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





NEWSLETTER

SEPTEMBER 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.

WELCOME BACK

Hoping everyone had a great summer and made some good memories!

As we head into the fall season, please remember:

- Fitness, yoga & Tai Chi classes through Petersham Council on Aging resume during the week of September 10th.
- Town-wide Yard sale is September 9th.
- Lunch at Town Hall– There will be no lunch available on September 13th.
- Hazardous Waste Collection Day is September 23rd. See Town website for details.



Could you use a hand with end of season yard clean-up? Could you use a hand with organizing and sending out bill payments? 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.

PO BOX HOLDERS

The US Post Office will no longer deliver any mail without your PO Box number. The mail will be returned to sender. Make sure to notify all sources from whom you receive mail, including the Town Office.

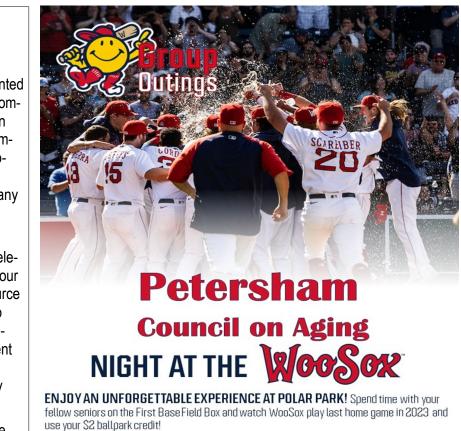
Petersham's Council on Aging Mission Statement: Petersham's Council on Aging dedicates itself to addressing concerns of the sixty year and older population of the Town of Petersham. PRSRT STANDARD US POSTAGE PAID ATHOL, MA PERMIT NO 316

WEATHER BRIEFINGS

Petersham's Emergency Management has implemented a weather information communications tool for our community in a weather email list. This is meant to be an informational tool for all those in our community; members of town boards and committees, elected and appointed officials, first responders, town employees, teachers and parents, those who work in town, and any interested citizen.

These weather briefings will not be every day, but if changes are brewing in our forecast, we will share relevant information. This email list is not meant to be your primary source for weather information, nor your source for urgent and emergency information, like a tornado warning, but it will be here to give townspeople an insight to what information our Emergency Management team is receiving from our partners at the National Weather Service and the Massachusetts Emergency Management Agency.

If anyone would like to be on our mailing list for these updates, please drop Assistant Emergency Manager Robert Laford an email at <u>rflaford@umass.edu</u> and you will be added to the group.



Date: Sunday, 9/17

Time: 01:05 PM Price: \$30 (Bus+Ticket)

To Reserve Your Spot, Contact Kathy McCrohon: (508) 404-7552

SEPTEMBER IN-PERSON DINING & GRAB n GO LUNCH MENU

<u>NOTE: Pick Up Time is on Wednesday at 11:45 a.m. at Lower Town Hall.</u> <u>In Person Dining is on Wednesday at Noon in Lower Town Hall.</u>

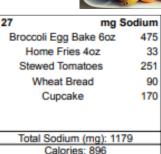


| 6 m | mg Sodium | |
|----------------------|-----------|--|
| American Chop Suey 1 | 0oz 449 | |
| Tuscany Blend Veg | 47 | |
| Dinner Roll | 180 | |
| Mandarin Oranges | 7 | |
| | | |
| | | |
| | | |
| Total Sodium (mg): | 842 | |
| Calories: 954 | | |

13 There will be no lunch served on 9/13.

20 mg Sodium Salmon 3oz 67 w/ Teriyaki Sauce* 4oz 629 Lo Mien Noodles 4oz 58 Asian Blend Veg 9 Dinner Roll 180 Fresh Fruit 1 Total Sodium (mg): 1105

Calories: 669



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.



How to perform the act of banishing:

- 1) Locate the item you wish to permanently banish.
- 2) Be sure you really want the item to be gone forever.
- 3) Think "I really don't want to lose this, so I'll put it somewhere sensible."
 - 4) Put it somewhere sensible.
 - 5) It is done. This item will be gone from your life forever.

