

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

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COA



NEWSLETTER

OCTOBER 2020

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

ADDRESS SERVICE REQUESTED

Upcoming Election

Tuesday, November 3, 2020: Federal & State Elections will be held in the Upper Town Hall.
Hours: 7:00 a.m. to 8:00 p.m.

2020 Election Early Voting Information

Early Voting in Petersham will take place between October 17th and October 25th.
Login to the Town of Petersham Website for specific hours each day.

Petersham Town Information

REAL ESTATE TAXES DUE: Reminder: Real estate taxes are due October 1, 2020

2021 Transfer Station Permits Now on Sale:

All residents are required to have 2020-21 permit stickers on their vehicles for Transfer Station use beginning 10/1. See Town Website for information about purchasing stickers.

Note: *A Secure Lock Box for Drop Off Ballots and other Town Business is located at the Town Office Building at 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

Update on the following two Programs that were postponed from last spring.

Dan Kirouac: Tentative Date: Wednesday, November 4 **Where:** Town Hall **Time:** 12:30 p.m.
Dan performs a concert of music including easy listening, pop, jazz & light rock from the 40s to the 70s.

Davis Bates: Storyteller: Tentative Date: October 19, 2020 Where: Town Hall **Time:** TBD

Congregational Church Chicken BBQ Supper

BBQ Supper is Take Out Only

Supper includes: 1/2 Chicken, Baked Potato, Salad, and Dessert

Date: Saturday, October 17, 2020 **Pick Up Time:** 6:00 p.m. **Cost:** \$10.00 pp

For Reservations call Janice Olson: 978-724-3362

CDC Guidelines on Masks

- ◆ The CDC recommends that people wear masks in both indoor & outdoor public setting and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- ◆ Masks have been proven effective in helping prevent people who have COVID-19 from spreading the virus to others.
- ◆ Masks are most likely to reduce the spread of COVID-19 when they are widely used by all people in public settings.

COA BOARD NOTES

- The COA Board met on Monday, September 14, 2020 at 10:00 a.m.
- August 2020 Board Meeting Minutes were approved without amendments.
- Treasurer's Report was accepted as read.
- **Reminder: No lunch will be served on October 12th: Columbus Day.**
- **Enrichment programs:** Dan Kirouac has been tentatively rescheduled for Wed. Nov. 4, 2020 at 12:30 p.m. Davis Bates is tentatively scheduled for October 19th.
- **Fitness Programs:** The Board is hoping 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. The Board is looking into alternative settings to hold this class.
- **Discussions were held on:** 1. When Luncheons are able to resume at the Town Hall they will be held at 11:30 a.m. on Wednesdays; 2. Marilyn Fisher has been voted in as a new Board member. 3. The Board will look at programs that can be used with a Cultural Council grant for 2021.

*The next Board meeting will be on:
Monday, October 5, 2020 at 10 a.m. in the Upper Town Hall.*

**LifePath's Healthy Living Fall 2020 Workshops:
FREE Remote Workshops you can access from your computer or phone.**

My Life, My Health: 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: Six Wednesdays, 2:00-4:30 p.m., Oct. 14-Nov. 18:
or: Toolkit Telephone Workshop: Six Tuesdays, 1:00-2:00 p.m., Oct. 13-Nov. 17**

Chronic Pain Self-Management: Provides information and practical skills that build self-confidence and help participants assume an active role in managing problems specific to chronic pain, including fatigue, frustration, and poor sleep. Topics include appropriate exercise for improving strength, flexibility, and endurance; pain management techniques; goal-setting; and problem solving. **Toolkit Telephone Workshop: Six Thursdays, 1:00-2:00 p.m., Oct. 15-Nov. 19**

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: Eight Sessions, Tuesdays and Thursdays, 2:00- 4:00 p.m., Sept. 29-Oct. 22

Explanation of Live Video Conference or Toolkit Telephone Workshops

Live Video Conferencing Workshops

- Books, CDs, and handouts mailed to your home
- 8-12 participants able to hear and see each other
- 2 Workshop Leaders
- Charts, brainstorm, and paired discussions like in-person workshops

Toolkit Telephone Workshops

- Posters and exercise CD, mailed in a "toolkit" to your home
- Weekly check in calls with 3-4 others to learn about health strategies, practice new skills, and talk about weekly goals

**To register: Call Healthy Living Program Manager Andi Waisman at 413-773-5555 x2297 or 978-544-2259 x2297,
or email: awaisman@LifePathMA.org.**

ONE-LINERS

- When I was a boy, I had a disease that required me to eat dirt three times a day in order to survive... It's a good thing my older brother told me about it.
- I grew a beard thinking it would say "Distinguished Gentleman." Instead, turns out it says, "Senior Discount, Please!"
- Retirement is the time in your life when time is no longer money.
- I think I would like a job cleaning mirrors; it's just something I could really see myself doing.

COA Sponsored FALL YOGA, and T'AI CHI CLASSES

T'ai Chi classes with Valerie & Nick Wisnewski are currently being held on the common: 4 to 5 p.m. on Mondays.

Yoga Classes with Loren Magruder will be 2 days a week; days yet to be determined.

There will be a new Chair Yoga program on Wednesday at 10 to 11:15 a.m. Free for 20 sessions. Participants are asked to email or call if you are interested in attending. We will try to arrange transportation if you have a need for that. Email is PshamCOA@gmail.com or phone Kay Berry at 978-724-6610.

Anyone is welcome to attend classes, regardless of age. Kay Berry is the coordinator.

If you have previously attended any of these classes you will be notified when they are about to resume or changes in venues are made. If you have questions, call 978-724-6610 or email: 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.

OCTOBER GRAB n GO LUNCH MENU

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

Oct. 05 - Chicken Brunswick Stew, Brussels Sprouts, Marble Rye, Assorted Fruit (Cup)

Oct. 12 - **No Meal Served: Holiday: Columbus Day**

Oct. 19 - Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes, Peas & Pearl Onions, Wheat Bread, Applesauce

Oct. 26 - Potato Pollock, Tartar Sauce, Potato Wedges, Spinach, Multigrain Bread, Cookie, Diet: Grahams

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.

PETERSHAM PARTNERS IS READY TO HELP!

Everyone at Petersham Partners hope all are well! Given the challenges of the last several months our group, focused on allowing all of us to 'age in place', has not officially launched. BUT...we have several vetted volunteers standing at the ready to help with some tasks!

- Has the wood been delivered for the winter and is still sitting as a pile?
- Are you close to ready to get the air conditioner put in a safe place for the winter?
- Do you need someone to do a grocery or errand run?

These are just a few ways we want to help. Please call us at: 978-724-0078.

Petersham Memorial Library

**A Celebration of Animation Presentation: The 100 Greatest Cartoon Characters of All-Time
Wednesday, October 14, 2020 at: 7pm**

Award-winning author and pop culture historian, Martin Gitlin, hosts this fun, nostalgic and enlightening presentation based on his book, ***A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History***. He is the only author to actually rank the greatest cartoon characters ever, such as Popeye, Bugs Bunny, Mickey Mouse, Scooby Doo, Snoopy, and SpongeBob SquarePants. He will show funny cartoon snippets of characters from the past century, play trivia with program attendees, discuss the criteria he used to rank the best of the best, and speak about their impact on American pop culture. 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.

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