

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

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COA



NEWSLETTER

FEBRUARY 2023

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

ADDRESS SERVICE REQUESTED

**REMINDER: March 6 - Annual Election, Town of Petersham.**

Could you use a hand with seasonal chores? Do you need the driveway or walkway sanded?  
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!  
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.

**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*



**Grief Support Group for Elders**

Wednesdays at 2:00 pm for ten weeks starting 2/1  
at Athol Senior Center.

Facilitator: Isabella Lage, Clinical Intern,  
Elder Mental Health Outreach Team, Lifepath.

- Understanding grief
- Building coping strategies
- Processing life changes
- Gain resources for the future.

Limited seating. Sign-up ends 2/1. Register: 413-829-9249

**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.

## COMMUNITY EVENTS

### For Your Health and Enjoyment...

#### **Mondays-**

9 am– Pickleball - Athol YMCA  
10:15– 11 am– Silver Sneakers– Athol YMCA  
Noon– Cribbage at the Athol Senior Center.

#### **Tuesdays-**

10 to 11 am- Aerobic fitness classes with Kalliope Kalombratsos. Upper Town Hall. Suggested Donation: \$7  
6 to 8 pm– Chess Club. Multiple age groupings. Athol Public Library. 978-249-9515

#### **Wednesdays-**

10 to 11 am- Gentle Yoga classes with Loren Magruder. Upper Town Hall. Suggested Donation: \$7  
11:45- Grab n Go lunch. Lower Town Hall. To reserve or cancel, call 978-821-5549 by Monday afternoon.  
Suggested donation: \$3  
Noon- In-person dining in the Lower Town Hall. To reserve or cancel, call 978-821-5549 by Monday afternoon.  
Suggested donation: \$3  
4:30 pm– Tai Chi will be resuming starting on Wed., Feb. 1. Suggested donation is \$5.00

#### **Thursdays-**

9 to 10:15 am- The Foot Clinic is offered the first Thursday of every month. Bring a towel.  
Lower Town Hall. For appointment, call 978-724-3223. Cost: \$5

#### **Fridays-**

9 am– Pickleball - Athol YMCA  
10:15– 11 am– Silver Sneakers– Athol YMCA  
7 pm- First and third Fridays of the month. Funday Fridays. Petersham Orthodox Congregational Church.

### A Sampling of Upcoming Events...

**January 28-** 9:30 am to 1 pm– **National Puzzle Day Celebration**– Athol Public Library. 978-249-9515.

**January 31–** 6:30 to 7:30 pm– **Monthly Book Club**– *Snow Falling on the Cedars* by David Guterson. Woods Memorial Library,

**February 4–** 10 am to noon– **Craft Supply Swap**– Athol Public Library– 978-249-9515.

**February 6-** 10 am to noon– **North Quabbin Memory Café** (see below)- Athol Senior Center.

**February 15–** 12:30 to 1:30– **Paint A Rose with Jeanette Martin**– In-person diners are eligible to sign-up for class following lunch at Lower Town Hall. Fee supply: \$6. To register, call Kathy McCrohon at 508-404-7552

**February 27–** noon– **Booked for Lunch**– In person and on-line discussion of *Three Things About Elsie* by Joanna Cannon. Athol Public Library. 978-249-9515

**February 28 -** 6:30 to 7:30- **Monthly Book Club**– *The Lady's Mine* by Francine Rivers. Woods Memorial Library,

**March 6– Annual Election, Town of Petersham**

**March 11–** 2 pm- **Traditional Irish Dinner and Music by Dublin Down.** The Stone Church, Gilbertville. Tickets on sale through website: [www.FriendsoftheStoneChurch.org](http://www.FriendsoftheStoneChurch.org).

#### **North Quabbin Memory Café**

We are excited to announce that the Athol Council on Aging and the Petersham Council on Aging have been awarded funding from LifePath, Inc., and the Church Street Home Fund to create a new initiative called the North Quabbin Memory Café. The new program will offer a monthly meeting place for individuals living with changes in their thinking or memory, mild cognitive impairment or dementia due to Alzheimer's disease or a related disorder. It will be a place to relax, have fun, and meet others along with their care partners. Each month will feature a theme, activities for participants and care partners based on interests of the group, a time for socializing and refreshments. The Café will be free of charge, promote inclusion and open on Monday, February 6<sup>th</sup> from 10am until 12noon at the Athol Senior Center. Please call in or stop by the office to register 978-249-8986. Share this information with your family and friends and help spread the word!!

