

Petersham Council on Aging  
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Petersham, MA 01366

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COA



NEWSLETTER

FEBRUARY 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 will be available mid-February and will be due back to the Town Clerk by March 29, 2021.

### IRS Delays Start of Tax Filing Season to February 12, 2021

The IRS is pushing back the beginning of the 2020 tax season to Feb. 12th. Normally, the filing period begins in late January, allowing early birds to submit their returns & get their refunds. The IRS will start accepting & processing last year's tax returns on Feb. 12th.

### Lessons Learned in 2020 that We Can Apply to 2021

(For Full Article: AARP Bulletin December 2020)

2020 brought many financial issues for people due to shutdowns, job loses, dwindled savings, higher cost of food, required purchases of masks & sanitizer, & relying on online shopping to get necessities. Listed are some doable learned lessons that we can apply to make our lives more stable in 2021.

**Build an Emergency Fund:** Even if you have debt, find ways to save a little each month in a separate interest earning account to help get you through an emergency.

**Make Some Cuts Permanent:** Reexamine your spending habits. What have you had to give up in 2020 like restaurants, movies or impulse buying that you could live without in 2021.

**Get Your Affairs in Order:** Hundreds of thousand of Americans led normal lives one day and were cut off from family and friends the next. Many people died without wills or funeral plans. File a **HIPAA** (Health Insurance Portability and Accountability Act) **release form** with all your doctors to specify with whom you would like your information shared. This allows family members to get health updates.

(Find free forms at [eforms.com/release/medical-hipaa](https://www.eforms.com/release/medical-hipaa))

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 Program of Storyteller Davis Bates has been rescheduled for March 10, 2021. Due to Covid-19 Restrictions this Program may need to be rescheduled. Watch for future information.

### Petersham Partners is Ready to Help!

Petersham Partners has volunteers geared up and ready to go as we all prepare to negotiate this winter.

Have some light yard tasks that still need to be tackled ?

**Sign up now if you need help with snow shoveling or picking up meds from the pharmacy.**

Also if anyone is in need of Pet Food, Deb Bachrach is on the Pet Food Task Force for MA.

Give her a call and she will be able to help out with Pet Food.

Give us a call for any of the information listed above! **We are here to help. 978-724-0078.**

### Petersham Memorial Library Book Discussion Group

#### *The Nightingale*

**Date:** Wednesday, February 10 **Time:** 7 p.m.

Looking for a fun, lively, and (most importantly) safe, way to connect with friends & community members.

The Petersham Memorial Library's next Book Discussion pick is *The Nightingale* by Kristin Hannah.

*We have hardcover, large print, and audio cd copies ready to go!*

*We also have digital ebook and audiobook copies via our Libby app.*

*The book club will meet on Wednesday, February 10 at 7 p.m. via Zoom.*

To reserve a copy and to register for our discussion, email **PetershamLibraryRequests@gmail.com**.

### Petersham Memorial Library's Library of Things

Did you know that we don't just lend books? We have an ever-growing Library of Things, as well. From tools like a pole saw and a post hole digger, to a metal detector and a telescope, these items are available through curbside pickup. Just call the library at 978-724-3405, or email **PetershamLibraryRequests@gmail.com** to set up a time to retrieve your desired item!

## COA BOARD NOTES

- The COA Board did not meet in January 2021
- **Reminders from Past Meetings:**
- Grab n Go Lunches will continue Wed. at noon until indoor meals are approved.
- **Enrichment programs:** Davis Bates has been rescheduled for March 10, 2021. 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.
- **Discussions:** The Board continues to look for new members. Anyone interested should contact Kay Berry at 978-724-6610

*The next Board meeting will be on:*

*Wednesday, February 10, 2021 at 10 a.m. in the Lower Town Hall.*

### **LifePath's Healthy Living Winter 2021 FREE Programs**

Remote Workshops; Workshops you can access on your computer OR your phone! All of these evidence-based workshops provide information and practical skills to better manage our health and improve the quality of our lives for people living with long-term health conditions.

#### **Live Video Conferencing Workshops**

Full interactive curriculum but on a Zoom platform, Books and handouts mailed to your home, 8-12 participants, 2 workshop leaders, Technical support for those new to video conferencing

#### **Toolkit Telephone Workshops**

Books, tip sheets, and handouts mailed to your home, Weekly phone calls with 4 or 5 others to learn and practice new skills and talk about weekly goals

#### **My Life, My Health: Living Well with Long-Term Health Conditions**

For adults with any long-term health condition and their caregivers. This workshop teaches about exercise, healthy eating, relaxation techniques, goal setting, problem solving, and more. Toolkit Telephone Workshop: Six Wednesdays, 1:00-2:00 p.m., February 3rd to March 10<sup>th</sup>.

