

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

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COA



NEWSLETTER

JULY 2021

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

ADDRESS SERVICE REQUESTED

**There will be no COA Newsletter for August 2021**  
The COA Board will meet again on Monday August 9, 2021

**Petersham Partners ..helping our neighbors!**

Petersham Partners is a group of volunteers lending a hand to our community members 60 and over. Need help with some light gardening, moving the summer furniture into place, or getting summer plants into those pots? How about small repairs? Need food or med pick up?

Our vaccinated volunteers are also available to provide transportation to those medical and dental appointments that might have been postponed. Have a need you don't see, give us a call!

Scheduling is as easy as phoning 978-724-0078

**Introducing COA's Monthly Foot Screening**

The COA Board is introducing a monthly "Foot Screening" for seniors in Petersham. The treatment will be provided by Melinda Powling, owner of "Nails to Envy" in Orange. Treatments will include a 15 minute foot soak, then clipping toenails (no polish). Melinda will then inspect your feet, and let each person know if they should consult a Doctor about anything. The Foot Screenings will start on Thursday July 1st and will continue to be available on the first Thursday of each month. Each person will pay \$5.00 directly to Melinda when the appointment occurs, with the balance of \$10.00 being picked up by the COA for a total cost of \$15.00. Appointments are required. Appointments will be available from 8:15 a.m. until 10 a.m. **Clients must bring their own towels.** Melinda will be following Petersham Board of Health approved guidelines. For Questions or Appointments: Contact Marilyn Fisher at: 978-724-3223.

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

### Annual Congregational Church Fair and Tag Sale

**Where:** At the Congregational Church grounds - 21 North Main Street

**When:** Saturday, July 17th **Time:** 9 a.m. to 1 p.m.

### Congregational Church Take Out Dinner

**What:** BBQ Chicken Dinner **Where:** Congregational Church - 21 North Main St.

**When:** Saturday, August ? **Pick-up Time:** 5:30 p.m. **Price:** TBD.

**For Information and Reservations Call: Janice Olson: 978-724-3362**

Watch for Church Sandwich Sign for further Information as Date /Price was not available at press time.

### Petersham Friday Market

Visit the Friday Market on the Petersham Common every Friday from 3 to 6 p.m.  
The Market Features area grown produce, fresh food, local artisans, and live music.

### Petersham Art Center

The Art Center is currently open Thursday through Sundays, 12 Noon to 4 p.m.

### St. Peter's Church Sunday Mass

St Peter's new Priest, Father Mateus Souza, will officiate mass starting the first Sunday in July.

### Petersham Memorial Library Book Discussion Group

*All Creatures Great and Small* by James Herriot

Wednesday, July 21, 7 p.m.

Ask and you shall receive—you wanted light fare and we've got just the thing! We could all do with some lighter reading these days and what's more heartwarming than James Herriot's humorous classic, which draws on his experiences as a young veterinarian in Yorkshire? Whether it's an old favorite or new to you, this is sure to be a fun discussion.

**We will meet to discuss the book via Zoom on July 21 at 7 p.m. Copies are available in multiple formats.**

To reserve a copy and to register for the discussion.

Please contact us at: 978-724-3405 or at: [PetershamLibraryRequests@gmail.com](mailto:PetershamLibraryRequests@gmail.com)

## COA BOARD NOTES

- The COA Board met on June 14, 2021 at 10:00 a.m.
- May 10, 2021 Board **Meeting Minutes** were approved as read.
- **Treasurer's Report** was read and approved.
- **Reminder:** Grab n Go Lunches will continue through July and August.
- **Enrichment programs:** Storyteller Davis Bates & Musician Dan Kirouac will be rescheduled once indoor meals resume. Cultural Council has extended their grants. Watch for updates.
- **Health Programs:** Foot Screening program was discussed. See details on front page.
- **Fitness Programs:** Chair Yoga, Floor Yoga and Tai Chi will all resume in the Fall.

### Discussions:

- (1) The Board continues to look for **new members**. Interested: Contact Kay Berry at 978-724-6610
- (2) Phil Hanno is looking into a possible trip to a WooSox Baseball game in Worcester as well as trips organized by a company called Lake Shore Tours. He is also still researching cost of bus and tickets for a trip to the **Big E** since the Fair has announced it will be fully open this year.
- (3) Kay reported on updated information provided to her from the Board of Health.
- (4) The COA will be looking for a new kitchen manager to start when COA meals are again served in the Lower Town Hall.

