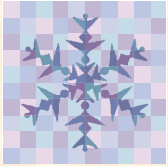


Mature Matters

Williamsburg Council on Aging

P. O. Box 193, Haydenville, MA 01039



Mature Matters is available at Meekins Library, Williamsburg COA, Williamsburg Market, Florence Savings Bank and Nash Hill Place. Also online at www.burgy.org and via mail by request.



Dunphy School Chorus To Perform

The annual holiday performance of the Dunphy School Chorus will take place on Thursday, December 17th at 12:30 p.m. in the second floor auditorium of the Williamsburg Town Offices at 141 Main Street in Haydenville.

The chorus has always been a hit here with a very appreciative audience made up mostly of elders and parents of the children. Last year there was a big crowd

for the performance which included a wide variety of diverse music for the holidays. The children practice hard for this event each year



and very much look forward to it.

So come and enjoy this wonderful holiday event. If you would like to have lunch prior to this performance you need to call by 10 a.m.

the day before to reserve a meal. Meals are provided by Highland Valley Elder Services on a donation basis for elders age 60 and over.

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Support Mature Matters
The Williamsburg Council on Aging receives funding from a variety of governmental and private resources. However, the costs for this newsletter are met through advertisements and donations. Businesses and individuals interested in supporting this newsletter can call Mary at 268-8410 for more info.

Colds and Flu: Prevention Tips

Prevention tips for colds and flu include:

1. Cough and sneeze into your elbow.
2. Wash hands with soap and water for a

minimum of 15-20 seconds.

3. Use hand sanitizer when soap and water are not available.

4. Avoid touching eyes, nose or mouth without using hand sanitizer first.

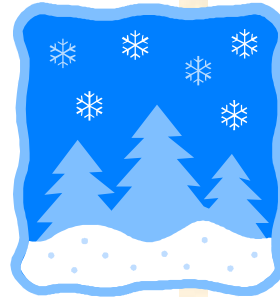
5. Consult your doctor about vaccine availability.

Convenience of Services Here in Haydenville

You can conserve fuel and travel less on wintry roads by availing yourself of services here in town at the COA. Included among services that are available here are:

1. Veterans Agent: Mondays at 11:30 a.m. and Thursday evenings by appointment.
2. SHINE Counselor by appointment.
3. Fuel Assistance applica-

- tions by appointment.
4. Food Stamp applications by appointment.
5. Blood pressure screenings.
6. Podiatrist by appointment (Brassworks)
7. Hearing screenings.
8. Assistive equipment loans.



During the winter months especially, you may want to take advantage of services closer to home.

9. Books and videos on loan.
10. Tax preparation assistance.
11. Classes.
12. Social activities.
13. Outreach.
14. And much more.

The COA is open Monday

AARP TAX VOLUNTEER TO BEGIN APPOINTMENTS IN FEBRUARY

Kate Davidheiser, the AARP volunteer who does taxes for elders in this area, will begin on the first Thursday of February, 2/4/10. Call 268-8407 to schedule an appointment. She will be meeting with people here at the COA in the Williamsburg Town Offices, 141 Main Street in Hayden-

ville. Make sure you bring all needed documents to your appointment. Since Kate files your taxes online it is a much quicker process than it would be through the mail. The photo to the right shows how Kate recovers from a busy tax season. You can bet she does not have much time



to relax during tax season as she works out of a few COAs.

Dave Sullivan from Hampshire Elder Law Program to Speak

As part of Hampshire Probate Community Education Program, Dave Sullivan will be here in the COA meal site on Thursday, December 10th to speak about the Hampshire Elder Law Program (HELP).

HELP provides free legal services to income eligible seniors. The program can help with a variety of elder matters such as: powers of attorney, wills, probate of estate, consumer protection, divorce,



Dec. 10th at 11:15 a.m.

bankruptcy, guardianship, and more. For more info. call 586-8729 or come on the 10th.

COLD

Fever is rare.
Hacking, productive cough.
Slight body aches.
Stuffy nose.
Chills are uncommon.
Mild tiredness.
Sneezing is common.
Gradual development of symptoms.
Headache is uncommon.
Sore throat is common.
Mild to moderate chest discomfort.

SEASONAL FLU

Fever is common.
Dry, hacking cough often present.
Moderate body aches are common.
Runny nose is common.
Mild to moderate chills.
Moderate tiredness, lack of energy.
Sneezing is common.
Symptoms develop over a few days.
Headache is common.
Sore throat is common.
Moderate chest discomfort.
Diarrhea is common.

H1N1

Fever present in 80% of cases.
Non-productive, dry cough.
Severe aches are common.
Stuffy nose is not common.
Chills are common (about 60%).
Moderate to severe tiredness.
Sneezing is not common.
Rapid onset of symptoms.
Headache is very common.
Sore throat is not common.
Chest discomfort is often severe.
Diarrhea is common.

