

Living Well



March
2023
Newsletter

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

Dog Tales

This article was submitted by Peg Whalen. While volunteering her time with us, she shared stories about her new household pet. I thought you'd find them as entertaining as I did!
—MW

Born in Tennessee, Jakobi Thomas Henrichsen, age 1½, joined our family in July 2022. While you wouldn't expect to find a profile about someone so young in the COA newsletter, his story is compelling. His nickname is Kobi. He is sweet, joyful, loud, and demanding, and has been a handful from the start.

We were looking for a second dog to join our household of Shelby, an Australian Shepard, Cosmo, a semi-feral Siamese cat from New Orleans, and two women – old enough to know better. When my spouse saw his photo on The Great New England Dog Rescue website she announced, "That's our next dog!"

Kobi is a beautiful caramel and white "mixed breed" dog. He was a stray, running free for over a year in rural TN, caught along with a pregnant female. After capture she delivered fluffy white pups that were unmistakably Great Pyrenees, a working farm dog, bred to be guardians of livestock.

When we picked him up I realized my assumption from his photo, taken from a height of five feet angled down at 45 degrees, yields a picture of a medium size dog. He looked like he was less than 2 feet at the top of his head, and weighed about 50 pounds. Upon delivery we saw he was not. His legs alone are 2' long. I'm 5'1". Standing beside me on two legs he is a whole head taller. When jumping his hind feet lift as high as my shoulder.

The day we brought him home we stood in the kitchen holding his leash discussing how to introduce him to the cat. Cosmo thumped down the stairs, walked right up to Kobi, and, nose-to-nose, explained the house rules, namely – it's Cosmo's house. Over time Kobi has settled into family life. He loves tricking Shelby out of chew bones, raiding recyclables bins, scavenging people-food and taking anything on the counters he can reach – which is everything. Now we live in a "gated" community, with baby gates between all our rooms.



As a Great Pyrenees his instinct is to warn us, and he does, about everything. Barking at 95 decibels (we used a NIOSH smartphone app to measure), he tells us, "That leaf moved", "Mail truck, Mail Truck, MAIL TRUCK, FedEx, UPS", "I love barking" and my favorite "I don't see anything but I'm sure something's out there". Our dogs regularly

try to corral the cat, with Shelby poking, to move Cosmo along, and Kobi barking, to alert us to the cat's presence. Cosmo is having none of it. He fearlessly swats open pawed and saunters into the kitchen through the cat door in the dog gate. Now on the offensive, Cosmo doesn't wait to be poked and chased. He stalks Kobi and bites the back of his leg or we may find him running on tip toes before launching over Cosmo only to have his belly raked by cat claws.

We have fallen in love with Kobi. And, his antics continue. Kobi undeniably is the BEST Worst decision we have ever made!

In December I traveled out of state for two weeks. I found my spouse's text message one night describing the day. "...And so it begins. Kobi got out of the fence and took off on me. After me freezing for 30 minutes I got him in the car. I told him I hated him. "Did I ever tell you I hate animals!!!" Two days later, I knew tolerance with my absence was waning. "Kobi carried my new Dremel outside and was happily chewing on the blue case. He decided to make a game out of it and played keep away by running full speed around me. I could hear him giggling" she said. Several days passed when I read, "Ok, kids, time for another episode of 'I Hate Dogs Chronicles'. I took them for a ride to Tractor Supply, bought each of them a pork bone. I'm thinking 'this will make them happy' while I ran into Big Y. I packed everything in a grocery bag in the back of the car, out of Kobi's reach. Once home, I opened the back door to find two cute dog faces. But, on the seat, lay the empty Italian bread wrapper, still twist tied, no bread and a 1" piece of bone. In 12 miles

Continued on Page 4

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

Eligible seniors can get a free bag of groceries on 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.foodbank-wma.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.** (See also pg. 3)

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 **April 11th** and on second Tuesday 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 **March 14th**, 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 or a regular companion? We can set it up for you! 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 if you would like to join.

Tai Chi

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

Healthy Bones & Balance

Mary Bisbee leads HB&B on **Mondays at 1 pm** (except holidays) 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 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 (March 16th)**. 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 (March 17th)**. Please call **268-8407**, or email sloomis@burgv.org to reserve your spot at the table or just stop in! (Look for our sign.)

