August 12th. The weather was ideal, the food was great (the peaches were delightful), the presentation was perfect, and the folks who attended – young and old – made the event the special day that it was.

I'd like to thank all the folks who helped make it so: Judi Press, her breadth of knowledge, dedication and care of her rabbits (what soft fur!) is amazing, Shannon Wade and her group of youth from the Grange, Faith Bisbee and her youth group from the 4-H, and the many other volunteers who contributed to make the day a success. It seemed to go off without a hitch, but we all know folks worked hard to make it happen. **Thanks to everyone who contributed!**

Do You Know What a Lock Box Is?

It is a safe and secure way to allow Police, Fire and Emergency Personnel to access your home in an emergency. You provide a spare key, and an access code is set up for the box (which is placed outside your door). The access code is not kept locally with any department but is requested by Emergency Personnel from Dispatch when a call is placed and you are unable to answer your door. It prevents Emergency Personnel from breaking a window or door to gain access and help you. **These boxes are provided to seniors free of charge** by TRIAD through the Safe Entry Program (donations always appreciated). A Lock Box can be provided to non-seniors for \$20

If you would like more information about the Lock Box or to have one installed, contact the Police Department 268-7237.

This is also a reminder to have a **File of Life** (about your medical information, medications, contact information, etc.) **on your refrigerator door**. The Senior Center has these available. Call us at 268-8407 or 268-8410.



Some of the folks who enjoyed our Intergenerational Luncheon



Get Up-to-Date News On-line!

Our newsletter was compiled before August 12th. Some news for September might not be included here. Please be aware that you can get our latest updates on our website: www.burgy.org or on our Facebook Group: **Williamsburg Senior Center**. Check for the latest news & announcements!

To subscribe or unsubscribe from this newsletter or receive this newsletter by email only, contact us, leaving your name, address and phone number at 268-8407, or sloomis@burgy.org.



Fuel Assistance



Community Action assists income-eligible participants with home heating expenses. Eligibility is determined by family size and annual household income. Contact the program at **413-774-2310** or **800-370-0940** to make an appointment. More info at: www.communityaction.us/fuel-assistance

The Hilltown Food Pantry, a program of Northampton Survival Center, is open for food distribution **every Wednesday from 1-3pm at 40 Main St. in Goshen**. Residents of all 10 Hilltowns who are having difficulty accessing enough groceries for their household are welcome to use the pantry. Free, prepacked bags of shelf-stable food items along with fresh produce, frozen meat, and dairy products are available for drive by pick up in the town hall parking lot.

Staff and volunteers will load the food supplies into your car. We ask that you stay in your car, if possible, and prefer that you wear a mask when interacting with volunteers and staff.

If you wish to arrange for home delivery, please contact Diane Drohan, Pantry Director: **413-586-6564**.



"They never phone, they never visit, they never text message..."

Would you like to receive your newsletter, in color, 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!

The Final Piece

If, scratch that, *when* I leave this world, I will no longer care about my house, car, bank accounts, or other earthly matters. But someone will! That person is my executor or personal representative, the person to settle my estate which is a fancy way of saying close the door when I'm gone.

The executor will file my will with probate court, notify various entities of my death, inventory and keep safe my assets, pay my final bills, dispose of my property, and distribute the assets according to my will. She/he will deal with bank and retirement accounts, investment companies, insurance companies, credit cards, taxes at all levels, contents of the house (oh brother...), and the house itself. Good records need to be kept.

Additionally, here are some of the "lesser" tasks that may be applicable:

- Close out credit bureau records – minimize chances for identity theft
- Secure and review phones and computers with photos, contacts, financial files
- Shut down social media e.g., Facebook. Again, trying to prevent identity theft and nuisance scams
- Stop magazine and newspaper subscriptions
- Inform medical professionals
- Check unclaimed property files to make sure no assets are missed
- Find and empty safety deposit box
- Locate any storage sheds or real estate other than the living quarters
- Find new and good! homes for pets
- Follow wishes for burial and funeral or memorials.

And Fini,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

October's Good News

By Deb Hollingworth

Time to shop!

It's Open Enrollment time again (October through December 7th each year), so those of us who have Medicare supplement plans or Medicare D plans for our Rx can change our coverage if we don't like our current plan. This is the time to see if there's a better option, better coverage that will cost less, because regulations allow these insurance plans to change their prices and change their coverage any time. Which means the Medicare supplement plan or Medicare D plan you have this year, might not be the best choice for next year.

Some of you don't need to read this article any further. If you have health insurance through your employer, or your spouse's employer, or you get your medical care through the VA, or if you have health insurance benefits through your pension, you can STOP reading now.

But for the rest of us who want to supplement our Medicare coverage or wonder if there's a better plan to cover our Rx, this is the time, each year, (as President George W. Bush said) to go shopping for our insurance coverage.

We should expect an uptick in advertising for Medicare Advantage plans that promise additional benefits at minimal, or in some cases, no cost. Caution is advised when considering a Medicare Advantage plan because they have "networks of providers" and you have to be sure that your doctor, or your preferred hospital is "in network", meaning your doctor will take that insurance. It's always good to ask before making a switch.

Also during Open Enrollment you can check to see if your Rx coverage is going to be the best choice for next year. Both Advantage plans and Medicare D plans have formularie (that is a list of Rx that they cover) which can change anytime during the year. Maybe last year's plan won't work as well for you next year. Or perhaps you have been prescribed a new medication and need to see which Plan will have the lowest co-pay. Maybe you have a new medical condition, or perhaps you plan to travel next year. All reasons to have a SHINE counselors review the options for you.

