

Petersham Council on Aging  
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COA



NEWSLETTER

JUNE 2020

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

ADDRESS SERVICE REQUESTED

## **PETERSHAM TOWN NEWS and COVID-19 UPDATES**

### **New Date for 2020 Annual Town Meeting**

**Petersham Voters:** Due to COVID-19, Petersham's Annual Town Meeting date has been rescheduled to **MONDAY, JUNE 29, 7:30 p.m.** During June, residents will be kept apprised as to status, details, and any modifications that may be necessary to this date.

### **Notice for Public Access of Town Offices & Departments**

Until further notice, the Selectboard Office and all other Departments located in the Town Office Brick Building will be closed for public access. Staff is continuing to work during their regular hours at their town office locations and/or remotely. **Call: 978-724-3353**

### **Notice of Tax Payments Deadline Extension**

Deadline for property, personal, & auto excise taxes has been extended to June 1, 2020.

### **Town Trash Bags**

**Note:** the Petersham Package Store, 9 Barre Rd is open & selling Town Trash Bags during regular business hours.

**Reminder:** The Swap Shed at the Transfer Stations is closed until further notice.

*Residents are advised to continue to stay home, continue social distancing, and continue to avoid unnecessary travel and activities.*

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.

## Massachusetts Reopening Plan: When Each Industry Is Slated To Return

### **Business: Phase 1: Start**

With restrictions, some capacity limitations, staggered start:

#### **On May 18:**

Essential business, Manufacturing, Construction  
Restaurants— continue takeout service

#### **On May 25:**

Lab space  
Offices, excluding Boston (work from home encouraged)  
Libraries— curbside pickup or delivery

#### **Personal Services:**

Hair (appointment only)  
Pet grooming (appointment only)  
Car washes (exterior only)  
Retail: Remote fulfillment or Curbside pick-up only

#### **On June 1: Offices in Boston**

### **Phase 2: Cautious- No earlier than June 8**

Potentially updated guidance for Phase 1 businesses.

Retail— browsing with restrictions  
Restaurants— dining open with strict guidelines  
Lodging— some guests with restrictions

#### **Additional Personal Services:**

Nail salons  
Day spas

### **Phase 3: Vigilant—No Date Set**

Potentially updated guidance for Phase 1 & 2 businesses:

Bars  
Arts & Entertainment:  
Casinos  
Fitness, gyms  
Museums

### **Phase 4: New Normal**

Full resumption of activity (e.g., lg venues & night clubs)

### **Recreation and Outdoor: Phase 1: Start**

**On May 25:** can open with guidelines:

Beaches and Parks  
Drive-in theaters  
Some athletic fields and courts  
Many outdoor adventure activities  
Most fishing, hunting, and boating  
Outdoor gardens, zoos, reserves and public installations

#### **Phase 2: Cautious:** Can open with guidelines:

Campgrounds  
Playgrounds and spray decks  
Public and community pools  
All athletic fields and courts with guidelines  
Youth sports in limited fashion

### **Phase 3: Vigilant**

Can open w/ guidelines: Additional activities and services  
Youth sports with games & tournaments (limited crowds)

### **Phase 4: New Normal**

Full resumption of all outdoor recreation and activities

### **Travel: Phase 1: Start**

Safer at home advisory  
All travelers to MA urged to self-quarantine for 14 days  
Lodging restricted to essential workers only

### **Phase 2: Cautious**

Business and recreational travel discouraged  
All travelers to MA urged to self-quarantine for 14 days  
Lodging open with restrictions

### **Phase 3: Vigilant**

To be determined based on trends

### **Phase 4: New Normal**

Travel resumes, continue to observe social guidance

### **Health and Human Services: Phase 1:**

**Start On May 18: hospitals & community health centers**

Can provide high priority preventative care, pediatric care, & treatment for high risk patients

**On May 25:** additional health care providers:

Upon attestation can provide same services as above

### **Phases 2 and 3:**

Expand ambulatory in-person routine care:  
Less urgent preventative services, procedures, and care (e.g., routine dental cleanings, certain elective procedures)  
Day programs (e.g., Adult Day Health, Day Habilitation)

### **Phase 4: New Normal:**

Full resumption of activity in the "new normal"

### **Worship: Phase 1-3:**

**Open May 18** w/ guidelines, outdoor services encouraged

### **Phase 4: New Normal**

Full resumption of activity in the "new normal"

### **Gatherings: Phase 1: Start**

Gatherings of less than 10 people only

**Phases 2-4:** To be determined based on trends

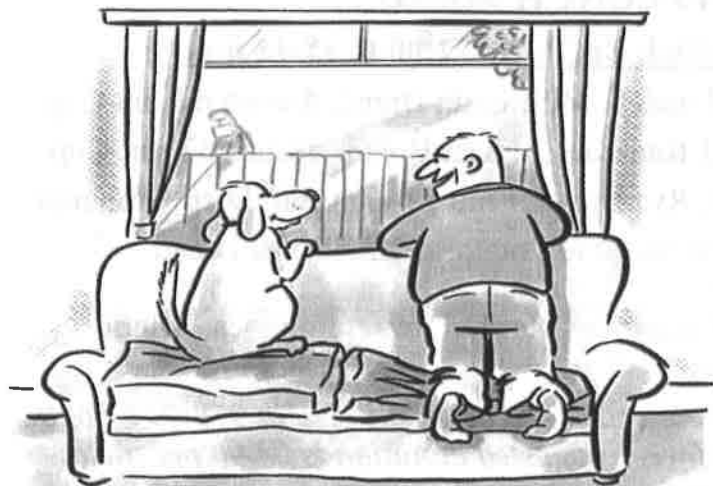
### **High-Risk Populations: Phases 1-3:**

High-risk should work from home, priority consideration for workplace accommodations (these could be adjusted depending on pending epidemiological evidence).

