

Living Well



October
2023
Newsletter

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

Hampshire Regional Volunteer Yard Clean-up! October 20th, 2023

We are happy to announce that Hampshire Regional High School students, as part of their community-service learning program, will be helping older adults do light yard work. (Outdoor work only.)



You must register in advance for this event.
Contact the Senior Center
at **413-268-8410** or
seniorcenterdirector@burgy.org

Hello Williamsburg!

Hampshire Regional High School is having their first community service day on October 20, 2023, between 9 - 1. During this day, students from HRHS will be heading out to the community to help out in a variety of ways. One of those ways is to help out seniors with lawn cleanup! If you are interested in having some students come by and help out, please let the Senior Center know so they can get you on the list. While we may not be able to get to everyone who requests on that day, we will make sure we get the information out so that students might be able to help on another day.

—Alex Seid, Assistant Principal
Hampshire Regional High School

You are welcome to attend a screening of

Gen Silent

Saturday, October 21st,
2:00 pm

Anne T. Dunphy School in Williamsburg

*“Gen Silent” is a documentary film (2011)
about 1 hour long.*

Director Stu Maddox explores the issues of aging in the LGBTQ community by speaking with older adults about their experiences accessing the medical field and trying to plan their futures.



Please join us in being a welcoming community

Contact the Senior Center for more information

seniorcenterdirector@burgy.org or 413-268-8410

There will be time for discussion afterward.

“Gen Silent” is presented as a collaboration of the Williamsburg COA, Northern Hilltown Consortium, Meekins Library, and the ATD School.



Senior Center Staff welcomes you!

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

SHINE can help you with Medicare and Medicare-related insurance issues. 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, 11:30—1:00, 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.foodbankwma.org>. Send applications to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

Congregate Meals

Meals are being served in the Senior Café Mondays—Thursdays! Fridays are by delivery only. On **Mondays and Thursdays we make fresh-cooked meals**, and Tuesdays and Wednesdays we get meals from Highland Valley Elder Services. **Please join us! Contact Tamar at 268-8419, 2-3 days ahead to reserve a meal.**

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 10th** and the 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 **November 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 try our best to 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 if you would like to join. Donations gratefully accepted.

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**. Donations gratefully accepted.

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 to check it out! This **free class** is sponsored by RSVP.

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 19th)**. To join, email **Larry West** (landlwest3315@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. 20th)**. Please stop in and join us or call **268-8407** for info. (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! Volunteers work one-on-one with folks and arrange a time that works for both parties. **Please contact the office at 413-268-8407 to schedule an appointment.**

See page 4 for:

Happy Fall from the Transportation Desk and Pen Pal Program News



In Case of Emergency — Are You Prepared?

We are all faced with emergency situations from time to time. It could be a short term or long-term problem. Do you have a plan?

The first thing I would like to address is a power failure. Perhaps your power is out and you are unable to use your telephone (landline). Do you have a cell phone, iPad, tablet, or laptop that you can use to communicate with your family or friends? If so, do you make sure to regularly keep it charged? Do you have a power pack (external battery/charger) as a back-up? There are many available at a wide variety of price ranges and can be a comfort to know that you can still make a phone call, text, or email in an emergency.

The second thing I would like to address is a Medical Alert system. If you live alone you might want to consider getting one of these systems. They can be a comfort knowing that if you had a medical emergency or a fall and were unable to get up you could press the pendant and get help. There are many systems available on the market between \$25-\$50 per month.

The most important thing to remember with any system is to do a monthly test. Press the button and tell them you are doing a test of the system. This is an extremely important thing to do to ensure that the system is working and will not fail you when you need it most.

The third item is a Lock Box. This is a safe and secure way to allow Police, Fire, and Emergency personnel to access your home in the event of an emergency. You provide a spare key and the Lock Box is placed outside your door. The access code is not kept locally with any department but is requested by Emergency Personnel from the Dispatch office 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 if you are unable to open your door. These boxes are provided free of charge (donations always appreciated) by TRIAD, through the Safe Entry Program. For more information **call the Senior Center at 268-8419 or the Police Department at 268-7237.**

The fourth item is a File of Life. This provides contact information, medical history and information about your medications. This is in a red plastic holder usually placed on your refrigerator—you can pick one up at the Senior Center.
—Carol Hendricks

Welcome to the Senior Center Café!

