

# Moving Forward

Westhampton Council on Aging  
 Programs and Services for Active Living at 60+



## December 2018 ~ Calendar of Events

| MON                                                                                               | TUES                                                                                                                 | WED                                                           | THURS                                                                                                                              | FRI                                                 |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| <b>3</b><br><b>Knitting Group</b><br>Library, 6:30-8pm                                            | <b>4</b><br><b>Board &amp; Card Games</b> , WW, 1:30pm                                                               | <b>5</b><br><b>Coffee &amp; Social Time</b><br>Library, 10am  | <b>6</b><br><b>Foot Care</b><br>WW, call 413-374-0457<br><b>COA Luncheon</b><br>Church, Noon<br><b>Scrabble</b><br>Library, 5:30pm | <b>7</b>                                            |
| <b>10</b><br><b>Computer Class</b><br>Library, 10am<br><b>Knitting Group</b><br>Library, 6:30-8pm | <b>11</b><br><b>Board &amp; Card Games</b> , WW, 1:30pm<br><b>Scrabble</b><br>Library, 1:30pm                        | <b>12</b><br><b>Coffee &amp; Social Time</b><br>Library, 10am | <b>13</b>                                                                                                                          | <b>14</b>                                           |
| <b>17</b><br><b>Knitting Group</b><br>Library, 6:30-8pm                                           | <b>18</b><br><b>Board &amp; Card Games</b> , WW, 1:30pm                                                              | <b>19</b><br><b>Coffee &amp; Social Time</b><br>Library, 10am | <b>20</b><br><b>Scrabble</b><br>Library, 5:30pm                                                                                    | <b>21</b><br><b>COA Breakfast</b><br>WW, 8am-9:30am |
| <b>24</b><br>Library closed                                                                       | <b>25</b><br>Merry Christmas!<br> | <b>26</b><br><b>Coffee &amp; Social Time</b><br>Library, 10am | <b>27</b>                                                                                                                          | <b>28</b><br><b>COA Board Mtg</b><br>WW, 9:30am     |
| <b>31</b><br>Library closed                                                                       | <b>27</b>                                                                                                            | <b>28</b>                                                     | <b>29</b>                                                                                                                          | <b>30</b>                                           |

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors  
 Coordinator: Julia Lennen 413-537-9880 ✦ westhamptoncoa@comcast.net

## November Luncheon

A large group of seniors attended the monthly potluck luncheon on the first day of the month. After celebrating three birthdays, we enjoyed a program on butterflies of the world presented by John Root. He showed slides of literally hundreds of brilliantly colored butterflies and moths and explained the differences. His program was funded by the Westhampton Cultural Council.



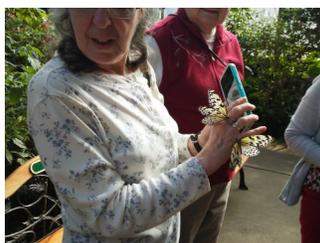
*November birthdays:  
Chuck Horn,  
Pat Warren and  
Bill Magrone*

*November potluck  
luncheon*



## Magic Wings Trip

19 seniors carpoled up to South Deerfield on Nov. 7th to explore the Magic Wings Butterfly Conservatory. We were greeted by two tour guides who gave us lots of interesting information about the butterflies before taking us through the museum which includes other little creatures—some cute and some not so cute! We eventually entered the huge warm rooms where nearly 4,000 colorful butterflies reside. It really was magical to see them all quietly fluttering about while soft music played. They would land on us whenever they chose. There were other cute little creatures walking around amongst us, too. What a fun place to visit! On the way home, we stopped at Tom's Hot Dogs for lunch on our own. The COA and the Friends combined to sponsor this trip.



*Mary Ellen Prince  
with butterfly  
friends.*

## Fall Festival 'Thank You'

The Friends of the Council on Aging would like to thank all of the COA members who baked for this year's Annual Pie Sale. All 41 of the donated pies and a tray of apple strudel were sold out by 3pm. Thanks to your efforts, this year's Pie Sale was indeed a huge sweet success!



