

# Living Well

December  
2022  
Newsletter

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

## Your Senior Center at Work

It is the time of year when we like to share with our readers information about the Senior Center and the remarkable people who live in our community. We are happy that the Town Office building is open (since June of this year) to the public; it has allowed us to restart our in-person programs, including congregate meals and exercise classes. I also want to take this opportunity to thank you for your generosity in supporting the activities and programs that enhance the quality of lives of seniors.

### Food Programs:

One of our most popular programs is the congregate lunch meals Monday- Thursday. Folks break bread, have company, share stories and laugh together. While by far our Monday meals program is the most popular – featuring an in house cooked meal – the other days of the week provide the space to socialize and make connections with others. It is a welcoming and happy place to be. All seniors are invited to join us.

***“Gotta admit it, though, it makes everything more tasty and more fun to actually be at the meal site, eating with friends and neighbors.”***

***“It’s good to have people to talk to – make conversation. I’m not so lonely.”***

***“Many years ago, a friend told us we should come. She was right.”***

***“Here is our check for this year’s farm share. Thank you for all that you do.”***

### Transportation:

The senior center is able to offer a unique transportation program: our pool of dedicated drivers also provides companionship to the folks who need rides. It is a win-win.

***“Thanks always for your indispensable help.”***

***“Thank you so much for all your help with my parents.”***

One of our drivers had this to say, ***“I will surely***

***miss you and all the staff as well as the members as I was just getting to know the newer people and especially the many rides for the residents, that I was able to provide – and getting to know each resident.”***

### Exercise Programs:

Exercise leads to better health and is an important aspect to what the Senior Center provides. We are fortunate to have highly skilled, dedicated, and caring instructors: Susan Waltner (Dance), Marty Phinney (Tai Chi), Mary Bisbee (Healthy Bones and Balance) and Joan Griswold (Strength and cardio).

***“Healthy Bones is just the exercise I need right now!”***

***“Enclosed is a donation to the Williamsburg Council on Aging in appreciation for your sponsorship of Joan Griswold’s exercise class. I greatly value her classes and have gained tremendous benefit from participating in them.”***

I’d also like to take this opportunity to share some other quotes from folks in the community:

***“Thank you and everyone at the Senior Center for offering the community a warm, informative, totally entertaining time. I loved seeing the young teens and little kids all together, and got a kick out of petting the rabbit!”***

***“It was a pleasure to support such a fine organization which provides so many great services to us seniors.”***

***“Williamsburg should be pleased to have a senior center that has so much to offer for such a small town.”***

***“I just could not find a place that was willing to help as much as the Senior Center did.”***

***“We who are seniors are so blessed to have you all doing so much for us in so many ways.”***

The staff of the Senior Center appreciates the support we receive from the community. Thank you!

—Melissa Wilson

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@burgoy.org](mailto:seniorcenterdirector@burgoy.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, Dan Nye 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 **December 13th** and on second Tuesdays every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). Piper can also do foot care in your home, (\$80). Call her at **413-522-8432** for an appointment.

### Podiatry

Dr. Coby has appointments available on **January 10th**, 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 happens on **Wednesdays at 10:00 am** in the auditorium or on the lawn. Contact her at [swaltner@smith.edu](mailto: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 **Mondays at 1pm (NEW)** and **Thursdays at 9:30 am in the Auditorium**. Call the Senior Center to sign up or stop in!

### Strength and Cardio Workouts

**Joan Griswold** is leading workouts via Zoom **Thursdays at 10:15 am**. Visit her at [www.bybhealth.com](http://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 (Dec. 15th)**. To join, email **Larry West** ([landwest3315@yahoo.com](mailto: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 (Dec. 16th)**. Please call **268-8407**, or email [sloomis@burgy.org](mailto:sloomis@burgy.org) to reserve your spot at the tables or just stop in! See you there!

### Technology Program

Having trouble with your computer, cell phone, or other devices? We can help! **Alan Estes is available on Tuesdays and Thursdays, 6-7 pm** to help you solve your computer problems. **Contact us for an appointment** with him or one of our other volunteers.

## New Art Show at the Senior Center!



Long-time friend of the Senior Center, Ruth Loomis, passed away in October. As a landscape artist, Ruth leaves quite a legacy of art to her family. We are featuring a show of some of her work in the Senior Center Café. Stop in any time to see Ruth's work in oils, pastels and theorem.

