

# Living Well



May  
2023  
Newsletter

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

## Some Thoughts on Mother's Day

By Melissa Wilson

Mother's Day was proclaimed a national holiday in 1914 to be celebrated every year on the second Sunday of May. Three women, Ann Reeves Jarvis in 1905, Anna M. Jarvis in 1913 (Ann's daughter) and Julia Ward Howe in the 1970s all had a hand in the origins of this national holiday.

I was recently talking to a woman at the Senior Center luncheon who came in with a container filled with cookies. She was returning it to a friend who had used it to bring her some soup. "My mother always told me you never return a container empty if someone brought it to you with something in it."

Her words from her mother gave me an idea. In honor of Mother's Day, I asked around the Senior Center to learn some more things our mothers said or did for us.

"Someone has to tell the emperor he has no clothes." (The person sharing this also added that she realizes she is a lot like her mother.)

"You did not really have to worry about whether she was just being polite. She was very much herself."

"You get more with honey than with vinegar."

"Don't be a public embarrassment."

"Powder and paint make girls what they ain't."

"Make sure you have clean underwear just in case you are in an accident." (I was reluctant to add this, but several folks shared that this was told to them, too. Who knew?)

"You're at the end of your rope, Carol!" (Yes – that Carol!)

"Mom could yodel—boy, could she! When my brothers were playing in the woods, she'd yodel them home. They were often all the way down the lane to Marther's, behind the current Beaver Brook Golf Course and they would hear her. The trick was to be able to bellow loud enough to answer her back so she would stop. Of course, this was cause for much embarrassment on my part!"

"She took us swimming during the summer and ice skating in the winter. We walked wherever we went. Loved her for that. We did it together!"

"She wrapped a warm towel across my forehead and held me while I was sick."

"We kneeled at the foot of mom's bed every night to say the rosary."

"Go outside and play."

"Oh the tangled webs we weave, when we first start to deceive."

This was an interesting piece to write. I consider it an opportunity to learn more about the folks I interact with. It was fun to hear the variety of thoughts they shared; it was like a peek behind the daily conversations we engage in. I look forward to writing in next month's newsletter!

## The Senior Center invites you to **Celebrate the Season** with Songs & Stories for Spring & Mother's Day!

Wednesday, May 10th at 12:15 pm

**An engaging participatory program  
presented by DAVIS BATES,  
Award-winning Singer & Storyteller**

Celebrate Mother's Day, Spring & the diverse  
cultural heritage of New England.



*Funded, in part,  
by a grant from the  
Williamsburg Cultural  
Council, a local  
agency supported by  
the Mass. Cultural  
Council.*



For information  
please call  
**(413) 268-8407.**

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@burgoyne.org](mailto:seniorcenterdirector@burgoyne.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

VA office hours are back! Stop in to see our rep, Dan Nye on 1st & 3rd Wednesdays or call **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 **June 13th** 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 **May 9th**, 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/Friendly Visits\*

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](mailto: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**. (See **Tai Chi Beginners' Class** on pg. 3.)

### 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](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 (May 18th)**. 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 (May 19th)**. Please call **268-8407**, or email [sloomis@burgy.org](mailto:sloomis@burgy.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! **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).

**See "Technology Support at Meekins" on pg. 3 for another option.**

**See also: Elder Law Presentation on pg. 3 and Farm Share sign-up information on pg 4.**

### Correction

The front page article including the following quote from the April Newsletter, *"I cannot say enough about the folks who work at the Senior Center. Their breadth of knowledge and deep concern for the folks who reside in our community is exceptional,"* should be attributed to Senior Center Director, Melissa Wilson.

## Tai Chi – Beginner's Class

Class instructor, Marty Phinney, is pleased to announce that a beginner's tai chi class will start in June of this year.

This is the first time in over three years that a beginner's class is being offered. It is an eight-week class and for those who wish to continue they could then be folded into the existing group of more experienced students. The beginner's class will meet Tuesdays, 9:30 am — 10:30 am, inside (or outside weather permitting).

Tai chi is an opportunity to learn a new skill, exercise and meet folks. Marty can be reached at 268-3228 or [phinneypottery@gmail.com](mailto:phinneypottery@gmail.com). If you have any questions or want to sign up. We look forward to meeting new folks.



## Do You Want to Join Our Farm Share This Season?

The season starts on Tuesday, June 20th and ends the week of October 23rd. Senior Center Volunteers will have your bags available at the Town Offices for pick-up between 4 and 5 pm. Prospect Meadow Farm is able to offer the share for the same price as last year: \$170 for the season with a half-dozen eggs every other week.



This year we are asking that everyone pay in one (\$170) or two (\$85) installments if possible. We also want to note that once you are signed up for a share, you are committed for the season. **Call Tamar at 268-8419 if you have any questions.**

## Elder Law Education Program - 2023

Local seniors can learn about elder law issues at a free event (in person) hosted by the Williamsburg Senior Center on May 17<sup>th</sup> at 3:00 pm at the Town Office building, 141 Main Street, Haydenville. The presentation is part of the statewide Elder Law Education Program sponsored by the Massachusetts Bar Association.

