

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.



Caregiver & Elder Resource Guide

The *Care Options Pertaining to Elders* or COPE resource guide made its debut at the Care Fair held in Cummington on May 12th. It was also distributed at the Hilltown Spring Festival. Now the guide is available on the town website: www.burgy.org.

Hard copies of the guide are available around town at the Williamsburg COA, the Town Clerk's office, Meekins Library, Florence Savings Bank, Legacy Bank, Williamsburg Post Of-

fice, Williamsburg Pharmacy, Nash Hill Place, Blue House Café, Classic Cuts, Brassworks, and other locations.

You can also get it at both Councils on Aging and libraries in all seven Hilltowns in the COA Consortium, which includes: Chesterfield, Cummington, Goshen, Plainfield, Westhampton, Williamsburg and Worthington. The group meets regularly to network, work on joint projects, and to organize trainings for paid staff

and volunteers. For more information contact Mary at 268-8410.

Even when all hard copies of the guide are distributed it will still be available online on the Williamsburg town website and all the COAs and libraries will have reference copies on hand. There may also be future editions. (*The guide was printed with funding from the Executive Office of Elder Affairs and the Overlook Health Center at Northampton.*)

Inside this issue:

<i>Gum Info. for Seniors</i>	2
<i>Vitamin D Recommendations</i>	2
<i>Elder Abuse</i>	2
<i>Medical Device Home Use</i>	3
<i>Preventing Alzheimer's?</i>	3
<i>Elder Mediation</i>	3
<i>News & Events</i>	5

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.

Volunteer Instructor Needed

As a result of a very well received Fall Prevention Class we have discovered there is an interest in forming an osteoporosis

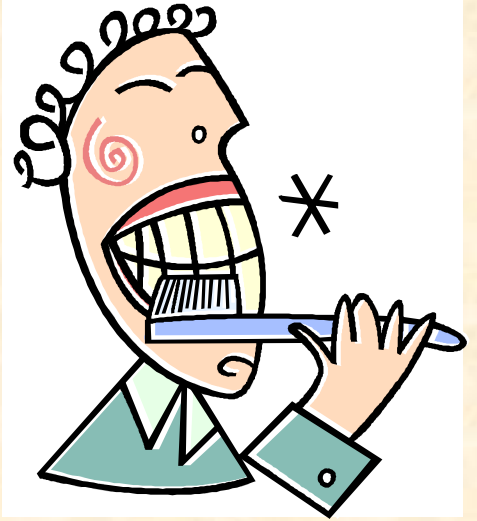
exercise class here in Haydenville. (A class already meets at Nash Hill Place.) In order to have such a class we would need a

volunteer willing to be trained through RSVP. For more info. call Fran at 268-8407 and/or Pat Sicard at 584-1300, x183.

Gum Disease Information for Seniors

NIHSeniorHealth is a health and wellness web site designed especially for older adults from the National Institute on Aging (NIA) and the National Library of Medicine (NLM), both part of the National Institutes of Health. Good oral health is key to quality of life. When your mouth is healthy, you can eat the foods you need for good nutrition and can feel better about smiling, talking, and laughing. But gum (periodontal) disease

– an infection of the gums and tissues that hold teeth in place – can harm oral health and is a leading cause of tooth loss among older adults. Information on ways to prevent and treat gum disease is now available at NIHSeniorHealth.gov, the health and wellness website for older adults. To read about gum disease, visit NIHSeniorHealth at <http://www.nihseniorhealth.gov/periodontaldisease/toc.html>.



Vitamin D Recommendations

The International Osteoporosis Foundation (IOF) recommends the following:

Key recommendations:

• **The estimated average vitamin D require-**

ment of older adults to reach a serum 25OHD level of 75 nmol/l (30ng/ml) is 20 to 25 µg/day (800 to 1000 IU/day).

• **Intakes may need to increase to as much as 50 µg(2000IU) per day in individuals who are obese, have osteoporosis, limited**

sun exposure (e.g. house-bound or institutionalized), or have malabsorption.

• For high risk individuals it is recommended to measure serum 25OHD levels and treat if deficient.

Elder Abuse Website

"Elder abuse" refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. According to the National Center on Elder Abuse, abuse can consist of physical abuse, emotional abuse, sexual abuse, exploitation, neglect, or abandonment.

Throughout the month of May, the National Criminal Justice Reference Service featured a web site on elder abuse. This resource presents links to publications and related Web sites that focus on abuse by caregivers, domestic violence, fraud and financial abuse, and additional information related to abuses committed against

the elderly. To view this special feature, please see <http://www.ncjrs.gov/elderabuse/>. To learn more about elder abuse, please also visit the National Center on Elder Abuse within the Administration on Aging at http://www.ncea.aoa.gov/NCEARoot/Main_Site/Index.aspx.

Medical Device Home Use

The U.S. Food and Drug Administration announced a Medical Device Home Use Initiative to ensure that caregivers and patients safely use complex medical devices in the home. The FDA is developing educational materials on home use of medical devices towards this endeavor. FDA's Home Use Initiative will help address the potential challenges, providing greater protection and awareness for patients who are being cared for in the home. To learn more, please visit <http://tinyurl.com/23qpmqo>.

