

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

PRSR STANDARD  
US POSTAGE PAID  
ATHOL, MA  
PERMIT NO 316

COA



NEWSLETTER

March 2024



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

ADDRESS SERVICE REQUESTED

SAVE PAPER & POSTAGE AND RECEIVE THE IN-COLOR VERSION OF NEWSLETTER VIA EMAIL!  
Email [RKoenigMA@msn.com](mailto:RKoenigMA@msn.com) and request to be switched to email delivery.



### Do you like to drive?

Petersham Partners is looking to add a driver or two.  
Please call Deb Bachrach at 978-724-0078.

### Petersham Partners' Volunteers have been busy!

In January, they provided  
11 roundtrip rides  
4 loans of medical equipment, and  
3 home tasks

Please remember that Petersham Partners are available to lend a hand!  
Give them a call!

**978-724-0078**

### Neighbors helping Neighbors

Petersham Partners is an all volunteer run 501(c)(3) non-profit organization dedicated to helping senior residents in Petersham remain living in their own homes by providing rides and a helping hand as needed.

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.

## MARCH IN-PERSON DINING & GRAB n GO LUNCH MENU

**NOTE:** Pick-Up Time is on Wednesday at 11:45 a.m. at Lower Town Hall.

In-Person Dining is on Wednesday at Noon in Lower Town Hall.

To reserve a meal or notify of cancellation call

Paul Williams at 978-821-5549

by Monday afternoon.

Suggested donation is \$3.00 per meal.

### WEDNESDAY

*Please Note that Only 1% Milk is Currently Available From the Supplier*

6	Carb g	Sod mg
Beef Hot Dog*	3	540
Baked Beans	20	140
Coleslaw	12	45
Relish & Mustard	4	136
Hot dog roll	24	250
Peaches	14	8
Total Sodium (mg): 1249		
Carbs (g): 90; Calories: 753		

13	Carb g	Sod mg
Chicken Marsala 7oz	16	397
Buttered Noodles	29	40
Scandinavian Blend Veg	9	41
Wheat Bread	17	90
Fresh Fruit (Orange)	18	0
Total Sodium (mg): 728		
Carbs (g): 102; Calories: 791		

20	Carb g	Sod mg
Rst Turkey w/ Gravy* 5oz	5	617
Mashed Potatoes	46	68
Carrots	9	77
Wheat Bread	17	90
Pears	15	5
Total Sodium (mg): 1016		
Carbs (g): 105; Calories: 634		

27	Carb g	Sod mg
Beef Burgundy 8oz	7	170
Mashed Potatoes	46	68
Zucchini	4	5
Dinner Roll	17	180
Cupcake	29	170
Total Sodium (mg): 752		
Carbs (g): 116; Calories: 884		

## Meals on Wheels

LifePath Inc. of Greenfield

Meals on Wheels provides home delivered meals to homebound seniors, age 60 and older and/or disabled, who are not able to prepare nutritious and balanced meals for themselves.

To register, please call 1-800-732-4636.

## Tips for Healthy Eating:

### 1. Make half your plate fruits and vegetables.

Eat a variety of different colors.

### 2. Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains.

### 3. Vary your protein choices.

Seafood, nuts, beans, peas, and lentils are great protein sources in addition to lean meat, poultry, eggs, and dairy.

### 4. Limit sodium, saturated fat and added sugars.

Add spices or herbs to season food instead of salt. Make foods with saturated fats occasional choices, not everyday foods. Select fruit for dessert more often than treats with added sugar.

### 5. Stay well-hydrated.

Drink plenty of water and unsweetened beverages throughout the day to help prevent dehydration and promote good digestion.

### 6. Enjoy your food but be mindful of portion sizes.

### 7. Cook more often at home, where you are in control of what's in your food.

Adapted from: Food and nutrition health tips from the Academy of Nutrition and Dietetics.

**Did you know...** LifePath offers a Phone Pal program? Pals are matched based on interests, hobbies and life-experience. Phone pals chat once a week. Adults of all ages, abilities and backgrounds are encouraged to apply to be a phone pal. Contact LifePath at 413-773-5555 for more info.



