

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



May 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
Knitting Group Library, 6:30–8pm	Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	1 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	2 COA Luncheon Church, Noon	3
6 Knitting Group Library, 6:30–8pm	7 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	8 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	9	10 Town Meeting 5/11 9am, Town Hall (Call COA for ride)
13 Computer Class Library, 10am Knitting Group Library, 6:30–8pm	14 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	15 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	16 	17 COA Breakfast WW, 8am-9:30am
20 Knitting Group Library, 6:30–8pm	21 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	22 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	23 Green Burial Presentation Library, 6:30pm	24
27 Memorial Day- Library Closed	28 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	29 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	30 "Taking Control of your Future" Library, 2pm	31 COA Board Meeting WW, 9:30am

In Memoriam
Debra Cleveland
10/24/1958—4/4/2019



April
birthdays:
Nancy Motyka,
Buddy Nevins,
Evelyn Blakesley

April Luncheon

About 50 seniors and a few caregivers attended the COA luncheon on April 4th. Rather than our usual potluck, the Food Committee purchased a variety of large pizzas from Paisano's. We had make-your-own salads to go with it. Ice cream cups and bar cookies completed the meal. It was also announced that caregivers who accompany an elder do not need to make a donation to the 'money' cups on tables. We are grateful that they bring the senior to join us. After lunch, Lee Halasz, the Regional Collaboration Coordinator from Kestrel Land Trusts in Amherst, gave a presentation about Kestrel and featured information about the Kestrel Trust's Greenberg Property Conservation Area off of Southampton Rd. Some local volunteers helped people from Kestrel create four hiking trail loops on the 70-acre parcel of land donated to Kestrel Land Trusts by the Greenberg family. Now everyone may enjoy this lovely wooded area. After the program, 19 members of our COA hiking group explored those trails—see accompanying pictures.



Pat Warren: Creator of our birthday cupcakes each month

Greenberg Family Conservation Area—Grand Opening

There will be a "ribbon-cutting" event on May 12 at the trailhead on Southampton Rd. We don't have a time yet for this family-friendly event but will make sure that the hiking group gets more details when it's available.

May Luncheon

Our next luncheon will be at noon on Thursday, May 2nd. Our program after lunch will feature the topics of fraud, abuse and safety with reps from the District Attorney's office and also TRIAD. Remember to come early if you'd like to get your BP checked by a nurse. There will also be lots of birthday cards to sign for our fellow seniors having May or June birthdays. Also, our donation box will be in the dining room for nonperishable food items that will be taken to the Easthampton Food Pantry. They are always very appreciative of our donations.



Some of the hikers who explored the Kestrel trails after the April luncheon.

Chair Yoga

Michelle Morales-Wolk began a 10-week session of chair yoga on Wednesday, April 17th, at Westhampton Woods, Unit F. She incorporates Feldenkrais into her chair yoga which helps our bodies with flexibility, strength and balance. This session will continue on Wednesdays at 9:00am until mid-June. Come join the group at any time. This is partially paid for through a HVES Fitness Grant and also by our Friends group.



Library Happenings in May

-Old School Craft Night for Adults- *Monday, May 6, 6-8pm.* Drop in for some old school crafts- we're talking friendship bracelets and more. Supplies provided.

-Tech Topics- *Wednesday, May 8, 1pm*
Smartphone Basics- If you have a smart phone, bring it in with any questions you have. We'll cover the basics and answer any questions that arise.

-Genealogy Show and Tell- *Thursday, May 16, 6pm-* Do you have a genealogy project you've been working on? A family tree? Or maybe a neat family heirloom or historical object? Drop by and share with others! We'd love to see what you have and get inspired to continue researching our family histories.

Free. Free. Free.

Recently we have been asked, "How do I join the COA?" The COA is not a members-only organization. It is funded by the Town and the State and all programs are free unless otherwise noted (e.g., trips). COA events are open to all residents age 60 and older as well as their caregivers. Some events, such as COA-sponsored informational events at the Library, are open to the general public.

You are welcome to provide a donation when you attend the luncheons or other programs. Donations go to the Friends of the COA, who raise funds to augment the town/state-funded programs.



