

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

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COA



NEWSLETTER

APRIL 2022

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

ADDRESS SERVICE REQUESTED

COA Hot Lunches are Back on Wednesday's at 12:00 Noon!

Paul Williams is our Meal-Site Manager and is ready to take your reservation by Monday. Call Paul at: 978-821-5549 or email: pablopicaso6@hotmail.com. If you are a vaccinated senior and want to get together please come and join us. Suggested donation is \$3.00 and masks are required. **Do you need a ride?** Call Petersham Partners at 978-724-0078.

LifePath Message

"LifePath, a nonprofit organization serving older people, people with disabilities, and caregivers in Western and Central Mass, helps people stay independent in their homes and communities. For example, they offer in-home services, Meals on Wheels, health insurance help, and much more. To stay up to date on the latest information on aging and services in our area, please sign up for LifePath's weekly e-newsletter, The Good Life, by visiting their website at LifePathMA.org and scrolling to the bottom right, or calling 413-773-5555 or 978-544-2259 and asking for the editor of The Good Life, Janis Merrell. A monthly print version is available upon request."

Petersham Transfer Station News!



The Transfer Station has added a Second Day of Open Hours
The Transfer Station is now open on Wednesdays: 1:30 p.m. to 4 p.m.
Saturday hours continue as usual: 9 a.m. to 2 p.m.
Permit required as usual



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

Petersham Art Center

Katie Locke will give a class on **Ukrainian Egg Decorating**

Date: Saturday, April 2nd **Time:** 10:00 a.m. to Noon

Cost: \$10. Members / \$30. Non-members with Materials Fee of \$5. paid directly to the instructor.

Ages: Teen - Adult Register early ~ Class size is limited!

To register: Contact Chris at: ceaton@massaudubon.org

COA Monthly Foot Clinic held in Lower Petersham Town Hall

Clients must bring their own towels. Masks Required. Each person pays \$5.00 at the appointment.

Appointments are required and are available from 9 a.m. until 10:15 a.m.

2022 Dates: April 7, May 5, June 2, July 7, August-no clinic, Sept. 1, Oct. 6, Nov. 3, Dec. 1

For Questions or Appointments: Contact Marilyn Fisher at: 978-724-3223; or by email: fishermarilyn47@yahoo.com

Petersham Memorial Library

The library is now open for masked browsing. Our hours are:

Tuesdays 10-5; Wednesdays 2-7; Fridays 2-5; and Saturdays 9-1

If you prefer curbside pick-up, please call us at 978-724-3405 during operating hours to arrange with a librarian.

Community Read ~ Walk and Discussion with Lydia Mapes, Author of *Witness Tree*

Join us for a walk and discussion with Lydia Mapes, author of *Witness Tree* on **May 22**. In *Witness Tree*, environmental reporter Lynda Mapes takes us through her year living with one red oak at the Harvard Forest right here in Petersham. Program sponsored by EQUAL (East Quabbin Association of Libraries). Copies of *Witness Tree* available to check out.

Congregational Church Take Out Dinner

What: Lasagna half pans **Where:** Congregational Church - 21 North Main St.

When: Saturday, April 9th. **Includes:** Half steamed pans of either vegetarian or meat Lasagna

Also will be offering single servings for those who do not want a half pan (cooked & cooled). Ask for price when reserving.

Pick-up Time: 5:30 p.m. **Price:** \$25.00 per half pan Reservations a must! **Call:** Janice Olson: 978-724-3362

COA BOARD NOTES

- The COA **Board met** on March 14, 2022 at 10:00 a.m.
- The February 24, 2022 **Board Meeting Minutes** were read and approved.
- **Treasurer's Report** was read and approved.
- **Enrichment Programs:** No enrichment programs are scheduled at this time.
- **Health Programs:** The Foot Clinic has openings for new clients. See above information.
- **Fitness Programs:** Chair Yoga, Floor Yoga & Tai Chi are going well. New participants welcome.

