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





NEWSLETTER

OCTOBER 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:

- New transfer station stickers needed by October 1.
- Remember the clocks will turn back an hour on November 5.
- PO Box Holders: make sure all necessary parties have your PO Box number, including the Town Office.





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. Volunteers are always gratefully welcomed! 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



Carbohydrates



You'll notice in this month's regular lunch and cold supper menus that we have added carbohydrate values (in grams) for each meal item. Some people use these values to help manage blood sugar levels. Others just want more information about the nutrients in the menus.

Carbohydrates are an important source of fuel for your body. When carbohydrates are broken down in your body, they turn into glucose, or blood sugar, which provides energy for your body's cells, tissues, and organs. Your brain, for example, relies on glucose to function, allowing you to think, remember, learn, and process information. One gram of carbohydrates provides 4 Calories of energy.

There are three main types of carbohydrates:

- <u>Sugars</u>, also known as simple carbohydrates, are naturally found in fruits, vegetables, and milk. They can also be added to foods like candy, soda, and desserts.
- <u>Starches</u>, also known as complex carbohydrates, are made of lots of simple sugars strung together, and include any food made from grains such as bread, cereal, and pasta. Some types of vegetables like potatoes and peas also contain starch.
- <u>Fiber</u>, also a type of complex carbohydrate, cannot be easily broken down in your body but provides many health benefits. Fiber is found naturally in whole foods such as fresh fruit, vegetables, whole grains, and dry beans. It helps to slow the digestion of sugars and starches so that blood sugars do not spike too quickly. Fiber feeds healthy microbes in your gut, and also prevents and alleviates digestive issues such as constipation.

The Dietary Guidelines for Americans recommend that carbohydrates make up on average 45% to 65% of total daily calories. So if you eat 2,000 calories a day, carbohydrates should provide 900 to 1300 calories, which translates to 225 to 325 grams a day. However, there is no one-size-fits-all amount of carbohydrates that people should eat. It's important that you pay attention to your specific health needs.

The best sources of carbohydrates are from whole foods such as whole grains, vegetables, fruit, beans & lentils.

Limit foods with added sugars. Added sugars should make up less than 10% of the calories you eat every day.

Offered by courtesy of LifePath

OCTOBER IN-PERSON DINING & GRAB n GO LUNCH MENU											
10/4	Carbs	Sod.	10/11	Carbs	Sod.	10/18	Carbs	Sod.	10/25	Carbs	Sod.
	g	mg		g	mg		g	mg		g	mg
Beef Chili Brown rice Spinach Dinner roll Chocolate pudding Total sodiun	14.5 24.2 6 17 29.6	400 4 145 180 195	Cheese Lasagna Meatball Zucc & Cauli Dinner roll Tropical fruit Total sodium (mg)		557 70 6 180 0	Chicken Cordon Bleu– 6 oz Potatoes w/sour cream & chives Jardiniere veg Wheat bread Pumpkin pudding	8.6 45.3 10.5 17 22.5	660 53 32 90 167	Beef hot dog Baked beans Coleslaw Ketchup, mustard & relish Hot dog roll Fresh fruit	3 20 12.1 6.3 43 20	540 140 45 218 165 1
		Carbs (g): 85	Calories: 645				Total sodium (mo	ng): 1239			
Carbs (g):104 Calories: 800					Carbs (g): 117	Calories	s: 874		,		
Calories: 800 NOTE: Pick Up Time is on Wednesday at 11:45 a.m. Carbs (g): 118 Calo					Calorie	es: 892					
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.											

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

10:15 am (also Mon & Wed)	Silver Sneakers	Athol YMCA	978-249-3305
11:15 am (also Mon & Wed)	Swimnastics	Athol YMCA	
3 to 6:00 pm	Friday Market	Petersham Common	Thru October 20

