

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

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NEWSLETTER

DECEMBER 2023

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 and request to be switched to email delivery.

- **Medicare Open Enrollment** ends on December 7. Explore your Medicare coverage options and review your current plan to assure this is still the best option for you. For additional information, see www.medicare.gov or contact the SHINE (Serving the Health Insurance Needs of Everyone) program at the Athol Senior Center.
- **Heating Assistance**– Now is the time to apply or recertify the need for heating assistance for this winter. Applications accepted starting 11/1. On-line portal opened on 10/1.
- **MassHealth Redeterminations Are Underway**- Any member who receives a renewal form in blue envelope must respond or they could be at risk of losing coverage.
- **Deer hunting season is open** through the end of the year. Wear orange in wooded areas. There is no hunting on Sundays.

REMINDER



Winter Weather Safety Tips



Layer up

Stay warm by layering your clothes and wearing warm, rubber-soled footwear.

Clear a path

...or walk in the grass to avoid hidden slick spots.

Step like you mean it

Take small, deliberate steps and keep your hands out of your pockets.

Time it Out

Go slow and give yourself extra time to get to where you need to be.

Petersham's Council on Aging Mission Statement:
Peptersham's Council on Aging dedicates itself to addressing concerns of the sixty year and older population of the Town of Petersham.

DECEMBER 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.



VITAMIN C



75-90 mg per day

The recommended daily amount of Vitamin C is 75-90 mg for adults (men and women).

Vitamin C Sources

1 orange = 51 mg

1 lemon = 31 mg

1 cup of strawberries = 85 mg

1 kiwi = 64 mg

1 bell pepper = 96 mg

1 cup of broccoli = 81 mg

1 cup of brussel sprouts = 75 mg

Antioxidant

Vitamin C is a powerful antioxidant. Antioxidants prevent or reduce damage to our cells from oxidation. This is important because it may lower our risk of heart disease, certain cancers, and other diseases.

Boosts Immunity

As we approach the winter months, it is important to get enough Vitamin C. Vitamin C stimulates the production of white blood cells and antibodies in our body which are crucial in building a healthy immune system.

Vitamin C & Colds

Vitamin C can help you fight a cold and lessen your symptoms when you are getting proper amounts regularly.

Healthy Skin

Vitamin C is required to produce collagen. Collagen is a protein that helps keep our skin and joints healthy, and assists in wound healing.



6	Carb	Sod
	g	mg
Salmon w/ Hon. Must.	32	254
Roasted Potatoes w/ Peppers & Onions	17	10
Broccoli	6	12
LS Wheat Bread	17	90
Brownie	32	297
Total Sodium (mg): 823		
Carbs (g): 117; Calories: 808		
13	Carb	Sod
	g	mg
Cod 4oz w/ Mediterranean Sce 2oz	0	220
Herbed Rice	5	198
Broccoli	9	98
LS Wheat Bread	6	12
Peaches	17	90
	14	8
Total Sodium (mg): 786		
Carbs (g): 64; Calories: 534		
20	Carb	Sod
	g	mg
Ravioli	29	190
w/ Tomato Sauce 3oz	6	354
Meatball (1)	2	70
Brussels Sprouts	9	17
Snack n' Loaf	25	120
Pears	15	5
Total Sodium (mg): 798		
Carbs (g): 97; Calories: 675		
27	Carb	Sod
	g	mg
Mac & Cheese* 11oz	88	548
Broccoli	6	12
LS Multigrain Bread	24	135
Yogurt	10	90
Total Sodium (mg): 946		
Carbs (g): 141; Calories: 827		

RECURRING COMMUNITY EVENTS

MONDAYS

10 to noon/ *1st Mon 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	978-249-8986

TUESDAYS

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


WEDNESDAYS

9 to noon	Quilting	Athol Senior Center	978-249-8986
10 to 11 am	Gentle Yoga 	Upper Town Hall, Petersham	\$7 suggested donation
11:45 am	Pick Up/Grab & Go Lunch	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
10:30 to 11:30	Blood Pressure Clinic	Athol Senior Center	Please call for an appointment: 978-249-8986
11:30 to 12:30	Ping Pong New Event!	Petersham Town Hall, Upper level	All skill levels welcomed.
Noon	In-Person Dining	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
12:45	Mah Jongg	Athol Senior Center	978-249-8986
4:00 to 5:30 pm	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: 798-724-3223
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	