## COA BOARD NOTES

- The COA Board met on 1/9/23.
- The Board Meeting Minutes from the December meeting were read and approved as amended.
- Treasurer's Report was presented and approved.
- A representative from Quabbin Valley Healthcare will present to the COA, possibly at February meeting
- Lynn Feldman of Life Path will present to the COA and Petersham Partners, possibly at March meeting

### COA Officers 2023:

Chair– Kay Berry

Co Vice-Chairs– Sheila Youd and Lynn Shaw

Treasurer– Rebecca Davis

Recording Secretary– Pam Chevalier

Newsletter Editor– Robin Koenig

Correspondence Secretary– Cynthia Crosson

Meals Site Manager– Paul Williams

Events Coordinator– Kat McCrohon

Foot Clinic Coordinator– Marilyn Fisher

LifePath Citizens Advisory Board Rep.– Lynn Shaw

## FEBRUARY 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.**

2/1– Cheese Lasagna Roll, Marinara and Mozzarella, Brussels sprouts, wheat bread, apple fritter.

Total calories: 842. Total sodium: 1128 mg

2/8– Chicken with red pepper sauce, orzo pilaf with spinach, capri vegetable blend, wheat bread, blueberry Snack n loaf.

Total calories: 707. Total sodium: 1000 mg

2/15– Baked Salmon, lemon picatta sauce, rice pilaf, mixed vegetables, multigrain bread, fresh fruit.

Total calories: 663. Total sodium: 649 mg

**Come to enjoy a Valentine's Day Surprise and refer to Events Calendar for Paint A Rose Class after Lunch!**

2/22– Breaded Chicken Drummer, mashed sweet potatoes, broccoli, multi grain bread, fresh fruit.

Total calories: 648. Total sodium: 845 mg

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

### CUT HERE

Please return to COA via drop box at Town Office or by mail to: COA c/o Petersham Town Office, PO Box 486

Please also feel free to reach out to Kat McCrohon, Events Coordinator, at [kathykmdc@gmail.com](mailto:kathykmdc@gmail.com) or 508-404-7552

## SURVEY FOR FUTURE COA EVENTS

What group events would you be interested in for the coming year?

Bus trip to: ☐ Worcester Art Museum  
☐ a show at Hartford Theater  
☐ a show at Hanover Theater  
☐ WooSox Game  
☐ Big E

Other suggestions welcomed!

## Food Safety Before, During, and After A Power Outage

### Before: Plan ahead if you can

- Put appliance thermometers in your refrigerator and freezer
- Keep your freezer at 0° F or below
- Keep your refrigerator at 40° F or below
- Group foods together in the freezer to help food stay colder longer
- Freeze containers of water and/or get ice packs or block ice for keeping the fridge and freezer cold
- Keep the freezer full-- Fill empty spaces with frozen containers of water or ice. Freeze refrigerated items that you don't need immediately
- Store nonperishable foods on higher shelves to avoid flood water

### During: While the power is out...

- Keep the refrigerator and freezer doors closed to maintain cold temperature If doors stay closed...
- A full freezer will hold its temperature for 48 hours; if half-full, for 24 hours
- A fridge will keep food safe for 4 hours
- If power outage is expected to be longer than 4 hours:  
Transfer food from the refrigerator to a cooler and fill with ice or frozen gel packs. Make sure the cooler stays at 40°F or below.
- During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals.
- FIRST use perishable foods; SECOND use foods from the freezer; THIRD use canned and shelf-stable foods

### After: Determine what to save and what to throw out

#### What can I keep?

Foods kept at safe temperatures should be fine

Foods that are usually safe:

- Hard cheeses • Butter or margarine • Opened fruit juices • Opened canned fruits • Jelly, relish, ketchup and other acidic condiments • Peanut butter • Bread & baked goods • Fruit pies • Fresh herbs & spices • Un-cut raw vegetables & fruit

#### What should I throw out?

- Meat, poultry, or seafood products • Soft & shredded cheeses • Milk & other dairy • Opened baby formula • Eggs • Cooked pasta • Cooked or cut produce • Leftovers

**When in Doubt, Throw it OUT!**

This vase has had more than enough of your shenanigans.



### *...SERENDIPITY...*

Would you like to share with others in our community?

Poems, art work, recipes, photos, gardening tips or any other pieces that express your passions?

We would like to make our newsletter more interactive for all of us!

Please keep in mind that we can only copy in black and white.

Please send submissions to COA c/o Town Office, PO Box 486 or [RKoenigMA@msn.com](mailto:RKoenigMA@msn.com).

I remember the spoon's taste more than the Ice Cream .



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