

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



April 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
1 Knitting Group Library, 6:30-8pm	2 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	3 Coffee 'n' Chat Library, 10am	4 COA Luncheon Church, Noon	5
8 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	9 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	10 Coffee 'n' Chat Library, 10am	11 Foot Care Nurse WW, call Deb 413-667-5363	12
15 Knitting Group Library, 6:30-8pm	16 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	17 Coffee 'n' Chat Library, 10am	18	19 COA Breakfast WW, 8am-9:30am
22 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	23 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	24 Coffee 'n' Chat Library, 10am	25 	26 COA Board Meeting WW, 9:30am
29 Knitting Group Library, 6:30-8pm	30 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm			

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

In Memoriam

Daniel J. Barszewski
April 1946– March 5, 2019



March Luncheon

About 93 people attended our luncheon on the 7th. This included the 4th graders and their teachers from WES, the students' grandparents and COA members. We were honored to have our Hampshire Regional School District superintendent also attend. After our luncheon, the members of the class entertained us with a variety of talents. Their performances are always amazing! The final performance this year was a 'synchronized swimming' skit by all the boys. (Luckily, no real water was in the skit, but they did a great job of entertaining us!)



4th graders, grandparents and seniors at luncheon



Anne Torrey, Mary Ellen Prince and Sally Lawton celebrating recent birthdays

April Luncheon

Let's hope April 4th will finally feel like spring when we get together for our next luncheon at noon at the church. This will again be our traditional potluck. Come early, if you can, to sign birthday cards and get your BP checked, if need-

ed. Also, our box of nonperishables for the Easthampton Food Pantry will be available to accept donations. We'll be celebrating our April birthdays, and our entertainment after lunch will be a representative from the Kestrel Land Trusts. (See following article.)

COA Welcomes the Kestrel Land Trust for our April Lunch Program

It's not easy being North America's smallest falcon. You're tiny enough to be eaten by larger raptors. Sometimes, when you visit your favorite feeding grounds, you find that buildings have replaced the grasslands that used to provide tasty prey. This is the situation for Kestrel Land Trust's namesake, the American Kestrel (*Falco sparverius*), as one of the most rapidly declining species in Massachusetts.

Lee Halasz, an AmeriCorps service member based at the Kestrel Land Trust, will talk about the work that Kestrel Land Trust does throughout the Pioneer Valley, and the specific work that it has undertaken in Westhampton - especially at the Greenberg Family Conservation Area.

Kestrel recently came to own the Greenberg Family Conservation Area, and while a lot of great work has already been done by the community to improve the accessibility of the land, there remains many future possibilities! (Chuck Horn and Ray Fontaine are planning a group hike at the Greenberg Family Conservation Area on Southampton Road on April 4th.)

Hikes

First new season hike: four of us snowshoed off Cemetery Road, Westhampton through woods, field, and along Sodom Brook in early March. We had nice weather and some great animal tracks - a nice try-out for next winter.

- Kestrel Trust's Greenberg Property Conservation Area, Thursday, April 4, approx. 2:15 PM - 3:45 PM meeting at our Town Parking Lot.
- Fitzgerald Lake Trail: Saturday, April 13, 2:00 PM, meeting at Westhampton Woods for carpooling.
- Tob Hill Road to Kings Highway (and back?), Thursday, April 25, approx. 2:00 PM - 4:00 PM: A difficult doable climb and hike. (A mostly downhill version may also be available.)

For more instructions, directions, etc., send your name and email address to charleshorn66@comcast.net (or if you don't use email, call Chuck at (413) 588-1034). We email Bcc for privacy.

Computer Classes

If you're having any problem with your laptop or want to learn something that you're not sure about, come to the library on the 2nd and 4th Mondays in April. Bob Miller will either help you or give you advice on what to do about it. Computers and other devices can make our lives easier but can be very frustrating at times, too. Bob has the patience to deal with them and seems to enjoy a challenge to find an answer to a problem—unlike some of us who end up with a headache trying to deal with a computer problem! The computer group meets from 10am till noon at the library on those Mondays.

Foot Care Nurse

Debra Dean, RN, BSN, will be visiting WW, Unit F, on **Thursday, April 11**. She plans to continue her every other month visits on the 2nd Thursday. If you'd like to make an appointment for a visit with her, she can be reached at 413-667-5363.

Chair Yoga with Michelle

A 10 week session of chair yoga with Michelle Morales will be beginning this month at Westhampton Woods, Unit F. The date for the first session should be announced at the April luncheon. You can also contact Julia Lennen at 413-537-9880 or email: westhamptoncoa@comcast.net

Coffee 'n' Chat at the Library

On Wednesday mornings at 10am, a few seniors begin to gather at the library for a cup of coffee or tea and 'chat'. Sometimes it's just fun to reminisce about things we remember in Westhampton years ago. It can certainly be a relaxing time in a very relaxing place!

