

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

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COA



NEWSLETTER

JUNE 2021

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

ADDRESS SERVICE REQUESTED

**Memorial Day Parade in Petersham**  
**Monday, May 31 at 9:30 a.m.** Everyone is invited.

**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

Let us help put the pieces together!



**Nichewaug Inn and Academy Committee**

On May 10th the Nichewaug Inn and Academy Committee met with the COA to discuss the result of the Opinion Survey conducted in the Fall of 2020. The top 3 preferred uses identified by responders were: Outdoor Recreation; (Ice skating, tennis, outdoor movies, walking trails); Senior/Community Center and Senior Housing (1 - 6 units). The committee would like to hear from you on the following questions: 1. Can you see yourself living in senior housing on this property sometime in the future, and 2. would you use the recreation facilities? The Committee plans to hold an informational meeting later this year. Please call or email your questions or responses to:

Jane Lynch Gilbert: 978-790-7107 or Ann Lewis: 978-724-6624; or nichprop@outlook.com

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 - Please follow Covid-19 Protocols

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

### Petersham Art Center — Art Outside

**When:** Saturday, May 29th **Time:** 3 to 5 p.m. **Where:** 8 North Street

The Petersham Art Center invites everyone to an outdoor Reception on the Art Center grounds. Enjoy delicious refreshments, good cheer. Visit artists and friends. Visiting artists will be in attendance working on projects. Visit the Shop, open Thursday through Sundays, 12 Noon to 4 p.m. *Rain date: May 30th.*

### Petersham Friday Market

**When:** Begins Friday, June 4 **Time:** 3 to 6 p.m. **Where:** Petersham Common

**What:** Market returns for 2021 with area grown produce, fresh food, local artisans, and live music.

### St. Peter's Church Sunday Mass

Mass will be held each Sunday at 9:30 a.m. outdoors, weather permitting

### InterFaith Sunday Service

**Where:** Congregational Church, 21 N. Main St. **When:** Sunday May, 30, 2021 @10:30 a.m. & Flag Raising 10:20 a.m.

## SCAM TEXTS that LIE (AARP Bulletin March 2021)

Scammers are using text messages the same way they using phishing emails. The psychological hook built in is that people feel they do not get texts from random strangers. Texting scams use bogus offerings from big named companies to get your password, your username and your credit card information. Protect yourself by keeping your phone number to yourself— don't post it on Facebook. If you get a text from outside your phone contacts look for misspellings and grammar issues. Ask yourself if the offer sounds too good to be true. If you are offered a gift go the company's website to see if the promotion exists. **Delete texts that you cannot verify.** If the text looks like a message from your bank— call the number on your account or on the back of your credit card. Don't ever call the number in the text message.

## COA BOARD NOTES

- The COA Board met on May 10, 2021 at 10:00 a.m.
- April 14, 2021 Board **Meeting Minutes** were approved as amended.
- **Treasurer's Report** was read and approved.
- **Reminder:** Grab n Go Lunches will continue until indoor meals are approved.
- **Enrichment programs:** Storyteller Davis Bates & Musician Dan Kirouac will be rescheduled once indoor meals are approved. Watch for future updates.
- **Health Programs:** No Health programs are currently scheduled due to Covid-19 restrictions.
- **Fitness Programs:** Chair Yoga, and Floor Yoga continue to be held in the Town Hall. Tai Chi will end on May 26th and resume in the Fall. See Fitness section for details.

### Discussions:

- (1) The Board continues to look for **new members**. Interested: Contact Kay Berry at 978-724-6610
- (2) Phil Hanno contacted the **Big E** and was told that any grant opportunities would not be known until the end of July. He will look into the cost of the bus and tickets.
- (3) Sheila Youd reported that the awarding of the cane to Petersham oldest citizen is on hold until it is safe to present it after a lunch. Roy Nilson offered to make time to have the COA present the cane at a Friday Market on the Common.

*The next Board meeting will be on:  
Monday, June 14, 2021 at 10 a.m. in the Lower Town Hall.*

### Quotes from Actual Insurance Claims

In an attempt to kill a fly, I drove into a telephone pole.  
I collided with a stationary truck coming the other way.  
The pedestrian had no idea which direction to run. So I ran over him.  
Coming home, I drove into the wrong house and collided with a tree I didn't have.  
I had been driving for 40 years when I fell asleep at the wheel and had an accident.  
I told the police I was not injured, but on removing my hat I found that I had a fractured skull.  
I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment.

