

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

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COA  NEWSLETTER

FEBRUARY 2020

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

ADDRESS SERVICE REQUESTED

Petersham Town Hall Accessibility

The Petersham Selectboard recently voted to accept a \$140,000 grant from the Massachusetts Office on Disability, which will be used to pay for the installation of a wheelchair lift at Town Hall. The wheelchair lift will be constructed entirely in the interior of Town Hall, occupying the southwest corner of the building. The only exterior work will be for the addition of a handicapped accessible entrance. Complete article printed in the Athol Daily News 1/3/2020.

Open Enrollment for Medicare Counseling

Choosing which provider to go with can be a daunting task. A SHINE counselor will be available at [LifePath](#) in Greenfield for free expert help on choosing your best option. You can bring your prescription list and information on your current health care provider / Medicare part D plan. The counselor will compare yours with other available plans to find the one that best meets your needs. Call for an appointment **-1-413-773-5555** – and ask for **Shine**.

Petersham Partners Update

Petersham Partners recently held a public meeting at the Country Store to update the Community on our progress. Petersham Partners is dedicated to helping seniors stay connected in our community. The Steering Committee gave a presentation of what Petersham Partners is all about, what it will provide to the Community and the current status of the services to be provided. A Q & A followed. The goal is to have an official launch late spring. Meetings are open to the Public.

- Meeting: 1/30/20: 10:00 a.m. Davis Memorial - software update
- Meeting: 2/13/20: 9:30 a.m. Davis Memorial - members packets
- Meeting: 2/27/20: 9:30 a.m. Davis Memorial - business meeting



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 February 24th Free Meal Information

On Monday Feb. 24th at 11:30 a.m. a free meal is being provided by the Quabbin Valley Health Care as part of their Community Outreach Program. See menu on back page. Head Count is needed: please call Janice Olson: 978-724-3362 by Thursday afternoon Feb. 20th.

Congregational Church Corned Beef Supper

Date: Saturday, March 14, 2020 **Time:** 6:00 p.m. **Cost:** \$15.00 pp

For Reservations call Janice Olson: 978-724-3362

Petersham Memorial Library

Eyes on Owls ~ A Live Owl Program with Six Owls!

Date: Saturday, February 22, 2020 **Time:** 10:00 a.m.

A special family event: *Owls of the World - Who's Watching You?* introduces you to the owls of New England and beyond. Presenters Mark & Marcia Wilson share the field marks, signs, and naturalist's skills that you can use to find wild owls without disturbing them. Next, you meet six live owls (from small to huge) up close. Everyone participates in a hooting lesson and learns tips on how to attract and protect owls near you.

COA Sponsored Card Playing in the Lower Town Hall

After the first Monday COA luncheon each month at 12:30 p.m. All are welcome!

The Open Space/Recreation Committee Sponsored Ping Pong in the Town Hall

Ping Pong continues in the Town Hall on Mondays: 11:30 to 1:30. All are welcome!

Beware of Census Fraud: *The 2020 Census is coming...*

LifePath is starting a program to inform everyone about the dangers of scams relating to the upcoming census. One basic rule is **NEVER** respond to a phone call purporting to be from the census. They **NEVER** use the phone to communicate for the census.

COA BOARD NOTES

- The COA Board met on Monday, January 13, 2020 at 10 a.m.
- December 2019 Minutes were accepted as amended.
- Treasurer's Report was approved.
- Reminder: no lunch would be served on February 17th – Presidents' Day Holiday.
- Board again confirmed an upcoming enrichment/cultural program by musician Dan Kirouac at 12:30 p.m. on March 23, 2020; and a program with storyteller Davis Bates is now scheduled for May 11, 2020 at 12:30 p.m..
- Discussions were held on: 1. Loren Magruder will be teaching the yoga class for a short period of time as our instructor Pat Roix has been ill; 2. The Board voted to accept Jen Berry as the new permanent Meal Site Manager starting immediately; 3. The Board continues to seek interested residents who wish to join the COA Board- anyone interested should let Kay Berry know; 4. Petersham Partners will be holding a meeting at the Country Store on 1/16 at 10 a.m. to update progress; 5. Discussion on having a program on The Talking Book Library- Sandy Page will contact Amber Johns to see if a similar service is offered by our library.
- *The next Board meeting will be on Monday, February 10, 2020 at 10 a.m. in the Town Hall on the Lower Level. The meeting is open to the public.*

PETERSHAM ART CENTER

Highlights and Shadows with Watercolors: Sat. Feb. 1, 8, 15, 22 from 9 to 10:30 a.m. with **Instructor Sara Duponte:** Sara will introduce and review the basic techniques in painting with watercolors, guiding participants in creating their own style & preferences. Recommended for both beginners & experienced artists. Materials list will be sent to all participants. Enrollment limited. **Cost:** \$30.00 members & \$50.00 non-members. To enroll email Chris at: weavereaton@verizon.net

Grandparents Raising Grandchildren

More and more grandparents are being called on to give up their plans in order to look after their grandchildren as families change, just as the looming expenses of retirement cut into the retiree's income. LifePath has grants to help grandparents with costs incurred by the care they provide their grandchild or grandchildren. AARP recently released a 2011 national update on "The Growing Contributions and Costs of Family Caregiving." The study estimates that family caregivers over the age of 50 today who leave the workforce to care for an elderly relative can expect to lose \$115,000 in wages, \$138,000 in Social Security benefits and \$50,000 in pension benefits.

For more information on grants for grandparents raising grandchildren, please call LifePath in Greenfield at 800-732-4636, 413-773-5555, 978-544-2259, or TDD 413-772-6566, Free, Monday through Friday 9 a.m. to 5 p.m.

