

Living Well



Newsletter
May
2024

Williamsburg Senior Center: Programs & Services for Active Living at 60+



Get Ready for FARM SHARES!

FARM SHARE season is fast approaching! **Prospect Meadow Farm** will offer the same share price as last year, \$8.50 a week or \$161.50 for the 19-week season.

New this year: A small number of low-income* farm shares is available for \$1 per week for 10 weeks! (* "Low-income" requires you receive SNAP, Medicaid, SSI, AFDC, welfare, veterans aid, or participate in the Brown Bag Program; single-income household below \$29,160 or a multi-income household below \$39,440. Limited to one share per household.) Eligible folks will be chosen by lottery.

The Prospect Meadow Farm story began in 2010 when ServiceNet purchased a small farm on Prospect Street in Hatfield and soon launched a hands-on vocational service program for adults with autism and developmental disabilities. Over the years, Prospect Meadow has grown to be the largest log-growing shitake mushroom operation in Western Mass., supplying local markets and farm share community participants with mushrooms, along with fresh eggs and farm vegetables.

If you are interested in either program, email or call Tamar at tsmith@burgy.org or 413-338-2920 for more information or to sign up.

Update: Living Well Newsletter

For the last several years the Senior Center monthly newsletters have been funded by a Service Incentive Grant (SIG). This has included the hard (paper) copy mailing to over 2000 households in seven area hilltowns that make up the Northern Hilltown Consortium, the coordinating entity. The SIG grant is no longer available to us.

Over the past year, we have explored ways to continue mailing hard copies of the newsletters without SIG funding. This has not been successful. In our digital age the funding for mailing costly monthly newsletters is not a priority, and is no longer being supported. Reading online is the new normal (I could say more about this, but it's best that I refrain!).

As a result, Williamsburg's monthly **Living Well Newsletter** will continue to be available in digital format on the Burgy.org website, and emailed to everyone on our digital mailing list. Beginning August first, paper copies will be available in the Town office, post offices, and various other locations in the community. ~Melissa Wilson

If you want to sign up for the digital newsletter, please email sloomis@burgy.org.



See "The Lazy Gardener," an article by Larry West on page 4

Williamsburg Senior Center - 141 Main Street, P.O. Box 193, Haydenville, MA 01039
Phone: 268-8407 or 8410 ~ Hours: Mon - Thurs, 8:30 - 2:00 ~ Email: seniorcenterdirector@burgy.org

SHINE

SHINE can help you with Medicare and Medicare-related insurance issues. If you want to speak to a SHINE agent, call the Senior Center to make an appointment. Leave your name and phone number and we'll get back to you: **268-8407**.

Veteran's Service Officer

VA office hours are back! Stop in to see our rep, Dan Nye on 1st & 3rd Wednesdays, 11:30—1:00, or call **413-587-1299** for appointments.

Brown Bag: Food for Elders

Eligible seniors can get a free bag of groceries on 2nd Thursdays at the Senior Center. Call the Food Bank at **413-247-9738** or **800-247-9632** or download an application at <https://www.foodbankwma.org>. Send applications to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

Congregate Meals

Meals are being served in the Senior Café Mondays—Thursdays! Fridays are by delivery only. On **Mondays and Thursdays** we make fresh-cooked meals, and **Tuesdays and Wednesdays** we get meals from Highland Valley Elder Services—**eat in or Grab-n-Go!** Please join us! Contact Tamar at **413-338-2920**, 2-3 days ahead to reserve a meal.

Take and Eat

Two area churches are providing delicious, freshly-made meals—delivered every Saturday. Contact the Senior Center to find out more or to sign up: **413-338-2920**

Foot Nurse

Piper Sagan is doing foot care at the Senior Center June 11th and the second Tuesday every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). Piper can also do foot care in your home, (\$80) — call her at **413-522-8432** for a home appointment.

Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation for house-keeping and other duties. Call the coordinator, **Amy Phinney 413-655-0123** for more info.

Medical Rides

Senior Center drivers are available for your medical rides **funded by PVTA. Call us at least 3 bus. days ahead** and we will try our best to provide a driver: **268-8407**. (You can also use their **Dial-A-Ride Services, 413-739-7436**.)

Carpool Rides

Rides for shopping/errands can be scheduled through our **Carpool Program. Call us at least 3 business days ahead.** We'll try our best to provide you a driver: **268-8407**

Companion Program/Friendly Visits

Would you or someone you know benefit from a friendly visit or a regular companion? We can set it up for you! Contact us for more info. **413-338-2920**

The Carpool & Companion programs are provided by a Title III Grant through Highland Valley Elder Services.

