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





NEWSLETTER

NOVEMBER 2023

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

ADDRESS SERVICE REQUESTED

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

REMINDERS:

- Fall back... Remember the clocks will turn back an hour on November 5.
- Medicare Open Enrollment ends on December 7. Explore your Medicare coverage options and review your current plan to assure this is still the best option for you. For additional information, see www.medicare.gov or contact the SHINE (Serving the Health Insurance Needs of Everyone) program at the Athol Senior Center.
- Heating Assistance
 – Now is the time to apply or recertify the need for heating assistance for this coming winter.
 Applications accepted starting 11/1. On-line portal opens on 10/1. (See additional info later in newsletter...)
- MassHealth Rederminations Are Underway- Any member who receives a renewal form in blue envelope must respond or they could be at risk of losing coverage. (See additional info later in newsletter...)



Could you use a hand with end of season yard 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 available 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.

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. PRSRT STANDARD US POSTAGE PAID ATHOL, MA PERMIT NO 316

NOVEMBER IN-PERSON DINING & GRAB n GO LUNCH MENU

<u>NOTE:</u> 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.

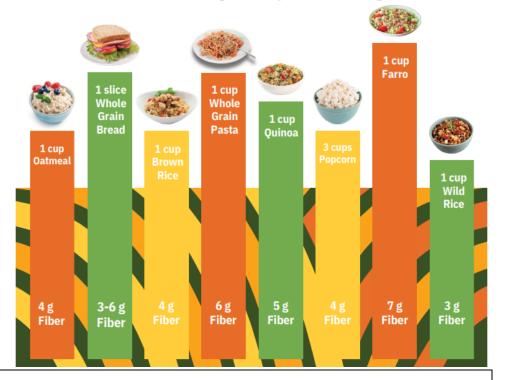
WEDNESDAY			
1	Carbs	Sod.	
	9	mg	
Black Bean & Barley Chili* 6oz Shredded Cheese 1oz	59 0.9	614 185	
Brown Rice	24.2	4	
Green Beans	8.6	3	
Wheat Bread	17	90	
Fresh Fruit	20	1	
Total Sodium (mg): 10			
Carbs (g): 143; Calories: 8		Card	
8	Carbs	Sod.	
Beef Hot Dog*	9 3	mg 540	
Baked Beans	20	140	
Coleslaw	12.1	45	
Ketchup, Mustard, Relish	6.3	218	
Hot Dog Roll	43	165	
Fresh Fruit	20	105	
	20	· '	
(no margarine) Total Sodium (mg): 12	20		
Carbs (g): 118; Calories	. 802		
15	Carbs	Sod.	
	g	mg	
Chicken Scallopini 7oz	5.4	289	
Buttered Noodles	28.8	40	
Zucchini & Cauliflower	4.2	6	
Dinner Roll	17	180	
Tropical Fruit	17	0	
Tropical Fruit	17		
Total Sodium (mg): 6	75		
Total Sodium (mg): 6 Carbs (g): 85; Calories:	75 676	0	
Total Sodium (mg): 6	75 676 Carbs	0 Sod.	
Total Sodium (mg): 6 Carbs (g): 85; Calories: 22	75 676 Carbs g	0 Sod. mg	
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Total Sodium (mg): 6 Carbs (g): 85; Calories: 22 Alaskan Breaded Pollock Lemon Wedge	75 676 Carbs g 16 0.7	0 Sod. mg 190 0	
Total Sodium (mg): 6 Carbs (g): 85; Calories: 22 Alaskan Breaded Pollock Lemon Wedge Rice Pilaf	75 676 Carbs 9 16 0.7 23.2	0 Sod. mg 190 0 99	
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alt diet (3000 - 4000mg sodium) for healthy older

WHOLE Elevate Your GRAINS MONTH: Meals with Fiber

Whole grains are a great source of fiber and make a delicious addition to any meal. Make half your grains whole daily to get the fiber you need to support your well-being.

