

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

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NEWSLETTER

February 2024

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.



Petersham Partners' Volunteers have been busy!

In November and December, they provided:
12 round-trip rides for medical appointments
3 home tasks
11 trips for shopping and errands
3 medication pick-ups
Pet care for a hospitalized resident

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

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.

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.

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.

7	Carb	Sod
	g	mg
Alaskan Breaded Pollock	16	190
Herbed Rice	9	98
Ratatouille	5	116
Wheat Bread	17	90
Tropical Fruit	17	0
Total Sodium (mg): 653		
Carbs (g): 76; Calories: 618		
14	Carb	Sod
	g	mg
Pollock 4oz w/		
Mediterranean Sauce 2oz	5	239
Herbed Rice	9	98
California Blend Veg	6	30
Wheat Bread	17	0
Peaches	14	8
Total Sodium (mg): 624		
Carbs (g): 64; Calories: 546		
21	Carb	Sod
	g	mg
Chicken & Rice Bake- 1cup	21	369
Fiesta Blend Veg	14	23
Dinner Roll	17	180
Vanilla Pudding	34	174
Total Sodium (mg): 906		
Carbs (g): 98; Calories: 779		
28	Carb	Sod
	g	mg
Macaroni & Cheese* 11oz	88	548
Broccoli	6	12
LS Multigrain Bread	24	135
Yogurt	33	80
Total Sodium (mg): 936		
Carbs (g): 164; Calories: 937		

LifePath Hot Lunch Meal Component Descriptions

Chicken Stir Fry: Mix of Asian blend vegetables & chicken with teriyaki sauce.

Chicken & Rice Bake: Chicken w/ Rice baked with onions, celery, mushrooms, peppers, carrots, with thyme, black pepper, sour cream, milk, and cheese.

Chicken w/ Sauteed Vegetables: chicken with zucchini, tomatoes, red peppers, onions, mushrooms, basil and oregano.

Chicken Souvlaki: Chicken cooked with a light lemony sauce with lemon juice, red wine vinegar, garlic, oregano, and black pepper.

Chicken Diane: Chicken cooked with a lemon mustard sauce with scallions.

Chicken Marsala: Chicken with a mushroom sauce which has mushrooms, cooking wine, cornstarch, black pepper, onions, and garlic.

Chicken Scallopini: Chicken with fresh mushrooms, fresh parsley, lemon juice, oregano, and rosemary.

Chicken Cacciatore: Chicken with a tomato-based sauce with fresh green peppers, onions, and mushrooms.

Aloha Chicken: Chicken with a sauce that includes pineapple, red and green peppers, red wine vinegar, cinnamon, and kitchen bouquet seasoning.

American Chop Suey: macaroni pasta topped with ground beef w/ tomato sauce, red peppers, onions, garlic, parsley, oregano, basil, & black pepper.

Beef Burgundy: Beef round with beef gravy, cooked with mushrooms, carrots, and seasoned with black pepper and garlic.

Shepherd's Pie: Ground beef w/ mashed potatoes, mixed vegetables, & gravy.

Beef Stroganoff: beef meatballs with beef gravy, mushrooms, and sour cream.

Beef Chili: ground beef with tomatoes, red peppers, onions, kidney beans.

Pollock w/ Mediterranean Sauce: Wild pollock fish in sauce with tomatoes, olives, onions, cream sauce, garlic powder, black pepper, oregano, & thyme

Mixed Bean and Vegetable Stew: stew with onions, peppers, celery, carrots, zucchini, garlic, broccoli, tomatoes, corn, garlic, mix of beans (white, red, black, garbanzo), and seasonings

Vegetarian Lentil Stew: Thick soup with lentils, onions, carrots, potatoes, celery, basil, garlic, tomatoes, and topped with shredded cheese.

Black Bean and Barley Chili: Tomato-based stew with onions, celery, mixed vegetables, black beans, and barley, flavored with chili powder and cumin, and topped with cheddar cheese.

Broccoli Egg Bake: a casserole-like dish with broccoli, onion, cheese baked with egg

Ratatouille: Zucchini, tomatoes, eggplant, mushroom, onions, and Italian seasoning

Root vegetables: butternut squash, carrots, turnip, and Italian seasoning.