Board & Card Games

These games take place at Westhampton Woods, Unit F, on every Tuesday at 1:30. They welcome seniors to join them! If you're looking to play Scrabble, games take place in the front room of the library on every Tuesday from 2:00 until 4:30. Seniors are welcome to drop in at either place for an afternoon of fun.

*Ellie Scott,
Ilene Lorow,
Jessie Krug
and Betty-
Anne Gould
at Tuesday's
'Game Day'.*



Food Bank Brown Bag Program

The Easthampton Community Center has found a volunteer to bring Brown Bags, for qualifying seniors, to the Westhampton Woods Community room the first Tuesday of each month.

The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag monthly groceries. The income maximum is as follows:

1 Person - \$22,459 annual, 2 people - \$30,451, for each additional person in the household, add \$7992.00.

To apply: Call the Food Bank at 413-247-9738 or 1-800-247-9632 or go to their website at www.foodbankwma.org/get-help/brown-bag-food-for-elders/ to print out an application and get the mailing address.

April Events at the Library

April 8 at 6pm: Stan Sherer Film Showing: **The Gilded Cage: Northampton's Last Water-Powered Elevator**, Northampton's Masonic Block, which opened in 1898, featured an ornate water-powered elevator. This came to an end in 2017, when the elevator was decommissioned. Documentary filmmaker Stan Sherer interviewed former operators and the repair service person who maintained it the last few decades.

April 13 at 6:30pm- **Abigail Stauffer and Dave the Cellist Concert.** Join us in the library community room for a special concert. Abigail Stauffer and Dave the Cellist blend soulful pop vocals with the rare and distinct sound of jazz cello. Sponsored by the Friends of the Westhampton Public Library.

April 18 at 6:30pm- **Paint Night-** Paint night is back! Join us for a fun evening creating your own work of art with instruction led by two local artists. You must register by calling the library or emailing.

April 22 at 6pm- **A Mason's Tool Chest with Dennis Picard.** From foundations to fence posts; millstones to gravestones, the work of the Early American mason is still evident around us to this day. Come see examples of his work and learn about the tools and techniques that were used to create them.

April 29 at 7pm- **Poetry Cafe-** All are welcome. Please feel free to bring a poem (or a few) to share- either yours or a favorite poet's. You are also welcome to just come and listen. Sponsored by the Westhampton Public Library Trustees. Refreshments will be served.



TRIAD COUNCIL

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

SAFE ENTRY LOCK PROGRAM - FREE

When emergency services are needed at home, we know “EVERY SECOND COUNTS”. You call 9-1-1, you can’t get to the door, and no one else is home. How do First Responders make a timely entry to help you? If you are a senior citizen, you may sign up for a FREE secure exterior lock box installed at your home containing a key to your door. First Responders will be able to obtain a specific code from the State Police dispatch center to unlock the box containing your spare key.

This Safe Entry Program is sponsored by the Hampshire County Sheriff’s Department in cooperation with State and local Police and Fire departments. The initial phase of this Program was funded through a public safety grant from our dedicated volunteer Westhampton Fire Department as a FREE program for senior citizens. We are coordinating plans with our Fire Department and volunteers for the installations. We have a limited number of lock boxes for this first phase. We will plan a second phase if there is a demonstrated need, we can obtain donations, or find additional funding sources.

HOW DO I SIGN UP?

- Call or email questions to Triad now on Safe Entry Program.
- Soon to be scheduled: Brief program presentation and question period by Dave Fenton of the Hampshire County Sheriff’s Dept. at a COA meeting. Public is invited to attend.
- Safe Entry Program details will soon be listed on the Town webpage.
- The Lock Box installations are planned to be done by late summer.
- Please provide us feedback on this Safe Entry Program.

CONCERNED ABOUT SENIOR SAFETY?

We are! If you have an interest in the financial, legislative, medical, or physical aspects of senior safety, don’t have time to attend monthly meetings, consider volunteering on Triad Council.

- Triad is sponsored by the County Sheriff’s Department and District Attorney’s Office.
- We are a volunteer independent group of Westhampton residents. You do not have to be a senior to join. All ages welcomed: share your knowledge, interest, questions, ideas.
- It is not funded by our Town; all projects are funded by personal donations/ grants.
- Triad meets periodically when projects dictate and shares information via email.
- We are task oriented, focusing on specific safety projects, publications, and support services for Westhampton Seniors.

