

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

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COA  NEWSLETTER

SEPTEMBER 2021

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

ADDRESS SERVICE REQUESTED

**The Petersham Council On Aging Board has Openings for New Members!**

The COA Board is currently looking for new members. The Petersham COA offers services & activities for elders. The Board meets once a month at 10 a.m. on the 2nd Monday each Month. Anyone wishing information regarding the COA's activities & mission is welcome to attend the meeting on Sept. 13th or call the COA President Kay Berry at 978-724-6610.

**COA Monthly Foot Clinic currently held in Lower Petersham Town Hall**

The COA Board is currently conducting a monthly "Foot Screening" for seniors in Petersham. The treatment is provided by Melinda Powling, owner of "Nails to Envy" in Orange. Treatments includes a foot soak and clipping of toenails (no polish). Melinda then inspects your feet and lets each person know if they should consult a Doctor. Melinda is following Petersham Board of Health approved guidelines. **Clients must bring their own towels.** Each person pays \$5.00 directly to Melinda when the appointment occurs, with the balance of \$10.00 being paid by the COA for a total cost of \$15.00.

**Appointments are required. Appointments will be available from 8:15 a.m. until 10 a.m.**

**2021 Dates: September 2; October 14; November 4; and December 2.**

For Questions or Appointments: Contact Marilyn Fisher at: 978-724-3223; or by email: fishermarilyn47@yahoo.com

**COA Sponsored Senior Trip to the Worcester Red Sox Game (WooSox)**

**Date:** September 22 **Time:** Silver Fox Bus leaves the Town Common at 5 p.m. **Cost:** \$25 per person

The Worcester Red Sox, nicknamed the WooSox, began play at Polar Park in Worcester for the 2021 season competing in the Triple-A East Division. The Petersham COA is sponsoring a trip to see the WooSox play the Rochester Red Wings.

There are only 40 tickets available to seniors on a first come first serve basis. Game time is 6:35 p.m.

For Reservations Call: Phil Hanno at: 978-724-0219

**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

**What:** BBQ Chicken Dinner **Where:** Congregational Church - 21 North Main St.

**When:** Saturday, September 11 **Pick-up Time:** 5:30 p.m. **Price:** \$12.00 per meal

**Meal includes:** 1/2 Chicken, Baked Potato, Tossed Salad and Dessert **Reserve by:** Wednesday, September 8

**For Information and Reservations Call: Janice Olson: 978-724-3362**

### Petersham Friday Market

Remember to visit the Friday Market on the Petersham Common every Friday from 3 to 6 p.m.

The Market features area grown produce, fresh food, local artisans, live music, and time to see friends & neighbors.

### Petersham Art Center

The Art Center is currently open Thursday through Sundays, 12 Noon to 4 p.m.

**What:** Opening Reception: "**Gordon Morrison ~ Recent Works.**" **When:** September 19, 2021 **Time:** 4:00 to 6:00 p.m.

Gordon is a local author, artist and illustrator, whose work always expresses his love of Nature. Exhibit through Oct. 20th.

### Town Wide Tag Sale

The Town of Petersham is sponsoring a Town Wide Tag Sale; pick your spot on the Town Common or at your home.

**Date:** Saturday September 18 **Time:** 9 a.m. and throughout the day (**rain date of September 25th**)

### COA Sponsored Senior Trip to the Worcester Red Sox Game (WooSox) (full details on Page 1)

**Date:** September 22 **Time:** Bus leaves Common at 5 p.m. **Cost:** \$25 per person **Call:** Phil Hanno at: 978-724-0219

### Petersham Memorial Library

**Now Open for In-Person Browsing without an Appointment!**

**In Person Hours of Operation:** Tues. 10a.m. to 5 p.m.; Wed. 2 to 7 p.m.; Fri 2 to 5 p.m.; and Sat. 9 a.m. to 1 p.m.

The library still requires everyone over the age of two to properly wear masks or face coverings in the building at all times.

Please contact us at: 978-724-3405 or at: [PetershamLibraryRequests@gmail.com](mailto:PetershamLibraryRequests@gmail.com)

## COA BOARD NOTES

- The COA Board met on August 9, 2021 at 10:00 a.m.
- The June 14, 2021 **Board Meeting Minutes** were approved as amended.
- **Treasurer's Report** was read and approved.
- **Enrichment Programs:** Storyteller Davis Bates & Musician Dan Kirouac have been in touch with Kay and wish to resume once the COA again starts indoor dining. Watch for updates.
- **Health Programs:** The success of the first Foot Screening in July was discussed. Upcoming dates were given. See details on front page.
- **Fitness Programs:** Chair Yoga, Floor Yoga and Tai Chi will all resume in September.

