

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

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COA



NEWSLETTER

OCTOBER 2022

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

ADDRESS SERVICE REQUESTED

#### Reminders:

- Petersham Transfer Station sticker renewal is due by October 1.
- 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.
- 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 from 9 a.m. until 10:15 a.m. *Dates: Oct. 6. Nov. 3, Dec. 1.* For Questions or Appointments: Contact Marilyn Fisher at: 978-724-3223; or by email: fishermarilyn47@yahoo.com
- Petersham Partners has volunteers for car rides, help with light household chores and more. 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

#### FYI...

If you boil a funny bone, it becomes a laughing stock.

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 September 12, 2022.
- The Board Meeting Minutes from the August 7, 2022 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.
  - 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.
- **Health Programs:** The Foot Clinic resumes in October.
- **Fitness Programs:** Chair Yoga, Floor Yoga & Tai Chi classes are beginning again.
- **Discussions:**
  - (1) A "Memory Café" will start at the Athol Senior Center on October 3, 2022.

## What is a Memory Café?

A Memory Cafe is a wonderfully welcoming place for individuals with Alzheimer's Disease or any other form of dementia, or other brain disorders. They are designed to include the care partner as well, for a shared experience. Additionally, it is helpful for people with all forms of mild cognitive impairment (MCI.)

Individual Memory Cafes focus on different aspects for a unique experience. You may find some are activities-based, while others focus on education. You might have one enjoying the connections of demographic-appropriate music and dancing. Others might focus on crafts and painting, while some facilitate informal conversation to create new friendships. Some simply guide the participants in exercises that foster reminiscing.

While a Memory Cafe is beneficial for those living with dementia, it is also beneficial for their caregivers as well. It is a way to enjoy activities with them as a break from the normal routine that you share.

A Memory Cafe is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. They provide mutual support and exchange information. This by itself is valuable if for nothing more than to obtain information about additional resources.

Wanda Landry, Quabbin Valley Healthcare's trained support leader will be facilitating.

**Where:** Athol Senior Center, 82 Freedom Street. (In the same building as Ocean State Job Lot.)

**When:** Starting on October 3, 2022. 10:00 am to noon.

## Additional Support for Caregivers of those with Alzheimer's Disease

Recognizing that Alzheimer's disease not only affects the individual but his or her family and friends, Quabbin Valley's trained support leader, Wanda Landry, offers support sessions to the community at large. The support group meets on the second Wednesday of every month at 3:00 pm at the North Quabbin Adult Day Services, 1471 Main Street Rear, Athol, MA 01331. Respite care is provided for all support meetings. Pre-registration is requested. Please call (978) 248-9470.

## COMMUNITY EVENTS

**September 28- Music by Dan Kirouac– \*\*\*POSTPONED\*\*\***

**October 1 & 2– Garlic and Arts Festival**, 10:00 to 5:00. 60 Chestnut Hill Rd, Orange. Senior admit: \$5.00

**October 1 & 15– How to Build a Stone Wall**. 8:30 to 12:30 with Chris Jenkins. Petersham Art Center. \$40 for members. \$60 for non-members. Register with Chris Eaton– [chrisoutdoors71@gmail.com](mailto:chrisoutdoors71@gmail.com)

**October 2– Blessing of the Animals**. 2:00 pm on the North Common, Petersham. All animals welcome.

**October 6– Delvena Theater Company's Isabella!** 6:00 pm. Athol Public Library. Step back in time and meet Isabella Stewart Gardner, the famed founder of the eponymous museum in Boston.

**October 7 & 21– Open Games Night**. 6:00 to 9:00 pm. Petersham Congregational Church.

**October 8- Harvest supper takeout**. Congregational Church, Petersham. Pickup at 5:30 P.M. Menu includes pot roast, mashed potatoes, winter squash, dessert. Donation is \$15. Call Janice for reservations - 978 724-3362.

**October 8– Petersham Jams**. 7:00 pm. Davis Memorial Hall, 1 West Street, Petersham.

**October 8– Halloween Fun Day–** 11:00 to 2:00 pm. Free for children of all ages. The Stone Church Cultural Center, 280 Main St., Gilbertville. Call Kathy McCrohan for registration: 508-404-7552 by 10/5.

**October 9– Free Community Concert with Alley Music Strings**. 2:00 pm. First Congregational Parish, Unitarian, Petersham.

**October 11– Mystery Book Discussion: Hatchet Island by Paul Doiron**. 6:00 pm. Athol Public Library.

**October 22– Nature Journaling**. 9:00 to 11:00 am with Katrina Walton. Petersham Art Center. \$10 for members. \$30 non-members. \$10 materials fee. Register with Chris Eaton– [chrisoutdoors71@gmail.com](mailto:chrisoutdoors71@gmail.com)

## LIFEPATH'S HEALTHY LIVING FALL 2022 WORKSHOPS

**FREE IN-PERSON AND REMOTE WORKSHOPS** Access on your computer OR phone!

**Living Well with Long-Term Health Conditions (Live Video Conference)-** Topics include healthy living, relaxation techniques, communication, goal-setting, problem solving, and more. Tuesdays, 10/10 to 11/29, 6:00 to 8:30 pm.

**Tomando Control de su Salud, Spanish Living Well with Long-Term Health Conditions (Live Video Conference)-** Techniques to deal with symptoms of chronic conditions such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems. Presented in Spanish in ways that are culturally appropriate. Tuesdays, 10/6 to 11/17, 9:30 am to 12:00.

