

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



September 2018 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
3 Labor Day- Library Closed	4 Board & Card Games, WW, 1:30pm	5 Coffee & Social Time Library, 10am	6 COA Luncheon Church, Noon Scrabble Library, 5:30pm	7
10 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	11 Board & Card Games, WW, 1:30pm Scrabble Library, 1:30pm	12 Coffee & Social Time Library, 10am	13	14
17 Knitting Group Library, 6:30-8pm	18 Board & Card Games, WW, 1:30pm	19 Chair Yoga WW, 9am Coffee & Social Time Library, 10am	20 Lunch at Brunelle Marina and Lady Bea Leaving town parking lot 10:30am Scrabble Library, 5:30pm	21 COA Breakfast WW, 8am-9:30am
24 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	25 Board & Card Games, WW, 1:30pm Scrabble Library, 1:30pm	26 Chair Yoga WW, 9am Coffee & Social Time Library, 10am	27 	28 COA Board Mtg WW, 9:30am

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors
 Coordinator: Julia Lennen ✦ 13-537-9880 ✦ westhamptoncoa@comcast.net

Baseball in July

Six seniors planned to attend a Blue Sox game in Holyoke on July 15th. Due to the extremely hot and humid weather that day, they chose to change the date to an evening game at the end of the month. Unfortunately, on that evening, rain and thunderstorms were predicted so they chose to postpone going to a game until next season. (It was a good idea since the game was cancelled after a half hour due to lightning and heavy rain.)

September Luncheon

Tim Perry will be performing at our **September 6th** luncheon. Tim performs a wide variety of genres from Top 40 to Oldies and captivates listeners by his warm acoustic style and easy-listening vocals influenced by the sweet delivery of Paul McCartney and laidback strumming of Jack Johnson. Tim has also written and produced five studio albums and will be performing some of his original music.

Before we welcome Tim, we'll all be having our usual buffet lunch together at noon. Come early, if possible, to sign birthday cards, and a nurse will be available to take blood pressures. We'll also have the collection box in the dining room for nonperishable food items to be donated to the Easthampton Food Pantry. Right after lunch, we'll celebrate seniors who have August and September birthdays before we welcome Tim Perry. Come on Thursday, the 6th, for lunch and entertainment.

Board & Card Games

The gaming group has continued to meet during the summer in the air-conditioned meeting room at Unit F in Westhampton Woods. They invite others to join them every **Tuesday at 1:30pm**. Scrabble players meet at the library 4 times a month. In September, Scrabble will be played at the library at **5:30pm on the 6th and 20th and at 1:30pm on the 11th and 25th**.



Computer Class

After taking a summer break in July and August, Bob Miller will be returning to the library at **10am on the 2nd and 4th Mondays** of each month to help seniors with computer problems and to help them add to their computer knowledge. In September that will be on the **10th and 24th**. Bring along a laptop or other device or borrow one that Bob brings. In the past he has helped individuals with problems during the first hour and reviewed something he's taught in the past or introduced something new during the 2nd hour. If there's something you'd like to learn how to do, Bob is

willing to teach it.

Fall Chair Yoga

Michele Morales is returning to Westhampton Woods, Unit F, for a **10-week series** of chair yoga beginning on **Wednesday, September 19th**. Michele is a yoga instructor at the Senior Centers in Southampton and Northampton and has been teaching for over 18 years. She incorporates her experience as a practitioner of yoga with a form of gentle movement called the Feldenkrais Method. Come and experience how much better your body will feel after an hour of gentle stretching!