RECURRING COMMUNITY EVENTS



978-249-8986

Multiple age-groupings

| 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 | |

Athol Senior Center

Athol Public Library

6 to 8 pm WEDNESDAYS

1 to 3 / *1st & 3rd Tuesday

BINGO

Chess Club

| WEDNEODATO | | | | |
|-----------------|-------------------------|--|---|--|
| 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 | 81 |



A SAMPLING OF UP-COMING COMMUNITY EVENTS IN SEPTEMBER



| Labor Day Weekend | The Appleseed Country Fair | Red Apple Farm Phillipston, MA | \$15/car | Food, vendors & music |
|---------------------------------|--|---------------------------------------|---|---|
| 9/2, 11 am | Retirement Celebration for Fire Chief, Dana Robinson | Petersham Common | | Fire truck parade, cake, speeches & more! |
| 9/7, 6:30 to 7:30 pm | Author visit and book discussion | Athol Public Library | Free. Register: (978) 249-9515 | Finding Home (Hungary, 1945) by Dean Cycon |
| 9/9, 5:30 pick-up | Chicken BBQ Dinner | Petersham Congre- gational Church | \$15/pp | Call to order: (978) 724-3362 |
| 9/12, 6:00 pm | Mystery Book Discussion | Athol Public Library | In person or call (978) 249-9515 for Zoom link. | <i>The Guest List</i> by Lucy Foley |
| 9/13, 6– 7:30 pm | Carved in Stone: Local Early Gravestone Art and Artists | Petersham Memorial Library | Cosponsored by Petersham Historical Society and Petersham Cemetery Commission | |
| 9/14, 6 pm | Flower Arranging Demonstration | Athol Public Library | Register at (978) 249-9515 | |
| 9/16, 10 to noon | Braiding Pumpkins | Petersham Art Center | \$10 members/ \$30 non-members & \$7 materials fee | Register at: 978-724-3415 |
| 9/17, bus departs @ 10:45 am | COA sponsored Woo Sox Game | Petersham Town Hall | \$30/pp | Contact Kathy McCrohon at (508) 404-7552 |
| 9/19, 6 to 7:00 pm | Sound Bath Meditation | Woods Memorial Library, Barre | Free | Register: (978) 355-2533 |
| 9/23, 1 to 4 pm | Music and Car Show | The Center at Eagle Hill, Hardwick | \$20/pp (413) 477-6746 | Vintage cars and classic Rock & Roll of the 50's & 60's |
| 9/26, 6:30 to 7:30 pm | Office Hours with Senator Jo Comerford | Athol Public Library | Register at (978) 249-9515 | |
| 9/26, 6:30 to 7:30 pm | Monthly Book Club | Woods Memorial Library, Barre | | <i>The Reading List</i> by Sara Nisha Adams |
| 9/27, 6 to 8 pm | "Rural Mysteries" with Sisters in Crime | Athol Public Library | | Author visit, book discussion, storytelling & writing group |
| 9/28, 6 to 7:00 pm | <i>Walking to Wachusett</i> with Robert Young | Athol Public Library | Register at (978) 249-9515 | Slide Presentation of Young's reenactment of Thoreau's essay, "A Walk to Wachusett" |
| 9/30, 10 to noon | Drawing Flowers with Gordon Morrison | Petersham Art Center | \$10 members/ \$30 non-members | Register at: 978-724-3415 |
| 10/1, 2:00 pm | Blessing of the Animals | Petersham Common | Donate a can of pet \$25 Pet Supplies Pl | food to enter a raffle for a lus gift card. |

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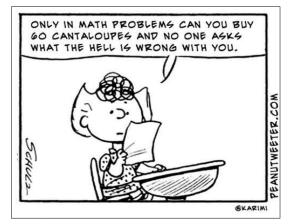
COA BOARD NOTES

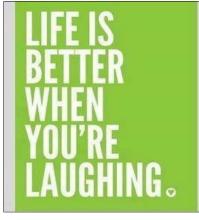
The COA Board met on August 21, 2023.

