

Petersham Council on Aging
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NEWSLETTER

APRIL 2020

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

ADDRESS SERVICE REQUESTED

IMPORTANT INFORMATION DUE to the CORONAVIRUS OUTBREAK

If you are planning to attend a program listed in this Newsletter please call first to make sure it is still being held.

What you need to know about Coronavirus

The National Council on Aging (NCOA) reports that the Centers for Disease Control & Prevention (CDC) has identified older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease at higher risk for more serious COVID-19 illness. Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, & shortness of breath.

Preventing illness from COVID-19

The best way to prevent illness is to first avoid being exposed to this virus. The CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home unless you need essentials like food & medicine. A 6 foot distance between people is recommended.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- CDC does not recommend that people who are well wear a facemask unless you have symptoms.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

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.

PETERSHAM EVENTS AND NOTICES

COA Meal Information

No Meals Until Further Notice – Possibly in May – Regular attendees will be called.

Sorry for the inconvenience.

The Council on Aging wishes to thank the Quabbin Valley Health Care for serving such a wonderful meal to the seniors of Petersham on March 9th. The food and service were greatly appreciated.

COA Enrichment/Cultural Program– Note Date Change

Dan Kirouac: Date: Monday, June 22nd **Where:** Lower Town Hall **Time:** 12:30 p.m. Dan performs a concert of music including easy listening, pop, jazz and light rock from the 1940s to the 1970s. All are welcome!

Petersham Memorial Library

The Petersham Library has closed until further notice. Please Check to see if Library has opened back up

The Talking Book Library: Presented in conjunction with the Petersham COA. An overview of the Talking Book Library Program that loans digital talking books, large-type books, braille materials and other accessible items to Central Mass individuals with visual, physical and reading disabilities. **Date:** Wed. April 8th, **Where:** Petersham Library **Time:** 5 p.m.

Petersham Historical Society

On **Friday, May 1** the Petersham Historical Society will present the New York Times bestselling author Michael Tougas as guest speaker on the topic of King Philips War. After a brief business meeting at 6:30 PM, the Annual Meeting program will begin at 7:00 PM at the Petersham Town Hall, main floor. The program is free & open to the public with light refreshments.

Membership in the Petersham Historical Society supports public programs, the operation of the Society's small museum, as well as the preservation and conservation of its archives. Annual membership fees are: Individual \$ 20. Family \$ 35. Patron \$ 75. Individual Life memberships of \$250 directly support the Society's endowment fund.

Petersham Partners Update

Anyone interested in attending an upcoming Petersham Partners Meeting, getting an update on services, or wishing to volunteer please contact Deb Bachrach at: 978-724-0078.

COA BOARD NOTES

- The COA Board met on Mon. March 9, 2020 at 10 a.m. at the Congregational Church
- February 2020 Minutes were accepted as amended.
- Treasurer's Report was approved.
- **Reminder: no lunch will be served on March 30th and April 20th.**
- Board again confirmed an upcoming enrichment/cultural program by musician Dan Kirouac at 12:30 p.m. on June 22, 2020; and a program with storyteller Davis Bates is now scheduled for May 11, 2020 at 12:30 p.m..
- The COA and the Petersham Library will host a program on April 8th at 5 p.m. at the Library on The Talking Book Library. See listing above under Petersham Library.
- Discussions were held on: 1. The Tuesday & Thursday yoga classes & the Tai Chi classes will continue at least through April. 2. The Board continues to seek new Board members; anyone interested should see Kay Berry. 3. The Board discussed future possible programs on Senior Safety & Elder Law. 4. An update on the Lift Construction was given; the Board agreed to move the Monday lunches to the Congregational Church until the construction has been completed.

The next Board meeting will be on Monday, April 13, 2020 at 10 a.m. in the Town Hall on the Lower Level. The meeting is open to the public.

PETERSHAM ART CENTER

The Petersham Art Center has postponed the annual Meeting scheduled for March 28th.

The following classes will be held at a later date.

Spring Basket Weaving w/ Sue Morello, Instructor; Cost: \$15 Mem., \$35 Non-mem., + \$16 Materials fee.

Colored Pencil Drawing for Adults w/ Mathilde Duffy, Instructor; Cost: \$10 mem., \$30 non-mem.. Materials Fee \$5

Getting Your Photo Composition Just Right with Norm Eggert, Instructor; Cost: \$30 Members, \$50 non-members

For additional Information: call the Petersham Art Center at 978-724-3415 or email Chris at: ceaton@massaudubon.org

Grocery Shopping and Meal Delivery for Petersham Seniors in Need

Although they aren't up and running yet, Petersham Partners is willing to be a central contact point for seniors in town who need grocery shopping or meal deliveries. They already have three local volunteers available to do this. If you need this service contact Deb Bachrach at 978-724-0078.

