



A rural community of neighbors helping aging adults lead independent and engaged lives at home.

Leverett + New Salem +  
Shutesbury + Wendell

**1-413-345-6894**

[www.villageneighbors.org](http://www.villageneighbors.org)

P.O.Box 501, Shutesbury, MA 01072  
[generalinfo@villageneighbors.org](mailto:generalinfo@villageneighbors.org)

## Village Neighbors

*Working Together to Create Community!*

March / April 2020, Issue 6

# Village Neighbors Is Now **FREE**

To Members over 60 in Leverett, New Salem,  
Shutesbury, and Wendell

**THANKS to our first year members**, whose generosity allowed us to launch Village Neighbors, we are now able to offer **MEMBERSHIP for FREE**.

Contact [membership@villageneighbors.org](mailto:membership@villageneighbors.org)  
or call **413-345-6894** to learn more.

With 1/3 of our four towns' populations now over age 60, all VN members are encouraged to actively create ways to support each other and volunteer. As we grow, we will need more **VOLUNTEERS OF ALL AGES**, so please consider becoming a part of the **Village Neighbors Team**.

You can choose to provide direct services to members such as transportation or friendly visits, or work behind the scenes to help the organization run smoothly. We will be happy to match your skills and interests to one of our Committees.

Contact [volunteers@villageneighbors.org](mailto:volunteers@villageneighbors.org)  
or come to our next

### **VOLUNTEER ORIENTATION**

**Wednesday, March 4th, 6:30 pm, Shutesbury Town Hall.**

Since opening over a year ago, we have provided over 230 service visits to members, as well as several educational and social events.

**ATTENTION MEMBERS:** *Although there is no longer a fee to be a member, we ask all members to **renew annually**, so we can keep track of who our members are and their needs. You will receive a **Renewal Letter** in April, please fill it out and return. We hope you will consider a **donation** to Village Neighbors at this time, so we can continue and expand our work. **Thank You For All Your Support.***

## List of Free VN Services:

### Helping Hands:

- Easy fixits
- Grocery deliveries
- Help in garden
- Household tasks
- Meal prep
- Move furniture
- Organize household items
- Pet care
- Plant care
- Seasonal tasks
- Snow shovel path
- Wood stacking
- Change smoke alarm batteries

### Member Well Being:

- Check in call
- Errands
- Friendly visit
- Going for walks
- Information organization and referrals
- Post hospital help
- Reading to member
- Respite for Care Givers

### Tech Support:

- Electronics / TV
- Mac / PC
- Phone / Tablet

### Transportation:

- Medical ride
- Long distance ride
- Ride for errands
- Ride for shopping
- Ride for social event
- Third party ride

## VN GOING FORWARD

We will be seeking funding through donations from members, volunteers and community groups, grants and other fund raising activities. Watch for further information. **Thanks to everyone who have given their generous support in 2019!** We look forward to serving you in **2020** and many years ahead as we all work together to **CREATE COMMUNITY.**

To **DONATE** to Village Neighbors, please mail checks to **Village Neighbors PO Box 501, Shutesbury, MA 01072**  
Or Donate On-line at  
[www.villageneighbors.org](http://www.villageneighbors.org)

## SAVE THE DATE:



**April 18th**

**Wendell Town Hall  
7:30 pm**

**Full Moon Coffee House  
FUND RAISER for Village  
Neighbors Featuring:**

***Do It Now!***

***Do It Now - A Collaboration of Masters:***

**Paul Richmond, Tony Vacca  
& John Sheldon**

Together they create a funkadelic and free-flow concoction of cool Beat Poetry, soaring melodies and irresistible percussion. Equal parts magic carpet ride, mesmerizing sound-web and outspoken words. What these guys do just might be the perfect industrial-strength elixir for our tumultuous times.

