

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

PRSR STANDARD
US POSTAGE PAID
ATHOL, MA
PERMIT NO 316

COA  NEWSLETTER

JANUARY 2024



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

ADDRESS SERVICE REQUESTED

SAVE PAPER & POSTAGE AND RECEIVE THE IN-COLOR VERSION OF NEWSLETTER VIA EMAIL!
Email RKoenigMA@msn.com and request to be switched to email delivery.

Could you use a hand with snow clean-up?
Could you use a hand with organizing and sending
out bill payments?
Could you use a ride for shopping or a doctor's
appointment?

Please remember that Petersham Partners are avail-
able to lend a hand!
And if you have a hand YOU CAN LEND,
give them a call!



978-724-0078

Neighbors helping Neighbors
Petersham Partners is an all volunteer run 501(c)(3)
non-profit organization dedicated to helping senior
residents in Petersham remain living in their own
homes by providing rides and a helping hand as
needed.

CHARITY SCAM

You get a call from a charity looking for
donations. Scammers try to fool you
into giving money using these tactics:

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

**WHAT CAN YOU DO TO MAKE
SURE THE MONEY IS GOING TO A
GOOD CAUSE?**

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



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

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.

JANUARY 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.

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.

WEDNESDAY

3		Carb	Sod
		g	mg
	Bk Bean Barley Chili* 6oz	59	856
	Green Beans	9	3
	Wheat Bread	17	90
	Peaches	14	8

Total Sodium (mg): 1113

Carbs (g): 111; Calories: 786

10		Carb	Sod
		g	mg
	Chicken Cacciatore* 6oz	10	644
	Seasoned Orzo	32	38
	Scandinavian Blend Veg	9	41
	Wheat Bread	17	90
	Fig Bar	30	149

Total Sodium (mg): 1122

Carbs (g): 111; Calories: 779

17		Carb	Sod
		g	mg
	Chicken Scallopini 7oz	5	289
	Buttered Noodles	29	40
	Zucchini & Cauliflower	4	6
	Wheat Bread	17	90
	Pears	15	5

Total Sodium (mg): 589

Carbs (g): 83; Calories: 642

24		Carb	Sod
		g	mg
	AK Breaded Pollock	16	190
	Lemon Wedge	1	0
	Rice Pilaf	23	99
	Peas & Mushrooms	14	136
	Wheat Bread	17	90
	Fresh Fruit	20	1

Total Sodium (mg): 676

Carbs (g): 105; Calories: 772

31		Carb	Sod
		g	mg
	Lasagna*	32	557
	Chicken Meatball	2	70
	Tuscany Blend Veg	6	47
	Wheat Bread	17	90
	Chocolate Chip Cookie	12	60

Total Sodium (mg): 983

Carbs (g): 82; Calories: 646

HONEY



Honey is composed of about 95% carbohydrates, mainly as glucose and fructose. 1 Tbsp of honey = 17g carbohydrates vs. 1 Tbsp of granulated sugar = 15g carbohydrates.

Manuka honey is produced from bees that pollinate the tea tree found in New Zealand and Australia. Many people use it for wound healing. It has a more bitter flavor and stronger smell than regular honey.

Honey is best stored in an airtight, glass jar, in a dark area that is 65-75° F. If stored properly, honey can last many years, but the quality is best within a year.

Honey is a natural product made by honeybees from the nectar of flowers. Humans have been using honey for over 5500 years.

Honey's low pH (about 3.9), low moisture content, and enzymes that produce hydrogen peroxide, give honey antibacterial properties. Antioxidant substances found in honey are thought to give anti-inflammatory properties.

Raw honey is a type of honey that has not been pasteurized or heated, allowing it to retain more enzymes, vitamins, and minerals. There is no added sugar or syrups in raw honey.

Honey has antibacterial and anti-inflammatory properties and has been used in traditional medicine to calm coughs, soothe sore throats, and heal wounds.



There are over 300 different types of honey worldwide. The plant source where bees collect their nectar from determines the color, aroma, and flavor. Popular types include Manuka, wild clover, wildflower, and buckwheat honey.

RECURRING COMMUNITY EVENTS

Note: There is no yoga, fitness or Tai Chi in the first week of January.

MONDAYS

10 to noon/ *1st Mon of month	Memory Café 	Athol Senior Center	978-249-8986
Noon	Cribbage	Athol Senior Center	978-249-8986
1 to 3 pm	Painting Class	Athol Senior Center	978-249-8986

TUESDAYS

10 to 11 am	Aerobic Fitness	Upper Town Hall, Petersham	\$7 suggested donation
10 am	Pitch	Athol Senior Center	978-249-8986 
12:30 to 2:30 pm	Wood Carving	Athol Senior Center	978-249-8986
1 to 3 / *1st & 3rd Tuesday	BINGO	Athol Senior Center	978-249-8986
1 pm/2nd & 4th Tuesday	Canasta	Athol Senior Center	978-249-8986 
6 to 8 pm	Chess Club	Athol Public Library	Multiple age-groupings

