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

PRSRT STANDARD US POSTAGE PAID ATHOL, MA PERMIT NO 316



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

ADDRESS SERVICE REQUESTED

SAVE PAPER & POSTAGE AND RECEIVE THE <u>IN-COLOR VERSION</u> OF NEWSLETTER VIA EMAIL! Email RKoenigMA@msn.com and request to be switched to email delivery.

NEWSLETTER

REMINDERS:

- Real Estate Taxes due April 3.
- Federal Taxes due April 15.
- Brush burning 1/15 to 5/1. Permits required: 508-867-1066
- MassHealth Redetermination process beginning April 1, 2023. The public
 health emergency declared during COVID
 prevented MassHealth from ending. Eligibility redeterminations will recommence once the public health emergency ends.

• Community Garden Plots are available. Sign up by emailing: roynilson@verizon.net



Could you use a hand with spring garden clean-up?
Could you use a hand with organizing and sending out bill payments?
Please remember that Petersham Partners are available to lend a hand!

And if you have a hand YOU can lend, give them a call. Volunteers are always gratefully welcomed! 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.

COA BOARD NOTES

- The COA Board met on 3/13/23.
- The Board Meeting Minutes from the February meeting were read and approved as amended.
- Treasurer's Report was presented and approved.
- Health and Wellness- Classes resumed as normal following cancellations secondary to loss of heat in Town Hall and winter weather.
- Enrichment Programs

 Kat McCrohan has scheduled programs with Quabbin Valley Health Care Outreach for the next three months. April- CPR training. May- 1960's Sex, Drugs, Rock & Roll. June- Armchair Traveler/USA.
- Lynne Feldman of LifePath presented an overview of LifePath to the COA and Petersham Partners. (See below.)



LifePath: A Major Piece of the Puzzle



Petersham resident and Director of Community Services for LifePath, Lynne Feldman, MBA, presented to the COA Board and members of Petersham Partners at the March meeting of the COA.

LifePath services Petersham and surrounding areas as our Area Agency on Aging (AAA) and our Aging Services Access Point (ASAP). In this capacity, LifePath offers referral services, can assist with setting up support services, and has access to eligibility-based funding sources.

When a call is placed to LifePath, the phone is answered by a Resource Consultant in the Information and Caregiver Resource Center. The Resource Consultants are trained to listen to the caller, assess their needs and recommend programs that may be of help. Self-determination for the caller is one of their top priorities.

If it is determined by the Resource Consultant and the caller that more than a simple referral is needed, the Resource Consultant can assist with an intake for additional services or set-up an assessment to help determine what available services may be of benefit given the individual circumstances.

Resource Consultants have resources available regarding legal issues, transportation needs, health and wellness issues, nutrition, and support for care-givers. They also have information regarding Home Care and Homemaker needs, can set-up meal services and provide Elder Protective Services when needed. LifePath also has a program designed to assist in planning and implementing a Home-Sharing Program in which aging individuals are matched with a live-in companion to assist as needed in exchange for lowered rent or other compensation.

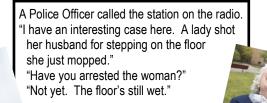
Lynne explained the collaborative focus of LifePath in that they aim to complement any supports the individual currently has in place through their community, family and friends.

We are very fortunate to have such a vibrant and expansive resource available to us. Please consider giving them a call if you have any current needs or would like to find out more as you continue to explore supports that may help you age-in-place in a safe and healthy way .

Life Path's Information and Caregiver Resource Center: 1-800-732-4636 LifePath's webpage: LifePathMA.org

LifePath also has a Facebook page.

Does February like March? No, but April May.







RECURRING COMMUNITY EVENTS

MONDAYS

10 to noon/ *First Monday of month	Memory Café	Athol Senior Center	978-249-8986
Noon	Cribbage	Athol Senior Center	978-249-8986
1 to 3 pm	Painting Class	Athol Senior Center	

TUESDAYS

10 to 11 am	Aerobic Fitness with Kalliope Upper Town Hall, Petersham		\$7 suggested donation
10 am	Pitch Athol Senior Center		
12:30 to 2:30 pm	Wood Carving	Athol Senior Center	
1 to 3 / *1st & 3rd Tuesday of month	BINGO	Athol Senior Center	
6 to 8 pm	Chess Club	Athol Public Library	Multiple age-groupings

WEDNESDAYS

9 to noon	Quilting	Athol Senior Center	
10 to 11 am	Gentle Yoga w/ Loren MacGruder	Upper Town Hall, Petersham	\$7 suggested donation
11:45 am	Pick Up/Grab & Go Lunch	Lunch Lower Town Hall, Petersham To reserve or \$3 suggested donation 978-821-554	
Noon	In-Person Dining	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday afternoon.
12:30 to 3 pm	Mah Jongg	Athol Senior Center	
4:00	Craft Circle	Petersham Memorial Library	
4:30 to 5:30 pm	Tai Chi	Upper Town Hall, Petersham \$5 suggested donation	