A SAMPLING OF UP-COMING COMMUNITY EVENTS IN OCTOBER



Mondays, 2 to 4:30 pm 10/2 to 11/14	Living Well with Long-Term Health Conditions	Athol Hospital	Sponsored by LifePath	To register, call: 413-773-5555 x2297
Tuesdays, 6 to 8:30 pm 10/3 to 11/14	Living Well with Persistent Pain Live Video Conference		Sponsored by LifePath	To register, call: 413-773-5555 x2297
10/3, 6 to 7:45 pm	North Quabbin Tree Climbers Genealogy Group	Athol Public Library	Informal group meets first Mon/mo	To register, call: 978-249-9515
Wednesdays, 3 to 5 pm 10/4 to 11/15	Healthy Eating for Successful Aging– Live Video Conference	٢	Sponsored by LifePath	To register, call: 413-773-5555 x2297
10/4, 10:30 to 11:30 am	Walk and Talk: All fitness levels welcome.	Woods Memorial Library, Barre	Group meet to walk Barre Common.	Every Wednesday thru 10/25
10/5, 6 pm	Washington Irving's The Legend of Sleepy Hollow	Athol Public Library	Actor, J.T. Turner, portrays Irving	To register, call: 978-249-9515
10/7, 9 to 1	Petersham Memorial Library's Annual Book Sale	Petersham Memorial Library		For more info, call: 978-724-3405
10/7, 9 to 1	Basket Weaving	Petersham Art Center	\$20/member \$40/non-member \$18 materials fee	To register, call: 978-724-3415
10/10, 4:30 pm	Petersham Cemetery Commis- sion Informational Meeting	Lower Town Hall		Review of new Rules and Regulations
10/14, 10 to noon	Swag-Making with Dried Flowers and Herbs	Petersham Art Center	\$10/member \$30/non-member \$20 materials fee	To register, call: 978-724-3415
10/14, 10:30 to 11:30	A Beginner's Guide through The Tarot	Woods Memorial Library, Barre		Call to register: 978-355-2533
10/14, 5:30 pick up	Pot Roast Harvest Supper	Petersham Congre- gational Church	\$15/person	To reserve, call Janice: 978-724-3362
10/17, 6 to 7:30 pm	Ghosts and Legends with Jeff Belanger	Woods Memorial Library, Barre	Multi-media	A trip through the unusual and unexplained
10/18, 3:30 to 5 pm	Dungeons and Dragons for Grown-ups!	Athol Public Library	Monthly drop-in D&D session	
10/18, 6 to 7 pm	Plants in the Civil War: A Botanical History	Athol Public Library	Lecture with slides	To register, call: 978-249-9515
10/23, noon to 1 pm	Booked for Lunch: <i>Haunting of Hill House</i> by Shirley Jackson	Athol Public Library	In person and online book club	To register, call: 978-249-9515
10/24, 6:30 to 7:30 pm	Monthly Book Club: Louise Penny's Still Life	Woods Memorial Library, Barre	PR	
10/28, noon to 1	Author visit with Spencer Quinn, aka Peter Abrahams	Athol Public Library		To register, call: 978-249-9515
10/31, 2 to 4 pm	Medicare Info Table with a Blue Cross Blue Shield representative	Woods Memorial Library, Barre		

Get paid to help a neighbor!







Did you know that there are many older adults in your neighborhood in need of help to live safely in their homes?

Are you already providing assistance with meals, shopping, chores, etc. in your community? Are you retired or seeking part-time work, or have a desire to be more involved in your community?

You can get paid as a Home Care Worker and make a meaningful difference in YOUR neighborhood! Connect with an older adult and help reduce their loneliness and increase their quality of life.

Some of the many benefits of this work include:

- Flexible work schedule
- Rewarding work
- · Work close to home
- Training opportunities
- Travel reimbursement

Only a few hours a week could help keep your neighbor living safely in their home!



Call (413) 829-9299 x1270 to find out more!



Did someone ask you to pay with CRYPTOCURRENCY?

- Government agencies will not call, email, or text and ask you to pay a fine or taxes with cryptocurrency.
- Government & law enforcement agencies will not tell you to "protect" your money by depositing it at a cryptocurrency ATM.
- Don't mix cryptocurrency & online dating.
 If an online acquaintance asks you to send or invest in cryptocurrency, it's a scam.

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



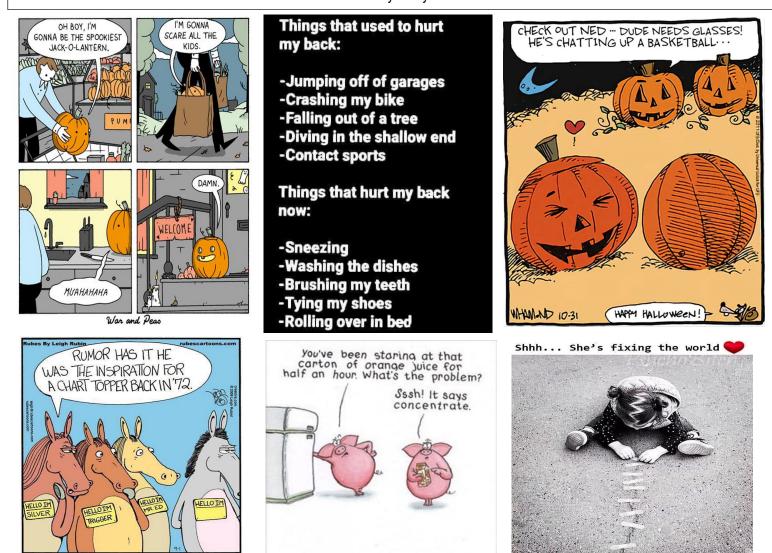
This month's consumer tip from the Northwestern District Attorney's Consumer Protection Unit involves fake IRS Letters residents have been receiving in the mail. Once the consumer calls the number on the letter, they are asked to provide personal information and scan copies of their driver's license in order to claim their refund. We believe that these are sent by scammers with the intent of using the information they collect to commit identity theft.

We have also been getting calls from residents report getting phone calls asking for Medicare numbers and other personal information. The caller id contains a local phone number and says Comm of Massachusetts. We advise that no one give out their Medicare number or personal information over the phone unless they have initiated the call.

Sincerely,

Anita Wilson | Director, Consumer Protection Unit Northwestern District Attorney's Office

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



Celebrity horse mixers