Among the topics this year are Veteran's Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care.

Please register in advance for this event by calling the Senior Center at 413-268-8410 or emailing [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org).



## Technology Support at Meekins

Did you know that older adults can get 1-on-1 technology help at Meekins Library? Just bring your device(s) to our newly established drop-in center at the Hawkes-Hayden room from 10 am – 12:00 noon on Tuesdays, **May 2nd and June 6th**. No appointment is necessary.

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



**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](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!**



## Our Pen Pals Hosted a Get-together at the Dunphy School

On April 5th, 13 seniors met their 6th grade pen pals at the Dunphy School cafeteria. After a meet and greet at the front door, our student and pals got to know each other over lunch. Lots of friendly conversation was passed back and forth. Everyone was happy to get to know their pals! We were then invited to their homeroom where the students had prepared exhibits for us to look at and they even had refreshments. What wonderful exhibits, showcasing their art, talent, and humor!

After 3 years of not getting together because of Covid, it was such fun to gather and share! We thank Stacy Jenkins, Meredith Bertrand and other teachers and cafeteria folks for setting this up!



## Friendship

*"I get by with a little help from my friends."*  
—John Lennon

**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 tea or coffee—maybe play cards, checkers or a board game and need a partner—or just enjoy some interesting conversation!

OR would you like someone to call you on a regular basis? Sometimes just hearing a friendly voice can make your day. Even if it is hard to reach out, you can look forward to a conversation to brighten your day!

**Please call the Senior Center (268-8419) if you'd like to take advantage of this special opportunity.**



**Memorial Day, May 29, 2023**

**With Honor & Gratitude  
We Remember**



**Williamsburg's Memorial Day Parade and Ceremony** will be at 1:00 PM on Monday, May 29th, with the parade beginning on North Main St. and ending at the Veterans Memorial, where the ceremony will take place.

## Welcome to Walk-in Services

**Town Office Bldg, 141 Main St, Haydenville,  
Second Floor Planning Board Room:**

### Foothills Health District Walk-in Wellness Clinics

are now provided by Williamsburg's Public Health Nurse on **2nd & 4th Tuesdays 10 am —11:30 am.**  
(413-522-7112) Stop in for help with:

- Guidance in managing chronic health issues
- Medication management/side effects consultations
- Sharps & mercury thermometers disposal
- Covid 19 symptom management including "Long Covid"
- Information regarding home health care & local resources

**Staff Office Hours for Senator Paul Mark** are being held the **second and forth Tuesdays from 1—3 pm.**  
(413-464-5635)

**Veteran's Service Officer** is open for drop-ins on the **1st and 3rd Wednesdays, 11:30 am —1 pm.**  
(413-587-1299)

## Did You Know?

You can get a color digital image (a pdf download of this newsletter) along with, or instead of a paper copy! As postage rates go up and grant funding goes down, we may resort to digital copies more and more. Join a list of your neighbors who already get digital copies!

Visit our website, [www.burgv.org](http://www.burgv.org) or our Facebook Group: **Williamsburg Senior Center**

**To subscribe or unsubscribe from this newsletter or receive a digital copy by email**, contact us, leaving your name, email address and phone number at **268-8410**, or [sloomis@burgv.org](mailto:sloomis@burgv.org).



## Regional News



**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](mailto: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](mailto:Lindsay.Sabadosa@mahouse.gov)

Phone: 413-270-1166.

Mail: 76 Gothic Street  
Northampton, MA 01060

## Caregivers Part 3, Electronics

The last in this installment... like I'm writing a serialized short story here... we turn to electronics and keeping your care recipient financially safe.

Our cell phones and internet access are both a major benefit and potential bugaboo all in one! There are many ways to get into trouble but also steps to take to avoid issues. I don't have room to completely describe all the tips here so call me if you need more info.

1. **Passwords.** They should be strong, they should be unique, they should be safeguarded. PAGES have been written on managing passwords.

2. **Two-factor authentication.** This means you put in a password, then get an email or phone text with a second password which is required to continue.

3. **Privacy settings.** Require a code or photo or fingerprint to activate a device. Turn off location tracking. For GPS directions, don't use the real home address; fudge it by giving a park or address close by. On social media, read that media's instructions to learn how to limit who can see a post, meaning just close friends or the entire world.

4. **Security.** Use anti-virus software and keep it up to date. Keep the operating system up to date to take advantage of their security improvements. Activate the firewall. Learn how to erase personal data from a lost phone. Use an authenticator app that will connect to the elder's accounts and alert you when somebody tries to log on (Thanks, Peg Whalen).

If you are working with an elder with diminished capabilities, consider some of the steps that parents can take with their children to provide safety. See <https://connectsafely.org/controls/>. This will help you block an online site that the elder repeatedly accesses to order unneeded merchandise, for instance.

Take care,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

## May's Good News

By Deb Hollingworth

There may be help paying for your Medicare B premium if your income is less than \$2,734/month or less than \$3,123/month if married. Countable assets need to be less \$18,180 or \$27,260 married. This is a significant increase in the financial eligibility limits for this program, and one of the ways the State is helping residents with their health insurance costs.

