

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

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COA



NEWSLETTER

SEPTEMBER 2022

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

ADDRESS SERVICE REQUESTED

**COA Sponsored Trip to the Big E in West Springfield on Thursday, September 22, 2022**

**Cost:** \$20.00 per person (Bus Drivers gratuity not included in price)

**Bus Boarding Time:** 9:45 a.m. **Bus Departure Time:** 10:00 a.m.

**Depart Big E:** 4:00 p.m. **Return to Petersham:** 6:00 p.m.

Make out your check to: Petersham COA Please write "Big E" in the memo line.

Checks should be mailed to: The Petersham COA, P.O. Box 486, Petersham, MA 01366

To reserve your tickets contact **Kathy McCrohon** at: **508-404-7552** or by email at: **kathykmdc@gmail.com**

**Music by Dan Kirouac, Lower Town Hall, September 28 at 1:00 p.m.**

Part of the regional music scene for over thirty-five years, Dan Kirouac has been an entertainer, drummer, keyboardist, guitarist, vocalist, and an ASCAP-affiliated songwriter and publisher. Some of the nation's best-loved songs of the 1950s, 1960s, and early 1970s will be revisited and re-interpreted by the simplicity of one digital piano and one vocal. This will be a jukebox of memories from the stars of pop, light rock, and easy-listening.

Funded through the Petersham Cultural Council

**Reminders:**

- Petersham Transfer Station sticker renewal is due by October 1.
- State Primary Elections are on September 6, 2022.
- REAL ID compliance begins on May 3, 2023. After that date, you will need a REAL ID or a valid passport to fly domestically and to enter secure federal buildings, such as federal court houses and certain Social Security offices. REAL ID's are obtained through the Registry of Motor Vehicles.

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.

## COA BOARD NOTES

- Since the last newsletter, The **COA Board** met on June 13, 2022 and August 8, 2022.
- The May 9, 2022 and June 13th **Board Meeting Minutes** were read and approved as amended.
- **Treasurer's Reports** for June 13 and August 8 were read and approved.  
The Lion's Club made a \$100 donation to the COA.
- **Enrichment Programs:**
  - A happy busload of fans attended the COA sponsored trip to the WooSox Game at Polar Park on July 10, 2022.
  - In-person lunches at the lower Town Hall continue to go well.
  - Dan Kirouac will provide music and a sing-along on September 28, 2022 following the in-person lunch. Funded by a grant from the Petersham Cultural Council.
  - Davis Bates will return with his story-telling program on September 14 following the in-person lunch. Funded by a grant from the Petersham Cultural Council.
  - A COA sponsored trip to the Big E is planned for September 22. See cover page.
- **Health Programs:** The Foot Clinic will be on summer break for the month of September.
- **Fitness Programs:** Chair Yoga, Floor Yoga & Tai Chi classes will begin again in the Fall after a Summer break.

### Discussions from both meetings included below:

- (1) Pastor Geoff Smith introduced himself as the new pastor of the Congregational Church. He offered his help on any public service projects we may have.
- (2) Life Path recently presented awards to all the Directors of the Senior Centers in the District. This included our own Kay Berry!
- (3) Lynn Feldman has written a Grant Request to initiate a "Memory Café" in the Athol/Petersham area.
- (4) Rebecca Davis has volunteered to become Treasurer of the Board, She was unanimously voted into the position.
- (5) Annette Ermini is coordinating a presentation to be given by retiring Police Sargent, Randy Horn, on "Self-defense for Women".
- (6) The Board voted to continue membership in the Massachusetts COA which provides advocacy for state funding, staff training and more. The fiscal year 2023 membership fee is \$230.

## VOLUNTEER APPRECIATION

A luncheon was held at Herrick's Tavern on August 11th to recognize all Board members and helpers for their contributions to the COA over the past two years.

## VOLUNTEERING FOR LIFE PATH

Make a big difference in someone's life by delivering a hot noontime meal and a wellness check in your own community. Volunteer drivers for Meals on Wheels are urgently needed. Stipend and mileage reimbursement available. Or, help someone with their grocery shopping! Volunteers create grocery lists with clients, collect payment, and shop and deliver groceries to their door once or twice a month.