Lunch at Brunelle Marina and Cruise on the Lady Bea

On **Thursday, September 20**, all seniors are invited to lunch at the Dockside Restaurant at Brunelle Marina in South Hadley. Lunch will be served promptly at 11:30. After lunch, we'll be taking a 1 ½ hour cruise aboard the Lady Bea beginning at 1:00pm. The \$10 reservation fee will need to be received by Deb Barthelette by the day of our next luncheon, Thursday, Sept. 6th. Due to the nature of this event, the pre-paid reservation fee is non-refundable. Remember also that you'll need to be a dues-paid member of the Friends of the Westhampton Council on Aging and at least 60 years of age. Deb Barthelette, chairperson of Friends, began taking Friends' dues for the '18-'19 year (\$5 for singles and \$8 for couples) at the July picnic. We will be carpooling from the Town Parking Lot and will be leaving promptly at 10:30am.

Monthly Breakfasts

Our monthly breakfasts at Westhampton Woods will resume on **Friday, Sept. 21st**. Come to Unit F anytime between 8:00 and 9:30 for homemade coffee cake or quick breads, hot cereal, coffee, tea, cocoa and milk. Come visit with other seniors, and you're sure to start your day with a smile.

Foot Care

Diane Roeder, our foot care nurse, took a few weeks off during the summer so her schedule has changed a bit. She came to Westhampton Woods near the end of August so will probably be back during October. If you'd like to check in with her for her next visit, you can reach her at 413-374-0457.

Hikes

The Westhampton COA Hikers have planned many new hikes this year. Please see the tentative schedule on the next page though October 10. If you want more information or you want to participate, please send (charleshorn66@gmail.com) your email address and a brief note. For your pri-

vacy, we email members via Bcc. We look forward to another great season, and we'd love to have you join us.

~Chuck Horn

HIKE SCHEDULE:
(Most hikes about 1 1/2 hours.)

- An Old Favorite: Loop of four (wooded) roads to and from Westhampton's Mass Audubon Lynes Sanctuary. Wednesday, August 29, 9:00 AM—1 to 2 miles of easy hiking with short hills.
- Reservoir Road Extension: Wednesday, September 5, 9:00 AM— 1-mile climb (not steep) to Northwest Rd. in Chesterfield with 1 mile easy downhill walk on Northwest Rd. back to Westhampton.
- New Trails, Mineral Hills: Wednesday, September 24 at 1:00 PM—some short climbs and/or long but not steep climbs
- Ridge Conservation from old Clear Falls to Glendale Road: Wednesday, October 10, 1:00PM—short climbs and/or long but not steep climbs.



Can you hear me now?

The Friends of the Westhampton Council on Aging received a memorial donation from the Morse Family in memory of their mother, Mary Lee. As requested in the accompanying note, it was the wish of the Morse family to use their donation to "enrich the quality of Westhampton Seniors". After careful consideration, the Friends Board purchased a new PA System and gifted it to the Council on Aging in memory of Mary Lee. The PA System, which is electricity or battery operated, will be used at meetings and gatherings and will help our seniors whose hearing is a little less than perfect to hear all that is going on. Thank you again, Morse Family, for your donation and we, like all of you, will miss Mary Lee.

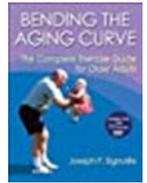
COA Donation to Library

Our COA recently made a donation of the following DVDs and devices. These should be helpful and interesting to seniors.

No DVD player at home? If you want to watch movies or check out exercise DVDs, be sure to check out this portable DVD player!



*Bending the Aging Curve:
The Complete Exercise Guide for
Older Adults*
DVD Edition
by Joseph Signorile, published by
Human Kinetics (2011)



*Balance & Strength Exercises for
Seniors: 9 Practices, with Traditional
Exercises, and Modified Tai Chi, Yoga
& Dance Based Movements*
By Jane Adams



*The Art of Caregiving with Alzheimer's
Dementia Care Expert Teepa Snow*



Assistance for Seniors

There are several sources for support for seniors living in Westhampton. Please feel free to take advantage of any of these services!

Transportation: If you need a ride to an appointment or the like, or if you're in need of other transportation, please call Louise Jasionkowski at 527-5134.

