

# *Shutesbury Geezette*

*The newsletter of the Shutesbury Council on Aging*

*Jun.-Jul. 2018*

*Vol.3 Issue 3*

## **Village Neighbors**

**A community of neighbors helping each other to live independently at home**

**Serving Aging Adults in Shutesbury, Leverett, Wendell and New Salem**

Over the past few years, many people in the above four towns have been meeting together with the vision and the dream of this becoming a reality. The Shutesbury Council on Aging has been the supporting voice, starting with our Select Board appointing an Aging in Place Task Force to look into the possibility. A year ago, the Office of Elder Affairs of the Commonwealth of Massachusetts, with the help of LifePath, awarded the Task Force a grant of \$15,000 to help us with the project. People from all four towns have been working together to make it happen.

It has been a marathon of meetings and it's not over yet. All the committees are busy with details. You may have seen the table at Town Meeting with fliers and information. It's being shared here again so we can reach as many people as possible. The Board of Directors made up of a representative from each town and of each committee has been checking off all the legal requirements of a non-profit corporation. We have a telephone number and a website. We've bought software to help us connect volunteers with members.

***Village Neighbors***, a volunteer non-profit community of neighbors in Shutesbury, Wendell, Leverett, and New Salem will begin offering services by October 2018 to help elders live independently at home. Village Neighbors welcomes new friends to be helping volunteers, to be members, and to join one of our supporting committees. Village Neighbors belongs to the national Village to Village Network and works closely with LifePath and local Councils on Aging.

# Here's How It Works

## Member Benefits

### ***Manage Your Household***

Volunteers will provide members assistance with occasional household tasks or yard work and minor repairs.

### ***Neighbors Helping Neighbors***

Volunteers will give technical support for electronic devices and simple computer problems.

### ***Get a Ride***

Volunteers will provide transportation to appointments, visits with friends, social and cultural events, grocery or other shopping trips.

### ***Need Additional Help***

Village Neighbors will provide a list of vendors such as landscapers, house cleaners, repair persons or home health providers.

## Here's What it Costs

### ***Yearly Membership***

***No fee for volunteers***

***Individual***  
***\$75.00***

***Household***  
***\$125.00***

***Seasonal (6 months or less)***  
***\$50 - \$75.00***

***Subsidized and waived membership will be available.***

We still need people to help with the volunteer/membership committee to be ready to provide services. We are in the process of finishing up both the applications and the interview questionnaires for each group. We'll need people to help with volunteer training and others to learn how to be a call manager, something that can be done from your own home. We're planning a gala event when we're ready to 'go live' and can use help planning that. We'll be doing a mailing to everyone in all four towns.

### ***Contact us:***

(413) 345-6894

[generalinfo@villageneighbors.org](mailto:generalinfo@villageneighbors.org)

[www.villageneighbors.org](http://www.villageneighbors.org) (Website under development)

# ***FYI and Monthly Activities***

## ***Foot Care By Nurses***

The Foot Clinic is now held on the **third Wednesday of each month** from 9 am to 12 noon. The dates for July - November are: Jul. 18, Aug.15, Sept. 19, Oct.17 and Nov.21. Half-hour appointments include a foot massage, nail trim and good conversation. A donation of up to \$35.00 is appreciated. Call **David Dann at 259-1554** for more information and to schedule an appointment. Transportation is available through the Med-Ride program and home visits can be arranged if needed.

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## ***Med-Ride Program***

The Shutesbury COA continues to offer rides for medical and dental appointments for those over 55 who do not have transportation. This program is paid for by a grant to the town from the Executive Office of Elder Affairs. If you need a ride to appointment in Franklin, Hampshire and Hampden counties or the Athol and Orange area, call the COA at **259-3796** and leave a message. Two weeks notice is appreciated.

## ***Community Lunch Get to Know Your Neighbors***

Every first Tuesday of the month a potluck lunch for everyone in Shutesbury is held in the Senior Lounge, downstairs in Town Hall, on the first Tuesday at noon. The dates for the lunches for July through November are: July 3, Aug.7, Sept. 11, Oct. 2 and Nov. 13. Put the dates on your calendar and come join us for good food and good conversation. When we have more people, we could take turns doing the set-up and hosting and have the potluck twice a month!

## ***Looking for Writers***

Have you lived in Franklin County for 20 years or more? Would you like to share some of your early memories? **Shelby Ashline**, the Features Editor of **The Greenfield Recorder** and a Shutesbury resident, reached out to the COA to see if there are writers who might be interested in contributing to a **Times Past** column. The column runs in

Saturday's edition on the **Remember When** page. (cont'd on pg. 4)

Shelby, originally from St. Alban's, Vermont, has her journalism degree from UMass and after living in off-campus apartments, she and her partner wanted to be more in the woods, where the trees have quieter parties. They live on Wendell Road.

If you have stories to share, they should be somewhere between 400-800 words in length. Those who submit columns will need to contribute a headshot photo of themselves. Old photographs relating to the column topic is appreciated.

