

Petersham Council on Aging  
P.O. Box 486  
Petersham, MA 01366

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COA



NEWSLETTER

APRIL 2024



This newsletter is underwritten by the  
Executive Office of Elder Affairs.

ADDRESS SERVICE REQUESTED

**SAVE PAPER & POSTAGE AND RECEIVE THE IN-COLOR VERSION OF NEWSLETTER VIA EMAIL!**  
Email [RKoenigMA@msn.com](mailto:RKoenigMA@msn.com) and request to be switched to email delivery.



Could you use a hand with spring yard clean-up?  
Could you use a hand with organizing and sending out bill payments?  
Could you use a ride for shopping or a doctor's appointment?

**Petersham Partners are available to lend a hand! Give them a call!**  
**978-724-0078**

**Do you like to drive?**

Petersham Partners is looking to add a driver or two.  
Please call Deb Bachrach at 978-724-0078.

Neighbors helping Neighbors

Petersham Partners is an all volunteer run 501(c)(3) non-profit organization dedicated to helping senior residents in Petersham remain living in their own homes by providing rides and a helping hand as needed.

Petersham's Council on Aging Mission Statement:  
Petersham's Council on Aging dedicates itself to addressing  
concerns of the sixty year and older population of the  
Town of Petersham.

## APRIL IN-PERSON DINING & GRAB n GO LUNCH MENU

**NOTE:** Pick-Up Time is on Wednesday at 11:45 a.m. at Lower Town Hall.

In-Person Dining is on Wednesday at Noon in Lower Town Hall.

To reserve a meal or notify of cancellation call Paul Williams at 978-821-5549 by Monday afternoon.

WEDNESDAY			
3	Carb	Sod	
	g	mg	
Mini Raviolis (7) w/	18	67	
Spinach Alfredo Sauce 3oz	6	251	
Chicken Meatball	2	70	
Tuscany Blend Veg	6	47	
Wheat Bread	17	90	
Chocolate Chip Cookie	12	60	

Total Sodium (mg): 831

Carbs (g): 74; Calories: 544

10	Carb	Sod	
	g	mg	
Beef Stroganoff 8oz	4	177	
Buttered Noodles	29	40	
Jardiniere Blend Veg	11	32	
Wheat Bread	17	90	
Peaches	14	8	

Total Sodium (mg): 507

Carbs (g): 87; Calories: 724

17	Carb	Sod	
	g	mg	
Wild Salmon w/	0	67	
Honey Mustard Sauce 3oz	48	280	
Lo Mien Noodles	33	58	
Stir Fry Vegetables	5	0	
Wheat Bread	17	90	
Fresh Fruit	20	1	

Total Sodium (mg): 656

Carbs (g): 135; Calories: 757

24	Carb	Sod	
	g	mg	
Broccoli & Cheese-Stuffed Chicken	11	410	
Potatoes w/ Sr Cm & Chive	45	53	
Spring/Summer Blend Veg	11	67	
Snowflake Dinner Roll	17	180	
Carrot Cake w/ Icing	40	249	

Total Sodium (mg): 1119

Carbs (g): 137; Calories: 1057

**Suggested Voluntary Confidential Donation is \$3 per Meal**

*Please Note that Only 1% Milk is Currently Available From the Supplier*

This recipe is certainly silly. It says to separate two eggs, but it doesn't say how far to separate them.~ Gracie Allen



## Eggs



### Heart Disease

Dietary cholesterol has only a small effect on blood cholesterol. The type of fat in your food is a more important factor.

Research from two large studies totaling 120,000 people concluded:

**Eating 1 egg a day does not increase risk of heart disease for healthy adults.**

However, for those with heart disease or diabetes, Harvard researchers suggest limiting eggs to no more than 3 yolks per week.

**Eggs are nutritious!**

**1 large boiled egg has:**

- 78 calories
- 6 grams of protein
- 5 grams of fat (3.4 g unsaturated)
- 186 mg cholesterol
- 260 IU Vitamin A
- 44 IU Vitamin D

Eggs are also a good source of choline, biotin, other B vitamins and antioxidants.

### Avocado Deviled Eggs

Ingredients:

- 3 hard boiled eggs
- 1 avocado
- 2 tsp lime juice
- 1 Tbsp cilantro
- pinch of garlic powder
- sprinkle of paprika



Instructions:

1. Slice peeled eggs in half lengthwise and carefully remove cooked yolk.
2. Mash avocado and egg yolk in a bowl together until smooth.
3. Add lime, cilantro, & garlic.
4. Scoop mixture into egg halves & sprinkle with paprika.

### Food Safety

- Keep eggs refrigerated at 40 degrees F or below.
- Discard cracked eggs
- Cook egg mixtures and casseroles until they reach an internal temp of 160 degrees F
- Check dates. Eggs usually last 4 to 6 weeks past sell-by date..

