

Petersham Council on Aging
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COA



NEWSLETTER

NOVEMBER 2017

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

ADDRESS SERVICE REQUESTED

IMPORTANT MEETING OCTOBER 16, 2017 AT 12:30 P.M.

The Petersham Committee has received a grant of \$20,000 from the Massachusetts Department of Housing and Community Development to develop an aging-in-place model of housing supports for Petersham.

This grant will enable Petersham to establish a network of local supports to help seniors with the normal work of life such as driving, shopping, and home upkeep in the "Village Model." When the help needed goes beyond the capacity of neighbors and friends, this network will also allow for referrals for services from agencies and vendors.

The Committee hopes to form a partnership with the COA that will facilitate the creation of this network.

Many details will be shared with you on October 16 at 12:30 p.m.

Please come and let the Committee know how they can help you. Thank you.

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.

DRIVING

Two elderly women were out driving in a large car; both could barely see over the dashboard. As they were cruising along they came to an intersection. The stoplight was red, but they just went on through. The woman in the passenger seat thought to herself “I must be losing it. I could have sworn we just went through a red light.” After a few more minutes they came to another intersection and the light was red again. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous. At the next intersection, sure enough, the light was red and they went on through. So she turned to the other woman and said, ‘Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!’ Mildred turned to her and said, “Oh crap, am I driving?”

FALL CLASSES 2017

Fun Fitness Classes - Mon. & Fri.
Oct. 13, 16, 20, 23, 27 and 30
Nov. 3, 6, 10, 13, 17, 20 and 27
Dec. 1, 4 and 8

Time is 10:30 to 11:30 a.m.
Suggested donation is \$3.00

Yoga Classes - Tuesday
Oct. 3, 10, 17, 24 and 31
Nov. 7, 14, 21 and 28

Time is 10 to 11:15 a.m.
Suggested donation is \$5.00

T'ai Chi Classes - Monday
Oct. 16, 23, 30
Nov. 6, 13, 20 and 27; Dec. 4

Time is 4 to 5 p.m.
Price is \$5.00 per class

Classes are held in the Petersham Town Hall.

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.

NOVEMBER LUNCH MENU

- Nov. 06 - Menu not available at print time.
Nov. 13 -
Nov. 20 -
Nov. 27 - No lunch. Administrative Day.

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

- Oct. 14 - Harvest Supper - Pot Roast Dinner at Congregational Church, 6 p.m. , \$12 each.
Call Janice Olson for reservations at 978-724-3362.
- Oct. 15 - Village Lyceum at Unitarian Church at 3 p.m. Adam Bergeron, pianist/composer.
\$10 general public; \$5 seniors, veterans and students; and children 14 and under are free.
- Nov. 13 - COA Board Meeting at 10 a.m. Lower Town Hall.
- Nov. 16 - Lisa Regopoulos Pastels at Petersham Art Center
- Nov. 18 - Congregational Church Ladies' Union Christmas Fair. 9 a.m. to 1 p.m. Light lunch available.
- Nov. 19 to Dec. 24 - Annual Members' Show & Fundraiser (Opening Reception: Sunday, Nov.19 from 3 to 5 p.m.) Art Center
- Nov. 27 - No Lunch, Administrative Day.
- Dec. 02 and 03 - 15th Annual Petersham Holiday Fine Art & Craft Show and 12th Annual Country Roads Christmas

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