

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

PRSR STANDARD  
US POSTAGE PAID  
ATHOL, MA  
PERMIT NO 316

COA  NEWSLETTER

FEBRUARY 2022

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

ADDRESS SERVICE REQUESTED

**The Annual Town Election will be held on March 7, 2022**

The Offices on the ballot are as follows: (All positions are 3 year positions):  
Selectboard; Board of Assessors; Board of Health; Constable (3 positions); Mahar Regional School Committee;  
Petersham School Committee; Planning Board; Trustees of Public Library. The last day to register to vote is Tuesday,  
February 15, 2022. For questions, please contact the Town Clerk at 978-724-6649

**The Petersham Council On Aging Board Still has Openings for 2 New Members!**

The COA Board is looking for 2 new members. The Petersham COA offers services/activities for residents over 60 years  
of age. The Board currently meets monthly at 10 a.m. on the 2nd Monday. Anyone wishing information regarding the  
COA's mission is welcome to attend the meeting on Feb. 14th or call the COA Chair Kay Berry at 978-724-6610.

**COA Hot Lunches are Back on Wednesday's at 12:00 Noon!**

Paul Williams is our Meal-Site Manager and is ready to take your reservation by Monday. Call Paul at: 978-821-5549 or  
email: pablopicaso6@hotmail.com. If you are a vaccinated senior and want to get together please come and join us.  
Suggested donation is \$3.00 and masks are required. Do you need a ride? Call Petersham Partners at 978-724-0078.

**COA Monthly Foot Clinic currently 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.

**2022 Dates:** Feb. 3, March 3, April 7, May 5, June 2, July 7, August-no clinic, Sept. 1, Oct. 6, Nov. 3, Dec. 1

For Questions or Appointments: Contact Marilyn Fisher at: 978-724-3223; or by email: fishermarilyn47@yahoo.com

Petersham's Council on Aging Mission Statement  
Petersham's Council on Aging dedicates itself to addressing concerns of the sixty year and

## PETERSHAM EVENTS AND NOTICES

### Petersham Art Center

The Art Center, located at 8 North Main Street, will reopen in February 2022

Hours: Saturday and Sunday from Noon to 4 p.m.

### Petersham Residents are eligible to take part in the Orange Food Pantry

118 East Main Street, Orange, MA 01364 Hours: Thursdays 10 a.m. to 3 p.m. Telephone 978-544-2149

### Petersham Memorial Library February Programs

#### Louise Penny Discussion; Wednesday, February 16, 7:00 p.m.

Join us for the second annual Louise Penny Discussion, where we will talk about *The Madness of Crowds* by Louise Penny and all things Armand Gamache. Whether you are a long-time Louise Penny fan or new to her series of murder mysteries, one thing is certain: this discussion will be fun! We'll meet via Zoom. Need a copy? Let us know. Please email: [PetershamLibraryRequests@gmail.com](mailto:PetershamLibraryRequests@gmail.com) for the Zoom link.

### Petersham Memorial Library News and Updates

The Petersham Memorial Library Board of Trustees has unanimously voted to resume contactless curbside services effective Tuesday, January 11th. This decision is in an effort to slow the on-going COVID-19 surge happening across the state and particularly in our region.

The Trustees are confident we can continue to provide access to all of the services we offer, while first and foremost uphold the health and safety of our community. We will maintain our regularly scheduled operating hours (Tuesdays 10-5, Wednesdays 2-7, Fridays 2-5, Saturdays 9-1) but all library transactions will happen outdoors and in a contactless fashion. Our InterLibrary Loan delivery schedule will not change.

To request an item, arrange for a pick up time, schedule a virtual shelf tour, or to speak with a librarian, please call: (978) 724-3405 during operating hours. You may also email: [PetershamLibraryRequests@gmail.com](mailto:PetershamLibraryRequests@gmail.com).

Note that we will contact you to schedule a pick up time.

You may download our Libby app through your app store and you may browse our catalog of physical items at:

<https://www.petershamlibrary.net/online-catalogs.html>

## COA BOARD NOTES

- ◆ The COA Board met on January 24, 2021 at 10:15 a.m.
- ◆ The December 13, 2021 Board Meeting Minutes were read and approved as written.
- ◆ **Treasurer's Report:** Kay as acting Treasurer gave an update on finances. No report was given. She has submitted her budget sheet to the Town for the COA annual budget.
- ◆ **Enrichment Programs:** No new enrichment programs were proposed for the upcoming year.
- ◆ **Health Programs:** The Foot Clinic still has openings for new clients. See page 1 for 2022 dates.
- ◆ **Fitness Programs:** Chair Yoga, Floor Yoga and Tai Chi are going well. There is room in each program for more participants.