### Breakfast Egg Muffins

Ingredients:

**(makes 12 muffins)**

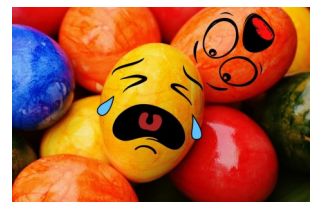
- 8 eggs
- 3/4 cup grated cheese
- 2/3 cup cottage cheese
- 1/4 cup diced tomatoes
- 1/4 cup diced bell peppers
- 1/2 cup chopped spinach
- 1/2 tsp black pepper
- Other seasonings of choice

Instructions:

1. Dice veggies
2. Beat eggs, then whisk in cheeses
3. Add seasoning and veggies to egg mixture
4. Pour egg mixture into greased 12-tin muffin pan
5. Bake in 350° oven for 18-22 min.



A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.



Unfortunately, there's been a resurgence in the grandparent scam in our area. Folks are being told to withdraw cash and leave it a box outside their home to be picked up by a courier. Others were told to send the cash through the mail. We encourage anyone who is concerned that a family member could be in trouble to hang up and verify that person's whereabouts. The individuals who initiate these schemes can be very persuasive, so it's best to just hang up!

Please do not hesitate to reach out to our offices in Greenfield or Northampton if you have any questions or would like any materials to share with your constituents about this or other types of scams and fraud.

Thank you,

**Anita Wilson** (She/Her)  
**Director, Consumer Protection Unit**  
**Northwestern District Attorney's Office**  
56 Bank Row|Greenfield, MA 01301  
[anita.wilson@mass.gov](mailto:anita.wilson@mass.gov) | Office (413) 774-3186

### Greenfield Community College Offers Classes from Welding to Dance

Find more info on classes at <https://engage.gcc.mass.edu/workshop-category/seniors/senior-symposia/> or call (413) 775-1661.

Pour yourself a cup of tea and check out GCC's **Backyard Oasis Podcast** designed by and for older adults at <https://rss.com/podcasts/backyardoasis/>

### VOLUNTEER OPPORTUNITIES

The Council on Aging will be seeking volunteers in the near future to fill seats on the COA Board.

Several terms will be expiring, including the term of newsletter editor.

Have you been looking for an opportunity to help the Petersham community?

Give some thought to joining the COA or putting together the newsletter!

To learn more, call Kay Berry at 724-6610 or Lynn Shaw at 724-8890.

# SCAM ALERT!



You get a call from your grandchild, an attorney, or police saying your grandchild is in trouble & they need your help.

There's been an accident, they've been arrested & they need money for bail or medical bills.

What should you do?

- **Hang up!**
- **Call or text** your grandchild or their parent to verify their location.
- **Slow down.** No matter how real the call sounds, verify the information. Don't send money!
- **Ask for help.** If you can't reach your grandchild or their parents, call your local police department.

If you have a consumer problem or question, contact the

**Northwestern District Attorney's Consumer Protection Unit**

**Greenfield**  
(413) 774-3186  
**Northampton**  
(413) 586-9225

Working in cooperation with the Office of the MA Attorney General



## PETERSHAM HISTORICAL SOCIETY

### Beyond Petersham: An Indigenizing History of Nicheaug A Program by Kimberly Toney FRIDAY, APRIL 26, 2024 • 7 PM



Join guest speaker Kimberly Toney, member of the Hassanamisco Band of Nipmuc and the Coordinating Curator of Native American and Indigenous Collections at Brown University. The history of Nicheaug long predates European settlement in the area; as a meeting place connected to waterways and ecological and agricultural resources, Nicheaug remains a culturally significant site for Nipmuc people. This talk invites a re-examination of the complicated, violent histories of settler colonialism in Nicheaug from an Indigenous and indigenizing approach that can help change the ways we think about place, space, land, and community.

**6:30 PM ~ Brief Annual Meeting of Petersham Historical Society**  
**7:00 PM ~ Guest Speaker's Program**  
**At Petersham Town Hall, 1 South Main Street**  
**Free. All welcome.**




This program is supported in part by a grant from the Petersham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.




PICTURED ABOVE: KIMBERLY TONEY, EAST BRANCH OF THE SWIFT RIVER, 1830 MAP OF PETERSHAM/NICHEAUG

## RECURRING COMMUNITY EVENTS



### MONDAYS

10 to noon/ *1st Mon of month	<b>Memory Café</b> 	Athol Senior Center	978-249-8986
Noon	<b>Cribbage</b>	Athol Senior Center	978-249-8986
1 to 3 pm	<b>Painting Class</b>	Athol Senior Center	978-249-8986

### TUESDAYS

10 to 11 am	<b>Aerobic Fitness</b>	Upper Town Hall, Petersham	\$7 suggested donation
10 am	<b>Pitch</b>	Athol Senior Center	978-249-8986 
12:30 to 2:30 pm	<b>Wood Carving</b>	Athol Senior Center	978-249-8986 
1 to 3 / *1st & 3rd Tuesday	<b>BINGO</b>	Athol Senior Center	978-249-8986
1 pm/2nd & 4th Tuesday	<b>Canasta</b>	Athol Senior Center	978-249-8986 
6 to 8 pm	<b>Chess Club</b>	Athol Public Library	Multiple age-groupings