**A Matter of Balance– Managing Concerns about Falls (Two in-person workshops):** Teaches practical strategies to reduce the fear of falling and explores medical, behavioral, and environmental risk factors for falls, stressing the importance of developing an exercise plan. Athol Senior Center, Wednesday, 9/21 and 11/16, 1:00 to 3:00 pm.

**Healthy Eating for Successful Aging (Live Video Conference)-** Teaches the “My Plate” guidelines, nutrition basics, label reading, meal planning, and goal setting for adults hoping to improve their nutrition in order to lose/gain weight, lower cholesterol, manage blood sugar levels, or live well with any chronic condition. Fridays, 10/7 to 11/18, 9:30 am to noon.

For more information or to register, contact:

Andi Waisman, Healthy Living Program Manager  
413-773-5555 x2297/[awaisman@LifePathMA.org](mailto:awaisman@LifePathMA.org)

## VOLUNTEERING FOR LIFEPAH

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 including in Orange and Athol. 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.

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

Classes have resumed 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 27, October 4, 11, 18 & 25. Suggested Donation: \$7.00

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

September 28, October 5, 12, 19 & 26.

Suggested Donation: \$7.00 (\*Note correction\*)

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

**Taiji (Tai Chi) Quan and Qigong (Chi Gung) for health and well-being.**

This series of classes will focus on the combined health benefits of Taiji Quan and Qigong. Benefits are both "internal" and "external:" external skeletal and muscular strengths are complemented by internal flows of breath, blood, and energy. These holistic health benefits are now recognized by Western medicine, contributing to the expanding popularity of Taiji Quan and Qigong. Utilizing gentle exercises, breathing techniques, and meditation, these ancient Chinese healing arts improve health and vitality, make the mind tranquil, and provide a deeper connection with nature.

The classes include instruction in the Yang-style Taiji Quan form and various Qigong exercises, including Hua Tuo's Five Animal Frolics (Wu Qin Xi), Bone Marrow Cleansing (Xi Sui Jing), Eight Brocades (Ba Dua Jin), Coiling Silk (Chan Si), and, most importantly, Primordial Qigong (Taiji Hunyuan Nei Gong, or Undifferentiated Primordial Inner Work). Practitioners of all levels, from beginner to advanced, are welcome, but no prior experience is necessary, only a desire to improve your health and well-being.

Classes are taught by the husband and wife team of Nick and Valerie Wisniewski, with over fifty years combined martial arts experience.

September 28, October 5, 12, 19 & 26.

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.

## USEFUL INFORMATION

### COVID-19 Scam Alert!



*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 LOOK FOR**

- You get a call from someone who says they are from Medicare.
- The caller offers to send you free COVID-19 test kits.
- They say they need your Medicare number to process the order.

#### **WHAT TO DO**

- **HANG UP!** Don't give out your Medicare number to anyone who calls.
- **SEARCH** *mass.gov* for free testing sites or to order free test kits.
- **CHECK** your monthly statements and report Medicare fraud to **800-633-4227**.

### **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](mailto:petershamboh@verizon.net).

### **NATIONAL SUICIDE PREVENTION LIFELINE– DIAL 988**

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.

## OCTOBER 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.**

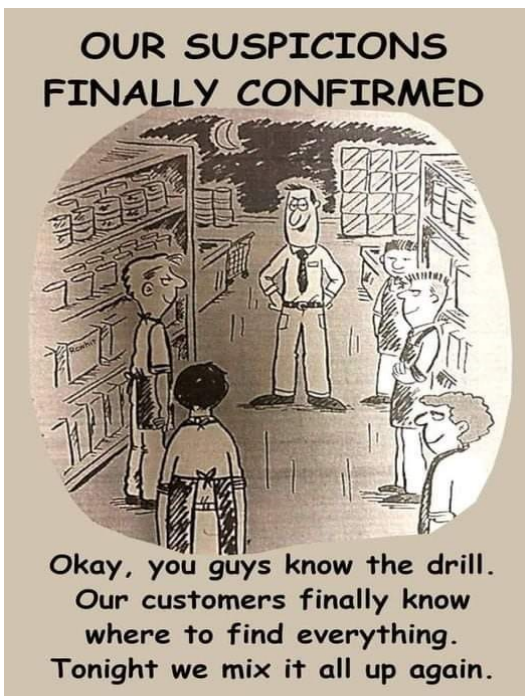
10/5– Chicken thigh with cacciatore sauce, cavatappi pasta, Italian vegetable blend, Italian bread, Snack n Loaf.  
Total calories: 680. Total sodium: 643 mg

10/12– Meatball grinder, marinara sauce, grinder roll, O'Brien potatoes, roasted brussel sprouts, fresh fruit.  
Total calories: 712. Total sodium: 695 mg

10/19– Chicken breast patty, honey mustard sauce, potato wedges, cauliflower, hamburger bun, fresh fruit.  
Total calories: 661. Total sodium: 1108 mg

10/26– Beef Taco, Spanish rice and beans, corn, flour tortilla, assorted fruit cup.  
Total calories: 737. Total sodium: 666 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.***



I found a recipe from Morocco for homemade dinner rolls.  
It called for fresh thyme, but mine was outdated. I used it anyway.

You know, as I reminisce....

I really liked that old thyme Moroccan roll!

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.

COA Newsletter Editor: Robin Koenig 978-724-0213

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