

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

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COA



NEWSLETTER

MARCH 2020

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

ADDRESS SERVICE REQUESTED

Upcoming Elections

Tuesday, March 3rd: Federal Primary Elections will be held in the Lower Town Hall. Hours: 7:00 a.m. to 8:00 p.m.

Monday, March 30th: Annual Local Elections will be held in the Lower Town Hall. Hours: 10:00 a.m. to 8:00 p.m.

Social Security Phone Scam with a Twist

The Inspector General is warning seniors that **scammers are not only calling & pretending to be government employees** but are now threatening legal action and demanding money or gift cards! They are now sending fake documents by email to convince you to do what they ask, some documents even look like official Social Security letterhead!

Social Security does not send official reports by email; Social Security will never threaten you with arrest or other legal action over a fine or fee; **Social Security will never** ask for payment by gift card, cash or wire transfer. The Social Security Administration **will** send you a letter by **MAIL** if there is an issue with your Social Security account.

If you get such a call, **hang up and call the police, or Senior Medicare Patrol at 1-800-243-4636.**

Do You Have Medicare and Need to Change Plans?

Did you change your Medicare or Medicare Advantage plan last fall? Were your prescription **costs much higher** than expected? Are your **bills much higher** than anticipated? **Don't be trapped** into paying more than you should! Please know that Medicare has acknowledged that some people may have "made the wrong plan choice because of inaccurate information from the new Plan Finder website."

They advise you to **call 1-800-MEDICARE (1-800-633-4227)** and explain your situation. The Call Center representatives can help you *throughout the year* with options for **making changes**. If you would like to **research your options** before making that call, you can **talk with a SHINE counselor by calling 1-800-243-4636**

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 March 9th Free Meal Information

On **Monday March 9th at 11:30 a.m.** a free meal is being provided by the Quabbin Valley Health Care as part of their Community Outreach Program. See menu on back page. Head Count is needed: please call Janice Olson: 978-724-3362 by Thursday afternoon March 5th.

Congregational Church Corned Beef Supper

Date: Saturday, March 14, 2020 **Time:** 6:00 p.m. **Cost:** \$15.00 pp

For Reservations call Janice Olson: 978-724-3362

COA Enrichment/Cultural Program

Dan Kirouac: **Date:** Monday, March 23rd **Where:** Lower Town Hall **Time:** 12:30 p.m. Dan performs a concert of music including easy listening, pop, jazz and light rock from the 1940s to the 1970s. All are welcome!

Petersham Memorial Library

The Talking Book Library: Presented in conjunction with the Petersham COA. An overview of the Talking Book Library Program that loans digital talking books, large-type books, braille materials and other accessible items to Central Mass individuals with visual, physical and reading disabilities. **Date:** Wed. April 8th, **Where:** Petersham Library **Time:** 5 p.m.

Seed Saving 101: Are you a gardener? Are you interested in saving your own seeds with consistent results, year after year? Join Maddy Schmutz and Jess Cherry of Sweetwater Farm as they introduce Seed Saving 101: a guide to the ins and outs of saving seeds from your garden produce. This will also be a great time to check out the library's revamped and restocked Seed Library. **Date:** Saturday, March 7th **Where:** Petersham Memorial Library **Time:** 11 a.m.

How Language Began: the Story of Humanity's Greatest Invention with Author, Daniel L. Everett: Local author and scholar Daniel L. Everett will give a presentation on his latest book, *How Language Began: the Story of Humanity's Greatest Invention*. Tracing 60,000 generations, Everett debunks long-held theories across disciplines to affirm the idea that we are not born with an instinct for language. Of this book, Edward O. Wilson wrote: "Few books on the biological and cultural origin of humanity can be ranked as classics. I believe [this] will be one of them." Refreshments provided. **Date:** Saturday March 14, **Time:** 11:30 a.m. **Where:** Petersham Library

COA BOARD NOTES

- The COA Board met on Monday, February 10, 2020 at 10 a.m.
- January 2020 Minutes were accepted as amended.
- Treasurer's Report was approved.
- **Reminder: no lunch would be served on March 2nd and March 30th.**
- Board again confirmed an upcoming enrichment/cultural program by musician Dan Kirouac at 12:30 p.m. on March 23, 2020; and a program with storyteller Davis Bates is now scheduled for May 11, 2020 at 12:30 p.m..
- The COA and the Petersham Library will host a program on April 8th at 5 p.m. at the Library on The Talking Book Library. See listing above under Petersham Library.
- Discussions were held on: 1. Loren Magruder will now be teaching the Tuesday and Thursday yoga classes; Pat Roix has resigned for health reasons; 2. The Board continues to seek new Board members; anyone interested should let Kay Berry know; 3. The Board accepted, with regret, the resignation of Sandy Page who had to resign due to her appointment to the Town Finance Committee; 4. The Board noted that the Monday Ping Pong is growing in numbers; 5. The Board voted to again organize a Trip to the Big E this Fall.
- *The next Board meeting will be on Monday, March 9, 2020 at 10 a.m. in the Town Hall on the Lower Level. The meeting is open to the public.*

Petersham Cultural Council Sponsors

Larry Spotted Crow Mann, noted Nipmuc Story Teller, will present: *When the Land Speaks: Exploring the Dynamic Relationship Between Land, People, & Culture, through the Eyes of Native Americans of New England.* **Date:** Sunday, March 15th **Time:** 2:00 p.m. **Where:** Petersham Town Hall

Petersham Unitarian Church

Rini Kilcoyne: *Women's Suffrage*: Sunday, March 1st at 10:30 in the Davis Memorial Building: followed by refreshments and fellowship.