#### **Chronic Pain Self-Management: For adults who live with chronic pain and their caregivers**

This workshop teaches about practical skills to manage pain, fatigue, and poor sleep, including the mind/body connection, distraction and relaxation techniques, appropriate exercise, pacing activity and rest, goal-setting, & problem solving. Live Video Conferencing Workshop: Six Thursdays 1:00-3:30 p.m., Feb. 4th to Mar. 11th

#### **Diabetes Self-Management: For adults with pre-diabetes or diabetes or their caregivers**

This workshop teaches techniques to deal with hyper/hypoglycemia, appropriate use of medication, meal planning, goal-setting, problem solving, and more. Live Video Conferencing Workshop: Six Tuesdays, 12:30-3:00 p.m., February 2nd to March 9th.

#### **Healthy Eating for Successful Living in Older Adults:**

For adults hoping to improve their nutrition in order to lose/gain weight, lower cholesterol, manage blood sugar levels, or live well with any chronic condition, this workshop teaches the "My Plate" guidelines, nutrition basics, label-reading, meal planning, goal setting, and problem solving. Live Video Conferencing Workshop: Six Thursdays, 10:00-12:30, February 18th to March 25<sup>th</sup>.

**For more information or to register, contact Andi Waisman, Healthy Living Program Manager, at 413-773-5555 x2297 or 978-544-2259 x2297, or email [awaisman@LifePathMA.org](mailto:awaisman@LifePathMA.org).**

### **COA Sponsored WINTER 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 10 people total 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](mailto:PshamCOA@gmail.com)

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

Feb. 3, 10, 17, and 24 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.**

Feb. 3, 10, 17, and 24 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.**

**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.

**FEBRUARY GRAB n GO LUNCH MENU**

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

- Feb. 03 -** Grilled Chicken Francaise, Yukon Gold Potatoes, Creamed Spinach, Wheat Bread, Fresh Fruit
- Feb. 10 -** Potato Pollock w/ Tartar Sauce, Side Mac & Cheese, Broccoli, Wheat Bread, Fruited Yogurt
- Feb. 17 -** Baked Cod w/Lemon Dill Sauce, Orzo Pilaf w/ Spinach, Glazed Carrots, Wheat Bread, Applesauce
- Feb. 24 -** Philly Steak w/ Provolone and Onion & Peppers, Grinder Roll, Potato Wedges, Assorted Fruit Cup

**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.**

**ONE-LINERS (anonymous sources)**

Two fish swim into a wall. One turns to the other and says, "Dam"!

When does a joke become a Dad Joke? When it becomes apparent.

Do you want to hear a construction joke? Sorry, I'm still working on it.

I entered ten puns in a contest to see which would win. No pun in ten did.

Did you hear about the first restaurant to open on the Moon? It had great food but no atmosphere.

Whenever I take my dog to the park the ducks try to bite him. That's what I get for buying a pure bread dog.

The Lord said unto John, "Come forth and you will receive eternal life." But John came fifth and won a toaster.




If you go to the hospital, what will happen to us?

**Owners are advised to have a plan for their pets in the event of a medical emergency**

- You should **have a plan** in case you are unable to care for your pets
- If you know someone who lives alone with their pet, **reach out** and ask if you can be their backup

**As COVID cases increase across the country, let's make sure our pets and our friends are cared for!**

Name \_\_\_\_\_ Date \_\_\_\_\_

Pet's Name \_\_\_\_\_ Cat/Dog/Other \_\_\_\_\_

Veterinarian \_\_\_\_\_

Vet Clinic \_\_\_\_\_

Number \_\_\_\_\_

Diet \_\_\_\_\_

Medications \_\_\_\_\_

Allergies \_\_\_\_\_

Location of food, leashes, meds \_\_\_\_\_

The following people have permission to care for my pets in an emergency.

Name 1 \_\_\_\_\_

Number \_\_\_\_\_

Email \_\_\_\_\_

Name 2 \_\_\_\_\_


Number \_\_\_\_\_

Email \_\_\_\_\_

Fill out the form and remember to:

- Give location of house key to friends.
- Attach copy of rabies certificate and pet photo.
- Mail or email the names of caretakers to your veterinarian.

Download the form here:  
<http://smartma.org/resources/>



**PET PLAN**

Pet Owners are advised to have a plan for their beloved pets in case of an emergency.

Deb Bachrach, a member of SMART, (State of Mass Animal Response Team) has been distributing the card displayed at left. Anyone wishing to have a full size card should contact Deb at: 978-724-0078.

Or, Download the card at:  
<http://smartma.org/resources/>

So that your wishes will be honored, place a copy with your important papers, your will, and with those who have your permission to care for your pets.

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.

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