We will need sweet and savory goods to sell. To assist at this event or to donate food items, please contact [pr@villageneighbors.org](mailto:pr@villageneighbors.org)  
*Encourage people to come and Spread the word!*

***If You need a ride*** call to reserve a ride a few days in advance of your event **1-413-345-6894** or contact the Call Managers at [servicerequests@villageneighbors.org](mailto:servicerequests@villageneighbors.org)

## Village Neighbors VOLUNTEER ORIENTATION

**Wednesday, March 4th, 6:30 pm  
Shutesbury Town Hall**

1 Cooleyville Road, Shutesbury

The first step in becoming a Village Neighbors volunteer is to attend a Volunteer Orientation. At the orientation you will fill out an application, learn about the organization, and find out about the wide range of volunteer activities that you can choose from.

Since opening over a year ago, we have provided over 180 service visits to members, as well as several educational or social events.

Please bring your ID, SS#, and contact info for 2 character references, and, if you choose to offer rides to members, bring your driver's license and a copy of the Coverage Selections page of your auto insurance.

Please RSVP if you plan to attend  
[volunteers@villageneighbors.org](mailto:volunteers@villageneighbors.org)

### **ATTENTION ALL VOLUNTEER DRIVERS!!!**

*Please send an update copy of your current  
Auto Coverage Selections page to*

**Village Neighbors**

P.O. Box 501 Shutesbury, Ma 01072

*or take a screenshot of that page and send to:*

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

## VN Needs More VOLUNTEER DRIVERS

Being a volunteer driver is easy, sociable, and satisfying. You just have to drive your car. All driving requests are one-offs, but some of our drivers make sweet connections with members and enjoy becoming a regular driver for them.

***We especially need drivers who are available  
during weekday business hours.***

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

## Soon... VN Local Vendor List

Village Neighbors is compiling a list of professional service providers, such as housekeepers, electricians, landscapers, etc., who have been employed by our members. **Because Village Neighbors believes in supporting our local economy while helping seniors**, the vendor list will include service providers who are mainly local to the four towns or adjacent towns. The list will be available to Village Neighbors on [villageneighbors.org](http://villageneighbors.org).

If you would like to suggest a service provider for the list, please contact Mary-Ann Palmieri at **1-413-345-6894** or [mapalmieri1126@gmail.com](mailto:mapalmieri1126@gmail.com)

## Senior News

### Medicare Savings Program Expands to Benefit 40,000 More Individuals

According to a Press Release from the Governor's Office, 40,000 more Medicare Beneficiaries across the state of Massachusetts will be eligible for the Medicare Savings Program. Starting January 1, 2020 income eligibility expanded for the MSP program from 135% to 165% of the Federal Poverty Level, and the asset limit doubled.

This is GREAT news for those who are newly eligible! It will increase the quality of life for many by directly increasing their income and adding significant benefits towards medications.

If you qualify, these programs will pay your monthly Part B premium (\$144.60) and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one).

If you have any questions, please contact Lorraine York-Edberg, SHINE Regional Program Director, [LifePath](#). Call 1-413-773-5555 – and ask for Shine.

### Taking Charge of Your Future: Know the Benefits of Palliative Care and Hospice

Thursday, March 26, 1:00pm @ Wendell Senior Center, 2 Morse Village Road. Wendell Town Center across from the Common.

Most of us are familiar with Hospice Care and how important it is to help families negotiate end of life care. Most of us are less familiar with Palliative Care, a newer concept in care that also has many similar benefits and guidance.

Angela Russek, ANP-BC, Palliative Care Nurse Practitioner with Hospice of Franklin County will speak about Palliative Care, how it differs from Hospice Care, and how and when to access these services. Angel can guide us through their differing philosophies and help determine which can help in a particular case. Both share a philosophy of person-centered care, and listen to the preferences of the people they serve.

Village members and volunteers are encouraged to attend even if you don't expect to need such services in the near future. This information may suddenly become needed by any of us in the community, and this basic overview will give us knowledge of what help is available for ourselves and our neighbors.

