

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

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COA



NEWSLETTER

JANUARY 2021

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

ADDRESS SERVICE REQUESTED

Happy New Year 2021

A Message from the Petersham COA & LifePath!

2020 has been a very challenging year! Think positive and set some realistic goals for a healthier and happier you in 2021. Think of ways to ease your stress, make a plan for a little more daily activity, and make good food choices. Here are some goals you might want to try!

- ◆ Cook something new every week. Consider trying a new fruit or vegetable or a new simple recipe.
- ◆ Eat more fruits and vegetables. They're high in vitamins and fiber and low in calories.
- ◆ Drink up - hydrate, hydrate, hydrate! As you get older, you're more likely to get dehydrated as your body doesn't always use the fluids as efficiently as it did when you were younger.
- ◆ Sleep and exercise. Take a walk every day. If you're able to safely get outside, walk in your yard or neighborhood. If not, walk around your apartment or home. The goal is to move, whether it's by walking or moving while sitting in a chair or on your bed, keep moving. Movement and exercise often help us relax and sleep.
- ◆ Add extra fiber to your meals or snacks every day. Buy whole grain bread instead of white bread; eat legumes, beans, or nuts at least 3 times weekly.
- ◆ Connect with friends, or consider a new hobby. Call a friend, connect on a computer, or write a letter or a card to someone you've been thinking about. Connections often make us feel happy!

**Best wishes to you and your loved ones this holiday season, from all of us at the COA and LifePath.
We hope you all stay safe and well.**

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 will close for the winter December 23rd. Watch for details of late Winter/Spring opening.

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

JUST for ASKING by Marilyn Fisher

A Reader Asked: What is Shingles?

Shingles is a rash with shooting pain. It usually shows up on one side of the body. Anyone who gets it has had a case of chicken pox first, usually decades earlier. Shingles most commonly affects older adults and people with weak immune systems. If you are over 50 you may consider getting a shingles vaccination. (Reference WebMD)

If anyone is interested in receiving additional information regarding this viral infection, please feel free to call Marilyn at 978-724-3223 and a detailed informational packet will be sent out to you.

Please ask future questions by calling Marilyn at 978-724-3223, or email: fishermarilyn47@yahoo.com

COA BOARD NOTES

- The COA Board met on Wednesday, December 9, 2020 at 10:00 a.m.
 - November 2020 Board Meeting Minutes were approved with amendments.
 - Treasurer's Report stating the checkbook balanced to the penny was accepted.
 - Reminder: **Grab n Go Lunches will continue until indoor meals are approved by the Board of Health.**
 - **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. Updates were given on future Enrichment and Health Programs that were proposed during the November Meeting; including: Zoom or future in-person Art Classes, Foot and Blood Pressure Clinics, Photography, and Ukulele Classes. 2. There will be no Board Meeting in January. 3. Kay stated that paper copies of 2020 Elder Needs Assessment Survey from LifePath were handed out and reportedly returned. 4. Events that regularly have occurred and are not able to be held due to Covid-19 were listed by the Board.

*The next Board meeting will be on:
Wednesday, February 10, 2021 at 10 a.m. in the Town Hall.*

Town of Petersham Covid-19 Protocols

Petersham Residents are asked to following the following protocols when on Town Properties: Wear a mask at all times, keep socially distanced by maintaining 6 feet or more from others not in your immediate household, use hand sanitizer, and wash your hands regularly. The Town Office Brick Building continues to be closed to the public. Town Office Phone available Monday to Thursday : 978-724-3353. **Note:** A Secure Lock Box for Drop Off for Town Business is located at the Brick Building to the left of the front door. It is emptied multiple times each work day.

Massachusetts Agencies and Services for Seniors

Senior Resources Overview on: <http://mass.gov/topics/seniors>

Massachusetts offers a number of services to help seniors stay healthy, independent, and engaged in their communities. Learn about programs such as prescription drug assistance, elder financial fraud, caregiver support, housing and more.

Fuel/Heat Assistance: 800-632-8175

<http://mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

The Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older.

Finance: Economic Empowerment for Seniors: <http://mass.gov/economic-empowerment-for-seniors>

The Office of Economic Empowerment (OEE) provides free financial workshops for senior citizens. They inform older citizens about ways to manage their finances in addition to information about ways to prevent financial exploitation. Sessions include: fraud/scam prevention, banking, credit, savings, & financial recovery.

Attorney General's Elder Hotline: <http://mass.gov/service-details/the-attorney-generals-elder-hotline>

888 AG-ELDER (888-243-5337) or TTY 617-727-4765

The Elder Hotline is open Monday through Friday from 10:00 am to 4:00 pm. The hotline is staffed by senior volunteers and can help elders with a range of issues including reporting fraud cases.

Options Counseling: <http://massoptions.org/> or **844-422-6277**

Options counseling is a free service to help seniors, adults of any age with a disability, and their family members or caregivers make decisions on support services.

COA Sponsored WINTER 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

Note Day Change for Tai Chi

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

Jan. 6, 13, 20, and 27 Suggested Donation: \$5.00

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

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

Jan. 6, 13, 20, and 27 Suggested Donation: \$5.00

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 and Fitness 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.

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.

JANUARY GRAB n GO LUNCH MENU

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

Jan. 06 - Broccoli Stuffed Chicken Breast, Garlic Mashed Potatoes, Carrots, Wheat Dinner Roll, Cookie, Diet: Grahams

Jan. 13 - Pork Rib B Que, Potato Wedges, Mixed Vegetables, Grinder Roll, Assorted Fruit (cup)

Jan. 20 - Chicken & White Bean Chili, Brown Rice, Italian Veg Blend, Dinner Roll, Assorted Fruit (cup)

Jan. 27 - Cheeseburger, O'Brien Potatoes, Broccoli, Hamburger Bun, Fruited Yogurt
To reserve a meal or notify of cancellation call Kay Berry at 978-724-6610 by Monday 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 Mitch Hedberg

A burrito is a sleeping bag for ground beef.

I'm against picketing, but I don't know how to show it.

Wearing a turtleneck is like being strangled by a really weak guy all day.

I like to take a toothpick and throw it in the forest and say: "You're home!"

I like an escalator, because an escalator can never break. It can only become stairs.

I order the club sandwich all the time, but I'm not even a member, I don't know how I get away with it.

On fishing shows they always throw the fish back; they don't want to eat them, they just want to make them late for something.

What is LifePath and How they Help

LifePathMA.org

LifePath is open for business, going strong, and here to support elders, people with disabilities, and caregivers. We are responding to the changing needs of those we serve, staying current on any COVID-19 related developments, communicating up to date and accurate information, & offering resources to callers.

At LifePath, we listen first. We help elders and persons with disabilities maintain independence and quality of life in their own homes and communities. We help caregivers to find relief and help loved ones to choose the right path.

LifePath, a private, non-profit corporation, and Area Agency on Aging, that serves all of Franklin County; Athol, Royalston, Petersham, and Phillipston. Some programs are also available in Hampden, Hampshire, and Berkshire counties.

LifePath is a 501(c)(3) non-profit organization. Voluntary contributions are welcome and needed to sustain programs to help elders, adults with disabilities, and their caregivers. Your contribution is tax-deductible to the full extent of the law.

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.

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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