

March, 2010

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.



Care Options Pertaining to Elders (COPE)

The Williamsburg Council on Aging has received approval for funding in the amount of \$1,500 from the Executive Office of Elder Affairs to support a Hilltown Consortium of COA's program called Care Options Pertaining to Elders (COPE). It is a multi-faceted project that will highlight care options for elders in the northern Hilltowns of Western Massachusetts including: Williamsburg, Chesterfield, Westhampton, Worthington, Goshen, Cummington, and Plainfield. As part of this program a resource guide will be de-

veloped for the area. If you offer a service that helps elders remain safely living in their own homes and would like your contact information listed in this guide, e-mail it to Mary Wheelan at coa@burgy.org. More details about the program are to be announced.

CENSUS NOTICE

The first link, below, is a two page summary that provides the basic "who, what, when, where, why and how" of the upcoming census and includes FAQs and information about ob-

taining assistance materials (in 59 languages!) as well as support for those with visual impairments and the deaf and hard-of-hearing. http://2010.census.gov/partners/pdf/factSheet_Older.pdf

The toolkit -- see link below -- contains more information about the census and promotes partnerships with the census bureau to maximize the completion of the census surveys. (There are large display "awareness posters" noted on page #14.) http://2010.census.gov/partners/pdf/toolkit_Older_Overview.pdf

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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.

Annual Pancake Breakfast

The annual pancake breakfast is scheduled for Monday, April 26th at 9:30 a.m. It will take place in the COA meal site,

room 101 in the Williamsburg Town Offices at 141 Main Street in Haydenville. Reservations are required. Please

call 268-8407 to sign up no later than April 22nd. A free will donation of any amount will be gratefully accepted.

Nutrition Talk with Greg Fear Scheduled for April 28th

Greg Fear, a nutritionist from Northampton, will be giving a talk about nutrition on Wednesday, April 28th at noon in the COA meal site. Greg will be discussing proper nutrition in general terms but will also answer questions about how to eat in regards to particular health concerns. For instance, someone with diabetes may need to eat very differently from the average person. So,

bring yourself and your questions to this informative discussion.

If you would like to have a meal here that day you will need to call 268-8407 at least 48 hours in advance to sign up. If you plan to come for the talk only there is no need to register in advance. Hope to see you then.



If we are what we eat then we must consider what we are and what we may become if we're not careful.

Last Day for AARP Tax Appointments is April 15th

Kate Davidheiser, the AARP volunteer who does taxes for elders in this area, will continue filing taxes for people through Thursday, April 15th here at the COA in the Williamsburg Town Offices, 141 Main Street in Haydenville. Make sure you bring all needed documents to your ap-

pointment. Since Kate files your taxes online it is a much quicker process than it would be through the mail. Kate has, thus far, been booked solid way in advance so, if you want an appointment, you should call immediately. After tax season Kate hopes to spend some down time re-



covering from all her hard work.

Save the Date. Fall Prevention on May 6th

On Thursday, May 6th from 12:30 p.m. to 2:30 p.m. physical therapist, John Yourt, and occupational therapist, Doreen Kruger, will be here to present a free program on fall prevention. Loss of balance

can occur for a variety of reasons and physical therapy can be an important component in learning to compensate for whatever problem you have. You will need to pre-register for this program



by calling Fran at 268-8407 or e-mail us at coa@burgy.org.

Hilltown CDC Elder Small Home Repair Program

Grants of up to \$1,000 are available for health and safety related small home repairs of homes owned by income eligible elders (over 60) in the towns of Chester, Chesterfield, Cummington, Goshen, Huntington, Plainfield, Russell, Westhampton, Williamsburg and Worthington. For more information about the program you can contact Sarah Szczebak at

HCDC. The phone number is 413-296-4536. You can also e-mail her at sarahs@hilltowncdc.org. Hilltown CDC's website is www.hilltowncdc.org. If you need more than \$1,000 worth of repairs you can check into another of Hilltown CDC's programs, The Home Rehabilitation Program, which helps low and moderate income Hilltown homeowners to

repair their homes.



