

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

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COA



NEWSLETTER

SEPTEMBER 2020

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

ADDRESS SERVICE REQUESTED

Upcoming Election

Tuesday, September 1, 2020: State Primary Elections will be held in the Upper Town Hall. Hours: 7:00 a.m. to 8:00 p.m.

Petersham Town Information Regarding Town Internet

FREE, high-speed, public WIFI is available in the vicinity of Town Hall-town center.
Look at open access networks when on site; no password is needed.

PREVENT MEDICARE FRAUD

Have you gotten robocalls, text messages, or emails offering free face masks? Or maybe you've seen social media posts about free COVID-19 testing kits, "cures," or protective equipment? Unfortunately scammers are using the COVID-19 pandemic to try to steal your Medicare Number and personal information. **If anyone reaches out to get your Medicare Number or personal information in exchange for something, you can bet it's a scam.**

Protect yourself from Medicare fraud. Guard your Medicare card like it's a credit card. Remember:

- Medicare will never contact you for your Medicare Number.
- Medicare will never contact you for personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

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: Date: To Be Determined **Where:** Town Hall **Time:** To Be Determined

Dan performs a concert of music including easy listening, pop, jazz and light rock from the 1940s to the 1970s.

Davis Bates: Storyteller: Tentative Date: October 19, 2020 Where: Town Hall **Time:** To Be Determined

PETERSHAM ART CENTER

The Petersham Art Center wants everyone to know they are still here and excited about opening the shop and welcoming you once again. They have started with a summer cleaning, and put in place precautions such as installing front desk shields; opening up display area to facilitate social distancing; and conducting daily cleaning. Masks will be required.

Beginning September 12, 2020 our new Shop Hours will be:

Saturday and Sunday from 11:00 a.m. to 4:00 p.m.

Visit The Petersham Art Center in September; we have new consignors and lots of new inventory!

Health and Wellness

Massachusetts Elder Abuse Hotline: 800-922-2275 (24/7)

What is Elder Protective Services? Protective Services is for those experiencing abuse or neglect by others or for elders who may be unsafe because of an inability to care for themselves.

How do I report elder abuse? Anyone may report suspected cases of abuse. All calls and the identity of the reporter are confidential. Every community in MA is covered by a designated Protective Service Agency; LifePath covers Petersham.

If you are concerned about an older adult (age 60 or older), and have reason to believe they are a victim of elder abuse, neglect, self-neglect or financial exploitation, call the Massachusetts-based Elder Abuse Hotline at 1-800-922-2275, or file a report online at: www.mass.gov/report-elder-abuse.

COA BOARD NOTES

- The COA Board met on Monday, August 10, 2020 at 10:30 a.m.
- June 2020 Minutes were accepted.
- Treasurer's Report was approved.
- **Reminder: no Grab n Go lunch will be served on September 7th: Labor Day.**
- The Board confirmed that both Dan Kirouac & Davis Bates will be rescheduling their programs. No date has been set for the musical program by Dan Kirouac; and, storyteller Davis Bates is tentatively scheduled for October 19th.
- The COA received a much appreciated donation from the Petersham Lions Club.
- 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. The Board continues to seek new Board members; anyone interested should let Kay Berry know; 3. The Board discussed what Fitness Programs might look like come September, updates will be available once the construction work is completed at the Town Hall; 4. The Trip to the Big E this Fall has been cancelled as the Big E has cancelled the 2020 New England States Fair.

*The next Board meeting will be on Monday, September 14, 2020
at 10 a.m. in the Upper Town Hall.*

Petersham Memorial Library now Offers Contactless, Curbside Pickup

We offer the pickup of books, audios, and movies; please no requests for guest passes at this time. You can look for a specific title via our card catalog at: <https://bark.cwmars.org/eg/opac/home>; or you can ask us to put together a selection of titles you might like based on your reading preference.

When you find books you're interested in, you can email a request to us at: PetershamLibraryRequests@gmail.com or call: 978-724-3405 and we will process them in the order received. In your message, please provide your name, phone number, book title, author, and, if possible, the call number. This will make our turn-around time much faster. Once your materials are pulled and processed, we will call you to arrange a convenient pickup time. Materials are available for curbside pickup on Tuesdays and Fridays, 2-5pm.