Equipment: The COA has a variety of medical equipment available to loan to anyone who needs it (including at least 2 wheelchairs). In addition to walkers, there are shower stools, crutches, canes and other equipment to use in the bathroom. There are also some bed pads and packages of disposable undergarments available for anyone who could use them. Please call Jean Webster, 527-5077, if you'd like to borrow or use any of these items.



HEN Program: If you are age 60 or over and need help with cleaning, laundry, etc., we can help. The Hilltown Elder Network (HEN), of which Westhampton is a member, matches elders with caregivers at no cost to the elder. This program does have some income guidelines. Call Lilly Baxter at 527-1532 for information.

Handyman Services: If you need handyman services, we have two willing gentlemen who have offered their services (at reasonable rates) to Westhampton seniors. Call Bob Pajak at 529-0905 or Paul McCutcheon at 203-3149.



TRIAD COUNCIL

Seniors, Police, and Support Services Together — Learning ~ Informing ~ Empowering
Contact: Ginny Curtis – 529-9873 — westhamptontriad@comcast.net

STROKE: ONE EVERY 40 SECONDS IN THE USA

A stroke is defined as an interruption of the blood flow in the brain. It dropped from fourth to the fifth leading cause of death in the U.S. Medical advances mean that more people are being saved, and the faster the treatment, the better the chances.

The first line of defense is up to you. When a stroke is suspected, you need to know what to do as it can mean the difference between life and death. Getting help quickly can be life saving, but it can also mean less time spent in a rehab facility re-learning to walk and talk. In 2018, the “window” of time to get treatment that busts the clot (cause of most strokes) has been extended. Plus a medicine that dissolves clots may help more people than previously thought. The main theme is still “get to the hospital as quickly as possible” so a health care team can determine what treatment is best.

- Mechanical clot removal: Developed in 2015, it can be used up to 24 hours after stroke begins. Stents are used depending on the size of the blood vessels.
- An IV medication: Developed in 1996 and approved by the FDA, it dissolves clots within 4 hours after the stroke begins.

Reducing/ Lowering Your Risk:

- Keep blood pressure and cholesterol at healthy levels
- Get screened for diabetes
- Keep blood sugar under control if you have diabetes
- Don't smoke

RECOGNIZING A STROKE/ THINKING F.A.S.T. CRUCIAL

The American Stroke Association tells us we make a mistake thinking “symptoms will go away” or “they are due to something else”. Thinking “FAST”, suspecting signs, and getting help is crucial.

F : FACE DROOPING

A: ARM WEAKNESS

S: SPEECH DIFFICULTY

T: TIME TO CALL 9-1-1

Dizziness can be another symptom, and it is often brushed off as something minor. Other symptoms include a severe headache, vision problems, balance issues, and confusion. Be suspect of abnormal reactions from your friend or loved one. Always err on the side of caution. Visit www.strokeassociation.org. Be Stroke Smart!

ENJOY THE LOCAL HARVESTS ~ SUPPORT OUR LOCAL GROWERS!



The Westhampton Council on Aging counts on YOUR support to continue our important programming for local seniors!

I would like to contribute to the Westhampton COA. My contribution of \$_____ is attached.

(Please write your check to The Friends of the Westhampton Council on Aging, write "program support fund" in the memo line, and mail to Charlotte Wood, 14 Perry Hill Rd. Westhampton, MA 01027.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

Regional News

Seniors Aware of Fire Education



Hey, it's September again (or almost)! September has its own challenges and joys. Here are a few ideas for keeping it SAFE:

- School buses are on the road again. Be sure to stop a safe distance behind or in front of them when they're showing red lights.
- Discourage ticks and other biting insects by covering up and using bug spray when doing garden/lawn work.
- Do not burn leaves or brush during your fall clean-up. Burning season will begin on January 15, 2019.
- Do not touch or take in any wild animal looking for a winter home.

