

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

PRSR STANDARD
US POSTAGE PAID
ATHOL, MA
PERMIT NO 316

COA



NEWSLETTER

NOVEMBER 2020

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

ADDRESS SERVICE REQUESTED

Upcoming Election in the Town Hall

Tuesday, November 3, 2020: Election Hours: 7:00 a.m. to 8:00 p.m.

2020 Election Dates and Hours for Early In-Person Voting

Saturday, Oct. 17: 9 a.m. – 12 noon
Sunday, Oct. 18: 9 a.m. – 12 noon
Monday, Oct. 19: 5:30 – 7:30 PM
Tuesday, Oct. 20: 4 – 6 p.m.
Wednesday, Oct. 21: None
Thursday, Oct. 22: 10 a.m. – 1 p.m.
Friday, Oct. 23: 10 a.m. – 12 noon
Saturday, Oct. 24: 2 – 4 p.m.
Sunday, Oct. 25: 9 a.m. – 12 noon
Monday, Oct. 26: 5:30 – 7:30 p.m.
Tuesday, Oct. 27: 4 – 6 p.m.
Wednesday, Oct. 28: None
Thursday, Oct. 29: 5 – 7 p.m.
Friday, Oct. 30: 12 noon – 2 p.m.

- Voters are asked to wear a mask
- Voters are asked to socially distance
- Handicap accessible via the lift on south side of building
- Questions: Contact the Town Clerk's Office: 978-724-6649

FOR ABSENTEE VOTING

*A secure Lock Box for Drop Off Ballots is located
at the Town Office Building, 3 South Main Street,
to the left of the front door.*

It is emptied multiple times each work day.

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 Programs of Musician Dan Kirouac and Storyteller Davis Bates, that were postponed from last spring, will be rescheduled for a future date.

Petersham Art Center

The Art Center is open Saturdays and Sundays from 11 a.m. to 4 p.m.

Petersham Partners is Ready to Help!

Petersham Partners has volunteers geared up and ready to go as we all prepare for fall & winter. Need a hand getting the lawn furniture moved under cover? Not up for running out to pick up meds or groceries in the cold? Have some light yard tasks that need to be tackled before snow?

Give us a call! We are here to help. 989-724-0078

License Renewal at Registry of Motor Vehicles

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV designated Wednesdays in October as Senior Appointment Days. No information is available if they are continuing this into November. Email the RMV for assistance to renew at: MassDOTRMVSeniors@dot.state.ma or call the RMV at 857-368-8005.

Tips for a Safe Thanksgiving Holiday

Lower risk activities include: 1. Having a small dinner with only people who live in your household; 2. Preparing family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others; 3. Having a virtual dinner & sharing recipes with friends & family.

Moderate risk activities include: 1. Having a small outdoor dinner with family and friends who live in your community. 2. Outdoor activities are safer than indoor activities. 3. If participating in an outdoor event is not possible, and you choose to attend an indoor event, avoid crowded, poorly ventilated and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather. Wear your mask to keep your nose and mouth covered when you are not eating or drinking. Avoid close contact by staying at least 6 feet apart, especially from people who don't live in your household. Bring extra masks and hand sanitizer.

COA BOARD NOTES

- The COA Board met on Monday, October 5, 2020 at 10:00 a.m.
- September 2020 Board Meeting Minutes were approved with amendments.
- Treasurer's Report was accepted as read.
- Reminder: **No lunch will be served on November 30th: Administration Day.**
- **Enrichment programs:** Dan Kirouac and Davis Bates will be rescheduled for 2021.
- **Fitness Programs:** Board of Health approved using the Davis Memorial for Chair Yoga and Tai Chi for a total number of 7 people all wearing masks. The new Chair Yoga will start in October. Tai Chi will continue on the common from 4-5 on Monday as long as the weather permits.
- **Discussions were held on:** 1. Possible future Enrichment & Health Programs that could be offered were discussed. 2. Updates were given on the success of the Grab n Go Meals.

*The next Board meeting will be on:
Monday, November 9, 2020 at 10 a.m. in the Town Hall.*

LifePath's Weekly E-Newsletter: The Good Life

LifePath, a nonprofit organization serving older people, people with disabilities, and caregivers in Western and Central Mass, helps people stay independent in their homes and communities. For example, they offer in-home services, Meals on Wheels, health insurance help, and much more.

To stay up to date on the latest information on aging and services in our area, please sign up for LifePath's weekly e-newsletter, The Good Life, by visiting their website at LifePathMA.org and scrolling to the bottom right, or calling 413-773-5555 or 978-544-2259 and asking for the editor of The Good Life, Janis Merrell. A monthly print version is available upon request.

