

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



March 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
				1
4 Knitting Group Library, 6:30-8pm	5 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	6 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	7 COA Luncheon Church, Noon	8
11 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	12 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	13 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	14	15 COA Breakfast WW, 8am-9:30am
18 Knitting Group Library, 6:30-8pm	19 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	20 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	21 	22
25 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	26 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	27 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	28	29 COA Board Meeting WW, 9:30am

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

In Memoriam

Carolyn Fuller-Coggins:
June 14, 1954– January 16th, 2019



February Luncheon

Around 50 seniors gathered on the 7th for a delicious potluck luncheon, and we also celebrated 4 birthdays. We were looking forward to one of Fran Ryan's nature presentations, however, due to sudden illness, Fran was not able to join us. We hope to reschedule her within the next few months for our entertainment. On the 'up' side, Bill Tracy stepped to the microphone to prove that we could all entertain each other. He encouraged us to share stories from our past and especially what brought us to Westhampton. We learned a great deal of local trivia! Thank you Bill!



February birthdays:
Louise Jasionkowski,
Mary Laprade,
Lida Fleury
and Wendy Blow

March Luncheon

On Thursday the 7th, we'll be hosting the 4th grade from the Westhampton Elementary School along with their teachers and the students' grandparents. This is one of our favorite luncheons, since they'll all be joining us for our meal, and then the kids will be entertaining us with all different kinds of talents. They are always amazing! It will be a busy day so come early, if you can, to sign lots of birthday cards. There will be a nurse available to take blood pressures and don't forget that we're always collecting nonperishable food items for the Easthampton Food Pantry.

Pickleball

These games have quickly become very popular in town. If you haven't tried it yet and would like to, just call Dale Kasal at 413-842-6148. It's a great way to get exercise in the winter (as well as

throughout the year) and only requires a good pair of sneakers! (See article on page 6.)

Learning to play Pickleball at Town Hall



Board & Card Games

There's a schedule change for the Scrabble games at the library. **They now meet every Tuesday afternoon from 2:00 until 4:30.** The Thursday games have been eliminated. The usual games at Westhampton Woods, Unit F, are still meeting every Tuesday at 1:30. They welcome new players and guarantee an afternoon of fun.

Computer Class

Bob Miller is still available to help anyone with computer problems or even to help someone set up a new computer. He's at the library on the 2nd and 4th Mondays of each month—unless he and Pat are away on a vacation. Sometimes he then switches to another Monday if their away-time interferes with our regular schedule.

Chair Yoga with Sarah Prince

Due to Sarah's schedule, we will only be able to have a 4-week session with her this spring. This will begin on **Wednesday, March 6th at 9:00am** at Westhampton Woods. She'll continue classes on the following 3 Wednesdays. Come to Unit F to gently stretch your body and relax. Your body should feel better when you leave!

March COA Breakfast

Our monthly breakfast will be on Friday, the 15th, from 8:00—9:30. Come for a light breakfast or call it a 'coffee break'. It's a great way to start your day with friendly conversation. Visit with friends or make some new ones!



March Happenings at the Library

March 5, 6-8pm- Linda Stacey will be having a reception for her exhibit on display in the community room from February through the end of March.

March 7, 5:30pm- Digital Borrowing with Sara- if you need help downloading ebooks or would like to know how, call us at 413-527-5386 to register for this program.

March 11, 6pm- Less is More, Using KonMari to Clear Your House and Mind- In this presentation, Stephanie Baird, LMHC, discusses her year-long process of decluttering, using the KonMari method as outlined in the bestselling book, *The Life-Changing Magic of Tidying Up*, by Marie Kondo, clearing her home of items that no longer "spark joy." Not only did she remove around 60-80 trash bags and boxes of items (for donation, recycling, trash), but she was able to sell a vast amount of these items on eBay, Facebook, Craigslist, and to local clothing, book, cd, and comic stores, making over \$2500. Since doing this process, she has marveled at how much her consumption has decreased as a result of becoming more discriminating. During this presentation, she outlines the KonMari steps, with demonstration and pictures depicting efficient organization, provides resources on how to responsibly dispose of one's items, and discusses the benefits of clearing one's home to clear one's mind.



Job Posting: Council on Aging Coordinator

The Westhampton Select board is accepting applications for the part-time position of Council on Aging Coordinator to assist the Council on Aging Board in serving Westhampton seniors.

