

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

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COA



NEWSLETTER

NOVEMBER 2022

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

ADDRESS SERVICE REQUESTED

Reminders:

- **November 8 State Election**
 - Last day to register to vote in this election is 10/29
 - Vote by mail applications must be received by 11/1 at 5:00 pm
 - Early voting will take place between 10/22 and 11/4 in upper Town Hall. See town website for dates and times or call Town Clerk at 978-724-6649
- **Medicare Open Enrollment** ends 12/7. Explore your Medicare coverage options and review your current plan to assure this is still the best option for you. See www.medicare.gov, contact the SHINE (Serving the Health Insurance Needs of Everyone) program at the Athol Senior Center, or attend the Senior Health Fair on 11/17. See page 2.
- **Heating Assistance**– Now is the time to apply or recertify the need for heating assistance for this coming winter. Contact Making Opportunity Count (MOC) at 978-345-7040.
- **Flu Shots and COVID 19 Boosters**– Now is the time to get your flu shots and check if it's time to update your COVID booster.

Did you know?

- Home Modification and repair funds are provided by the Older Americans Act. Work can range from simple changes like replacing doorknobs with pull handles to major structural projects such as installing a wheelchair ramp. Contact our Area Agency on Aging (AAA)/LifePath at 800-732-4636.

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

- The COA Board met on 10/10/2022.
- The Board Meeting Minutes from the 9/12 meeting were read and approved as amended.
- Treasurer's Report was presented and approved.
- **Enrichment Programs:**
 - In-person lunches at the lower Town Hall continue to go well.
- **Health Programs:** The Foot Clinic is offered the first Thursday of every month.
- **Fitness Programs:** 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.
- **Discussions:**
 - (1) The start of the "Memory Café" at the Athol Senior Center has been delayed until November.

Update on the North Quabbin Memory Cafe

The Athol Council on Aging and the Petersham Council on Aging have been awarded funding from *LifePath, Inc.*, and the *Church Street Home Fund* to create a new initiative called the *North Quabbin Memory Cafe*. The new program will offer a monthly meeting place for individuals living with changes in their thinking or memory, mild cognitive impairment, or dementia due to Alzheimer's disease or a related disorder. It will be a place to relax, have fun, and meet others along with their care partners. Each month will feature a theme, activities for participants and care partners based on the interests of the group, a time for socializing, and refreshments. The Cafe will be free of charge and promote inclusion. It is anticipated that the *North Quabbin Memory Cafe* will be open in November. Please call to register [978-249-8986](tel:978-249-8986). Share this information with your friends and family and help spread the word!!

SENIOR HEALTH FAIR

Thursday, November 17, 2022

10 am to noon

Athol Senior Center

82 Freedom Street

This is your opportunity to talk with representatives from the following insurance companies and service providers:

- Blue Cross Blue Shield (Health Care and Dental Plans)
- Fallon Health and Fallon Summit
- MassAdvantage
- Eternal Heal
- Care Central VNA & Hospice (Gardner)
- LifePath
- Senior Medicare Patrol

RANDOM THOUGHTS...

When I was a kid, there were no cell phones or tablets. We read cereal boxes at breakfast...

My whole life, I never read a warning label telling me not to eat laundry detergent or put glue in my hair. Somehow I just knew...

COMMUNITY EVENTS FOR YOUR HEALTH AND ENJOYMENT:

Tuesdays-

10 to 11 am- Aerobic fitness classes with Kalliope Kalombratsos. Upper Town Hall. Suggested Donation: \$7

Wednesdays-

10 to 11 am- Chair Yoga classes with Loren Magruder. Upper Town Hall. Suggested Donation: \$7

11:45- Grab n Go lunch. Lower Town Hall. See menu on page 6.

To reserve or cancel, call 978-821-5549 by Monday afternoon. Suggested donation: \$3

Noon- In-person dining in the Lower Town Hall. See menu on page 6.

To reserve or cancel, call 978-821-5549 by Monday afternoon. Suggested donation: \$3

4:30 to 5:30 pm- T'ai Chi classes with Valerie & Nick Wisnewski. Upper Town Hall. Suggested Donation: \$5

Thursdays-

9 to 10:15 am- The Foot Clinic is offered the first Thursday of every month. Bring a towel.

Lower Town Hall. For appointment, call 978-724-3223. Cost: \$5

Fridays-

6:00 to 9:00 pm- Open Games Night. Petersham Congregational Church. All welcome! Free drop-in.

A SAMPLING OF UPCOMING EVENTS...

October 29– Holiday Hostess Basket Weaving with Sue Morello. 9 am to noon. Petersham Art Center.

Cost: \$15 members/\$35 nonmembers/Material fee \$16. Call to register 978-724-3415.

October 29– A Visit with Mystery Author Paul Doiron. Noon at Athol Public Library. Register at 978-249-9515.

November 2– Let's Talk About History- 6 to 7 pm. Woods Memorial Library, Barre.

November 5– Alfred Hitchcock: Master of Suspense– Slideshow presentation by Frank Mandosa. 10:30 to 11:30 am.