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 DECEMBER



11/24 thru 12/31, 4 to 9:30 pm	Winter Lights Festival	Red Apple Farm, Phillipston	Adults- \$22 Children(5-12)- \$16	200,000+ holiday lights
12/1, 6 to 8 pm	Learn to Curl 	Petersham Curling Club	\$40 for ice time and instruction	978-724-3210
12/1, 2:30 to 3:30	Cozy Coffee Hour	Woods Memorial Library, Barre	Warm beverages, snacks, activities, and conversation.	Registration needed: (978)355-2533
12/2, 10:30 to 11:30 am	Author reading & book signing Richie Davis: <i>Flights of Fancy</i> , <i>Souls of Grace</i>	Athol Public Library	Free	Register: 978-249-9515
12/2, 10 to noon	Evergreen Holiday Wreath with Rachel Gonzalez	Petersham Art Center	\$10/member \$30/non-member \$20 materials fee	To register, call: 978-724-3415 
12/2, 10 am to 2 pm	Christmas Bizarre	St. Peter's Catholic Church, Petersham	Free	All home-made items: decorations, art, cookies
12/2, 7 pm	Petersham Jams 	Davis Memorial Hall 1 West Street	Free	
12/2, 9 am to 1 pm	Christmas Fair	Petersham Congre- gational Church	Free	Decorations, raffles, lunch and baked goods
12/3, 2 pm	<i>Holiday Cheers</i> by Weir River Jazz Ensemble	Stone Church Cultural Center 283 Main Street, Gilbertville		Free. Donations of un- wrapped toys and gift cards accepted for Christmas for Kids.
12/3, 3 to 5 pm	Members' Exhibit Opening	Petersham Art Center	Free	
12/12, 6 to 7 pm	Adult Ugly Sweater Making	Woods Memorial Library, Barre	Free	Bring own sweater
12/17, 2 pm	<i>Christmastime Is Here</i> by Weir River Jazz Ensemble	Stone Church Cultural Center 283 Main Street, Gilbertville		Free. Donations of un- wrapped toys and gift cards accepted for Christmas for Kids.
12/19, 6:30 to 7:30	Monthly Book Club: Jenny Col- gan's <i>The Christmas Bookshop</i>	Woods Memorial Library, Barre	Free	
12/27, noon to 2 pm	Learn to Curl	Petersham Curling Club	\$40 for ice time and instruction	978-724-3210
1/4, 9:30 to 11:30 am (and first Thursday of month going forward)	LifePath Information Session	Athol Public Library	Free	A LifePath team will be on-site to answer questions
1/14, 2 to 4 pm	English Social Tea 	Barre Senior Center	Free	RSVP email by 1/5 to: 250annivesary@ townofbarre.com

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

Heating Assistance, Weatherization and Heating System Support

Fuel Assistance helps eligible households pay a portion of their primary source heating which includes oil, electric, natural gas, propane, kerosene, wood and coal. Eligibility for home energy assistance is based on several factors including household size and combined gross annual income of household members. Household income cannot exceed 60% of MA's estimated State Median Income:

1 person= \$45,392	2 person= \$59,359	3 person= \$73,326	4 person= \$87,294	5 person= \$101,261	6 person= \$115,228
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The Weatherization Assistance Program helps low-income home-owners and renters lower their energy costs by making their homes more energy efficient. Energy-saving improvements may include: insulating attic and walls, sealing cracks, wrapping water heater and pipes, and installing storm windows. The service is free with a cost limit per home of \$10,000 in energy improvements.

MOC's Heating System Replacement and Repair Program provides heating system repairs and replacements for income eligible homeowners. During winter months, priority is given to clients in an emergency no-heat or unsafe heating situation.

