

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

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COA  NEWSLETTER

NOVEMBER 2021

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

ADDRESS SERVICE REQUESTED

SPECIAL TOWN ELECTION

A Special Town Election will be held on Monday, November 15, 2021 for the open position on the Selectboard.
The last day to register to vote in this election is Oct 26th. Town Clerk Diana Cooley may be reached at 978-724-6649.

The COA Board would like to welcome Paul Williams as the new Meal-site Manager.
COA Luncheons will be served on Wednesday in the Lower Level of the Town Hall.
Luncheons will resume again in person once cleared by the Board of Health.

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 November 8th 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. Melinda is following Petersham Board of Health approved guidelines. **Clients must bring their own towels. Masks Required.** Each person pays \$5.00 directly to Melinda during the appointment, with the balance of \$10.00 paid by the COA for a total of \$15.00.

Appointments are required. Appointments are available from 8:15 a.m. until 10 a.m.

2021 Dates: November 4; and December 2.

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

Classes & Opening Receptions are returning to the Art Center, but may look a little different from those we've had in the past. Classes & Events will be held outside when possible, & masks will be required for all inside activities. Some classes will be held in the Davis Memorial where there's lots more space to move around comfortably and safely. To register for classes: call the Art Center at 978-724-3415, or email Chris at: ceaton@massaudubon.org.

Saturday October 30, 9 to noon: Weave a Holiday Basket (a perfect pie-carrying basket!) with Sue Morello.

Cost: \$15 Member / \$35 Non-member + \$15 Materials Fee paid to Instructor. Class to be held in the Davis.

Saturday, November 20, 10 to 11 a.m.: Gesture Drawing with Kate Walsh, Instructor. A class for ages 6 - 9

Cost: \$10 Member / \$30 Non-member + \$5 Materials Fee paid to Instructor. Class to be held in the Davis.

Saturdays, November 20 & 21, 1 to 2 p.m.: Plaster Creature Sculptures with Kate Walsh. A class for ages 9 - 12

Cost: \$10 Member / \$30 Non-member + \$5 Materials Fee paid to Instructor. Class to be held in the Davis.

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

Now Open for In-Person Browsing without an Appointment!

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

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

COA BOARD NOTES

- The COA Board met on October 4, 2021 at 10:30 a.m.
- The **September 9, 2021 Board Meeting Minutes** were approved.
- **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 monthly Foot Clinic is still gaining momentum. See page 1 for dates.
- **Fitness Programs:** Chair Yoga, Floor Yoga and Tai Chi are continuing into the fall and winter.

Discussions:

- (1) The Board continues to look for **new members**. Interested: Contact Kay Berry at 978-724-6610
- (2) The COA is still looking for a **new meal-site manager** since meals can now be served indoors.
- (3) The Board voted with regret to accept the **resignation** of Phil Hanno from the COA Board.
- (4) Board members who attended the trip to the WooSox Game in Sept. stated everyone had a great time and thanked Phil Hanno for organizing it.
- (5) The Board met with Petersham Partners Board member Deb Bachrach to discuss ideas of how the COA and Petersham Partners can work together on future projects and how they can market what each organization provides for services for the Town's older population.
- (6) Kay Berry reported that the COA received \$220 in contributions in memory of John LePoer.

***The next Board meeting will be on:
Monday, November 8, 2021 at 10 a.m. in the Town Hall.***

Registry of Motor Vehicles Senior Hours

The Registry of Motor Vehicles is offering Senior Hours every Wednesday from 9:00 to 10:00 a.m. for customers age 65 and older at many of their Locations, by reservation only. Included are Greenfield and Leominster. Call 857-368-8005, our dedicated line for customers over 65; or visit: mass.gov/orgs/massachusetts-registry-of-motor-vehicles.

Medicare Open Enrollment

Medicare's open enrollment period is Oct. 15 to Dec. 7. Open enrollment is the period when individuals who qualify for Medicare can add or drop plans. It is important to review Medicare enrollment options, including review of any changes in existing coverage. Contact: 1-800 MEDICARE or visiting Medicare.gov.

Medicare Open Enrollment Scams!