Before you request materials from us, please read this important section:

- If you or anyone in your household has been ill or exposed to anyone who has been ill, please hold off on returning or picking up materials for at least two weeks past when symptoms end. Longer is better.
- As per Gov. Baker's new Travel Order, please extend best quarantining practices to picking up/returning library books if you've traveled out of state or have hosted out-of-state guests.
- We are practicing social distancing, so materials will be outside the library doors in a designated area.
- Please do not approach or enter the building. Please wear a mask in case there are other patrons nearby during pickup and please maintain a minimum of 6 feet of distance as you pick up your materials.
- Please limit your orders to FIVE (5) items for now as we navigate this new system.
- Please note—these are shared materials. By checking them out, you are risking exposure.
- Please touch only the packet with your name on it.
- The InterLibrary Loan delivery service is still working through a backlog of orders and we are working out best practices for quarantining delivered items. Expect delays. Check to see if the item you'd like to request is available through us via our Libby App, as that might be the quickest option at this time.
- When we receive returned items, they will be quarantined for 1-2 weeks before they are checked back in.

Please have patience as we are learning a new way to run our library.

As always, Petersham Memorial Library materials are fine-free.

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.

COA Sponsored FALL YOGA, and T'AI CHI CLASSES

When we start up, T'ai Chi classes with Valerie & Nick Wisnewski will again be held from 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 a.m. It will be free for 20 sessions.

Fall classes will be held in the Petersham Town Hall. 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. 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.

SEPTEMBER GRAB AND GO LUNCH MENU
NOTE: Pick Up Time Is on Monday at 12:00 Noon

Sept. 07 - No Meal Served: Holiday: Labor Day

Sept. 14 - Broccoli Bake, Home Fries, Stewed Tomatoes, Multigrain Bread, Applesauce

Sept. 21 - Roast Turkey with Gravy, Garlic Whipped Potatoes, Peas & Carrots, Wheat Dinner Roll, Assorted Fruit (Cup)

Sept. 28 - Baked Meatloaf with Mushroom Gravy, Scalloped Potatoes, Spinach, Multigrain Bread, Assorted Fruit (Cup)

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.

REGIONAL EVENTS

The Center at Eagle Hill

242 Old Petersham Road (Route 32A) Hardwick MA

An update about our upcoming season: We have missed welcoming you through our doors these past months. The Abby Theatre has been dark for a while now, and unfortunately will remain dark for a while longer. Our upcoming 2020-2021 Season will not be starting as usual this fall, but will instead be put on hold until we are able to safely host performances again. As always, our priority is the health and safety of our artists, our audiences, our local community, and the school community within which we reside. We have been keeping up with guidance from state officials, public health experts, and Eagle Hill School, and continue to do so. We are ever hopeful that we will be able to welcome you back through our theatre doors soon, and will provide more information as we are able. Until then, stay healthy and safe!

TAKE A MOMENT TO LAUGH

- ◆ Today at the bank, a lady asked me to help check her balance. So I pushed her over.
- ◆ I bought some shoes from a drug dealer. I don't know what he laced them with, but I've been tripping all day.
- ◆ I told my girlfriend she drew her eyebrows too high. She seemed surprised.
- ◆ My dog used to chase people on a bike a lot. It got so bad, I finally had to take his bike away.
- ◆ The other day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me.
- ◆ My wife accused me of being immature. I told her to get out of my fort.
- ◆ Somebody stole my Microsoft Office and they're going to pay - you have my Word.
- ◆ A woman walks into a library and asked if they had any books about paranoia. The librarian says "They're right behind you!"
- ◆ Two cows are standing in a field. One cow says "Did you hear about that outbreak of mad cow disease? It makes cows go completely insane!". The other cow replies "Good thing I'm a helicopter".
- ◆ Where do you find a cow with no legs? Right where you left it.

The email for Petersham Council on Aging is PshamCOA@gmail.com and can be used to request electronic newsletters.

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