Health Care Proxy Forms and Information

On November 18th two Elms College students, Susan Towles and Karen Fusini, did a presentation here about the health care proxy law. They left us with quite a bit of information in the way of articles, forms, etc. If you missed the presentation and would like any of that material you

can pick it up here at the COA office in the Town Offices building at 141 Main Street in Haydenville. Health Care proxy forms are also available in the Town Clerk's office. And, it is also possible to get much of the same information including health care proxy forms online from the

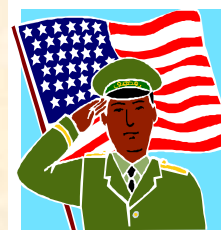
Massachusetts Medical Society
www.massmed.org

Massachusetts Medical Society.

Extended hours for Veterans' Agent

The Veterans' Agent, Joe Russo, has regular office hours here at the COA from 11:30 a.m. to 1 p.m. on Mondays. You do not need an appointment. If, however, you cannot come during the day

on Monday, it is possible to schedule an appointment with Joe on a Thursday evening. Thursday evening hours are from 6 p.m. to 7 p.m. by appointment only. To schedule an appointment call 587-



*Veterans' Agent
Hours are Mondays,*

1251. Joe can help you out with a lot of things so save yourself a longer trip - meet here with him.

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SUE OR \$75 FOR 4 ISSUES. BUSINESS CARD SIZE AD
PLUS LISTING IN WEB VERSION. FOR INFORMATION
ON LARGER ADS CALL 268-8410 OR E-MAIL
coa@burgy.org.

Send check or money order to

**Williamsburg COA, P.O. Box 193, Haydenville, MA
01039. Your support is appreciated.**

Services at Williamsburg Council on Aging

LUNCH

Meals are served two days per week at 11:45 a.m. To reserve a meal call 268-8407 by 10 a.m. the day before. These nutritious meals are delivered to the Senior Center by Highland Valley Elder Services (HVES) To have meals delivered to your home call HVES at 586-2000.

BROWN BAG

Also available at our meal site is the Brown Bag program provided to us by the Food Bank. Brown bags are available on the fourth Thursday of each month. Applications for this are available in the COA office.

TRANSPORTATION

- Medical rides
- Rides for NECESSARY errands

HEALTH SERVICES

- Foot care By appointment.
- Blood pressure screenings
- Free hearing screenings and hearing aid cleaning service.
- Tai-chi, Line dancing, and other groups
- Workshops
- Elder health fair and/or flu shot clinic
- Shine counselor.

Social & educational activities

- Writing group
- Cards and games
- Cookouts
- Computer classes
- Guest speakers
- Parties
- & more

Other services

- Outreach / home visits
- Tax preparation assistance
- Help filling out applications such as food stamps & fuel assistance
- Assistive equipment loans
- Information & referral
- Quarterly Online & print newsletters
- Veterans' agent
- Emergency cell phones
- Books & videos on loan
- Housing information
- Mandated reports of elder abuse & neglect including self-neglect
- & more

PHONE: 413-268-8407
FAX: 413-268-8409
coa@burgy.org www.burgy.org

SERVICES INCLUDE: brown bag, foot care, blood pressure screenings, assistive equipment loans, hearing screenings, health fair, SHINE, tax preparation assistance, transportation, information and referral services, recreational activities, speakers, classes, workshops, meals, assistance with completing applications for some programs, housing information, outreach, emergency cell phones, and more. Call us for at 268-8407 more information.

where concerns of elders matter.

www.burg.org

Phone: 413-268-8407
Fax: 413-268-8409
Email: coa@burg.org

Williamsburg Council on Aging
P.O. Box 193 (141 Main St.)
Haydenville, MA 01039-0193
www.burg.org

Williamsburg Council on
Aging

Regularly Scheduled Activities

Mondays:

Line Dancing; 9:30 a.m.

Veteran's Agent: 11:30 a.m.—1 p.m.

Tuesdays:

Quilting Class: 9 a.m. (no class in Jan.)

RSVP Osteoporosis Exercise Class:

10:30 a.m., Nash Hill Place

Wednesdays

Foot Care: 2nd Wed. by appt.

Lunch: 11:45 a.m.

Thursdays

Tai Chi: 9:30 a.m.

Writing: 10 a.m. (Meekins Library)

Lunch: 11:45 a.m.

Cards & games: 12:30 p.m.

Blood Pressure screening: 2nd Thursday at 11:15 a.m.

Brown Bag: 4th Thursday—10 a.m. to noon.

Friday

Computer classes by appt.

Please call 268-8407 to sign up for activities and special events.

COA BOARD

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Carl Beach, Vice-chair

Ira Gabrielson, Secretary

Janet Nurczyk, Treasurer

Lenore Garvais

Donna Baldwin

Gerald Mann

Eric Backer

Dorothy Backer

Kerstin Liander

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Staff: Mary Wheelan, Fran Goebel.

Sandra Liimatainen

Outreach: Rose Simmons