Wellness Calls

The Williamsburg Senior Center makes friendly calls. If you are feeling lonely, or would like check-up calls, we'll add you to our call list. **413-338-2920**

Modern/Contemporary Dance

Susan Waltner's very popular dance class happens on **Wednesdays at 10:00 am** in the auditorium or on the lawn. Contact her at swaltner@smith.edu if you would like to join. Donations gratefully accepted.

Tai Chi

Marty Phinney offers Tai Chi outside or in the auditorium, **Tuesdays, 9:30 am.** Members or interested folks can contact her at **413-268-3228**. Donations gratefully accepted.

Healthy Bones & Balance

Mary Bisbee leads HB&B on **Mondays at 1 pm** (except holidays) and **Thursdays at 9:30 am in the Auditorium.** Call the Senior Center to sign up or stop in to check it out! This **free class** is sponsored by RSVP.

Strength and Cardio Workouts

Joan Griswold is leading workouts via Zoom **Thursdays at 10:15 am.** Visit her at www.bybhealth.com to sign up. Other hours may also be available.

Men's Group

Meets at the **Williamsburg Snack Shack** on **3rd Thursdays at 8:30 am (May 16th).** To join, email **Larry West (landwest3315@yahoo.com)**, and become one of the "guys!"

Ladies Who Lunch

Meets at the **Williamsburg Snack Shack** on **3rd Fridays at 11:30 am (May 17th).** Please stop in and join us or call **268-8407** for info. (Look for our sign!)

Technology Program

Need help using your cell phone, computer or other devices? The Senior Center can help! Volunteers work one-on-one with folks and arrange a time that works for both parties. **Contact the office at 413-268-8410 to schedule an appointment.**

Tech Connect: You can also attend the Tech Connect Drop-in Center at **Meekins Library on the 2nd Tuesday of each month, 10 am—12 noon.** Bring your device(s) and your questions! Call **413-296-5080** or for support available by email, contact: coaTechHelp@gmail.com.

Arts & Crafts Open Studio

Make your own art/crafts in good company! Bring your supplies and enjoy the camaraderie of being with a group of folks who have shared interests. **This month, we'll meet on May 9 & 23, 1-3 pm.** Contact **Gloria Black at Gloriosa05@yahoo.com** or **413-268-7767**.

Lunch Time Lottery

Every time you eat lunch at the Senior Center Café, your name is put into a bowl for the Lunch Time Lottery! Earlier winners got gift certificates for the Williamsburg Market. **This March, the winner received a gift certificate to the Village Green** toward flowers or ice cream! What a wonderful way to get out in the company of friends and enjoy local businesses!

Thank you to Mark and Annette Larareo!



Memorial Day Remembrance

"While we enjoy our cook outs, have a day off from work, and look forward to summer, Memorial Day is a time to honor the women and men who died in military service. The red poppy is in abundance and is a symbol of this day.

Red poppies are associated with those who died during wartime since World War I. In the US people wear the red poppy on Memorial Day to honor those who died trying to protect the country, according to The Department of Veterans Affairs. In Canada, poppies are worn on Remembrance Day, November 11th.

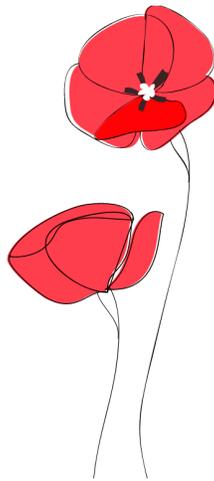
The red color is not a symbol of blood, death, or support for war. Instead, poppies were the only flowers that grew in war-torn battlefields. When the country sides were nothing but mud and devastation, poppy flowers sprouted up and flourished. The sight of the red poppies inspired one Canadian soldier, Colonel John McCrae, to pen a poem in May 1915:

In Flanders Fields - by John McCrae

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly

Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.



The poem moved so many, especially two women—Anna E. Guerin of France and Moina Michael of Georgia. Together they sold artificial poppies to benefit children left orphaned by the war, and by 1922, the poppy was adopted as the official memorial flower of the VFW. The Friday before Memorial Day was designated as Poppy Day." (<https://www.farmersalmanac.com/>)

SAVE THE DATE!

Scam Presentation June 10, 12:30-1:30 pm

The Senior Center and members of the Williamsburg TRIAD* will be hosting a **Scam Presentation** (will include romance scams, which have been on the increase) on **June 10th from 12:30 – 1:30 pm** in the **Town Office Building (141 Main St., Haydenville – Sr. Center Café)**. The District Attorney's office will lead the discussion.