In-house meals in the Senior Center Café (Mondays and Thursdays) are very popular! To see a menu, check the **Williamsburg Senior Center Facebook group** or the Town website, www.burgy.org. *Highland Valley meals are served on Tuesdays & Wednesdays, and delivered on Fridays.* Please call us at **268-8419** to reserve meals a couple of days in advance.

If you are an energetic person who would like to volunteer, we need someone to help once or twice a month in the kitchen doing prep, setting tables and helping with serving and clean-up. Give us a call!

—Tamar Smith



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!

Happy Fall from the Transportation Desk!

We have lots of folks using our services for medical appointments, but did you know that you can arrange with us to come to the Senior Cafe for lunch, a special event at the Senior Center, or go grocery shopping? Taking care of your emotional health is just as important as your physical health, and we want to make sure you can get out in the world.

Make sure to call Joy at the Transportation line, **268-8407**, at least 3 of our business days (*Mon-Thur*) in advance to make your request, We will do our best to get you where you need to go. If you need help with mobility, please make sure to have someone accompany you or call the **PVTA Dial-A-Ride, 413-739-7436**. Our drivers are not authorized to handle wheelchairs or act as personal care attendants. If you have any questions, please be sure to call!

So far this year our volunteers have provided approximately 300 rides to help Williamsburg seniors get where they need to go and maintain their independence. We are looking forward to many more by the New Year.

—Joy Moore

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 Thursdays 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 & fourth 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)**

Get the Digital Version!

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!

Happy Halloween!



"Halloween was confusing. All my life my parents said, 'Never take candy from strangers.' And then they dressed me up and said, 'Go beg for it.' I didn't know what to do! I'd knock on people's doors and go, 'Trick or treat...No, thank you.'"

—Rita Rudner

First Pen Pal gathering in the Senior Center, 2017



Pen Pal Program News!

In 2017 we started the Pen Pal Program, with 6th graders at the Anne T. Dunphy School and Williamsburg/Haydenville seniors writing to each other. What a rewarding program it turned out to be! Participating seniors enjoyed getting to know "their" pen pals, and the students were happy to meet "their" seniors! The 6th grade teachers invited seniors to events at the school, where they got to hang out together and enjoy their art shows and participate in activities. Friendships blossomed!

This year we hope to begin our 6th year as Pen Pals! We'll keep you posted as to when the program gets on-board. Meanwhile, **please contact us if you'd like to sign up to be a Pen Pal! (268-8410 or sloomis@burgy.org)**

Visit our website, www.burgy.org or our Facebook Group: [Williamsburg Senior Center](https://www.facebook.com/WilliamsburgSeniorCenter)

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@burgy.org.

Seniors Aware of Fire Education



October is “Fire Safety Month” and this year’s theme is “Cooking Safety.” Cooking fires are the number one cause of home fires. Here are a few safety tips to consider when cooking:

- **STAND BY YOUR PAN!** Do not leave food, grease or oil cooking on the stove unattended.
- Keep combustible items like pot holders, towels, paper, and plastic away from the burners.
- Do not put anything metal in the microwave.
- If you have a fire in a pan or pot, **PUT A LID ON IT.** If you have a grease fire, put a lid or a cookie sheet over the pot or pan. Do not move a burning pan, cover it. Do not use water to try to extinguish it; water will not put a grease fire out, but will likely spread the fire.
- In the case of a microwave or oven fire, keep the door closed, turn off the appliance, and call the fire department (911).

