

Shutesbury Geezette

The newsletter of the Shutesbury Council on Aging

Feb.-Mar. 2018

Vol.3 Issue 2

Protect Yourself From Medicare Fraud!

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

Come meet **Scott Simundza**, a representative of the **Massachusetts Senior Medicare Patrol (MASMP)** Program on **Wednesday, March 21, 2018**, at **6:30 p.m.** at the Shutesbury Town Hall, 1 Cooleyville Rd., Shutesbury, MA 01072, and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and 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.

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 MA SMP 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.

FYI and Monthly Activities

Foot Care By Nurses

The **Foot Clinic** is held on the fourth Monday of the month from 9-12. Between now and June it will be held on **March 19, April 23, and May 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.

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 an 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.

Shutesbury School has a running/walking track the community may use during non-School hours!

Healthy Living Workshops Offered by LifePath

Healthy Living Workshops are free! They are held in various locations, open to people with a chronic health condition, as well as their caregivers and loved ones. These six-week sessions are led by a team of two trained volunteers and are starting soon at the following locations:

"A Matter of Balance: Managing Concerns about Falls" - Tuesday, March 13, 2018 10:00 am - 12:00 pm. Location: South County Senior Center, 67 N Main St., South Deerfield.

"Chronic Pain Self-Management" Wednesday, March 14, 2018 10:00 am - 12:30 pm Location: Baystate Franklin Medical Center, 164 High St, Greenfield, MA

"Healthy Eating for Successful Living" - Thursday, March 15, 2018 1:00 pm - 3:30 pm Location: Athol Senior Center, 82 Freedom Street, Athol, MA 01331

Checkout the **COA** page at the **town website: shutesbury.org**. David Wheeler is keeping it up to date.

(FYI continued on pg. 4)

Managing Household Responsibilities in Times of Change

Running a household is expensive and the responsibilities daunting. As we cycle through life, the inter-dependence with our partner changes significantly: temporarily, incrementally or permanently. We go from a household of two with shared tasks to being the primary or sole caretaker and custodian of household responsibilities and finances. Anticipating, acknowledging, accepting and planning for these inevitabilities, prior to their unfolding and occurrence, seems a wise course before our hearts are breaking due to loss and grief.

I am proposing a shared conversation together should you believe that having a blueprint in hand of all homestead-related responsibilities and resources appears prudent and comforting. It might be considered an ‘Advanced Directive’ for the home. This group would be an opportunity to create a plan, tailored to individuals’ needs, drawing on the experience of others, including those who already live alone and those who have been through these losses and are willing to share their experience. If you are interested, call or email: Jill Solomon Marland 259-2008 jillesolomon@gmail.com

Lifepath Dementia Support Group Support for caregivers of individuals with dementia

LifePath knows that the quality of care that a caregiver gives to others is enhanced when a caregiver takes time to care for herself or himself. That’s the backbone of the caregiver programs at LifePath. Spanning from educational workshops and support groups to personalized grants and financial support options, each program and event works to support the hard work of those who care so wholeheartedly.

Support groups have been shown to have many benefits for participants. Beyond the opportunity to share

personal stories and listen to similar experiences of others who simply “get it,” members give and receive moral support and emotional comfort, leading to practical tips and advice – such as information about other resources you might not have learned about on your own – that can help you better cope with life’s challenges. Other benefits often include experiencing decreased feelings of loneliness, isolation, and judgment; a greater sense of

(cont’d on pg. 4)

Dementia Support Groups (cont'd)

empowerment and control; and reduced stress, depression, and anxiety. In addition to an in-person Dementia Caregiver's Support Group at LifePath, which is facilitated by **Molly Chambers** and meets the **first and third Wednesday of each month from 5 to 7 p.m. at 101 Munson Street in Greenfield, MA**, a new "virtual" support group is available. Both groups are for caregivers of people with memory disorders, such as (but not limited to) Alzheimer's disease. They offer participants a place to ask questions, share experiences, and get answers.

Caregivers can access the secure, virtual support group remotely by phone and via the internet. To ensure privacy within the group, potential participants are screened before joining, and the group meetings are facilitated by **Linda Puzan**, dementia specialist at LifePath, who directs meaningful interactions and shares up-to-date resource information.

To learn more about either support group, contact the **Information & Caregiver Resource Center at LifePath: at 413-773-5555 or 978-544-2259 or email info@LifePathMA.org**. Read more about other support options for caregivers at LifePathMA.org.

(FYI continued from pg. 2)

Free Library Programs

Gentle Yoga

Wednesdays, 9 am

Town Hall

Yoga resumes **March 21**.

Please bring a yoga mat.

Line Dancing with Pat Kellogg

Thursdays, 7 pm

Shutesbury Athletic Club

March 22 & 29, April 5 & 12

Strength Training for 50+

Fridays, 9 am

April 13 to May 11th.

Town Hall

Strength training classes with **Kathy Sward**. Registration required, please call **259-1213** to register.

Funding provided by the Friends of the Library.

All to the Tune of a Hickory Stick: A Look at Education in the One Room Schoolhouse

Wednesday, March 28, 7pm,

Town Hall.

A presentation by local "Living History" professional, **Dennis Picard**. This program is co-sponsored by the **Shutesbury 250th Anniversary Committee**.

No COA logo contest this spring.

HMLP ***Home Modification*** ***Loan Program***

The Home Modification loan Program (HMLP) is a state-funded lending program that provides loans to homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities. This is not a home repair program. Some example of projects funded through **HMLP** include ramps and lifts, hardwired alarm systems, fencing, sensory spaces, accessory dwelling units and bathroom and kitchen adaptations. There is eligibility and loan information available at: cedar.org/hmlp or call **Susan Gillam** at 1-866-500-5599 or sgillam@cedac.

From your editor:

I would like to share my appreciation for our town **Highway Department**. The temperatures right around freezing this winter with days of rain and snow make the roads challenging. The gravel and dirt road are especially treacherous. Thank you Tim, Steve and Rob for your dedication and long hours to keep the town roads clear and safe.



"After all these years, I'm finally comfortable in my own skin. Maybe it's because my skin is a lot bigger than it used to be!"

Council on Aging

David Dann, Chair

Jean Footit

Melissa Makepeace-O'Neil

Susan Millinger, Secretary

Linda Avis Scott

David Wheel Monthly meeting are the
2nd Wednesday 5:30 pm at Town Hall

Contact: **Phone 259-3796**

P.O. Box 276, Shutesbury, MA 01072

coa@shutesbury.org

Newsletter editor: Sally Fairfield

sjmcfair@gmail.com 253-4808

Assoc. editor: David Wheeler

copyeditor: Veronica Richter

~ Save the Date ~
Senior Medicare Patrol
March 21, 2018
Senior Lounge
Coffee, Tea, Snacks, Desserts
at 6:00 pm
Program
6:30 -7:30 pm

