

Mature Matters

Williamsburg Council on Aging

P. O. Box 193, Haydenville, MA 01039



COA Picnic on Tuesday, Sept. 15th at Noon

This year the COA will hold a picnic in September as usual. It will be held on **Tuesday, September 15th at noon in back of the Williamsburg Town Offices, 141 Main Street in Hayden-**



There is no fee for the COA picnic but donations of any amount are encouraged to benefit the Elder Trust Fund.

ville. There will be barbecued chicken, potato salad, beans and more. And, there will be entertainment by the **Horse Mountain Jazz Band.** The event will be held rain or shine. The Williamsburg Cultural Council, a local agency funded by the Massachusetts Cultural Council, is providing partial funding for the event. There is no charge for the picnic but free will donations are encouraged for the benefit of the Williamsburg Elder Trust Fund.

REGISTRATION IS



REQUIRED. PLEASE CALL 268-8407 by noon on 9/8/09. We need to provide a final count for the chicken one week ahead. Thanks for your cooperation.

Inside this issue:

<i>An Important Time of Year for Medicare...</i>	2
<i>Fundraising Options for Hilltown Elders</i>	2
<i>Thank You</i>	2
<i>Assistive Equipment Loans</i>	3
<i>We're on the Web</i>	3
<i>News: Veterans' Agent / Nash Hill Elevator</i>	3
<i>Regularly Scheduled Activities</i>	4

Support Mature Matters

The Williamsburg Council on Aging receives funding from the Town of Williamsburg, the Executive Office of Elder Affairs, Highland Valley Elder Services, and the Williamsburg Cultural Council. 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.

Fuel Assistance Re-Certification / Home Loan Programs

Two programs of interest are:

1. The Fuel Assistance Program will have three people here to re-certify people for the program on Mon-

day, September 14th from 9 a.m. to 1:30 p.m. Although the re-certification applications will take place in the COA meal site it is open to Hilltown residents of any age.

An appointment is required. Call 268-8407 to schedule a time.

2. Home Modification Loan Program: Info. at 617-204-6543.

An Important Time of the Year for Those on Medicare

If you have Medicare, before long you will be getting important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). It is very important to read the letters and understand the information they contain.

DO NOT IGNORE ANY LETTERS FROM YOUR PLANS!

During the annual Medicare Open Enrollment (November 15 - December 31), you will have a chance to CHANGE your coverage for next

year. Our state-certified SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have.

SAVE THE LETTERS FROM YOUR PLANS!

To schedule a FREE appointment



*It's that time of year.
Save your letters from prescription & Medicare plans.*

with a SHINE Counselor, call your senior center. You can also reach a SHINE Counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A SHINE Counselor will call you back as soon as possible.

Exploring Fundraising Options for Services to Elders in the Hilltowns

A group representing several Hilltown COAs met on June 8th at the Williamsburg COA. Discussion focused on the pros and cons of forming a Friends' group. No decision was reached on whether or not to actually form such an organization but agreement was reached on the following steps to take.

1. Look into the possibility of getting free or inexpensive legal assistance to assist with the

formation of a non-profit organization.

2. Look into other ways COAs can raise money without violating any laws or ethical considerations.
3. Contact Burgy Travel Club to avoid duplication of what they do since some Friends groups raise money via trips.
4. Members from other towns to

**NEXT FUNDRAISING TASK
FORCE MEETING
MONDAY, 9/21/09, 3 PM
Williamsburg Town Offices,
COA office, Rm. 102.**

Speak to their COA Coordinators to inquire about fundraising needs in their towns.

Thank You from Fran Goebel and Mary Wheelan

I would like to take this opportunity to thank everyone for their support, well-wishes, generosity, and prayers. It is certainly nice to know there are so many people who care and are pulling for me.

I would also like to thank Nylda Weeks for covering for me at the Council on Aging and as the HEN

(Hilltown Elder Network) Coordinator in my absence. She did an excellent job and I am grateful beyond words for all that she has done. I would also like to thank Paula Wentworth and Janet Nurczyk for a job well done at the Council on Aging office.