# Holiday Sing-In!

with

## Roger Tincknell

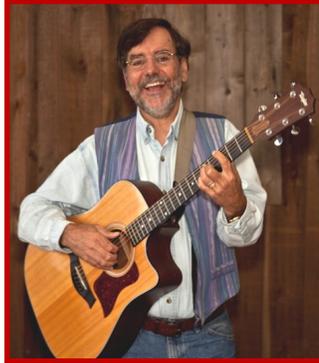
Monday, December 12th at 1:00 pm

**"Pete Seeger to Peter, Paul & Mary"**

Folk and seasonal songs -Lyrics provided!

Roger is a singer-storyteller who has been popular in this area for some time. His cheerful demeanor will capture your sense of fun too!

Please join us to usher in the holiday season, stretch your singing muscles, and bring joy to your day! 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.



## Stay for the Entertainment!

Our Halloween party with John Porcino was a huge success! 25 seniors had a great time as John told spooky stories with some amazing sound effects. John has a great dramatic storytelling style and some wonderful instruments. Folks stayed and got to try the instruments and ask lots of questions. Nobody wanted to leave! Pictures below.

*If you haven't come to our programs, you will be pleasantly surprised at the quality of entertainers we can get. Most get grants from the Mass Cultural Council. We also get occasional volunteers. You can enjoy the company of your friends and neighbors and have a great time (unless you'd rather watch daytime TV...)! Watch our newsletters for up-and-coming programs. (See Holiday Sing-In! left)*



Photos by Sherry Loomis



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](http://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 \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Thank You for Helping Us Support Our Neighbors!**

## Lunch and Laughter

### Congregate Meals at the Senior Center

If you haven't heard, the place to be for lunch is at the Senior Center on Mondays — Thursdays. We gather to break bread and share stories. The “regulars” have created a space that is interesting, nurturing and most of all – fun!

We welcome seniors (60+) to come join us to meet new people and have a laugh! See photograph to the right. **Please call Tamar Smith at 268-8419.** We look forward to seeing you!

*Photo by Tamar Smith*



## The Pen Pal Program

Is up and running! This year we have 17 sixth graders from Anne T. Dunphy School matched up with 17 seniors. We look forward to developing relationship with the students, telling our stories and hearing theirs! It is always a pleasure to correspond with these vibrant and interesting young folks. The interaction will enrich the lives of seniors and sixth graders equally! Look for the program updates, and if you are interested, maybe you can sign up next fall.

## Manna Community Kitchen **FREE HOLIDAY MEAL**

**December 25th, Noon-2 PM,  
Edwards Church, Northampton**  
**Please register to pick up your meals or  
arrange for free delivery.**  
**Sign up online or call them at 413-887-0500**  
**Please sign up by Saturday, December 17**  
**[mannanorthampton.org](http://mannanorthampton.org)**

## Make a Difference

Would you like to make a difference in someone's life? Have you thought about volunteering at the Senior Center? We need volunteers to drive people to appointments or shopping and errands. We need companions for people who are homebound, lonely or isolated; someone to talk to, go for a ride with, play cards or a game or just a conversation. It is a fact that seniors are at a higher risk for social isolation and age-related stresses.

At one point or another everyone has needed - or will need - help from someone, whether it is from family, a stranger, a co-worker or a volunteer. Receiving help makes a profound difference in both the life of the volunteer and the person they assist.

Volunteering has many benefits. You gain a sense of purpose and a role in your community, increase your sense of pride, boost self-esteem, gain knowledge and understanding of other people and ways of life. Volunteering also increases brain function and reduces stress. It gives attention to others and takes away from our own problems, makes new friends, counteracts depression and keeps you in regular contact with others--it makes you happy! Humans are hardwired to give to others. The more you give the happier you feel.

Please consider being a volunteer at the Senior Center. You will meet some amazing and interesting people, and your life and theirs will be the better for it. *-Carol Hendricks*

## Fuel Assistance

Need help with an application for fuel assistance? Community Action of Pioneer Valley assists income eligible seniors and families with home heating expenses. More information and applications can be done online at [www.communityaction.us/fuel-assistance](http://www.communityaction.us/fuel-assistance) or by calling 800-370-0940. You can also call the Senior Center at 413-268-8410 if you need help completing the application.

and i'll leave it  
to december  
to teach me that  
new beginnings  
don't really require  
new calendars.  
just new thoughts  
that these winter months  
will grow  
big and tall enough  
to let the sadness know  
it has no place  
in the days ahead.