Technology Program

Need help using your cell phone, computer or other devices? The Senior Center has a group of volunteers who can help! They are knowledgeable, caring, and committed to helping older adults use the technology they choose in their daily lives. **Please contact the office at 413-268-8410 to schedule an appointment** (volunteers work one-on-one with folks and arrange a time that works for both parties).

Technology Help at Meekins

Seniors, get 1-on-1 help with your devices in the Hayden-Hawkes Room, **10 am—12 Noon on Tuesdays: April 4th, May 2nd and June 6th.**



Collaboration by Williamsburg Senior Center and Meekins Library. Sponsored by a grant coordinated by the Northern Hilltown Consortium of COAs

A big THANK YOU to all who filled out the Technology Survey!

FRIENDLY VISITS!

Would you be interested in a friendly visit by one of our volunteers? Perhaps you would like to simply sit and chat over a cup of coffee or tea. Maybe you'd like playing cards, checkers or board games and need a partner. Or would you like a tag sale buddy or someone to take you for a ride through our beautiful back roads?

If you would enjoy meeting a new friend and having some interesting conversation, call the Senior Center at 268-8407 and take advantage of this special opportunity.



Go for a Ride?

You say that to a dog, and they get all excited. So did my Mom! She'd have her shoes on and be ready before I could get my coat. Going for a ride was always a treat in my family. My BFF and I take a ride every week or so, and I love to be the tour guide. I say, "Just follow me!" and she says, "I always do!"

Now that Mom is gone, I find myself with time on my hands and no place to go. I was thinking about being a friendly visitor – it seems like we could have fun, doesn't it?

Give us a call (268-8407) and we'll match you up with a friendly visitor. Who knows, I may be taking you for a ride some day!
—Sherry Loomis

Save the Date!

Wednesday, April 26, 10-12
Volunteer Appreciation Day Open House
Stop by to celebrate our volunteers!

Let's Get Sociable!

PLAY CARDS OR CHECKERS!

The Senior Center Café is now opening at 10:30 for games, coffee, cocoa, baked treats and, best of all, companionship. Come hang out and stay for lunch! We can provide transportation in most instances. Call Joy for a ride: **268-8407**.

Congregate Meals

We start gathering around 11 am. Conversations get lively. Coffee is ready. Lunch is served at the round tables at 11:30. Visiting goes on after lunch, sometimes as late as 1 pm.

Join us for lunch and social hour at the Senior Center Café! You'll meet the nicest people here, get lunch and coffee in the bargain, all for free or a minimal (*suggested donation, \$3.00*) fee. Call Tamar a couple of days ahead to reserve your spot, 413-268-8419. See you there!

Town Hall Meeting

Our new Representative to the US Congress, **Jim McGovern**, will hold a **Town Hall Meeting** with us on Saturday, March 18th, from 1:00-3:00, at the Dunphy School in Williamsburg. This is a chance for us to meet Representative McGovern, ask questions and bring our concerns to him. McGovern has been very involved with issues related to agriculture and food, health and the environment, forests and carbon sequestration, and solar energy. These topics will be discussed for certain, as well as others.

This Town Hall Meeting is sponsored by Indivisible Williamsburg. Questions? Call Jean O'Neil, 413-268-2228.

The Williamsburg Senior Center relies on donations from the community to support 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 _____

Phone _____ Email _____

Thank You for Helping Us Support Our Neighbors!

Growing up Irish in Hamp

In 1930, my 20-year-old father, James, emigrated to Northampton from County Kerry. His aunt was married to Dan Moriarty, a successful Irishman. The studious Moriarty children became teachers and doctors.

Dad did odd jobs before renting a gas station in 1934. Jim married Imogene Smith. They met at the Northampton State Hospital. "Jean" was a secretary, Jim a lowly attendant. Jim's immigrant friends supported his gas station and, in 1953, voted for him when he ran for office. Elected to be the city's Tercentennial mayor, he was one of only two Irish-born mayors in the United States. Internationally famous, "Big Jim" never forgot his roots.

*O the days of the Kerry dancing,
O the ring of the piper's tune!
O for one of those hours if gladness,
Gone, Alas !like our youth, too soon*

Fighting under the name, "Jim Callahan", he won the Western Mass. heavyweight title in 1932 and 1933. Thus, *Jim Callahan's Service Station*. His ready smile won friends who became customers. A seven-day work week was normal. A smiling Jim found nickels behind children's ears. The late Lil Hillenbrand of Williamsburg went to school next door. Lillian recalled shouting to Mr. Callahan at work to get a wave back.