Petersham Jams: the next Jams is Saturday, March 14th at 7 p.m. in the Davis Memorial Building

Medicare Savings Program Expands to Benefit 40,000 more Individuals

"According to a Press Release from the Governor's Office, 40,000 more Medicare Beneficiaries across the state of Massachusetts will be eligible for the Medicare Savings Program. Starting [January 1, 2020](#) income eligibility expanded for the MSP program from 135% to 165% of the Federal Poverty Level, and the asset limit doubled.

This is GREAT news for those who are newly eligible! It will increase the quality of life for many by directly increasing their income and adding significant benefits towards medications.

If you qualify, these programs will pay your monthly Part B premium (\$144.60) and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one)."

If you have any questions, contact Lorraine York-Edberg at the SHINE program:
LifePath; 101 Munson Street; Suite 201; Greenfield, MA 01301; call: 413-773-7608 or 978-544-2259

Only New Thing I Own

An old lady was standing at the rail of the cruise ship holding her hat so that it wouldn't blow away in the wind. A gentleman approached her and said, "Pardon me, madam, I do not intend to be forward but did you know that your dress is blowing up in this wind?"

"Yes, I know," said the lady. "But I need my hands to hold onto my hat."

"But madam, he said, "you must know that you're derriere is exposed!"

The woman looked down, then back up at the man and said, "Sir, anything you see down there is 85 years old, but I just bought this hat on Monday!"

COA Sponsored WINTER YOGA, and T'AI CHI CLASSES

Winter classes will be held in the Petersham Town Hall. Anyone is welcome to attend these classes, regardless of age. Kay Berry is coordinator. If you have questions, call 978-724-6610 or email: PshamCOA@gmail.com.

T'ai Chi classes with Valerie and Nick Wisnewski will be held from 4 to 5 p.m. on Mondays.

Mar. 2, 9, 16, 23

Suggested donation: \$5.00.

Yoga classes with Loren Magruder will be from 10:00 to 11:15 a.m. on Tuesdays and Thursdays.

Mar. 3, 10, 17, 24, 31

Suggested donation: \$5.00.

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.

MARCH LUNCH MENU

NOTE: Luncheons start at 11:30 a.m.

Mar. 02 - No Meal Served: Set up for Federal Primary Elections

Mar. 09 - Mac & Cheese w/Stewed Tomatoes, Tossed Salad, Desert. No Charge: Provided by QVHC as Community Outreach. Head count needed: Call 978-724-3362

Mar. 16 - Sweet & Sour Chicken, Vegetable Fried Rice, Asian Veg Blend, Multigrain Bread, Chocolate Chip Cookie Bar, Diet: Small Bar

Mar. 23 - Homestyle Breaded Chicken Drummer, Au Gratin Potatoes, Green Beans, Whole Wheat Bread, Mandarin Oranges

Mar. 30 - No Meal Served: Local Elections

To reserve a meal or notify of cancellation call Janice Olson at 978-724-3362 by Thursday afternoon.

Suggested donation is \$3.00 per meal.

Please contact Janice if you regularly attend the meals but will not be able to come to a Monday meal.

REGIONAL EVENTS

The Center at Eagle Hill

242 Old Petersham Road (Route 32A) Hardwick MA

Fancifool! **Date:** March 7th, **Time:** 7:30 pm **Where:** Abby Theatre **Cost:** \$30-35 per ticket. Fancifool! with Ananda Bena-Weber is a hilarious, heartwarming, thought-provoking show about love!! This 12-character, multi-media one-woman show based on real stories from the lives of New Yorkers features dancing, singing, mime, clown, & edgy social commentary. In this difficult socio-political climate, Fancifool! reminds us that no matter how different we may seem on the outside, in our hearts, we are connected by love!

BACK TO THE GARDEN: **Date:** March 21st, **Time:** 7:30 p.m. **Cost:** \$30.00- 35.00per ticket **Where:** Abby Theatre Back to the Garden celebrates folk-rock trailblazers Carole King, Joni Mitchell, & Laura Nyro. Challenged by the traditional images of women in the music industry, these women bravely explored territory outside the accepted confines of popular music. These prolific singer-songwriters paved the way for women in music, art and life. Back to the Garden pays tribute to these women, their influence and inspiration. Back to the garden is a multi-leveled celebration of the music and life of the women it honors, filled with stories and quotes in addition to dynamic versions of its honorees' most salient works.

Athol Public Library

Philosophy, Feminism, and the Walking Dead: **Date:** Tues. March 24th **Time:** 6:30-8:00 p.m. **Where:** Large Program Room. A discussion facilitated by two Mount Wachusett Community College faculty that focuses on the TV series The Walking Dead - which was based on a graphic novel created by writer Robert Kirkman and artist Tony Moore. The conversation will focus on the philosophical ideas embedded in the narrative - questions of ethics and morality, as well as the gender politics. This event is part of MWCC's year-long theme called Words & Pictures: Exploring Graphic Storytelling. This talk will be facilitated by MWCC philosophy professor Dan Soucy and MWCC's Shelley Nicholson. Registration Required: call: 978-249-9515. Free and open to the public. Light refreshments.

SAVE THE DATE

Petersham's Earth Day Events: Sun. April 19th; Time: 10:30 a.m. Around the Common

Storyteller Davis Bates: a COA Cultural Program in the Lower Town Hall: May 11th at 12:30 p.m.

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