



Village Neighbors

Working Together to Create Community!

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

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generalinfo@villageneighbors.org

November / December 2019, Issue 4

Welcome To Our New Village Neighbors Board Member **Miriam DeFant**

Miriam DeFant is a clinical psychologist and a 30+-year resident of Shutesbury. She has worked in many kinds of healthcare settings over her career as a therapist, educator, and administrator. One of her areas of concentration was conducting psychological evaluations for families, schools, and the courts. She has also managed a professional training program and a home-based treatment service for children for a large local human services agency. She enjoys gardening, bird-watching, being outdoors, painting, and spending time with her grandchild.

If you want to learn more about joining the Village Neighbors Board please contact **Fay Zipkowitz** at the_czarina@fastmail.fm

Village Neighbors Quarterly Meeting

The **Village Neighbors Quarterly Meeting** - open to all members and volunteers - will be on **Thursday, December 12, Noon, Wendell Senior Center**. Committee meeting quarterly reports, meet and greet with neighbors, brown bag lunch

***If you need a ride please call
1-413-345-6894***

Who responds when you request a service?

Meet one of our Call Managers

Genie Casey
*IT & Member/Volunteer
Committees*



Genie Casey, a retired teacher from Leverett Elementary school, joined Village Neighbors about 3 or so years ago after learning from Mary-Ann about the groups hopes of providing neighborly help to older adults in our 4 towns.

Genie started her work with the Public Relations Committee helping to make the VN brochure. She now works on the Member/Volunteer and IT Committees. She enjoys the behind the scenes organizational jobs of making Village Neighbors work. After chatting with a few members who had left messages on the general information telephone line, Genie realized how much she enjoyed getting to know the members and helping them with their needs. Thus she has become a new call manager for Village Neighbors.

When she is not working for VN, Genie enjoys gardening and traveling with her husband, Brian. Birding, biking and taking long walks in nature are among some of her interests.

Open Enrollment for Medicare Counseling

Choosing which provider to go with can be a daunting task. A SHINE counselor will be available at **LifePath** for free expert help on choosing your best option. You can bring your prescription list and information on your current health care provider / Medicare part D plan. The counselor will compare yours with other available plans to find the one that best meets your needs. **lifepathma.org** Call for an appointment – **1-413-773-5555** – and ask for **Shine**.

Triad FREE Medical Equipment for Seniors

Franklin County Sheriff's Dept Triad Unit offers FREE hospital beds, walkers, commodes, power chairs, scooters, crutches and more. Call **1-413-774-4726** for information.

FREE Smoke and Carbon Monoxide Alarms for New Salem and Wendell Seniors Through Fire Department

They can come to your home, evaluate your alarms and replace them if warranted. They can also advise about home safety and fire escape plans. They will even come out and change the batteries in your alarms. Spread the word!

To find out more, contact:

Captain Asa de Roode / Wendell Fire Dept.
1-978-544-8695
asaspades911@gmail.com

Big Y Grocery Home Delivery for Leverett

The Big Y market has a contracted service for home delivery of groceries for a fee. A Silver Savings card or myBigY account is not required to order. It is presently only available to Leverett residents. To find out more Call **1-888-246-7822**.



If you **NEED A RIDE** or for **MORE INFORMATION**
please call **1-413-345-6894**
or email **servicerequests@villageneighbors.org**

Leverett Transfer Station Welcomes VN Volunteers Delivering Materials on Members' Behalf

The requests are scheduled with the usual phone call or email to the Call Managers, and the members are responsible for any fees required. The schedules, fees, and services available at the Transfer Station are listed at the *Leverett Town website* **<https://leverett.ma.us/p/53/>**
Transfer-Station

The volunteers should check the website for applicable fees and restrictions so the members will know what the Transfer Station fees will be based on what they are having picked up. The volunteers will show their VN ID badges to indicate that they are representing Village Neighbors members.