- Fran Goebel



Thanks for a helping hand.

I would like to add how very grateful I am for all the help I received from Nylda, Paula, and Janet while Fran was out sick.—Mary

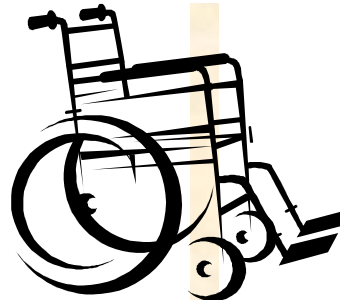
Assistive Equipment Loans / Bus Shelter Meeting

The Williamsburg VNA stores assistive equipment here at the Town Offices building. The COA keeps track of loans and returns of the equipment. We have limited space in which to store these items. We, therefore, have restricted what we will accept for donations. **WE NO LONGER ACCEPT WALKERS THAT DO NOT FOLD. WE ALSO DO NOT ACCEPT ITEMS THAT WOULD NOT DO WELL STORED IN A DAMP BASEMENT.**

We always seem to need wheelchairs and shower benches. We usually have them in very limited supply and occasionally none at all. Whereas, items like commodes and walkers are generally plentiful.

BUS SHELTER

A meeting on the proposed location



We always seem to need wheelchairs.

of a bus shelter in the center of Williamsburg took place on August 11th. People attending the meeting did not seem opposed to having it in front of the Veteran's Memorial but did want it to be 10 ft. instead of 12 ft. in length and to be moved over a little. Hopefully, the shelter will be built this fall before whatever weather winter brings us.

Online Newsletter at www.burgy.org

The COA will no longer be automatically mailing out the newsletter to anyone, not even elders. The newsletter is available online at www.burgy.org and at the following locations:

1. Williamsburg Town Offices—141 Main St., Haydenville.
2. Nash Hill Place—7 Nash Hill Place, Williamsburg.
3. Meekin's Library, 2 Main St.,

Williamsburg.

4. Florence Savings Bank, 1 Main St. Williamsburg
5. Williamsburg Market, 3 Main St., Williamsburg.

.And, we may add other locations. In fact, we welcome suggestions. Any resident of the town of Williamsburg who is 60 years of age or older who cannot access the newsletter online or at any of these loca-

Williamsburg residents age 60 and over can request the newsletter be mailed to them.

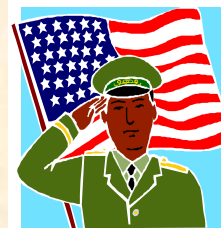
tions may call 268-8410 or 268-8407 to request the newsletter be mailed to them free of charge.

News: Weekly Hours for Veterans' Agent / Nash Hill Elevator

For quite some time Veterans' Agent, Steve Connor, has been meeting once per month with veterans here at the Williamsburg COA. Now, Veterans' Agent, Joe Russo (and sometimes Steve Connor or Kathleen Pollard) will be coming on a weekly basis to assist veterans with most any service they could

receive in the main office. The hours are Mondays (not on holidays) from 11 a.m. to 1 p.m.

After the COA recommended that an elevator for Nash Hill Place be considered a priority in the town's community development plan, Hilltown CDC applied for federal funding to hire an architect to design it.



*Veterans' Agent
Hours are Mondays,*

DHCD approved the funding and, since they consider the design stage worthy of funding they are likely to consider the second stage worthy as well.

