

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

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COA



NEWSLETTER

APRIL 2021

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

ADDRESS SERVICE REQUESTED

TOWN ELECTION UPDATE

The Annual Town Election has been rescheduled from March 1 to May 17. Nomination papers are now available. They may be obtained at the Town Clerk's Office until Monday, March 29, 2021 at 5:00 p.m. or at the SelectBoard's Office. Nomination papers must be returned by Monday, March 29, 2021 at 5:00 p.m. The last day to register to vote is April 27, 2021.

COVID VACCINES FOR ELIGIBLE GROUP (65+ or 2 co-morbidities)

Interested PETERSHAM RESIDENTS, please call the Petersham Board of Health at 978-724-0057 or 978-724-3564 for appointment registration, as supply allows at the Rutland Regional Center.



FREE WELL WATER TESTING FOR PFAS for PETERSHAM RESIDENTS

MassDEP is offering private well owners an opportunity to receive free testing for PFAS (Polyfluoroalkyl Substances) compounds in communities where 60% or more of the consumers use private wells, like Petersham. The link to apply for free sampling is on the Front Page of the Petersham Town Website. For more information about the program, there is also a link to see their FAQ.

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

COA Enrichment/Cultural Programs

The Programs of Storyteller Davis Bates and Musician Dan Kirouac originally scheduled to take place during 2020 will be rescheduled when Senior meals resume indoors at the Town Hall.



Hello SPRING!! Petersham Partners is eager to help you Celebrate!



Blue skies, birds singing...time to get out in the yard. Need a hand with some light clean up before the lawn chairs go out? How about someone to assist bringing outdoor furniture to its summer location? Would you like to have someone stop by to enjoy some light conversation and a cup of tea? Do you need a ride to an appointment? Maybe there is another project where you could use an extra set of hands....we have them! It has been a long year and we all look forward to re-connecting with you. Call Deb at 978-724-0078

One Liners (anonymous)

Despite the high cost of living, it remains popular.

I can tell when people are being judgmental just by looking at them.

I was addicted to the Hokey Pokey, but then I turned myself around.

I can't believe I got fired from a calendar factory. All I did was take a day off.

What's the difference between ignorance and apathy? I don't know, and I don't care.

I can't wait to retire so I can get up at 6 a.m. and drive around really slowly and make everyone late for work.

A man knocks on my door; asked for a donation towards the local swimming pool. I gave him a glass of water.

Before you criticize someone, walk a mile in their shoes. That way when you do criticize them, you are a mile away and you have their shoes.

COA BOARD NOTES

- The COA Board met on March 10, 2021 at 10:10 a.m.
- December 9, 2020 Board **Meeting Minutes** were approved as amended.
- **Treasurer's Report** was read and approved.
- **Reminder:** Grab n Go Lunches will continue until indoor meals are approved.
- **Enrichment programs:** Storyteller Davis Bates & Musician Dan Kirouac will be rescheduled once indoor meals are approved. Watch for future updates.
- **Fitness Programs:** Chair Yoga and Tai Chi continue to be held. See Fitness section for details. All participants must wear masks. Limited at this time to 10 people including instructor.
- **Health Programs:** No Health Programs are scheduled due to Covid-19 restrictions.

Discussions:

- (1) The Board continues to look for new members. Interested: Contact Kay Berry at 978-724-6610
- (2) Free Printer Ink Cartridge: If anyone can use a black/color 564XL ink cartridge contact Kay.
- (3) Board was updated on Covid-19 information received from the State since the last COA meeting.
- (4) The contract for the Elder Affairs grant has been completed and signed by Select Board Chair.
- (5) The annual requested COA budget has been submitted for inclusion in the Town Budget.
- (6) Board members received and completed Conflict of Interest Forms required by the Town.
- (7) Worcester County Sheriff's Office supplied the COA with File of Life Cards & Personal Protective Packs to include with Grab n Go lunches. They also do House Numbering for anyone requiring it.
- (8) LifePath has been wonderful to the COA during the pandemic. They recently sent appreciation gifts to the Grab n Go lunch volunteers; Kay Berry, Janice Olson, Phil Hanno, and Sandy & Marc Page.
- (9) Janice Olson asked for someone to take over organizing the yearly BigE trip. Janice has been the organizer for years and was thanked by the Board. Phil Hanno agreed to take over.

*The next Board meeting will be on:
Wednesday, April 14, 2021 at 10 a.m. in the Lower Town Hall.*

LifePath Offers a Wide Range of Senior Services

You can contact LifePath at 413-773-5555, 978-544-2259 or 1-800-732-4636

Did you know that our local social service agency, LifePath, can help you with the following:

Adult Family Care, Benefits Counseling, SHINE Health Insurance, Rainbow Elders, Options Counseling, Personal Care Attendant, Money Management, Senior Dining Options, Clinical Assessment, Long Term Care Ombudsman, Home Care Services, Healthy Living Program, Elder Protective, Congregate and Supportive Housing, & Dementia Caregivers Support.