Job descriptions and employment applications available at: www.westhampton-ma.com or call 413-203-3086. Send completed applications and resumes to: Select Board, 1 South Road, Westhampton, MA 01027 or by email: Westhamptontownhall@comcast.net. Review of applications will begin March 4, 2019. AA/EEO.



Make it Happen in Westhampton

Looking for ways to help your neighbors in Westhampton? The COA is looking for volunteers to help in a number of ways:



Join the COA Board. The purpose of the Westhampton Council on Aging is:

- to identify the needs of older adults (including recent retirees and baby boomers) in Westhampton
- to design, implement, promote, and coordinate services, programs, and activities to fulfill identified needs
- to educate the community at large regarding the needs of older adults and to enlist the support and participation of the general population.

Board members need not be over age 60. Board members attend monthly meetings, luncheons, and breakfast events. Board members self-assign areas of interest (hikes, transportation, equipment, programs) to help fulfill the mission of the COA. If you are interested, come to one of the Board meetings, the last Friday of the month. Contact any Board Member if you are interested.

Volunteer. The COA is always looking for volunteer drivers and volunteers for neighbor-to-neighbor visits. Anyone with experience conducting exercise classes or muscle strengthening, providing art or craft instruction, or 'fix-it' help is encouraged to contact the COA. If you have ideas, please share them. **We want your help!**

Friends of Library Updating Westhampton Phone Book

As many of you know, the Friends of the Westhampton Library are updating the phone book, the contents of which are now 4 years' old. If you have completed the email form or the hard copy form which was in the Library for the last half of 2018, your changes have been noted. You needn't do anymore. However, we know that there are many people who have not previously been included. If you'd like to be included in the phone book, stop in the library to fill out a form **before March 30, 2019.**





TRIAD COUNCIL

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

Complex Art of Aging & Dying with Dignity

Nearly 15% of adults in the USA provide unpaid care to another adult. The End is the easy part, how we get there is the tricky part. Once we experience a physical/emotional set-back having various stages of needed assistance, we are confronted with choices. How many choices we have are subject to the planning we do. If you want to be safe, comfortable, or have some dignity in a facility with a private room and bath, you best have full knowledge of how to protect your assets, know the complexities of Medicare, Medicaid, your private health insurance benefits, and have written directives on your Special Wishes. Your job of being responsible for your own well-being is far from over if you only have a Will, a Power of Attorney, MOLST Form, and Health Care Proxy in place.

The Avoided "Talk"

Aging, falling, a stroke, or being in a life-altering accident at any age brings us to varying stages of asking for help that we mightily resist. Despite dysfunctional and complex family dynamics, we often begin by relying on family/friends for daily support to reach that illusive goal of staying in our homes as long as possible. Insurance for medical or mental conditions requiring daily in-home care is limited. Unless you are one of those few seniors who have actually learned the inner workings of what I call the Complex Art of Aging & Dying with Dignity within the framework of the MA financial and medical worlds, you have some decisions to make for your future and the demanding daily needs of Caregiving.

Until adults have honest discussions to plan with their kids, family/ friends deciding who is going to step up to the plate to share in the physical, stressful, and essential daily tasks, then conflicts will occur. Managing a person's care can rekindle family rivalries that have long been dormant and the discord can tear families apart. Two underlying themes run through most disputes about their family member's care: injustice and inheritance.

- Injustice: When taking on a disproportionate share of someone's care, that sense of unfairness can cause resentment. Often it is due to proximity, those living further away are often "off the hook" while the nearest ones are obliged to take on the daily caregiving role. When the caregiver asks for help, often the other ones don't appreciate the time involved, how much help is needed, or how many essential tasks the caregiver is doing.
- Inheritance: Many clash over finances. Since 2007, the American household's net worth is declining and there is an even smaller inheritance to divide. In a perfect world, folks are selfless and not motivated by money. If elders do not discuss finances and their own priorities for comfort and care either at home or in a facility, it will cause conflicts. Competition enters when family members are forced to make decisions without prior heartfelt conversations and written directives.

If you haven't had that honest heartfelt conversation, spring can be a new beginning.

Enjoy the sugaring season!



