

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

PRSR STANDARD  
US POSTAGE PAID  
ATHOL, MA  
PERMIT NO 316

COA



NEWSLETTER

DECEMBER 2021

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

ADDRESS SERVICE REQUESTED

### SPECIAL TOWN MEETING

A Special Town Meeting will be held on Monday, December 6, 2021 at 7:00 p.m. in the Town Hall. Warrant articles will include 3 different scenarios for the Partial or Total Demolition of the Nichewaug Inn & Academy Buildings.

### PFIZER BOOSTER SHOTS AT RUTLAND PUBLIC LIBRARY

Register for your Pfizer booster shot by using the link on the front page of the Town of Petersham Website. All Mass residents are welcome. Don't forget your vaccine card!

### The Petersham Council On Aging Board Still has Openings for New Members!

The COA Board is currently looking for new members. The Petersham COA offers services & activities for elders. The Board meets once a month at 10 a.m. on the 2nd Monday each Month. Anyone wishing information regarding the COA's activities & mission is welcome to attend the meeting on Dec. 13th or call the COA Chair Kay Berry at 978-724-6610.

### COA Monthly Foot Clinic currently held in Lower Petersham Town Hall

The COA Board continues to offer a monthly "Foot Screening" for seniors in Petersham. The treatment is provided by Melinda Powling, owner of "Nails to Envy" in Orange. **Clients must bring their own towels. Masks Required.** Each person pays \$5.00 to Melinda during the appointment, with the balance of \$10.00 paid by the COA for a total of \$15.00.

**Appointments are required.**

**December appointments are available from 8:15 a.m. until 10 a.m. Final 2021 Date: December 2.**

**Starting in 2022 appointments are available from 9 a.m. until 10:15 a.m. 2022 Dates: January 6 and February 3.**

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

### 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

**Located at:** 8 North Main Street **Open:** Thursday through Sunday Noon to 4 p.m.

**Upcoming Class:** Learn to make *Folded German Star Ornaments* with Heidi Strickland

**When:** Saturday December 4, 2021 **Time:** 9 to 11 a.m. **Price:** \$10 members & \$30 non-members

**In the Gallery:** Sylvia Brown; Leather craftswomen & Indigo & Denim; clothing designed & handmade by Emily Arnold  
For information on classes call the Art Center at 978-724-3415, or email Chris at: ceaton@massaudubon.org.

### Petersham Holiday Fine Art and Craft Show and Sale

**When:** Saturday December 4 **Time:** 9 a.m. to 4 p.m. **Where:** Petersham Town Hall

2021 Petersham Holiday Fair, featuring twenty juried artisans, live music, photos with Santa and much more.

### Petersham Memorial Library

**In Person Hours of Operation:** Tues. 10 a.m. to 5 p.m.; Wed. 2 to 7 p.m.; Fri. 2 to 5 p.m.; and Sat. 9 a.m. to 1 p.m.

The library still requires everyone over the age of two to properly wear masks or face coverings in the building at all times.

Please contact us at: 978-724-3405 or at: PetershamLibraryRequests@gmail.com

### St. Peter's Church

**What:** Cut your own Christmas Tree & purchase wreaths, decorations, & goodies **Where:** 6 West Street Petersham

**Sponsored By:** St. Peter's Church & the Christmas Tree Farm **When:** Saturday Nov. 27 10 a.m. to 1 p.m.

### St. Peter's Church Christmas Bazaar

**When:** Saturday December 4 from 9 a.m. to 2 p.m. **Where:** Church Hall 18 North Street

Perfect time to do your Holiday Shopping! Questions contact: 978-724-0205

### Christmas Eve Services - 12/24/2021

**Petersham Unitarian Universalist:** Common St., Rev. Arthen, 4 p.m. Candlelight service w/ organist, Cathy Tyng, Carols, readings & special soloists. Please bring non-perishable food for our donation to the Orange Food Pantry.