2024 NATIONAL NUTRITION MONTH®

# WORD SEARCH

*Beyond the Table: At the Farmers Market*

Words may be horizontal, vertical, diagonal, or backwards

<b>Apples</b>	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
<b>Bok Choy</b>	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
<b>Blueberries</b>	I	U	I	H	E	G	G	P	L	A	N	T	B	A
<b>Carrots</b>	R	A	D	S	N	G	C	I	L	R	G	R	D	E
<b>Cauliflower</b>	R	I	B	L	U	E	B	E	R	R	I	E	S	W
<b>Eggplant</b>	E	W	S	H	N	M	T	G	C	O	N	G	E	N
<b>Green beans</b>	B	O	O	K	E	S	L	S	A	T	S	W	O	A
<b>Kale</b>	P	R	R	I	A	T	E	R	U	S	N	I	T	T
<b>Mushrooms</b>	S	E	S	W	N	L	A	N	L	D	A	N	A	N
<b>Nectarine</b>	A	B	P	A	P	O	E	I	I	A	E	L	T	E
<b>Okra</b>	R	K	C	P	S	U	K	M	F	C	B	M	O	C
<b>Onion</b>	L	W	A	T	E	R	M	E	L	O	N	E	P	T
<b>Potatoes</b>	O	B	L	I	V	R	U	L	O	V	E	D	N	A
<b>Peppers</b>	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
<b>Raspberries</b>	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
<b>Swiss Chard</b>	C	T	H	C	N	G	R	I	R	G	G	N	E	N
<b>Tomatoes</b>	A	K	O	O	L	E	O	T	B	L	L	O	C	E
<b>Watermelon</b>	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R

Please see this month's consumer tip about computer virus scams. We are hearing reports that the computer virus scam then evolves into another scam causing significant financial losses for consumers in our area.

Here's how it works. A pop-up message appears on the screen saying that a computer virus has been detected or the virus protection has expired. The consumer calls the telephone number on the message looking for assistance, and then allows the scammer access to their computer.

The scammer snoops around and finds bank information. The consumer then gets a call from their "bank" saying there is a problem with their account and offers to help transfer the money into a "safe" account through wire transfer or cryptocurrency transactions.

**Anita Wilson** (She/Her)  
**Director, Consumer Protection Unit**  
**Northwestern District Attorney's Office**  
56 Bank Row|Greenfield, MA 01301  
[anita.wilson@mass.gov](mailto:anita.wilson@mass.gov) | **Office** (413) 774-3186

## Greenfield Community College Offers Classes from Welding to Dance

Find more info on classes at  
<https://engage.gcc.mass.edu/workshop-category/seniors/senior-symposia/>  
or call (413) 775-1661.

If it is too cold and snowy to go out, pour yourself a cup of tea and check out GCC's **Backyard Oasis Podcast** designed by and for older adults at <https://rss.com/podcasts/backyardoasis/>

## VOLUNTEER OPPORTUNITIES

The Council on Aging will be seeking volunteers in the near future to fill seats on the COA Board.

Several terms will be expiring, including the term of newsletter editor.

Have you been looking for an opportunity to help the Petersham community?

Give some thought to joining the COA or putting together the newsletter!

To learn more, call Kay Berry at 724-6610 or Lynn Shaw at 724-8890.

# SCAM ALERT!



### Watch out for Computer Virus Scams!

*You might get a call, email, or a message that appears on your screen. It says there's a problem with your computer & they can help you fix it.*

- Just hang up or delete the message.
- Don't click on links in an email.
- Don't call the telephone number on the screen.
- Never give someone control of your computer.
- Don't share passwords or log-ins.
- Keep your computer, tablet, & mobile phone security programs up to date.

*If you have a consumer problem or question, contact the*

**Northwestern District Attorney's Consumer Protection Unit**

Greenfield  
(413) 774-3186  
Northampton  
(413) 586-9225

Working in cooperation with the Office of the MA Attorney General



## AGEISM AND REFRAMING AGING WORKSHOP



**WHAT:** A positive attitude about aging can translate into a longer, healthier life. Ageist beliefs can directly impact personal health, the ability to age well, and even the economy. In this workshop, we will examine ageism and anti-age bias, look at how our ways of speaking and portrayals of aging in popular culture express our beliefs about getting older, and work on reframing our attitudes about aging. Let's envision a world where being older is a respected advantage!

**PRESENTER:** Meg Ryan, FRCOG Regional Public Health Nurse

**WHO IS INVITED:** Town staff and volunteers who work with or on behalf of the public, and community members interested in ensuring our towns are "longevity-ready."

### In-person option:

Thurs. Feb. 29, 12-2pm  
(snow date Mar. 7)

John W. Olver Transit Center,  
Allen Conference room,  
Lunch provided.

Click [here](#) or scan QR code to register



### OR Zoom option:


Thursday March 21, 12-2 pm.