The Friends' main fundraiser is the Annual Pie Sale that takes place at the Fall Festival. Some of the events that the Friends have recently sponsored are the Veterans Day Breakfast, a cruise down the Connecticut River on the Lady Bea, a trip to Magic Wings and Stanley Park as well as funding chair yoga. Friends have also sponsored entertainment that is provided at the monthly COA luncheons. Most programs and events are free to Westhampton seniors.

If you are interested in becoming a member of the Friends of the COA but don't attend the lunches, please fill out the 'program support' donation form printed in this monthly COA Newsletter on page four. Friends' dues are \$5 for individuals and \$8 per couple. Mail the form along with your dues to Charlotte Wood, 14 Perry Hill Rd., Westhampton, MA 01027 or contact Deborah Barthelette, at deb01027@aol.com.

The Friends also welcome anyone interested in volunteering to help organize, fundraise or offer suggestions for programs and events so we can continue to enhance the lives of Westhampton's seniors.

Pickleball

This group is gaining more participants every month. Games are played on M/W/F mornings, and soon there may be games on Thursdays, too. If you are interested in learning to play Pickleball, call Dale Kasal at 413-842-6148. The group is planning to hold a bake sale at the Town Hall during the annual Town Meeting on Saturday, May 11, beginning at 9:00am. They hope to purchase 4 long shades or blinds for the south side windows of the Town Hall to eliminate the glare on sunny days. They are accepting donations and raising money for the purchase.

May Hikes

Thursday, May 16, 10:00 AM - approx. 12:30 PM (Ray leading): Challenging hike on the Big View Trail loop, Williamsburg Woodland Trails, starting at Unquomok Road trailhead 0.5 mi. off South Street, Williamsburg. Some fairly steep hiking with what should be a rewarding view.

Saturday, May 25, 9:30 AM- approx. noon: 2nd Fitzgerald Lake hike, this time from the North Farms Road access. We will see more of the lake on this easy to moderate hike.

Thursday, May 30, 9:30 AM- approx. 11:00 AM. Hartnett-Manhan Forest hike to Manhan River and, maybe, to some of the old lead mine remains. This is the trail where Ray and I found otter tracks and slides in the snow. Maybe the otters this time?

Thanks to Chuck Horn and Ray Fontaine for scouting out these hikes in advance. Either Chuck or Ray will be leading each of these.

Save these Dates:

June 6th—Following the luncheon, Fran Ryan will talk about our backyard friends in the winter. (She promises not to remind us of the cold weather though!)

July 2nd—Annual volunteer recognition picnic at the Elks with Roger Tincknell crooning tunes from Elvis to the Everly Brothers.

Age Friendly Network Kickoff

As part of the Northern Hilltowns Consortium of Councils on Aging, Westhampton has been accepted into AARP's network of Age Friendly Communities. Watch this space for the date and time of official certificate signing. Interested in joining a "Core Team" to work on various initiatives? Contact Julia Lennen.





TRIAD COUNCIL

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

Searching for Milkweed

Our Triad Council strives to provide information to support and protect senior citizens. Since many of us find satisfaction, joy, and solace when working in our gardens and yards, I'll digress from the usual senior safety reminders and tips this spring issue. Instead I ask all of us, as we go about preparing planting areas and perhaps making more expansive lawns, to weed around the only host plant for the migrating Monarch Butterfly: Milkweed. It needs our protection. Monarchs only lay their eggs on milkweed plants; after they lay their eggs, they die. The eggs hatch into white & black striped caterpillars, feed on the milkweed, and grow into butterflies.

Milkweed produces toxins to deter animals from eating it, but monarchs have evolved immunity to these toxins. As they feed, monarch caterpillars store up the toxins in their bodies, making them taste bad which in turn deters their predators. The toxins remain in their system protecting them even after they are transformed into adult butterflies. Most adult monarchs only live for a few weeks, searching for mates, and for milkweed on which to lay their eggs. The generation of monarchs that hatches in the late summer delays finding a mate and undertakes a spectacular fall migration to their wintering grounds in Mexico. This migratory generation can live up to 8 months!

In the spring, the survivors begin their migration back north to mate in search of milkweed plants to lay eggs. Do your part to protect this butterfly and its amazing, one-of-a-kind, long-distance journey. Search out the milkweed plant and protect it to allow this unique butterfly, the monarch, to survive.