To find a SHINE counselor nearest you, call your Senior Center and make an appointment. It's helpful to have a list of your Rx and if you want to compare costs, it's helpful to know what your current plan costs now. Since Covid, most appointments are by phone, or Zoom. Shopping sooner, rather than later, is the best strategy since appointments fill up quickly and that December 7th deadline comes faster than you think.

Tech Talk with Peg Whalen

You may have heard it is unsafe to use the same password for everything. I am regularly asked how to keep track of multiple passwords. Your phone, computer or tablet often can "remember" and fill in passwords, however, you still need a record from the point you create it. This month I describe three ways to manage passwords using electronic apps and paper methods.

Method 1: Index card box or Rolodex. Cards can be kept alphabetically. Use one card for every website that requires you to make a username/login id and password. Note the website or account, e.g. GMAIL, "login id" or "username" and password. Edit as needed.

Method 2: Blank address book. Record the website/account alphabetically by name, including account "login id" or "username" followed by your password. Edit as needed.

Protect passwords by writing in shorthand so only you will understand. For example instead of your fifth cat's actual name, "FluffBall5", write Cats-Name#, using underline for capital letters. Store your paper method in a secure place. Make sure one family member or friend knows where to find your paper system.

Method 3: Password manager apps for tracking and securing passwords. If you are not comfortable trusting the phone/computer itself to fill-in passwords, you can search online for "best free password manager apps". Or, PCMag.com is a website to search for "free password manager app" ratings. The "best" choice for you is the one you find understandable and easy to use. Make sure to edit the app entry whenever you have a password change.



On the Road Again...



2022 & 2023 Upcoming Trips

Contact Francine Frenier to reserve your seat **before** mailing any payments: 413-296-4291 or francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Day Trip Dec 8. Yesterday Once More - A Tribute to The Carpenters captures The Carpenters' concert experience. Self-Drive to the Log Cabin. Luncheon will include Gorgonzola Sirloin & Stuffed Haddock. Make payment to FNCS for \$68, \$10 discount if paid by October 12th. Mail to address above.

2023

Multi Day April 23-29, 2023. Myrtle Beach Show Trip. Five shows—including Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in N.C. Includes bus transportation, driver gratuities, all hotels and most meals for this seven day trip for \$829. Take a \$25 discount if paid by 1/30/23. Contact Francine to reserve your seat now.

Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees. Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st, so we can get good seats. Mail to address above.

Multi Day September 29 through October 9, 2023. Mt. Rushmore, Crazy Horse - S. Dakota & Devils Tower - Wyoming. 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023. Contact Francine to reserve your seat.



Upcoming Technology Classes

Peg Whalen will be offering numerous technology trainings from October through December. If you would like to sign up, **contact Peg at pegwhalen-workshops@gmail.com** or call 413-296-9314.

Fall 2022 Computer Class Schedule October 31 -December 5

Android basics workshop
Monday, October 17, 2-4pm

How to use Zoom and FaceTime
Thursday, October 20, 6:30-8:00pm



Windows 10/11 Computer/Laptop Class,
6 Sessions - Mondays, Oct 31 to Dec 5, 2-4pm

iPhone basics workshop
Friday, November 18, 12-2pm

How to use Telehealth and Zoom
Saturday, December 3, 10-11:30am

Android basics workshop
Monday, December 12, 2-4pm

Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers.

LAURA WETZLER

Top 10 World Music Charts NYC & Toronto

"Vastly impressive...superb performances."
Bob Sherman, New York Times

"Great voice, great writing" WBAI NYC

"Laura is one of the very best"
Pete Seeger

Ascaph Award Winning
Singer, Songwriter & Ethnic Folklorist

LAURA WETZLER
150 concerts & lectures each year
Over 25 different shows

▲ Original Story Songs ▲
▲ Worldbeat Jewish Music ▲
▲ The Great American Songbook ▲

laurawetzler.com

Laura Wetzler

Hilltown Singer Songwriter Guitarist

Sunday, Oct. 16 at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield 01012

**This is a free COA Event and we'd love to see
our neighbors!**

*Sponsored by a grant from
Highland Valley Elder Services.*

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

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

MEMBERS
Diane Martin, Chair
Maureen O'Brien, Secretary
Pat Billingsley
Daria D'Arienzo
Linda Gibbon

ASSOC. MEMBERS
Gerry Mann

EMERITA
Mary Lee Satterfield

**SENIOR CENTER
STAFF**
Melissa Wilson, Director
Carol Hendricks
Tryna Hope
Sherry Loomis
Tamar Smith
&
Our Many Volunteers

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

New Covid-19 Bivalent Boosters Available

As of September 1, 2022, updated Pfizer and Moderna COVID-19 boosters are now authorized by the FDA and recommended by the CDC. **These updated boosters are now available in Massachusetts.** The Massachusetts Department of Public Health (DPH) has developed the following FAQ which will also be posted on [mass.gov](https://www.mass.gov).

What are the updated boosters?

The new COVID-19 booster vaccines from Moderna and Pfizer are updated versions of the original vaccines. The updated boosters were recently authorized by the FDA and recommended by the CDC.

Who should get the new booster?

Anyone age 12 or older who completed a primary COVID-19 vaccination series or received a booster dose at least two months ago should get the updated booster as soon as possible.

Why do I need a booster?

Staying up to date on vaccines, including boosters, is the most effective way to prevent serious illness, hospitalization, and death from COVID-19. While vaccine protection decreases over time, boosters restimulate the immune system and increase vaccine efficacy again. Boosters are an important defense, even if you've already had COVID.

When and where can I get a booster?

Updated boosters are currently available in Massachusetts. You can get a booster at many locations across the Commonwealth, including where you received previous vaccines. Locations include doctor's offices, hospitals, pharmacies, and community health clinics.

Where can I get more information? You can visit www.mass.gov/covidbooster for the latest info.