***The next Board meeting will be on:  
Monday, August 9, 2021 at 10 a.m. in the Lower Town Hall.***

**Quotes by George Carlin**

**One tequila, two tequila, three tequila, floor. .  
Why is there an expiration date on sour cream?  
Don't sweat the petty things and don't pet the sweaty things.  
Isn't it a bit unnerving that doctors call what they do "practice"?  
If the police arrest a mime, do they tell him he has the right to remain silent?  
If man evolved from monkeys and apes, why do we still have monkeys and apes?  
Why do they lock gas station bathrooms? Are they afraid someone will clean them?  
If the "black box" is never damaged during a plane crash, why isn't the whole airplane made out of that stuff?**

**DOOR - to - DOOR SALES**

*If you are considering hiring someone who knocks on your door and offers Home Improvement services....*

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check out their references before agreeing to have work done;
- Get bids from established, local companies and compare prices;
- Check with the Town Office to see if they need a license or permit to solicit door to door;
- Check with your local consumer protection program or the police department.

**CHARITY SCAMS**

*You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:*

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it is a local caller.



*What can you do to make sure the money is going to a good cause?*

- Research the charity before donating;
- Verify that the organization is registered with MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.

If you have a consumer problem or question contact: *the Northwestern District Attorney's Consumer Protection Unit:*  
Greenfield 413-774-3186 or Northampton 413-586-9225

**FEMA has Announced that Reimbursement for Covid-19 Related Funeral Expenses is Now Available!**

Applicant must show expenses were incurred after 1/20/2020. Death must have occurred in the U.S. Death certificate must state cause of death as Covid-19 or was likely the result of Covid-19. Assistance must not duplicate benefits already received from burial or funeral insurance or from volunteer agencies. To apply, call 844-684-6333; Mon - Fri; 9 a.m. to 9 p.m. Expect the call to last 20 minutes. There is no online application process. FEMA Warning: FEMA has received reports of scammers reaching out offering to register you for this program. FEMA will not contact you before you register.

**COA Sponsored FALL YOGA, and T'AI CHI CLASSES**

**Tai Chi and Chair and Floor Yoga Classes will resume in the fall in The Town Hall. 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 will resume in the fall**

**Chair Yoga classes with Loren Magruder will resume in the fall**

**Floor Yoga classes with Loren Magruder will resume in the fall**

**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.

## JULY GRAB n GO LUNCH MENU

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

**July 07** - BBQ Pork Ribs, Mac & Cheese, California Veg Blend, Dinner Roll, Pound Cake

**July 14** - Hot Dog, Baked Beans, Mixed Vegetables, Hot Dog Roll, Yogurt

**July 21** - Grilled Chicken with Apricot Glaze, Israeli Cous Cous, Parmesan Broccoli, Multigrain Bread, Brownie

**July 28** - Beef & Broccoli Stir Fry, White Rice, Wheat Bread, Applesauce

***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.***

## IT'S SUMMER and TIME FOR FRESH VEGETABLES

Vegetables are an important part of an overall healthy eating plan because they are typically high in vitamins, minerals and fiber and low in calories and saturated fat. Most vegetables have little or no sodium. Eating a variety of vegetables may help you control your weight and blood pressure and reduce your risk of heart disease and stroke. They provide key nutrients many of us don't get enough of, such as calcium, fiber, iron, potassium, and vitamins A and C. Try to eat 5 servings of vegetables a day and fill half your plate with the rainbow of colors and varieties.

### HOW TO EAT MORE VEGETABLES

1. Cut up vegetables and keep them in the fridge. They'll be ready to add to soups, stews or casseroles and also handy for snacks. Baby carrots, cherry tomatoes, broccoli cuts, and sugar snap peas with hummus are excellent snacks.
2. Add vegetables to a sandwich. Try adding sliced or shredded vegetables to your sandwich such as carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini.
3. Have a meatless meal once a week. Think vegetarian lasagna, grilled veggie kebobs, or beans and veggies and rice.
4. Add spinach, peppers, mushrooms, onions, tomatoes or asparagus into scrambled eggs or omelettes or add veggies and/or fruits to sauces and smoothies.
5. Eat the rainbow: try to eat as many different colors and varieties of fruits and vegetables as you can each day. This is the best way to get all of the vitamins, minerals and nutrients you need.

### KEEP IT FRESH!

1. Don't wash, cut or peel until you're ready to eat (except lettuce and greens).
2. Always refrigerate cut or peeled product and keep your fridge at 40 degrees F or below.
3. Store fruits and vegetables separately.
4. Store onions, garlic, shallots, potatoes, winter squash and watermelon in a cool dark place like your pantry or cellar.



## 10 Garden Safety Tips for Seniors: Better Safe than Sorry!

- Garden early in the day when temperatures are milder, and you have plenty of energy.
- Take rest breaks to avoid overheating.
- Drink plenty of water while gardening in warm temperatures.
- Use sunscreen and wear sunglasses. Wear a hat with a wide brim or visor to protect yourself.
- Never lift objects that are too heavy. Always ask for help.
- Lift objects slowly and test the weight first.
- Avoid a long reach to grasp a tool or reach something.
- Keep work areas neat to avoid excessive bending or moving around.
- Use wheelbarrows or light carts to move dirt or objects whenever possible.
- Consider using raised and elevated beds to avoid bending over.



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.

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