Call or email if you have any questions. Enjoy the Westhampton sugaring season!

“Our lives begin to end the day we become silent about things that matter.”

~M.L. King, Jr.



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

Last month, we considered ways in which grandparents can prepare a safe environment for their grandchildren. This month, let's turn things around and consider some ways children can help their grandparents keep things safe. Here are a few ways:

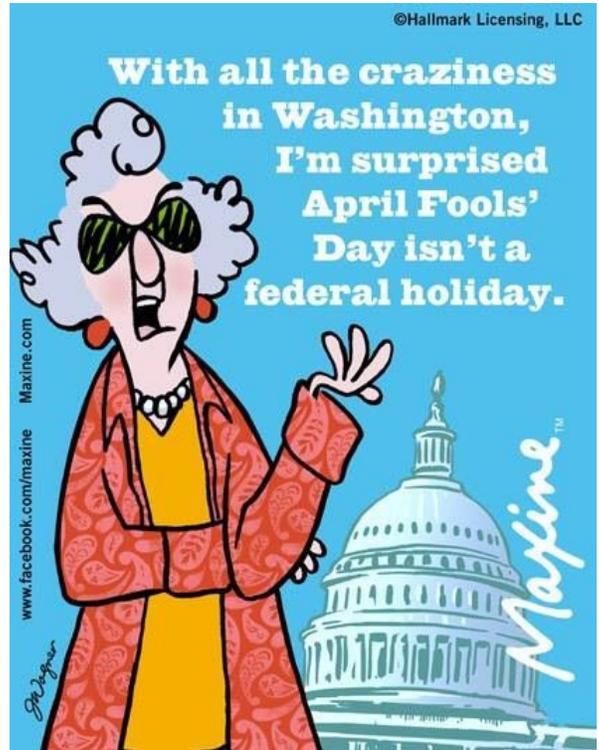
Senior 
SAFE

- Children can test each smoke alarm to make sure it is working by using a broom handle to push the test button.
- Have the children draw a floor plan of your house and mark with arrows two ways out of every room.
- Have the children help develop and draw a house fire escape and evacuation plan.
- Have the children lead a fire drill at your house and help them designate a safe place everyone can meet once out of the house.
- If your grandchild has participated in a S.A.F.E. program in school, pay attention to his/her suggestions.

Have a SAFE April!

--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! Durable Power of Attorney

Remembering – “if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you appointed can act for you, and do that in your best interests.”

What does this mean? Well, you know life. You have to watch your bank balance, pay your bills, file your taxes, sign a contract for house repair, sell a car, renew a CD, and on and on. So you do all this just fine, but what happens if you have an accident and go into a coma, are just too sick to do anything, or find you are getting less capable of handling your legal and financial affairs? If you have a durable power of attorney (POA), you can have someone act for you even if you become mentally or otherwise unable to take care of things.

The person you give power of attorney rights to should be trustworthy! They should also know something of your business and finances or be able to figure it out from your files. We'll write about file management later – such fun.

Powers of attorney involve a number of important decisions including who to appoint, how narrow or broad the coverage will be, when and how the POA will take effect and terminate, how the document will be stored and distributed, and how the POA fits within the broader estate plan. So, although there are do-it-yourself POA forms online, this is one document you really should ask an attorney to advise you and prepare based on your specific needs.

For more riveting reading, see: info.legalzoom.com/durable-power-attorney-massachusetts-20314.html

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

Northern Hilltown Consortium of Councils on Aging receives a three year grant award from the Executive Office of Elder Affairs

A grant proposal "Hilltown Strong Communities for Aging in Place" has received a three year grant from FY 2019 to FY 2022 to develop stronger community systems that help older adults remain in their own homes and actively participate in community life. This grant extends the Consortium's ongoing efforts to reduce isolation and loneliness of older adults by building strong community based outreach networks.

Progress made has included surveys of everyone 60 and over in the seven towns of Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cummington and Plainfield, asking about how important the elements of AARP's "Age Friendly Communities" are to them, followed by ongoing Community Forums to discuss strengths and challenges for each town. The next step will be to form core teams that will develop strategies for improving several shared problems with transportation, accessibility, walkability, social supports and access to important information.

If you returned your survey, thank you for contributing your thoughts and ideas! If you haven't, it's never too late. The Consortium always wants to know how to best serve the seniors in our seven towns.

