

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

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COA  NEWSLETTER

JANUARY 2022

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

ADDRESS SERVICE REQUESTED



“Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.”

Alfred Lord Tennyson

The Petersham Council On Aging Board Still has Openings for 2 New Members!

The COA Board is looking for 2 new members. The Petersham COA offers services/activities for residents over 60 years of age. The Board currently meets monthly at 10 a.m. on the 2nd Monday. Anyone wishing information regarding the COA's mission is welcome to attend the meeting on Jan. 10th or call the COA Chair Kay Berry at 978-724-6610.

COA Hot Lunches are Back on Wednesday's at 12:00 Noon!

Paul Williams is our Meal-Site Manager and is ready to take your reservation by Monday. Call Paul at: 978-821-5549 or email: pablocicaso6@hotmail.com. If you are a vaccinated senior and want to get together please come and join us. Suggested donation is \$3.00 and masks are required. Do you need a ride? Call Petersham Partners at 978-724-0078.

COA Monthly Foot Clinic currently held in Lower Petersham Town Hall

Clients must bring their own towels. Masks Required. Each person pays \$5.00 at the appointment.

Appointments are required and are available from 9 a.m. until 10:15 a.m.

2022 Dates: Jan. 6, Feb. 3, March 3, April 7, May 5, June 2, July 7, August-no clinic, Sept. 1, Oct. 6, Nov. 3, Dec. 1

For Questions or Appointments: Contact Marilyn Fisher at: 978-724-3223; or by email: fishermarilyn47@yahoo.com

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

Petersham Art Center

The Art Center, located at 8 North Main Street, will be closed for the month of January. They will reopen in February 2022 on Saturday and Sunday from Noon to 4 p.m.

Petersham Memorial Library

Save the Dates! Programs in the New Year

Wednesday January 12, 2022 at 7 p.m. Martin Gitlan Presents the Greatest Sitcoms of All Time!

A Funny Program about Funny Programs; Join us via Zoom for a fun and lighthearted look into the history of sitcoms. Pop culture historian Marty Gitlan will take us through the top ten sitcoms of all time, while providing historical context, clips from the shows, and a healthy dose of trivia. Please email: PetershamLibraryRequests@gmail.com for the Zoom link.

Wednesday, January 19, 2022 at 7 p.m. Climate Change Book Discussion

We now have several copies (including audio CDs) of *How to Prepare for Climate Change* by David Pogue available to check out. Those community members interested in joining can choose to focus on one chapter to read and then share the information they gathered with the group. We will meet on Wednesday, January 19 at 7 p.m. via Zoom. Please email: PetershamLibraryRequests@gmail.com to sign up for a chapter and to get the Zoom link.

In Person Hours of Operation: Tues. 10 a.m. to 5 p.m.; Wed. 2 to 7 p.m.; Fri. 2 to 5 p.m.; and Sat. 9 a.m. to 1 p.m.
Masks required. Please contact us at: 978-724-3405 or at: PetershamLibraryRequests@gmail.com

Petersham Congregational Church

Correction for Christmas Eve Services: Time: 7 p.m. (in person and by zoom) and 11 p.m. (in person only)

The Church is planning on doing one of their fabulous **Take Out Meals** in January or February.

Watch for the Sandwich Sign out front for specifics on date, time and menu.

Petersham Partners

Petersham Partners looks forward to lending a hand as we all prep for the upcoming winter.

Please check out our brochure included in the January 2022 COA Newsletter.

If you have a question about a project, just give us a call! 978-724-0078

COA BOARD NOTES

- The COA **Board met** on December 13, 2021 at 10:00 a.m.
- The November 8, 2021 **Board Meeting Minutes** were approved as amended.
- **Treasurer's Report** was read and approved.
- **Enrichment Programs:** No new enrichment programs were proposed for the upcoming year.
- **Health Programs:** The Foot Clinic has openings for new clients. See page 1 for 2022 dates.
- **Fitness Programs:** Chair Yoga, Floor Yoga and Tai Chi are continuing into the winter. There is room in each program for more participants.

Discussions:

- (1) The Board continues to look for **2 new members**. Interested: Contact Kay Berry at 978-724-6610
- (2) The COA unanimously voted to accept Paul Williams as a new member of the COA Board. A letter will be sent to the Selectboard for approval.
- (3) Members stated that Paul Williams is doing a fabulous job as the **new meal-site manager**. Indoor dining will be held each Wednesday at 12 noon. Grab n Go lunches will still be available for pick up at 11:45 a.m..
- (4) The Board agreed to offer a class on the Heimlich Maneuver (Choke-Saver Class). Sheila Youd will contact a possible instructor for a date in February. More information to come.

The next Board meeting will be on:

Monday, January 10, 2022 at 10 a.m. in the Town Hall.