*Pie Sellers at Fall Festival: Jean Webster,  
Shirley Raymond, Deb Barthelette and Marion Miller*

## December Luncheon

Again this year, this will be a special luncheon planned by the food committee. It will feature sliced ham, mashed potato and winter squash. It will not be a potluck lunch so no one needs to bring a dish unless you have been specifically asked. There will still be birthday cards to sign so come early, if you're able. A nurse will be available to take blood pressures, and the box will be available to receive nonperishable food items for the Easthampton Food Pantry. (This is especially important during the holiday season.) After lunch we'll have a special treat of entertainment by the Dan Kane Singers.

## Foot Care Available

Our foot care nurse, Diane Roeder, RN, will be making her bimonthly visit to Westhampton on **Thursday, Dec. 6<sup>th</sup>**. She'll be coming to Westhampton Woods, Unit F, to see any senior who has an appointment. If you'd like foot care, just give her a call at 413-374-0457.

## Chair Yoga

Our fall session with Michelle Morales-Wolk has ended, but we're hoping to have a 6-week session of chair yoga with Sarah Prince during the mid-winter. More about it in future newsletters.

## Board & Card Games

The faithful group of game players will be at Westhampton Woods on three Tuesdays in De-

ember at 1:30 and those interested in playing Scrabble should meet at the library at 1:30 on the 11<sup>th</sup> this month. Scrabble will also be played at the library at 5:30pm on Dec. 6<sup>th</sup> and 20<sup>th</sup>.

### Computer Classes

Bob Miller will be at the library on **Dec. 10th** at 10am for trouble shooting and helping anyone with a computer challenge. If there's something that you'd like your computer to do, but you can't figure out how to do it—just come and ask Bob! Sometimes it seems like he's a 'computer miracle worker'. Since the 4th Monday falls on Christmas Eve this year, there will probably only be one class in December.

### Hiking

Lilly Baxter, with permission from the Pine Island Lake Association, led a hike around Pine Island Lake on Sunday, Nov. 4th, which, amazingly, was a sunny day. About 17 hikers from this area joined in. Due to hunting season, the hikes in November were on Sunday. There are no scheduled hikes for Dec. and January. After that, the weather will determine when hikes begin again.

### Holiday COA Breakfast

Please join us for our holiday breakfast on **Friday, Dec. 21st**, from 8:00 until 9:30am at Westhampton Woods, Unit F. We always try to make this breakfast a little more festive. Drop in anytime to enjoy coffee, tea, cocoa or milk along with coffee cake and hot cereal. There will probably be something else added this month as we celebrate the holidays and the end of 2018—how fast this year has gone by!



### Parade of Trees

The 10th Annual Parade of Trees at the Clark Chapman House, 234 College Highway, Southampton will be held on Sunday, Dec. 2nd and 9th from 2-4pm, as well as Sat. Dec. 29th, 1-4pm. This is a free event featuring traditional, contemporary, and whimsically decorated trees for the holiday season. Santa will be available on the 2nd and 9th for pictures! Holiday refreshments served.

### Library Happenings

December events:

- \* December 10 from 6-8pm- **Holiday Craft Party**- Drop in the evening of Monday, December 10th to get crafty. We'll have different stations with fun holiday crafts to make (or just make what you want!). Lots of supplies

will be available to make ornaments, gift tags, and whatever else you can think of.

- \* December 17 from 6-7:45pm- **Hot Chocolate Bar**- Take a break during the busy holiday season and warm up at the hot chocolate bar at the Westhampton Library. We'll have hot chocolate and all kinds of yummy toppings to go with it. Drop in, chat with neighbors, and enjoy a cup of cocoa.

### Mass General Shuttle

Mass General and Cooley Dickinson hospitals sponsor a free shuttle. Call for a reservation ahead of time with your date: 1 888 554 4234. The dispatcher must know the physician's name at Mass General to be sure this is a medical ride. You will get a phone confirmation or email. They also give a reminder phone call before the date.



