

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

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COA  NEWSLETTER

OCTOBER 2021

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

ADDRESS SERVICE REQUESTED

The Petersham Council On Aging Board 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 Oct. 4th 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 is currently conducting a monthly "Foot Screening" for seniors in Petersham. The treatment is provided by Melinda Powling, owner of "Nails to Envy" in Orange. Treatments includes a foot soak and clipping of toenails (no polish). Melinda then inspects your feet and lets each person know if they should consult a Doctor. 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 will be available from 8:15 a.m. until 10 a.m.

2021 Dates: October 14; November 4; and December 2.

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

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 Friday Market

Remember to visit the Friday Market on the Petersham Common every Friday from 3 to 6 p.m. The Market features area grown produce, fresh food, local artisans, live music, and time to see friends & neighbors.

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 2, 9 to 11 a.m. Needle-Felted Patchwork Pumpkin and Acorns Class with Karen Healey.

Perfect for holiday decorating! Cost: \$10 Member / \$30 Non-member + \$7.00 Materials Fee paid to Instructor.

Wednesdays: October 13, 20, & 27 from 7 to 9 p.m. plus special field experience on Saturday, October 23.: **How to Make Great Photo Compositions w/ Norm Eggert, Photographer.** This is a beginner class. There will be four classes and one Saturday fieldtrip, where you will be able to get on-the-spot advice from the instructor. Students should have an adjustable digital camera Cost: \$40 Members / \$60 Non-members.

Sunday October 24, 4 to 6 p.m. Opening Reception for Sylvia Brown ~ Leather and Textiles. Exhibit thru Dec 1.

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.

Yuletide Yankees Holiday Show

Saturday October 16, 9 a.m. to 2 p.m. Petersham Town Hall

Find a holiday treasure in a quintessential New England Town and have a snack at Mrs. Claus's Snack Bar.

Petersham Memorial Library

Now Open for In-Person Browsing without an Appointment!

In Person Hours of Operation: Tues. 10a.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

COA BOARD NOTES

- The COA Board met on September 13, 2021 at 10:00 a.m.
- The **August 9, 2021 Board Meeting Minutes** were approved.
- **Treasurer's Report** was read and approved.
- **Enrichment Programs:** Storyteller Davis Bates & Musician Dan Kirouac have been in touch with Kay and wish to resume once the COA again starts indoor dining. Watch for updates.
- **Health Programs:** The monthly Foot Clinic is gaining momentum. Upcoming dates and full details are listed on the front page.
- **Fitness Programs:** Chair Yoga, Floor Yoga and Tai Chi all resume the week of Sept. 13th.

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 unanimously to ask the SelectBoard to accept the nomination of Kathy McCrohon for a three year term on the Petersham Council on Aging Board.
- (4) The COA has a bus trip to the WooSox Game in Worcester on September 22, 2021. This trip replaces the traditional COA sponsored Big E trip for this year.

***The next Board meeting will be on:
Monday, October 4, 2021 at 10 a.m. in the Town Hall.***

REGIONAL EVENTS

Party of 2 Performs: Sunday October 3rd: 2 p.m. to 4 p.m.

Lost Town Brewing, 483 Main Street, Gilbertville
Brew from Lost Towns and live music from Party of 2: more details on Facebook

Back Roads Studio Tour: Saturday and Sunday October 9th and 10th: 10 a.m. to 5 p.m.

Pending Covid restrictions, local artisans will be setting up for visitors to admire & purchase handmade works.
Details at: backroadsstudiotour.org

Elwin Bacon Memorial Fun Day: Saturday October 9th

NEECA: 802 New Sherborn Road, Athol Information: neeca.org

Lost Towns of the Quabbin: A Natural and Historical Field Trip Sunday October 23rd: 9 a.m. to 4 p.m.

Intersection of Routes 9 and 202 Belchertown.

David Gallup leads a hike back to the nineteenth century to the site of the once thriving community of Dana, one of the four towns during the flooding of the area to form the Quabbin Reservoir. The all day program includes the Enfield Lookout to view the Quabbin Reservoir. Information: massaudubon.org

The Green Sisters: Saturday October 30th 2 p.m.

Hardwick Winery: 3305 Greenwich Road Hardwick

SCAM ALERT: Lottery Scams!

What to Look Out For

An unexpected **email, letter or phone call** saying you have won money or a prize in a lottery or sweepstakes. They ask you to **send money** to pay taxes, insurance, or other fees to claim the winnings. They may even ask you for your bank information, so your winnings can be deposited directly into your account.

Do Not Respond

The prize does not exist, they are just after your money.
If someone asks you to pay money to win money, it is a scam. Foreign lotteries are illegal.
You should not have to send money in order to claim a prize.

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

COA SPONSORED FALL YOGA, and T'AI CHI CLASSES HAVE RESUMED

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.

October 6, 13, 20, and 27 Suggested Donation: \$5.00

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

October 6, 13, 20, and 27 Suggested Donation: \$5.00

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

October 5, 12, 19, and 26 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.

OCTOBER GRAB n GO LUNCH MENU

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

- Oct. 06** - Beef & Broccoli Stir Fry, White Rice, Multigrain Bread, Fortune Cookie, Fresh Pear
- Oct. 13** - Chicken Drummer, Roasted Butternut Squash w/ Turmeric, Mixed Vegetables, Wheat Dinner Roll, Fruit Cup (Pears)
- Oct. 20** - Potato Pollock, Tartar Sauce, Potato Wedges, Green Beans, Rye Bread, Fresh Apple
- Oct. 27** - Grilled Chicken with Mediterranean Sauce, Orzo Pilaf with Spinach, Broccoli and Cauliflower, Multigrain Bread, Fruit Cup (Mixed)

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.

ARE YOU STRUGGLING WITH RENT OR MORTGAGE PAYMENTS BECAUSE OF COVID-19?

If you are struggling to make rent or mortgage payments, there are resources available:
New federal funds are now available - even if you've already received emergency funding!

Expanded assistance available for back rent & utilities.

Priority for very-low income and unemployed applicants.

You may be able to receive up to 12 months of rental assistance.

For more help: combine financial help with Legal Aid and Mediation to solve housing problems

If you are facing eviction, or have received a Notice to Quit:

FREE or Low Cost legal aid for income eligible tenants and owner-occupants in homes with rental units.

VISIT: <https://evictionlegalhelp.org/>

Professional Mediation Services for tenants and landlords ; VISIT: <https://www.resolutionma.org/>

Quotes by George Carlin

Is there another word for synonym?

How is it possible to have a civil war?

If you try to fail, and succeed, which have you done?

Why is the alphabet in that order? Is it because of that song?

If one synchronized swimmer drowns, do the rest drown, too?

Whose cruel idea was it for the word "lisp" to have a "S" in it?

If a deaf person swears, does his mother wash his hands with soap?

What do you do when you see an endangered animal eating an endangered plant?

If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?

JOKE

A boy asked his father, "Dad are bugs good to eat?" "That is disgusting. Don't talk about things like that over dinner," the Dad replies. After dinner the father asks, "Now son, what did you want to ask me?" "Oh nothing", the boys says. "There was a bug in your soup, but now it's gone".

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.

COA Newsletter Editor: Sandy Page: 978-724-3273

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