New Year /New You: Eat like a Centenarian

Information Provided by: LifePath

Across the world, several communities are known as blue zones or a set of characteristics that have produced the world's longest-lived people. Many live to a healthy 100 because their surroundings nudge them to practice the healthiest behaviors: moderate exercise, stress management, social connection and eating well. While each blue zone eats different regionally-based foods, they have many commonalities that contribute to their health and longevity. If you want to live to a healthy 100, include the following tips in your diet pattern.

EAT A 90–100% PLANT-BASED DIET

People in blue zones consume about 10 ounces of meat per month, in 2-ounce portions. Fish is consumed in 3-ounce portions up to 3 times per week. Cow's milk does not factor into many blue zone diets and eggs are eaten only two to four times per week. Be sure to choose whole foods versus highly processed food, like sweet potatoes, walnuts or kale.

GET A DAILY DOSE OF BEANS

Beans are nature's perfect package—naturally low in fat and high in protein, fiber and phytonutrients. People in blue zones eat a half cup per day. Try lentils, chickpeas, black-eyed peas, cannellini beans or soybeans!

SLASH YOUR SUGAR INTAKE

People in blues zones eat sugar intentionally, not out of habit or accident. They consume 7 teaspoons (28 gm) or less of added sugar daily.

MUNCH ON NUTS

Nuts contain good-for-you fats and antioxidants. People in blue zones report eating up to 2 ounces (about 2 handfuls) of nuts per day.

CHOOSE WHOLE GRAIN OR SOURDOUGH BREAD

These blue zone bread choices may promote healthy blood sugar levels and digestion due to the fiber in whole grains and the fermentation process in sourdough.

DRINK MOSTLY WATER

Water provides the proper hydration our bodies need. Unsweetened coffee and tea are also good blue zone beverage choices.

NOTE For T'AI CHI and YOGA CLASSES

**There will be no Chair Yoga, Floor Yoga or T'ai Chi Classes on the following dates:
December 28th and 29th
January 4th and 5th**

COA SPONSORED WINTER YOGA, and T'AI CHI CLASSES

T'ai Chi and Chair and Floor Yoga Classes are being held in The Town Hall. Kay Berry is the coordinator. If you have questions, call 978-724-6610 or email: PshamCOA@gmail.com

T'ai Chi classes with Valerie & Nick Wisnewski are held on Wednesdays from 4:30 to 5:30 p.m.

January 12, 19, and 26 Suggested Donation: \$5.00

Chair Yoga classes with Loren Magruder are held on Wednesdays from 10 to 11 a.m.

January 12, 19, and 26 Suggested Donation: \$5.00

Floor Yoga classes with Loren Magruder are held on Tuesdays from 10 to 11 a.m.

January 11, 18, and 25 Suggested Donation: \$5.00

Participants are asked to email or call if you are interested in attending.

Email is PshamCOA@gmail.com or phone Kay Berry at 978-724-6610.

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.

MEDICARE/MEDICAL EQUIPMENT SCAM

Beware of Medicare Phone Scams!

If someone calls you & asks for your Medicare number or other personal information, hang up & call 1-800-MEDICARE.

WHAT TO LOOK FOR

- You get a call offering to send you a free medical alert system, a free brace, or other medical equipment.
- The caller tells you they will bill Medicare and send the equipment for free.
- They just need your Medicare or Social Security number in order to process your order.

WHAT TO DO

- Hang Up! Don't give out personal information such as your Medicare or Social Security number over the phone.
- Beware of "Free" Offers.
- Ask your Doctor if you think you need a brace or other medical equipment.

**Questions: Contact Northwestern District Attorney's Consumer Protection Unit Greenfield: 413-774-3186
Working in cooperation with the Office of the MA Attorney General**

SOCIAL SECURITY SCAM ALERT

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.

If you receive a call, text or email that....

- Threatens to suspend your **Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest of legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to increase your Social Security benefit
- Tries to gain your trust by providing **fake "documentation," false "evidence," or the name of a real government official**

It is a SCAM! Do not give scammers money or personal information – Ignore Them!

Protect yourself and others from Social Security-related scams

- ◆ **Try to stay calm.** Do not provide anyone with money or personal information when you feel pressured, threatened, or scared.
- ◆ **Hang up or ignore it.** If you receive a suspicious call, text, or email, hang up or do not respond. Government employees will not threaten you, demand immediate payment, or try to gain your trust by sending you pictures or documents.
- ◆ **Report Social Security-related scams.** If you receive a suspicious call, text, or email that mentions Social Security, ignore it and report it to the **SSA Office of the Inspector General (OIG)**. Do not be embarrassed if you shared personal information or suffered a financial loss.
- ◆ **Get up-to-date information.** Follow SSA OIG on **Twitter @TheSSAOIG** and **Facebook @SSA Office of the Inspector General** for the latest information on Social Security-related scams. Visit the **Federal Trade Commission** for information on other government scams.
- ◆ **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag **#SlamtheScam** to share your experience and warn others. Visit **oig.ssa.gov/scam** for more information. Please also share with your friends and family.