The van leaves Atwood Drive in Northampton at 6:30am. When you enter Atwood Dr., there is a fenced in employee parking lot immediately on the right. This is where the van picks up at 6:30am then drops off at 5pm. There may be delays in Boston's leaving time. You can bring breakfast and eat on the shuttle-van. The van makes one rest stop during the trip.

The shuttle stops in Boston at the Wang Center (which is across from Mass General). You are picked up there at 3pm. If you don't know where to go, there is someone in the Wang Center to help.

### Save the Date Saturday, December 15 at 11:00 am

By now you have received your Aging at Home in Rural Towns questionnaire and, we hope, completed it and mailed it back in the provided envelope. If you have not filled it out, it is not too late! Your thoughts are important to your COA and to the Consortium.

The next step is a Forum on Saturday, December 15th at Town Hall. By then, we should have results from the returned surveys. The forum is also a time to express your thoughts about what makes a town livable. We will also start the discussion of how to make sure Westhampton is a livable and age-friendly community.

If you are interested in the Age-Friendly movement in Massachusetts and the Massachusetts Healthy Aging Collaborative, you can learn more at: [mahealthyagingcollaborative.org](http://mahealthyagingcollaborative.org). If you don't have internet access, please call Julia at 413-537-9880 for printed literature.



### TRIAD COUNCIL

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

### **ROBOCALLS = \$10 BILLION YEARLY**

In the first four months of 2018, one call-blocking service reported more than 12 billion robocalls were made to our homes. That's about 4 million unwanted calls and text messages every hour. With all the efforts regulators take to curb them, why do they continue to surge?

It is because they work. We are not exercising caution and common sense.

Con artists blast tens of millions of calls with auto-dialers. Reports state these scammers spend about \$438 million a year on robocalls. These calls generate more than 20 times that amount in income or \$10 billion a year. They now often display on our caller ID screens as "spoofed" numbers appearing as local numbers, or worse, from trusted businesses and government agencies. They frequently change them on purpose. Reports tell us that it's nothing personal, it is just that your phone number has been targeted.

If you don't attempt to do some do-it-yourself defenses, and they learn the number is active, your number will be ripe for future calls. When you speak first, automated voice-activated calls launch the robocall recording or transfers you to a live operator seeking personal and financial information from you. FYI: Friday and Tuesday are their favorite call days.

- "Pick up & Say nothing". It usually disconnects the call within seconds. If it's an unsolicited "live" caller, let them break the silence. If you don't recognize the voice, hang up! I always look first at my caller ID. If I don't recognize the number, I "say nothing"; it's my favorite tool to date. It has eliminated most robo calls I use to get.
- "The app trap". Smartphone users have plenty of options that flag and block fraudulent calls & text messages. Customers of AT&T can use Call Protect, Verizon Wireless has Caller Name ID, Sprint offers Premium Caller ID, and T-Mobile has Scam ID and Scam Block.
- "One-ring Ruse". Don't call back! It's often an attempt to have you call expensive Caribbean countries. Beware of these area codes: 268, 284, 809, 876.
- Landline users: "Blocking". A freebie to use is press \*77 to block "anonymous" and "private" numbers. Deactivate it at any time by pressing \*87.
- Most Common Cons: These are the pitches promising reduced rates on debt and credit cards or preapproved loans; offers of free or low-cost home security systems, medical supplies, time-shares; or offers from utility or government agencies.

**To learn more, go to: [aarp.org/fraudwatchnetwork](http://aarp.org/fraudwatchnetwork)**

***Our Triad Council wishes you joyful  
Holidays & a safe New Year!***

***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

## Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non-perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.



## Update on the Healthy Incentives Program (HIP)

*Last day to earn HIP benefits is Feb. 28, 2019*

HIP announces updated seasonal schedule!



### What does that mean for HIP?

HIP will be operating on an extended seasonal schedule. This means that clients may earn HIP dollar through February 28, 2019. We know HIP plays a crucial role in helping you buy healthy fruits and vegetables for your household, therefore HIP will resume in Spring 2019.

To find a location, go to [www.mass.gov/massgown](http://www.mass.gov/massgown). Click on the map and choose SNAP, under nutrition programs.