Have S.A.F.E cooking experiences!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

The Good News about Triad

By Deb Hollingworth

Last week Hampshire County Deputy David Fenton and his partner John Denuco from Triad came to visit us at our Consortium meeting. Amazing what I had forgotten about all the resources Triad provides for seniors. And good to get a refresher, and to be brought up to date on how their programs are flourishing. Triad is a community policing initiative connecting seniors, law enforcement and services providers to increase safety through education and crime prevention. The District Attorney’s office, Sheriff’s Department and local police and fire departments all provide liaisons to each local SALT Council and attend their monthly meetings. Councils are able to collaborate on programs and initiatives that help

seniors by working together and sharing resources. The results are pretty amazing. The list includes: house numbering, community shred events, safe entry program/lock boxes, distribution of the File of Life, sand for seniors, Rx take back events, educational programs on scams, fire safety, in-home safety, prescription abuse, ways to obtain your credit report(s) and their medical equipment loan program.

Some details on this last item: If you have medical equipment that you no longer need, or if you need medical equipment, especially things that your health insurance doesn’t cover, you should **call Dave Fenton at 413-584-5911**. They pick up and deliver. I’ll say that again: they pick up and deliver....at no cost! This amazing program alone has been a life saver for thousands of seniors over the past couple decades.

For more details on any of the programs mentioned, you can get in touch with your senior center. Thanks to Triad for all their hard work on behalf of seniors!

Ongoing Tech Support & Computer Classes Starting with Peg Whalen

We’re offering Drop-In Center Tech Support at the Chesterfield Community Center on the first and third Wednesdays of each month. **In October the Drop-In Center is open Wed., 10/4 and 10/18 from 10am to 3pm.** You can just stop in, or, to save a time slot, email coaTechHelp@gmail.com or leave a message at **413-296-5080**. Don’t hesitate to stop by, especially if you “know nothing”. We continue doing individual tech support for all the towns. Please call or email for assistance so we can decide together on the best way and place to get you the help you want.

Peg Whalen is starting a laptop/computer class on the second and fourth Thursdays each month. Sessions are open to every skill level. Join any time, starting **Thursday 10/12, continuing 10/26, 11/9, 12/7, 12/21**. Email or call to register before coming to ensure enough available laptops. Tech support, class registration or other questions should be made to our new tech support line, **413-296-5080**, or email coaTechHelp@gmail.com.

The Book- Part 2. Assets & Liabilities

By Jean O' Neil and Deb Hollingworth

There, Part 1 wasn't so bad, was it? We always mean to collect that information for emergencies, and now we've done it. And we hope you that you never have to use it!

Next we will tackle making an inventory of Assets and Liabilities.

Start with your **income**. Income is anything the IRS might consider income. This would include a copy of your social security benefit statement, a copy of your pension statement, and any other income generated from annuities or other investments. A drawdown or Required Minimum Distribution from an IRA would count. Perhaps you have rental income, in which case you could include a copy of your tenant's lease, or a note indicating the amount of rent charged. If you are still employed, include a copy of your W-2 or 1099. **IMPORTANCE:** these are all documents you might need for a bank loan, car loan, or to verify income for public benefits like fuel assistance, SNAP, or subsidized health insurance.

Next we can look at **assets**. Include a copy of your deed if you own your home or any other property. Make a copy of the title for your vehicle. Include a copy of savings account statements, CDs, life insurance, investment accounts, and a copy of the most recent bank statement. Other assets might include jewelry, antiques, books, art work, and other collections like tools, or equipment, even your prepaid burial contract. **IMPORTANCE:** If you are surprised at your net worth, you might take another look at your home owner's insurance to see if you have enough to cover replacement value. You might also revisit your will and make sure assets are going where you want them to.

Move on to **liabilities**, meaning what you owe. Please take a deep breath, this is a long list. Include any outstanding loans, mortgages, car loans, student loans, or equity lines of credit. NOTE: don't forget to include mortgages or loans where you are a co-signer for someone else. Add on the ongoing household overhead bills: utilities like phone and cable, electric, water/sewer, oil or propane, snow removal and mowing. If you have recurring bills like for a credit card or medical payment plan, include the latest statement. Show health insurance like your Medicare supplement, or Rx insurance plan. Other insurance documentation may include home owners or rental insurance, life insurance, and long-term care insurance. Include taxes, both property and potential income tax responsibilities. You might include a copy of your most recent IRS and state return in this section. You may want to list recurring donations. **IMPORTANCE:** Having a copy or sample of your bills can be a tremendous help for anyone who might have to take care of things for you in the event you are incapacitated.