Recommended Daily Fiber Intake: Girls & Women 25 to 26 grams | Boys & Men 31 to 38 grams



MassHealth Redetermination

Due to the federal government ending the continuous coverage requirements on April 1, 2023, MassHealth has returned to their regular renewal processes. MassHealth now needs to renew all members' health coverage to ensure they still qualify for their current benefit. These renewals will take place over 12 months, from April 2023 to April 2024. This means that members could get their renewal forms (many in a blue envelope) in the mail at any time during this one-year period. For more information visit mass.gov/masshealthrenew.

SCAM ALERT! Free COVID Test Kits

WHAT TO LOOK FOR

- You get a call, email, or text message from someone offering free COVID-19 test kits.
- They say they need your Medicare number to process the order.

 WHAT TO DO
Do not respond! It's a scam.

- Do not give out your Medicare number to anyone who calls, emails, or sends a text message.
- Call 800-232-0233 to order free COVID-19 test kits.

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



RECURRING COMMUNITY EVENTS

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
6 to 8 pm	Chess Club	Athol Public Library	Multiple age-groupings
WEDNESDAYS	•	·	ALL
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
Noon	In-Person Dining	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
12:30 to 3 pm	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
Noon	Bridge	Athol Senior Center	978-249-8986
1 to 2:30 /*1st & 3rd Thurs of month	Rainbow Elders Virtual Gathering		Email: Rainbowelders @LifePathMA.org

FRIDAYS

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

11/2, 6 to 7 pm	Leading Ladies of Hollywood's	Athol Public Library	Lecture with slides	Register:
· · · –, • · • · •	Golden Age: Katharine and Audrey			978-249-9515
11/4, 10:30 to noon	Helping Dogs: Roles, Rights, and Responsibilities with Cynthia Crosson	Athol Public Library	Presentation followed by conver- sation	Register: 978-249-9515
11/10 to 12/10	18th Annual Country Roads Holiday Tour	19 Shops	Offering grand prize valued at \$950 and 19 second prizes	Countryroadschrist- mas.com
11/11, 9 to noon	Slow Stitch Textile Art with Peggy Schneider	Petersham Art Center	\$15/member \$35/non-member \$7 materials fee	To register, call: 978-724-3415
11/14, 12:15 to 1:15 pm	Understanding Alzheimer's and Dementia	Barre Senior Center 557 S. Barre Rd.	Presented by the Alzheimer's Associa- tion of MA/NH	To register, call library: 978-355-2533
11/18, 10 to noon	Boxwood Wreath Making with Lynn Hartman	Petersham Art Center	\$10/member \$30/non-member \$25 materials fee	To register, call: 978-724-3415
11/18 & 11/19	Thanksgiving Harvest Festival	Red Apple Farm, Phillipston	Free	Food, music, demon- strations, hayrides
11/25, 10 to noon	Woolen Holiday Trees with Karen Healey	Petersham Art Center	\$10/member \$30/non-member \$15 materials fee	To register, call: 978-724-3415
11/27, noon to 1 pm	Booked for Lunch: Patti Calla- han Henry's, <i>The Secret Book of</i> <i>Flora Lea: A Novel</i>	Athol Public Library	Free	Register: 978-249-9515
11/28, 6:30 to 7:30 pm	Monthly Book Club: <i>Eat Cake</i> by Jeanne Ray	Woods Memorial Library, Barre	Free	Register: 978-355-2533
Throughout November	Petersham Lion's Club: "Get Ready for the Holidays" Extravaganza	Virtual On-Line Home Party		Contact: Lynneshaw@gmail.com
12/1, 6 to 8 pm	Learn to Curl	Petersham Curling Club	\$40 for ice time and instruction	978-724-3210
12/2, 10:30 to 11:30 am	Author reading & book signing Richie Davis: <i>Flights of Fancy,</i> <i>Souls of Grace</i>	Athol Public Library		Register: 978-249-9515
12/2, 10 to noon	Evergreen Holiday Wreath with Rachel Gonzalez	Petersham Art Center	\$10/member \$30/non-member \$20 materials fee	To register, call: 978-724-3415
12/2, 7 pm	Petersham Jams	Davis Memorial Hall 1 West Street	Free	
12/2, 9 am to 1 pm	Christmas Fair	Petersham Congre- gational Church	Free	Decorations, raffles, lunch and baked goods