### Discussions:

- (1) The Board continues to look for **2 new members**. Interested: Contact Kay Berry at 978-724-6610
- (2) The Board discussed the **LifePath winter workshops** that are included in this newsletter.
- (3) **Board reorganization** was discussed. Kay read each position that is required to keep the COA activities going and asked members what positions they could fill. Further discussion will be held at the next Board meeting. A search continues for 2 new Board members. Also a new COA newsletter editor is needed starting after the June 2022 issue as the current editor is stepping down after the June 2022 issue.
- (4) The Board is still planning to offer a class on the Heimlich Maneuver (Choke-Saver Class). Sheila Youd will contact a possible instructor for a date in the Spring. More information to come.

**Petersham Rabies Clinic 2022**

Preregistration Required to obtain Appointment Time  
31 South Street, Highway Barn, Sunday February 20, 2022, 10 a.m. until Noon  
Click Link on Town Webpage to access Registration Form  
Or call Deb Bachrach with questions at 978-724-0078

**CANCER: THE HOME FRONT**

To wage your own personal war on cancer, start with these healthy first steps

**Sara Vigneri: Muhlenberg College; Journalist/ Researcher/fact checker for Men's Health & contributor to AARP**

**Quit Smoking:**

Doing so reduces your risk of 12 different cancers, including pancreatic, colorectal, bladder, and lung. Even if you've been diagnosed with cancer, quitting smoking can significantly improve your chances of survival.

**Drink Less Alcohol:**

Roughly 1 in 25 cancer deaths are connected to alcohol. Moderate drinkers have nearly double the risk of oral and throat cancers; heavy drinkers have a two fold risk of liver cancer.

**Exercise More:**

Women who were the most active had up to a 21 percent lower risk of breast cancer, and both men and women had a 19 percent lower risk of colon cancer.

**Drink Your Milk, Your Coffee and Your Green Tea:**

High intakes of calcium and vitamin D— found primarily in dairy foods and fortified drinks and cereals— resulted in significantly lower risk of breast cancer, according to one study. A cup of coffee a day resulted in a 8 percent reduction in endometrial cancer risk. Green tea may slow the advancement of a variety of different cancer cells, according to a 2018 review of studies published in journal *Molecules and Cells*.

**Try Yoga:**

A review of studies found that yoga reduced stress, anxiety and depression among breast cancer patients. Many cancer centers, as well as the American Cancer Society, say a yoga regimen can improve cancer symptoms.

**Eat These Vegetables:**

Those who ate the highest amount of cruciferous vegetables (including Broccoli, Brussels Sprouts, and Cabbage) had a 39 percent lower prostate cancer risk compared with those who ate the least.

**Sleep 7 to 9 Hours a Night:**

Sleeping less than 6 hours a night increases cancer risk by 43 percent. But women who slept 10 or more hours per night had a 22 percent higher risk of breast, endometrial and ovarian cancer.

**COA SPONSORED WINTER YOGA, and T'AI CHI CLASSES**

T'ai Chi and Chair and Floor Yoga Classes are being held in The Town Hall. Kay Berry is the coordinator.  
If you have questions, call 978-724-6610 or email: [PshamCOA@gmail.com](mailto:PshamCOA@gmail.com)

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

February 2, 9, 16, and 23 Suggested Donation: \$5.00

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

February 2, 9, 16, and 23 Suggested Donation: \$5.00

**Floor Yoga classes with Loren Magruder are held on Tuesdays from 10 to 11 a.m.**

February 1, 8, 15, and 22 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.

## **“Herbs and Spices” – How to Spice Things Up For Better Health and Nutrition**

**By: Karen Lentner, RD, LifePath Nutritionist**

**When cooking a meal do you ever think your food tastes bland?** Have you tried using herbs and spices, but don't know what or how to use them? Herbs and spices have been used since ancient times, but their use in modern day cooking has become increasingly popular. In homes & restaurants, many people are using varieties of seasonings and flavors commonly used in cuisines around the world.