We are working on getting similar services for the residents of Wendell and New Salem.

ALL CLASSES \$50 OVER 60 *News from the GCC Senior Summit*

Greenfield Community College offers a senior waiver for 100% of tuition and 75% of fees if you are over 60 and have no prior Bachelor's degree? That is for day, evening, summer and intersession classes.

GCC has a **Senior Symposia** program of speakers on various topics at their Downtown Center.

GCC also has a mentoring program, matching seniors to GCC students.

At this Senior Summit, these ideas and many others were presented and new opportunities for involvement were suggested by those in attendance. Our community college is a local treasure and has many ways to get involved as a student, a mentor, volunteer or donor.

Find out more

<https://www.gcc.mass.edu/seniors/>

Shutesbury Community Church

Nov 24

Thanksgiving service and community dinner.

Service **9:30 am** Dinner **11 am**

People are welcome to come for just the dinner.

Dec. 8, 5:00 pm

Tree lighting on the **Shutesbury Town Common** in front of the church. Christmas carol sing inside the church and the arrival of Santa Claus.

Christmas Eve, Dec. 24,

Candlelight service 6:30 pm

The service will be upstairs in the sanctuary, so there is a flight of stairs.



Holiday Fairs & Events

Wendell Thanksgiving Day Dinner

Nov 28, 5 pm

Wendell Town Hall

Nan Riebschlager puts on a full Thanksgiving potluck on Thanksgiving Day. It is meant for folks who would otherwise be alone, not for families. She supplies a Diemand turkey. Anyone is welcome, and should bring their own plate and utensils, and something to share.

Shutesbury Holiday Shop

Dec. 6, 6-9 pm; Dec.7, 10 am-7 pm; Dec. 8, 11 am-6 pm

Shutesbury Athletic Club

282 Wendell Rd., Shutesbury, MA

This fabulously magical three-day event transforms space into a veritable wonderland of gift-giving options! This year the shop features an affordable array of handcrafted work from 40 local artisans, artists, crafters, authors and musicians. There is an amazing selection of gift giving options for all ages and celebrations.

Cash, check, credit cards accepted!

VN Needs Volunteer Drivers

If you can drive, you can be a volunteer!

99% of our service requests are for drivers--no surprise, since we all know that living the good life in our rural villages also means that a lot of what we need is a long way from our homes. Becoming a volunteer driver is a wonderful way to participate in VN, by transporting a neighbor to the grocery or hardware store, to lunch at the COA, or bringing them and their crated cat to a vet appointment. We especially need drivers who are available during weekday business hours. All driving requests are one-offs, but some of our drivers make sweet connections with members and enjoy becoming a regular driver for them.

Being a volunteer driver is easy, sociable, and satisfying. You don't have to have a strong back, nimble knees, or be a good and generous cook. You just have to drive your car. Sometimes a drive will be within a single town; sometimes it's to Hadley or Orange or Greenfield or Erving, but it's all local.. Often a volunteer can loop it in with their own errand-running, saving on fossil fuel use and doing good for community in one fell swoop.

Contact volunteers@villageneighbors.org for more info about becoming a driver, volunteering for a committee, and many other opportunities to be involved with your community!

Report from Western Massachusetts Villages

Village Neighbors was well represented by 3 of our committee members at the October 21, 2019 **Western Mass Villages** gathering, meeting quarterly at **LifePath** in Greenfield. We are one of 3 villages up and running, and at least 5 other villages in development also attended.

Speakers included Kathryn Downes, Program and Policy Manager at the state Executive Office of Elder Affairs, who spoke of the **Age Friendly Communities** program of the World Health Organization and headed up in the US by AARP; and also the **Dementia Friendly Community initiative** spearheaded by the Alzheimers Association.

Village Neighbors is interested in all our 4 towns becoming Age Friendly and Dementia Friendly and will be setting up speakers on these topics in coming months. More information is available online at **Dementia Friendly Massachusetts** and the **Healthy Aging Collaborative**.