*-sana abuleil*



### Do you like the exercise classes? Joan Griswold checks it out:

Joan surveyed members of her exercise classes exploring their views on a range of issues but also on where people stood regarding coming to classes on-site, using Zoom or both. Here are a few take aways

#### To Zoom or not to Zoom?

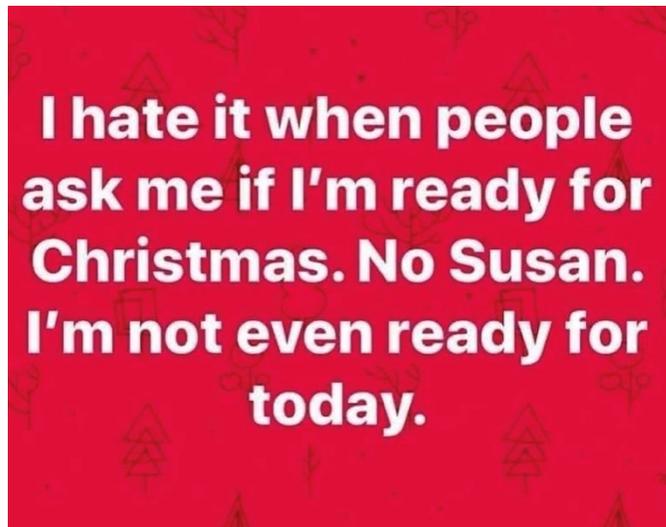
74% of those responding to the survey are fine with Zoom offerings. At present, in person classes are held on Friday in Chesterfield. The Smooth Moves class is at 9am and is very well attended by a regular group. It is wonderful to have this time, in person, with folks. At 10:15am, Joan offers the Super Strength workout in person and a small group attend this while others use Zoom. 12% report not being a fan of virtual workouts and prefer in person offerings. 27% of these folks indicate they will return to classes when they are offered in person.

#### What do people like about the programs?

87% share that they feel a good variety is offered in these class offerings while 12% either had no opinion or disagree. 38% report their favorite part of class is the strength workout, 26% express the core work, 23% the stretching and flexibility and nearly 12 % express the cardio. 87% report feeling these classes positively impact their personal strength, mobility and daily function while nearly 12% neither agreed nor disagreed with this personal impact. 90% report preferring the current class time.

#### Final Note:

More people are welcome! Join up with friends.  
Contact Joan for more info: [joan@bybhealth.com](mailto:joan@bybhealth.com)



**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

### Top Ten for the Twenties

At year's end, we often see review lists, e.g., top 10 movies, most acrimonious lawsuits, and other topics of huge interest. I thought I'd join in and look back at my 8 (eight!) years of Triad notes and find my personal Top Ten suggestions to close out the year and move forward. Here we go!

- \* **Check your credit report.** So many reasons, so easy to do. Then freeze the sucker.
- \* **Just hang up.** Do not think you can outsmart a telephone scammer who scams for a living!
- \* **If you are not sure who is calling** and you answer anyway, do not say "Yes" or make an "uh huh" noise, don't say "Right!" or "Sure!"
- \* **If it sounds too good to be true, it likely is.** Bet your folks told you that.
- \* **Get serious about the Big Five.** Give yourself a silver star if you can name these, a gold star if you have done them.
- \* **Get serious about setting good passwords.**
- \* **Keep your Medicare and Social Security cards in a safe place,** not your wallet. You can carry a copy with the last numbers blacked out.
- \* **Do the right thing for your brain.** Eat right, exercise, sleep well, control stress, socialize, and keep thinking.
- \* **Don't believe everything you read;** consider the source. By the way, there are only 9 items here...

Hee hee hee,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## December's Good News

By Deb Hollingworth

As the days get colder, we will be turning our attention to ways we can reduce our fossil fuel consumption and ways to get help paying for "green" solutions to our soaring utility bills.

For the immediate future, this is to let you know that all our senior centers have the paper application for fuel assistance from Community Action of Pioneer Valley. This is the agency that covers fuel assistance and other "energy efficient" programs for our towns. Calling them on the phone to request fuel assistance could be a challenge, especially for those applying for the first time. If you have received fuel assistance in past years, you will already have been contacted (that started October 1st) but first time applications must wait until November 1st to start the process. As you might guess, right about now, their phone lines are jammed. Last year they took almost 3,000 first time applications and I'm guessing that number might be even more this year. If you are single, and your income is less than \$41,000/ year, you could be eligible. Know that it takes 6-8 weeks to process your application.

Last year Community Action paid out over 14 million in fuel assistance, helping over 14,000 households. Fingers crossed that there will be more Federal money in the pipeline this year. Community Action has other programs you might utilize once you become eligible for fuel assistance. There's an Older Adult Home Modification program to help with hand rails, ramps, grab bars, and a Heat System Repair and Replacement program for aged furnaces that need upgrading or replacement. This program will

also be doing some projects to install heat pump/mini-split systems and solar panels, a weatherization program which helps with insulation, windows, and removal of old knob and tube electrical wiring. All these programs start with a fuel assistance application. So if you haven't applied before, perhaps this year you should? Check it out at your Senior Center.