Tuscany Blend Vegetables: celery, carrots, green beans, cauliflower

Jardiniere Blend Vegetables: Zucchini, lima beans, green beans, carrots, cauliflower, green peas

California Blend Vegetables: broccoli, carrots, cauliflower

Fiesta Blend Vegetables: broccoli, lima beans, corn, red peppers

Asian Blend Vegetables: green beans, broccoli, onions, mushrooms, red peppers

Italian Blend Vegetables: Zucchini, broccoli, green beans, lima beans, carrots

Spring/Summer Blend Vegetables: Cauliflower, carrots, peas

Riviera Blend Vegetables: green beans, cauliflower

Roman Blend Vegetables: broccoli, cauliflower, red peppers



Beets



Fun Facts:

- Betanin is the pigment that gives beets their purple-red color; it is known for cancer-fighting properties.
- Beet juice can be used as a natural dye.
- Sugar beets are used in making commercial sugar.

Nutrition & Health:

- 1/2 cup boiled beets have 37 calories, 1.4 g protein, 0 g fat, 8.5 g carbs
- Beets are a good source of potassium, magnesium, folate, and fiber
- Beets have natural nitrates which can support cardiovascular health.
- Studies have shown beet juice supplementation to lower blood pressure

Use and Storage:

- Beets can be eaten raw or cooked. Beet greens are also edible.
- Popular ways of eating beets include roasted, in soup, juiced, pickled, fermented, and shredded in salad.
- Store roots in a damp towel or plastic bag in the fridge for 2 weeks.
- Cooked beets can be stored in the freezer.

Pickled Beets:

Ingredients:

- 3 cups sliced cooked & peeled beets
- 1 cup apple cider vinegar
- 1 cup water
- 3 Tbsp sugar
- 1 Tbsp salt
- 3/4 tsp whole mustard seeds
- 3/4 tsp whole black peppercorns

Instructions:

1. Slice cooked beets and place them in a quart jar.
2. In a small saucepan, combine vinegar, water, sugar, salt, mustard seeds, and peppercorns. Bring mixture to a boil and cook until sugar and salt dissolve.
3. Pour brine over the beets to cover completely. Let cool to room temperature.
4. Chill and store in refrigerator for up to 3 weeks.
5. Enjoy on salads, sandwiches, in soup, or as a snack.

Beet Soup:

Ingredients:

- 6 medium beets
- 2 Tbsp butter
- 2 Tbsp olive oil
- 1 quart water
- 1 scallion, finely chopped
- salt and pepper to taste
- sour cream

Instructions:

1. Peel beets & chop coarsely.
2. Sauté beets in butter & olive oil until tender.
3. Add water, bring to boil, and simmer about 15 min.
4. Puree soup with blender
5. Season to taste.
6. Serve with sprinkle of scallions and dollop of sour cream..

Alzheimer's Association,
MA/NH Chapter offers a
24/7 HELP LINE
1-800-272-3900

- A No-Cost service
- 24 Hours a day, 7 days a week
- Confidential
- Experienced counselors
- Up-to-the-minute information
- Links to programs & services
- Ongoing guidance

Did you know... LifePath offers a Phone Pal program? Pals are matched based on interests, hobbies and life-experience. Phone pals chat once a week. Adults of all ages, abilities and backgrounds are encouraged to apply to be a phone pal. Contact LifePath at 413-773-5555 for more info.

SCAM ALERT!



People you meet online aren't always who they say they are.

SIGNS OF A SCAM

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

WHAT TO DO

Never send money or gifts to anyone you haven't met in person, even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or pay by cryptocurrency.

Once you send it, you won't get your money back.

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**





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	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