Heating Assistance, Weatherization and Heating System Support

Fuel Assistance helps eligible households pay a portion of their primary source heating which includes oil, electric, natural gas, propane, kerosene, wood and coal. Eligibility for home energy assistance is based on several factors including household size and combined gross annual income of household members. Household income cannot exceed 60% of MA's estimated State Median Income:

The Weatherization Assistance Program helps low-income home-owners and renters lower their energy costs by making their homes more energy efficient. Energy-saving improvements may include: insulating attic and walls, sealing cracks, wrapping water heater and pipes, and installing storm windows. The service is free with a cost limit per home of \$10,000 in energy improvements.

MOC's Heating System Replacement and Repair Program provides heating system repairs and replacements for income eligible homeowners. During winter months, priority is given to clients in an emergency no-heat or unsafe heating situation.

Apply through MOC (Making Opportunity Count): 978-342-4520

The Better Business Bureau (BBB) established its naughty list, and is making individuals aware of the top 12 holiday scams.

Misleading Social Media Ads – Always research before you buy. BBB.org and shopper reviews can help you do your homework.

Social Media Gift Exchange – This usually involves a secret illegal pyramid scheme. Watch out for invites to gift exchanges on social media that include exchanging bottles of wine; purchasing \$10 gifts; or requests to submit your email to a list where participants get to pick a name and send money to strangers to "pay it forward."

Holiday Apps – Be weary of free holiday apps that include things such as talking to Santa, tracking Santa's reindeer, and lighting a digital Menorah. Many of the free apps can contain malware or their privacy policies may allow them to access personal data.

Fake Texts Saying You Are Hacked – This scam occurs all year round, but is more frequent during the holiday season. Never click on links from a number you do not know, and always consult with the BBB (BBB.org) if you have concerns regarding the legit-imacy of an organization.

Free Gift Cards – The word free likely sounds too good to be true, and it may be! Never provide personal information in exchange for these free gifts as they are likely tied to a scam.

Temporary Holiday Jobs – Keep an eye out for employment opportunities that seem too good to be true and ask for extensive personal information.

Look Alike Websites – Be weary of any emails or text messages that include embedded links. Always hover over a link to determine its legitimacy by reviewing the web address.

Fake Charities – Verify the legitimacy of a charity through BBB's website Give.org.

Fake Shipping Notifications – Scammers are using the new surge of online shopping to send phishing emails that claim to include shipping notifications and tracking. Always verify the email address prior to clicking any links. When in doubt do not click.

Pop-up holiday events – The holiday season brings many social events for family and friends to gather. Unfortunately, scammers have used this to send fake invites to social gatherings and request credit card information for payment, compromising your credit. Confirming with an event organizer regarding the cost of an event and confirming the event website can help mitigate risk of this scam.

Top Holiday Wish Items – Be cautious when purchasing high demand items for bargain prices. This includes being weary of Facebook market and other online platforms.

Puppy Scams – The BBB estimates that 80% of online pet advertisements may be scams. Be sure to see a pet in person before making a purchase.

If you think you may have been a victim of a scam, you should do the following:

Try to contact the merchant. Contact your credit card company. Contact the BBB and submit a claim: https://www.bbb.org/file-a complaint

SERENDIPITY

This section of the newsletter will highlight jokes, games, riddles, recipes, poems, artwork or anything else you can think of that you would like to share. Entries can be anonymous or credited based on the contributor's preference. Forward your entries to RKoenigMA@msn.com



Where is this? This "organic fencing" is somewhere in town. Have you seen it?

You know you're getting old when "friends with benefits" means someone who can drive at night!

LET'S RUN AWAY.... I'M NOT GOING TO END UP IN A HOSPICE AND YOU IN A SHELTER



Even if you end up between a rock and a hard place, you can still make yourself into something beautiful



I can't even imagine the self control required to work at a bubble wrap factory.







Did you know that a watering can and ladle are available for flower watering in East Street Cemetery? They are located next to the stream so that you can scoop needed water.

The email for Petersham Council on Aging is <u>PshamCOA@gmail.com</u> 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