

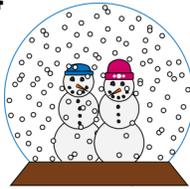
Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



January 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
	1 Happy New Year! Library Closed	2 Pickleball Town Hall, 9:30am Coffee & Social Time Library, 10am	3 COA Luncheon Church, Noon Scrabble Library, 5:30pm	4
7 Knitting Group Library, 6:30-8pm	8 Board & Card Games, WW, 1:30pm Scrabble Library, 1:30pm	9 Pickleball Town Hall, 9:30am Coffee & Social Time Library, 10am	10	11
14 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	15 Board & Card Games, WW, 1:30pm	16 Pickleball Town Hall, 9:30am Coffee & Social Time Library, 10am	17 Scrabble Library, 5:30pm	18 COA Breakfast WW, 8am-9:30am
21 Library closed- Martin Luther King Jr. Day	22 Board & Card Games, WW, 1:30pm Scrabble Library, 1:30pm	23 Pickleball Town Hall, 9:30am Coffee & Social Time Library, 10am	24 	25 COA Board Mtg WW, 9:30am
28 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	29 Board & Card Games, WW, 1:30pm	30 Coffee & Social Time Library, 10am	31	

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

Veterans' Breakfast

On Monday, November 12th, about 35 veterans from around this area were treated to a free breakfast at Outlook Farm as a thank-you for their service. Nineteen of those veterans were from Westhampton and their breakfast was sponsored by the COA Friends. Outlook Farm paid for a portion of their breakfast, too. It was nice to see so many veterans gathered together with the opportunity for others to thank them for their service to our country!



Veterans at Outlook Farm for breakfast on Nov. 12th.

December Luncheon

Our Christmas luncheon on Dec. 6th was attended by over 66 seniors this year! The food committee put together a delicious ham dinner which included mashed potato, squash, corn, pineapple and rolls. Dessert was peppermint stick ice cream and cookies. Several seniors helped by donating and preparing food. After lunch we were treated to a Christmas performance by Dan Kane and some of his singers in the church sanctuary. It was a wonderful afternoon!

67 seniors attended Christmas luncheon.



Charlotte Wood, Dave Laprade and Carol Magrone

Dan Kane (on right) and singers entertained



January Potluck Luncheon

With the arrival of 2019, we'll begin the year with a potluck luncheon at the church at noon on January 3rd. The program after lunch might help us to think about a New Year's resolution to eat healthier. Our speaker will be from Armbrook Village with a Brain Healthy Cooking Presentation. She will show us an easy nutrition guide and recipes that can boost your brain power and help your memory at any age! Sounds like a good way to start the new year!



As always, there will be birthday cards to sign for our fellow seniors, so come a bit early if you are able. There will also be a nurse present to take blood pressures. The box to collect nonperishable food items will also be in the dining room. The Easthampton Food Pantry is always pleased to get our donations.

Board and Card Games

January is a good month to play games—inside. If you find yourself wishing to get out of the house for a bit this month, bundle up on a Tuesday afternoon and head for Unit F at Westhampton Woods. There's always a group of friendly seniors who would love to have others join them. The group meets at 1:30, but if you'd rather play Scrabble, stop in at the library on Tuesday, the 8th and the 22nd, also at 1:30 for Scrabble games in the small meeting room. Scrabble will also be played at the library on Thursday, the 3rd, and again on the 17th at 5:30pm. You are always welcome.

Computer Classes

If you happened to get a new laptop for Christmas, remember that Bob can help you set things up. If you already have a computer but are having problems with it or would like to learn how to do something else on it, again, Bob can help. (We're lucky to have him in town.) The group meets every 2nd and 4th Monday of the month from 10am until noon at the library. Bob will be there on the 14th and 28th in January.

Coffee & Social Time

Every Wednesday morning the library sponsors a get-together for coffee and conversation. Sounds like a good way to spend some time on a cold day in January. You might even find a good book, magazine or DVD to take home with you. The group meets at 10am, but you can stay as long as the library is open.



Senior Sand

The COA, the Highway Department and a volunteer high school senior are teaming up to bring you a 5-gallon bucket of sand to keep your front steps safe. Call Julia at 413-537-9880 to get on the list! You can also email her at her COA email address: westhamptoncoa@comcast.net. There will be a label on the bucket so you can call to have it refilled and delivered to you again, if needed.



Share your love of reading!

Volunteer Opportunity -- We have been invited by Principal Bates and Karen, the Librarian, at the elementary school to read to students in the lower grades on Thursday afternoons beginning on **Jan. 10th**. It is a one-hour time slot during which volunteers will read to four groups of two students (15 minutes for each group). Books will be provided. You can volunteer by yourself or with a friend! You will need to be CORI-ed, which the school will take care of. Please sign up at the next luncheon or call Julia at 413-537-9880 (or email westhamptoncoa@comcast.net) to sign up if you decide to volunteer or have questions. You can sign up for just one date or more if you'd like, since this program will run into May. This is a great opportunity to make new friends and lifelong readers!



