



Village Neighbors

Working Together to Create Community!

November / December 2021, Issue 16

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

P.O.Box 501, Shutesbury, MA 01072

pr@villageneighbors.org

Upcoming Events

Thursday November 4th, 4:00 to 5:30 pm

FOUR FEET UNDER:

Your Options in After-Death Care

Curious about new options for disposition of your remains? Join us for a Zoom conversation about practices and options in after-death care, home funerals, natural and green burial, ashes-into-stones, and even composting. No question is too bold, no topic is taboo. A conversation with local end-of-life educator **Dina Stander** & knowledgeable friends, brought to you in collaboration between Amherst Neighbors, Village Neighbors, and the Northeast Death Care Collaborative.

Please Note: Register for this event at bit.ly/3FHayxb. Type this address into your browser address bar, it will take you to the Amherst Neighbors website. **This is a free program and you do NOT need to login/join Amherst Neighbors to participate.** Ignore those buttons and complete the registration.

November 9th & 16th, 1:00 to 2:00 pm

Lighter, Brighter Holidays for Caregivers: Strategies for Decreasing Stress and Increasing Joy

Navigating the holidays, even for the seasoned caregiver, can be overwhelming. Be proactive! Join other caregivers in strategizing how to manage the challenges and increase the enjoyment for yourself and your loved one! Topics to be covered include simplifying, prioritizing, managing difficult feelings, handling family dynamics, de-stressing and more! The sessions will be free, interactive and full of great ideas! Virtual Meeting facilitated by Kim Lange, LICSW

Please register by November 5. Electronic devices may be available, if needed for participation. If you have any questions prior to registration, please contact **Kim Lange**, LICSW, at klange@lifepathma.org or 413-773-5555, ext. 2376.

Tuesday, November 9th, 6:30 pm

How Are Elders Protected From Abuse and Neglect?

You are invited to join Village Neighbors and some guests from other close Villages for a presentation about **Protective Services** from **Dean Lagrotteria**, *Protective Services Regional Program Director*, and **Michelle Billings**, *Protective Services Supervisor* by Zoom meeting on **Tuesday November 9 at 6:30 pm**

If you prefer in-person events or don't have internet access and are fully vaccinated, come to the **Wendell Senior Center** to join the Zoom. Please RSVP at generalinfo@villageneighbors.org or call Village Neighbors **413-345-6894** to attend and let us know if in person or zoom.

Volunteers are especially encouraged to attend! This presentation addresses some of the questions volunteers have brought up in their service to members who have difficult situations. Also, where to look for help for others in our communities who raise concerns for their safety.

Topics will include:

What is Protective Services?

What concerns are investigated?

Indicators of Abuse or Neglect

What happens after a report is made?

What Protective Services can and cannot do

Submit any questions you want answered to the RSVP email above.

VN Member Gift Bags will be delivered to every member household in December!

Stay tuned - we will send a notice before delivery.
Happy Holidays to you all.

Small Home Repairs Grant Renewed for Spring 2022

Lifepath has officially renewed our Church Street Home Repairs grant. Although our team is completing the process for this year, we will be sending applications out again in the Spring.

FRTA and PVTA Rides Available

The Franklin Regional Transit Authority (FRTA) offers a demand-response service to **residents of Wendell and New Salem over 60**. A short application is all that is needed to make you eligible for a ride to doctors appointments, shopping trips, etc. There is a small fee for each ride. For information call Village Neighbors at **413-345-6894** or check out the FRTA website at www.frta.org.

The Pioneer Valley Transit Authority (PVTA) offers a similar demand-response service to **residents of Leverett over 60**. There is no application required – simply call **413-739-7436** to register and ask for a ride or check out the service at www.pvta.com/seniors.

Residents of Leverett, New Salem, Shutesbury, and Wendell can still request rides from Village Neighbors but these services provided by the transit authorities broaden opportunities for rides for members of eligible towns

Uniquely Quabbin Open Call

Poetry submissions, open call! Uniquely Quabbin, a magazine published three times a year, is open to submissions from writers living in the Quabbin region towns of Massachusetts, including Athol, Orange, Warwick, Erving, Petersham, Barre, Philipston, Royalston, Hubbardston, Templeton, Wendell, Shutesbury, Leverett, Pelham, Belchertown, Ware, Hardwick & Gilbertville, the Brookfields, New Braintree, and Rutland. You can see the current and back issues of UQ here: <http://www.uniquelyquabbin.com/> Please send submissions via email to dinastander15@gmail.com with the subject “UQ poetry”. Please share this message with writers you know! All ages welcome. We look forward to hearing from you.

Lingering COVID Effects in Local Health and Home Care for Seniors

It is becoming increasingly apparent that the delivery of health care and home care services in our area has become more difficult to obtain. Many health care workers in medical settings, institutions and in homes have left that work force due to exhaustion, personal or family health vulnerabilities, or the need to care for family members. Many of these will never return to their former positions. Many work only or mostly remotely. We see this when our phone calls are not answered due to fewer receptionists or when a senior approved for home services has to wait week or months to receive them due to decreased capacity.

How can Village Neighbors help with this bottleneck as needs increase over time?