For volunteer opportunities, visit [lifepathma.org/get-involved/volunteer](http://lifepathma.org/get-involved/volunteer) or contact Carmela Lanza-Weil at (413) 773-5555.

## PETERSHAM EVENTS AND NOTICES FOR SEPTEMBER 2022

### **Additional Band Concert Scheduled on the Common**

There will be one final Band Concert for the 2022 season held at 7:00 p.m. on September 4, 2022

### **BBQ Chicken Take-Out-Dinner at The Congregational Church**

Date: Saturday, September 10, 2022. Pick up at the church at 21 North Main Street is at 5:30 P.M.

Price: \$12.00 per person. Call Janice for reservations at (978) 724-3362.

### **Story Telling with Davis Bates**

September 14, 2022 following the in-person lunch in Lower Town Hall. Funded through the Petersham Cultural Council.

### **COA sponsored trip to The Big E**

Thursday, September 22. For more info, see cover page.

### **Music by Dan Kirouac**

September 28, 2022 following the in-person lunch in Lower Town Hall. Funded through the Petersham Cultural Council.

### **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 the first Thursday of every month from 9 a.m. until 10:15 a.m.

**2022 Dates: No Foot Clinic in September.** Resume scheduling for Oct. 6, Nov. 3, and Dec. 1.

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

### **COA SPONSORED YOGA, AEROBICS FITNESS and T'AI CHI CLASSES**

Fall classes will resume on September 13 and 14, 2022 in The Town Hall.

#### **Aerobic fitness classes with Kalliope Kalombratsos are held on Tuesdays from 10 to 11 a.m.**

Kalliope Kalombratsos has been an active student and instructor of movement, Dance and Yoga for over twenty years.

She continues to explore functional movement strengthening and strives to bring joy and a sense of freedom of movement to her students. September 13, 20 & 27. Suggested Donation: \$10.00

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

September 14, 21, & 28

Suggested Donation: \$7.00

#### **T'ai Chi classes with Valerie & Nick Wisnewski are held on Wednesdays from 4:30 to 5:30 p.m.**

September 14, 21 & 28

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.

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.

### **Petersham Partners**

Let Petersham Partners make it easy!

We have volunteers to help with getting the lawn furniture put away and other Fall projects.

Need a ride? Give us a call!

Call 978-724-0078

## USEFUL INFORMATION

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**” If you reach that gap, you will see your prescription drug costs increase dramatically!

Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org).**

# FAMILY/FRIEND IMPOSTER SCAM



### WHAT TO LOOK OUT FOR

- A caller claims to be a family member, a grandchild or a friend in trouble.
- The caller says the situation is urgent & you need to send money to help.
- The caller asks you to wire money, buy gift cards or send cash to help.
- The scammer may have details about your friend or family member to make the story sound real.

If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit.  
**Greenfield (413) 774-3186 Northampton (413) 586-9225**  
Working in cooperation with the Office of the MA Attorney General.

### WHAT TO DO

- Hang up the phone & call the person yourself to verify.
- If they don't answer, try another relative to verify.
- Any urgent request to send money without verification is most likely a scam.
- Resist pressure to send money quickly & secretly.
- Refuse to send money through wire transfer, overnight delivery service, or buying gift cards.

## NATIONAL SUICIDE PREVENTION LIFELINE

Beginning July 16, 2022, dialing “988” will route calls to the National Suicide Prevention Lifeline.

In 2020, Congress designated 988 as a new three-digit dialing, texting, and chat code for direct connection to support for anyone experiencing substance use issues, a suicidal crisis, or mental health-related distress.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen to callers, understand how their problems are affecting them, provide support, and connect them to resources as necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

## SEPTEMBER IN PERSON DINING & GRAB n GO LUNCH MENU

**NOTE: Pick Up Time is on Wednesday at 11:45 a.m. at Lower Town Hall.**  
**In Person Dining is on Wednesday at Noon in Lower Town Hall.**

9/7– Broccoli and cheese stuffed chicken, smashed red potatoes, creamed spinach, wheat dinner roll, chocolate chip cookie. Total calories: 772. Total sodium: 867 mg

9/14– French meat pie, roasted brussel sprouts, pumpernickel bread, assorted fruit cup. Total calories: 663. Total sodium: 397 mg