Discussions:

- (1) Kay welcomed Cynthia Crosson as new Board member.
- (2) Kay stated there were just 50 responses to the "Age Friendly Survey" sponsored by AARP and distributed by LifePath.
- (3) As a follow-up to a discussion at the last meeting, Sheila reported that the Town is now installing more railings in front of Town Hall to facilitate accessibility.
- (4) Kathy is coordinating plans for a COA bus trip to the Big E, or a WooSox game, or both. Kathy suggested different dates and price options provided by Silver Fox Bus Company.
- (5) Kathy reported on the upcoming "Technology Day." Twelve people have signed up for support.
- (6) Pam announced that LifePath's annual Walkathon will take place in Greenfield on May 7th.

The next Board meeting will be on:

Monday, April 11, 2022 at 10 a.m. in the Town Hall.



Petersham Partners

Does the yard need a bit of sprucing up for spring? Ready to get the summer lawn furniture out?

Our volunteers are ready to help with all sorts of home assistance.

Do you need a ride for an appointment? Our vaccinated volunteers are standing by ready to drive.

How about a visit from someone to help with some paperwork tasks? Volunteers are here!

Call 978-724-0078 with questions or requests. Think spring!!

JOKES

How do you get an astronaut's baby to sleep? You rocket!

When you look really closely, all mirrors look like eyeballs.

What's an astronaut's favorite part of a computer? The space bar.

Did you hear about the kidnapping in the park? They woke him up

Parallel lines have so much in common. It's a shame they'll never meet.

Why did it take so long for the pirates to learn the Alphabet? They got stuck at C.

What did the left eye say to the right eye? Between you and me, something smells.

Why did God make only 1 Yogi Bear? Because when he tried to make a second one he made a Boo-Boo.

What is the difference between a Fenway Frank & a Yankee Hot Dog? You can order a Fenway Frank in October.

Where to Find Hidden Cash

If you are clearing out a loved one's house, check these spots first

The urge to stash money at home for emergencies is a common one.

If you are helping a family member downsize, be sure to check these places for cash or valuables.

- ◆ **Toilet Tanks:** Look for a jar filled with cash or jewelry. Also make sure nothing is taped inside the lid.
- ◆ **Freezers:** Gold coins frozen in ice and plastic zipper bags filled with cash have been found.
- ◆ **Bookshelves:** Check for hollowed out bibles or dictionaries. Then shake every book, where money has been found.
- ◆ **Pantries:** Look inside cereal boxes, flour bags, and coffee cans.
- ◆ **Under Floorboards:** Check for loose boards under throw rugs, new nails, and loose wall to wall carpet.
- ◆ **Old Trunks:** Steamer trunks have compartments built into them, check under the lining and look for a false bottom.
- ◆ **Closets:** Go through every piece of clothing and every box. Money has been found inside pockets & in shoe boxes.
- ◆ **Drawers:** Women's vanities usually have one drawer with a false bottom to hide jewelry.

Adapted from: *Keep the Memories, Lose the Stuff*, by Matt Paxton Published by: Penguin and AARP

COA SPONSORED SPRING YOGA, and T'AI CHI CLASSES

T'ai Chi and Chair and Floor Yoga Classes are being held in The Town Hall. 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 held on Wednesdays from 4:30 to 5:30 p.m.

April 6, 13, 20 and 27

Suggested Donation: \$5.00

Chair Yoga classes with Loren Magruder are held on Wednesdays from 10 to 11 a.m.

April 6, 13, 20 and 27

Suggested Donation: \$7.00

Floor Yoga classes with Loren Magruder are held on Tuesdays from 10 to 11 a.m.

April 5, 12, 19 and 26

Suggested Donation: \$7.00

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.

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.

Elder Protective Services Program

Everyone has the right to be safe. Sometimes elders are at risk for physical or emotional injury or are at risk due to self-neglect. The Protective Services Program can help.

What is Elder Abuse?

Massachusetts law (MGL Ch. 19A, Sec. 14-26) defines elder abuse as acts or omissions resulting in serious physical, sexual or emotional injury or financial loss to an adult age 60 or older.

Elder Abuse Includes:

Physical, sexual and emotional abuse; Caretaker neglect; Financial exploitation; and Self-neglect

What is Elder Protective Services?

Protective Services is for those experiencing abuse or neglect by others or for elders who may be unsafe because of an inability to care for themselves.

How do I Report Elder Abuse?