**We look forward to seeing you! Call Village Neighbors if you need a ride.**

## In Loving Memory

*In Loving Memory of our Friends and Village Neighbors*



### David Wheeler

December 30th, 2019

Read More: [www.legacy.com/obituaries/gazettenet/obituary](http://www.legacy.com/obituaries/gazettenet/obituary)

*Those wishing to honor David, please donate to the **Juvenile Diabetes Foundation**.*

*There will be a celebration of his life later this spring.*

### Doe Brousseau

January 2nd, 2020

Read More: [www.legacy.com/obituaries/recorder/obituary](http://www.legacy.com/obituaries/recorder/obituary)

*Those wishing to honor Doe are encouraged to donate to **Good Neighbors**: PO Box 222, Wendell, MA 01379.*

*A celebration of her life is planned at the **Wendell Town Hall, 10:30 am, Saturday March 21***



### Andrew Fairfield

February 17th, 2020

Read More: [www.legacy.com/obituaries/gazettenet/obituary](http://www.legacy.com/obituaries/gazettenet/obituary)

*Those wishing to honor Andy are encouraged to donate to two local organizations that Andy volunteered with: **Village Neighbors and Not Bread Alone***

## VN Visioning 2020

*After being in business now for over a year, the Board of Village Neighbors decided it was time to look at what we have done so far and where we hope to go in the future.*

To do this Board members and members from the various committees got together on Saturday, January 25 to share a potluck and a Visioning process. Led by mediator **Erik Muten** from Leverett, we celebrated our accomplishments and make lists of goals for the future.

Dropping our membership fees was a decision that will help us grow our membership and therefore the number of people we can provide services to. We are proud of the fact that we have been able to provide services to 99% of the requests we get and have grown our membership to over 70 and our volunteers to over 80.

Looking to the future, we decided we need to expand the number of people on the board and on all committees to accommodate our projected growth. Plus we need to step up our fund raising activities so that we can afford to run our organization while offering free membership.

## Volunteer Opportunities

### Your Village Neighbors Need YOU!



With Free Membership in place, Village Neighbors will be growing quickly in the coming year. We need Volunteers to assist members at home, and also behind the scenes in the committees that keep our organization working! Contribute as much or as little time as you want. Match your interests and skills to what's needed in the

community. *Join the fun and make a difference...*

#### Membership / Volunteer Committee

- Recruit and welcome new members and volunteers
- Do new member intake visits
- Conduct volunteer orientations and trainings
- Create and coordinate social activities and programs
- Develop Dementia Friendly community outreach and training

**Volunteer Orientations are run by the Membership/Volunteer Committee. Join us at the VOLUNTEER ORIENTATION, Wed., March 4th, 6:30 pm, Shutesbury Town Hall, if you would like to experience this committee in action and find out more about what we do. [membership@villageneighbors.org](mailto:membership@villageneighbors.org)**

#### Service Committee / Call Managers

- Answer requests from Members and connect them with Volunteers waiting to assist
- Assess needs and services
- Train and oversee Call Managers
- Handle vendor services
- Work with the Membership/Volunteer Committee to triage concerns for members and volunteers

**Call Managers work from home to manage member requests. [servicerequests@villageneighbors.org](mailto:servicerequests@villageneighbors.org)**

#### Events / PR Committee

- Events • Promotions • Tabling at community events • Newsletter
- Outreach and Press • Social media • Event Calendar

**April 18th, Wendell Town Hall, 7:30 pm Come to the Full Moon Coffee House VN Fund Raiser and join the fun! Featuring: *Do It Now!***

*Volunteers are needed to assist at this event and/or donate sweet and savory goods to sell. This is our first fund raising event of the year - contact the Events/PR Committee to learn about opportunities to be involved in planning our next exciting event and connecting with our community. [pr@villageneighbors.org](mailto:pr@villageneighbors.org)*

#### Fund Raising Committee

- Provide the money for Village Neighbors to function and grow
- Research funding • Develop fund raising events
- Develop funding circles (sources) - donations, members, volunteers, and contributors
- Research and apply for grants
- Recruit local sponsors -banks, businesses

**Now that Village Neighbors is Free to members, we are counting more than ever on voluntary contributions, funding and grants to meet our income needs for the coming year. Volunteers are needed to make this happen! [fundraising@villageneighbors.org](mailto:fundraising@villageneighbors.org)**

## What Do Village Neighbors Do?

By Johanna Hall

*VN Volunteer, PR Committee*

***“Village Neighbors is an amazing resource, to line up help in this way. I love that this agency has as its mission to help each other.”***

*Ilina S. - VN Member*

There once was a Wendell resident who felt completely overwhelmed with the prospect of establishing order in her filing cabinet. As an application deadline fast approached, she couldn't locate the paperwork needed to accompany it.