The DA's office is dedicated to serving the people of Hampshire County and while their primary responsibility is to prosecute crime, they also have a strong focus on progressive education and prevention efforts in various areas, one of which is elders. **"The number one crime committed against seniors that is prosecuted by the North-western District Attorney's Office is financial exploitation."**

With our growing use of technology it is important we learn to recognize scams – through phone calls, home visits, emails, and texts - and how our information can be compromised. This presentation offers insight into the methods scammers use to get you to provide information you would not normally give out. **Please call to register at 413-268-8410 or email seniorcenterdirector@burgy.org.**

*TRIAD - a community policing initiative connecting seniors, law enforcement and service providers to increase safety (for older adults) through education and crime prevention. **The group needs new members! Please contact Larry West at 268-3315 or email landwest3315@yahoo.com.**

The Williamsburg Senior Center relies on donations to support our well-attended programs and events. If you would like to donate, there are three ways to contribute:

1. Donate online via Unipay at www.burgy.org/senior-center;
2. Drop off your donation in person during business hours,
3. Mail a donation to Williamsburg Senior Center, PO Box 193, Haydenville, MA 01039.

The Williamsburg Senior Center counts on YOUR support to continue our programming for local seniors!

I would like to contribute to the Williamsburg Senior Center. My contribution of \$_____ is attached.
(Please write your check to **Town of Williamsburg** with "Senior Center program support" on the memo line.)

Name _____

Address _____

Phone _____ Email _____

Thank You for Helping Us Support Our Neighbors!



Ladies Luncheon

This month's Luncheon is May 17th, 11:30
At the Williamsburg Snack Bar
Stop in, look for our sign!

The Lazy Gardener

By Larry West, 4/3/24

I just finished planting a row of peas this afternoon. It feels good to get some seeds in the ground. It feels early too, only April 3rd. This global warming makes it difficult to follow the traditional planting charts. I'm determined to get some carrot seeds in the ground before the middle of April and some beets, parsnips and turnips while I'm at it.

The weather people say we'll get some snow tomorrow night on top of a lot of rain and wind. That won't hurt the peas. According to the charts, we shouldn't be planting peas until April 13th or so. If the weather remains as mild as it has all winter, I'll get some lettuce and spinach in safely before then. I'll wait a little longer before planting Brussel sprouts and broccoli, though those bolder than me might do well seeding those anytime now. I prefer to start those inside so I can watch them grow close up.

When I was working for pay, I often found myself planting at the last minute as I didn't have the time I do now, even though it's still hard to find that time. Perennials require some time to plant, but very little tending in the spring. I noticed the rhubarb uncurling those new leaves this morning and I'm told the asparagus is poking its crowns up to greet the rain.

Rain and colder temps are predicted for tomorrow. If it's raw out again I may dodge the raindrops and prune some quince and forsythia and maybe some apple branches too. I'll put them in water and set them in a warm room to see if I can force some blossoms out. By then I'll be cold and tired and ready for some of that apple cake or a cookie from the Haydenville Bake Sale last weekend. Maybe both. After that, it'll be time for a nap.

I might take one right now—after all, spring is coming and I already have some peas in the ground.



Tech Connect – Drop In Hours

Meekins Library - May 14th (2nd Tuesday of each month) **from 10 am – 12:00 noon**. Please bring your device(s), along with your questions or concerns, and tech help folks will be available to assist.

Please see the regional section for other technology offerings and contact information to request help or volunteer for this program.

Elder Law Presentation

Local seniors can learn about elder law issues through at a free event at the Senior Center. The presentation is part of the statewide Elder Law Education Project and sponsored by the Massachusetts Bar Association. Some topics that may be covered: power of attorney, health care proxies, protecting your home and assets, and homestead and life estates.

As of this printing, we don't have a date set. Please check back with us at 268-8410, on the website: <https://www.burgy.org/seniorcenter> or our Facebook page, Williamsburg Senior Center.

Hilltown Food Policy Council Community Potluck *MAY the 4TH be with you!*

- ◆ **What:** *Hilltown Food Policy Council Community Potluck*
 - ◆ **Where:** *Chesterfield Community Center, 400 Main Rd, Chesterfield*
 - ◆ **When:** *Saturday, May 4th, 12:00 – 2:00 pm*
 - ◆ **Why:** *Come together to schmooze, share food, rebuild old relationships and create new ones. And it's all FREE!*
 - ◆ **Sponsor:** *Hilltown Food Policy Council*
- Everyone is welcome! Come and join the fun!**

Sign-up Now to Get the Digital Version!