For more information on DTA (Department of Transitional Assistance) programs, please visit [mass.gov/dta](http://mass.gov/dta).

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

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### So Clever!

You know the scammers are good at spoofing where a phone call is coming from, e.g., the IRS or a friend. They are getting clever in other ways as well. At a TRIAD meeting the other day, Dave Fenton of the Sheriff's office told us about a really sophisticated scam that he encountered. The scammer was looking for female names in the phone book likely to belong to an older person (for instance they would ignore Beyonce)... and call the person. The caller would ask for the man of the house, sometimes finding out the man was dead. He makes sympathetic noises, gets more information such as the man's name (Harold, let's say), finds out he was a veteran, and hangs up.

A month or two later, he calls back and asks to speak to Harold "about his pledge". The caller learns, again, that Harold has passed away, and says something like "Oh gosh, we have a pledge from him, saying he would be willing to give \$100 to the Northeast Veteran's Association. I wonder if you, ma'am, would like to honor the pledge that Harold made?"

You see what happened here. The caller is clever about getting personal information, then doesn't act on it until time has passed and the original call is forgotten. The caller then plays on the feelings of the widow, giving an expectation that she will send money. So – we don't answer in the first place, right? If we do answer, we don't give out any personal information. And we don't let anyone play on our sympathies or patriotism.

Safely,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## ***Developing Rural Age and Dementia Friendly Communities in the Hilltowns***

Many communities across the country are looking at what it takes to help people age in their own homes. It's an important issue for all ages, not just older adults. The Northern Hilltowns Consortium of Councils on Aging recently completed a pilot program to explore the readiness and interests of towns in becoming age friendly communities. Surveys were sent to each resident 60 years and older in Plainfield, Cummington and Chesterfield. Results showed that of all the issues related to having age friendly and/or livable communities, the most commonly shared concerns included the importance of transportation, housing, accessibility to town facilities and other sites, traffic safety and sidewalks. Having a central source of complete information about community events, supports, programs and services was one of the highlights people shared in the second phase of the pilot program.

When folks were asked about the importance of remaining in their own homes, **87%** said that it was **Very Important**. When asked about reasons they might move, the most common reasons included: looking for a home that will help you to live independently as you age (54%); looking for a different home size that better meets their needs, concern about the expense of maintaining the current home,

and needing more access to public transportation.

Now the rest of the Northern Hilltowns: Goshen, Williamsburg, Worthington and Westhampton, are launching both the distribution of surveys to everyone over sixty and conducting public forums about what people would like to do about moving toward becoming Age Friendly Communities. Because the return rates were so high in the first three towns, it's anticipated that the voices of folks from the remaining towns will be equally clear and compelling. Please let us know what's important to you and what improvements you would like to see in your communities. If you have other thoughts you would like to share, please contact: Jan Gibeau, Chair, Northern Hilltowns Consortium of Councils on Aging: 413-296-4007 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com).



## **Need help with your housing repairs?**

Hilltown CDC received funding for the FY18 Housing Rehab Program, and we're currently applying for the FY19 Housing Rehab Grant. We're accepting applications from homeowners who live in ***Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington*** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

### **Possible Repairs:**

|                                   |                        |
|-----------------------------------|------------------------|
| Siding                            | Roofs and Chimneys     |
| Windows and Doors                 | Floor Joists, Flooring |
| Insulation, Walls, Ceilings       | Foundation Work        |
| Septic Systems and Sewer Tie-in's |                        |
| Handicap Accessibility Work       |                        |
| Plumbing and Electrical Updates   |                        |
| Wells, Pumps, and Hot Water Tanks |                        |
| Lead Paint Removal                |                        |
| Asbestos Removal                  |                        |



### **HOUSEHOLD INCOME GUIDELINES/ LIMITS:**

| <b><u>Household Size</u></b> | <b><u>Gross Annual Income</u></b> |
|------------------------------|-----------------------------------|
| 1                            | \$45,200                          |
| 2                            | \$51,650                          |
| 3                            | \$58,100                          |
| 4                            | \$64,550                          |
| 5                            | \$69,750                          |
| 6                            | \$74,900                          |
| 7                            | \$80,050                          |

Funding is provided by the US Dept. of HUD/ DHCD and MA CDBG Programs.