In 1939, our new house included a tiny gas station next door. After WWII, dad expanded to sell and service automobiles. His five boys became free help. To dad, school was close to an excuse not to work. Our Yankee mom did the books and preached the opposite, making sure we did both.

Dad's Irish upbringing was never far away. He related St. Patrick's use of a three-leaf shamrock to explain The Holy Trinity. On every March 17th, we'd be taking our life in our hands if we dressed for school without a green tie or sweater. We honored St. Patrick, Ireland's patron saint, never *Paddy*.

Dad's jibe when we wanted stuff was, "*Never go short in a land of plenty.*" Thanks to him, we never did.

In 1947, dad's widowed father came to live with us. Gramps played a hand organ, singing folk songs like, "Sitting on the bridge below the town"

*We'd go there every evening
and till bedtime there we'd stop
Discussing all the news that's going round;
Talking politics and horses and the weather
and the crops
Sittin' on the bridge below the town.*

Everyone joined in, singing the last line of all 20 verses.

Our home life featured parties in the kitchen. Our resourceful mom cooked for six kids and last minute guests dad invited. A business telephone rang at home on nights and weekends. It was mad.

My mother, Imogene Smith, was recruited from her life on a Vermont farm to Northampton Commercial College. A bright "Jean" took the rather rare opportunity of going to college. She paid tuition as a live-in babysitter for the Pickett family, owners of her new school.

Mayor Jim became a popular speaker. His closing line spoke to his life and strong faith:

*May you live as long as you want
May you never want as long as you live
And, may your soul be in heaven
24-hours before the devil knows you're dead*

Every year he donned a grey top hat to march in the Holyoke St. Patrick's Day parade, savoring shouts of "Hi, Mayor Jim," long after he left office.

"Mom! Where's my green sweater?"



*(Find books by Jim Cahillane at Meekins Library,
Opinion columns at gazettenet.com or
jamesfcahillane.com).*

A Dog Story continued from page 1

he had eaten it and Shelby's bone too. I am too dumb to have a smart, conniving dog."

If only that was the end of his outrageous antics! His latest exploit was the most nerve wracking and memorable, because the result is proving uncleanable. [Caveat here, no dogs were harmed by the following event.] We recently ran errands. We got groceries as our last stop - given the bread incident. Stopped at Auto Zone and hid the purchase below the front passenger seat, ran in the grocery store and returned home. Upon opening the rear



door to let the dogs out we discovered a QUART of motor oil, with the cap UNSCREWED (not chewed), and dumped on the back seat. Both dogs had lightly oiled muzzles. A frantic Google search indicated motor oil is toxic and occasionally fatal for dogs. We did have tummy aches and other unsavory intestinal issues. But everyone survived the mishap. And we have renamed the Jeep the Exxon Valdez!

Kobi, Shelby, Cosmo, Peg and Bev live in the Williamsburg zip code. Peg works often with the Senior Center providing technology assistance to town seniors.



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!

Your State Representatives

State Senator Paul Mark

Email: paul.mark@masenate.gov

Phone: 413-464-5635

Mail: 773 Tyler Street
Pittsfield, MA 01201

Nearby local office hours:
Williamsburg Town Hall
2nd and 4th Tuesdays from 1-3pm

State Representative Lindsay Sabadosa

Email: Lindsay.Sabadosa@mahouse.gov

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060

May your troubles be less,
And your blessing be more.
And nothing but happiness,
Come through your door.

Irish Blessing



Caregivers Part 1, Credit Cards



Some of you reading this are or will become caregivers. So in addition to keeping yourself safe from scams, you may have the responsibility for someone else's financial safety. I'm offering some suggestions for meeting that responsibility.

First, an ad! Well, sort of. I'm just putting in a plug for setting up a robust durable Power Of Attorney. Having that paperwork done makes financial caregiving much easier! Contact me if you need a reminder on this.

Let's start with credit cards. You, using the POA, or the elder if they are on their own, can take these actions.