Library Events in January

January 14, 6:30pm

"Crystal Products of the Frost King:" Ice Harvesting and the Natural Ice Industry in New England

The commercial harvesting of ice from New England's ponds and lakes for export began in the first decade of the 19th century. By the end of that century, ice harvesting was the 9th largest industry in the United States, employing tens of thousands of workers in New England alone and producing hundreds of thousands of tons of block ice annually.

Dennis Picard has been demonstrating the ice harvesting trade for more than twenty years at museums and environmental education centers. He is also a frequent speaker on the ice industry for libraries, museums and universities. He will display some of his antique tools of that trade including several invented in Massachusetts. He will share the interesting tale of this once massive enterprise that is now fading from our collective memory. Picard also invites and guides would-be ice harvesters to try their hand at working with

some of his antique implements, including a "pond saw" and the breaker bar. *Funded by the Friends of the Library and the Lyn Keating Programming Fund.*

January 31- 6:30pm

80's-90's Trivia Night

Come with a team or join one when you get here.

January 3-January 24, Thursday 5:30-7pm

Writing Your Life 2019

Get a write start to the new year with a free four-week workshop. What's your story? Create a written record for yourself, for loved ones, or for publication. Encouraging, non-judgmental group-writers and non-writers welcome. To reserve a spot, please email dimmergut@gmail.com. Debra Jo Immergut is a novelist (*The Captives*, Ecco/HarperCollins 2018), award winning editor, and writing teacher. She has a MFA from the Iowa Writers' Workshop. *Made possible thanks to the Massachusetts Cultural Council.*



Commercial Marijuana Uses: Info Session

January 15th at 6:30 PM, Westhampton Library

The Westhampton Zoning Bylaw Review Committee will host an informational session about proposed bylaws governing Commercial Recreational Marijuana establishments (e.g., retailers, cultivators, testing facilities, etc.). Please attend to learn about the various zoning proposals the committee is reviewing. We want to learn what you think about these possible future commercial land uses being permitted in our community.

You Know You're Getting Old When...

- You have a party and the neighbors don't even realize it.
- You find yourself beginning to like accordion music.
- At parties you attend, the prime topic of choice is "regularity."
- Your ears and your nose have more hair than your head.
- "You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there." - George Burns
- When you get the same sensation from a rocking chair that you once got from a roller coaster.





TRIAD COUNCIL

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

2019 Social Security Changes

Over 67 million recipients will receive a 2.8% cost-of-living adjustment (COLA) in 2019. It is the largest COLA since 2011 when it was 3.6%. This increase affects household budgets of 1 in 5 Americans, including SS beneficiaries, disabled veterans, and federal retirees. Senior advocates, including the National Committee to Preserve Social Security and Medicare, see the increase as positive but say it could be improved by adopting the Consumer Price Index for the Elderly, which is based on the retirees' actual spending habits rather than those of the general population.

- Social Security is financed by a 6.2% tax on workers' gross wages with employers matching that amount. The self-employed pay 12.4% of net pay from self-employment earnings. The 2018 maximum taxable income for social security will increase 3.5% from \$128,400 to \$132,900 in 2019.
- Medicare funding has no such income limit. Workers pay 1.45% of all wages and self-employed pay 2.9% on every dollar earned. Medicare Part B monthly premium, covering doctor and outpatient services, has increased from \$134 to \$135.50 for those earning \$85,000 or less.
- Full retirement age (FRA) is the age when you are entitled to 100% of your Social Security benefit determined by your lifetime earnings. If you were born between 1943 and 1954, your FRA is 66. If you were born in 1955, it is 66 and 2 months. For those born between 1956 and 1959, it gradually increases and born in 1960 or later, it is 67.
- At age 62, you can start to collect your monthly payments. Keep in mind, claiming benefits before your FRA will lower your monthly payments.
- If you work and collect social security before your FRA, there is an income cap on your earnings. In 2019, you can earn up to \$17,640. Above that amount you lose \$1.00 in benefits for every \$2.00 earned. The earnings cap applies only to income; it does not count pensions, investments, annuities, or capital gains.
- Once you reach your FRA, there is no cap on how much you can earn and still receive your maximum benefit.
- For a retired worker, the average Social Security benefit will rise \$39 a month to \$1,461 in 2019; for a retired couple, \$67 a month to \$2,448.
- No matter what your age, set up a My Social Security account online. Go to www.socialsecurity.gov/myaccount. Check your earnings records. Your employer can make a mistake or fail to make payments, causing less in your retirement benefits in years to come.
- Social Security checks are no longer mailed to recipients. You must have a checking account where your social security check can be automatically deposited by the SSA.