**Petersham Congregational Church:** 21 North Main Street, **Time:** 9 p.m.

**St. Peter's Church:** 18 North Street, **Time:** 6 p.m.

## COA BOARD NOTES

- The COA Board met on November 8, 2021 at 10:00 a.m.
- The **October 4, 2021 Board Meeting Minutes** were approved as amended.
- **Treasurer's Report** was read.
- **Enrichment Programs:** Storyteller Davis Bates & Musician Dan Kirouac have been in touch with Kay and have applied for Cultural Council grants for performances to take place in 2022.
- **Health Programs:** The Foot Clinic has openings for new clients. See page 1 for dates.
- **Fitness Programs:** Chair Yoga, Floor Yoga and Tai Chi are continuing into the winter. There is room in each program for more participants.

### Discussions:

- (1) The Board continues to look for **new members**. Interested: Contact Kay Berry at 978-724-6610
- (2) The COA approved Paul Williams as the **new meal-site manager**. Indoor dining will be held each Wednesday at 12 noon. Grab n Go will still be available for pick up at 11:45 a.m..
- (3) The Board discussed offering a class on the Heimlich Maneuver & CPR. Sheila Youd will contact an instructor for a possible date starting in the New Year.
- (4) Since the Holidays are already upon us the Board discussed postponing the annual volunteer luncheon to the spring.
- (5) LifePath thanked the COA for their participation and interest in the Age Friendly Initiative.

**The next Board meeting will be on:  
Monday, December 13, 2021 at 10 a.m. in the Town Hall.**

### JOKE

A guy took his girlfriend to her first football game.  
They had great seats right behind their teams bench on the 50 yard line.  
After the game he asked her how she liked it.  
She replied, "Oh, I really like it especially all the tight pants and big muscles,  
but I just don't understand why they were fighting each other over 25 cents.  
The boyfriend replied "What do you mean?"  
She answered, "Well, they flipped a coin and one team won it. Then all they kept screaming for the rest of the  
game was **GET THE QUARTERBACK, GET THE QUARTERBACK!**  
I'm just like hellooooooo it's only 25 cents."

### 5 Health Benefits of Tai Chi for Seniors (Source: medicare.org)

Tai chi is an ancient Chinese martial art that incorporates a series of weight shifting, body rotations, and semi-squat exercises with deep breathing techniques. Learn how its gentle movements are an ideal body & mind exercise for helping older adults stay healthy and fit.

- 1. Nearly anyone can do it!** Unlike other types of exercise, Tai Chi is a low-impact, slow-motion exercise that is incredibly safe. Its circular movements keep muscles relaxed with minimal strain on bones and joints.
- 2. Addresses key fitness components.** Regular practice of Tai Chi's gentle, physical exercise can improve muscle strength, flexibility, & cardiovascular endurance. Addressing these fitness components may help with age-related issues.
- 3. Helps reduce falls and improves balance.** Older adults who practice Tai Chi may reduce their risk of falling by up to 50 percent, according to an analysis published in the Journal of the American Geriatric Society. A study in The New England Journal of Medicine also found Tai Chi to be effective for balance in people with Parkinson's disease and neurological problems. By targeting leg strength, flexibility, range of motion, and reflexes, Tai Chi's exercises may help you feel sturdier on your feet and ease the fear of falling.
- 4. Improves brain function.** Exercise of all kinds can improve cognitive functioning, & despite being a less aerobic form of exercise, Tai Chi has also been shown to have brain benefits. A study published in the Journal of Alzheimer's Disease reported that Tai Chi is linked to increases in brain volume, delayed dementia, & improvements on tests of memory & thinking.
- 5. Promotes serenity.** Sometimes called "meditation in motion," Tai Chi's deep breathing meditation techniques can help relieve stress and improve feelings of overall well-being. The calming, meditative body movements can help improve breathing efficiency, circulation, and sleep, as well as lower blood pressure & prevent heart disease.

### COA SPONSORED FALL & WINTER 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](mailto:PshamCOA@gmail.com)

**T'ai Chi classes with Valerie & Nick Wisnewski are held on Wednesdays from 4:30 to 5:30 p.m.**

December 1, 8, 15, 22, and 29 Suggested Donation: \$5.00

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

December 1, 8, 15, 22, and 29 Suggested Donation: \$5.00

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

December 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](mailto: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.