LifePath News: Options Counseling and Benefits Counseling

Due to the Coronavirus outbreak Benefits and Options Counseling may not be available right away.

Options Counseling is free and open to elders and people with disabilities without restriction. Two staff members visit an individual's home and meet with them about their needs. They provide information on the programs & assistance available and leave information on current/future recommendations. They do a follow up visit to see what has been decided. The choice of what to do is completely up to the consumer, but the emphasis is on staying home versus going to a nursing home. **Benefits Counseling** is available to seniors who need assistance applying for public benefits. Trained volunteers help collect documents, make copies, fax, and generally follow the process all the way through to approval. This program can also help people with home repair, modification, and maintenance through home loans or grants. Both programs are run by Laurie Deskavich, Information and Caregiver and Resource Center Program Director. **Call 978-544-2259**

Senior Citizen Exercise Program

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour.

But, by the time I got my leotards on, the class was over.

COA Sponsored SPRING YOGA, and T'AI CHI CLASSES

No Classes until Further Notice – Possibly in May – Regular attendees will be called.

Spring classes are currently on hold. Anyone is welcome to attend future classes, regardless of age. Kay Berry is coordinator. If you have questions, call 978-724-6610 or email: PshamCOA@gmail.com.

T'ai Chi classes with Valerie and Nick Wisnewski will be held from 4 to 5 p.m. on Mondays.

No classes until further notice

Suggested donation: \$5.00.

Yoga classes with Loren Magruder will be from 10:00 to 11:15 a.m. on Tuesdays and Thursdays.

No classes until further notice

Suggested donation: \$5.00.

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.

COA LUNCH MENU

NOTE: No Lunch Until Further Notice – Regular attendees will be called.

CORONAVIRUS TESTING SCAM

COVID-19 testing should only be ordered by your treating physician. Never accept a test from someone:

- Who comes to your door;
- Who approaches you at the grocery store or other community venue or parking lot;
- Who calls you on the telephone offering mail-in testing in exchange for money or Medicare number;
- Who calls you to request your bank card or account information;

If someone comes to your door with offers of medical testing, call your local police department.

Do not let them in your house.

Contact the Massachusetts Senior Medicare Patrol (SMP) Program with questions and to report suspicious testing at 800-892-0890 or at www.MASMP.org.

REGIONAL EVENTS

Market Basket Announcement for Seniors 60 and over

Senior Hours: Tuesday, Wednesday, and Thursday mornings the store in Athol will be open for those 60 and older from 5:30 to 7:00 a.m. These hours allow seniors to shop when the store is less crowded, hopefully fully stocked and newly sanitized from the night before.

The Center at Eagle Hill

242 Old Petersham Road (Route 32A) Hardwick MA

We are saddened to announce that the remainder of our 2019-2020 season has been canceled, due to growing concern about the coronavirus. If you have already purchased tickets to any of the upcoming performances, your tickets will be refunded. To learn more, please visit: bit.ly/CenterUpdate

Annual River Rat Race

The River Rat Race scheduled for April has been postponed. No updated information is available.

Athol Public Library

Due to the governor's declaration of a state of emergency, the Athol Public Library will be closed to the public until further notice. Staff will be in the building during business hours and will be glad to assist you with digital services over the telephone. Call: 978-249-9515.

Still listed in the Athol Library Calendar: Vital. Vibrant. Visible: Local Indigenous Identity Through Portraiture w/ Sara Lyons and Rhonda Anderson. **Date:** Tuesday, April 28, 2020 **Time:** 6:00 to 8:00 p.m. **Where:** Large Program Room
In light of recent debates about sports mascots and cultural appropriation, *Vital. Vibrant. Visible* was conceived to counteract the perpetuation of stereotypes that sustain the marginalization of Indigenous people. The project challenges the dominant narrative and brings about Indigenous-led narrative change.

SAVE THE DATE

LifePath Walkathon: Money raised will go to helping LifePath programs. **Current Date:** May 2, 2020

Storyteller Davis Bates: a COA Cultural Program in the Lower Town Hall: May 11th at 12:30 p.m.

Musician Dan Kirouac: a COA Cultural Program in the Lower Town Hall: June 22nd at 12:30 p.m.

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

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