#### Discussions:

- (1) The Board continues to look for **new members**. Interested: Contact Kay Berry at 978-724-6610
- (2) The Board voted to subsidize a trip to a **WooSox Baseball** game in Worcester on September 22nd. Cost is \$25.00 per person; 40 ticket available - first come first serve.
- (3) Kay reported information regarding two **additional Enrichment Programs**. 1. An outdoor varied music program: and 2. A Chair Dance Class & Performance for Seniors.
- (4) The COA is looking for a **new kitchen manager** since meals can now be served indoors. Names of possible applicants were mentioned. They will be contacted by Sheila and Kay.
- (5) LifePath was allocated funds through the **American Rescue Act**. They are looking for categories that the Petersham COA would be interested in. After much discussion the foot clinic, tech support classes & possibly a Memory Café/Support Group for caregivers were agreed upon.
- (6) Kay reported that The Petersham Seniors raised \$1085.00 for the recent LifePath **Walkathon**.

**The next Board meeting will be on:**

**Monday, September 13, 2021 at 10 a.m. in the Town Hall.**

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1. Susannah Whipps & Ernie
2. Karen Hager & Ernie
3. Henry Woolsey & Ernie
4. Anne Gobi, Susannah Whipps, Becky Legare, Henry Woolsey, Nancy Allen, and Kay Berry

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## Boston Post Cane Ceremony

A Boston Post Cane Ceremony was held on August 1, 2021 at the Brass Band Concert. The Ceremony honored Petersham's oldest resident and oldest living veteran, Ernest 'Ernie' Richards. Ernie was born on February 28, 1924. Ernie was presented with the ceremonial cane, a plaque, proclamations from State Senator Anne Gobi and State Representative Susannah Whipps and a chocolate cake, his favorite, made by Jordyn Berry. The ceremony was hosted & organized by The Petersham Council on Aging with thanks to supporters and The Petersham Brass Band.

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## The Origins of the Boston Post Cane

In 1909, under the savvy ownership of Edwin A. Grozier, the Boston Post engaged in its most famous publicity stunt. The paper had several hundred ornate, gold-tipped canes made and contacted the selectmen in New England's largest towns. The Boston Post Canes were given to the selectmen & presented in a ceremony to the town's oldest living man. Between 400 to 600 of the fancy walking sticks were sent to towns in Maine, New Hampshire, Massachusetts, and Rhode Island, each engraved on the head. The custom was expanded to include a community's oldest women in 1930. Many towns in New England still carry on the tradition with the original canes they were awarded in 1909.

## COA Sponsored FALL YOGA, and T'AI CHI CLASSES WILL RESUME IN SEPTEMBER

Fall T'ai Chi and Chair and Floor Yoga Classes are being held in The Town Hall. 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.  
September 8, 15, 22, and 29 Suggested Donation: \$5.00

Chair Yoga classes with Loren Magruder are being held on Wednesdays from 10 to 11 a.m.  
September 15, 22, and 29 Suggested Donation: \$5.00

Floor Yoga classes with Loren Magruder are being held on Tuesdays from 10 to 11 a.m.  
September 14, 21, and 28 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.

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 n GO LUNCH MENU

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

- Sept. 01** - Grilled Chicken with Tarragon Gravy, Chantilly Potatoes, Capri Veg Blend, Multigrain Bread, Dessert
- Sept. 08** - Chicken Leg Quarter with BBQ Sauce, Side Mac & Cheese, Broccoli and Cauliflower, Wheat Dinner Roll, Dessert
- Sept. 15** - Chicken Marsala, Egg Noodles, Spinach, Multigrain Bread, Assorted Fruit (cup)
- Sept. 22** - Beef & Lentil Chili, Brown Rice, Broccoli, Wheat Bread, Fruit Cup (Pears)
- Sept. 29** - Diced Chicken Teriyaki, Veg Fried Rice, Asian Veg Blend, Multigrain Bread, Fortune Cookie, Mandarin Oranges

*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.*

### Quotes by George Carlin

Can vegetarians eat animal crackers?  
Why don't sheep shrink when it rains?  
Would a fly without wings be called a walk?  
What was the best thing before sliced bread?  
Where do forest rangers go to "get away from it all?"  
If a parsley farmer is sued, can they garnish his wages?  
If a turtle doesn't have a shell, is he homeless or naked?  
How do they get the deer to cross at that yellow road sign?  
Why do they put Braille on the drive-through bank machines?  
One nice thing about egotists: they don't talk about other people.

### Petersham Partners



Petersham Partners looks forward to lending a hand as we all prep for the upcoming winter. Ready to go, we have teams available to help with everything from stacking wood to moving lawn furniture to yard clean up. Call us to schedule a time for your project! We continue to offer rides to appointments, pick up of groceries, meds, or whatever you need. If you have a question about a project, just give us a call! 978-724-0078

### I'm in the "Donut Hole". What can I do?

If you reached or are about to reach the gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. Individuals with an annual income of less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program.

Call today for more information at 1-800-243-4636.  
You can also learn more online at: [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

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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