THURSDAYS

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

FRIDAYS

10:15 am (also Mon & Wed)	Silver Sneakers	Athol YMCA	978-249-3305	
11:15 am (also Mon & Wed)	Swimnastics	Athol YMCA	978-249-3305	
7 pm/ *1st Friday of month	Family Movie Night	Petersham Congregational Church		
7 pm/ *3rd Friday of month	Open Game Night	Petersham Congregational Church		

Wellness Unplugged

LifePath invites community members living with challenging health conditions to meet on the last Monday of the month with area professionals. There is time after the presentation for discussion and support. On March 27, the presentation was "Understanding Addictions Grip" with an Addictions, Resilience, and Recovery Consultant. On April 24, from 10 to 11:30 am, the presentation will be "Dueling with Depression" with Kate Moriarty, LICSW, Program Director of Clinical Services at LifePath. Upcoming topics include Managing Clutter, Mind/Body Medicine and many more. For more information, contact Andi Waisman, Healthy Living Program Manager at 413-773-5555 x2297.

A SAMPLING OF UP-COMING COMMUNITY EVENTS IN APRIL

3/31, 11 to noon	Forest Carbon Research	Harvard Forest	Free to public	
4/1, 9 am to 1 pm	Basket Weaving with Sue Morello	Petersham Art Center	\$20 members/\$40 nonmembers. Plus \$15 materials fee.	To register, email: chrisoudoors71@gmail.com
4/1, noon to 2	Paint Party with Cheryl	Red Apple Farm Brew Barn, Phillipston		978-249-6763
4/2, 2 pm	Pianist, Mackenzie Melemed.	The Stone Church Cultural Center, Gilbertville	\$35. Tickets at: FriendsoftheStoneChurch.org	Works of Bach, Beethoven, Debussy & Rachmaninoff.
4/1, 4/7, & 4/8 at 7 pm 4/2 at 2 pm	Gilbert Players: Chicago	The Center at Eagle Hill, Hardwick	\$14. Box Office- 413-477-6746	
4/6, 6 to 8 pm	Trivia with Ryan Murphy	Red Apple Farm Brew Barn, Phillipston		
4/6, 6 pm	Life in the Valley Before the Quabbin	Athol Public Library	Free and open to the public. Narrated slide presentation with author, J.R. Green	Register at 978-249-9515
4/11, 6 to 7:30 pm	Simple Steps to Getting Organized	Woods Memorial Library, Barre		
4/11, 6 pm	Mystery Discussion Group: Pray for Silence by Linda Castillio	Athol Public Library	Free and open to public	
4/12, 1 pm	CPR	Lower Town Hall.	Presented by Quabbin Valley Health Care Outreach through Petersham COA	
4/13, 11 am to 1 pm	Lunch & Learn: Recognizing and Preventing Scams	Athol Senior Center		Register at 978-249-8986
4/13, 6 to 7 pm	Delvina Theatre Company: Bon Appetit, Julia!	Athol Public Library	Free and open to public	
4/15, 10 to noon	Create a Floral Swag with Rachel Gonzalez	Petersham Art Center	\$10 members/\$30 nonmembers. Plus \$20 materials fee.	To register, email: chrisoudoors71@gmail.com
4/22, 10 to noon	Build a Succulent and Herb Dish Garden with Lynn Hartman	Petersham Art Center	\$10 members/\$30 nonmembers. Plus \$35 materials fee.	To register, email: chrisoudoors71@gmail.com
4/22, 10 to 11:30 am	Reveal Your Personality Traits with Handwriting Analysis	Athol Public Library		Register at 978-249-9515
4/24, noon to 1 pm	Booked for Lunch: We Are the Light by Matthew Quick	Athol Public Library		Register at 978-249-9515
4/25, 6:30 to 7:30 pm	Monthly Book Club: The Story of Arthur Truluv By Elizabeth Berg	Woods Memorial Library, Barre		
4/25, 6 to 7:30 pm	Understanding Alzheimer's and Dementia	Athol Public Library		Register at 978-249-9515
4/29, 7:30 pm	The Hunchback of Notre Dame- silent movie with live accompaniment on organ	The Stone Church Cultural Center, Gilbertville		\$20. Tickets at: FriendsoftheStoneChurch.org
4/30, 5/7, 5/14 & 5/28 1 to 3 pm	From Shearing to Weaving with Deb Bachrach and Chris Eaton	Petersham Art Center	\$40 members/\$60 nonmembers. Plus \$15 materials fee.	To register, email: chrisoudoors71@gmail.com

Medicare Savings Program Expansion 2023

The Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for savings on your prescriptions. In January 2023, Massachusetts expanded the income and asset limits, so more people are now eligible.