### More help with Fuel Assistance

In addition to the fuel assistance offered by Community Action Corp in Greenfield, the Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. There is also a fund for equipment repairs should you find yourself in an emergency with failed heating equipment.

Check out: [magoodneighbor.org/assistance.html](http://magoodneighbor.org/assistance.html)  
Income eligibility guidelines for 2022-2023 are as follows based on number in household:

1	\$42,412 - \$56,548
2	\$55,462 - \$73,948
3	\$68,512 - \$91,348
4	\$81,562 - \$108,748
5	\$94,611 - \$126,146
6	\$107,661 - \$143,546
7	\$110,108 - \$146,809
8	\$112,555 - \$150,072

Contact Greenfield Corps: 72 Chapman Street, Greenfield, MA 01301. Phone: (413) 773-3154.

## Thank You!



Just a quick note here to thank those of you who have been sending in donations for future funding of the newsletter. We appreciate your support! And this being the season of giving, we hope that we might hear from even more of you as we continue our effort to keep your Newsletter coming to you. Please consider a gift as we approach the end of our tax year. **And THANKS for your support!**



### ***The Regional COA Newsletter benefits from your support!***

I would like to contribute to the COA Newsletter. My contribution of \$\_\_\_\_\_ is attached.

*(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

***Thank you for helping support this vital resource for our seniors!***

## On the Road Again...



### Coming up in 2023

Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291 or [fracine.frenier@gmail.com](mailto:fracine.frenier@gmail.com). Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

*Multi Day April 23-29, 2023. Myrtle Beach Show Trip.* Five shows—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 Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

*Day Trip May 18. Beatles Show- Ticket to Ride* - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNSC for \$TBD by **February 1st**, so we can get good seats. Mail to the address above.

*Day Trip May 22. Staying Alive-* A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNSC for \$120 due by **February 1st**, so we can get good seats. Mail to the address above.

*Day Trip May 31. Oh What A Night! And Resorts World Casino-* An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNSC for \$135 due by **February 21st**. Mail to the 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.

*Multi Day October 2-October 6, 2023. Branson, Missouri-* 5 days. Fly from Hartford. Seven shows: Irish Dublin Tenors, The Duttons, CJ Newsom, Pierce Arrow Show, Doug Gabriel and others. Visit the Titanic Museum and enjoy a guided scenic Ozark tour. Cost \$2,599 per person double occupancy. Includes air fare, hotels, 4 breakfasts, 4 dinners, deluxe motor coach while on tour, sightseeing, admission to shows and tour escort. \$500 Deposit by **March 15, 2023**. Contact Francine to reserve your seat.

## Workshops for Working the Digital World

Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com)**

### Fall 2022 Computer Class Schedule

**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. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

### Technology Tip Announcement

The Northern Hilltowns Consortium of COAs has funding to meet the technology support needs of hilltown older adults. Each town's COA is hosting two hours of technical assistance with technology questions, starting in December. Peg Whalen will be available in your town during one of the weeks in each month. Contact your COA for date, time and location scheduled for December. Beginning in January, watch your monthly newsletter for dates and how to schedule a time slot to get help with your technology questions. Call your COA and get the help you need.

**The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*.** Through riveting, honest, and humane stories this book shows that the ultimate goal is not a good death but a good life- all the way to the very end. It is about maintaining dignity, independence, and quality of life as we age. This group will be held on five consecutive Thursday afternoons starting February 2, 2023 and ending March 2, 2023 from 1-2:30 in the upstairs Dining Room at the Goshen Town Hall. It is recommended (but not required) that you read the book which is available at local libraries, on Kindle or Nook, and there is an audiobook version. Please register by emailing Peg at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) or calling/texting her at 413-404-4566. Messages left should include your name, cell/home phone number, and your email address. **Adults of all ages from all towns are welcome to register.**

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

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

## MEDICARE/MEDICAL EQUIPMENT SCAM

### WHAT TO LOOK FOR

- You get a call offering to send you a free medical alert system, a free back brace, or other medical equipment.
- The caller tells you they will bill Medicare & send you the equipment for free.
- They just need your Medicare or Social Security number in order to process your order.

### Beware of Medicare Phone Scams!

If someone calls you & asks for your Medicare number or other personal information, hang up & call 1-800-MEDICARE.



### WHAT TO DO

- Hang up! Don't give out personal information such as your Medicare or Social Security number over the phone.
- Beware of "free" offers.
- Ask your doctor if you think you need a brace or any medical device.

Consumer problem or question? Call the Northwestern District Attorney's Consumer Protection Unit.

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

*Working in cooperation with the Office of the MA Attorney General.*