- The Board Meeting Minutes from the April meeting were read and approved as amended.
- Treasurer's Report was presented and approved.
- Annual dues will be paid for our Massachusetts Council on Aging membership.
- Health and Wellness- Classes will resume the week of September 10th.
- Enrichment Programs– Quabbin Valley Health Care Outreach programs are on hold for now.

Dan Kirouac performance in June was sponsored through a Cultural Council grant. COA will try to schedule music by the Alley Strings in early 2024.

A trip to the Worcester Woo Sox game is scheduled for 9/17.







A 74-year-old man uses his hair dryer to slow traffic near his home

September is Suicide Prevention Month.

This is a time to raise awareness of this stigmatized topic. The 988 lifeline provides 24/7, free and confidential support to people in suicidal crisis or emotional distress. The Lifeline helps thousands of people overcome crisis situations every day.

Mental Health is a Public Health Issue: The World Health Organization defines health as "a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity". Mental health is essential to overall health and it must be recognized and treated in all Americans, including older adults, with the same urgency as physical health.

Mental Health in Older Adults: The CDC estimates 20% of people aged 55 years or older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment, and mood disorders (such as depression or bipolar disorder). Mental health issues are often implicated as a factor in cases of emotional distress and suicide. Older men have the highest suicide rate of any age group with men aged 85 years or older having a suicide rate of 45.23 per 100,000, compared to an overall rate of 11.01 per 100,000.

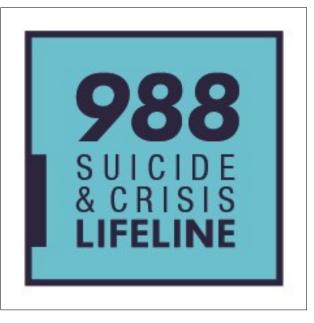
Depression in Older Adults: The CDC and National Institute on Aging recognize depression as the most prevalent mental health problem among older adults. Depression is mood disorder that impacts the way an individual feels, acts, and thinks. The prevalence of depression has been increasing during the COVID-19 pandemic, making it important to recognize signs and symptoms so treatment can be obtained when it is needed. At its worst, depression can cause a mental health crisis including thoughts of self-harm and suicide.

Suicide and Crisis Lifeline: 988 is a free 3-digit phone number that any individual who is in need of support for a suicidal, mental health, and/or substance use crisis or any other type of emotional distress can utilize. Individuals can also utilize 988 if they have concerns regarding someone else's wellbeing. Trained crisis counselors respond to all 988 calls/texts.

Supporting friends and family with depression: It is important to know that family and friends can be supportive of their loved ones, but depression should be treated by a professional. The following is a list of ways to support a loved one with depression.

- Encourage the person to seek medical treatment and stick with the prescribed treatment plan.
- Help set up medical appointments or accompany the person to the appointments.
- Participate in activities the person likes to do.
- Ask if the person wants to go for a walk or other form of exercise.

If you have an immediate concern regarding a loved one's mental health, call 988.



South Coast III Trio Opens Stone Church Concerts FOSC announces 2023-24 series

Friends of the Stone Church will present pianist Janice Weber with Sasha Callahan, violin and Leo Eguchi, cello, performing string trios by Haydn, Beethoven and Robert Schumann and *Jhula Jhule* by Reena Esmail at the **Stone Church Cultural Center**. 283 Main Street, Gilbertville, MA at 2 p.m. on Sunday, September 17, 2023. This delightful program presents masterpieces for strings and piano and an intriguing composition based on traditional Indian songs. A public reception will follow the concert.

Tickets \$25 https://buytickets.at/

friendsofthestonechurch/738389

Youth under 18 and holders of the equivalent to Mass Cultural Council's Card to Culture are admitted free.



