

THE SHUTESBURY GEEZETTE

Nov. - Dec. 2017

Vol.3 Issue 1

COA Celebrates Marilyn Tibbetts and Her Service to Our Community

For the last 18 years, Marilyn has been an active member of the **Council on Aging** and has decided it is time for her to retire. Working alongside good friend **Muriel Gross** for many years, Marilyn helped with the Council on Aging lunches. In 2007, Marilyn stepped into the role of coordinating these lunches.

She has volunteered her time to Shutesbury since at least 1970, when she became Select Board clerk. She's served in many capacities, including Fire Department secretary, (over twenty-five years) working alongside husband Robert and son Walter; Registrar of Voters (about twenty-five years); and Constable (ten years.) She's been a member of the Cemetery Commission, the ADA Committee, and the Historical Commission, and other committee, commissions and boards. (cont'd on pg.2)

The COA Needs a Logo!

Wanted: Community members, all ages, to design a logo to be used on The Geezette and other flyers, publications, notices, anything to do with the COA. We want to have a contest and have it in conjunction with an event at the SAC in April (**March?**), possibly a dinner with the Select Board, as we did last year when there was Bingo with family participation.

This time we would like to have a **LOGO DESIGN CONTEST**. including the many town artists, and all the student artists-in-residence at the Shutesbury Elementary School. We will display them at the dinner, decorating the dining area, and give you, the dinner guests, (again all ages welcome) the opportunity to vote for the logos that you like best. The COA will take the top 5 choices. [There will be **PRIZES**]. Then, the Committee will vote on the one they like best.

FYI

(cont'd from pg. 1)

As a COA member and later as Chair, Marilyn ran a tight ship. She was careful to observe ServSafe requirements. She kept a close eye on COA property.

Her sense of order and responsibility was accompanied by thoughtful hospitality. Marilyn would have a welcoming pot of hot coffee available and always invited the Highway and Police Department staff, as well as Town Hall employees to the monthly lunch. Marilyn's holiday meals, especially for the Christmas season, were a real treat.

Thank you Marilyn, for your years of service as Chair of the Council of Aging and for all the work you have done for our town.

(This article was written by Susan Millinger with help from Melissa Makepeace-O'Neil and others in the community.)

**Hospice/ Palliative care
dinner follow-up**

The COA put on a great pasta dinner on the third Friday in September at the Shutesbury Athletic Club. Forty people stayed for the program, a presentation by the Executive Director of Hospice of Franklin County, **Terry Gaberson** and the Palliative Care Nurse Practitioner, Lea Appel.

There are many misperceptions about hospice. If you have a serious illness with a prognosis of death coming in the near future, talk to your doctor about how hospice might help you. Hospice is not about giving up. It's about enhancing your quality of life to live as fully as possible until death. It is better to get help earlier in the progression of serious illness. Don't wait until it is too late for the help they have to offer. These services are here for you. Medicare, Medicaid and most insurance covers some if not all of the services they offer.

**Hospice of Franklin
County
329 Conway Street, Suite 2
Greenfield, MA 01301**

**Phone:413-774-2455
email: infor@hospicefc.org**

The Med Ride Program has expanded and now offers rides to

Athol and **Orange** as well as locations in Franklin, Hampden and Hampshire counties. If you are over 55 and need a ride to a medical or dental appointment, call the COA at 259-3796. Two weeks notice is recommended. With the expanded service, the COA would welcome new drivers.

The Foot Clinic is held on the fourth Monday of the month from 9-12, **except this month of December, when it will be on the the third Monday, December 18, due to Christmas Day being on the 4th Monday this year.** Call David Dann at 259-1554 for an half hour appointment. A suggested donation of \$30 (**has this changed?**) is appreciated.

No Strength training or Yoga Classes until spring. Check the library website : sites.google.com/site/mnspearmemorallibrary to find out when classes will resume and other programs that the Friends of the Library sponsor.

151 Med. Rides
85 clients for the Foot Clinic
12 Potluck lunches
3 Newsletters

COA by the Numbers 2016-2017

2 new members of the COA, **Jeanne Footit** and **Susan Millinger**. With Marilyn's retirement the Council has an open seat. Come to a meeting and see how much fun they are:

Next COA Meeting: Wed. Jan. 10, 2018 at 5:30 pm. Senior Lounge, downstairs in Town Hall.

2 Dinners (one with Select Board) at SAC with programs.

1 \$15,000 Grant from the MA Office of Elder Affairs and Dept of Housing and Community Development to help people stay in their own homes as they age. (see pg. 4)

1 Partnered program with the library: yoga in the spring, summer and fall.

(FYI cont'd)

NEW COA WEBPAGE

The Shutesbury Town Website Committee has been reorganized, making it easier for groups to post current information. David Wheeler is coordinator for the Council page on the shutesbury.org website. He will be updating the page so you can stay informed about what the Council is doing. The minutes from the monthly meetings are posted as well as current of The Shutesbury Geezette.

Village Neighbors: So Aging Adults can Remain at Home

If you have been keeping up with the COA, you have heard of the “Village to Village” model that is rapidly growing all over the USA. A Task Force of the Shutesbury COA has been meeting for seven months, including folks from Leverett, New Salem, Shutesbury and Wendell. Pelham has expressed interest and Petersham is organizing as well. The membership-based “**Village Neighbors**” is close to incorporating as a non-profit with the mission of “Empowering aging adults to lead independent and engaged

lives at home and in their communities.” LifePath has been supporting us through this process.

Services such as transportation, vetted “handy-hands”, technology assistance, and social programs, will eventually be offered. Joining with other towns make the costs more affordable. **Village Neighbors** helps folks stay in their homes by offering the type of help that a friendly neighbor might offer but within a more organized structure. Members are age 60 and above. Volunteers can be any age. All will receive training and a free safety, CORI* check. Right now we need people to work together to make this happen.

Call David Dann (259- 1554), Chair of the **Council on Aging** and of the Steering Committee for **Village Neighbors** for information on working for this terrific community effort. He can give you the contacts for the different areas where we need help: Membership/Volunteer, Public

Relations, Governance, Steering, and Information Technology (IT). Your input is essential.

***Criminal Offender Record Information (CORI)** is a record of all criminal court appearances in Massachusetts for a particular individual, including arrests, convictions, dismissals, and serious violations.

From Your Editor

Dear Readers,
If you have gotten this far in reading this issue, you will have seen that we need you. Your community needs you. We need help getting **Village Neighbors** up and running. We want to be ready to offer services in May or June of 2018. That's six months away.

We want to get this started now so that when the 40 and 50 year old townspeople are in their 80's and 90's, they will be able to stay in their homes, too. Working together we can make this happen. It would be wonderful if some of you reading this could see yourselves working a few hours a week to help your neighbors.

Did you happen to see that we also need a new member for the

Council on Aging? Marilyn Tibbetts can't be replaced but there is a spot for YOU to help us keep moving forward.

Let me know.

May you be safe and healthy this coming holiday season,

Sally

Council on Aging

David Dann, Chair
Jean Footit
Melissa Makepeace-O'Neil
Susan Millinger, clerk
Linda Avis Scott
David Wheeler

Monthly meetings are the 2nd Wednesday 5:30 pm at Town Hall

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