If you're looking for ways to eat healthier and enjoy what you eat, making the food taste good is important. Herbs & spices used individually, in blends, fresh or dried are a great way to flavor your food. If you have health conditions such as diabetes, hypertension, or heart disease, using herbs may help reduce the amount of salt, sugar or fats you use, critical in keeping these health conditions under control. The magic of herbs and spices begins when you add them to healthy foods and they become so flavorful, you want to eat more. Try also adding small amounts of extra-virgin olive oil, garlic, and onion.

**Herbs come from the green leafy part of plants.** They include parsley, basil, oregano, rosemary, thyme, mint, dill, and cilantro, and may be used fresh or dried. They are wonderful in all methods of cooking, including roasting, frying (sautéed), or grilling, adding a burst of flavor to meals.

**Spices come from various parts of plants,** including seeds (cumin, mustard, cardamom, fennel, nutmeg), bark (cinnamon), fruits or berries (peppercorns, allspice), root-like stems or rhizomes (turmeric, ginger), beans (vanilla), and flower buds (cloves, saffron).

**Herbs and spices add minimal calories to foods,** however the flavor they add to nutritious foods including vegetables, fruit, fish, poultry, etc., makes them more appealing, therefore you are more likely to consume them. Many herbs and spices contain polyphenols, often known for their anti-inflammatory effects, another benefit and reason they have been used for medicinal purposes for centuries. These include cinnamon, turmeric, ginger, garlic, cayenne, black pepper and clove.

**Build your spice cabinet and storage:** It's hard to match the flavor of fresh herbs, but a great place to start is with commonly used dried herbs and spices including basil, oregano, pepper, rosemary, thyme, garlic powder, cinnamon and chili powder. To become familiar with the distinctive flavor of a particular herb, try mixing it with butter, margarine or cream cheese, let it stand for an hour and taste it on a cracker. Store dried herbs for 1 to 3 years (ie. thyme, oregano), ground spices 2 to 3 years, and whole spices (cinnamon sticks), 3 to 4 years for optimal flavor. Store in air tight containers in a cool, dry cabinet or refrigerate. If they have lost aroma or flavor, discard them. Fresh herbs should be dry, wrapped in a paper towel and sealed in a plastic bag and refrigerated.

**Fresh to dried herb equivalents:** One tablespoon (or 3 tsp) of finely cut, fresh herbs is equal to one teaspoon of dried. If using fresh herbs, finely cut the leaves as the more surface exposed, the greater the flavor. The key to using fresh or dried herbs is to experiment. Try different combinations & amounts based on flavors you discover and enjoy. Start with a “pinch” until you are familiar with the strength & flavor. You can always add more, but you can't remove it. In the summer, many fresh herbs are also available at Farmer's Markets. I hope you'll try them and discover some wonderful new flavors!

### **Exercise May Slow Alzheimer's Memory Loss (AARP Bulletin: May 2021)**

There is new support for the premise that regular exercise may help slow memory loss in older adults with mild to moderate Alzheimer's disease. A trial led by a researcher at the Arizona State University (ASU) Edson College of Nursing and Health Innovation had participants either ride a stationary bike or do stretching exercises for six months.

The study authors say, those who took part in the regular exercise program had significant less memory loss than those who do not follow a particular exercise regimen. Researchers found benefits for participants who rode an exercise bike or did the stretching activity.

The results were published in the *Journal of Alzheimer's Disease*. “Our primary finding indicates that a six-month aerobic exercise intervention significantly reduced cognitive decline...for Alzheimer's dementia,” said study corresponding author Fang Yu, a professor at ASU, in a news release.

Exercise has other benefits as part of Alzheimer's therapy, she said. “The current collective evidence on its benefits sup-

### **LifePath's Healthy Living Winter 2022 Workshops:**

**FREE, In-Person and Remote Workshops You Can Access on Your Computer OR Your Phone!**

These evidence-based workshops provide information and practical skills for people living with long-term health conditions to better manage our health and improve the quality of our lives.

**Living Well with Long-Term Health Conditions (Live Video Conference and Telephone Workshops):** Provides information and practical skills that build self-confidence and help participants assume an active role in managing one or more long-term health conditions. Topics include healthy eating, relaxation techniques, communicating, goal-setting, problem solving, & more. **Live Video Conferencing Workshop:** Seven Wednesdays, 9:30 a.m. to 12:00 p.m., Feb. 2 to March 16, **OR Telephone Workshop:** Seven Tuesdays, 1:00 to 2:30 p.m., Feb. 1 to March 15.