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!

Seniors Aware of Fire Education



Candles are really nice to look at and smell, but remember: a candle is an open flame. Here are a few ways to keep that flame from spreading:

- Only burn candles when you are in the room.
- Use sturdy, safe candleholders.
- Keep candles at least 12 inches from anything that can burn.
- Never use candles in bedrooms or when you are tired and feel sleepy.
- Always use a flashlight -- not a candle -- for emergency lighting.
- Never use a candle where medical oxygen is being used.

Have a bright and SAFE New Year!

--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.



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.

The Big Five in the New Year!

Just in case you needed some inspiration for New Year's resolutions, I have some suggestions! At a seminar by Elder Attorney Karen Jackson the other day, I learned some new legal stuff. We already knew about the need for wills and Powers of Attorney and such, but there are a couple new things. So, in brief, here is what she says we need and why:

WILL – a will lets you determine what happens to your money, other assets, and Special Things (think family items, antiques). The alternative is that the state will do it for you.

HEALTH CARE PROXY – if you are unable to decide or communicate on issues in your health care, someone who you trust and who you talked with and appointed can decide and communicate for you, and do that in your best interests.

DURABLE POWER OF ATTORNEY – if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you talked with and appointed can act for you, and do that in your best interests.

ADVANCE DIRECTIVE (living will) – this lets you give some direction on your preferences for medical care, including possibly how you pass from this world.

HIPAA RELEASE – this will let your Health Care Proxy get all your medical records, including medicines, thus avoiding privacy restrictions and doing a better job for you.

See you in 2019,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

General Contractors

Are you are interested in steady, local work?

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by various state and federal grant programs. We recently received the FY18 Housing Rehab Grant and will be bidding approximately 18 projects in the upcoming months. In addition, we're in the process of applying for the FY19 Housing Rehab Grant for another anticipated 18 projects.



Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington with the average project of \$30,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workers' Compensation insurance (if applicable) is required.

HCDC is an EEO/Section 3 Employer. Women & members of minority groups are encouraged to apply.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email paulab@hilltowncdc.org.

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

6 New Year's Resolutions for Seniors

January is here. This means the opportunity for a fresh start. Use this time to reflect on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren? Do you do enough to give back to your community?

In 2019, set a goal that focuses on bettering your overall health, both physically and mentally. Here are a few New Year's resolutions we suggest considering:

1. Exercise for 10 minutes every day.
Staying physically active is key to healthy aging.

2. Explore new volunteer opportunities.
Volunteering is a great way to give back to the community, but it also benefits your own health.

3. Revive an old friendship.
It's not always easy remaining close to friends who don't live right down the street. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

4. Spend more time with the grandkids.
Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. This year, consider gathering with your loved ones every other week to catch up.



5. Make healthier dessert decisions.
It's easy to reach for that sugary treat after dinner. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

6. Revisit an old pastime
When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

*Compiled from:
sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx*

FY19 Housing Rehab Program

Hilltown CDC will be submitting a grant application for FY19 to apply for the Housing Rehab Program in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. If you have used the Housing Rehab Program in the past or plan to use it in the future, we'd like to hear from you.

We welcome your ideas, suggestions, or input about the design of the program and how we could improve the overall effectiveness of our services. Please call, email, or fax your comments no later than January 2, 2019. We look forward to your input.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123, fax (413) 296-4020, or email paulab@hilltowncdc.org for more information or for an application to the program.

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

Stronger than Yesterday

What better way to start off the new year than by joining a new exercise class?



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 Sarah Prince
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.
Chair Stretch and Strengthen
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

Healthy Bones and Balance

Designed to increase participants' strength, mobility, 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

Stability Ball Exercise Class: "Keep Your Ball Rollin..."

Led by Angel Williams. All levels are welcome. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance.

Mon. 1pm, Chesterfield Comm. Ctr
Begins 1/14/19

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*

Zumba!

Led by Melissa Tee. All levels welcome. \$5/class.*

Mon. 6pm, Williamsburg Senior Ctr.

To find out more, and to register, please contact the appropriate COA:

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:

Jenn Hoffman or Sherry Loomis, 268-8407,
sloomis@burgoyne.org * Financial aid may be available for Wburg residents.

Worthington:

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

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Member

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Newsletter Designer

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

The Chesterfield Council on Aging invites Hilltowners of all ages to:

Ring in the New Year!

Multigenerational, International Potluck and Musical Extravaganza

Sunday, January 13th, 2019 from 12pm to 2pm
New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA

***Jim Kitchen & the Appliances, Sidetracked,
Hampshire Regional and New Hingham voices & music... more!***



This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. **Bring your favorite international dish to share!** Food from any region is encouraged, from cherished family recipes to your favorite cuisine (*please label your dish w / ingredients.*) The whole family is invited to share in the food and the fun!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA. Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA.