

Petersham Council on Aging
P.O. Box 486
Petersham, MA 01366

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COA  NEWSLETTER

OCTOBER 2017

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

ADDRESS SERVICE REQUESTED

FREE ENERGY EVENTS FOR SENIORS AND THEIR CAREGIVERS

A free upcoming event, “Energy Savings for Seniors, “ will share information with persons age 60 and over about the benefits for which they qualify that can help them save money on home energy bills and obtain rebates for energy efficient appliances.

Gretchen Smith, Benefits Counseling Coordinator at LifePath will direct the event.

Experts from local agencies will explain what funds are available for fuel assistance and weatherization and how to obtain utility discounts, rebates, and 0% home energy loans. After the presentation, one-on-one consultations will be available.

A session will take place at 10 a.m. on Wednesday, October 4, 2017, at the Athol Senior Center, 82 Freedom Street, Athol, MA. To register, contact Cathy Savoy, Athol COA and Senior Center Director at 978-249-8986.

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.

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The Playground Committee for the Petersham Center School is having a pancake breakfast on Sat., Sept. 30th from 8 to 11 a.m. There will be all-you-can- eat pancakes and all the breakfast extras. A silent auction will include many local items and gift certificates to local restaurants and businesses. Cost: under 3 yrs.—free; kids 4-10 yrs. \$5; and adults \$8.

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The Petersham Memorial Library will hold their annual fun-raising event on Sat., Sept. 30th from 7 to 9 p.m. A presenter will do a program on wine, chocolate, and cheese pairings. There may be an auction or raffle items. The Trustees may be dressing as appropriate to the evenings' theme.

COA BOARD NOTES

The COA Board met on Monday, September 11, 2017 at 10:00 a.m.

A moment of silence was held for Mick Huppert. He was not able to attend many meetings due to his illness but he kept an interest in what the Board was doing.

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

A list of names was taken as possible replacements for Mick and Delores Wierman.

Ideas for activities to be funded by the Petersham Cultural Council were discussed.

Kay will check with a LifePath staff person to see if we can change our catering service.

The next Board meeting will be on Monday, October 2nd at 10 a.m. in the Lower Town Hall.

FAMILY

Three sister ages 92, 94, and 96 live in a house together. One night the 96 year old draws a bath. She puts her foot in and pauses. She yells to her other sisters, "Was I getting in or out of the bath?" The 94 year old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses "Was I going up the stairs or down?" The 92 year old is sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful, knock on wood." She then yells, "I'll come up and help both of you as soon as I see who's at the door."

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- I live in my own little world, but it's okay, they know me here.
- I don't have a big ego, I'm way too cool for that.
- When I was born, I was so surprised I couldn't talk for a year and a half.
- Sex is hereditary. If your parents never had it, chances are you won't either.
- Shopping tip: You can get shoes for \$1.00 at bowling alleys.
- After all is said and done, usually more is said than done.
- I am a nobody, nobody is perfect, therefore, I am perfect.
- The most precious thing we have is life. Yet it has absolutely no trade-in value.

FALL CLASSES 2017

Fun Fitness Classes - Mon. & Fri. Time is 10:30 to 11:30 a.m.
Sept. 25, 29; Oct. 2, 6, 13, 16, 20, 23, 27,30 Suggested donation is \$3.00

Yoga Classes - Tuesday Time is 10 to 11 a.m.
Sept. 26; Oct. 3, 10, 17, 24, 31 Suggested donation is \$5.00

T'ai Chi Classes - Monday Time is 4 to 5 p.m.
Sept. 25; Oct. 2, 16, 23, 30 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.

OCTOBER LUNCH MENU

Oct. 02 - Menu not available at print time.

Oct. 09 - No Lunch - Columbus Day

Oct. 16 -

Oct. 23 -

Oct. 30 -

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

Sept 23 - Lobster Supper \$20; mac & cheese \$10 - Congregational Church. Call Janice Olson for reservations 978-724-3362

Sept 25 - Fitness class with Betsy Scofield - 10:30 to 11:30 a.m.

Sept 25 - T'ai Chi class with Valerie and Nick Wisniewski - 4 to 5 p.m.

Sept 26 - Yoga with Pat Roix - 10 a.m.

Sept 30 - Pancake Breakfast, silent auction put on by the Petersham Center School Playground Committee - 8 a.m. - 11 a.m. Adults, \$8; kids 4 to 10, \$5; under 3, free.

Sept 30 - Library annual fundraiser - 7 to 9 p.m. Program on wine, chocolate and cheese. Silent Auction.

Oct. 02 - Real Estate taxes due

Oct. 06 - Library book sale for Petersham residents at 7 p.m. Donations welcome until Oct. 4.

Oct. 07 - Library book sale open to all - 9 a.m. to 2 p.m.

Oct. 07 - Transfer station stickers

Oct. 08 - Lisa Regopoulos Pastels, Opening Reception 4 to 6 p.m. Petersham Art Center

Oct. 09 - Columbus Day - NO LUNCH

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