

# Living Well



Newsletter  
APRIL  
2025

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

## Happy National Volunteer Month!

***“Service to others is the rent you pay for your room here on earth.” - By Muhammad Ali***

**Recently**, I commented to a volunteer instructor for one of our exercise classes “It’s pretty icy outside. Do you think anyone will show up today?” Her response was **“I’ll be there for them if they come.” \***

I was struck by this declaration (and still am). I thought of the Robert Frost poem line “Home is the place where, when you have to go there, They have to take you in.” (*The Death of the Hired Man*). **It prompted me to ask others why they volunteered.** This is what they shared.

**Sometimes, it seems a little thing that you are doing, but to them it means much more.”**

“I enjoy it. The social aspect. Always meeting new people. Everyone is so nice and thankful. Plus, driving gives me something to do, a destination. **I’ve gone places I might not have gone, otherwise.”**

“I moved into town during the pandemic. I was isolated for over a year. When things opened up, **volunteering seemed the best way to get to know the community.** Working at Meekins was the perfect opportunity.”

**“I want to leave the world better than I found it.** Every small act of service sets something to right.”

“I see someone being asked to help out and **they say they can’t and I say “I can.”**”

“I received a good education in this community and **I want to pay it back.”**

**“Helping people reminds me** that there are things in this world, in our universe, that are bigger than me.”

**“I volunteer to help other people.** It brings me great satisfaction – it feels like I make a difference.”

**“There is a satisfaction that comes with volunteering,** it makes me feel good. Nothing else quite feels the same.”

**“Time is the most precious gift of all.** I want to do something meaningful with it.”

**With all of this in mind, the Senior Center wants to thank all of our volunteers.** For whatever reasons you volunteer, we are grateful for your help. We could not do what we do without you. You help us meet the needs of the people we serve, but more than that, you enrich their lives and our community is better because of you.

~ **Melissa Wilson**

*We ♥ our  
Volunteers*

\*In the United States, the month of April is designated as **National Volunteer Month.**

**“National Volunteer Month** serves as a reminder that even small acts of kindness can create a ripple effect of positivity, inspiring others to join the movement of volunteerism.” (convoyofhope.org)

**Please join us in celebrating the many volunteers in our community.**

Williamsburg Senior Center ~ 141 Main Street, P.O. Box 447, Haydenville, MA 01039

Phone: 268-8407 or 8410 ~ Hours: Mon - Thurs, 8:30 - 2:00

Melissa Wilson, Director ~ Email: [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org) ~ [www.burgy.org/senior-center](http://www.burgy.org/senior-center)

### Food Programs:

#### **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 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 to eat in or **\*Grab-n-Go!** Please join us! Contact Tamar at **413-338-2920** or [tsmith@burgy.org](mailto:tsmith@burgy.org), 2-3 days ahead to reserve a meal.

#### **\*Grab-n-Go!\***

Meals prepared and packaged by Highland Valley Elder Services are free for anyone 60+! Tuesdays and Wednesdays between 11:30 and 12 noon. Contact Tamar at **413-338-2920**, [tsmith@burgy.org](mailto:tsmith@burgy.org) to reserve a meal.

#### **Take and Eat**

Two area churches provide delicious, freshly-made meals—delivered every Saturday. Contact the Senior Center to find out more or to sign up: **413-338-2920**.

### Transportation:

#### **Medical Rides**

Senior Center drivers are available for your medical rides funded by PVTa. Call us at least 3 business days ahead and we will try our best to provide a driver: **268-8407**. (You can also use PVTa **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 business days ahead and we'll try our best to provide you a driver: **413-268-8407**. Funded by Highland Valley Elder Services.

### Health/Wellness:

#### **Foot Nurse**

Piper Sagan is doing foot care at the Senior Center, April 8th, and the second Tuesday every month. Call us at **268-8407** to make an appointment, (\$50). Piper can also do foot care in your home, (\$80). Call her at **413-522-8432** for a home appointment.

#### **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. **413-338-2920**. Funded by 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. **413-338-2920**.

#### **Healthy Bones & Balance**

Mary Bisbee leads HB&B, 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.

**Stop by the Office Mondays - Thursdays, 8:30 - 1:30**

### **Yoga Practice\***

Carol Conz leads Yoga Practice on Mondays at 10:30 am in the auditorium. Contact her at **413-531-7321** or [carolconz57@gmail.com](mailto:carolconz57@gmail.com) for more information.

### **Tai Chi \***

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

### **Modern / Contemporary Dance\***

Susan Waltner's dance class happens on Wednesdays at 10:00 am in the auditorium. You can contact her at [swaltner@smith.edu](mailto:swaltner@smith.edu) if you would like to join.

