

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

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COA



NEWSLETTER

MARCH 2021

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

ADDRESS SERVICE REQUESTED

### TOWN ELECTION UPDATE

The Annual Town Election has been rescheduled from March 1 to May 17. Nomination papers will be available mid-February and will be due back to the Town Clerk by March 29, 2021.

### Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

You can't pay to put your name on a list to get the vaccine. **That's a scam.**

You can't pay to get early access to the vaccine. **That's a scam.**

Nobody legit will call about the vaccine and ask for your Social Security number, bank account number, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at [ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams)

FEDERAL TRADE COMMISSION NATIONAL ASSOCIATION OF ATTORNEYS GENERAL

### AREA FOOD PANTRIES

#### OUR LADY IMMACULATE CHURCH

192 School Street Athol, MA 01331  
Telephone 978-249-2738  
Tuesdays 10:00 a.m. to 4:00 p.m.  
Serves residents of:  
Athol, Royalston, Petersham

#### ORANGE FOOD PANTRY

118 East Main Street, Orange, MA 01364 Telephone 978-544-2149  
Every Thursday: 10:00 a.m. to 1:00 p.m.  
Safe and Quick Outdoor Food Pick-ups: Drive Through or Walk Up,  
Prepared bags and boxes of produce, meat, dairy and shelf stable items.  
On 5th Thursday of month: Produce distribution only

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 will be rescheduled. Watch for future information.

### Congregational Church Take Out Dinner

**What:** Corned beef & cabbage take out dinner. **Where:** Congregational Church - 21 North Main St.  
**When:** Saturday, March 20th. **Includes:** Corned beef, potato, carrots, turnip, cabbage, and dessert.  
**Pick-up Time:** 5:30 p.m. **Price:** \$15.00 per meal. **Call:** Janice Olson: 978-724-3362

### Petersham Partners is Ready to Help!

Petersham Partners has volunteers geared up and ready to go as we all prepare to negotiate this winter.  
Have some light yard tasks that still need to be tackled ?

**Sign up now if you need help with snow shoveling or picking up meds from the pharmacy.**

Also if anyone is in need of Pet Food, Deb Bachrach is on the Pet Food Task Force for MA.

Give her a call and she will be able to help out with Pet Food.

Give us a call for any of the information listed above! **We are here to help. 978-724-0078.**

### Petersham Memorial Library Contactless, Curbside Pickup

***Materials are available for curbside pickup Tuesdays and Fridays, 2 to 5 p.m.***

For library materials email requests to [PetershamLibraryRequests@gmail.com](mailto:PetershamLibraryRequests@gmail.com) or call 978-724-3405. We will touch base with you when we locate your items. **Pickup days:** Tuesdays and Fridays from 2 to 5 p.m. or by arrangement. In order to maintain best safety practices it is vital that we communicate directly -- via phone or email -- concerning the arrangement of a pickup time for your curbside items.

**Please contact us before coming to the library.**

We will not put items outside unless we know you are coming on that specific day. As always, patrons must wear masks when approaching the building. Thank you for your continued support and cooperation; it is truly our pleasure to serve you. Please see our website; [www.petershamlibrary.net](http://www.petershamlibrary.net), for more details.

## COA BOARD NOTES

- The COA Board did not meet in February 2021
- **Reminders from Past Meetings:**
- Grab n Go Lunches will continue Wed. at noon until indoor meals are approved.
- **Enrichment programs:** Storyteller Davis Bates will be rescheduled.  
Watch for future updates.
- **Fitness Programs:** Chair Yoga and Tai Chi continue to be held. See Fitness section for details. All participants must wear masks.
- **Discussions:** The Board continues to look for new members. Anyone interested should contact Kay Berry at 978-724-6610

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

## **Registry of Motor Vehicles Reports Serious Cyber Security Real ID Text Scams**

The Massachusetts Registry of Motor Vehicles (RMV) wants to remind you the agency would never request personal information via text messaging. The American Association of Motor Vehicle Administrators (AAMVA), is reporting several states have experienced customers receiving unsolicited text messages from numbers claiming to be other state government agencies with links or information about REAL ID and updating their licenses. These messages are SPAM.

Massachusetts is NOT among the states impacted by this scam (at this time). Sharing this information with you is critical in our partnership to keep customer information safe and secure every day. Customers should not click on the link and should delete the message.

*RMV will never request personal information via a text message.*

*We take the privacy of our customers and their personal information very seriously.*

**Should you experience this scam , please report them to the FBI's Scam and Safety Office at 857-386-2000.**

Starting on Oct. 1, 2021, you must have a REAL ID or another federally compliant document to fly domestically.