WEDNESDAYS

9 to noon	Quilting	Athol Senior Center	978-249-8986
10 to 11 am	Gentle Yoga 	Upper Town Hall, Petersham	\$7 suggested donation
11:45 am	Pick Up/Grab & Go Lunch	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
10:30 to 11:30	Blood Pressure Clinic	Athol Senior Center	Please call for an appointment: 978-249-8986
11:30 to 12:30	Ping Pong New Event!	Petersham Town Hall, Upper level	All skill levels welcomed.
Noon	In-Person Dining	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
12:45	Mah Jongg	Athol Senior Center	978-249-8986
4:00 to 5:30 pm	Craft Circle	Petersham Memorial Library	
4:30 to 5:30 pm	Tai Chi	Upper Town Hall, Petersham	\$5 suggested donation

THURSDAYS

9 am/ *First Thursday of month	Foot Clinic	Lower Town Hall, Petersham	\$5 Call for appt: 798-724-3223
1 to 2:30 /*1st & 3rd Thurs of month	Rainbow Elders Virtual Gathering		Email: Rainbowelders@LifePathMA.org

FRIDAYS

10:15 am (also Mon & Wed)	Silver Sneakers	Athol YMCA 	978-249-3305
11:15 am (also Mon & Wed)	Swimnastics	Athol YMCA	

Note: Some information is gathered from the listed organization's website. Confirm that the event is still scheduled before going.



A SAMPLING OF UP-COMING COMMUNITY EVENTS IN JANUARY



1/4, 9:30 to 11:30 am (and first Thursday of month going forward)	LifePath Information Session	Athol Public Library	Free		A LifePath team will be on-site to answer questions
1/9, 6 pm	Mystery Discussion Group <i>The Lock-Up</i> by John Banville	Athol Public Library	Free		For Zoom link, call library at 978-249-9515
1/14, 2 to 4 pm	English Social Tea	 Barre Senior Center	Free		RSVP email by 1/5 to: 250anniversary@townofbarre.com
1/17, 4:30 to 6:30 pm	Art/Craft Class	Orange Senior Center, 62 Cheney Street			978-544-3481
1/19 to 3/15, 10 to noon	A Matter of Balance: Managing Concerns about Falls	Live Video Conference	LifePath Healthy Living Program		Register at lifepathma.org or call 413-773-5555
1/20, 7 pm	 Dancing Dream: The Tribute To ABBA	The Center at Eagle Hill	\$35/\$30		Box office: 413-477-6746
1/22, noon to 1 pm	Booked for Lunch <i>Tomorrow and Tomorrow and Tomorrow</i> by Gabrielle Zevin	Athol Public Library	Free		Registration encouraged. 978-249-9515
1/23, 6 to 7:30 pm	Jane Austin January	Woods Memorial Library, Barre	Free. Registration required: 978-355-2533		Tea, treats and make an Austen-themed craft
1/25, 6 to 7 pm	Flower Arranging Demonstration by Diane DiPietro	Woods Memorial Library, Barre	Free. Registration required: 978-355-2533		
1/27, 3 to 6 pm	Petersham Fun to Fund Event	Auction hall in the UU church dining room	Town-wide Silent Auction to raise funds for Petersham's non-profit organizations		
1/30, 6:30 to 7:30 pm	Monthly Book Club <i>The Beekeeper of Aleppo</i> by Christy Lefteri	Woods Memorial Library, Barre	Free		
2/1 to 2/22, 1 to 3 pm	UCLA Memory Training	Athol Senior Center	LifePath Healthy Living Program		Register at lifepathma.org or call 413-773-5555
2/3, 4:00 pm	Friends of the Stone Church Valentine Gala	Hardwick Crossing Country Club, Gliberville	\$65/person Reservations Required.		Buffet, music and silent auction

Note: Some information is gathered from the listed organization's website. Confirm that the event is still scheduled before going.

The Massachusetts Health Care Proxy is a simple legal form that allows you to name someone you trust to make health care decisions for you, according to your wishes, if—for *any* reason and at *any* time—you become unable to make or communicate those decisions yourself.

Under Massachusetts and U.S. law, you have basic rights to decide about your own health care. These include a right to be told about your illness, the treatment that your doctor is recommending, along with its possible risks and benefits, and the right to freely say yes or no to any treatment. You have these rights at all times, and they apply to all recommended treatments, even treatments that could keep you alive.

If you become ill or have an accident, and you become unable to make your own health care decisions, you don't lose those rights. But in order to make them work, they will have to be put into action by someone else. The Health Care Proxy Law allows you to choose the person who will exercise your right to make your own health care decisions. That person is called your Health Care Agent. The law allows you to name someone you trust to discuss possible treatment choices with your doctor and then decide the best treatment for you—according to your wishes or in your best interests. *Note: In Massachusetts, a spouse or family member does NOT automatically have the legal authority to make decisions for you, unless appointed in a Health Care Proxy.*

Once I sign the Proxy, does that mean I can no longer make health care decisions myself? No. The Proxy becomes a legal document when you sign the Proxy and two witnesses sign that they saw you sign the document yourself. But your Agent cannot act for you until your doctor states, in writing, that you are not able to make health care decisions for yourself. The doctor will then ask the person you named in your Proxy if they are willing to make decisions on your behalf. If you later get well, you will again make your own decisions. Your Agent makes decisions for you only when and for as long as you cannot do that for yourself.