Bill McGee spoke about their experience is starting Northfield's newly opened Neighbors at Home village. There is also a group in Amherst working toward opening services for Amherst and Pelham seniors in March of 2020.

Ongoing & Special Events

Our local libraries offer a wide range of wonderful activities. If you are interested in attending one or more of these classes, please contact your local librarian to find out more and register. Library phone numbers and emails are listed below. **Village Neighbors can provide free transportation (call to request a ride a few days in advance) 1-413-345-6894 or contact the Call Managers at servicerequests@villageneighbors.org**

LEVERETT LIBRARY

1-413-548-9220

email: leverettlibrary@gmail.com
website: <https://leverettlibrary.org/p/41/Calendar>

Ukulele Strum Along

Thursday, Nov.14, 6:45-7:45 pm

Afternoon with the Author

David R. Gillham

Sunday, Nov.17, 2-3 pm

Tuesday Music Gathering

Nov.19, Dec.3, Dec.17, 6:30-8:00 pm

Ayurveda Talk

Sunday, Dec.8, 2-5 pm

Concert of Favorite Songs and Good Cheer - Beth Raffeld Trio

Sunday, Dec.15, 4-5 pm

Qigong

Tuesdays 5:15 pm

Family Scrabble

Tuesdays 3:15 pm

Beginners Strength Training for 40+

Tuesdays 2:30-3:30 pm

Tai Chi

Wednesdays 1:45 pm

Saturdays 10:00 am

NEW SALEM LIBRARY

1-978-544-6334

email: n_salem@cwmares.org
<https://www.newsalempubliclibrary.org/news-events>

November Book Discussion

1984 by George Orwell

Monday, Nov.18, 7 pm

Google Drive Computer Class

Nov.19, 6:30 pm

Wreath Workshop

Monday, Nov.25, 6-8 pm

Card Making Class

Monday, Dec.2, 6:30-7:30 pm

Hatha Yoga (On Going)

Wednesdays 5:30-6:45 pm

SHUTESBURY LIBRARY

1-413-259-1213

email: library.director@shutesbury.org
<https://sites.google.com/site/mnsparmemoriallibrary/>

Tech Support with Hank

Saturday, Nov.12 & 26, 10 am, Town Hall

Needle Felted Ornaments

Sunday, Nov.17, 3-5 pm, Town Hall

Origami 101

Tuesday, Dec.10, 7 pm, Town Hall

Ukulele Strum-Along

Mondays, Nov.25 & Dec.30, 7 pm

Library Knitting Group

Tuesdays, Nov.12 & 26, 1 pm, Library

Science Fiction Book Club

WWW:Wake by Robert Sawyer

Wednesday, Nov.13, 7:30 pm

Gentle Yoga

Wednesdays until Nov.27, 9 am, Town Hall

Chair Yoga

Wednesdays until Nov.27, 10:15 a.m., Town Hall

Strength Foundations

Saturdays, 10 am, Town Hall

Strength Foundations for Beginners!

Tuesdays until Dec.17, 9 am, Town Hall

Zumba Gold

Fridays until Nov.22, 9 am, Town Hall
Tuesday, Dec.10, 7 pm, Town Hall



DEJA BREW AUTUMNAL COMMUNITY GATHERING

On Sunday, October 27, Village Neighbors had a warm, cozy Autumnal gathering at the Deja Brew. Mulled cider, costumes, masks, music and yummy finger foods were enjoyed by all. There was friendly conversation in the cozy back room by the fire as new Board Members, prospective volunteers and seasoned members mingled together. Thank you to **Elizabeth Fernandez O'Brien,**

Paula Lyons, Bette Richard, Bert Fernandez, Genie Casey and Pattie Macie for all your help.

Special Thanks to the **Deja Brew** for their beautiful space, **Hannaford Market** for donating a gift certificate and **New Salem Preserves** for apples and cider.