Healthy Living 2023 Fall Workshops





In order to overcome barriers to healthy eating and exercise, the Healthy Living Program is offering **\$50 gift certificates for farm-fresh food delivered to your door, or walking equipment, when you complete a Fall 2023 workshop**, thanks to funding from Massachusetts Rural Vaccine Equity Initiative!

Living Well with Long-Term Health Conditions

(*In Person at Athol Hospital*) Techniques to improve symptoms of chronic conditions such as healthy eating, relaxation techniques, communicating, goal-setting, problem solving, and more. **Mondays, October 2–November 14, 2–4:30 p.m.**

A Matter of Balance–Managing Concerns About Falls (In Person at The Senior Center, Shelburne Falls) Teaches practical strategies to reduce the fear of falling and explores medical, behavioral, and environmental risk factors for falls, while stressing the importance of developing an exercise plan. Fridays, September 1–November 4, 10 a.m.–12 p.m.

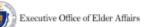
Living Well with Persistent Pain (Live Video Conference) Provides information and practical skills that build self-confidence and help participants assume an active role in managing problems specific to chronic pain, including fatigue, frustration, and poor sleep. Tuesdays, October 3–November 14, 6–8:30 p.m.

Healthy Eating for Successful Aging (Live Video Conference) 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, this workshop teaches the "My Plate" guidelines, nutrition basics, label reading, meal planning, goal-setting, and problem solving. Wednesdays, October 4–November 15, 3–5 p.m.

UCLA Memory Training (In Person at the Greenfield Senior Center) For people with mild age-related memory challenges, Memory Training teaches memory enhancing techniques and practical strategies to boost memory functioning. Wednesdays, October 4–October 25, 10 a.m.–12 p.m.

For more information or to register, contact Andi Waisman, Healthy Living Program Manager at 413-773-5555 x2297, 978-544-2259 x2297, or awaisman@LifePathMA.org













Will eating an apple a day keep the doctor away? Although apples likely will not solve your health issues, they can certainly support your health.

Nutrition and health:

One medium apple provides about 95 calories, 0 grams of fat, 1 gram of protein, and 25 grams of carbohydrate.

Apples are a good source of fiber, providing about 4 grams of fiber (about 16% of your daily fiber requirements) per apple. Pectin, a type of fiber in apples, can help prevent constipation and may help lower LDL cholesterol. Pectin also provides food to friendly bacteria in the gut, which may help prevent chronic diseases such as certain cancers and bowel disorders. The fiber can also help you feel full and slows down the digestion of carbohydrates to prevent spiking of blood sugars. The peel of an apple provides a good portion of fiber (about 1.3 grams) as well as flavonoids, which are plant chemicals with antioxidant and anti-inflammatory effects, so leave the peel on if you can!

One medium apple also contains about 8mg of vitamin C (about 8% of your daily vitamin C needs) to support your immune system. The National Kidney Foundation considers apples a great choice for a kidney-friendly diet, since they are relatively low in potassium (195 mg), phosphorus (11 mg), and sodium (2 mg).

Storage:

Apples will continue to ripen after harvest, so it's best to store them in cool temperatures to prolong freshness. Since they emit a gas called ethylene as they continue to ripen, which can speed the ripening of other produce if stored together, it's best to store them in a separate drawer apart from other produce. Freshly harvested apples stored in the refrigerator can stay fresh for 2 months or longer.

Simple Eating Ideas:

- Apples are delicious whole and on their own.
- Cut apples into slices and spread with nut or seed butter.
- Pair apple slices with thin slices of cheese.
- *Make apple chips*: slice them thinly, sprinkle with cinnamon, and bake at 225° F for 2 hours, flipping them half-way through until they feel dry.
- *Make apple sauce*: cut apples into chunks and simmer in a pot with a little water until the apples become soft and mushy, then mash and mix with a fork. Top with cinnamon.
- Add diced apple to salads: apples add a delicious, juicy, sweet and tart bite to salads.
- *Try different varieties:* More than 100 varieties of apples are grown in the U.S. Explore different types to enjoy a variety of flavors and textures.

Offered by courtesy of LifePath

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