Athol Public Library. Registration required: 978-249-9515.

November 5– Congregational Church Take-Out Supper. Roast pork, baby potatoes, carrots, dessert. Donation \$15.

November 8– Mystery Discussion Group of The Last Thing He Told Me by Laura Dave. 6 pm.

Athol Public Library. Zoom is available. Call 978-249-9515 for Zoom info.

November 12– Holiday Wreath Making with Rachel Gonzalez. Mixed evergreens, ribbons, pinecones & decorations.

1 to 3 pm. Petersham Art Center. Cost: \$10 members/\$30 nonmembers/Material fee \$20. Call to register.

November 12 - DIY Sign Making. 4:00 pm. Petersham Congregational Church. Cost \$15 to \$26 depending on sign made.

Register with Lynn Scott at 978-724-3516 or LYNNASCOTT2@GMAIL.COM

November 12 – Petersham Jams. 7:00 pm. Davis Memorial Hall, 1 West Street, Petersham.

November 17– Designing Greeting Cards Using Colored Pencils with Mathilde Duffy. 7 to 9 pm. Petersham Art Center.

Cost: \$10 member/\$30 nonmember/Material fee \$5. Call to register 978-724-3415.

November 19– Making a Boxwood Wreath with Lynn Hartman. 10 to noon. Petersham Art Center.

Cost: \$10 member/\$30 nonmember/Material fee \$25. Call to register 978-724-3415.

November 13, 20 and December 4– Getting to the Nuts and Bolts of Painting with Acrylic and Oil with Jeanette Martin.

1 to 3 pm. Petersham Art Center. Cost: \$30 member/\$50 nonmember/Material fee \$10.

Call to register 978-724-3415.

December 3– Congregational Church Christmas Fair– 9 am to 1 pm. Includes bake sale and soup for lunch.

SCAM ALERT!



“Free” Trial Offers can end up costing you more than you expected.

Before you sign up for a “Free” Trial Offer...

- Find out who is behind the offer.
- Research the company.
- Find the terms & conditions.
- Watch out for pre-checked boxes.
- Mark your calendar. You may be on the hook to pay for the product if you don’t cancel or return it on time.
- Find out how to cancel future shipments.
- **Read your credit card & bank statements. Make sure you’re not charged for something you didn’t order.**

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**



COVID-19 VACCINE APPOINTMENTS

If anyone is having difficulty getting an appointment for the Covid-19 Vaccine, please contact the Board of Health for help @ 978-724-0057 or petershamboh@verizon.net.

PETERSHAM PARTNERS

Petersham Partners has volunteers for car rides, help with light household chores and more. Stacking wood and bringing in lawn furniture are some of the seasonal chores that are currently popular. If you can think of it, we’ll see if we can help! And if you have an ability that you can share with other community elders or persons with disabilities, please let us know! Petersham Partners is a valuable community resource!

Let’s connect to share our abilities and help ease our loads. Call 978-724-0078.

LIFEPATH – A USEFUL COMMUNITY RESOURCE

LifePath is a private, nonprofit corporation and serves as Peterham’s Area Agency on Aging (AAA) and Aging Services Access Point (ASAP) funded in part by the Executive Office of Elder Affairs. LifePath’s Information and Caregiver Resource Center (ICRC) can answer questions about in-home care services, pay for caregivers, caregiver grants, caregiver support & respite, legal issues, fuel assistance and much more. If you have a question, need a service or need financial assistance for aging-related needs, LifePath’s ICRC is a good first call. This is a free service, available Monday through Friday, 9 am to 5 pm. Call 800-732-4636 or TDD 413-772-6566. See their website at www.lifepathma.org for a myriad of aging-related ideas.

NATIONAL SUICIDE PREVENTION LIFELINE– DIAL 988

HEATING ASSISTANCE & ENERGY EFFICIENCY PROGRAMS

Fuel Assistance (LIHEAP) is a federally-funded program. The income caps for fiscal year 2023 are worth your review. For example, a household of 1 with an income of up to \$42,411 may be eligible for assistance with deliverable fuel costs while a household of 2 with income of up to \$55,461 may be eligible. For more information about LIHEAP, visit mass.gov/home-energy-assistance-programs or call 800-632-8175.

The sponsors of Mass Save offer a no-cost Home Energy Assessment to identify energy saving opportunities. In addition, you will receive energy-efficient LED light bulbs, low-flow showerheads, and faucet aerators that are installed during your visit. To schedule a home energy assessment call 1-866-527-7283.