For example, Susan is 73 years old, has Medicare, and has income and assets that make her eligible for MassHealth Senior Buy-In. She no longer has to pay the Part B monthly premium of \$164.90. Her inhaler which previously had a high copay, is now costing her \$4.15 per month.

Check these current 2023 numbers to see if you qualify:

Medicare Savings Plan	Gross Monthly Income Limit*	Asset Limit*	Benefits
MassHealth Senior Buy-In			Medicare A, B premiums, deductibles and copays. Automatic full extra help with prescription costs.
MassHealth Buy-In			Pays Medicare B premium. Automatic full extra help with prescription costs.

^{*}Note: Some income and assets may not be counted the same. For example, a primary residence and one vehicle are not counted as assets.

If you have questions about these programs, contact a SHINE Counselor or MassOptions at 1-800-243-4636.

Senior Symposia Program

The Senior Symposia Program at Greenfield Community College is a collaborative effort with area senior citizens. The Program encourages seniors to continue their education through attending talks on a variety of subjects. Persons of all ages are welcome to attend these events and participate in the lively discussions that follow the presentations.

On Wednesday, April 12 from 1 to 3 pm, Sandra Matthews and David Brule will present *Occupying Massachusetts: Layers of History on Indigenous Land* at the Greenfield Garden Cinemas.

See website for more info: go.gcc.mass.edu/seniors/senior-symposia/ You must register and pay the \$10 fee in advance.

APRIL 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.



4/5– Broccoli & Mushroom Frittata, Whipped Sweet Potatoes, Green Beans, Blueberry Snack n Loaf, Fresh Pear.

Total calories: 717. Total sodium: 528 mg

4/12– Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Pears.

Total calories: 865. Total sodium: 1094 mg

4/19– Breaded Fish Sandwich, Tartar Sauce, Whipped Sweet Potatoes, Tuscany Vegetables, Hamburger Roll, Fig Bar.

Total calories: 778. Total sodium: 638 mg

4/26– Chicken Broccoli Divan, Sour Cream & Chive Mashed Potatoes, Spring/Summer Veg Blend, Dinner Roll, Carrot Cake with Cream Cheese Icing. Total calories: 904. Total sodium: 1103 mg

NEW ITEMS! Lifepath has a new caterer who will be offering salads, soups and home-made desserts!

To reserve a meal or notify of cancellation call Paul Williams at 978-821-5549 by

FUEL FOR THE FOR THE FUTURE MATIONAL NUTRITION MONTH 2023

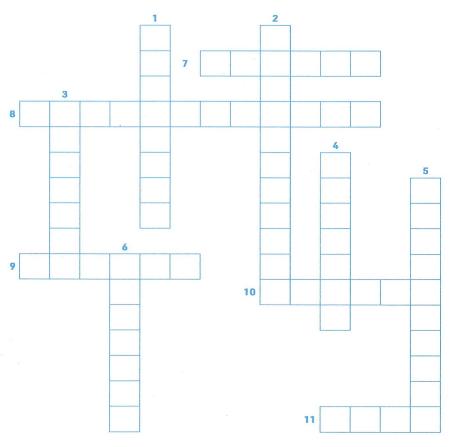
CROSSWORD

DOWN

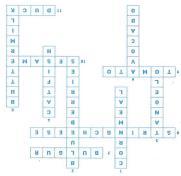
- When corn is dried and processed, it can be made into this ingredient which is used for dishes like polenta, grits, and cornbread.
- These tiny fruits are available fresh, frozen, or dried and include a color in their name.
- This fruit is a cross between a pomelo and a tangerine.
- This fish is often used in Cajun cuisine or may be coated (in the answer to #1 Down) and baked or fried.
- A low-fat, slightly sour beverage that is part of the Dairy Group.
- Found in the produce section and is often bumpy on the outside and smooth and green on the inside when ripe. It's also the main ingredient in guacamole.

ACROSS

- A type of quick-cooking wheat kernel that's popular in dishes like pilaf, tabbouleh, and kibbeh.
- This dairy food is common in lunchboxes and a popular snack for children and adults.
- This vegetable may be eaten raw or cooked and is used to make sauces for pasta.
- 10. These seeds have a nutty taste and are the main ingredient in tahini. They can also be used in a variety of other dishes or pressed into an oil that's used for cooking.
- This game bird is found on dinner tables in some households during the holidays and special occasions.



ANSWERS



©2022 Academy of Nutrition and Dietetics. Reproduction of this handout is permitted for educational purposes. Reproduction for sales purposes is not authorized.

Offered by courtesy of LifePath