9/21– Chicken teriyaki, vegetable fried rice, Asian vegetable blend, multigrain bread, yogurt. Total calories: 635. Total sodium: 797 mg

9/28– Beef and lentil chili, brown rice, carrots, wheat dinner roll, fresh fruit. Total calories: 582. Total sodium: 560 mg

***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.***

## UPCOMING CONCERTS AT THE STONE CHURCH CULTURAL CENTER, GILBERTVILLE

September 24 @ 4 p.m. Yulia Zhuravleva on violin and Sima Kustanovich on piano

October 22 @ 4 p.m. Donald Boothman Memorial Concert

More info at: [Events@FriendsoftheStoneChurch.org](mailto:Events@FriendsoftheStoneChurch.org)

## UPCOMING EVENTS AT THE CENTER AT EAGLE HILL, HARDWICK

September 24 @ 7 p.m. Scott Higgins Comedy All Stars

October 15 @ 7 p.m. The Bourbon Street Jubilee: Day of the Dead Edition

For tickets, call (413) 477-6746

## Announcing New COA Newsletter Editor

First, I'd like to extend a huge thank you to Sandy Page for her many years as the COA Newsletter Editor and also for her invaluable help to transition me into this new role. As I plunge into this, I will be on a learning curve. (Hopefully the curve will tend upwards overall!) In the meantime, I will welcome feedback and suggestions for improvement. Let me know what is good and what could be better. And if you have any good jokes, ideas or other tidbits to share, send them my way! Thanks! Robin Koenig (RKoenigMA@msn.com or 978-724-0213)

## !!!JOKES!!!

- A lumberjack went in to a magic forest to cut a tree. Upon arrival, he started to swing at the tree, when it shouted, "Wait, I'm a talking tree!" The lumberjack grinned, "And you will dialogue!"
- I've been enjoying the History Channel lately, but there are a lot of repeats...
- I was on the phone with my wife and said, "I'm almost home, honey, please put the coffee maker on." After a twenty second pause, I asked, "You still there sweetheart?" "Yeah..." she replied. "But I don't think the coffee maker wants to talk right now..."
- I bought a universal remote today. I was disappointed to find out that it does not, in fact, control the universe. Not even remotely.

**September is National Fruits & Veggies Month –  
a time to focus on eating more vegetables and fruits.**

Vegetables and fruits are loaded with nutrition that may lower the risk of chronic diseases and certain cancers.

According to the Dietary Guidelines for Americans 2020- 2025, you should consume a minimum of 2½ cups of vegetables and 2 cups of fruit daily.

Eat a variety of colorful veggies and fruits to get the most nutritional benefits. Some key nutrients in vegetables and fruits include:

- Fiber: promotes healthy digestive system
- Calcium: supports healthy bones and teeth
- Iron: helps maintain healthy blood
- Magnesium: supports overall good health
- Potassium: helps maintain healthy blood pressure
- Folate: supports healthy growth and development
- Vitamin A: supports healthy eyes, skin, and immune system
- Vitamin C: helps heal cuts and wounds
- Antioxidants (thousands!): protect the body against cell damage from free radicals

All forms of fruits and vegetables matter and count towards a healthy diet.

- Fresh: Choose fresh vegetables and fruits when in season. They are higher in quality and cost less. Hint: Darker pigment in color usually means the item holds more nutrients.
- Frozen: Keep frozen produce on hand for quick preparation of meals, especially for mixed dishes. Hint: Choose unsweetened fruit with no sugar added and avoid vegetables with added sauce or cheese.
- Canned: Buying canned produce can be a great money-saving choice and go great in soups, stews, and casseroles. Hint: Try low sodium or no salt added vegetable options, drain and rinse with water before use. Choose unsweetened fruit packed in 100% juice.
- Dried: Dried fruit makes a great on-the-go snack and adds sweetness to trail mix. Try dried cranberries, apricot, raisins, figs, mango, or berries to your trail mix. Hint: Keep in mind that a serving size of dried fruit is smaller than other forms of fruit. Choose ones without added sugar to get the most benefit.
- Juice: 100% fruit or vegetable juice is a convenient way to get a serving of vegetables and fruits in your diet. Hint: Limit your juice intake to one serving per day. Make whole forms of vegetables and fruits your first choice for the most nutritional benefits.

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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