You can get a color digital image (a pdf download of this newsletter) along with, or instead of a paper copy! Join a list of your neighbors who already get digital copies!

To subscribe or unsubscribe from this newsletter contact us, leaving your name, email address and phone number at **268-8410**, or sloomis@burgy.org.

Visit our website, www.burgy.org or our Facebook Group: [Williamsburg Senior Center](#)



TechConnect Fair a Success!

On Saturday, April 6th the TechConnect program held a first of its kind northern hilltowns Consortium of COAs Fair. The event was hosted by the New Hingham Regional Elementary School in Chesterfield. Over one hundred people attended the fair! There were seven exhibitors, including AARP, the NW District Attorney's office, Meekins Library, Comcast, Whip City Fiber, Tech Hub from Holyoke and the Alliance for Digital Equity Network. TechConnect staff hosted tables where fair participants could tour the Northern Hilltowns Consortium website, northernhilltownscoas.org, sign up to join the project as a volunteer, get walk-up tech support for technology questions, and sign up for training and workshops. Many people attended the three mini-workshops offered on managing passwords, tech terms and what they mean, and making your tech device fit your needs.

Comments from those who came included: "The training on how to use the Hilltown Consortium website was very helpful". "I appreciated talking about the politics of being sure all people have technology", "I am going home to get my tech-phobic husband and bring him back. I think he would like this!", "This event really lit a fire under me, I have all these things on my list to learn and now I know how to get started". "I love this for our community! Coming here today let's people know they are not alone in their concerns about learning technology."

Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!



But I did my MOLST!

In September 2022, I wrote about living wills and the state Medical Order for Life-Sustaining Treatment (MOLST). You may recall that I said a MOLST is an order, while another relevant document, the living will, is more of a conversation. The MOLST takes effect immediately at an emergency, the living will and advance directives come in when you are unable to respond for yourself. That is why having a living will following conversations with your family or friends is so important – it will help them figure out what you would want them to do.

Now, we have the POLST! It is a portable medical order, meaning if you travel in another state, the POLST will most likely apply. The MOLST may not. We were given a POLST form at the hospital a few days ago so they are becoming available.

These two forms are voluntary; you need not think about or plan for your end of life situation. You can also change the forms if you change your mind. Do know, however, that what happens in the future may not be to your liking. For instance, if the ambulance takes you to the emergency room and you do not have a MOLST or POLST on file, or they cannot find it, you will be designated as Full Code. That means if your heart stops and breathing ceases, they will try everything they can to start you back up. That can include chest compressions and intubation.

Where do they find your forms? Your doctor will have one, the person who has your health care power of attorney and any emergency contacts should have a copy. And of course it should be in that red File of Life folder on your refrigerator at home. You can also carry one of those files with you.

Still thinking for the future,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com
 413-268-2228

Tech. Help and Training for May



Volunteers Still Needed: to learn more about what we need volunteers for in providing help to others with technology, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or visit www.northernhilltownscoas.org.

Tech Support

- Support available by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Friday, May 3, 17 and 31 from 10:00 to 12:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 5/14 from 10 to Noon, Williamsburg
- Monthly at Nash Hill Place Resident Drop-In tech support, Tuesday 5/14 from 10am-12pm and 6pm-8pm
- May 10th, Goshen COA, 10am-12pm
- May 20th, Plainfield COA, 9am-11am

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 2:30, continuing through 5/30 (new class starting in June)
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, continuing through 5/29 (new class starting in June)

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level.

Must pre-register for classes no later than one week before the scheduled training date. Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops:

- iPad Basics, Worthington Library, Thurs. 5/2, 1-2
- Email Basics, Goshen COA, Fri. 5/10, 9-10
- Cyber security/online safety in Plainfield, Monday, May 20th 11-Noon

Devices Available:

We received our first shipment of PC laptops, Chromebooks and tablets. If you need a device to

connect to the internet, have something so old it is not working effectively, or need a different type of device please contact us.

Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online form to make request at: www.northernhilltownscoas.org

May's Good News

By Deb Hollingworth

Just a quick note here on how it's going with the Medicare Savings program that I can't seem to stop talking about. The two page application was just released March 1st and for those who filled one out and got it in, I began hearing from you by the end of March that you had received an approval letter from MassHealth already with benefits to start April 1st. This means MassHealth is taking about 3 weeks to process these applications. Amazing. This program pays your Medicare B premium, so you can expect a letter soon from social security with a new social security benefit statement showing they have put \$174 / month back in your retirement benefit.