We often forget about the Medicare B premium because it's deducted from our social security benefit before the remaining benefit is auto deposited in our checking account. So we never get a bill, just a reminder at the end of the year from social security saying this is your benefit, this is what we took out for your Medicare B premium. This year it's \$165/month. So if you do the math that's \$1,980 for the year. If you qualify, you get a letter from social security saying they are putting that \$165/month back in your check.

This benefit is called the Medical Savings benefit or the Senior Buy-in benefit or the MassHealth Buy-in benefit. Frustrating? Confusing enough without giving a benefit multiple names, but who am I to argue?

Better news: if your income is less than \$2,309/month, this Senior Buy-in acts like a Medex plan. Meaning, it supplements your Medicare, so when you have a doctor visit, or any medical service, Medicare pays about 80% of the bill and this Senior Buy-in pays the rest. You have no co-pays.

Why is this Good News now? It used to be that you couldn't have more than \$7,000 in countable assets, and your income had to be much lower. So many more people could qualify now and see \$165/month put back in their social security check.

Curious? You can contact a SHINE counselor through your senior center to see if you qualify.

## Massachusetts will end its COVID-19 Emergency status on May 11

### 1. What does that mean for our residents?

The COVID-19 public health emergency in Massachusetts and the vaccine mandate for more than 40,000 state workers will both end on May 11, in conjunction with the federal government's end date for the public health emergency

### 2. So what happens going forward?

Three years after the onset of the pandemic, the state, and much of the world, is shifting towards treating COVID-19 less like a pandemic and more like a respiratory illness.

### 2. So COVID-19 is over?

No, we will continue living with COVID-19. We can now incorporate the tools to manage this virus into our standing response to respiratory illness within our communities and healthcare system.

### 3. No More vaccine mandates then?

Certain workers will still be subject to vaccine mandates under rules from the state Executive Office of Health and Human Services and the federal Centers for Medicare and Medicaid Services.

### 4. Does this mean nobody is getting COVID-19?

No, on March 30th Massachusetts health officials reported 2,023 new COVID-19 cases and 59 new deaths in the last week. So for those with weakened immune systems, masking, social distancing, hand washing, and monitoring yourself for systems remains important.

### 5. What should I do if I'm having symptoms?

As always, if you're not feeling well, stay home! Your local Boards of Health, through the Foothills Health District will continue to provide free COVID19 test kits as long as they're available. If symptoms are mild, use over the counter measures. If severe, feel free to reach out to your Public Health Nurse (contact info below), your Primary Care Provider, or if life threatening call 911.

**FootHills Health District: Michael Archbald, RN**

**413-268-8408 (office)  
413-522-7112 (cell)**

### ***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 \_\_\_\_\_

## 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 June 20. **Encore Casino.*** Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 due **NOW**. *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. Mail to the address above.

*Day Trip July 20. **Lake George Cruise-*** Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113. **WAIT LIST ONLY.**

*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 August 23. **Saratoga Racetrack,*** Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th**. Mail to the address above.

*Multi Day Trip September 10-12. **Nantucket Island.*** Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.

*Day Trip September 14. **Lake Sunapee Luncheon Cruise- Vermont Country Store.*** A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th**. Mail to the address above.

*Multi Day Trip 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 4. **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. A few seats available.



## Hilltown Mobile Market

**Support the Hilltowns' first year-round  
local farm market**

Order locally produced goods online or visit our storefront located at:

**19 Sawyer Road in Worthington, MA**

Storefront hours: Tuesday - Friday: 8 AM - 7 PM  
Saturday - Monday: 10 AM - 4 PM

**Coming soon:**

Free delivery to a pick up location near you and door delivery service available for a small fee

Check us out at:

**[www.hilltownmobilemarket.com](http://www.hilltownmobilemarket.com)**

## Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.



This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall at 42 Main Street, in the upstairs dining room. The classes will be on two Fridays: May 12 and May 26 from 1pm-2:30pm. Please call or email Kerry Normandin (**268-8236 x118** or **coa@goshen-ma.us**) by May 8 to register for this great workshop.



**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.

## Elder Law Education Program - 2023

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Among the topics this year are Veteran's Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care.



Please register in advance for this event by calling the senior center at **413-268-8410** or emailing **[seniorcenterdirector@burgv.org](mailto:seniorcenterdirector@burgv.org)**.

## ATTENTION MASSHEALTH CONSUMERS

If you receive MassHealth you may have noticed that since March 2020 you haven't gotten a recertification review. These are usually sent out every year to recertify your eligibility for MassHealth. Covid changed that. Anyone who was on MassHealth before March 2020 did not lose benefits during the Public Health Emergency. This coverage protection ended April 1st 2023. MassHealth has begun to review eligibility for over a million MassHealth members. If you have MassHealth you will be receiving a Big Blue envelope with a recertification application and letter explaining how to fill it out and return it. Until this happens, your MassHealth coverage will remain in place.



MassHealth expects to take a year getting everyone recertified. So you may receive your Big Blue envelope next month, or in October, or next February. Until then, your coverage remains in place. If you have questions when you get your Big Blue envelope, you can call your senior center to speak with a SHINE counselor.