

SHUTESBURY COUNCIL ON AGING NEWSLETTER

May-Jun. 2016

Vol. 1 Issue 4

Staying True to Ourselves as We Navigate Aging

On Saturday, June 11, from 10 am to noon **Kate Clayton-Jones**, the foot care nurse who comes to Shutesbury on the third Monday of each month, will present this two-hour program to explore strategies for making decisions as we age. Before getting her Masters in Nursing in 2013 and becoming a Certified Foot Care Nurse, Kate was an independent financial planner, with an interest in helping people find their own answers to financial issues in their lives. "I come to this topic from a different perspective. Imagining 20-20 hindsight can help make current decisions easier," said Kate.

This will be an interactive program with an opportunity to identify our core values and to write about how we want to be remembered. We'll hear about ways we can make decisions that match our values and to share with each other the knowledge and experience we already have. Come see what Kate has to offer.

**Please RSVP: 259-3796 or
coa@shutesbury.org**

(For more about Kate see page 4)

This newsletter is produced with funding
from the Massachusetts Office of Elder Affairs.

Aging in Place

Shutesbury's Aging in Place Task Force met at Town Hall on May 26. The Task Force has been discussing what we can do to help seniors in Shutesbury remain in their homes as they age. We are at the beginning phase of this exciting effort. One of the models we have been discussing is the "**Village to Village**" Network model. The nearest member of the Network is **Monadnock at Home**, located in Jaffrey, NH.

We were fortunate to have **Village to Village** board member **Frank Harnden** speak to us about how **Monadnock at Home** got started and how he got involved in the nation-wide Network.

In April the Task Force met with representatives from the towns of Leverett, Pelham, Amherst and Petersham to brainstorm and share about how we might work together to provide services to our towns.

Shutesbury's COA is taking the lead in this inter-town effort to work together.

Interested in Yoga? Wednesdays in June at 9 am. Town Hall. Provided by our library and funded by the COA.

Council News

Ongoing COA Programs

Monday Morning Foot Clinic

The foot clinic continues to meet on the third Monday of the month. Over the summer the dates will be **June 20, July 18 and August 15**. Half-hour appointments with a foot care specialist are from 9am to noon. Call **David Dann at 259-1554** for more information or to schedule an appointment.

Potluck Lunches are held the first Tuesday of the month at noon in the Senior Lounge. The summer potlucks will be **June 7 and July 5**. We will skip August. The first fall lunch will be **September 6**. Please call **Marilyn Tibbetts at 259-1976** by the Sunday before, to let her know you are coming and what you are bringing.

Med Ride Program: Free rides to medical and dental appts. in Hampshire, Franklin and Hampden counties are available to those who need them. Call **259-3796**. Two weeks advanced notice is recommended.

Tai Chi: Ongoing with **Henry Geddes**. Call him at **259-2127** to let him know you are coming. Meets Weds. 7:15-8:15pm in the Senior Lounge.

Coffee Drop-in: Mondays 10-noon, Senior Lounge, hosted by Mike and Patty Vinskey.

*Did you know that Shutesbury residents can be members of the Amherst Senior Center?
Sign up at the Bangs Center.*

COA Monthly Meeting

The next **COA meeting will be at 5:30 pm, Wed. June 8 in the Senior Lounge**. If you would like to serve on the Council on Aging please contact **Marilyn Tibbetts at 259-1976** or **David Dann at 259-1554**. Town Meeting voted in favor of increasing the number of members from five to seven to encourage more participation and bring new ideas to the group. There are two vacancies.

The **COA website** has been updated by David Wheeler working with the Shutesbury Website Committee chair, Paul Vlach. Go to **Shutesbury.org**, click on **Offices and Committees**, scroll down to **Council on Aging**. As well as information on upcoming programs and activities, there is a link to the current newsletter. Thank you David Wheeler!

LifePath

Formerly known as Franklin County Home Care Corporation, **LifePath** is working for all of us over the age of 55 (and those of any age with disabilities), to help with needs we may have to maintain independence and quality of life in our homes. Go to their new website **lifepathma.org** or call them at **413-773-5555** for more information.