Shelby also says that she would be happy to sit down with anyone who has a story he or she would like to share. Her contact information is: [features@therecorder.com](mailto:features@therecorder.com)

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**Did You Know** that you can now get a sticker for the Leverett Transfer Station (LTS)? With this sticker you can take your bulky waste and visit their "Take It or Leave it" feature of the LTS. You can bring good stuff that you no longer need, and take what you want at no cost. There is a charge for bulky waste disposal; cash or checks are accepted. The LTS is located at 15 Cemetery Rd. Leverett (off Still Corner/January Hills Road).

## Library Programs

### *Yoga*

The Library offers a **free gentle yoga class every Wednesday at 9 am at Town Hall.** Library yoga is supported by the Friends of the M.N. Spear Memorial Library, the Shutesbury Council on Aging, and the Shutesbury Cultural Council. Free classes will run through the last Wednesday in November. There is no class on July 4th. Please bring a yoga mat.

### *Kayaks*

The Library has a kayak loan program. Shutesbury residents can use their library card to borrow a kayak to use on Lake Wyola. The kayaks are stored at the area known as "the old town beach" near the boat ramp on Randall Road. Visit the Library to learn more. (FYI cont'd on page 6)



## ***Massachusetts Senior Medicare Patrol***

***Do you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?***

Remember March? That was the month when it seemed as though there was a blizzard once a week. This program, led by **Scott Simundza**, a representative of the **Massachusetts Senior Medicare Patrol (MASMP)** has been rescheduled for **Wednesday, September 19, 2018, at 6:30 p.m.** in the Senior Lounge at the Shutesbury Town Hall. You are invited to participate in a discussion on how to prevent, detect, and report healthcare errors, fraud or abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This **free** information workshop will provide you with the tools to become a more informed and engaged health care consumer. The Shutesbury COA has invited the surrounding towns to join us in learning about what we can do to prevent fraud. There will be light snacks at 6:00 p.m. followed by the presentation by Scott from 6:30 to 7:30 pm. For more information please contact the COA at 413-259-3796 and leave a message or email at [COA@Shutesbury.org](mailto:COA@Shutesbury.org).

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MASMP Program office at 800-892-0890.

This event is jointly sponsored by the **Shutesbury Council on Aging** and the **Massachusetts Senior Medicare Patrol Program**. The MASMP Program is funded in part by grant number 90-MP 0226-03-01 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.

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***~~~~~Reduce Medicare Fraud~~~~~***

*(FYI Cont'd)*

## ***Get a Senior Parks Pass***

If you're aged 62 or older, you're eligible for a discounted lifetime parking pass. This pass covers the cost of parking at most state parks. You can buy a DCR ParksPass at most parks and beaches that charge for parking. Visit a contact station where parking fees are being collected, including Lake Wyola State Park.

### **What you need for Get a Senior ParksPass**

- Driver's license
- Proof of age and residency, such as a driver's license.

You can pay by cash or check at most facilities.

**Senior parks passes cannot be purchased online.**

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## ***Town Website info***

If you are so lucky as to have internet access (and, in the near future, we will all be so lucky!) the Shutesbury town website, [www.shutesbury.org](http://www.shutesbury.org) has helpful information for you.

The volunteers who work for us on committees, boards and departments have created informative web pages with a list of its members, contact numbers or emails, the meeting schedule, minutes of past meetings, the committee charge, topics they cover, forms, and how-to information.

The town website has a calendar of meetings. In the menu bar at the top of the page, click on **Meetings** and then choose **Calendars**. On the calendar page you will be able to click on the underlined portion of an event and the agenda for that meeting will appear. Getting information in a small, rural town with part-time office staff can be a challenge. The town website can be help at your fingertips.

## ***Broadband News***

“Make ready work” is continuing and our next step is organizing a town wide evaluation of all houses that have underground utility service.

If your existing electric and telephone lines come into the house through an underground conduit, on **Sat. July 7** someone on the Broadband Committee will be coming to your house to make sure the new fiber optic cable can be accommodated.

Both National Grid and Verizon trucks are working on poles, replacing some and moving wires on others to make room for the new cable.

The engineering design for the network is in the final stage and will be ready at the end of June. Bids for the contractor to hang the line will go out soon. Westfield Gas and Electric, our project manager, will review the bids and make recommendations. The service provider will also be chosen later this summer.

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From the editor:

We are so fortunate to have people in this town who have spent hours, days, weeks, months and years working together to bring broadband to our town. They deserve gold medals for all the hurdles and obstacles they have had to overcome in the process of getting high-speed internet access. Their names are on the town website. Let them know how much we appreciate their work. And, when the work is completed, let's have a party to celebrate!



**"I found an alternative-fuel vehicle that runs on fat instead of gasoline! Oh wait, it's a bicycle."**

### **Council on Aging**

**David Dann, Chair**

**Melissa Makepeace-O'Neil  
Susan Millinger, Secretary  
Linda Avis Scott  
David Wheeler**

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

**Contact: Phone 259-3796**

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