Enjoy the month, apples and cider and be S.A.F.E!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

Spa Days at Smith Vocational

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by hosting a "spa day" once a month to seniors in the surrounding area. They are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facials \$8.00.

Friday, September 21st is the first spa day, in Room 124 of Building A at the school. Available appointment times are **9 and 10 am**. All work is done by students and is supervised by licensed instructors. There is a senior class of 11 cosmetologists, so there are plenty of appointments for haircuts and manicures. However, pedicures and facials appointments are limited to one per hour. Watch for more future dates in the newsletter.



NEW for Fall 2018:
please call the Cosmetology Department directly to make an appointment. Their number is 413-587-1414 ext. 3531.

Switch, don't switch, switch, don't...

When we switch on our electric lights, the electricity comes from the utility company for nearly all of us. The utility company gets the electricity to sell us from a variety of sources, and we customers have the right to choose where our electric supply comes from. We can use the utility company's source, or switch to one of the multiple other entities who repeatedly call us on the phone at dinner.

Oh dear, that was negative. Let me try again. We can use one of the multiple other entities who call us on the phone and who may be able to promise us a lower rate. They are called an alternate supplier. They may represent interests in another part of the country, obtain their power from renewable resources, or have some other factor.

When we get one of these calls, it is probably not a scam, but we should be careful in switching. There may be a benefit to using a different supplier but there are several possible hiccups.

Ask appropriate questions of the potential supplier about how your contract and costs will go. National Grid has two very useful pages of information on considering your energy supplier:

**www9.nationalgridus.com/masselectric/home/energychoice/4_how.asp
www9.nationalgridus.com/masselectric/faq/faq_result.asp?Code=choice**

I'd also suggest asking friends and neighbors for their experiences. As I said, this may not be a scam phone call, but it may not be financially beneficial to switch, either.

Switching off,

Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO / PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th!**

REMINDER:

Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local Senior Center or call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Uncle Sam Wants US!

It's voting time! The primary is right after the Labor Day weekend, really inconvenient. BUT we can either remember to vote on September 4th, OR get an absentee ballot and vote before! Our Town Clerks will be quite happy to help. Just note their office hours and plan ahead for closed offices. The last day to request an absentee ballot is Friday, August 31st at 5pm. You can also make this request online at:



www.sec.state.ma.us/ele/elepdf/2018-Short-Form-Absentee-Ballot-Application.pdf.

If you need to check that you are registered, talk to your Town Clerk or go online to www.sec.state.ma.us, then click on the Elections and Voting tab on the left. There is a lot of information there, including an easy link to the absentee ballot application

The next date to remember is **October 17th**, the date to make SURE you are registered to vote to be able to participate in the **November 6th elections**. You can register online if you have a valid MA ID or driver license. Go to: registertovotema.com

Voting is one of our most important citizen participation actions. So, does your / one vote really matter? Yes, it can, though it is not probable. Read this for a good overview of the question - www.thoughtco.com/can-one-vote-make-a-difference-3367480

Thanks to Brenda Lessard for checking me.
Thanks to you for reading,

~ Jean O'Neil

SAVE THE DATE

Northern Hilltowns Consortium of Councils on Aging

**Hilltown Elders:
Protecting Your Health and Safety**

Monday, October 15, 2018
9:30 -2:00
Chesterfield Community Center

Many questions come up every day about what you need to know about medical services, emergency rooms, hospital discharge, Medicare protections and the new Medicare card. Recently these questions came up in recent local surveys and community public forums in three hilltowns: Chesterfield, Cummington and Plainfield. People have said that they also want easier access to information about how to get the help they need when they need it. Knowing how it all works makes a big difference.

Meet professionals from Medicare Patrol, Legal Professional, Highland Valley Elder Services, primary care physicians, Mass Council on Aging and the Executive Office of Elder Affairs.

Come for the day or only part of the day!
Lunch will be served.