Council News

Shutesbury Council on Aging Visits the Bangs Center

By David Wheeler

The times are a changing - and so are we. Many of our neighbors have moved on. We are becoming limited in our abilities to care for ourselves the way we used to. Social opportunities are diminishing; opportunities for adventure and learning have moved to the back of the class. Going, going, gone??

This doesn't have to be the way to live. The Center provides a focal point for information, social gatherings, personal enrichment programs, health check-ups; food services, and referrals as needed, as well as a wealth of Senior Center activities.

David Dann and David Wheeler, members of our **COA** visited the **Amherst Senior Center** and met with Maura Plante, Program Director/Social Worker; Helen MacMellon, Social Worker/Outreach; and Nancy Hirsh Pagano, Director/Program Director. This visit was part of the **Shutesbury Council on Aging's** effort to explore and develop ways for our neighbors to help one another be active and remain in the homes they love as they become 'obsolete children' (Dr. Seuss).

We found a treasure trove of stimulating, invigorating activities that are available to citizens of ALL neighboring towns. The Bangs Center also lends both books and medical equipment. Contact Nancy Pagano, the director, for more information. The schedule and listing of programs and activities can be found in **the Senior Spirit Newsletter** published every other month. The June/July issue will be available in a few weeks. It is also available through the town of Amherst web site: www.amherstma.gov/269/senior-center.

Visit the Amherst Senior Center in the Bangs Community Center at **70 Boltwood Walk**. If you need directions, call **413-259-3060**.

<p style="text-align: right;">Council on Aging Marilyn Tibbetts, chair David Dann Melissa Makepeace-O'Neil Linda Avis Scott David Wheeler Monthly meetings: 2nd Wed. 5:30 pm Town Hall email: coa@shutesbury.org Newsletter editor: Sally Fairfield sjmcfair@gmail.com</p>
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More About Kate Clayton- Jones

By Sally Fairfield

When the Council on Aging started the foot care clinic I signed up. My toes go numb in winter. As soon as it turns cold I get out my down booties. That's when I met Kate. The first visit she told me about Darn Tough Socks. I thought Smart Wool were good. She said Darn Tough are better, that the company is a family-run business, based in Northfield, Vermont. The socks are made of Merino wool and if they wear out the company will replace them for free. On my last visit she showed me how to tie my shoes. She also gives good foot massages.

When I heard about the program **Staying True to Ourselves on Sat. June 11** I wondered what makes a foot nurse want to give a talk about strategies and making decisions as we get older? Here's some of what she said:

" Before I became a nurse I was a financial planner and I had a personal understanding of passing on wealth and the effects of both good and poor planning. When the economy went through hard times in 2008, financial planning was not a good field to be in. I enjoy working with people. I thought perhaps my approach to helping people manage their money could be applied to managing their health. Health is a resource and preventive care is like making a financial plan. I see an opportunity to blend my MBA and my nursing MA to help people be proactive and productive as they age. Decision-making based on core values and helping people find their own answers is rewarding for me and brings peace of mind to people as they age.

I also have family experience with financial decision-making. My great-grandfather was one of the Ringling Brothers. Basing decisions on who we are as individuals and what has been important to us in our life, we can make decisions now to have a fulfilling life and leave a legacy of how we want to be remembered."

Come hear what Kate has to share with us. Saturday morning 10am to noon at Town Hall. **Please RSVP the COA at 259-3796 or coa@shutesbury.org.**

Looking ahead: The Council wants to apply for a grant to explore and develop ways we can reach out to one another with phone calls and visits and activities. More on that in the next issue.

COMING COA EVENT

**"Staying True to Ourselves
as We Navigate Aging"**

With Kate Clayton-Jones, RN

**Saturday, June 11, 10 am -noon
Town Hall - Senior Lounge (downstairs)**

RSVP: 259-3796 or coa@shutesbury.org