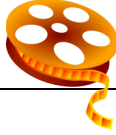





FRIDAYS

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 FEBRUARY

2/2, 7:00 pm	Family Movie Night- Groundhogs Day	Petersham Congre- gational Church	Free	
2/3, 2 to 4 pm	Public Forum: Petersham's Open Space & Recreation Plan	Lower Town Hall		
2/3, 10:30 Part I 4:00 pm Part II	Light the Blochar Retort Wake-Up and Wassail the Apple Trees	Behind the library Petersham South Common	Free	 Coordinated by the Petersham Grange
2/3, 4:00 pm	Friends of the Stone Church Valentine Gala	Hardwick Crossing Country Club, Gilbertville	\$65/person Reservations Required.	Buffet, music and silent auction
2/3, 7:00 pm	Petersham Jams	Davis Memorial, 3 West Street	Donations welcome	
2/7, 3 to 4:30	Quilling– The art of folding paper into beautiful designs	Petersham Center School Cafeteria	Free Multi-generational	Register with Chris at Chrisoudors71 @gmail.com
2/9, 5:30 to 7:30 pm	Valentine's Paint and Sip	The Stone Cow, Barre	\$40 Paint a charcu- terie board	Registration required. See Stone Cow website.
2/12, 12:30 to 1:30 pm	Rep. Aaron Saunders	Petersham Memorial Library	Free	
2/13, 6:00 pm	Mystery Discussion: <i>A Bend in the Road</i> by Nicholas Sparks	Athol Public Library	Free	For Zoom link, call 978-249-9515
2/16, 7:00 pm	Couples Game Night	Petersham Congre- gational Church	Free	Can pair with someone once there
2/17, 10:30 to 12:30 	Petersham Rabies Clinic	Town Barn	Donations welcome	For questions, contact Petershamboh @verizon.net
2/17 at noon 	Lasagna To-Go Dinner	Petersham Congregational Church	\$25 for half-pan, serves 6, veggie or meat	Order by 2/13 at 978-724-3362
2/23, 6 to 8 pm	Learn to Curl Clinic	Petersham Curling Club	\$40	2 hour instruction
2/26, noon	Booked for Lunch: <i>West with Giraffes</i> by Lynda Rutledge	Athol Public Library	Free	
2/27, 6:30 to 7:30	Monthly Book Club: <i>Finding Me</i> by Viola Davis	Woods Memorial Library, Barre	Free	

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

LifePath Healthy Living Program UCLA Memory Training

For people with mild age-related memory challenges, Memory Training teaches memory-enhancing techniques and practical strategies to boost memory functioning. The Memory Training program is a four-week course taught by certified trainer, Andi Waisman. Trainer presentations are combined with group discussions, memory checks, and skill builders. The course is designed to help participants acquire strategies for the top memory challenges. For more information or to register for a workshop, call 978-544-2259 x2297

Where: Athol Senior Center

Thursdays, Feb 1-22, 1:30PM -3:30PM

Meals on Wheels LifePath Inc. of Greenfield

Meals on Wheels provides home delivered meals to home-bound seniors, age 60 and older and/or disabled, who are not able to prepare nutritious and balanced meals for themselves. To register, please call 1-800-732-4636.

Monthly Movie at Athol Senior Center -

"JUDY" Thurs, Feb 29 at 1pm Critically acclaimed, "Judy is a 2019 biographical drama film based on the life of American entertainer Judy Garland. The film stars Renée Zellweger, Jessie Buckley, Finn Wittrock, Rufus Sewell, and Michael Gambon." Popcorn and Beverage provided.

Home Modification Loan Program (HMLP)

The Home Modification Loan Program provides no interest loans to modify the homes of older adults.

The HMLP provides loans for home modifications, helping individuals with disabilities and older adults live more independently. Established in 1999, the program covers various modifications such as ramps, bathroom adaptations, and additional living space. Loans range from \$1,000 to \$50,000 based on household size and income, secured by a promissory note and mortgage lien. Manufactured homeowners can borrow up to \$30,000. Borrowers receive a 0% interest, deferred payment loan, with repayment upon property sale or title transfer. Regional provider agencies assist applicants across the Commonwealth. For more information visit <https://www.mass.gov/home-modification-loan-program-hmlp>

SERENDIPITY....

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

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. Send entries to Robin Koenig, RKoenigMA@msn.com



Some artists of the 50's are revising their hits with new lyrics to accomodate baby boomers. Here's a few:

1. Herman's Hermits- Mrs. Brown you've got a lovely walker.
2. The Bee Gees- How can you mend a broken hip.
3. Bobby Darin- Splish Splash I was Having a flash.
4. Ringo Starr- I'll get by with the help from depends.
5. The Commodores- Once, twice, three times to the bathroom.
6. Marvin Gaye- Heard it from the Grape Nuts
7. Leo Sayer- You make me feel like napping.
8. Willie Nelson- On the commode again.
9. Procol Harem- A whiter shade of hair.
10. Johnny Nash- I can't see clearly now.
11. Helen Reddy- I am woman hear me snore.
12. Abba- Denture Queen.

I don't mean to brag, but I put together a puzzle in 1 day and the box said 2-4 years.



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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