### **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.

*\*Donations gratefully accepted for these programs.*

### Just for Fun:

#### **Arts & Crafts Open Studio**

Get creative in good company! Bring your supplies and enjoy being with a group of folks who have shared interests. This month, we meet April 10th & 24th, 1-3 pm. Contact Gloria Black at **413-268-7767** or [Gloriosa05@yahoo.com](mailto:Gloriosa05@yahoo.com).

#### **Men's Breakfast Group**

Meets at the Williamsburg Snack Shack on 3rd Thursdays at 8:30 am (April 17th). To join, email Larry West [landwest3315@yahoo.com](mailto:landwest3315@yahoo.com) or stop in!

#### **Ladies Who Lunch**

Meets at the Williamsburg Snack Shack on 3rd Fridays at 11:30 am (April 18th). Please stop in and join us or call **268-8407** for info. (Look for our sign!)

### Other Services:

#### **Technology Program**

Need help using your cell phone, computer or other devices? The Senior Center can help! Volunteers work one-on-one with folks and arrange a time that works for both parties. Contact the office at **413-268-8410** to schedule an appointment.

**Tech Connect:** Tech Connect Drop-in Center at Meekins Library the 2nd Tuesday, April 8th, 10:30am-12:30pm. Bring your device(s) and your questions! Call **413-296-5080** or for support available by email, contact: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com).

#### **SHINE**

SHINE can help you with Medicare and Medicare-related insurance issues. For info, contact Caroline Solan at Highland Valley Elder Services, **413-586-2000**, ext. 999 (Option 2) or email her at [csolan@lifepathma.org](mailto:csolan@lifepathma.org)

#### **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, Amy Phinney, **413-655-0123** for more info.

#### **Veteran's Service Officer**

Stop in and see your VA rep, Dan Nye, on the 1st & 3rd Wednesdays, upstairs, from 11:30—1:00, or call **413-587-1299** for appointments.

## Get Ready for FARM SHARES!

**FARM SHARE** season is fast approaching. It generally has a 19 week season starting in late June with vegetable prices considerably below most share programs.

The **Prospect Meadow Farm** story began in 2010 when **ServiceNet** purchased a small farm on Prospect Street in Hatfield and soon launched a hands-on vocational service program for adults with autism and developmental disabilities. Over the years, Prospect Meadow has grown to be the largest **log-growing shitake mushroom operation in Western Mass**, supplying local markets and farm share community participants with mushrooms, along with fresh eggs and farm vegetables.

If you are interested in the program, email or call Tamar at [tsmith@burgy.org](mailto:tsmith@burgy.org) or 413-338-2920 for more Information or to sign up.

## Fun Times at the St Patrick's Day Luncheon



***"The world is really messed up. I almost always work around food. Hunger is a real phenomenon. Food is very clean and uncomplicated. It isn't political. You take care of hunger without judgement. I get tremendous joy out of feeding people." ~ Volunteer Quote***



Nourishment for the Soul

# SPRING FLING

THURSDAY, APRIL 24TH @ 12:30 PM

Williamsburg Senior Center

Fun and Entertainment with Musician, DJ,  
Storyteller & Joker

PATRICK CALLINAN

Refreshments Will Be Served

RSVP: 413-268-8410

## News from the Transportation Desk:

*A GIANT "Thank You" to our  
Volunteer Drivers!*

They helped provide almost **600 medical and essential errand trips** to our community members in 2024.

Because of their generosity of time, driving skills, and spirit, Williamsburg and Haydenville seniors' lives were directly impacted for the better.

If you would like to be part of this incredible group of people, please contact **Joy Moore at 268-8407** or [jmoore@burgy.org](mailto:jmoore@burgy.org)

If you are an ambulatory senior, 60+ and need a medical or essential errand ride, please reach out with at least three days notice and we will do our best to help.

You can also call **PVTA Dial- A-Ride 413-739-7436** with 24 hours notice.



"As a former business owner our **creed was to be a "good neighbor."** I always felt we were in the helping people business. **Volunteering is just another way to help my community and neighbors.** I get immense pleasure from giving back to the community that I live in. **I don't have everything I want but I have everything I need, a roof over my head, food in my belly and people that love me."** ~Volunteer

Lead a class  
Drive your neighbors  
Become a Tech Guru  
Help at the Mealsite  
Become a Companion  
**Volunteers needed**

## ELDER LAW PRESENTATION COMING IN MAY



WILLS  
ESTATE PLANNING  
HEALTH CARE PROXIES  
SO MUCH MORE!

A local attorney will share a wealth of information at this event - watch for more information, coming soon!



**Senior Center Tai Chi at the Town Hall Auditorium**

### The Williamsburg Senior Center Thanks You for All Your Generous Contributions!

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 447**, 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!**



### Seniors Aware of Fire Education

#### Preventing Electrical Fires

Here are some things you should look for and do to prevent electrical fires.