### LifePath's Healthy Living Summer 2021 Workshops: FREE, Remote Workshops

Live Video Conferencing Workshops: • Full interactive curriculum on a Zoom platform • Books & handouts mailed to your home • 8-12 participants • Two workshop leaders • Technical support for new zoom users

- 1. Living Well with Long-Term Health Conditions:** 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 with health professionals and loved ones, goal-setting, problem solving, and more. Live Video Conferencing Workshop: Seven Wednesdays, 9:30-12 p.m., Jun. 23-Aug. 4 OR Toolkit Telephone Workshop: Seven Wednesdays, 1-2:30 p.m., Jun. 23-Aug. 4
- 2. Healthy Eating for Successful Aging:** 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, this workshop teaches the "My Plate" guidelines, nutrition basics, label-reading, meal planning, goal setting, and problem solving. Live Video Conferencing Workshop: Seven Wednesdays, 3-5 p.m., Jun. 23-Aug. 4
- 3. A Matter of Balance-Managing Concerns about Falls:** Teaches practical coping strategies to reduce the fear of falling and explores environmental risk factors and exercises that increase strength and balance. Live Video Conferencing Workshop: Nine Thursdays, 3-5 p.m., Jun. 10-Aug. 5

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).

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

Tai Chi and Chair and Floor Yoga Classes are held in The Town Hall. These classes are limited to 50% of the Town Hall's capacity 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](mailto:PshamCOA@gmail.com)

T'ai Chi classes with Valerie & Nick Wisnewski will end on May 26th and resume in the fall

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

June 2, 9, 16, 23, and 30 Suggested Donation: \$5.00

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

June 1, 8, 15, 22, and 29 Suggested Donation: \$5.00

#### CHAIR AND FLOOR YOGA CLASSES WILL END AT THE END OF JUNE

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 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.

### JUNE GRAB n GO LUNCH MENU

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

- June 02** - Veal Roulade Francaise, Garlic Mashed Potatoes, Capri Veg Blend, Multigrain Bread, Assorted Fruit (cup)
- June 09** - Grilled Chicken w/ Honey Ginger Sauce, Wild Rice Pilaf, Broccoli, Wheat Bread, Pineapple Cup
- June 16** - Potato Pollock, Tartar Sauce, Scalloped Potatoes, Italian Veg Blend, Marble Rye Bread, Yogurt
- June 23** - Breaded Chicken Drummer, Cinnamon Sweet Potatoes, Peas & Carrots, Wheat Bread, Assorted Fruit (cup)
- June 30** - Philly Steak with Cheddar, Peppers & Onions Medley, O'Brien Potatoes, Small Sub Roll, Fresh Fruit

***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.***

#### **Just for Asking by Marilyn Fisher: June is Cataract Awareness Month; protect your eyes against UV rays**

UV damage to the eyes can be immediate and cumulative. When it comes to protecting yourself against the sun's rays, it does not end with covering your body with suntan lotion. You need to take care of your eyes, just as you would the rest of your body. UV rays are invisible, which can cause the following eye problems:

1. **Cataracts** are a clouding of the eye's natural lens and is the most common cause of blindness. This is the part of the eye that focuses the light we see.
2. **Corneal Sunburn** is the result of high short-term exposure to UV-B rays, usually after spending long hours outside during the summer without proper eye protection. These burns can be painful & may cause temporary vision loss.
3. **Macular Degeneration** is a leading cause of vision loss among older people, causing loss of vision in the center of the visual field.
4. **Pterygium** is a growth that begins on the white of the eye and may involve the cornea. The growth may eventually block vision and is common among people who spend considerable time in the sun and wind.

Please remember when out in the sun, regardless of the time of year, wear a wide-brimmed hat or cap and appropriate UV-rated sunglasses. Wrap-around sunglasses are the best because they protect your eyes and the skin around them. As a rule when choosing sunglasses, make sure they reduce glare, filter out 99 to 100% of UV rays and are comfortable to wear. Only buy sunglasses that provide a clear statement about how much UV radiation is blocked.

#### **The Recipe Box: Cheesecake**

This is an easy and delightful recipe for a simple and delicious cheesecake recipe. To make it more heart healthy, simply substitute Splenda for the sugar and use either low fat or fat free sour cream and cream cheese.

**Ingredients:** 2 eggs, ½ cup sugar, 2 tsp vanilla, 1-1/2 cup sour cream,  
2- 8 oz. packages cream cheese (cut into small pieces) and 2 TBLS Butter

In blender put eggs, sugar, vanilla, and sour cream. Cover and blend for 15 seconds. Then add the cream cheese and melted butter. Pour mixture into a ready made graham cracker crust and bake at 325 degrees for 50-55 minutes or until the top is set. Chill thoroughly. Serve with your favorite topping. Submit recipes to: [fishermarilyn47@yahoo.com](mailto:fishermarilyn47@yahoo.com)

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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