Introducing a New Newsletter Column: The Recipe Box

Health is Wealth! Such a powerful phrase. Thinking along those lines, we would like to introduce a new section to the newsletter called "The Recipe Box". Anyone who would like to share a *healthy recipe* in any category, meat or meatless dishes, soups, breads, salads, casseroles (even desserts can be made heart healthy), we would welcome your input. If you have a special recipe that you would like to share, please submit it to: fishermarilyn47@yahoo.com

NOTE: Recipe inclusion will be based on space availability in each months' newsletter.

ELDER CARE 2021: A Virtual Event - Save the Date: May 3, 2021

Presented by: Sheriff Lew Evangelidis Worcester County Sheriff's Office and Central Mass Agency on Aging

You will be able to watch Elder Care 2021 by going to YouTube and typing "CMAA SeniorConnection" in the search.

For more information contact: Amber Krasinski at: akrasinski@seniorconnection.org or 774-239-5961

Donna Ostiguy at: dostiguy@worcestercountysheriff.org or 508-796-2638

TECH SUPPORT SCAM

The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.

They might try to gain access to your computer to steal your personal information.

Here's what you can do: Just Hang Up

Don't click on any links in an email or pop-up screen

Never give someone else control of your computer & DO NOT share your passwords

Do not give your financial information to someone you do not know

Keep your computer's security programs up to date

Questions: Contact Northwestern District Attorney's Consumer Protection Unit Greenfield: 413-774-3186

COA Sponsored SPRING YOGA, and T'AI CHI CLASSES

Tai Chi and Chair Yoga Classes are being held in The Town Hall. Both Chair Yoga and Tai Chi will be limited to 50% of the Town Hall's capacity for each class. Masks and social distancing are required.

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 being held on Wednesdays from 4 to 5 p.m.

April 7, 14, 21, and 28 Suggested Donation: \$5.00

The Chair Yoga classes with Loren Magruder are being held in the Town Hall.

Classes are held on Wednesdays at 10 to 11 a.m.

April 7, 14, 21, and 28 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.

Regular Yoga Classes and Fitness Classes have not been scheduled at this time. If you have previously attended these classes you will be notified when they are about to resume.

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.

APRIL GRAB n GO LUNCH MENU

NOTE: Pick Up Time is on Wednesday at 12:00 Noon

Apr. 07 - Cheese Omelette w/ Cheese Sauce, Pork Sausage Patty, O'Brien Potatoes, Spinach, Wheat Bread, Snack n Loaf

Apr. 14 - Chicken Jambalaya, Brown Rice, Mixed Vegetables, Wheat Bread, Assorted Fruit (cup)

Apr. 21 - Roast Pork with Gravy, Bread Stuffing, Glazed Carrots, Marble Rye, Applesauce

Apr. 28 - Breaded Chicken Drummer, Chantilly Potatoes, Capri Veg Blend, Wheat Dinner Roll, Cookie

To reserve a meal or notify of cancellation call Kay Berry at 978-724-6610 by Monday afternoon.

Suggested donation is \$3.00 per meal.

Luncheons will be held on Wednesdays at 11:30 a.m. once they are again able to be held in the Town Hall.

Just for Asking by Marilyn Fisher: Are Falls a Natural Part of the Aging Process?

A fall can end in death or disability in a split second but with a few simple precautions you'll be sure to stay safe. Because the aging process can affect vision, hearing, strength and balance, adults 65 and older are at an elevated risk for falls, however; *falls are not a natural part of aging and can be prevented.*

FACTS

- Falls account for nearly one third of all non fatal injuries in the United States
- Every 20 minutes an older adult dies from a fall
- More than 1 in 4 adults fall every year, fewer than 1/2 tell their doctor
- 3 million older adults are treated in the ER each year for falls
- More than 800,000 patients are hospitalized each year for fall injuries, most often for head injuries or hip fracture

HERE ARE SOME TIPS TO KEEP YOURSELF SAFE FROM A FALL

- Talk to your physician about any personal falls
- Pay attention to your medications as some can cause drowsiness, dizziness and feeling light headed
- Vitamin D deficiency can increase fall risk
- Have your hearing and vision tested annually
- Use a walker or a cane if necessary

MAKE YOUR HOME SAFER

- Clear your floor of all clutter that may cause someone to trip
- Remove, tack down or secure rugs to keep them from sliding
- Arrange or remove furniture to have plenty of room for walking
- Store or place essential items where they are within easy reach
- Add grab bars around, in or next to tub or shower as well as next to toilet
- Place railing on both sides of stairs
- Always have good lighting and wear the right shoes



Taking a few simple steps to avoid a fall, will not only save you from a serious injury but can prolong your life.

**Credits: CDC (Centers for Disease Control and Prevention)
NSC (National Safety Council)**

The email for Petersham Council on Aging is PshamCOA@gmail.com and can be used to request electronic newsletters.

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COA Newsletter Editor: Sandy Page: 978-724-3273

COA Board Chair: Kay Berry: 978-724-6610