Factors souring needed sweet sleep

Poor or inadequate sleep contributes to poor health conditions: obesity, diabetes, heart disease top the lists. Here are a few habits to kick:

- Blue-Light from electronic devices suppresses melatonin, a natural sleep-inducing hormone. Stop watching TV/ glaring devices a few hours before sleeping or buy a pair of glasses that blocks blue light rays
- Prescription Insomnia – sleep can be interrupted by poor timing when you take your medications. Diuretics for blood pressure can make you urinate more often; two bathroom breaks at night is abnormal. Anti-depressants can either be energizing or sedating depending what you are on. Ask your doctor about the best time to take your meds to ensure they don't interfere with your bedtime.
- Nap Insomnia – Some adults don't nap intentionally, but fall asleep when they're not busy or watching TV. Most common time of day to be sleepy is 2 to 3 o'clock in the afternoon when a natural dip in energy occurs. This can prevent you from feeling tired at night, spending time lying awake contributing to insomnia. Try scheduling some activity during this afternoon time; researchers show that folks who do even moderate exercising have better sleep quality, too.

"Get your muscles in shape before you abuse them!"

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



Spring is finally here and we love getting out in it, even with the Spring chores. Here's a couple of ideas on how to enjoy spring safely:

- Fill your mower with gas when the engine is cool.
- Store gasoline outside the house, in a detached garage or shed.
- If you get gas on your clothing, remember it's the gas vapor that is flammable, so wash them as soon as possible.
- Store gas only in the RED containers marked for gasoline.
- Do not start cooking fires with gasoline.
- It's supposed to be another bad year for ticks, so cover up and spray before going out for a hike or yard work.
- Check for ticks on you when coming in from being in the great outdoors.

Enjoy a SAFE Spring

--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.

Things I Learned from MOM



1. We don't live in a barn.



2. Life's not fair.



3. Things don't just sprout legs and walk away.



4. You are not my maid.

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! Advance Directive, aka Living Will, and the MOLST

This is not the most pleasant thing to think about, but I'm betting the majority of us saw the situation or have experience in which a person was not allowed to die with dignity or in their own way. An advance directive will let you spell out any wishes about the types of care you do or do not wish to receive, if you are unable to speak for yourself.

How NOT to do it: decades ago, my parents wrote a living will and mailed me a copy, then started on a road trip of some weeks duration. I had no idea *what* they had written, *why* they had written it, *where* they had gone, *what* they were doing or were *going* to do. Things are better now – we can talk about the subject and prepare documents with a lot of thought for and knowledge of medical circumstances we might face.

In our state, we also have the MOLST – Medical Orders for Life Sustaining Treatment. We have been given a copy by hospitals, the VA, and perhaps a doctor's office to fill out and have on file. This standardized form lets us indicate what forms of life-sustaining care we might or might not want, and the form can stand alone or be used in conjunction with a separate advance directive that provides additional information regarding our wishes. It is helpful to talk about the form with others, like your family, health care proxy, and doctor, to ensure that they will do their best to follow the instructions you leave. Two good online resources are: www.molst-ma.org/download-molst-form and www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/living-wills/art-20046303

You've talked with your family and doctor, filled out and signed the paperwork, had it signed or witnessed, so now what? Keep the originals where they can be found. Tell your family you have done this (please!). Give a copy to your health care providers and your health care proxy (see March newsletter), and carry a card in your wallet that says you have a MOLST and advance directive. If you travel, take a copy with you. Then continue to enjoy your life!

To a long life,

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

Northern Hilltowns Consortium of Councils on Aging welcomes Deb Hollingworth

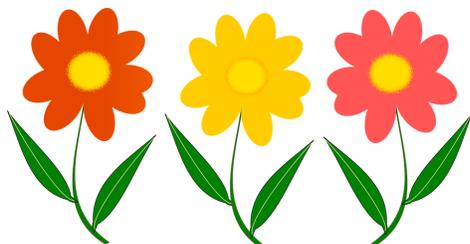
Deb is filling the new position of Regional Community Facilitator. She will help each COA and community develop the next phase of the "Hilltown Strong Communities for Aging in Place" grant initiative from the Executive Office of Elder Affairs. Deb comes to the position with extensive experience in aging. The best summary of her background and achievements has been noted in the Jim Quinn Human Services Award she received:

Deborah Hollingworth has been saying "how can I help you" for the past 25 years as she answers calls from seniors, their family caregivers and fellow colleagues, connecting them with the resources they need. Deborah is a licensed social worker, has been a SHINE counselor for 20 years, a Certified Information Specialist for almost a decade, but perhaps more importantly, has been a parent caregiver herself. Having been there, done that, makes it easier to help folks dealing with the same issues.