Can I change my mind? Yes, anytime and for any reason. If you name a person to be your Agent, and later change your mind, just sign and date a new Proxy. The old one is automatically revoked or cancelled. If you disagree with what your Agent is asking your doctor to do, you should say so.

Health Care Proxy versus a Living Will: A Health Care Proxy or Health Care Power of Attorney lets you choose someone you trust to make health care decisions for you. It usually becomes effective only if and when you become unable to make or communicate your own health care decisions. It lets your doctor and others know whom to ask to find out what your wishes would be in a particular situation.

The person you choose, called your Agent, will have full legal authority to make any and all health care decisions for you, including decisions about life-sustaining treatment if you wish. He or she can decide for you only when you cannot decide for yourself. Your Agent must act according to your wishes or in your best interests.

Because the Health Care Proxy applies to all health decisions, and not just to decisions at the end of life, it is important for you to talk with your Agent about issues important to you. For example, you might discuss how you would feel about having constant pain, what it would mean to you to have a permanent mental disability, or how your religious beliefs or moral code would guide your decisions. No one can predict what might happen in the future. But if the time comes when you must depend on another person to make decisions about your care, that person will have to know what is important to you in order to make the best choices for you.

A *Living Will* is a written statement you give to your doctor and family members. It says that if you become terminally ill or there is no reasonable hope for your recovery, that you wish to avoid medical treatments that would only prolong the time of death and do not offer any hope of cure. Most documents say that you wish to be given all treatment necessary to keep you comfortable. Some Living Wills have checklists of treatments you do or don't want in certain situations. Others have blanks where you can write in your specific wishes. The Living Will is not specifically recognized by Massachusetts law. Even though the Personal Directive or any Living Will in MA is not legally binding on your doctors, it gives all your care providers clear evidence of what you want and do not want for care.

Your choice of persons to be your Agent and Alternate should depend on two main factors: Can you talk openly with these persons about your personal choices for health care, including such difficult issues as mental illness, dying and death, nursing home care, your own sense of dignity and self-worth, and your personal values or religious beliefs? And, will your Agent and Alternate be your strong supporters, able to give your views and preferences even if some people don't agree? The ideal Agent will be someone who knows you well, understands your values and beliefs, and will carry out your wishes.

This above information is provided through Honoring Choices Massachusetts.

See their website @ honoringchoicesmass.com for forms, tutorials and additional information.

SERENDIPITY...

Finding pleasing things that one has not been looking for....

A HUGE SHOUT OUT to those who sent in submissions this month!
Keep 'em coming!

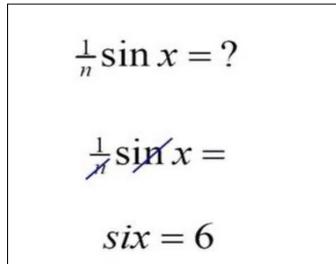
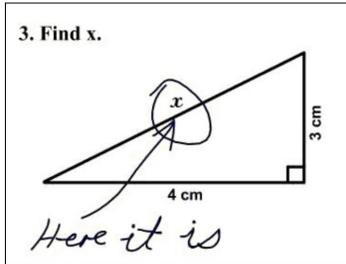
Please send along some entries for our *Serendipity* page. Entries can be jokes, poems, photos, recipes or anything else you can think of that you would like to share with our community. Entries can be credited to you when they are used in the newsletter, or you can choose to remain anonymous.

Some upcoming *Serendipity* pages could include:

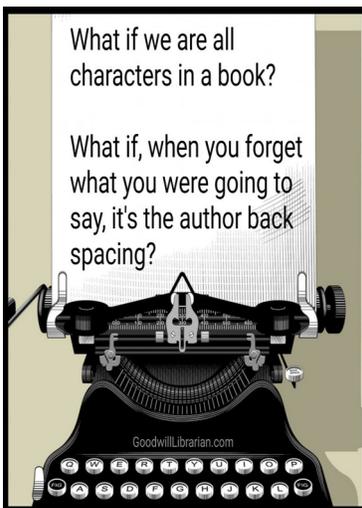
- "Where is this?" (Photos of things in town whose location will be fun for others to find)
- "Who is this?" (Photos of you when you were younger or in costume, etc.)
- "What is this?" (Serious questions regarding perplexing objects, close-up photos of common objects that make them hard to identify, etc.)
- "When is this?" (Photos for which the year taken can be guessed)
- "Why is this?" (Personal observations or photos of things that are silly, etc.)

Let's have some fun with **our** newsletter!

Send entries to Robin Koenig, RKoenigMA@msn.com



Where in Petersham is this?



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: Robin Koenig 978-724-0213
COA Board Chair: Kay Berry: 978-724-6610