

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

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COA



NEWSLETTER

MARCH 2022

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

ADDRESS SERVICE REQUESTED

Technology Day Open to Seniors from Petersham and Surrounding Towns

Date: March 21, 2022 Time: 9:30 to 11:30 a.m. Cost: No Charge

Where: Petersham Town Hall

LifePath is excited to announce a service project called Technology Day in partnership with volunteer students from Wellesley College. Students will be in our area on March 21 to assist seniors with their technology needs. On March 21st, seniors can come to the Petersham Town Hall to receive 1:1 training & assistance with basic tasks on computers, tablets, or smartphones from college-age volunteers. Topics will include take-home handouts on how to do the tasks.

Pre-Registration is required: Please call Kathy McCrohon at: 508-404-7552 or email at: kathykmdc@gmail.com

When making your reservation, please let Kathy know what offerings interest you: Program offering may include:

Smartphones and tablets 101- what it is & how to get started; Photos: taking and sharing; Instacart; Facebook; Skype, Zoom, or Facetime; & Customizing your device settings

Computers 101: How to create a bookmark; How to search the internet; Resource listings for where to get more help
Bring your questions as well as your devices

The Petersham Council On Aging Board Still has an Opening for 1 New Member!

The COA Board is looking for 1 new member. The Petersham COA offers services/activities for residents over 60 years of age. The Board currently meets monthly at 10 a.m. on the 2nd Monday. Anyone wishing information regarding the COA's mission is welcome to attend the meeting on March 14th or call the COA Chair Kay Berry at 978-724-6610.

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

The Art Center, located at 8 North Main Street, will reopen in March 2022

Hours: Saturday and Sunday from Noon to 4 p.m.

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: March 3, 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 Curbside Pickup Only

To request an item, arrange for a pick up time, schedule a virtual shelf tour, or to speak with a librarian, please call: (978) 724-3405 during operating hours. You may also email: PetershamLibraryRequests@gmail.com.

Note that we will contact you to schedule a pick up time.

Petersham Congregational Church Take-Out Dinner

What: Corned Beef & Cabbage Supper **Where:** Congregational Church– 21 North Main Street

When: Saturday March 19, 2022 **Pick-Up Time:** 5:30 p.m. **Price:** \$15.00 per meal

Call Janice for reservations at: 978-724-3362

The Annual Town Election: Date: March 7, 2022 and Time: 10 a.m. to 8 p. m.

The Offices on the ballot are as follows: Selectboard; Board of Assessors; Board of Health; Constable (3 positions); Mahar Regional School Committee; Petersham School Committee; Planning Board; Trustees of Public Library.

For questions, please contact the Town Clerk at 978-724-6649

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: pablocasos6@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.

COA BOARD NOTES

- The COA **Board met** on February 14, 2022 at 10:00 a.m.
- The January 24, 2022 **Board Meeting Minutes** were read and approved as amended.
- **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) The Board continues to look for **1 new member**. Interested: Contact Kay Berry at 978-724-6610
- (2) The COA unanimously voted to accept Cynthia Crosson as a new member of the COA Board. A letter will be sent to the Selectboard for approval.
- (3) Discussion on **possible programs** was held. Ideas included: Elder law; Estate Planning; How to write your memories for future generations; and the Heimlich Maneuver (Choke-Saver Class).
- (4) Discussion on **possible trips** was held: Ideas included a trip to the WooSox Game in Worcester as well as the former yearly trip to the Big E.
- (5) **LifePath** will hold its annual **Walkathon** on May 7, 2022 from 10 a.m. to 1 p.m. in Greenfield. You can sign up individually or as a group. Information: lifepathma.com (under events)

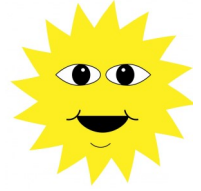
The next Board meeting will be on:

Monday, March 14, 2022 at 10 a.m. in the Town Hall.

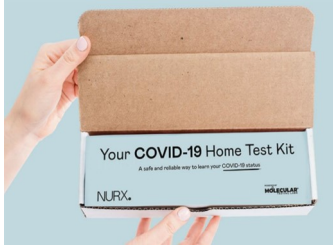


Petersham Partners

Time for spring! Do you need a hand tidying up an area in the yard?
Getting the summer furniture out? A ride for an appointment?
Or maybe just a visit from someone to help with some paperwork tasks?
Volunteers are ready to help! 978-724-0078



Free At Home Covid-19 Test Kits



The Biden Administration is offering free rapid tests to all residents in the United States. The pre-order period for the at-home COVID-19 tests via www.covidtests.gov has begun. Every household in the U.S. is eligible to order four free at-home COVID-19 tests. The tests are completely free and will usually ship in 7-12 days.