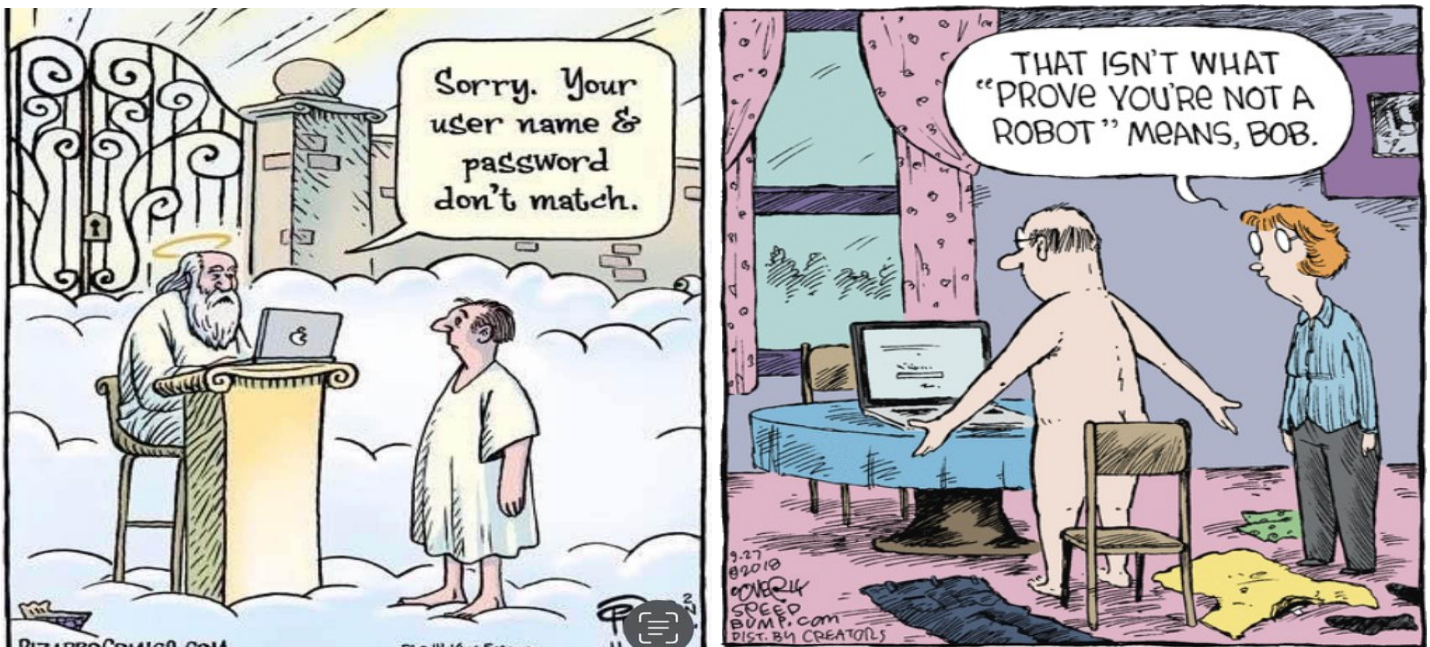
Plus, if your existing appliances are in working order and determined to be inefficient, you may receive new appliances at no cost to you, such as: refrigerator, freezer, heating system, front loading clothes washer, dehumidifier, window air conditioner, or programmable thermostat. Other no-cost services may include attic and wall insulation, weatherstripping, and sealing of air leaks throughout your home.

Did you know?

Older adults can receive **free technical assistance** through Cyber Seniors at toll free # 1-844-217-3057 or Senior Planet Tech Hotline from AARP at 888-713-3495.

Personal cheerleader...

If I'm ever feeling down, I just type "Yo are the best" into Google.
Then it responds, "I think you mean: You are the best."
And I feel much better.



NOVEMBER 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.

11/2– Meatballs with stroganoff sauce, egg noodles, Scandinavian veg blend, wheat bread, fresh fruit.
Total calories: 648. Total sodium: 593 mg

11/9– Spinach and feta egg bake, home fries, stewed tomatoes, marbled rye, fruit cup.
Total calories: 625. Total sodium: 896 mg

11/16– Chicken breast with red pepper sauce, orzo pilaf with spinach, capri veg blend, wheat bread, oreos
Total calories: 622. Total sodium: 981 mg

11/23– Potato Pollok, tartar sauce, rice pilaf, mixed vegetables, multigrain bread, fresh fruit
Total calories: 823. Total sodium: 951 mg

11/30– Breaded chicken drummer, mashed sweet potatoes, broccoli, multigrain bread, fresh fruit
Total calories: 648. Total sodium: 845 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.

FOOD PRODUCT DATING

Most people don't realize that the purpose of food dating is to help consumers and retailers understand when food is of best quality and is not meant to indicate food safety. In Massachusetts, food that has a recommended shelf life of under 90 days must be labeled with "sell by" or "best-if-used-by" accompanied by a calendar date. Foods exempt from this include fresh meat, fish, fruit and vegetables offered unpackaged or in containers permitting sensory evaluation.

Interpreting dates:

"Sell by": The store should sell the food by this date, but you can still eat the food safely after.

"Best if used by/before": Use the food item by this date for the best flavor and quality.

"Use by": The last date recommended to use the food item at the highest quality.

Food Safety Considerations:

Signs of food spoilage include mold and unusual/off tastes, odors, and appearance. Canned foods that are bulging, rusted, leaking, or with sharp or deep dents should not be consumed.

Hey! Listen frozen meal instructions....

Never in the history of owning microwaves have I ever known the wattage of any microwave!

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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