“My need was strong enough to push me to reach out to Village Neighbors for assistance,” Ilina, a Village Neighbors member, stated in a recent kitchen table interview.

Soon after she made her request for assistance, a VN volunteer from Shutesbury, Dina P., made a series of three home visits. The first visit they organized the piles of paper and began going through the file cabinet for the paper work she needed. They weeded the files as they worked through, but did not find all the paperwork. The second, quicker visit, they set up her answering machine, which she needed. By the third visit, they got the application paperwork together, copied and re-filed.

Ilina went on to say that she now has an organized system in place that allows her to find what she needs with ease.

“As a writer, I want to publish, and I needed to get organized. Dina was a huge help. We tore through the filing cabinet! Village Neighbors is an amazing resource, to line up help in this way. I love that this agency has as its mission to help each other. I love living in a village!”

When asked why she volunteers for Village Neighbors, Dina replied, “Community is really important to me. What is simple for me to do, may be hard for someone else. The goal is that we get to know each other, to share information and skills. This way the access point for help is through our neighbor rather than through formal systems.”

I wondered how the experience of volunteering with Ilina was for Dina. “It was great!” she replied enthusiastically. “It made me go home and clean out my own filing cabinet. I got to meet a fabulous poet and help someone who needed it!”

## LIBRARY March/April 2020 *Events and Classes*

PLEASE CONTACT YOUR LOCAL LIBRARIAN to register if you are interested in attending one or more of these classes. The phone numbers and emails are listed below.

*Village Neighbors can provide transportation, call to request a ride a few days in advance - 413-345-6894*

### LEVERETT LIBRARY

1-413-548-9220 or email:

[leverettlibrary@gmail.com](mailto:leverettlibrary@gmail.com)

#### Democratic Caucus

Sunday, March 8, 2-4pm

#### Protections for Elders and the Massachusetts Judicial System

Sat, March 14, 12:30pm – 1:30pm

#### The Silent Service: Life Under Water On A Nuclear Submarine

Sun, March 15, 2pm – 4pm

*A talk by Jim Field and Steve Purdy, with Mitch Mulholland*

#### 250th Anniversary Organizing Committee

Sun, March 22, 3pm – 5pm

#### Family-Friendly Happier Valley Comedy Show!

Thursday, March 26, 1:00pm

#### Saved by Soil: Presentation & Discussion

Sun, April 5, 3:00pm – 4:30pm

#### Secrets of Plants: Little known facts, folklore, & history

Sun, April 19, 2pm – 4pm

#### Leverett Cemeteries Presentation

Thursday, April 23, 6:30pm – 8pm

#### Braiding Sweetgrass Book Discussion

Thursday, April 30, 6:30pm – 7:30pm

#### Ukulele Strum Along

Thurs., March 19 & April 16, 6:45 pm

#### Tuesday Music Gathering

March 10 & 24, 6:30-8:00 pm

#### Leverett Literature Group

Tuesday, March 3, 6:30pm

*The Man With the Golden Arm by Nelson Algren*

#### Beginners Strength Training 40+

Tuesdays 2:30-3:30 pm

#### Family Scrabble

Tuesdays 3:15 pm

#### Tai Chi

Wednesdays 1:45 pm

Saturdays 10:00 am

#### Yoga for Stress Reduction

Thursdays 5:00 pm

### NEW SALEM LIBRARY

1-978-544-6334 or email:

[n\\_salem@cwmars.org](mailto:n_salem@cwmars.org)

#### Reading Aloud for Grown-ups

February 13, 7 pm, Free, refreshments served.

Each evening two readers will read a short story of their choosing.

