

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

PRSR STANDARD  
US POSTAGE PAID  
ATHOL, MA  
PERMIT NO 316

COA



NEWSLETTER

MAY 2021

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

ADDRESS SERVICE REQUESTED

### TOWN ELECTION UPDATE

The Annual Town Election has been scheduled for May 17.  
The last day to register to vote is April 27, 2021.

### Petersham Partners is Eager to Help You

Blue skies, birds singing...time to get out in the yard.  
Need a hand with some light clean up before the lawn chairs go out?  
How about someone to assist bringing outdoor furniture to its summer location?  
Do you need a ride to an appointment?



Maybe there is another project where you could use an extra set of hands....we have them!  
Would you like to have someone stop by to enjoy some light conversation and a cup of tea?  
It has been a long year and we all look forward to re-connecting with you. **Call Deb at 978-724-0078**

### Petersham Friday Market Returns June 4



The Petersham Friday Market will return to the Town Common on June 4 for year 6 of fresh local produce, baked goods, craft vendors & live music. Our market is open from 3 p.m. to 6 p.m. each Friday through late October. We hope that Covid-19 precautions will be eased somewhat in 2021, however we will comply with those rules to ensure the safety of all who come to our market. We do not charge vendors and we are constantly seeking new vendors and new performers. **Contact: [info@petershamcommon.com](mailto:info@petershamcommon.com)** for more information.

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

### Congregational Church Take Out Dinner : sponsored by the Sunday School

**What:** Meatloaf take out dinner. **Where:** Congregational Church - 21 North Main St.

**When:** Saturday, May ? **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 Art Center

Now open for the Season: Thursday to Sunday - Noon to 4 p.m.

### Unitarian Church Famous Plant Sale is Back!

**Date:** Saturday May 15 **Time:** 9 a.m. to 1 p.m. (Rain date May 22) **Where:** Petersham Common

**What:** A variety of Bulbs, Perennials, Annuals, Compost, Tomato Plants, Herbs, and Shade Plants

### Nichewaug Inn and Academy Committee

The NICH Committee is scheduling a Walk Around the Inn & Academy Buildings on May 10th at 5 p.m.

For more information contact Committee Chair Ann Lewis at: 978-724-6624

### Town Hall PING PONG is Now Allowed Back – Singles Only

Current day and time schedule has not been set. Watch for details.

### COA Enrichment/Cultural Programs

The Programs of Storyteller Davis Bates and Musician Dan Kirouac originally scheduled to take place during 2020 will be rescheduled when Senior meals resume indoors at the Town Hall.

## COA BOARD NOTES

- The COA Board met on April 14, 2021 at 10:00 a.m.
- March 10, 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, Floor Yoga and Tai Chi continue to be held in the Town Hall. See Fitness section for details. All participants must wear masks.

### Discussions:

- (1) The Board continues to look for **new members**. Interested: Contact Kay Berry at 978-724-6610
- (2) Pam Chevalier offered to research **Toe Nail Care Clinics** once Covid-19 restrictions are lifted.
- (3) **LifePath** is again holding its annual **Walkathon**. This year's hybrid event is being held on Saturday May 1st. Anyone wishing to send in a donation should make out the check to LifePath and mail it to LifePath 101 Munson Street, Suite 201, Greenfield MA 01301. This annual fundraiser helps fund Meals on Wheels, In Home Services, Benefit Counseling, Protective Services, SHINE, Healthy Living and Money Management Programs. Put Walkathon in your check memo line.
- (4) Phil Hanno reported that the **Big E** is currently scheduled for September 17th to October 3rd. He is looking into the grant used to help with the cost of the trip in previous years.
- (5) The COA agreed to take over awarding of the Town's **Boston Post Cane** to the oldest Petersham Resident, previously set up by the SelectBoard. Sheila Youd offered to chair this committee.
- (6) **The Board voted to move monthly meetings back to Mondays.**

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

### One Liners (anonymous)

I failed math so many times at school I can't even count!  
I used to like my neighbors, until they put a password on their WiFi!  
I sold my vacuum cleaner the other day. All it was doing was collecting dust!  
The short fortune teller who escaped from prison was a small medium at large!  
I just burned 2,000 calories. That is the last time I leave brownies in the oven while I nap!  
I saw a sign the other day that said "Watch for children" and I thought, "That sounds like a fair trade".  
I want to die peacefully in my sleep, like my Grandfather... not screaming & yelling like the passengers in his car.

### The Recipe Box: Angel Food Cake Delight

Soon we will be picking some scrumptious berries. Here is a heart healthy recipe that is sure to be a hit!