### WEDNESDAYS

9 to noon	<b>Quilting</b>	Athol Senior Center	978-249-8986
10 to 11 am	<b>Gentle Yoga</b> 	Upper Town Hall, Petersham	\$7 suggested donation
11:45 am	<b>Pick Up/Grab &amp; Go Lunch</b>	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
10:30 to 11:30	<b>Blood Pressure Clinic</b>	Athol Senior Center	Please call for an appointment: 978-249-8986
11:30 to 12:30	<b>Ping Pong</b>	Petersham Town Hall, Upper level	All skill levels welcomed.
Noon	<b>In-Person Dining</b>	Lower Town Hall, Petersham \$3 suggested donation	To reserve or cancel, call 978-821-5549 by Monday.
12:45	<b>Mah Jongg</b>	Athol Senior Center	978-249-8986
4:00 to 5:30 pm	<b>Craft Circle</b>	Petersham Memorial Library	
4:30 to 5:30 pm	<b>Tai Chi</b>	Upper Town Hall, Petersham	\$5 suggested donation

### THURSDAYS

9 am/ *First Thursday of month	<b>Foot Clinic</b>	Lower Town Hall, Petersham	\$5 Call for appt: 978-724-3223
1 to 2:30 /*1st & 3rd Thurs of month	<b>Rainbow Elders Virtual Gathering</b>		Email: Rainbowelders@LifePathMA.org

### FRIDAYS

10:15 am (also Mon & Wed)	<b>Silver Sneakers</b>	Athol YMCA 	978-249-3305
11:15 am (also Mon & Wed)	<b>Swimnastics</b>	Athol YMCA	

Note: Some information is gathered from the listed organization's website. Confirm that the event is still scheduled before going.



## A SAMPLING OF UP-COMING COMMUNITY EVENTS IN APRIL

4/2, 6 to 7 pm	Vegetable Gardening 101 with Gretel Anspach, Trustee MA Horticultural Society	Woods Memorial Library, Barre		
4/4, 6 to 7 pm	Pot Luck: An Author Visit, Recipe Tasting, & Reading with Tinky Weisblat	Athol Public Library		Register at 978-249-9515
4/6, 10 to noon and 1 to 3 pm	Still Life Painting Class with Sara Deponte	Petersham Art Center	\$20 members \$40 nonmembers	Register at 978-724-3415
4/6, 7 pm	Petersham Jams	Davis Memorial		
4/9, 6 pm	Mystery Discussion Group: <i>A Simple Favor</i> by Darcy Bell	Athol Public Library	Dinner and the movie <i>A Simple Favor</i> starring Anna Kendrick and Blake Lively followed by a short discussion	
4/9, 6 to 7:30 pm	Poetry & Jazz-	Woods Memorial Library, Barre	Poets: Susan Roney-O'Brien and David Thoreen. Musicians: Dick Hummel and Jerry Willfong	
4/13, 10 to noon	English Paper Piercing with Kate Hall	Petersham Art Center	\$10 members \$30 nonmembers \$10 materials fee	Register at 978-724-3415
4/19, 6 pm	Funday Friday - Games Night	Petersham Congregational Church		
4/20, 9 am to 1 pm	Spring Basket Class With Sue Morello 	Petersham Art Center	\$20 members \$40 nonmembers \$18 materials fee	Register at 978-724-3415
4/20, 5:30	Pork Roast Take-Out Supper	Petersham Congregational Church	\$15 per dinner	To reserve, call Janice at 978-724-3362
4/22, noon	Booked for Lunch: <i>The Kitchen Front</i> by Jennifer Ryan	Athol Public Library		
4/23, 6 to 7:30	Solo/Duet: Poetry & Jazz	Woods Memorial Library, Barre	Poets: Jonathan Blake and Clair Degutis Musicians: Rich Falco and Jerry Willfong	
4/23. 6:30 pm	Millers River: The Jewel of North Central MA with Chris Coyle	Athol Public Library		Register at 978-249-9515
4/28, 5/5, 5/12 & 5/19 1 to 3 pm	Wool to Weaving with Deb Bachrach & Chris Eaton	Petersham Art Center 	\$40 members \$60 nonmembers	Register at 978-724-3415

*Note:* Some information is gathered from the listed organization's website. Confirm that the event is still scheduled before going.

The email for Petersham Council on Aging is [PshamCOA@gmail.com](mailto:PshamCOA@gmail.com) and can be used to request electronic newsletters. The newsletter is underwritten by the Executive Office of Elder Affairs.  
 COA Newsletter Editor: Robin Koenig 978-724-0213  
 COA Board Chair: Kay Berry: 978-724-6610