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



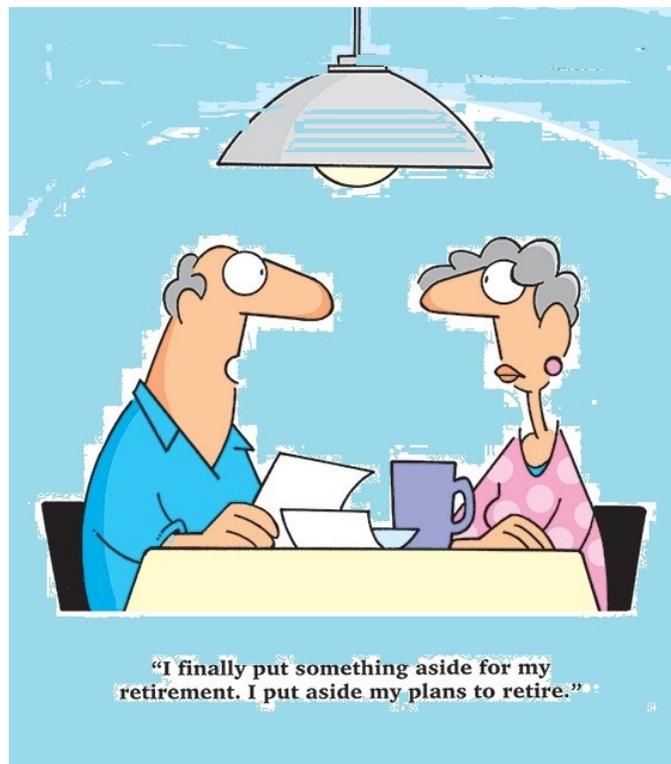
Many children visit their grandparents regularly; some live with them. Here are some ideas on how to make your home a safer environment for your grandchildren:

- Store matches and lighters up high in cabinets away from children.
- Install plastic covers over all exposed electrical outlets.
- Move cleaning chemicals like cleansers, drain cleaners and other poisons to high cupboards or install a child-proof lock on low cabinets.
- Store prescription and over-the-counter medicines in a cabinet out of the reach of children.
- If children are playing outside when the skies grow dark or you hear thunder, have them come indoors right away.

Have a SAFE sugar season!

--Worth Noyes, SAFE Educator
Williamsburg & Cumington 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! Health Care Proxy

As we said before – “If you are unable to decide or communicate on issues in your health care, someone who you trust and who you appointed can decide and communicate for you, and do that in your best interests.”

The person you ask to serve as your health care proxy should know how you want to be treated and which treatments you do or don't want (you are in a coma, unconscious, or otherwise incapacitated). That person should agree to this commitment, and the two of you should carefully talk over your wishes. That person will be able to ask questions of the medical providers and weigh their answers against your wishes. Here is a good read- www.everplans.com/articles/how-to-be-a-good-health-care-proxy. For our state, more information and an online form is here: [www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-\(pdf\)](http://www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-(pdf))

So you know that devil in the details business – who on earth do you trust with possibly making such a huge decision for you? How do you assure that your wishes will be followed when the time comes? Most often a family member is selected but it can be a friend – the important thing is to trust that person you choose. Once you have a signed and witnessed Proxy, make several copies and give them to your doctor, hospital, potentially clergy and lawyer, and for sure the person you picked to act for you. You keep the original.

Best wishes,

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

Need copies? If there are any documents referenced in the TRIAD column that you would like to have a copy of, please ask your COA. They will print paper copies for you.

Need a Will? Power of Attorney? Other legal help?

The Hampshire Elder Law Program is available for low-income Hampshire county residents who are 60 or more years old. Call 413-586-8729 to see if you qualify. If you do qualify, you will be given the contact information for an attorney who will work with you for free to prepare your documents.

Coordinator- Council on Aging Cummington MA

Ten hours per week position. Must be computer savvy. Requires confidentiality and ability to work with seniors.

Send resume to:
P.O. Box 95, Cummington, MA 01026



There's a new game in town!

Looking for a great way to get some exercise, socialize and meet new people? A mashup of tennis, racquetball, badminton and ping-pong, played indoors and out, people of all ages are playing **PICKLEBALL!** Come to the Westhampton Town Hall and learn about the healthy, friendly game that's sweeping the nation!

We encourage everyone to come and give it a try. For players of all ages, from beginners to experienced players of all levels, all are welcome. We have paddles, balls and a net. All you need to bring is a pair of good sneakers and a smile!