HCDC: 413-296-4536.

Ira's Friends Purchase Angel Park Brick

Members of the COA Board and others of Ira Gabrielson's friends here at the senior center purchased a brick in his memory for the Angel Park in Williamsburg. Ira died suddenly on January 18th. A member of the COA Board for several years, Ira served as Secretary. He was also active on the Board of Health and other community organizations. In addition to his medical

degree, Ira, a pediatrician, also had a Master's degree in Public Health. Ira taught at Yale University, the University of California at Berkeley, and the Medical College of Pennsylvania. In addition to his many accomplishments in life, he was also a very nice man with a wonderful sense of humor. He will be greatly missed by his friends and family.

OXYGEN SAFETY

For information about oxygen tank home safety please call the Department of Fire Services at (978) 5678-3380, or download the "Breathe Easy -- Using Home Oxygen Safely" pamphlet from www.mass.gov/dfs. Click on [Fire Safety Topics](#) and then [Home Oxygen Safety](#).

New Twist in Social Security Law

Save Money and Twist with Chubby Checker ~~~

Have you seen the Social Security ads with Chubby Checker? There's a new "Twist" in the law that makes it easier to apply for "Extra Help" for prescription drugs.

Social Security no longer counts

life insurance or aid from others as income. More people can now get help with Medicare drug plan coverage. Income has to be less than \$16,245 for an individual and \$21,855 for a couple; resources have to be under \$12,510 for an individual and \$25,010 for a couple.

Apply on-line at www.socialsecurity.gov <<http://www.socialsecurity.gov>> or call Social Security at 1-800-772-1213. Or you can contact your local **SHINE** counselor at **1-800-AGE-INFO** (1-800-243-4636) and press "3" when prompted. Check out the new "Twist!"

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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.**

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

Rock for Equality: Rock for Equality is a national event to call attention to and end discrimination against LGBT people in Social Security Administration policies and to secure equal recognition of same-sex relationships. It will take place on April 11,* 2010 in Los Angeles and April 18,* 2010 in Washington, D.C. We will start by demonstrating outside the local Social Security offices. Then we will march to the Federal Building in West L.A. In D.C., we're heading to the Capitol! In both cities we will stage a new kind of civil rights event. Some will sit in the street in rocking chairs, thousands more will rally behind them. Together we will fill Wilshire Blvd. and Constitution Ave. with the first-ever Rally & Rock-Ins. And we will raise hundreds of thousands of dollars in sponsor contributions to fund the fight to change the law and secure equal recognition of same-sex relationships. For more info. go to www.rockforequality.org or phone 213-388-ROCK (7625).

The Overlook at Northampton: Hampshire Care in Leeds has changed hands and changed names. It is now The Overlook at Northampton. It is being renovated and there will be houses built on the property. The new owners, the Masonic Health System, are planning to offer the same rehabilitation and nursing care services in a much homier environment. Rich Ollari and Maureen Otoole from Overlook attended our COA meeting on February 17th to inform us of the changes. Unlike some Masonic facilities Overlook will be open to anyone not just Masons. For more information you can phone The Overlook at Northampton at 584-8457.

The Hilltown Spring Festival will take place on Saturday, May, 15th at the Cummington Fair Grounds from 10 a.m. to 6 p.m. The event will include: musical performances, a business exhibition with a focus on sustainability, an arts and crafts exhibition, children's activities, and food and drink from Hilltown vendors. Sponsored by Hilltown CDC with funding from local cultural councils, organizers are planning to make this a zero waste event in keeping with the theme of sustainability. The Hilltown Consortium of Councils on Aging will have a table at the event to distribute information about elder resources and services in and nearby the Hilltowns. Much of the information to be distributed that day will be available through the Care Options Pertaining to Elders program funded in part by the Executive Office of Elder Affairs.

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.

Tai Chi: 7 p.m.

Tuesdays:

Quilting Class: 9 a.m.

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. (group reforming—call to sign up).

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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