## **THE SHINE PROGRAM — (Serving the Health Insurance Needs of Everyone)**

### **Medicare Open Enrollment is Here! Changes to Some Medicare Plans for 2022!**

#### **Medicare Advantage Plans: Aetna Explorer Premier Plan (PPO) plan and Harvard Pilgrim.**

**Stride plans** in Massachusetts will be discontinued as of January 1, 2022

- If enrollees in either of these plans take no action, they will be returned to Original Medicare and **will therefore have no prescription drug coverage**
- Enrollees have a Special Enrollment Period through the end of February 2022 to select a new plan for 2022

**Prescription Drug Plans: Wellcare and Express Scripts** are discontinuing some of their stand-alone prescription drug plans and are moving enrollees into an alternate Wellcare plan for 2022. Premiums may be significantly higher in these new plans.

**Medigap plans:** These are continuously open for enrollment in Massachusetts.

Medicare beneficiaries should review changes to their plans and may select a different plan during **Medicare Open Enrollment which ends 12/7**.

For information and assistance with enrolling in a Medicare Advantage, Medigap, or Prescription Drug plan, contact **SHINE at 1-800-243-4636 or the Centers for Medicare and Medicaid Services at 1-800-633-4227**.

## **PETERSHAM PARTNERS**

Petersham Partners looks forward to lending a hand as we all prep for the upcoming winter. Ready to go, we have teams available to help with everything from stacking wood to moving lawn furniture to yard clean up. Call us to schedule a time for your project! We continue to offer rides to appointments, pick up of groceries, meds, or whatever you need. If you have a question about a project, just give us a call! 978-724-0078

## **Agencies and Services for Seniors**

**Senior Resources overview on mass.gov:** The Commonwealth of Massachusetts offers a number of services to help seniors stay healthy, independent, and engaged in their communities. Learn about programs such as prescription drug assistance, elder financial fraud, caregiver support, housing and more.

**Fuel/Heat Assistance:** The Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills. Call: 800-632-8175

## **SCAM ALERT: FREE TRIAL OFFERS!**

**“Free” Trial Offers can end up costing you more than you expected. They often have hidden costs that keep adding up until you cancel. Before you sign up for a “Free” Trial Offer.....**

- Find out who is behind the offer. Know which company is actually selling the product;
- Research the company. Complaints from consumers can tip you off to “catches” that might come with the trial offer;
- Find the terms & conditions. If you can’t find them or don’t understand them, don’t sign up;
- Watch out for pre-checked boxes. You need to know what you are getting into. You should choose whether or not to check the box;
- Mark your calendar. Free trials usually have a time limit. You may be on the hook to pay for the product if you don’t cancel or return the item on time;
- Find out how you can cancel future shipments or services. If you don’t want them, know the deadlines and how you can get them to stop;
- Read your credit card statements. Make sure you are not being billed for something you didn’t order.

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

**NOTICE of FREE WELL WATER TESTING FOR PFAS**

Mass DEP is continuing with their 'PFAS Private Well Sampling Program' for interested Petersham residents. The program is free for accepted applicants. **Apply at: <https://dwp-pfas.madwpdep.org>**  
A link is available on the Petersham Town Website.

**Worcester County District Attorney's Office**  
**Joseph D. Early, Jr.**

**Community News Brief: Holiday Shopping Scams**

**The Better Business Bureau (BBB) predicts that product shortages and increased online shopping are likely to result in even more online purchase scams this holiday season. In 2020, holiday scams accounted for nearly 40% of all scams reported to BBB Scam Tracker. There are ways to keep yourself safe while shopping this holiday season.**

**The BBB recommends the following to “shop safe and shop smart” while online shopping:**

- **Research before you buy.** BBB.org and shopper reviews can help you do your homework before paying.
- **If the deal looks too good to be true, it probably is.** The top motivating factor for people who made a purchase, then lost money, was price. Don't shop on price alone.
- **Beware of fake websites:** Check the URL, watch for bad grammar, research the age of the domain, and search for contact information.
- **Professional photos do not mean it's a real offer.** Respondents reported that website photos motivated them to engage with scammers, especially for pets/pet supplies, clothing/accessories, and vehicles.
- **Make sure the website is secure.** Look for the “https” in the URL (the extra s is for “secure”) and a small lock icon on the address bar.
- **Be careful purchasing sought-after products.** The risk of online purchase scams rises during the holidays because more people are making online purchases, and scammers offer the most popular products for the season at great prices.
- **Beware of making quick purchases while scrolling through social media.** Scammers have access to tools they need to learn about your buying behaviors, offering exactly what you want at enticingly low prices.
- **Look for the BBB seal.** BBB Accredited Businesses pledge to uphold the BBB Standards for Trust & to deal fairly with consumers. If a business displays a BBB seal, verify it by going to BBB.org.
- **Use secure and traceable transactions and payment methods.** According to BBB's research, those who paid with a credit card were less likely to lose money.
- **Shipment tracking information can be faked.** Look closely to make sure it is a legitimate business. Avoid clicking on the tracking link. Go to the shipper's website and type in the code.