These are ***NO interest/NO payment loans*** which are forgiven over 15 years, and all work is completed by licensed contractors. Please don't delay! Funding is available right now, and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org) for more information and an application.

# On the Go!



The Northampton Senior Center has arranged the following outings, and you are welcome to join!

\*Please make your reservations early as these trips fill up fast!\* **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

## 2019

**April 13: MGM & Majestic Theater Combo.** Spend the morning at the MGM casino. Receive a \$10 free bet. Following lunch on your own, spend the afternoon at the Majestic Theater and receive a \$3 snack coupon. Enjoy the musical "The Marvelous Wonderettes." Cost is \$61. There is a \$10 discount if paid in full by February 1st.

**April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South.** Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

**May 21: Mamma Mia**, the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109. There is a \$10 discount if paid in full by March 1.

**May 21:** Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77. There is a \$10 discount if paid in full by March 4.

**May 29-31: Ogunquit, Maine.** Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

**June 11-13: Island Hopping.** Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island.

Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

**Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick.** Passport required. Cost is \$1,070 per double. There is a \$25 discount if paid in full by June 1. This 9 day trip includes: 8 nights lodging including 5 nights in Canada, 14 meals, guided tour of Acadia National Park, guided tour of Halifax, and more. Guided Tour of Prince Edward Island. Admission to the natural wonder: "Hopewell Rocks".

**Nov. 9-24: Panama Canal Cruise—** 16 days. Starting at \$1,999 per double. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.

## Highland Valley Elder Services joins Meals on Wheels America and Subaru of America in Sharing the Love this Holiday Season!

*The eleventh annual Subaru Share the Love® Event will help deliver nutritious meals and compassion to the seniors of Hampshire and Hampden County.*

Highland Valley Elder Services continues to participate in the 2018 Subaru Share the Love Event as a member of Meals on Wheels America through January 2, 2019. Subaru of America donates \$250 for every new Subaru vehicle sold or leased to the customer's choice of participating charities.

Participating Meals on Wheels America members, like Highland Valley Elder Services (HVES), will receive a share of the donation raised by Subaru in their state. HVES has partnered with Steve Lewis Subaru in Hadley, MA to raise awareness for the popular year-end sales and giving event, and drive support for Meals on Wheels through meal deliveries for consumers.

Over the last 10 years, Subaru of America and its participating retailers have donated more than \$118 million to its charity partners. This year's event is on track to bring that total to over \$140 million, proving there's no limit to the amount of love we can all share.

By purchasing or leasing a new Subaru during the Subaru Share the Love Event and selecting Meals on Wheels as your charity of choice, you can help deliver nutritious meals and other important services to seniors right here in Hampshire and Hampden County.

**Westhampton Council on Aging**  
**3 South Road**  
**Westhampton, MA 01027**

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

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Council on Aging**

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

## Out and About in December

**Sun. December 2nd & 9th from 2-4pm**

**Sat. December 29th from 1-4pm**

**10th Annual Parade of Trees**

*Clark Chapman House, 234 College Hwy, Southampton*

This is a free event featuring traditional, contemporary, and whimsically decorated trees for the holiday season. Santa will be available for pictures on the 2nd and 9th. Holiday refreshments served. Vote for your favorite tree!

**Sun. December 9th at 3pm**

**Christmas Carol Sing at Goshen Cong. Church**

*45 Main St. Goshen*

**Fri. December 21st, 9am & 10am**

**Spa Day at Smith Vocational**

*80 Locust St. Northampton*

Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9am and 10am in Room 124 of Building A at the school. Upcoming additional spa days: Jan. 25th, March 1st, April 12th and May 17th.

## Save the Date

**Ring in the New Year!**

**International Food Potluck and music by  
James Kitchen & Friends**

*Sunday, January 13, 2019 from 2-4pm*  
New Hingham Regional Elementary School  
30 Smith Rd., Chesterfield, MA

This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. Bring your favorite international dish to share!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA.