In Remembrance

Barbara J. Amidon, 92 formerly of Petersham, died December 27, 2019 in the Quabbin Valley Healthcare, Athol. Barbara was a member of the Unitarian Church in Petersham and the Petersham Council on Aging. In lieu of flowers, memorial donations in Barbara's name may be made to the Petersham Council on Aging. To sign the online guest book please visit www.mackfamilyfh.com.

Diana Tandy of Warwick, our most recent Meal Site Manager for the COA Luncheons died December 31, 2019 at the Medical Center in Lebanon, NH. Diana worked for Life Path, helping at Senior Centers in several local towns. A memorial service was held on 1/13/2020 in Warwick. You may offer your sympathy online at www.wittyfuneralhome.com

Follow the Rules

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

COA Sponsored WINTER FITNESS, YOGA, and T'AI CHI CLASSES

Winter classes will be held in the Petersham Town Hall. Anyone is welcome to attend these classes, regardless of age. Kay Berry is coordinator. If you have questions, call 978-724-6610 or email: PshamCOA@gmail.com.

Fitness Classes w/ Patrick James will be held Mondays from 10 to 11 a.m. and Thursdays from 1:30 to 2:30 p.m.

Feb. 3, 6, 10, 13, 20, 24, 27 **No Class February 17** Suggested donation: \$3.00.
Mar. 2, 5, 9, 12

T'ai Chi classes with Valerie and Nick Wisnewski will be held from 4 to 5 p.m. on Mondays.

Feb. 3, 10, 24 **No Class February 17** Suggested donation: \$5.00.
Mar. 2, 9, 16, 23

Yoga classes with Pat Roix will be from 10:00 to 11:15 a.m. on Tuesdays.

Feb. 4, 11, 18, 25 Mar. 3, 10 Suggested donation: \$5.00.

Yoga classes with Loren Magruder will be from 10:00 to 11:15 a.m. on Thursdays.

Jan. 30 Feb. 6, 13, 20, 27 Suggested donation: \$5.00.

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.

NEW
CLASS

FEBRUARY LUNCH MENU

NOTE: Luncheons will now start at 11:30 a.m.

Feb. 03 - Broccoli Bake, Homefries, Italian Veg Blend, Multigrain Bread, Peaches

Feb. 10 - Salisbury Steak w/ Jardiniere Gravy, Sour Cream & Chive Mashed Potatoes, Green Beans, Multigrain Bread, Fig Bar, Diet: Grahams

Feb. 17 - No Meal Served: Presidents' Day

Feb. 24 - Mac & Cheese w/Stewed Tomatoes, Tossed Salad, Desert. **No Charge: Provided by QVHC as Community Outreach. Head count needed: Call 978-724-3362**

Welcome to our new Meal Site Manager: Jen Berry

To reserve a meal or notify of cancellation call Janice Olson at 978-724-3362 by Thursday afternoon. Suggested donation is \$3.00 per meal. Please contact Janice if you regularly attend the meals but will not be able to come to a Monday meal.

REGIONAL EVENTS

The Center at Eagle Hill

242 Old Petersham Road (Route 32A) Hardwick MA

RAVE ON -- A Buddy Holly Tribute: Date: February 22, 2020 Showtime: 7:30 p.m. Tickets: \$30.00 to \$35.00

Rave On is a high-energy show that will have you dancing in your seats and bopping down the aisles to some of the most influential music ever written. Enjoy Buddy Holly's classic hits as well as songs from Jerry Lee Lewis, Elvis, Dion & The Belmonts, and many more. For information and Tickets: thecentrateaglehill.org/event

Athol Public Library

Mighty Aphrodite: Chocolate & Love: Date: Thurs. Feb. 6, 2020 Time: 6:00 to 7:15 p.m. Where: Large Program Room
Instructor: Kim Larkin. Only 45 slots- registration is required, 978-249-9515! This is a playful program celebrating romantic dynamic duos in history. Includes fun trivia, discussion & samples of aphrodisiac foods (including chocolate), & poetry.

Declutter Your Home Once and for All With the KonMari Method™ with Maile Shoul: Free and Open to the Public.
Date: Saturday Feb. 29, 2020 Time: 10 a.m. to Noon Where: Large Program Rm. Maile is a Certified KonMari Consultant in training and the owner of Cloud Eleven Organizing. The KonMari Method™ encourages tidying by category, not by location, beginning with clothes, then moving on to books, papers, miscellaneous items, and then sentimental items. Keep only those things that speak to the heart, and discard items that no longer spark joy. Thank them for their service, then let them go. People around the world have been drawn to this philosophy not only due to its effectiveness, but also because it places great importance on being mindful, introspective & forward-looking. Registration Required. Call 978-249-9515

SAVE THE DATE

Larry Spotted Crow Mann, noted Nipmuc Story Teller, will present: *When the Land Speaks: Exploring the Dynamic Relationship Between land, People, & Culture.* Date: Sunday, March 15th, Time: 2:00 p.m. Where: Petersham Town Hall

The Talking Book Library: Presented in conjunction with the Petersham COA. An overview of the Talking Book Library Program that loans digital talking books, large-type books, braille materials and other accessible items to Central Mass individuals with visual, physical and reading disabilities. Date: Wed. April 8th, Where: Petersham Library Time: 5 p.m.

Dan Kirouac: Date: Monday, March 23rd Where: Lower Town Hall Time: 12:30 p.m. Dan performs a concert of music including easy listening, pop, jazz and light rock from the 1940s to the 1970s.

The email for Petersham Council on Aging is PshamCOA@gmail.com and can be used to request electronic newsletters.

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