Please visit: www.covidtests.gov to submit an order and learn more.

Robin M. Lipson; Deputy Secretary; Executive Office of Elder Affairs; Robin.Lipson@mass.gov
1 Ashburton Place Boston, MA 02108 617-699-6550 (M) www.mass.gov/elders

SCAM Alert! Combat Identity Theft!

Order your free CREDIT REPORTS from Equifax, Experian, and TransUnion.

Call: 877-322-8228 or visit: annualcreditreport.com

- ⇒ Make sure the information is accurate and up to date.
- ⇒ Look for accounts you did not open and report them to the merchant or lender.
- ⇒ Check your payment history for mistakes and report them.

If you have a consumer problem or question, contact the
Northwestern District Attorney's Consumer Protection Unit

Greenfield 41-774-3186 or Northampton 423-586-9225

Working in cooperation with the Office of the MA Attorney General

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.

March 2, 9, 16, 23 and 30 Suggested Donation: \$5.00

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

March 2, 9, 16, 23 and 30 Suggested Donation: \$5.00

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

March 1, 8, 15, 22 and 29 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.

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.

AGE - FRIENDLY SURVEY Franklin County and North Quabbin

If you are 50 or over or the caregiver of an older adult, and a resident of Franklin County or North Quabbin, please take 15 minutes to fill out our **Age-Friendly Survey** to help us understand how we can make our region a better place for people to grow older. Collected information will be used to create an Age-Friendly Action Plan for the region and to apply for grants to improve conditions for older people in our towns.

Age- and Dementia - Friendly Community Survey

Age friendly Franklin County and North Quabbin is a regional initiative working to make our communities better places for people to live as they age. We would be grateful if you could share your views in this survey on what you need now, and as you get older, and your level of access to supportive services.

This survey is for people over 50 years old, and for caregivers of older adults. All questions are optional after the first two, and your responses will remain confidential. Everyone who fills out this survey will be eligible for a drawing for gift cards.

The first two questions will be: 1. Which town do you live in? 2. How old are you?

ENTER THIS WEB ADDRESS LINK TO TAKE THE SURVEY
<https://www.surveymonkey.com/r/age-friendly-survey>

The Age-Friendly Communities Initiative, led by LifePath, is launching this regional survey in Franklin County and the North Quabbin in collaboration with FRCOG and participating Councils on Aging and Senior Centers. Please help us by sharing the survey or this email with your networks. In an effort to make it accessible to as many people as possible, we are accepting both **online and print submissions until March 11, 2022.**

To request a printed copy of the survey be mailed to you, and for any other inquiries, please contact:

Nour Elkhattaby Strauch, Age-Friendly Program Manager at LifePath

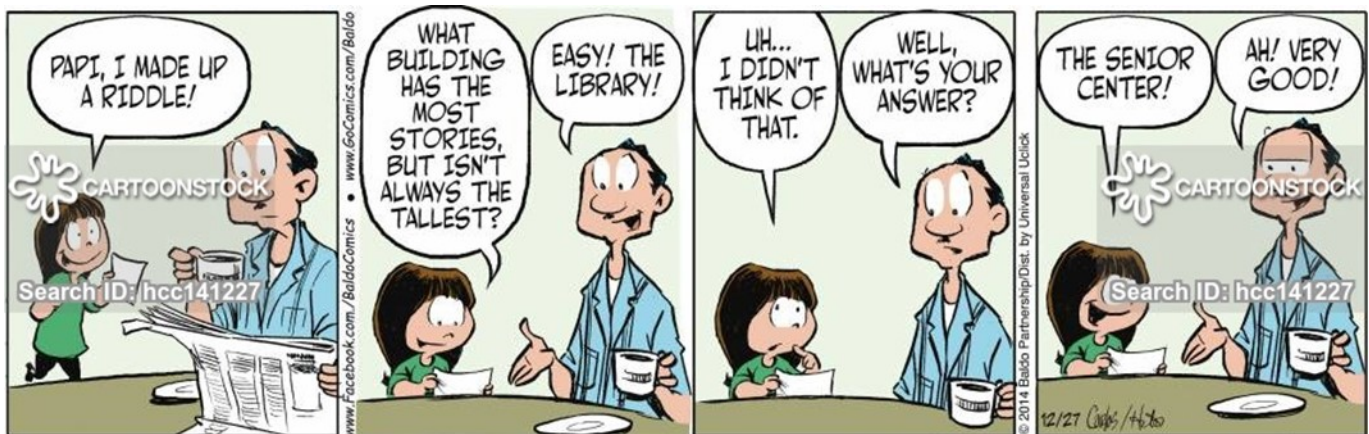
Email: nelkhattabystrauch@lifepathma.org or call: 413-829-9274