#### Hatha Yoga

Wednesdays 5:30-6:45 pm

### SHUTESBURY LIBRARY

1-413-259-1213 or email:

[library.director@shutesbury.org](mailto:library.director@shutesbury.org)

#### Line Dance

Thursdays, April 2nd through May 7th,

7 pm, Shutesbury Athletic Club

*Join us for a series of line dance*

*sessions led by local line dance*

*instructor, Pat Barshenski.*

#### A visit with Larry Spotted Crow Mann

Tuesday, March 24, 7 pm, Town Hall

*Mr. Mann will be discussing Nipmuc*

*history and cultural-political issues.*

#### Tree Medicine Plant Walk with Jade Alicandro Mace of Milk & Honey Herbs

Saturday, April 18, 11:30 am

*Join us for a walk in our Shutesbury*

*woods to identify trees while*

*discussing their medicinal uses.*

#### Ukulele Strum-Along

Monday, March 30, April 27

#### Library Knitting Group

Tuesdays, March 10 & 24, April 14 &

28 1 pm, Library

#### Science Fiction Book Club

Wednesday, March 4, 7:30 pm

*Neuromancer by William Gibson*

#### Strength Foundations Beginners

Tuesdays, 9 am, Town Hall

#### Gentle Yoga

Wednesdays, 9 am, Town Hall

#### Chair Yoga

Wednesdays, 10:15 am, Town Hall

#### Strength Foundations

Saturdays, 10 am, Town Hall

#### Zumba Gold

Fridays, 9 am, Town Hall

### WENDELL LIBRARY

1-978-544-3559

#### Science Fiction / Horror Movie

Saturday, March 21, 7:30 pm

*"Bicentennial Man"*

Saturday, April 25, 7:30 pm

*"The Others"*

#### Adult Watercolor Art Group

Tuesdays, 6 pm

#### Strength Training

Tuesdays - 9 am Advanced. \$3

10:15 am Intermediate. \$3

11:30 am Beginners. Free

#### Gentle Strength Training

Wednesdays, 10 am, Free. *Followed by tea for those who want to stay.*

#### Beyond Barre (stretching & strength)

Thursday, 10 am, Free. *Beginners*

*Series. Followed by (optional) half hour round trip walk from Library.*

#### Yoga

Fridays, 10 am

Intermediate level class. \$8-\$10

Contact [shayyoga@gmail.com](mailto:shayyoga@gmail.com)

#### Chi Gong

Saturday, 10 am, Free

Beginners Series 1 (5 sessions)

#### Yoga

Sundays, 10 am, \$3 *Taught by a*

*different trained instructor each month.*

*Drop in class.*

## VILLAGE NEIGHBORS March/April 2020 *Events and Classes*

**Volunteer Orientation!** *Anyone can attend!* Wednesday, March 4th, 6:30 pm Shutesbury Town Hall

**Taking Charge of Your Future: Know the Benefits of Palliative Care and Hospice**

Thursday, March 26th, 1:00 pm Wendell Senior Center

**Full Moon Coffee House VN Fund Raiser Featuring: Do It Now!** April 18th, 7:30 pm Wendell Town Hall

Village Neighbors members, call if you need a ride 413-345-6894

To find out about becoming a member call 413-345-6894 or visit [www.villageneighbors.org](http://www.villageneighbors.org)

**Councils on Aging & Senior Centers** provide local outreach, social and health services, advocacy, information and referral for older adults, families and caregivers. *The services listed below are specific for their town residents.*

## **LEVERETT**

**413-548-1022 X5** If you would like more information, leave your contact information so we can return your call.

### **TAKE IT EASY YOGA**

**Wed. 10:00am, Town Hall** \$6 donation is suggested.

### **FOOT CLINIC**

**2nd Monday and Thursday of the month, Town Hall**  
A \$25 donation is suggested.

*Please call 548-1022 ext 5 to make an appointment for the Foot Clinic or attending the Yoga class.*

### **SENIOR LUNCH**

**Every Friday, Noon, Town Hall** Please RSVP the meal site supervisor, Carole King, at **367-2694**

### **PVTA DIAL-A RIDE**

**Monday - Friday, 8 am - 4:30 pm**

*PVTA offers door-to-door, accessible van service to seniors over the age of 60. Trips are provided on a space available basis. Prospective passengers must call the Reservation Office at 413-739-7436 or toll-free 866-277-7741 for one-time registration upon booking their first trip.*