REPORT A SCAM to the Office of the Inspector General; Social Security Administration at: **oig.ssa.gov/scam**

**COVID Vaccination Appointment Phone Access Information (Initial and Booster)
Provided by: LifePath**

Primary Care

Most primary care offices now offer vaccinations and boosters. Call your PCP to inquire.

Pharmacies

CVS

CVS, 1653 Main Street, Athol, MA - Pfizer vaccine
978-249-7928

Call the pharmacy, when connected press 9, then press 2, when asked how can I help you, say "schedule a vaccine appointment", then say "agent" and you will be connected to an agent to schedule an appointment.

CVS, 137 Federal Street, Greenfield, MA - Pfizer vaccine
413-774-7201

Call the pharmacy, when connected press 9, then press 2, when asked how can I help you, say "schedule a vaccine appointment", then say "agent" and you will be connected to an agent to schedule an appointment.

Walgreen's

Walgreen's, 1640 S. Main Street, Athol, MA - Pfizer vaccine
978-249-9132

Call the pharmacy, when connected press 1, then you will be asked: tell me what you are calling about, say "schedule a vaccine appointment", and then answer the questions.

Walgreen's, 5 Pierce Street, Greenfield, MA - Moderna vaccine
413-773-3801

Call the pharmacy, when connected press 1, then you will be asked: tell me what you are calling about, say "schedule a vaccine appointment", and then continue to answer the questions.

Walgreen's, 240 Avenue A, Turners Falls, MA - Moderna vaccine
413-863-3107

Call the pharmacy, when connected press 1, then you will be asked: tell me what you are calling about, say "schedule a vaccine appointment", and then continue to answer the questions.

Or call Walgreen's 800-925-4733.

Call the number above, when asked, say your zip code, then you will be asked: tell me what you are calling about, say "schedule a vaccine appointment", then continue to answer the questions. When scheduling an appointment, mention the location of the pharmacy where you want to schedule your appointment.

Walmart

Walmart, 555 East Main Street, Orange, MA - Pfizer and Moderna vaccine
978-544-6405

Call the number and press 0. You will be connected to the pharmacy to schedule an appointment.

In-home vaccinations

Call 833-983-0485.

Other

Call 2-1-1 to be connected with the Mass.gov hotline.

JANUARY GRAB n GO & IN PERSON DINING LUNCH MENU

NOTE: Pick Up Time is on Wednesday at 11:45 a.m.

In Person Dining is on Wednesday at Noon

- Jan. 05** - Potato Pollock, Tatar Sauce, Cinnamon Sweet Potatoes, Spinach, Wheat Bread, Snack n Loaf
- Jan. 12** - Chicken Drummer, Sour Cream & Chives Mashed Potatoes, Scandinavian Veg Blend, Wheat Bread, Fruit Cup (Pear)
- Jan. 19** - Beef & Lentil Chili, Brown Rice, Mixed Vegetables, Corn Muffin, Fruit (Peaches)
- Jan. 26** - Chicken Corn Stew, Roasted Butternut Squash, Wheat Dinner Roll, Flavored Applesauce

*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.*

ONE-LINERS

How do you organize a space party? You planet.
What does a baby computer call his father? Data.
I made a pencil with two erasers. It was pointless.
I wouldn't buy anything with Velcro. It's a total rip-off.
How do you fix a broken Gorilla? You use a monkey wrench.
What did the fisherman say to the magician? Pick a cod, any cod.
What's the best way to watch a fly fishing tournament? Live stream!
What did one ocean say to the other ocean? Nothing, they just waved.

TIPS TO AVOID WEIGHT GAIN DURING THE HOLIDAYS

The two month holiday "sweet season" begins with leftover Halloween candy and winds down with pumpkin and pecan pie, eggnog, fruitcake, and candy. Bite by bite the ounces add up to pounds, unless you find a way to control your holiday eating. The average American gains at least one pound during the holiday season.

SENSIBLE EATING AT HOLIDAY BUFFETS AND PARTIES!

Balance party meals with other meals during the day. Eat small, healthy meals with fewer calories so that the party food won't cause you to exceed your calorie needs for the day. Never go to a party hungry. Eat a filling, healthy snack before the party, drink plenty of water throughout the day. Take smaller portions and only take the foods that you really like.

MAKE YOUR HOLIDAY FOODS WITH LESS CALORIES!

Add skim or low fat milk instead of cream or whole milk. Use applesauce or fruit puree instead of butter or oil. Instead of sugar try a lower-calorie substitute or use dried fruit. Reduce the amount of sugar by one-third to one half and add spices such as cinnamon, cloves, nutmeg, vanilla or almond extract for flavor. Flavor dishes with herbs and spices instead of butter and salt.

BEST WISHES FOR A VERY HAPPY and HEALTHY NEW YEAR!

The email for Petersham Council on Aging is 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: Sandy Page: 978-724-3273
COA Board Chair: Kay Berry: 978-724-6610