Anyone may report suspected cases of abuse. All calls and the identity of the reporter are confidential. Elder Protective Services 24/7 Hotline: 1-800-922-2275. If you are concerned about an older adult (age 60 or older), and have reason to believe they are a victim of elder abuse, neglect, self-neglect or financial exploitation, call the Massachusetts-based Elder Abuse Hotline at 1-800-922-2275, or file a report online at: www.mass.gov/report-elder-abuse.

Every community in Massachusetts is covered by a designated Protective Service Agency, including LifePath. All reports will be referred to and handled by the designated Protective Service Agency. The agency will determine if an investigation is warranted and if so investigate the situation and determine the best course of action to alleviate the risk. All calls are confidential.

LifePath's Protective Services Program handles reports in Franklin County or the North Quabbin area which includes Athol, Petersham, Phillipston and Royalston. LifePath also provides Elder Protective Services in Berkshire County through the Berkshire Elder Protective Services office.

AARP's new Book, 'The Whole Body Reset', shows why protein is the secret to better health.

By: Stephen Perrine Source: AARP Bulletin, March 2022

Studies show that older adults need at least 25 to 30 grams of protein at a time to stimulate the same muscle-building process that a young person can get from just a couple of eggs. The human body is constantly breaking down and building up muscle. But when the destruction of muscle outstrips its rate of repair over the long term, that eventually leads to loss of muscle tissue. The less muscle we have the more fat we gain. Muscle not only burns more calories, but it helps to control blood sugar. Muscle loss has been linked to increased risk of diabetes, cancer, heart disease, Alzheimer's and a compromised immune system.

How to Preserve Muscle at Age 50+

- Eat at least 25 grams of protein (for women) or 30 grams of protein (for men) at every meal, especially breakfast.
- Eat colorful fruits & vegetables at every meal & snack. Studies show that the more inflammation-fighting produce you eat, the more muscle you retain as you age.
- Up your fiber intake with whole grains and legumes. A poll of dietitians found that beans, lentils, and split peas were the most recommended fiber sources.
- Try strength training. Studies show when people in their 60s mix protein rich meals with resistance exercise, their bodies respond as though they were in their 20s.

Quotables

"If the last two years have taught us anything, it's to cherish our relationships" — Billie Jean King

"Making friends later in life is really rare, and really rewarding" — Bruce Springsteen

"Gratitude is the antidote to fear, and there is always something to be thankful for." — Singer/actress Rita Wilson

Dear LifePath Community Partners

In just about 2 months, LifePath's Walkathon will celebrate 30 years of bringing together community members whose efforts provide for older adults, individuals with disabilities, and caregivers served by our agency. Each year we are so proud of this effort that is anchored in goodwill for LifePath and the work we do. Information: lifepathma.com (under events).

Please join us for: The All Together Now Festival
Celebrating LifePath's 30th Annual Walkathon
Saturday, May 7, 10 a.m. to 1 p.m.
LifePath's office, 101 Munson Street, Greenfield

EGGS – VILLAIN OR HERO?

Over the years, I'm sure you've heard many discussions about eggs and if they are healthy or not. Most of the time, the discussion is in reference to cholesterol. Current research on dietary cholesterol and eggs continues to grow and shows that eggs can be a part of a healthy diet. The 2020 Dietary Guidelines advisory committee includes in their report that, "The way the eggs are prepared may have more to do with heart disease than the cholesterol that is contained in them". For example, do you eat your eggs fried with bacon or sausage, accompanied by white toast with butter and home fries smothered with cheese? Eating your eggs this way may play more of a role in heart disease risk than the eggs themselves. Together, all these foods increase your intake of saturated fat, and it's the saturated fats that increase your risk of heart disease. A healthier option would be a hard-boiled egg or an egg scrambled in a non-stick pan, with added vegetables or salsa, and served with whole wheat toast.

Eggs are considered a nutrient-dense food. One egg contains vitamins and minerals, essential amino acids, 7 grams of protein, approximately 80 calories, and they are inexpensive compared to other meat or other protein sources. They are easy to prepare and keep you feeling full longer than a pancake or a piece of toast. So can you eat eggs? The answer is yes, in moderation and prepared the right way. Try to avoid the extra saturated fats, including the butter, cheese, and high fat processed meats including bacon and sausage.