- ⇒ Reduce the credit limit on a card, thereby reducing the amount of potential damage by reducing the amount that can be charged.
- ⇒ Add the name of a trusted individual to the card so that person can also track charges. The trusted part comes in that they won't use the card!
- ⇒ Sign up for alerts by phone or email when a charge is made over a given dollar amount, an amount that you set. This may not prevent the charge but the damage can be stopped more quickly.
- ⇒ Some cards have a card lock that will stop a suspected transaction. The card's documentation will show if this is possible.
- ⇒ Go online and check the card's activities; do this at least monthly or after a use.
- ⇒ Follow the same guidelines as for avoiding scams in general. If you don't trust an offer, don't give your card. Don't give the card number to someone who calls you. Set a different and strong password for each account. Get two-factor authentication.

I know. Life is more complicated than it used to be.

Take care,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

March's Good News

By Deb Hollingworth

Help Wanted: Part One

Have you ever considered working as a home maker or PCA/personal care attendant? Or have you ever tried to find a home care worker? Let me introduce you to PHCAST.

PHCAST stands for Personal and Home Care Aide State Training, and it is a free State resource that offers training for anyone who would like to become a home care worker. And PHCAST maintains a state wide directory to connect workers with those needing home care help. A two fold approach: to give you training and help you find work.



You must have an email address and internet access to use it. You can complete the 10 module online training at your own speed.....in your own home! You can repeat a module as often as you want. At the end of each module, you complete an assessment to advance to the next module. The entire training should take about 37 hours and you get a Certificate of Completion at the end.

It gets better. If you are looking for work as a home care worker, you can register on the State wide directory. Having the Certificate of Completion from PHCAST can be an important credential when looking to be hired.

For more information, go to **www.mass.gov/PHCAST** or just Google PHCAST and check out some of their videos to see if you might be interested.



***It's Maple Season.
Support your local Sugar House!***

March Tech Talk

by Peg Whalen

I talk with many folks that say they don't update their smartphones. They are concerned about an update resulting in their phone being hacked, information stolen, charges to their account or think the phone works fine and doesn't need updating. Here's why they are important. Updates contain privacy and security enhancements that better protect your phone, including improvements to phone features or additional features that make it more useful. **If your phone notifies you of an available update, be sure to allow it to happen.** Automatic updates can be enabled in Settings. iPhone updates can be accessed in Settings/General/Software/Update. Automatic iPhone updates will happen at 2:00am, but you must leave your phone on and plugged in overnight. Android updates can be made automatic as well in Settings / Software Update. Keep it plugged in! Updating only happens periodically so when you get a message saying an update is available, go ahead and update!

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 _____

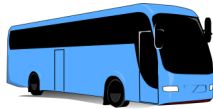
Address _____

Email _____

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

On the Road Again...

2023 Trips



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

Day Trip April 16. Tina – The Tina Turner Musical- An amazing musical at the Bushnell Theater in Hartford. Featuring iconic songs "What's Love Got To Do With It", "River Deep – Mountain High," Proud Mary." Show at 1pm in Orchestra seats. Then a dinner stop on your own at Blue Black Square in W. Hartford. Make payment to First Choice for **\$199** which is due NOW. Mail to the address above. **TWO seats left.**

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. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, chicken & ribs. Make payment to FNCS for **\$78** which is due NOW 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 FNCS for \$120 due NOW. **WAIT LIST ONLY.**

Day Trip July 20. Lake George Cruise- Take a 2 ½ hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st.** Mail to the address above.

Day Trip August 10 Garden in the Woods- This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Breast of chicken, Baked Salmon, or Yankee Pot Roast. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th.** Mail to the address above.

Day Trip September. BIG E. A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st.** Mail to the address above.

Multi Day September 29-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.

Day Trip November. Elvis- A Musical Revolution- North Shore Theater. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for **\$259** by **July 21st.** Mail to the address above. **TWO SEATS AVAILABLE.**

Haircuts and Manicures at Smith Vocational High School



**Tuesdays & Thursdays,
March through May**

Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher alongside. Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton.

All Are Welcome!

Save the Date: Saturday, April 29th, 9-3pm

Spring / Summer Clothing Exchange



Goshen Congregational Church
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

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

Mary Bisbee
Gerry Mann

EMERITA

Mary Lee Satterfield

SENIOR CENTER

STAFF

Melissa Wilson, Director
Carol Hendricks
Joy Moore
Sherry Loomis
Tamar Smith
&
Our Many Volunteers

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

SCAM ALERT!



*People you meet online aren't
always who they say they are.*

SIGNS OF A SCAM

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

WHAT TO DO

Never send money or gifts to anyone you haven't met in person—even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or by cryptocurrency.

Once you send it, you won't get your money back.

*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

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