#### Call 911 if you experience any of these warning signs:

- arcs, sparks, or short circuits
- sizzling or buzzing sounds
- odor like a vague smell of something burning

#### Call a licensed electrician if you experience these warning signs:

- frequent tripped circuit breakers or blow fuses
- dimming or flickering lights, light bulbs that pop or wear out too fast
- overheated plugs, cords or outlets
- shock or mild tingling
- loose plugs
- damaged wires or faulty outlets

#### Some things you can check on your own are:

- overloaded outlets - only one appliance on an outlet
- electric cords behind furniture, couches, and bureaus
- overloaded power strips, most are for low current devices
- frayed wires, cracked insulation or any damage
- extension cords not properly rated for appliances
- cord or wire nailed into place can short out or arc
- do not use indoor rated cords outdoors.

Be charged up for a SAFE spring!

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

*The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.*

### Social Security Safety, part 1

Assuming you have been following the news, you could - should? be aware of the safety of your Social Security information. I have recently learned that we can block access to our Social Security account from someone who has a nefarious intent. Because I have online access to my account, I proceeded to check this out.

So I tried to set a block. And failed. I could not get into my account using ID.me which is what I signed for a couple of years ago. I did get into my account using what I thought was an old user name and password. But then there was no option to block anyone else.

Stay tuned – I Will make this work!

In the meantime, remember the old safety warnings. Don't carry your card with you. Don't share your number over the phone, EVER. Don't give out your number unless it really is necessary; when someone asks for your number, push back nicely. Ask why they need it, what is the consequence of them not having it.

It is a good idea to create your own online account, at **[www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)** That way even if someone gets your number they can't adopt your account for their own. With an online account, you can:

- Get your benefit verification letter
- Check your benefit and payment information and your earnings record
- Change your address and phone number
- Start or change direct deposit of your benefit payment
- Get a replacement Medicare card
- Get a replacement SSA-1099 or SSA-1042S for tax season.

As always, stay safe.

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



## Tech. Help and Training for April



### GREAT NEWS!

TechConnect will continue providing services through a partnership with Northampton Open Media. Although we have fewer trainings going forward, drop-ins and tech support will continue. Please take advantage of ongoing service.

### DELIVERING NOW AND ACCEPTING NEW REQUESTS: Internet Hotspots

It's not too late if you need affordable internet access! We have a solution that may work for you. Hotspots are small cellular devices you can use to access the internet, and they work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. Call **413-296-5080** or email [coatechdevices@gmail.com](mailto:coatechdevices@gmail.com).

### Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080** or check the website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org), for locations and time. You can attend drop-in at all locations, except Nash Hill.

### Devices for you: PC laptops, refurbished Chromebooks, iPads and Android tablets

Please remind us if you requested one and are still waiting. There is still time to join the Digital World. We have ordered more PC laptops/ computers, refurbished Chromebooks, iPads and Android tablets. If you need or are waiting for a device to connect to the internet, have something so old it is not working effectively, or need a different type of device please contact us. Email [coatechdevices@gmail.com](mailto:coatechdevices@gmail.com), leave message at **413-296-5080**, or use online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Drop in Centers: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.  
Weekly on all Tuesdays from 11:00 to 2:00  
Two Fridays, 11:30-1:30 (4/4 and 4/18)
- Cummington Community House, 33 Main St.  
Drop-In tech support, 2nd Weds. 10-12 (4/9)
- Goshen Free Public Library, 42 Main St.  
Drop-in tech support, 3rd Thurs. 12pm-2pm (4/17)

- Plainfield Shaw Memorial Library, 312 Main St.  
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (4/17)
- Westhampton Library, 1 North Rd.  
Drop-in tech support, 4th Thurs. 2-4pm (4/24)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 4/8 from 10:30-12:30  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 4/8 from 10 to Noon

### Tech Training:

MUST pre-register for training no later than one week before the scheduled training date. All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email [coaTechTrainer@gmail.com](mailto:coaTechTrainer@gmail.com), call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Tech Workshops, April into August:

*On Fridays twice a month from 10:30–11:30 at  
Chesterfield Community Center*

- 4/4 - Social Media
- 4/18 - Cloud Basics
- 5/2 - Intro to Google Suite
- 5/16- Microsoft Word
- 6/6 - Microsoft Excel
- 6/20 - Canva
- 7/18 - Windows Basics
- 8/1 - Google Drive

### Computer Classes:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at [www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect](http://www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect)

We can set up your access to this website and help you begin to train yourself for very basic to more advanced beginner digital literacy.