Charles S. Baldwin

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SION OF MATURE MATTERS. SEND CHECK OR
MONEY ORDER IN THE AMOUNT OF \$20 FOR ONE IS-
SUE OR \$75 FOR 4 ISSUES. BUSINESS CARD SIZE AD
PLUS LISTING HERE IN WEB VERSION. FOR INFOR-
MATION ON LARGER ADS CALL MARY WHEELAN AT
268-8410 OR E-MAIL HER AT coa@burgy.org. Send check
or money order to

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

Services at Hilltown COAs

COORDINATORS

Chesterfield: Deborah Marshall

296-4007 chesterfieldcoa@verizon.net

Cummington: 634-2262—Diane Anderson

coa@cummington-ma.gov

Goshen: Elizabeth Loven

268-7122 egoshenlady@verizon.net

Plainfield: Gail Fusco

634-2220 gfusco325@crocker.com

Westhampton: Liz Anderson

527-0142 eanderson12@comcast.net

Williamsburg: Mary Wheelan & Fran Goebel- 268-8407, 268-8410
coa@burgy.org

www.burgy.org

Worthington: Sandra Epperly

238-5577 coa@worthington-ma.us

Meals On Wheels/Congregate Meals / School Meals / Pot-lucks

The Meals On Wheels program at Highland Valley Elder Services (HVES) is available to eligible seniors in the Hilltowns. For more information call HVES at 413-586-2000.

Congregate meals at the Williamsburg COA are available for elders from all the towns in the COA Consortium twice per week. There is no fee but donations are encouraged. Call 268-8407 to reserve a meal at least 48 hours in advance.

On school days Worthington seniors are welcome to participate in the school lunch program. Call 685-1370, ext. 1133 by 9:30 a.m. Take out available. Meals are served at noon.

Chesterfield elders can eat at the elementary school during the school year. Call 296-0000 twenty-four hours in advance.

All the Hilltown Consortium COA's have potlucks and picnics. Call your local COA for more information.

Brown Bag

This program is available through the Food Bank of Western Massachusetts. Once per month income eligible seniors can receive a bag of groceries at a minimal cost. For an application call 413-268-8407 or your local COA.

Other Services

Health & Safety Fairs and/or flu shot clinics available in all seven towns.

Foot Care: Williamsburg, 2nd Wednesday of each month. For appt. call 268-8407. In Goshen foot care on 4th Wednesday. Call Liz at 268-7122 for appt.

Blood pressure screenings: Check with your local COA for times.

Free hearing screenings: call 268-8407 for appointment.

HOPE Nurse: Mary Kane: 413-238-5511, ext.131 or call your COA.

SHINE: Health insurance information: call your local COA for referral.

HEN (Hilltown Elder Network): call your local COA for referral to the HEN Coordinator in your town.

Highland Valley Elder Services: 413-586-2000, 800-322-0551
www.highlandvalley.org

Elder Abuse Hotline: 800-922-2275

Alzheimer's Association: 413-787-1113

Van service: 413-268-7582 (not Williamsburg or Westhampton) For Williamsburg call 413-739-7436 or 1-866-277-7741.

FUEL ASSISTANCE: 1-800-370-0940.

AARP Tax preparation: 413-268-8407.

Veterans' Agent: Mondays 11 a.m. to 1 p.m. at Williamsburg COA. No appt. needed.

FOR MORE INFORMATION ABOUT THESE AND OTHER SERVICES OR EVENTS CALL YOUR LOCAL COUNCIL ON AGING.

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. (resumes 9/14)

Veteran's Agent: 11 a.m.—1 p.m.

Tuesdays:

Quilting Class: 9 a.m. (resumes 9/8)

RSVP Osteoporosis Exercise Class:
 10:30 a.m., Nash Hill Place 9
 (resumes on September 15th)

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

Phillip Reid, Chair

Carl Beach, Vice-chair/ Grievance
 Officer

Ira Gabrielson, Secretary

Janet Nurczyk, Treasurer

Lenore Garvais

Donna Baldwin

Gerald Mann

Dorothy Backer

Kerstin Liander

Associate Members: Emma Hall,
 Sandra Liimatainen, Glen Goebel,
 Phillip Reid, Nylda Weeks, Kate
 Davidheiser

Staff: Mary Wheelan, Fran Goebel.

Sandra Liimatainen