## **NEW SALEM**

### **CoA MEETINGS**

**Fourth Friday of the month.**

### **SENIOR LUNCHEONS**

**10 am coffee and visiting, Lunch at Noon.**

*Winter luncheons will be held at the Central Congregational Church, 24 S. Main St., New Salem*

*Please call Sunday Lefebvre, 978-575-0116, by the Monday prior to the luncheon to sign up.*

### **MED-RIDE PROGRAM**

*Medical/Dental transportation pick up and drop off for appointments in Franklin, Hampden and Hampshire Counties as well as the Athol-Orange area. Call 978-544-6437, leave a message with your name, phone number, and date/time/place of appointment. Requests require a minimum of two (2) weeks advance notice.*

### **FOOT CLINIC**

**First Wednesday of each month, 1:30-4:30, Town Hall Annex (old Library).** \$20 (half-hour appt) to be paid to the nurse at the time of service. To make an appointment please call Nancy Aldrich **978-544-6437** and give her your name, phone number and be sure to say it's for a Foot Clinic appointment.

### **RED ACES CARD GAME**

**Mondays, 2:00 to 4:00 pm, Stowell Building**

For further information contact Jeanne Clayton at 978-544-7924 or [jeanneclayton27@gmail.com](mailto:jeanneclayton27@gmail.com)

## **BUSY B'S**

**Wednesdays, 1-3 pm, Stowell Building**

*A small group meets to work on individual projects and visit. Please feel free to bring your project and join us.*

## **SHUTESBURY**

### **CoA MEETING**

**Second Wednesday of every month, 5:30 to 7:00** Anyone is welcome to attend.

### **MED-RIDE PROGRAM**

*Free transportation for Shutesbury seniors age 55 and over to medical and dental appointments in Franklin, Hampshire, and Hampden counties. Drivers will wait for you during your appointment unless otherwise requested. Riders must be completely ambulatory; no walkers or wheelchairs can be accommodated. If a person needs assistance or is hesitant about going alone, they may be accompanied by a person of their choice. Call 259-3796 or email [coa@shutesbury.org](mailto:coa@shutesbury.org). Please provide two weeks notice.*

### **COMMUNITY POT-LUNCHEONS**

*Because the Massachusetts Primary is Tuesday, March 3rd, the Council on Aging Potluck Community Luncheon will be Tuesday, March 10th, in the Senior Lounge in Town Hall. Please join us for good food and good conversation. All are invited to come with or without a dish.*

### **FOOT CLINIC**

**Third Wednesday of the month. Thirty-minute appointments.** Schedule by leaving a message at **259-3796**. Donations up to \$35.00 are appreciated. This service is provided through FootCare By Nurses, LLC, a new foot-care nurse staffing agency based in Greenfield. For more information about them, call them at **367-8369**.

## **WENDELL**

### **SENIOR FOOT CARE CLINIC**

**First Wednesday of month, 8 am-12 noon**

Wendell Senior Center. Donations appreciated.

For appointment contact Katie Nolan **978-544-2306**.

### **MONTHLY COFFEE SOCIAL**

**7:30 to 10 on first Fridays, Wendell Senior Center**

### **MED-RIDES**

*For medical, dental and related health appointments (foot care, PT, vision or audiology). Call Jonathan at 978-544-3758.*

### **MEDICAL EQUIPMENT LOAN**

*Walkers, crutches, wheelchairs, commodes, tub seats, grab bars for beds, incontinent supplies available by calling Susan at 978-544-3758 or Nancy at 978-544-6760.*

**VILLAGE NEIGHBORS** is a volunteer run non-profit for members over 60 in **Leverett, New Salem, Shutesbury and Wendell**, dedicated to helping aging adults lead independent and engaged lives at home. **Membership is FREE.**

Volunteers provide transportation, light home maintenance, technical and general support..

To find out about becoming a VN Member or Volunteer call **413-345-6894** or visit [www.villageneighbors.org](http://www.villageneighbors.org)