**Community Forum:
Ban of Nuclear Weapons**

**Wednesday, April 10th
7:00 pm**

**Chesterfield Community Center
400 Main Rd.**

Join us and learn about the:



- 2017 Treaty on the Prohibition of Nuclear Weapons.
- Nuclear weapons industry, and the impact, costs and risks our nuclear arsenal has on life on earth.
- Development and meaning of becoming Treaty Aligned as a community

Speaker : Lydia Wood
NuclearBan.US

Hosted by Chesterfield Council on Aging

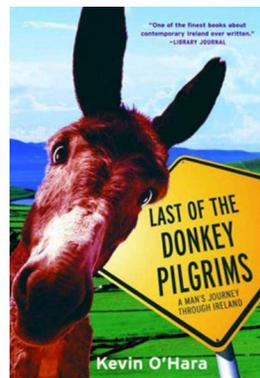


**Saturday, April 13th at 7pm
Chesterfield Community Center
400 Main Rd.**

**You're Invited:
Come to Ireland with Kevin O'Hara**

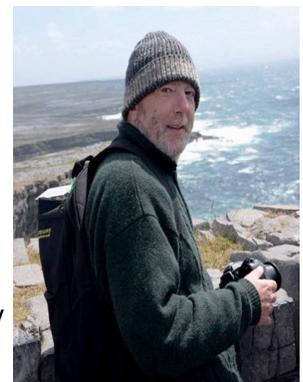
**Sunday, April 28th
2-4pm**

**Chesterfield Comm. Ctr.
400 Main Rd.**



Kevin is the author of two memoirs, "Last of the Donkey Pilgrims", the story of his 1,700 mile, eight month journey around Ireland with his faithful

donkey "Missie", and "Luck of an Irish Lad", a precise and witty story of growing up in America as an Irish Catholic in the 50s and 60s. Mr. O'Hara is an accomplished photographer and storyteller. Please join us at the Chesterfield Community Center where he'll entertain us with tales and photos from his whimsical but timeless donkey journey of long ago.



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.**

*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.

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.

*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 4 seats available.** Trip insurance available.

*June 21: **Chesterwood/Naumkeag.*** Enjoy a guided tour of Chesterwood, home of artist Daniel Chester French. Then on to Naumkeag for lunch and a tour of Joseph Choate's 44 room cottage. Take some time to tour the gardens. Lunch will be provided by the Red Lion Inn and include a choice of sandwich and accompaniments. Cost is \$123. There is a \$10 discount if paid in full by April 1.

*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. Trip insurance available.

July 11: Westchester Broadway Dinner Theater, **On Your Feet**, the story of Pop Latin star Gloria Estefan. Enjoy the lively upbeat music. Cost is \$126. Luncheon prior to the show at the theater. There is a \$10 discount if paid in full by May 20.

*August 8: **Museum of Russian Icons & Worcester Art Museum.*** Enjoy a guided tour of the Russian Icon museum in Clinton, MA. Lunch is on your own at O'Connor's Restaurant in Worcester. Then on to the Worcester Art Museum for a

guided tour. Cost is \$86. There is a \$10 discount if paid in full by June 3.

*October 10: **A Day in Vermont.*** Cost TBD. There is a \$10 discount if paid in full by August 15. Visit and shop at some quaint places in Vermont. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

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

On February 12th, a group of about 40 people came to celebrate the 50th anniversary of the Wild and Scenic Rivers Act and Westfield River's 25 years as a National and Scenic designated river.



Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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**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.

Out and About in April

Tues. April 2nd, 5-6:30pm

Community Soup & Bread Night

The Old Creamery, 445 Berkshire Trl. Cummington

Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome. For more info, contact Seva: membership@oldcreamery.coop

Weds. April 10th at 7pm

Community Forum: Ban of Nuclear Weapons

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four.

Fri. April 12th & May 17th at 9am & 10am

Spa Day at Smith Vocational

80 Locust St. Northampton

Last spa days of spring! 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.

Sat. April 13th at 7pm

Square Dance

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four.

Sun. April 21st at 8:45am

Easter Breakfast

Goshen Congregational Church, 45 Main St. Goshen

Come and enjoy a delicious breakfast on Easter morning before church service. The fellowship will provide the food.

Sun. April 28th at 2pm

The Goshen Town Hall: Myth and Fact

Goshen Town Hall, 42 Main St. Goshen

Norene Roberts will explain how the current 1911 town hall replaced the first one, who was involved, how money was raised, who was hired to design and oversee construction, some of the design features, and information uncovered in the 2016 historic rehabilitation. This is Goshen Historical Society's first program of 2019. All welcome!

Sun. April 28th from 2-4pm

Come to Ireland with Kevin O'Hara

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four for more info.

Sun. April 28th at 3pm

4D1G Gospel Group & Choir

Goshen Congregational Church, 45 Main St. Goshen

Everyone invited; bring your family and friends! Free. Refreshments available.