OR

Meg Ryan, RN, Regional Public Health Nurse at FRCOG

Email: mryan@frcog.org, or call: 413 774-3167 x 158

**Printed copies are also available at the Petersham Post Office
and should be left in the black box at the Town Office Building after completion. Thank you!**



"Life isn't about finding yourself, it's about creating yourself."

"A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing."

George Bernard Shaw

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

Community News Brief: March is National Nutrition Month

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being. Nutrition is about eating a healthy balanced diet so your body will get the proper nutrients it needs to function. Nutrition is an important component of lifestyle regardless of age, and it may be a factor in the prevention of some diseases including osteoporosis, high blood pressure, heart disease, type 2 diabetes, and even certain cancers.

What makes it harder for me to eat healthy as I age?

- ◆ Change in homelife such as suddenly living alone or change in the home environment
- ◆ Health problems that make it harder for you to cook or feed yourself
- ◆ Difficulty with mobility
- ◆ Medications that may alter appetite, cause gastrointestinal issues, or change how food tastes
- ◆ Change in income
- ◆ Change in sense of smell or taste
- ◆ Problems chewing or swallowing your food

What steps can I take to maintain a healthy diet?

- ◆ Eat foods that are nutrient-dense, without lots of extra calories. This includes foods such as fruits & vegetables, whole grains like oatmeal, fat-free or low-fat dairy products, seafood, lean meats, poultry, eggs, beans, nuts, & seeds.
- ◆ Pick foods that are low in cholesterol & fat. This includes limiting fried foods, & food from fast-food restaurants.
- ◆ When dining out, choose from the lighter side of the menu. If the portions are large, limit yourself to half the meal and save the rest for later.
- ◆ Avoid empty calories. This includes foods that are limited in their nutritional value including chips, candy, baked goods, soda, and alcohol.
- ◆ Try a meal kit program, prepackaged meals can assist with portion control.
- ◆ Drink lots of liquids, especially water.
- ◆ Be physically active. If you notice you do not have an appetite, exercise is a great way to boost the feeling of hunger.

How can I maintain a healthy eating schedule?

- ◆ Organize some potluck meals or cook with a friend. You can also look into meals offered by senior centers or religious organizations to avoid eating alone.
- ◆ If you are having difficulty chewing, make an appointment to see your dentist.
- ◆ If you are having difficulty swallowing, make an appointment with your healthcare professional and try drinking plenty of fluids with every meal.
- ◆ Add healthy, easy snacks to your diet throughout the day.
- ◆ If an illness is making it hard for you to cook your meals, check with your health care provider regarding resources such as meal delivery or occupational therapy.

Information adapted from the National Institute on Aging

Joke

According to unofficial sources, a new simplified Federal Income Tax Form for seniors will now contain only 4 lines:

- 1. What was your income for the year?**
- 2. What were your expenses?**
- 3. How much do you have left?**
- 4. Send it in!**



MARCH 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

- Mar. 02** - Beef & Lentil Chili, Brown Rice, California Veg Blend, Multigrain Bread, Dessert
- Mar. 09** - Beef & Cabbage Casserole, Roasted Red Potatoes, Carrots, Rye Bread, Assorted Fruit Cup
- Mar. 16** - Sloppy Joe, Potato Wedges, Brussels Sprouts, Wheat Sandwich Bun, Lorna Doones
- Mar. 23** - Chicken Coq Au Vin, Bread Stuffing, Broccoli, Pumpernickel Bread, Dessert
- Mar. 30** - Potato Pollock, Tartar Sauce, Yukon Gold Potatoes, Green Beans, Multigrain Bread, Yogurt

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.

What to do After a Power Outage

- Never attempt to touch or move wires; keep children and pets away from downed lines.
- Downed or hanging electrical wires can be hidden by trees or debris, and could be live.
- Throw away any refrigerated food that was exposed to temperatures above 40 °F for more than two hours or has an unusual odor, color, or texture. When in doubt, throw it out!
- Contact your doctor if you're concerned that medications have spoiled.

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