**A Matter of Balance—Managing Concerns About Falls (In-Person at Elm Terrace),** 1 Elm Terrace, Greenfield, MA: teaches practical coping strategies to reduce the fear of falling and explores environmental risk factors and exercises that increase strength and balance. Eight Mondays, Feb. 7 to April 4 (skipping Feb. 21) 1:30 to 3:30 p.m.

**Living Well with Persistent Pain (Live Video Conference):** Teaches strategies for managing pain: appropriate exercise, mind/body connection, pacing & rest, goal setting, and problem solving. Seven Wed. 12:30 to 3:00 p.m., Feb. 2 to Mar. 16.

**Living Well with Diabetes (Live Video Conference):** Teaches the basics of balancing medication, diet and exercise, techniques to deal with hyper/hypoglycemia, meal planning, stress reduction, goal setting, problem solving, and more for people living with diabetes or their caregivers. Seven Tuesdays, 6:00 to 8:30 p.m., Feb. 1 to March 15.

**Healthy Eating for Successful Aging (Live Video Conference):** Teaches the "My Plate" guidelines, nutrition basics, label reading, meal planning, goal setting, and problem solving 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. Seven Fridays, 9:30 a.m. to 12:00 p.m., Feb. 4 to March 18.

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

### **What to do Before a Power Outage (mass.gov Power Outage Safety Tips)**

**If an impending storm is expected to cause power outages, consider these additional tips to prepare:**

- Be informed by receiving alerts, warnings, & public safety information before, during, & after emergencies.
- Fully charge your cellphone, laptop, and other electronic devices.
- If you have a water supply (such as a well-water pump system) that could be affected by a power outage, fill your bathtub and spare containers with water. The water in the bathtub should be used for sanitation purposes only. You can pour a bucket of this water directly into the toilet bowl to flush it.
- Keep your car's gas tank full. Pumps at gas stations may not work during a power outage.
- Set your refrigerator and freezer to their coldest settings to keep food cold (remember to reset them back).
- If you have life-support devices, such as home dialysis or breathing machines, or other medical equipment or supplies, that depend on electricity: Talk to your health care provider about how to use them during a power outage;
- Contact your local electric company and equipment suppliers about your power needs. Some utility companies will put you on a "priority reconnection service" list;
- Let the fire department know that you are dependent on life-support devices;
- If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.
- Ensure that you have sufficient heating fuel. Consider safe backup heating options such as fireplaces or woodstoves.
- Know how to operate the manual release lever for your electric garage door opener.
- Have a landline phone with a corded receiver.
- Ensure that your smoke and carbon monoxide detectors are working and have fresh batteries.

## FEBRUARY IN PERSON DINING & GRAB n GO LUNCH MENU

**NOTE: Pick Up Time is on Wednesday at 11:45 a.m.**  
**In Person Dining is on Wednesday at Noon**

- Feb. 02** - French Meat Pie, Brussels Sprouts, Multigrain Bread, Fruit Cup (Pears)
- Feb. 09** - Chicken Thigh with Cacciatore Sauce, Tri Color Rotini, Italian Veg Blend, Wheat Bread, Fresh Apple
- Feb. 16** - Salmon with Lemon Dill Sauce, Scalloped Potatoes, Broccoli, Multigrain Bread, Yogurt
- Feb. 23** - Chicken with Apple Berry Sauce, Mashed Sweet Potatoes, Cauliflower, Wheat Bread, Flavored Applesauce

### 5 Things to Tell Your Future Will Executor

**Sharon Waters: Former CPA, has written for Wired.com, AARP Bulletin and other publications**

**Where the Original Will is.** Identify the exact spot in your home. If filed with an attorney provide contact information. Do not put it in a safe deposit box where it can be difficult to access after your death.

**Whom to Notify.** List people your executor or family might not think to tell or know how to reach; such as doctors, your employer's HR chief, or clubs and committees you belong to. Include contact information to make things easier.

**Your Passwords.** Share passwords and access codes for cellphones, computers, email, social media, and other online accounts. Provide instructions about how to handle accounts and devices.

**Who Gets What.** Specify what happens to nonfinancial items like recipes, photos and mementos. Think about the things that are special to you and tell a little bit about you to a future generation.

**Where your Secrets are Hidden.** Point the executor or another trusted person, to any skeletons you want cleaned from your closets; i.e.. love letters, medications you have been taking covertly or photos you wish not to share.

Courtesy of: SwapMeetDave.com



"...and just when I had begin to understand Medicare, Part D."



"The trouble with today's generation is that they can't stand on their own two feet."

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: Sandy Page: 978-724-3273

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