

January 10th, 2024 notes

OK, you want to make an appointment to have your taxes done by our AARP people, I get it, but as it was at this time last year, the registration system isn't activated yet. Ask us again in two weeks.

Our friends at Rainbow Seniors have started a Friendly Visitor program serving elder members of the LGBTQ community who are unable to participate in Rainbow Seniors programming. This is not a professional service, just a simple opportunity for homebound members of the LGBTQ community connect with the community and mitigate the sense of isolation that many elders experience. Members of the LGBTQ community may experience isolation more acutely following exposure to decades of homophobia which permeated our culture in the past. If you do know of anyone who could benefit from a visit, your contact is Ed Sedarbaum, a member of the Rainbow Seniors Steering Committee and the Williamstown Council on Aging Board of Directors. He can be reached by calling 413-441-6006.

While our Yoga instructor Mary is away in January Sonya Boesse will cover the Friday sessions. Many of you know Sonya, she was our substitute instructor during Mary's absences for a number of years before Covid interrupted programs and has been teaching a few classes in North Adams and Clarksburg since. She has agreed to cover the Friday, we wanted to fill the entire week but ultimately, she couldn't do it. We do have a line to another instructor but at the moment it's phone tag. Hopefully, we'll cover all the classes soon...

Due to the federal government ending the continuous coverage requirements on April 1, 2023, MassHealth has returned to their regular renewal processes. MassHealth now needs to renew all members' health coverage to ensure they still qualify for their current benefit. These renewals will take place over 12 months, from April 2023 to April 2024. This means that members could get their renewal forms (many in a blue envelope) in the mail at any time during this one-year period. For more information visit <https://www.mass.gov/masshealth-eligibility-redeterminations>

If you've gotten a new coat over the holidays and want to divest yourself of an older model, we'll take it. We're collecting gently used and new winter/spring coats for redistribution to folks who need one-after yesterday's storm, I'm hoping everyone was covered-alas I know that it's likely not so. So far this year, we're over 100 coats collected, we have again reached our annual goal but we're still collecting until January 31st. Thanks very much to all of you who have supported this program to help our neighbors in need!

A reminder note, after over a year of searching we have a new Foot Care Nurse. She's Laurie Ann Altsman and she comes to us officially on Wednesday February 7th and will be here every first Wednesday going forward. Her foot care process will include "a foot assessment, toenail trimming and foot massage for individuals with sore feet and those who just can't reach their toes" You'll arrange appointments by calling her directly, her number is 413-770-0653. She'll ask you some pertinent get-to-know-you questions and take it from there. Her sessions are \$50 per visit. Any questions? I would suggest that you call Laurie directly. She'll have all the answers. Currently, she's full in February and booking into March.

Incidentally, we're closed on Monday the 15th, that's next week-it's Martin Luther King Day. A final note-our Memory Class is full, and we are developing a waiting list for the next series.

Be careful out there! Watch for black ice!