### **Phase 4: New Normal**

Resume public interactions with physical distancing

This article originally appeared on the Boston Patch



*"Until now, I never understood why you got so excited when someone walked past the house."*

### **This Month's Chuckles**

#### **Do Your Very Best**

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia he asked to speak to his son.

"Yes, Dad, what is it?" "Don't be nervous, son; do your best and just remember, if it doesn't go well, and something happens to me; your mother is going to come and live with you and your wife...."

**I'm So Old I Remember When #Hashtags Were Called Pound Signs.**

**GREAT NEWS! LifePath's Virtual 2020 Walkathon raised nearly \$20,000.00. Monies raised will fund the Meals on Wheels Program as well as other under-funded LifePath Programming.**

### **Elder Protective Services Program**

Everyone has the right to be safe. Sometimes elders are at risk for physical or emotional injury or are at risk due to self-neglect. The Protective Services Program can help. **What is elder abuse?** Massachusetts law (MGL Ch. 19A, Sec. 14-26) defines elder abuse as acts or omissions resulting in serious physical, sexual or emotional injury or financial loss to an adult age 60 or older. **Elder abuse includes:** Physical, sexual and emotional abuse, Caretaker neglect, Financial exploitation and Self-neglect

**What is Elder Protective Services?** Protective Services is for those experiencing abuse or neglect by others or for elders who may be unsafe because of an inability to care for themselves.

**How do I report elder abuse?** Anyone may report suspected cases of abuse. All calls and the identity of the reporter are confidential. **Elder Protective Services 24/7 Hotline: 1-800-922-2275**

If you are concerned about an older adult (age 60 or older), and have reason to believe they are a victim of elder abuse, neglect, self-neglect or financial exploitation, call the Massachusetts-based Elder Abuse Hotline at 1-800-922-2275, or file a report online at: [www.mass.gov/report-elder-abuse](http://www.mass.gov/report-elder-abuse)

Every community in Massachusetts is covered by a designated Protective Service Agency, including LifePath. All reports will be referred to & handled by the designated Protective Service Agency. The agency will determine if an investigation is warranted & if so investigate the situation & determine the best course of action to alleviate the risk. Calls are confidential.

### **COA Sponsored SPRING and SUMMER YOGA, and T'AI CHI CLASSES**

**COA sponsored classes have been put on hold for now.**

Once Yoga & T'ai Chi are able to startup again you will be contacted by Kay if you regularly attend one of the programs. Anyone is welcome to attend these classes, regardless of age.

If you have questions, call Kay Berry 978-724-6610 or email: [PshamCOA@gmail.com](mailto:PshamCOA@gmail.com).

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.

## JUNE Grab & Go LUNCH MENU

**NOTE: Grab & Go Luncheons Pick Up Time: 12:00 to 12:15 p.m.**

**June 01** - Swedish Meatballs, Egg Noodles, Spinach, Multigrain Bread, Assorted Fruit Cup

**June 08** - Broccoli Bake, Home Fries, Stewed Tomatoes, Wheat Bread, Assorted Fruit Cup

**June 15** - Beef & Cabbage Casserole, Carrots, Rye Bread, Fruit Crunch Bar, Diet: Grahams

**June 22** - Potato Pollack with Tartar Sauce, Yukon Gold Potatoes, Italian Veg Blend,  
Multigrain Bread, Vanilla Yogurt

**June 29** - Roast Pork with Rosemary Gravy, Cinnamon Mashed Sweet Potatoes, Brussels  
Sprouts, Wheat Bread, Applesauce

*To reserve a Grab & Go meal or notify of cancellation call Kay Berry at 978-724-6610  
no later than the Thursday afternoon before. Suggested donation is \$3.00 per meal.*

*Contact Kay if you regularly get a Grab & Go meal but will not be able to come to get one.*

**Reminder: Grab & Go Luncheons Must be Picked Up Between: 12:00 to 12:15 p.m.**

## ORANGE FOOD PANTRY Petersham Residents Welcome!

**Address:** 118 East Main Street, Orange **Hours:** Open Thursdays 10 a.m. to 3 p.m. **Phone:** 978-544-2149 for details

The **Orange Food Pantry** provides food to low-income families and individuals. Food pantry patrons may visit the pantry once a month for perishable and non-perishable food. Patrons may visit more than once a month for perishable food only from **1:30pm to 3:00pm on Thursdays**; perishable food may vary.

## COA BOARD NOTES

- The COA Board met on Monday, May 18, 2020 at 10 a.m.
- March 9, 2020 Minutes were accepted.
- Treasurer's Report was approved.
- Reminder: Yoga and Exercise classes as well as Ping Pong in the Town Hall will not be held until further notice.
- **Board confirmed date changes for upcoming enrichment/cultural programs:**
  - 1. Musician Dan Kirouac at 12:30 p.m. on August 17, 2020**
  - 2. Storyteller Davis Bates on October 19, 2020 at 12:30 p.m.**
- The *Talking Book Program* and the *Elder Law Program* will both be rescheduled for later dates.
- The Trip to the Big E this Fall is currently on hold. Information will hopefully be available later in the summer.
- Kay stated that the following grants were recently received: The Town Grant and the Elder Affairs grant.
- The Board continues to seek new Board members; anyone interested should contact Kay Berry at 978-724-6610.
- *The next Board meeting will be on Monday, August 10, 2020 at 10 a.m. in the Town Hall. The meeting is open to the public.*

The email for Petersham Council on Aging is [PshamCOA@gmail.com](mailto:PshamCOA@gmail.com) and can be used to request electronic newsletters.

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