**If you think you may have been a victim of a scam, you should do the following:**

- **Attempt to contact the merchant.** Attempt to contact the merchant and keep a record of your outreach. Contacting them in writing is a good way to leave a paper trail of the attempts.
- **Contact your credit card company.** If you used a credit card to make a purchase, contact the credit card company and open a claim dispute.
- **Contact the BBB and submit a claim.**

Claims can be submitted to the BBB through their secure website: <https://www.bbb.org/file-a-complaint>.

**Information adapted from the Better Business Bureau**

**DECEMBER GRAB n GO & IN PERSON DINING LUNCH MENU**

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

- Dec. 01** - Baked Pollock with Mediterranean Sauce, Orzo Pilaf w/Spinach, Carrots, Wheat Bread, Fresh Clementine
- Dec. 08** - Shepherd's Pie with Gravy, Brussels Sprouts, Wheat Bread, Fresh Apple
- Dec. 15** - Breaded Chicken Drummer, Cinnamon Sweet Potatoes, Calif. Veg Blend, Multigrain Bread, Flavored Applesauce
- Dec. 22** - Baked Cod with Red Pepper Pesto, Orzo Pilaf w/Spinach, Peas & Carrots, Pumpernickel Bread, Fresh Pear
- Dec. 29** - Macaroni & Cheese, Broccoli, Dinner Roll, Fresh Apple

*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.*

**ONE-LINERS**

**What do you call an illegally parked frog? Toad.**  
**Where do baby cats learn to swim? The kitty pool.**  
**Why did the coach go to the bank? To get his quarter back.**  
**To whoever stole my copy of Microsoft Office, I will find you. You have my Word!**  
**Did you hear about the man who fell into an upholstery machine? He's fully recovered.**  
**Did you know that milk is the fastest liquid on earth? It's pasteurized before you even see it.**

**REGIONAL EVENTS AND NOTICES**

**December 5, Sunday**

Welcome to the Holiday Season, 12 noon to 4 p.m. **Narragansett Historical Society** 1 Boynton Road, Templeton Santa, bake sale, local handmade wreaths and more for sale. Day culminating with annual tree lighting.

**Romantic Music of Europe and America:** Maria Ferrante (soprano) and Ivan Gusev (pianist)

**Time:** 2 p.m. **Cost:** \$15.00 **Tickets:** purchase online @ [FriendsoftheStoneChurch.org](http://FriendsoftheStoneChurch.org) or at door; **MASKS Required**  
**Where:** The Stone Church Cultural Center, 283 Main Street (MA 32), Gilbertville, MA

**December 9, Thursday**

**Bing Crosby:** The Christmas King, 6 p.m. to 7 p.m. **Athol Public Library** 568 Main Street, Athol Behind the scenes look at Oscar winning actor/singer's life and career. A one hour slideshow & talk with Frank Mandosa. Registration Required, Please call 978-249-9515 to register.

**December 12, Sunday**

Ice Breakin' **Jazz!** Presented by Weir River Jazz. 2 to 4:15 p.m. **The Stone Church Cultural Center**, Rt. 32, Gilbertville Come join us for some very Untraditional holiday tunes done in the classic Big Band style! NO CHARGE. Donations may be made to support the *Friends of the Stone Church*. COVID Protocols may still be in place so Masks may be required.

**December 19, Sunday**

**Weir River Concert Band** invites you to An Olde Fashion Christmas. **Time:** 2 p.m.  
**The Stone Church Cultural Center** Rt. 32, Gilbertville

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: Sandy Page: 978-724-3273  
COA Board Chair: Kay Berry: 978-724-6610