Stronger than Yesterday

What interests you? There's never been a better time to learn a new form of exercise or pick up one you haven't done in years.



Chair Yoga

Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.

Tues. 10am, Chesterfield Comm. Ctr
Led by Michelle Morales-Wolk
Requested donation: \$5/class.

Weds. 9am, Westhampton Woods, Unit F
Led by Michelle Morales-Wolk thru 5/23. Free or small donation.

Thurs. 10:45am, Williamsburg Senior Ctr.
Led by Alexandra Mello. \$10/class.*

Yoga for You

*Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60.**

Tues. 6-7pm, Williamsburg Senior Ctr.

Dance Class (Modern / Creative)

Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.

Weds. 10am, Williamsburg Senior Ctr.

Feldenkrais

Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.

Mon. 7pm, Chesterfield Comm. Ctr.
Requested donation: \$5/class

Thurs. 6pm, Williamsburg Senior Ctr.
*\$10/class**

Healthy Bones and Balance

Designed to increase participants' strength, mobili-

ty, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.

Mon. & Thurs. 9:30am
Cummington Comm. House

Mon & Fri. 10:30am
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Senior Ctr.

Thurs. 4pm, Williamsburg Senior Ctr.

Hiking

Chuck Horn organizes hikes around the Westhampton / Easthampton area. To get on his email list, drop him a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass.

Weds. 10am, Goshen Town Hall

T'ai Chi

T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Mon. 9:30am, Chesterfield Comm. Ctr.
(Advanced; \$5/class)

Thurs. 6:30pm Chesterfield Comm. Ctr.
(Beginner; \$5/class)

Thurs. 9:30am Williamsburg Senior Ctr.
*\$10/class**

To find out more about these classes, and to register, please contact the appropriate COA coordinator:

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Anne Parsons, 634-2262, coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematkc@aol.com

Westhampton:

Julia Lennen, 537-9880,
westhamptoncoa@comcast.net

Williamsburg:

Sherry Loomis, 268-8407, sloomis@burgy.org
* Financial aid may be available for Wburg residents.

Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in September

Tues. Sept 25th, 9am Big E Day Trip

Bus departs 9:00am from COA parking lot, 400 Main Rd, Chesterfield, MA. Bus leaves: 4:30 P.M. from the Big E.

Cost includes: round trip bus transportation, entrance fee to the exposition. Circus Spectacular @ 1pm at the Big Top- FREE. The Drifters & Platters perform @ 3pm at the Court of Honor Stage--FREE. \$10 per Chesterfield Senior (age 60 or over). Open to all ages and all communities for \$14. Cash or checks payable to Chesterfield COA due by September 12th. Only 35 seats available. NO REFUNDS due to bargain price. **For reservations: call Francine Frenier 296-4291 or call the COA @ 296-4007.** Scooter and wheelchair assistance available; the COA can help with the rental fee. Limited Availability- First Come First Serve to Chesterfield Seniors only.



Thurs. Sept. 27th, 12:15pm
Steve Damon from A Natural Music School
Senior Center Café, 141 Main St. Williamsburg

Come and enjoy songs and stories by an entertaining local musician! Please call two days ahead to reserve lunch, if you're interested: 268-8407.

Save the date! Saturday, October 20th 9am-3pm
Goshen Congregational Church
Fall Clothing Exchange
45 Main St. Goshen

The spring clothing exchange was such a huge success that they are doing it again! Please drop off your washed, gently-used men's, women's and children's coats and other fall/winter clothing and accessories on Weds. Oct. 17th from 5-8pm or Fri. Oct. 19th from 9am-3pm, then come back on Saturday to shop! Please, no undergarments or lingerie. If the drop off times don't work for you, please call the church at 268-7427 to arrange a different time.

**Would you like to receive your newsletter
by email instead of snail mail?**

If so, please email Kristen at
regionalcoanews@gmail.com to be put on
the email list.