1. Anyone who tries to sell you Medicare insurance while claiming to be an "official Medicare agent" is a scammer. There are no Medicare sales representatives.
2. Ignore anyone who says you must join a prescription drug plan to keep your Medicare Coverage. The Medicare prescription drug plan (AKA Part D) is voluntary & has nothing to do with the rest of your Medicare coverage.
3. Never give information over the phone to someone who says they need it so you can keep your coverage. Hang up on anyone who asks for a quick payment, threatens you, or offers you free equipment or services in exchange for your information. If you need help with Medicare, call 1-800-MEDICARE or go to: Medicare.gov.

For more information, visit the Federal Trade Commission website.

Attorney Joseph Early, Jr.

SCAM ALERT: Beware of the Grandparent Scam!

A Scam Artist pretends to be your grandchild calling in the middle of the night;
They tell you they are in some sort of trouble; They plead with you to keep it secret, not to tell their parents;
They will often have a second person pose as an official; who will validate the claim;
They ask you to wire money for "bail" or other problems via Western Union, MoneyGram or even to mail cash.

What can you do?

To avoid falling prey, ask "your grandchild" to prove who they say they are;
Trust but verify; call the child's parents; HANG UP!

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

COA SPONSORED FALL YOGA, and T'AI CHI CLASSES

Fall 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.

November 3, 10, 17, and 24 Suggested Donation: \$5.00

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

November 3, 10, 17, and 24 Suggested Donation: \$5.00

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

November 2, 9, 16, 23, and 30 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 Classes have not been scheduled at this time.

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.

NOVEMBER GRAB n GO LUNCH MENU

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

- Nov. 03** - Beef Stew, Broccoli, Dinner Roll, Dessert
- Nov. 10** - Chicken with Teriyaki Sauce, Veg Fried Rice, Asian Veg Blend, Wheat Bread, Fruit Cup (Pears)
- Nov. 17** - Roast Turkey with Gravy, Bread Stuffing, Mashed Potatoes, Green Beans with Cranberries, Pumpkin Pie
- Nov. 24** - Beef Bolognese, Cavatappi Pasta, Italian Veg Blend, Multigrain Bread, Fresh Pear

***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.***

Senior One Liners

If the music is too loud you're too old.

To be old and wise, you must first be young and stupid.

When you are dissatisfied and would like to go back to youth, think of algebra.

When we were young, we would compare liquor and women. Now we compare statins.

Don't think of it as getting hot flashes. Think of it as your inner child playing with matches.

I was at an ATM and an older lady asked me to help check her balance, so I pushed her over.

My grandfather tried to warn them about the Titanic. He screamed and shouted about the iceberg and how the ship was going to sink, but all they did was throw him out of the theater.

REGIONAL EVENTS

Saturday November 6: Christmas Fair: 9 a.m. to 2 p.m. Miller's Woods/Riverbend; 739 Daniel Shays Highway; Athol
Gift items, silent auction, baked goods, crafts, snack bar, gift certificate raffle and more.

Saturday November 6: Dynamics of a Honeybee Colony: 10: a.m. Athol Public Library 568 Main St. Athol
Scott Hebert of the Worcester County Beekeepers Association presents an introduction to Beekeeping.

Saturday November 13: Holiday Bazaar: 9 a.m. to 2 p.m. Athol Congregational Church, 1225 Chestnut St. Athol
Crafts, baked goods & fudge, theme baskets, gift card raffle, jewelry, wreaths & greens, snack bar, Christmas tag Sale.

Community Brief: Depression and Older Adults: Worcester County District Attorney's Office, Joseph D. Early, Jr.
The National Institute on Aging defines depression as a mood disorder that impacts the way an individual feels, acts, and thinks. The prevalence of depression has been increasing during the COVID-19 pandemic, making it important to recognize signs and symptoms. Depression is a common problem among older adults, but is not a normal part of aging.

Signs & symptoms: The following is a list of common symptoms that may be representative of depression.

If you or a loved one are experiencing any of these signs, please call your Doctor.

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| Persistent sad, anxious, or "empty" mood | Moving or talking more slowly |
| Feelings of hopelessness, worthlessness, or helplessness | Difficulty concentrating, remembering, or making decisions |
| Irritability, restlessness, or having trouble sitting still | Difficulty sleeping, waking up too early or oversleeping |
| Loss of interest in once pleasurable activities | Eating more or less than usual, when unplanned |
| Decreased energy or fatigue | Thoughts of death or suicide |

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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