## **WAYS TO STOP FRAUD**

One reason to be glad that we are in a new year is that 2020 was a banner year for scammers. Along with the usual thefts, Covid-19 fraud ranged from fake product offers, bogus testing ploys, and rip-offs involving stimulus checks.

***Take the following steps to help keep safe and protect yourself in the future.***

**Protect your mail:** Informed Delivery is a free service from the U.S. Postal Service in which the agency sends, via email, images of letter sized mail expected to be delivered to you soon. This is a great way to monitor your expected mail. Visit: [InformedDelivery.usps.com](https://InformedDelivery.usps.com) to sign up.

**Check your credit report:** Because of the pandemic, 3 major credit reporting agencies: (Equifax, Experian & TransUnion) are offering free weekly online reports through April 2021. Go to: [AnnualCreditReport.com](https://AnnualCreditReport.com).

**Filter your phone calls:** Enter all your trusted contacts into your cell phone. When your phone rings, your caller ID will let you know it is one of your contacts. Do not answer if you do not know the caller.

**Manage your emails:** Mark as spam any suspicious or unwanted emails that come to your inbox, so similar messages will be automatically routed to trash.

**Copy the contents of your wallet:** If you have copies of the front and the back of all ID and credit cards you carry stored in a safe place, you will have the account numbers and customer service lines instantly available.

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

Tai Chi and Chair Yoga Classes are being held in The Town Hall. Both Chair Yoga and Tai Chi will be limited to 10 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](mailto:PshamCOA@gmail.com)

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

Mar. 3, 10, 17, 24, and 31 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.**

Mar. 3, 10, 17, 24, and 31 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.**

**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.

### MARCH GRAB n GO LUNCH MENU

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

- Mar. 03** - Chicken Coq au Vin, Yukon Gold Potatoes, Green Beans, Multigrain Bread, Applesauce
- Mar. 10** - Sloppy Joe, Potato Wedges, Broccoli, Hamburger Bun, Assorted Fruit (cup)
- Mar. 17** - Corned Beef Hash, Braised Cabbage, Carrots, Wheat Dinner Roll, Assorted Fruit (cup)
- Mar. 24** - Asian Style Beef with Broccoli, White Rice, Wheat Bread, Yogurt
- Mar. 31** - Grilled Chicken Florentine, Mashed Sweet Potatoes, Mixed Vegetables, Multigrain Bread, 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.***

### ONE-LINERS

**“Conjunctivitis.com – there’s a site for sore eyes.” – Tim Vine**

**“My New Year’s resolution is to get in shape. I choose round.” – Sarah Millican**

**“A sandwich walks into a bar. The barman says, ‘Sorry we don’t serve food in here.’” – Peter Kay**

**“I needed a password eight characters long, so I picked Snow White and the Seven Dwarves.” – Nick Helm**

**“I’m going to donate my body to science, & keep my Dad happy. He always wanted me to go to medical school.” – Lee Mack**

**“I went to a restaurant that serves breakfast at any time. So I ordered French toast during the Renaissance.” – Steven Wright**

**“A few decades ago we had Johnny Cash, Bob Hope and Steve Jobs. Now we have no Hope, no Cash and no Jobs. Please don’t let anything happen to Kevin Bacon!” – Bill Murray**

### **Just for Asking by Marilyn Fisher: Normal Body Temperature: 98.6 F Right? Maybe not!**

When visiting your physician or upon being admitted to a hospital, vital (absolutely necessary) signs are taken which include heart rate, breath sounds, blood pressure and body temperature. Most of us have always considered a body temperature of 98.6 F normal. However, based on research over the past 160 years and more recent studies have come to the conclusion that our bodies are cooling down and that a normal temperature can range from 97.5 F to 99.0 F or a “new normal” closer to 97.5 F. *But why is that?* Researchers have found over the past two centuries from the late 1800s to the present that we have experienced lower rates of infection and inflammation that raise body temperature and that our higher standards of living including better nutrition, improved sanitation, advancement in medical treatments and preventative measures have also improved our overall health and therefore have been effective in lowering our body temperature.

In addition, other variants that affect body temperature are the time of day that the temperature is taken (will be lower in the morning than in the latter part of the day), age (core body temperature changes with age-younger folks tend to run higher temps than older folks), gender (women tend to have higher temperatures than men) and body size.

#### **When Temperature is Considered a Fever**

A temperature greater than 100.4 F is considered a fever. The most common cause of fever is infection in the body, heat stroke or a drug reaction. If you are experiencing a temperature greater than 100.4 F, please bring this to your physicians’ attention. *Final note:* So next time you reach for your thermometer and your results are in the range of 97.5 F to 99.0 F, you are good to go!

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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