In addition to helping seniors and their families, Deborah has worked as a jobs counselor, provided family support services for Food Pantry clients, and social work for VNAs. She has presented workshops for seniors, health care professionals, family caregivers, college students in a variety of settings including 14 years as a workshop presenter at the WNEU social work conference, guest speaker for Smith College's school of social work, programs at HCC, AIC, STCC, GCC, Westfield State and Jewish Community Center's Life Enrichment series, as well as the Massachusetts Law Reform Institute, and National Agency on Aging conference, as well as a guest on Susan Kaplan's Water Cooler series on WGBY.

**Welcome, Deb!
Our Consortium is lucky to have you with us.**



Help and Support for Caregivers

As a caregiver for a parent or spouse, or for a child with special needs, you may feel overwhelmed and at times invisible. And you may develop caregiver fatigue. Williamsburg Senior Center would like to start a Caregiver Support Group if people are interested. Contact Sherry or Jenn at 268-8407.

ART EXHIBIT

**Gray and Gay:
Reflections on Love Makes a Family**

**May 1-June 30
Reception: May 19, 2-5pm**

**Chesterfield Community Center
400 Main Road Chesterfield, MA**

Hosted By Chesterfield Council on Aging

The art exhibit opening at the Community Center features the photo text exhibit "Love Makes a Family". First shown 25 years ago, it features twenty LGBT families. Although originally intended to bring a positive image to families not usually represented in schools and colleges, it became a milestone in the movement when an Amherst grade school and the creators of the exhibit were sued by five families in order to keep it from being shown. This lawsuit became a national case and brought national press attention to the issue.

Please join us on May 19 from 2 to 5 at the Chesterfield Community Center to see the exhibit, talk with friends and enjoy light refreshments.

Stronger than Yesterday



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.

Weds. 9am, Westhampton Woods, Unit F
Led by Michelle Morales-Wolk
Beginning 4/17 for 10 weeks.

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 and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, drop Chuck a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass. Led by Joan Griswold.

Mon. 10am, Plainfield Town Hall
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

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, ematkcc@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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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 May

Fri. May 17th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton

Last spa day of spring! Cosmetology students are offering: 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. May 18th, 9am-3pm
Clothing Exchange
Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. May 15th from 6-8pm and Fri. May 17th from 9am-3pm, then come back to shop on Sat. the 18th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Sat. May 18th, 5-9pm
The Burgy Senior Prom
Anne T. Dunphy School, Earl Tonet Gym
1 Petticoat Hill Rd., Williamsburg

You are invited to join Williamsburg at our Senior

prom! Dancing, live music and a DJ, finger foods & punch, prizes, photo booth and vintage cars! Dig out your vintage wear or come as you are! (No jeans please.) Did you go to your Senior Prom? If so, tell us your stories or bring pictures. If you didn't, you get a second chance without the first-date jitters! Please RSVP to the Senior Center: 268-8407.

Thurs. May 23rd, 6:30pm
Green Burial Presentation
Westhampton Library, 1 North Rd., Westhampton

Have you thought about being environmentally-friendly even after you are gone? Natural or "green" burial is the interment of the dead in a simple coffin or shroud without the use of embalming fluids, allowing natural decomposition of the body. Curious and want to learn more? Speakers Kate Mason, a retired hospice nurse and Joan Pillsbury, a retired nurse, are both involved with Funeral Consumers Alliance of WM and Green Burial Massachusetts, will give us an overview and answer your questions.

Thurs. May 30th, 2pm
Medicaid, Trusts and Probate Presentation
Westhampton Library, 1 North Rd., Westhampton

The Mass Bar Association is providing a presentation on Medicaid, Trusts and Probate. Northampton Attorney Mary Melnik-Penney has been matched with us through the Elder Law Program and will be the presenter. This would be a good time to come and hear about "Taking Control of your Future". All ages welcome to attend.