

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

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COA



NEWSLETTER

DECEMBER 2020

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

ADDRESS SERVICE REQUESTED

Franklin County Community Meals Program: Neighbors Nourishing Neighbors

The Orange Food Pantry is Open and Distributing Food. Safe and Quick Outdoor Food Pick-ups: Drive Through or Walk Up. Prepared bags and boxes of produce, meat, dairy and shelf stable items. EVERY THURSDAY 10 a.m. to 3 p.m. At the Orange Food Pantry, 118 East Main Street, Orange, Ma. 01364 978-544-2149.

Community Health Centers COVID-19 Test Site Locator

Tully Walk-In Care

81 Reservoir Drive
Athol, Ma. 01331
Phone: 978-248-8558
Hours: 9:00 a.m. to 4:30 p.m.
Accepts MassHealth: Yes
Test Children: Yes
Minimum Age: All Ages
Drive-Thru Services: No
Appointment Required: Yes
Referral Required: No
Call first: Yes

Community Health Center of Franklin County

450 W River Street, Orange, Ma. 01364
Phone: 978-544-1576
Hours: 8:00 a.m. to 5:00 p.m. Mon to Fri
Accepts MassHealth: Yes
Test Children: Yes
Minimum Age: 10
Drive-Thru Services: Yes
Appointment Required: Yes
Referral Required: Yes
Call first: Yes

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.

PETERSHAM EVENTS AND NOTICES

COA Enrichment/Cultural Programs

The Program of Storyteller Davis Bates has been rescheduled for March 10, 2021.

Petersham Art Center

The Art Center is open Saturdays and Sundays from 11 a.m. to 4 p.m.

Petersham Partners is Ready to Help!

Petersham Partners has volunteers geared up and ready to go as we all prepare for fall & winter. Need a hand getting the lawn furniture moved under cover? Not up for running out to pick up meds or groceries in the cold? Have some light yard tasks that need to be tackled before snow?

Give us a call! We are here to help. 989-724-0078

Petersham Unitarian Church Christmas Eve

The Unitarian Church will hold a Musical Event on Christmas Eve at 4:30 p.m. Participants are invited to listen to Organ Music and Carols by either sitting in their cars on the common or; weather permitting, standing on the common. Event will last approximately 30 minutes. All are welcome!

JUST for ASKING by Marilyn Fisher

Marilyn Fisher, COA Board Member, is interested in offering a service to members of the community that do not have access to the internet. This service would provide information related to general health questions obtained from Web sites such as Mayo Clinic, Web MD, Medline Plus, CDC and the NIH to name a few. She will gladly research your question (s) and return the information to you via the mail; and/or by publication in the newsletter. This service will be provided via interest from our community members. If interested in receiving this service, Marilyn can be reached at (978) 724-3223.

COA BOARD NOTES

- The COA Board met on Monday, November 9, 2020 at 10:00 a.m.
- October 2020 Board Meeting Minutes were approved with amendments.
- Treasurer's Report was accepted as read.
- **Reminder: Grab n Go Lunch will be served on Wednesdays starting Dec 2nd.**
- **Enrichment programs:** Davis Bates has been rescheduled for March 10, 2021.
- **Fitness Programs:** Board of Health approved using the Town Hall for Chair Yoga and Tai Chi for 15 people total for each class. All participants must wear masks.
- **Discussions were held on:** 1. Possible future Enrichment & Health Programs that could be offered included Zoom Art Classes, Foot and Blood Pressure Clinics, and possible Ukulele classes. 2. Board Member Marilyn Fisher proposed a new informational section to the monthly newsletter on general health/medical issues of interest to those in the community. See description above. 3. Information was distributed on 2020 Elder Needs Assessment Survey from LifePath.

*The next Board meeting will be on:
Wednesday, December 9, 2020 at 10 a.m. in the Town Hall.*

CHANGES ON THE 2020 TAX RETURN: "CHARITY DEDUCTION" AND "STIMULUS PAYMENT"

It is not too early to start planning for filing your 2020 income tax returns. Here are a couple of things to keep in mind. "The CARES Act (Coronavirus Aid, Relief, and Economic Security Act) contains a provision that allows all taxpayers to deduct up to \$300 (\$600 for a joint return) for contributions to charitable organizations. Keep all receipts for these contributions with your income tax records, so they will be available at tax time.

The same CARES Act also established the Economic Impact Payment of \$1200 or more that most taxpayers have already received. Within a few weeks after the payments were made, the IRS sent out Notice 1444, Your Economic Impact Payment, explaining the payment. This is also an important tax document. Keep Notice 1444 and bring it to your tax preparer. If you were entitled to a larger payment than you actually received, it will be needed to claim the additional amount on your 2020 tax return.

License Renewal at Registry of Motor Vehicles

Massachusetts law requires drivers who are age 75 or older to renew their license in person. The RMV designated Wednesdays in November and December as Senior Appointment Days. Greenfield, Leominster, and Worcester are the closest service centers that will be dedicated to processing license renewals for older customers whose licenses expire in November and December, 2020. A reservation is required.