It's a good idea to keep that acceptance letter from MassHealth because up in the right hand corner there will be your ID number which starts 1000, followed by about 6-7 more numbers. This number is also your ID for Health Safety Net which is another benefit that you get automatically. Health Safety Net can be a life saver because it pays hospital bills that your Medicare and/or Medicare supplement might not cover. And you may get yet another letter saying you have Extra-help which is a benefit that supplements the cost of your prescriptions. You need to give your pharmacists that ID number and show them the Extra-help letter. Same goes for any hospital bills. You would need to let the hospital know you have Health Safety Net so they can bill any residual costs that your Medicare is not picking up.

And ...this is curious....you may not even have to apply in order to get these benefits? I had a caller who received a letter from Prescription Advantage which is a Rx subsidy program for Massachusetts residents. Her letter said that Prescription Advantage was terminating her coverage because she had gotten the Medicare Savings program. How can this be she asked? She never applied. It seems that MassHealth is reviewing all those who have had Health Safety Net the past few years and are automatically approving them for the Medicare Savings program. This is definitely good news. So if you receive any letters saying you have been approved for Medicare Savings program, and you want to know how that happened, call your senior center and ask for a SHINE consult. We can check it out for you. Same goes if you want an application and are having difficulty trying to find it online- just give us a call.

On the Road Again...

2024 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096. **\$20 discount for any Chesterfield Senior over age 60 who goes on any trip advertised in the newsletter through 2024.**

Day Trip Thursday, July 11th. Lake Sunapee Luncheon Cruise- Vermont Country Store. A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and a stop at the Vermont Country Store. The \$118 Payment to Landmark Tours is due NOW. Please mail to the address above. **A few seats are available.**

Day Trip Wednesday, August 7th. Resorts World Casino-- Catskills, NY trip. Can you get enough of **Elvis**? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to Friendship Tours is due by June 5th. Please mail to the address above. Please include your date of birth for the player card. **There is a second bus. If interested, call again.**

Day Trip September TBD. Big E. Dependent on the offered entertainment.

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel. Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by **June 20th.** Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above. Call now to reserve your spot. Ten seats available.**

*Day Trip October 14th. Lake George Cruise-*Take a 2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A keyboard entertainer performs. Stops at scenic Prospect Mountain and the Lake George Outlets with 30 stores to explore. The \$131 payment to Landmark Tours is due by August 19th. Please mail to the address above. **A short wait list is available.**

NEW Day Trip October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

Day Trip October TBD. Boston Fine Arts Museum. In the planning process.

Day Trip Friday December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail to the address above.



Seniors Aware of Fire Education

Here is an important thing to add to your spring chores. Check your house numbers and make sure they can be easily seen from the road. Why? Seconds count in an emergency! First responders (police, firefighters and EMTs) can find your house faster when your home is properly marked.

Senior 
SAFE

USE LARGE VISIBLE NUMBERS!

- The numbers need to be at least 4-inches in height and facing the street. (Some communities require taller numbers.)
- The letters should be on a contrasting background so they can be seen from a distance.
- The numbers should be under lighting so they can be seen at night.
- If possible, the outside lights should be turned on for the responders.
- If your driveway is long and if your house is not visible from the road, put your house number on both sides of your mailbox, or on a sign post at the end of your driveway. (The Hampshire County Sheriff's TRIAD program has number signs and posts available to everyone to be planted at the end of the driveway. Contact your COA or police department on how to get the number sign and post.)

Be prepared for the time when seconds count!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.

Williamsburg Senior Center
141 Main Street
P.O. Box 193
Haydenville, MA 01039

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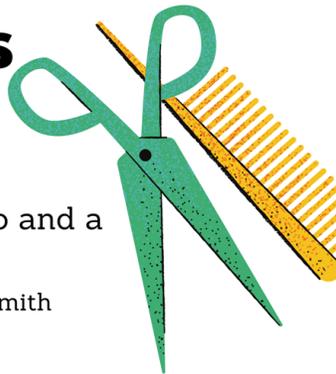
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&
Our Many Volunteers

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

\$5 haircuts

SMITH VOCATIONAL
COSMETOLOGY



Ready for a fresh 'do and a
new you?

Get your haircut at Smith
Vocational!

WHEN: Tuesdays & Thursdays,
call to schedule

WHERE: The Salon is located in Room 124 of
Building A at Smith Vocational High
School, 80 Locust St., Northampton.

WHAT ELSE: Manicures, colors, facials, and other
hair care options, call for other prices

HOW TO BOOK: Simply call 413-587-1414 ext. 3531 for
an appointment. All are welcome!