Please reconsider how you may be a part of the answer to this gap in care through the paid systems available. Volunteering with VN, even once or twice a month, can help. So can checking on your elderly neighbors occasionally. If you have an interest in working with a small group of VN volunteers to consider how to respond to this growing crisis, please contact **Member Coordinator Nancy at 978-544-6760**. If you would consider a few hours of weekly income for providing assistance to a senior in your community, there are opportunities available.

Also, please thoughtfully respond to the Age Friendly Communities Needs Assessment that you will be receiving this fall. All Franklin County and North Quabbin seniors will be invited participate in this survey through Lifepath, and our responses are an important way to get funding for more transportation and home services and other things that we will need as we age—things our towns can not often provide alone. ***Our actions now will influence our future choices!***

Please DONATE to Village Neighbors and support our Free Membership. You can donate online at www.villageneighbors.org or mail a check to **P.O.Box 501, Shutesbury, MA 01072**

Writing To Remember Workshop - A Great Success

After completing 2 – six week sessions of **Ruth Flohr's** wonderfully inspiring **Writing to Remember Workshops**, VN is submitting our next round of grant applications to our **Local Cultural Councils** to bring Ruth back again in 2022.

The thanks and glowing reviews we received from participants were too many to reprint here, but Village Neighbors would like to offer our heartfelt gratitude to Ruth for the amazing work she is doing and sharing with us. We also would like to thank the **Cultural Councils of Leverett, New Salem, Shutesbury and Wendell** for their support, which allowed us to provide this valuable opportunity **FREE** to our members.



Thanks To Our Volunteers

Village Neighbors is a volunteer run organization, and many of our members are also volunteers. Service calls, rides, home repairs and assists, events, fundraising, and the committee work which keeps our organization going, are all dependant on the dedicated individuals who put in their time and effort. We so appreciate you and the contribution you make to keep our communities safe and rewarding for our seniors. The work we put in today creates the future we hope for tomorrow.

Thank You.



Healing through Movement

Class Series



Three Modalities:

Feldenkrais, Chair Yoga, and Chigong

Join us from the comfort of your own home—guided by live, supportive teachers— to explore new ways of gentle movement to support calm and ease in your body and mind. Sign up for just one or all three!

Series 1: Feldenkrais w/ Joshua Elbaum — 3:00 pm Fridays: October 22, October 29, and November 5

Series 2: Chair Yoga w/ Kate Pousont Scarborough — 12:00-12:30 pm Thursdays: November 4, November 11, and November 18

Series 3: Managing Stress and Anxiety through Qigong w/ Frieda Kipar Bay — 9-10 am Thursdays: December 2, December 9, and December 16

For registration & inquiries:

peoplesmedicineclinic@gmail.com

or 413-842-4762

Do You Wish to Discontinue Home Delivery of the VN News?

The VN bimonthly newsletter is emailed to all members and volunteers who have listed their email contact with us; it is direct mailed only to our members. If you no longer wish to receive the hard copy newsletter to your home, please let us know by emailing the VN Newsletter editor, Dina Polizzi, at dina@dinapolizzi.com. Please include the word "Newsletter" in your subject header.

If you have not been receiving the electronic version of the newsletter to your email, please check your "spam" or "promotions" folder, drag and drop the newsletter into your inbox and it should redirect all further newsletters to your inbox. Contact Dina if you need further assistance.

If you know of classes, events or articles of interest for our neighborhood seniors you would like to share in the newsletter, please send this info to Dina at dina@dinapolizzi.com

Village Neighbors is actively recruiting new volunteers now!

VOLUNTEER ORIENTATION Tuesday, November 16, 6:30 to 7:30 PM

Hybrid meeting both on Zoom and in person at the Wendell Senior Center: 2 Locke Village Road, Wendell

Please RSVP by email to volunteers@villageneighbors.org or by leaving a phone message at 413 345 6894 to let us know how you will attend. **In-person attendees should be fully vaccinated against COVID.** Zoom attendees will receive an application and volunteer handbook by email to copy at home, or request mailed paper copies they cannot be printed at home. If you plan to serve as a volunteer driver, please bring copy of your driver's license and Coverage Selections page of your car insurance policy, and be prepared to show your vaccination card. Those not driving will not need those items.

Volunteer Opportunities

Contact Us To Learn More

Membership
membership@villageneighbors.org

Services
servicerequests@villageneighbors.org

IT
generalinfo@villageneighbors.org

Events & PR
pr@villageneighbors.org

Fundraising
destone99@gmail.com

Village Neighbors is a community volunteer-run organization, part of the Village-to-Village national network, dedicated to helping aging adults lead independent and engaged lives at home.

**We offer FREE Membership for anyone over 60 in our 4 Towns:
Leverett, New Salem, Shutesbury and Wendell.**

Call or email today to find out more about membership, services and volunteering.

1-413-345-6894 or email generalinfo@villageneighbors.org

Visit our website to view the list of free services we offer www.villageneighbors.org



Winter is Coming! Is your wood stacked, your chimney cleaned, and how about those pesky leaves - not to mention the snow?

Volunteers are available to help with yard chores, raking, shoveling, wood stacking and winter prep! They will bring their own tools and maintain safe social distancing protocols. **Give us a call, volunteers are here to assist you!**

1-413-345-6894 or email servicerequests@villageneighbors.org



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