

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**. She 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, she stepped into the role of coordinating these lunches.

Even on regular weekdays, there would be tablecloths beneath the placemats, and napkins to match. Marilyn was a master at creating a festive room and gave loving attention to seasonal decorations . She would bring pretty or fun centerpieces from home for the holiday tables, and often provided a special dessert. Marilyn's holiday meals, especially for the Christmas season, were a real treat.

(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 and anything to do with the **COA**. We want to have a contest. Perhaps the event might be a dinner with the Select Board, like last year's Bingo with family participation.

This time we would like to have a **LOGO DESIGN CONTEST**, open to the many town artists, including the student artists at the Shutesbury Elementary School. From this group, the COA will take the top 5 choices and display them at the dinner, giving you, the dinner guests (all ages welcome) the opportunity to vote for the logo that you like best. [There will be **PRIZES**.]

(cont'd from pg. 1)

Marilyn has volunteered her time to Shutesbury since at least 1970, when she became Select Board clerk. She served in many capacities, including Fire Department secretary, working alongside her husband Robert and son Walter; Registrar of Voters and Constable. She's been a member of the Cemetery Commission, the ADA Committee, and the Historical Commission, and other committees. She played an instrumental part in the request to re-do the Senior Lounge into the inviting room that we all enjoy using.

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

Her sense of order and responsibility was accompanied by thoughtful hospitality. Marilyn would always 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 Tibbetts has served her town in many ways across the decades. We at the COA, both past and present, whose memories have been the source of this write-up, feel especially grateful for all she has done with and for seniors and others who have enjoyed the lunches and the community potlucks.

We share our condolences with the Tibbetts family on the death of Marilyn's husband Bob, who died at home on Nov.18.

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

< **FYI** >

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 and leave a message. Two weeks notice is recommended. With the expanded service, the COA would welcome new volunteer drivers.

The Foot Clinic is held on the fourth Monday of the month from 9-12, **except this December, when it will be on the third Monday, December 18. Christmas Day is on the 4th Monday this year.** Call David Dann at 259-1554 for a half hour appointment. A suggested donation of up to \$35 is appreciated.

***No Strength training or
Yoga Classes until
spring.***

Check the library website : sites.google.com/site/mnsp earmemoriallibrary to find out when classes will resume and other programs that the Friends of the Library sponsor which the COA makes a contribution towards.

***COA by the Numbers
2016-2017***

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

(COA by the Numbers cont'd)

2 New members of the COA, **Jeanne Footit** and **Susan Millinger**.

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

1 Annual grant for \$4500 from the MA Office of Elder Affairs.

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

New C.O.A. 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 on Aging page** on the shutesbury.org website. He will be updating the page on a regular basis so you can stay informed about what the Council is doing. The minutes from the monthly meetings are posted, as well as past and current issues 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 country. A Task Force of the Shutesbury COA has been meeting for a year and a half, including folks from Leverett, New Salem, Shutesbury and Wendell. Pelham and Petersham have both expressed interest in the model. Joining with other towns makes the cost more affordable as well as providing services to more people.

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.”

Services such as transportation, “handy-hands” (vetted volunteers to help with seasonal and household chores), technology assistance, social

(Village Neighbors cont'd)

visits, and daily check-ins will eventually be offered. **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 and 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 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 will be very helpful.

***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.

Healthy and Mindful Eating this Holiday Season

Tips from Nutrition Notes by Karen Lentner, MA, RD, LDN, as reported in LifePath's monthly newsletter.

It's best to plan before you eat, and only eat when you're hungry. Don't skip a meal. If you want a snack, consider raw vegetables, a handful of nuts, or fresh fruit. Fiber helps you feel full longer.

Eat slowly and take time to enjoy the taste of your meal without distractions.

Between bites, put your fork down while chewing. Be mindful of what and how much you have eaten. Mindful eating will help you appreciate and enjoy the food you eat. **Try eating from a smaller plate** to help limit the amount you eat. **Moderation is the key.**

It Takes a Town

This newsletter is the work of many people. The **COA** members provide ideas for articles. Some of them write articles. **Veronica Richter** did the final proofing and picked up errors that three of us missed. She is a good addition to the **Geezette** team.

From Your Editor

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glasbergen.com

Dear Readers,

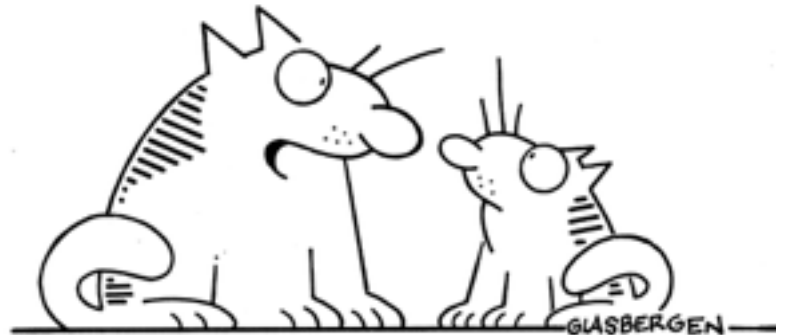
The **COA** can use your help. **Village Neighbors** would like to be ready to offer services in May or June of 2018.

Working together we can make this happen. Can you see yourself volunteering? Let me know (253-4808). If you want to get involved, we can talk about what might work for you.

The **Council on Aging** has a vacancy. Come to a meeting and see if serving on the **Council** would be a good fit. The next COA Meeting is **Wed. Jan. 10, 2018 at 5:30 pm.** Senior Lounge, downstairs in Town Hall. Meetings are held the second Wednesday of the month. The meeting starts at 5:30 pm and is usually over by 7pm. You can call or email either me or the COA. Phone numbers and email addresses are in the box in the next column.

May you be safe, healthy and happy this coming holiday season,

Sally



**"If at first you don't succeed, take a nap.
When life gives you lemons, take a nap.
When the going gets tough, take a nap."**

Council on Aging

David Dann, Chair

Jean Footit

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 info: **Phone: 259-3796**

Mail: P.O. Box 276,

Shutesbury, MA 01072

email: coa@shutesbury.org

Newsletter editor: Sally Fairfield

sjmcfair@gmail.com 253-4808

Associate editor: David Wheeler

Final proofreader: Veronica Richter