Apply through MOC (Making Opportunity Count): 978-342-4520




Could you use a hand with end of season yard clean-up?
 Could you use a hand with organizing and sending out bill payments?
 Could you use a ride for shopping or a doctor's appointment?
 Please remember that Petersham Partners are available to lend a hand!
 And if you have a hand YOU can lend, give them a call!
978-724-0078

During October, Petersham's neighbors helped one another with 12 rides for medical appointments, 5 home tasks (moving summer gardening things, furniture), 3 check-in/companionship visits, 1 tech assistance, 2 rides for shopping, 1 loan of medical equipment and several calls during which information and referral was provided.

This is a great community service available to us all!

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.



Preparing for a Winter Storm

At Home:

- ☐ A shovel & salt
- ☐ Flashlights w/ extra batteries
- ☐ Candles
- ☐ Non-perishable food
- ☐ Bottled water
- ☐ Blankets and warm clothing
- ☐ Necessary prescription medicines
- ☐ Charged cell phone w/ spare battery

In Your Car:

- ☐ Car full of gas
- ☐ Windshield scraper/brush
- ☐ Tool Kit
- ☐ Sand/Cat litter
- ☐ First aid kit
- ☐ Blankets and warm clothing
- ☐ Small Shovel
- ☐ Non-perishable food & Bottled Water

Consumer Alert!



Did you know you can now order your CREDIT REPORTS from Experian, Equifax & TransUnion for free anytime?

- You can now order your free credit reports as often as you'd like—even as often as once a week.
- Check them for signs of identity theft and fraud.
- Look for accounts you didn't open or incorrect information & report it.
- Call **1-877-322-8228** or go to **www.annualcreditreport.com** to order your credit reports.

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



SERENDIPITY.... Finding pleasing things that one has not been looking for....

Here we are in December!

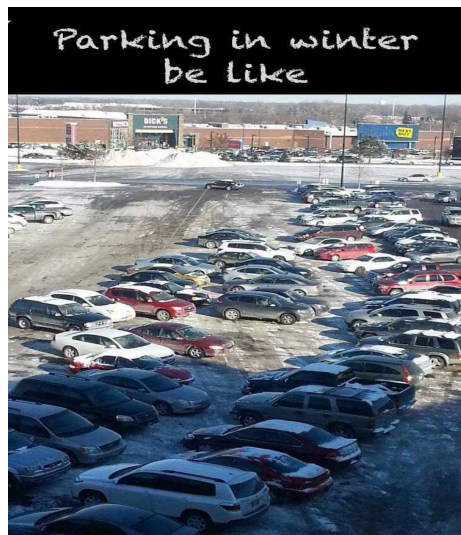
During these upcoming colder months, please send along some entries for our *Serendipity* page. Entries can be jokes, poems, photos, recipes or anything else you can think of that you would like to share with our community. Entries can be credited to you when they are used in the newsletter, or you can choose to remain anonymous.

Some upcoming *Serendipity* pages could include:

- "Where is this?" (Photos of things in town whose location will be fun for others to find)
- "Who is this?" (Photos of you when you were younger or in costume, etc.)
- "What is this?" (Serious questions regarding perplexing objects, close-up photos of common objects that make them hard to identify, etc.)
- "When is this?" (Photos for which the year taken can be guessed)
- "Why is this?" (Personal observations or photos of things that are silly, etc.)

Let's have some fun with **our** newsletter!

Send entries to Robin Koenig, RKoenigMA@msn.com



Parking in winter
be like

An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweetheart?" No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind ear, he asked "Can you hear me now honey"? His wife said "For the fourth time, yes."

Know what this is?



Frosty the Snowman's
baby picture!



FINALLY! BLONDE MEN JOKES:

A blond man is in the bathroom and his wife shouts "Did you find the shampoo?" He answers "Yes but I'm not sure what to do...it's for dry hair and I just wet mine."

A blond man spots a letter on his doormat. It says on the envelope "DO NOT BEND". He spends the next 2 hours trying to figure out how to pick it up.



A blond man shouts frantically into the phone "My wife is pregnant and her contractions are only 2 minutes apart!" "Is this her first child?" asks the doctor. "No!" he shouts, "this is her husband!"

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.

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