Click [here](#) or scan QR code to register





## RECURRING COMMUNITY EVENTS



### MONDAYS

10 to noon/ *1st Mon of month	<b>Memory Café</b> 	Athol Senior Center	978-249-8986
Noon	<b>Cribbage</b>	Athol Senior Center	978-249-8986
1 to 3 pm	<b>Painting Class</b>	Athol Senior Center	978-249-8986

### TUESDAYS

10 to 11 am	<b>Aerobic Fitness</b>	Upper Town Hall, Petersham	\$7 suggested donation
10 am	<b>Pitch</b>	Athol Senior Center	978-249-8986 
12:30 to 2:30 pm	<b>Wood Carving</b>	Athol Senior Center	978-249-8986
1 to 3 / *1st & 3rd Tuesday	<b>BINGO</b>	Athol Senior Center	978-249-8986
1 pm/2nd & 4th Tuesday	<b>Canasta</b>	Athol Senior Center	978-249-8986 
6 to 8 pm	<b>Chess Club</b>	Athol Public Library	Multiple age-groupings


### WEDNESDAYS

9 to noon	<b>Quilting</b>	Athol Senior Center	978-249-8986
10 to 11 am	<b>Gentle Yoga</b> 	Upper Town Hall, Petersham	\$7 suggested donation
11:45 am	<b>Pick Up/Grab &amp; Go Lunch</b>	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
10:30 to 11:30	<b>Blood Pressure Clinic</b>	Athol Senior Center	Please call for an appointment: 978-249-8986
11:30 to 12:30	<b>Ping Pong</b>	Petersham Town Hall, Upper level	All skill levels welcomed.
Noon	<b>In-Person Dining</b>	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
12:45	<b>Mah Jongg</b>	Athol Senior Center	978-249-8986
4:00 to 5:30 pm	<b>Craft Circle</b>	Petersham Memorial Library	
4:30 to 5:30 pm	<b>Tai Chi</b>	Upper Town Hall, Petersham	\$5 suggested donation

### THURSDAYS

9 am/ *First Thursday of month	<b>Foot Clinic</b>	Lower Town Hall, Petersham	\$5 Call for appt: 978-724-3223
1 to 2:30 /*1st & 3rd Thurs of month	<b>Rainbow Elders Virtual Gathering</b>		Email: Rainbowelders@LifePathMA.org

### FRIDAYS

10:15 am (also Mon & Wed)	<b>Silver Sneakers</b>	Athol YMCA 	978-249-3305
11:15 am (also Mon & Wed)	<b>Swimnastics</b>	Athol YMCA	

Note: Some information is gathered from the listed organization's website. Confirm that the event is still scheduled before going.



## A SAMPLING OF UP-COMING COMMUNITY EVENTS IN MARCH



3/2, 2:30 to 4:30 pm	Petersham Open Space and Recreation Public Forum	Petersham Center School	Zoom available	
3/5, 7 am to 8 pm	Voting: Presidential Primary	Upper Town Hall		
3/6, 6 to 7:45 pm	Book Reading & Discussion by Courtney D. Schossler: <i>Existential Threats and Moral Prospects</i>	Woods Memorial Library, Barre		Registration required: 978-355-2533
3/7, 9:30 to 11am	LifePath Information Session	Athol Public Library	A LifePath Team will answer questions about their programs.	
3/12, 6 to 7 pm	Using Herbs for Common Ailments by Elaine Griffith			Registration required: 978-355-2533
3/16	Corned Beef Take-Out Supper	Petersham Congregational Church	Corned beef, boiled veggies, Irish Soda Bread, dessert. \$15	For reservations, call Janice at 978-724-3362
3/18, 10 am to 8 pm	Annual Election Town of Petersham 	Upper Town Hall		
3/18, 3/25, 4/1 & 4/8 5:30 to 7:30 pm	Handwriting Analysis– 4 week course by Dr. Cynthia Crosson	Athol Public Library		Registration required: 978-249-9515
3/21, 6 to 7 pm	Springtime Soiree with Kim Larkin	Athol Public Library	Celebrate easy entertaining ideas	Registration required: 978-249-9515
3/21, 7 to 9 pm	Ukrainian Egg Making with Katie Locke 	Petersham Art Center	\$10 members \$30 nonmembers \$5 material fee	Register at 978-724-3415
3/25, noon to 1 pm	Booked for Lunch: <i>Oona Out of Order</i> by Margarita Montimore	Athol Public Library		Registration encouraged: 978-249-9515
3/26, 6:30 to 7:30	Monthly Book Club: <i>West with Giraffes</i> by Lynda Rutledge	Woods Memorial Library, Barre		
3/26, 6:30 to 7:30 pm	Get Your Brick On! LEGO play for Grown-Ups	Athol Public Library		Registration at 978-249-9515
3/30, 10 am to 1 pm	Creative Writing Workshop: Spring Renewal	Woods Memorial Library, Barre		Registration required: 978-355-2533
4/6, 10 to noon and 1 to 3 pm	Still Life Painting Class with Sara Deponte	Petersham Art Center	\$20 members \$40 nonmembers	Register at 978-724-3415

*Note:* Some information is gathered from the listed organization's website. Confirm that the event is still scheduled before going.

The email for Petersham Council on Aging is [PshamCOA@gmail.com](mailto:PshamCOA@gmail.com) and can be used to request electronic newsletters.

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

COA Newsletter Editor: Robin Koenig 978-724-0213

COA Board Chair: Kay Berry: 978-724-6610