The FDA has also launched its Infusion Pump Improvement Initiative to address the safety problems associated with external infusion pumps. Instead of responding to problems one by one and manufacturer by manufacturer, FDA is taking comprehensive steps to prevent problems by fostering the development of safer, more effective infusion pumps industry-wide. FDA is taking three major actions to improve the safety and safe use of infusion pumps by: 1) Establishing addi-

tional requirements for infusion pump manufacturers, in part by issuing a new draft guidance that FDA intends to convert into a special controls guidance; 2) Proactively facilitating device improvements through information-sharing and collaboration, and by launching a new Infusion Pump website, featuring basic information and risk-reduction strategies. It is currently the main feature on <http://www.fda.gov> or can also be directly accessed at <http://tinyurl.com/28dm6jq>.

Can Alzheimer's Disease Be Prevented?

The recent NIH State-of-the-Science Conference on Preventing Alzheimer's Disease and Cognitive Decline concluded that while there currently are no proven interventions, research points to several areas that merit further study. The National Institute on Aging's ongoing Alzheimer's disease research program is actively investigating and testing a variety of

strategies to prevent or delay Alzheimer's disease and cognitive decline. There are certain lifestyle choices and treatments that promote healthy aging and reduce risk of diseases like diabetes or cardiovascular disease. Studies suggest that some of the approaches for managing those conditions, like exercise or controlling high blood pressure, might also reduce the risk for Alz-

heimer's disease and cognitive decline and are currently being tested in clinical trials. You can learn more in NIA's booklet, Can Alzheimer's Disease Be Prevented?

To download or order free copies of the booklet, visit www.nia.nih.gov/Alzheimers/Publications/ADPrevented

Elder Mediation

The Mediation and Training Collaborative, a Greenfield agency, provides mediation for people of all ages. However, they also have mediation services that focus on elders. Elders, families or caregivers may experience conflict because of disagreements about

driving, end of life decisions, inheritance or estate matters, medical treatment, etc. The agency provides services on a sliding scale basis and no one will be turned away for lack of funds. For more information or to schedule mediation services call 413-774-7469.

Mediation can take place in the elder's home or in a neutral setting. And, although the agency is located in Greenfield, it does service elders living in the Hilltowns. You can find out more about their services at <http://www.mediationandtraining.org>.

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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

NEWS AND EVENTS

SAFETY FAIR

The Williamsburg Police Department is organizing a Safety Fair which will take place on Saturday, June 19th from 10 a.m. – 2 p.m. at the Dunphy School. The event will be held outdoors weather permitting. If it rains it will be held in the gym.

BINGO AT LINDA MANOR: Meets monthly. No fee to play. Next game on Thursday, June 17th from 2 to 4 p.m.. Cash prizes. Any elder can play, not just residents.

NOTICE FROM EOE

Please know that "Any Medicare beneficiary who reaches the donut hole is automatically eligible to receive a rebate of \$250. The elder's drug plan will contact CMS directly when this threshold is reached; CMS will issue the \$250 check directly to the senior during the next quarter.

There is NO application process; there are NO phone calls associated with the issuance of this check! Any contact/s, or attempted contacts, should be immediately reported to CMS (1-800-MEDICARE; 1-800-633-4227) and local police. Thank you..

Articles of Interest

Drinking Accelerates Ageing of Cells

(By Richard Alleyne, The Daily Telegraph, May 13, 2010)
<http://www.telegraph.co.uk/health/healthnews/7614691/Drinking-accelerates-ageing-of-cells.html>

Sleeping Well at 100 Years of Age: Study Searches for the Secrets to Healthy Longevity

(By Anonymous, American Academy of Sleep Medicine, May 1, 2010)
<http://www.aasmnet.org/Articles.aspx?id=1655>

Older Women With Diabetes Face Higher Risk for Colon Cancer

(By Amy Tieder, Mayo Clinic via EurekAlert!, May 2, 2010)
http://www.eurekalert.org/pub_releases/2010-05/mc-oww042910.php

For Baby Boomers, The Job Market's Even Worse

(By Marilyn Geewax, National Public Radio, May 2, 2010)
<http://www.npr.org/templates/story/story.php?storyId=126426518>

Housing Bust Forces Americans to Alter Retirement Plans

(By Troy McMullen, ABC News, May 3, 2010)
<http://abcnews.go.com/Business/Retirement/retirement-plans-put-hold-home-equity->

June 15th is World Elder Abuse Awareness Day.

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



Williamsburg Council on Aging



The Care Fair was held on May 12th at the Cummington Community House.

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.

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

where concerns of elders matter.

Regularly Scheduled Activities

Mondays:

Line Dancing; 9:30 a.m.

Veteran's Agent: 11:30 a.m.—1 p.m.

Tai Chi: 6 p.m.

Tuesdays:

Quilting Class: Register for Sept.

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.

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.

STAFF

Executive Director: Mary Wheelan

Activities Coordinator: Fran Goebel

Mealsite Coordinator: Sandra Liimatainen

Outreach: Rose Simmons

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