

Petersham Council on Aging
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COA



NEWSLETTER

DECEMBER 2017

This newsletter is underwritten by the Executive
Office of Elder Affairs.

ADDRESS SERVICE REQUESTED

THE PETERSHAM COMMITTEE

The Petersham Committee has an important letter on the following page.

It explains what the Committee is trying to do to establish a Village model of aging-in-place housing supports in Petersham, including support for low-income residents.

A list of their grant funds shows how they plan to develop their goals.

The mission of the Petersham Committee, in partnership with the citizens, businesses, and service organizations in our community, will utilize innovative, creative, and forward-thinking development strategies to support and enhance employment, housing, recreational, and service opportunities for all who choose this community as their home.

Petersham's Council on Aging Mission Statement

Petersham's Council on Aging dedicates itself to addressing concerns of the sixty year and older population of the Town of Petersham.

HELPFUL INFORMATION

Don't ignore your Medicare mail! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding *changes* in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations..and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call LifePath at 413-773-5555 or 978-544-2259. A counselor will call you back, as soon as possible.

Call early to receive a pre-enrollment form and make that appointment...and bring your Medicare and insurance cards and complete list of your medications.

You're getting a new Medicare card!
Cards will be mailed between April 2018 - April 2019

Between April 2018 and April 2019, we'll be removing the Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

COA BOARD NOTES

The COA Board met on Monday, October 2, 2017 at 10:00 a.m.

The Board approved the Secretary's minutes and the Treasurer's report.

Phil Hanno has agreed to be a Board Member and he was approved by the Board. His name will be sent to the Selectboard for approval.

We approved a photo project that will involve seniors who have contributed to our town. We will submit a request for funding from the Petersham Cultural Council.

LifePath will check on our request to change our catering service and get back to us in the coming months.

The next Board meeting will be on Monday, November 13th at 10 a.m. in the Lower Town Hall. Anyone is welcome to come to the meeting.

SAYINGS

- Nobody is perfect until you fall in love with them.
- Home is where you can say anything you like 'cause nobody listens to you anyway.
- I live in my own little world, but it's ok, they know me here.
- I don't do drugs anymore 'cause I find I get the same effect just by standing up really fast.
- Money can't buy happiness, but it sure makes misery easier to live with.
- If flying is so safe, why do they call the airport the 'terminal'?
- Regular naps prevent old age....especially if you take them while driving.
- Travel is very educational. I can now say "Kaopectate" in seven different languages.
- Everyday I beat my own previous record for number of consecutive days I've stayed alive.
- How long a minute is depends on what side of the bathroom door you're on.
- Middle age is when you choose your cereal for the fiber, not the toy.
- Snowmen fall from Heaven unassembled.

WINTER CLASSES 2017

Fun Fitness Classes - Mon. & Fri. Time is 10:30 to 11:30 a.m.
Suggested donation is \$3.00

Yoga Classes - Tuesday Time is 10:30 to 11:45 a.m.
Suggested donation is \$5.00

T'ai Chi Classes - Monday Time is 4 to 5 p.m.
Price is \$5.00 per class

Classes are held in the Petersham Town Hall and will resume in mid January.

Anyone is welcome to attend these classes, regardless of age. Kay Berry is coordinator. If you have questions call 978-724-6610 or email PshamCOA@gmail.com.

Fitness, Yoga, and T'ai Chi classes are sponsored by the Petersham Council on Aging and are underwritten by the Executive Office of Elder Affairs.

DECEMBER LUNCH MENU

Dec. 18 - Roast Pork, Herb Gravy, Mashed Potatoes w/Sour Cream & Chive, Genoa Veg Blend, Multigrain Bread, Blueberry Yogurt

Dec. 25 - Christmas Day - NO LUNCH

To reserve a meal or notify of cancellation call Mary Russell at 978-724-3233 by Thursday afternoon.

Suggested donation is \$2.50 for seniors or disabled; \$3.00 for younger than 60 years old.

Please contact Mary if you regularly attend the meal site but will not be able to come to a Monday meal.

PROGRAM REMINDERS

Dec. 11 - 10:00 a.m. - COA Board Meeting, lower Town Hall

Dec. 24 - 6:00 p.m. - St. Peter's Roman Catholic Church Christmas Service

Dec. 24 - 7:00 p.m. - First Congregational Parish Unitarian Candlelight Christmas Service

Dec. 24 - 11:30 p.m. - Orthodox Congregational Church Christmas Eve Service

Dec. 25 - NO LUNCH - Christmas Day

Jan. 01 - NO LUNCH - New Year's Day

Jan. 22 - 12:30 p.m. - Falls Prevention program with Paula Evans, Director, Pharmacy Outreach Program at MCPHS University in Worcester.

The email for Petersham Council on Aging is PshamCOA@gmail.com and can be used to request electronically sent newsletters.