1 box Angel Food Cake Mix — 1 tub fat free or low fat cool whip

Strawberries, blueberries or raspberries (or a mixture of)

Prepare angel food cake as directed on package. When cooled, cut into bite size pieces.

In a large bowl, combine cake, cool whip and berries of your liking.

Mix gently and serve in a compote bowl for a lovely presentation.

Submit recipes to: [fishermarilyn47@yahoo.com](mailto:fishermarilyn47@yahoo.com) NOTE: Recipe inclusion will be based on monthly space availability.

### HOME IMPROVEMENT

If you are going to hire a Home Improvement Contractor....

- Make sure they are registered or licensed with the state: contact: 888-283-3757 or, [www.mass.gov/consumer](http://www.mass.gov/consumer)
- The payment schedule should be broken into 3 payments: 1/3 at the start, 1/3 in the middle & 1/3 at completion
- Make sure the contractor takes out the building permit in their name
- Make sure you check the contractors references
- Make sure you have a written contract
- Make sure you have a copy of the contractor insurance
- Make sue you check to be sure there are no complaints against the contractor



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

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

Tai Chi and Chair and Floor Yoga Classes are being 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 are being held on Wednesdays from 4 to 5 p.m.**

May 5, 12, 19, and 26 Suggested Donation: \$5.00

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

May 5, 12, 19, and 26 Suggested Donation: \$5.00

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

May 4, 11, 18, and 25 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.

**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.

**MAY GRAB n GO LUNCH MENU**

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

**May 05** - Cold Plate: Tuna Salad, Macaroni Salad, Coleslaw, Wheat Dinner Roll, Assorted Fruit (cup)

**May 12** - Chicken Breast w/ Honey Mustard Sauce, O'Brien Potatoes, Mixed Vegetables, Multigrain Bread, Fresh Fruit

**May 19** - Macaroni & Cheese, Spinach, Wheat Dinner Roll, Cookie

**May 26** - Grilled Chicken Florentine, Brown Rice, Mixed Vegetables, Wheat 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.**

**PETERSHAM MEMORIAL LIBRARY NEWS**

**Upcoming Poetry Workshop with National Poetry Champion, Regie Gibson  
Friday, April 30, 6 p.m.**

Write Poetry with Regie Gibson! Literary performer, Regie Gibson, has lectured & performed widely in the U.S., Cuba, & Europe. He serves on the boards of the New England Poetry Club & Grub Street Writers & teaches at Clark University. On Friday, April 30 at 6 p.m. join us for *Aristotle's Taxonomy, From Ponder to Poem*. Between leaving Plato's Academy and starting the Lyceum, Aristotle did a little dabbling in Zoology -- and, as a result, gave the western world its first system of categorizing organisms. In this fun, fact-filled workshop, Regie Gibson uses Aristotle's "scientific" method to show you how to build a poem in 4 easy steps. Adult and teen poets of all experience levels are welcome.

Please email: [PetershamLibraryRequests@gmail.com](mailto:PetershamLibraryRequests@gmail.com) to register. Space is limited, so register early!

**Just for Asking by Marilyn Fisher: *Glaucoma "The Sneak Thief of Sight"***

Today, there are more than 3 million people in the U.S. with Glaucoma. This eye disease is the number 2 cause for blindness (Number 1 cause is cataracts), and is called the sneak thief of sight as there are virtually no symptoms and once vision is lost, it is permanent. Glaucoma can impact people of all ages and the loss of vision is caused by damage to the optic nerve, which is responsible for carrying images from the eye to the brain. Presently there is no cure for Glaucoma, however; early detection and intervention in the form of medication can help slow or prevent further vision loss.

**5 prevention tips to protect against Glaucoma**

1. Schedule regular eye exams. *For those 65 and older, eye exams should be performed every 6 to 12 months*
2. Be aware of risk factors: Higher risk include people of African, Asian and Hispanic descent; People over 60; Family members of those already diagnosed; Diabetics; People who are severely nearsighted
3. Regularly exercise. (Research has shown that moderate exercise such as walking or jogging 3 or more times a week can lower intraocular pressure on the optic nerve.)
4. Wear protective eyewear as eye injuries can result in traumatic glaucoma or secondary glaucoma.
5. Taking prescribed medication that can significantly reduce the risk that high eye pressure will progress to Glaucoma: must be used regularly even without symptoms.

**Credits: Comfort Caregivers Inc.**

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.

COA Newsletter Editor: Sandy Page: 978-724-3273

COA Board Chair: Kay Berry: 978-724-6610