- Sign up for **new player instruction**: Contact Dale and Alan Kasal drkasal@gmail.com or text to [413-842-6148](tel:413-842-6148)
- Sign up to be on the email list and **player roster** and to see which neighbors are playing! bit.ly/add2whroster
- Sign up for **open play** (for *all player levels* who don't need beginner instruction): bit.ly/whpbsignup
- **To arrange play at the Town Hall for experienced players, or for more information**: Contact Dale and Alan Kasal drkasal@gmail.com or text to [413-842-6148](tel:413-842-6148)

More information about Pickleball!

Video: One of the fastest growing sports in America!

bit.ly/pickleballinfo

What is pickleball?

usapa.org/what-is-pickleball/

Where to play: tennis courts, gyms, schools, senior centers, town halls around the country!

places2play.org/map



RESOURCE DIRECTORY

Domestic Violence Advocate, Hilltown Safety at Home (HS@H) 413 387-3120
 If you need help in an emergency, call 911 or the Safe Passage hotline 888 345-5282
Elder Abuse Hotline 800 922-2275
First Call for Help Information and Referral Resources 800 339-7779
Fuel Assistance Application and Recertification 800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC) 413 296-4536 x120
Veterans' Service Officer Tom Geryk 413 587-1299
 (Westhampton) Joe Henning 413 207-3541
 (Plainfield) Brian Brooks 413 772-1571
DO NOT CALL Registry 888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program 800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP) 413 552-5400 or 413 296-4007
 Call Chesterfield COA for assistance 413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director 413 268-7578 Wed 1-3; 3rd Wed 1-6
Meal Site Williamsburg Senior Center 413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES) 413 586-2000 or 800 322-0551
Northampton Survival Center, 265 Prospect St. Northampton 413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers 413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc. 413 586-2000
Hilltown Community Health Center- Medical & Dental 413 238-5511, ext. 131
 HOPE Nurse, Robin Laferriere, RN 413 238-5511, ext. 313
 Janet Dimock, HealthWise Community Health Worker 413 238-5511, ext. 149
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center 413 268-8407
 to schedule (Alternating months at the Senior Center)
Foot Care Piper Sagan, RN
 foot care in Cummington, call Peg Daniels 413 634-2229
 foot care in Goshen, call Liz Loven for appt. 413 268-7122
 foot care in Plainfield or in-home visits 413 522-8432
 foot care in Williamsburg or in-home visits 413 268-8407
 Deb Dean, foot care in Westhampton 413 667-5363
 Diane Roeder, foot care in Chesterfield 413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
 Wayne Glaser Call your COA for appointment
 Lorraine York-Edberg 413 773-5555, ext. 2275
 Deborah Hollingworth (Chesterfield) 413 296-4007 or 413 268-8317
Mass Health and New Health Coverage
 Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers 413 634-2262
Westhampton transportation Appts or groc. shopping, Louise Jasionkowski 413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule) 413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) 866 277-7741
Hilltown Easy Ride Van Ed Pelletier 413 296-4232

Local Councils on Aging

Chesterfield COA, Janice Gibeau 413 296-4007
Cummington COA, Anne Parsons 413 634-2262
Goshen COA, Evelyn Culver 413 268-3316
Plainfield COA, Susan Metcalfe LaRock 413 743-5345
Westhampton COA, Julia Lennen 413 537-9880
Williamsburg Senior Center, Jennifer Hoffman 413 268-8410
Worthington COA, Sandra Epperly 413 238-5584

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

Julia Lennen, Coordinator

Louise Jasionkowski &
Jean Webster, Co-Chairs

Wendy Blow, Secretary

Lillian Baxter,
HEN Representative

Chuck Horn,
Member

Ray Fontaine,
Member

Kristen Estelle,
Newsletter Designer

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

Save the Date!

4D1G Gospel Group & Choir

Goshen Congregational Church
45 Main St. Goshen

Sunday, April 28th at 3pm

Everyone invited!

Free. Refreshments available.

Bring friends and family!



**COMMUNITY
SOUP &
BREAD
NIGHT**



**ONCE A MONTH
FIRST TUESDAYS
5:00-6:30PM**

Come and enjoy FREE
soup and bread, games,
and community building.
All proceeds to benefit a
local Hilltown non-profit.
VOLUNTEERS welcome.

TWO MORE DATES:

March 5
April 2

For more info contact Seva at
membership@oldcreamery.coop