## On the Road Again... 2025 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 May 6.* One day at **Encore Casino in Everett, MA.** \$20 in Free Slot play. Lunch on your own. Restaurants on site. Cost \$40. Make check payable to Francine Frenier and mail to the address **NOW. A few seats open.**

*Day Trip May 8. Titanic: The Artifact Exhibition at Saunders Castle at Park Plaza Boston, MA.* Lunch at Venezia. Cost \$144.00. Make check payable to Landmark Tours and mail to the address above by April 8.

*Day Trip May 19. Isabella Stewart Gardner Museum & Maggiano's Little Italy.* Enjoy a delicious family-style lunch at Maggiano's. Tour three floors of galleries at the Isabella Stewart Gardner Museum on your own. Price \$144. Make check payable to Landmark Tours and mail to the address **NOW. Waitlist only.**

*Day Trip June 17 Isles of Shoals Cruise in Portsmouth, NH.* Lunch at Foster's Clambake in York, Maine. Cost \$154. Make check payable to Landmark Tours and mail to the address above by May 17.

*Multi Day Trip June 22-26. Montreal & Ottawa. Passports required.* Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Payment of \$1,052 due **NOW.** Make the check payable to Diamond Tours and mail to the address above. **Waitlist only.**

*Day Trip July 16. FDR Homestead & Library and Hudson River Cruise.* Take a scenic cruise on the Hudson River. Enjoy a boxed lunch on board. Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail to the address above by May 28. **Waitlist only.**

*Day Trip August 3.* Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies** **Lehigh Valley IronPigs** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ballpark-fare buffet are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above by June 1.

*Day Trip Sept. TBD. The BIG E,* an annual favorite, with free entertainment at The Court of Honor Stage.

*Day Trip Oct. 9. A Chorus Line.* Center orchestra seating for the 50th Anniversary Production on stage at the Goodspeed Opera House in East Haddam, CT. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above by August 1.

*Multi Day Trip October 12-18. Biltmore Estate & Smoky Mountains, Asheville, NC.* Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18. Make

the check payable to Diamond Tours and mail to the address above. **As of April, Diamond Tours is expecting this trip to go, despite the hurricane damage around the area. Please stay tuned. A 2nd bus has a few open seats.**

*Day Trip Sunday, December 7. A Holiday Event in Waltham, MA.* Reagle Music Theater Players beloved Christmas extravaganza--100 performers, live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at The Chateau Restaurant. Price \$160 (approx.) Make a check payable to Landmark Tours and mail to the address above by August 1.

## Good News for April 2025

Let's talk about the "Windfall Elimination Provision and Government Pension Offset", what many of us called the offset rule that effected our social security benefits (reducing them).

On January 6th, President Biden signed into law the Social Security Fairness Act that **ENDS** the offset! The American Federation of Teachers estimates this will effect more than 100,000 Massachusetts teachers. Municipal workers and Federal employees will be affected too. All this means your social security retirement benefit is going to increase starting April 1st! But it gets better. Your increased benefit actually started January 2024....which means you will get a lump sum amount to catch up. After that you should see an increased monthly social security benefit which the Biden administration estimates at about \$350/month for over 2.8 million Americans. That first "catch up" amount is supposed to happen April 1st, so check your bank statement for an additional U.S. Treasury deposit.

This Good news may have some drawbacks. The first is: don't try to contact the social security office now since they are flooded with folks calling asking for help calculating their new benefit. Wait times on phone calls can be up to 3 hours.

But more concerning is this new income may impact your public benefits like MassHealth, SNAP, and the Medicare Savings Program. MassHealth has decided not to count windfall income for the next 6 months. So we have until October before this new income will be counted.

If you think you might be at risk of losing benefits because your income and assets have increased, you should contact your senior center for a SHINE appointment for questions about the Medicare Savings Program and check to see if you can have a conversation with the Connector program for other benefits.

**Williamsburg Senior Center**  
**141 Main Street**  
**P.O. Box 447**  
**Haydenville, MA 01039**

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COUNCIL ON AGING**

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**Spring/ Summer Clothing Exchange**

**Saturday, April 26th, 9am-3pm**

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 4/23 from 6-8pm or Friday 4/25 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 26th from 9am-3pm! All are invited to participate whether you donate clothes or not.

**Let's Keep Talking About Death-  
Part 2**

**May 20, May 27 and June 3rd  
4:00-5:30pm**

**John James Memorial Hall  
42 Main St. Goshen**

We are continuing our series of conversations based on *Let's Talk About Death Over Dinner* by Michael Hebb. Sessions will be led by End of Life Doula Stacey Mackowiak and take place over three sessions-May 20, May 27, and June 3 from 4:00-5:30pm.

More info to come in the May newsletter.

***All are welcome!***