These are the options to renew by appointment:

- If you are an AAA member, you may make a reservation to renew your driver's license/ID at an AAA location.
- Visit www.aaa.com/appointments to schedule your visit.
- If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to renew at an RMV Service Center.
- Select the "Seniors License Renewal" option on the "Make/Cancel a Reservation transaction"
- Email the RMV for assistance to renew at: MassDOTRMVSeniors@dot.state.ma
- Call the RMV at **857-368-8005**.

In Memoriam

Pat Roix, who taught our COA Yoga Classes for many years, passed away peacefully on November 7, 2020 at age 72. Pat worked at the Athol YMCA for some 30 years, many of those as the fitness director. After her retirement from the YMCA, Pat continued her lifelong passion for serving others through health and fitness by becoming a certified Wellness Coach and teaching yoga. In lieu of flowers please consider donations to the Athol Area YMCA in her honor.

COA Sponsored FALL YOGA, and T'AI CHI CLASSES

Tai Chi and Chair Yoga Classes are now being held in The Town Hall. Both Chair Yoga and Tai Chi will be limited to 15 people total for each class. Masks and social distancing are required.

Kay Berry is the coordinator. If you have questions, call 978-724-6610 or email: PshamCOA@gmail.com

T'ai Chi classes with Valerie & Nick Wisnewski are being held on Mondays from 4 to 5 p.m.

Dec. 7, 14, 21, and 28th Suggested Donation: \$5.00

The Chair Yoga programs with Loren Magruder are being held in the Town Hall.

Classes are held on Wednesdays at 10 to 11 a.m.

Dec. 2, 9, 16, 23, and 30th Free but donations are always welcome.

Participants are asked to email or call if you are interested in attending.

Email is PshamCOA@gmail.com or phone Kay Berry at 978-724-6610.

Regular Yoga Classes have not been scheduled at this time. If you have previously attended these classes you will be notified when they are about to resume or if changes in venue are made.

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.

DECEMBER GRAB n GO LUNCH MENU

NOTE: Pick Up Time is on Wednesday at 12:00 Noon

Dec. 02 - Grilled Chicken w/ Pesto Cream, Tri Color Rotini, Broccoli, Italian Bread, Applesauce

Dec. 09 - Meatballs w/ Tomato Basil Sauce, Grinder Roll, Tater Tots, Italian Veg Blend, Chocolate Chip Muffin, Diet: Grahams

Dec. 16 - Sloppy Joe on a Bun, Potato Wedges, Spinach, Vanilla Yogurt

Dec. 23 - Chicken Breast w/ Florentine Sauce, Sweet Potatoes, California Veg Blend, Cran Snack n Loaf, Diet: Lorna Doones

Dec. 30 - Potato Pollock, Tartar Sauce, Red Potatoes, Capri Veg Blend, Wheat Bread, Assorted Fruit (cup)

To reserve a meal or notify of cancellation call Kay Berry at 978-724-6610 by Thursday afternoon.

Suggested donation is \$3.00 per meal.

Luncheons will be held on Wednesdays at 11:30 a.m. once they are again able to be held in the Town Hall.

ONE-LINERS by Steven Wright

"I'd kill for a Nobel Peace Prize."

"What's another word for Thesaurus?"

"A clear conscience is usually the sign of a bad memory."

"For every action, there is an equal and opposite criticism."

"A conclusion is the place where you got tired of thinking."

"Cross country skiing is great if you live in a small country."

"I think it's wrong that only one company makes the game Monopoly."

"I saw a bank that said '24 Hour Banking,' but I don't have that much time."

"I bought a house, on a one-way dead-end road. I don't know how I got there."

LifePath's Weekly E-Newsletter: The Good Life

Stay up to date on the latest information on aging & services in our area: Sign up for LifePath's weekly e-newsletter, *The Good Life*, by visiting their website at LifePathMA.org & scrolling to the bottom right, or calling 413-773-5555 or 978-544-2259 and asking for the editor of The Good Life, Janis Merrell. A monthly print version is available upon request.

LifePath's 2020 Elder Needs Survey

As the local Area Agency on Aging (AAA) for Franklin County and the North Quabbin, LifePath conducts a regional needs assessment every four years to understand the concerns of older folks in our community. This survey, which is a key component of the regional needs assessment process, aims to provide a better understanding of the main issues affecting the quality of life for older residents, including healthcare, housing, transportation, social services, and other issues.

This anonymous survey is open to all people age 60 and above living in Franklin County and the North Quabbin, as well as their caregivers. LifePath is accepting both online and print submissions of the survey. To take the Survey online, please visit the following address: <https://bit.ly/34vGnbJ> Paper copies are available upon request by calling: **413-773-5555 x2299**. The survey should take 10-15 minutes to complete. Thank you for your input!

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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