Are there other satisfying breakfast or snack choices that won't impact your cholesterol? Consider oatmeal, berries, low fat plain yogurt, egg whites, fruits, nuts, avocado, or peanut butter on whole wheat toast. If you don't have time to prepare oatmeal, a hard-boiled egg is a much better choice than a bagel with cream cheese! Remember, it's about your dietary balance in total.

EASTER is around the corner and many traditions involve dying or coloring eggs, then hiding and hunting for them. Please consider these safety tips and avoid eating those colored eggs if they are not refrigerated.

- When purchasing raw eggs, make sure they are not cracked or dirty.
- Raw eggs may have Salmonella or other bacteria. Wash your hands with warm water and soap before handling eggs and at every step of egg preparation.
- Be sure to keep them refrigerated until it's time to cook them.
- When decorating eggs, be sure to use a food-safe dye and work with chilled, hard-cooked eggs.
- If you color your eggs and you want to eat them, they should be refrigerated after coloring.
- If dyed eggs will be part of your table centerpiece or decorating, or used for an egg hunt, those eggs should be discarded after the event.
- Refrigerated, un-cracked hard boiled eggs will stay fresh for one week.
- Do not eat eggs that have been cooked and out of the refrigerator for more than 2 hours.
- Store eggs in their original carton on a shelf in the refrigerator (not in the door) and use them within 3 weeks for the best quality.
- For best results with hard-cooked eggs, buy the eggs 1 week in advance and refrigerate them.
- Eggs can be "too fresh" to peel easily.

Source: LifePath/ through UW Extension.org

APRIL IN PERSON DINING & GRAB n GO LUNCH MENU

NOTE: Pick Up Time is on Wednesday at 11:45 a.m.
In Person Dining is on Wednesday at Noon

- Apr. 06** - Chicken Drummer, Au Gratin Potatoes, Green Beans, Wheat Bread, Applesauce
- Apr. 13** - Lasagna Roll w/ Meat Sauce, Italian Veg Blend, Italian Bread, Assorted Fruit Cup
- Apr. 20** - Chicken Breast w/ Cacciatore Sauce, Penne Pasta, Italian Veg Blend, Wheat Bread, Dessert
- Apr. 27** - Breaded Cod w/ Tartar Sauce, Winter Squash, Pumpnickel Bread, Fresh Pear

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.

Concerts at the Stone Church Cultural Center for 2022

283 Main Street Gilbertville, MA 01031

MICHAEL POLL and EMI FERGUSON Present *The Court, the Palace, the Ocean, the Trees*

Date: Sunday April 10, 2022 Time: 2:00 p.m.

Michael Poll on guitar and **Emi Ferguson** on flute, will perform works of JS Bach, Domenico Scarlatti, Piazzola's *History of the Tango*, and music by contemporary composers Tōro Takamitsu, Elizabeth Ogonek and Gabriella Ortiz.

Classical guitarist Michael Poll recently obtained his DMus (Doctor of Music) degree from the Guildhall School of Music & Drama in London, focusing his studies on the compositions of Johann Sebastian Bach. Emi Ferguson, who plays modern & historical flute in concerts worldwide and is also a Bach specialist. This concert is being sponsored by Anne Rylestone, DVM, PhD in memory of her husband James Q. Knight, DVM.

Tickets: \$25 pp: email: Events@FriendsoftheStoneChurch.org, or by check to FOOSC, Box 347, Gilbertville, MA 01031.

Saturday 5/07/22 @ 7 p.m. Peter Krasinski presents *IT*, the 1927 classic silent film starring Clara Bow

Saturday 6/11/22 @ 7 p.m. Daniel Brevik bass-baritone; Jennifer Fijal-Brevik mezzo soprano; Malcolm Halliday piano

Saturday 9/24/22 @ 4 p.m. Yulia Zhuravleva violin and Sima Kustanovich piano

Saturday 10/22/22 @ 4 p.m. David Alan Pihl organ/piano; Maria Ferrante soprano; Donald Boothman Memorial Concert

Concerts on the Lawn: Sun. 6/19/22 @ 1 p.m. Weir River Jazz & **Sun. 6/26/22 @ 1 p.m.** Weir River Concert Band

A subscription to the 7 concert 2022 series, including a silent film & two free Concerts on the Lawn, is available for \$100.



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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