OK, you've done it! You've made a profit and loss statement of your personal business. If you update this information annually or whenever things change, you will always be able to put your hands on what you need, e.g., the title to your car, last quarter's water/sewer bill, or last year's home owner's insurance.

There can be a pay off for becoming more organized! A case in point... when Deb received her home owner's insurance bill this year, she compared it with last year. This resulted in a call to her agent and subsequent reduction of several hundred dollars! And then there was the accountant who billed her twice for doing her income tax return.....and so it goes. And does anyone still do a budget? Does anyone still think that is a useful document? You need all the above information to do a budget.

But wait, what do I do with these things?

Good question. Everyone thinks differently, and approaches problems from a different background. Deb and Jean have tackled their versions of The Book in two different ways.

Jean works with file folders (labeled, dontcha know) and finds them easy to use and store. The downsides? One really needs to do the labels in a clear and consistent manner for this to work. In an emergency, like a fire, it would not be possible to gather all the folders that are needed. She also uses computer files for many papers and her instructions to her durable power of attorney and executor describe where to find the relevant files. She has also started taking a photo of documents and filing them.

Deb has a 3-ring binder, a big one, with plastic sheets that hold the papers. She adds sheets as she adds information. The Goshen COA has started a similar project for Goshen seniors with their Critical Information Binders. This is a practical way to gather up important documents, and in a portable format.

Other options include putting papers in labeled magazine boxes or plastic storage boxes that you can buy at an office supply store. In the end, use whatever works for you.

What you don't want to do is store all this information in a safety deposit box, UNLESS you have another person who is authorized to open the box in your absence. Otherwise, the bank will have to drill the lock out and will charge you. There will also be a delay in getting the documents out.

In the next chapter we'll tackle "Personal Documents", in case you want to get a jump on finding your Medicare card and other insurance documents, your Health Care Proxy, birth certificate, passport, etc. Wouldn't it be nice to have those handy in one place?



On the Road Again... 2023 and 2024 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 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 \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.

~~COMING IN 2024~~

Multi Day Trip May 29- June 6, 2024.
Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Check your expiration date.

Cost \$1,644 per person dbl. occupancy, \$25 discount if paid in full by **February 20th**.

This 9 day trip includes: 8 nights lodging including 5 nights in Canada, two night stay in Maine. 15 meals including: 8 breakfasts, 6 dinners, 1 lunch. Guided Tour of Acadia National Park, Halifax, Peggy's Cove & Prince Edward Island

~If you have called in the past and are on the list for this trip, please call or email Francine again to confirm you are still interested.~

~~Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.~~

Looking for day trip ideas for 2024. Please email Francine at address above.

“
AND ALL AT ONCE,
SUMMER COLLAPSED
INTO FALL.
-OSCAR WILDE”

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 Sadosa

Email: Lindsay.Sadosa@mahouse.gov

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060



Last week, we took a moment to celebrate the fact that funding for the Newsletter for the upcoming year has been secured! Thanks in no small part to the efforts of **Paul Mark and Lindsay Sadosa** who persevered in their advocacy on our behalf to get funds earmarked in this year's budget and then took time to visit with us to celebrate.

Thank you, thank you, thank you!

Thank
You!

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

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Our Many Volunteers

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

Fundraiser Craft Fair

Sunday, October 22nd, 10am-3pm

40 Main St., Goshen
Behind the Goshen Town Offices



Please join us for a fall fundraiser craft / vendor fair to raise money for the Chesterfield-Goshen Children's Fund and support some amazing local vendors and crafters! This will be an outdoor event behind the Goshen town offices building.

For more information, please contact
Amy Wickland at amyw55@hotmail.com or
413-231-3682 (text preferred).

**What makes a community
healthy & strong?**

Your voice.

When you take the MA
Community Health Equity
Survey, you're sharing valuable
experience that can help build
a healthier community.
The survey is available in
11 languages, easy to take,
and anonymous.



**Take the survey now at
Mass.gov/Healthsurvey**



This survey is part of the Community Health Equity Initiative of the
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