2nd Annual Petersham Scarecrow Exhibit & Display Scarecrows are coming to Petersham!

Scarecrows will hover in front of the Library & the Unitarian Church from Oct. 24 through Nov. 1.

The contest is open to all Petersham residents, students, town committees & departments.

This year's outdoor event will provide an opportunity for family fun in a safe environment.

Masks and social distancing will be required for all attending.

A self-serve registration table will ensure that all entrants remain safe.

Set up will take place on Sat, Oct. 24th between 9:00 a.m. and Noon

Stakes will be provided or bring your own set up.

Winners will be announced on Sun, Nov. 1 at Noon. Prizes will be awarded for youth entries.

Sponsored by the Petersham Cultural Council, a local chapter of the Mass Cultural Council Program which is the largest grassroots cultural funding network in the nation supporting community-based projects in the arts, humanities, and sciences annually. Massachusetts Cultural Council funds reach every community in the Commonwealth.

COA Sponsored FALL YOGA, and T'AI CHI CLASSES

Tai Chi and Chair Yoga Classes are scheduled to resume in The Town Hall.

Both Chair Yoga and Tai Chi will be limited to 15 people total. Masks and social distancing are required.

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 Town Hall starting on Nov. 9th.

Classes will be held on Mondays from 4 to 5 p.m.

Nov. 9, 16, 23, and 30th Suggested Donation: \$5.00

The Chair Yoga program with Loren Magruder will resume in the Town Hall on Nov 11th.

Classes will be held on Wednesdays at 10 to 11 a.m.

Nov. 11, 18, and 25 Free but donations are always welcome.

Participants are asked to email or call if you are interested in attending.

Email is PshamCOA@gmail.com or phone Kay Berry at 978-724-6610.

Regular Yoga 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 or if changes in venue are made.

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.

NOVEMBER GRAB n GO LUNCH MENU

NOTE: Pick Up Time Is on Monday at 12:00 Noon

Nov. 02 - Roast Pork w/ Apple Gravy, Sweet potatoes, Cauliflower Au Gratin, Rye Bread, Fresh Fruit

Nov. 09 - Meatloaf w/ Mushroom Gravy, Mashed Potatoes, Green Bean Casserole, Multigrain Bread, Yogurt

Nov. 16 - Baked Salmon w/ Newburg Sauce, Yukon Gold Potatoes, Carrots, Multigrain Bread, Applesauce

Nov. 23 - Roast Turkey w/ Gravy, Mashed Potatoes, Bread Stuffing, Green Beans w/ Cranberries, Dinner Roll, Pumpkin Pie, Diet: Cookie

Nov. 30 - No Meal Served– Administration Day

To reserve a meal or notify of cancellation call Kay Berry at 978-724-6610 by Thursday 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 by Steven Wright

"I spilled spot remover on my dog. Now he's gone."

"Cross country skiing is great if you live in a small country."

"If Barbie is so popular, why do you have to buy her friends?"

"I used to have an open mind but my brains kept falling out."

"Eagles may soar, but weasels don't get sucked into jet engines."

"I used to work in a fire hydrant factory. You couldn't park anywhere near the place."

"I was sad because I had no shoes until I met a man who had no feet. So I said, 'Got any shoes you're not using?'"

"For a while, I didn't have a car... I had a helicopter... no place to park it, so I just tied it to a lamp post and left it running.."

Petersham Memorial Library

Ted Reinstein Presents: The New Normal New England Road Trip!

Wednesday, November 11, 7 p.m.

During a challenging time when most people are limiting their travel, this talk takes folks along on a rollicking ride around New England—all in just one hour, and all from the comfort of their own home. Author of three books about New England and longtime "Chronicle" reporter Ted Reinstein is your tour guide as you go from Maine to Rhode Island, Mt. Washington to Mt. Mansfield, and Berkshire foliage to Fenway Park. But Ted's 20-plus years of reporting and telling stories from all over New England means this is not your average bus tour. Prepare to meet colorful characters who've done the darndest things, learn odd facts about familiar places, and of course—this being a Ted talk—expect to visit at least a few fabulous classic diners. This is an all-ages virtual program hosted through Zoom.

Registration required. Please email: PetershamLibraryRequests@gmail.com to sign up!

Library Hours: Tuesday, 10am-5pm; Wednesday, 2-7pm; Friday, 2-5pm; Saturday, 9am-1pm
Closed Monday, Thursday, and Sunday

The email for Petersham Council on Aging is 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