

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



June 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
3 Knitting Group Library, 6:30-8pm <hr style="border-top: 1px dashed black;"/> Town Election 6/1 8am-4pm Town Hall (Call COA for ride)	4 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	5 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	6 COA Luncheon Church, Noon	7
10 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	11 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	12 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	13 Foot Care Nurse WW, call Deb 413-667-5363	14
17 Knitting Group Library, 6:30-8pm	18 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	19 Chair Yoga (last class) WW, 9am Coffee 'n' Chat Library, 10am	20	21 COA Breakfast WW, 8am-9:30am
24 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	25 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	26 Coffee 'n' Chat Library, 10am	27	28 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

May Luncheon

Another large group of seniors gathered at the church at noon for our May potluck luncheon. After celebrating May birthdays, reps from TRIAD and the District Attorney's office spoke about fraud (including phone scams), abuse and safety.

*May Birthdays:
Seated: Lydia Omasta
(94), Don Upham (91)
and Betty-Anne
Gould (? :-)*



May COA luncheon



June Luncheon

On the 6th of June, we'll meet again at the church for a monthly luncheon. Let's hope it will finally be sunny and warm! Our speaker after lunch will be Fran Ryan with one of her wonderful animal presentations. She plans to tell us about our backyard friends and how and where they spend the winter. Please come early, if you can, to sign birthday cards for the upcoming months. Of course, there will also be a nurse available to check blood pressures. Our collection box for non-perishable food items will be available, too. These items will be delivered to the Easthampton Food Pantry in the near future.

Chair Yoga

Our hour-long classes continue at Westhampton Woods on Wednesdays at 9:00am. Come any or every Wednesday. This session with Michelle Morales-Wolk will continue through **June 19th**. This gentle stretching can really make your whole body feel better! These classes are funded through an HVES grant and also by our Friends group.

Foot Care Nurse

Debra Dean, RN, BSN, will be coming to Westhampton Woods to provide foot care on Thursday morning, June 13th. If you'd like to make an appointment to see her for toenail trimming or any other foot care issue, please call her at 413-667-5363.

Pickleball

A dedicated group of seniors is playing Pickleball up to 3 times a week! They are enjoying many health benefits from this type of exercise and encourage more seniors to join them. Hopefully by now they've been able to move their games outside during nice weather. They have been planning to play at Look Park, but for current information you can contact Dale Kasal at 413-842-6148.

Computer Classes

This will be the last month of computer classes until fall. They will be meeting at the library at 10am on Monday, June 10th and 24th. If you have any computer questions or problems or need help with a tablet or cell phone, come and talk with Bob Miller. He seems to love a challenge!

A Message from Friends

Another year of COA is about to begin on July 1st. This means that Deb Barthelette, chairperson of the Friends Board, will begin accepting dues at our annual picnic on July 2nd. The dues are \$5.00 for individuals and \$8.00 for a couple for the 2019/2020 year. The benefits of paying dues is that the cost of a trip sponsored by the Friends will be discounted for you, and there are usually other perks throughout the year that are funded by the Friends Board.

Looking Ahead: Annual 'Picnic' on July 2nd

Please note that our annual volunteer recognition picnic this year is on a Tuesday. Unfortunately, the 4th of July falls on Thursday this year, so we needed to change the date. Our entertainer was only available on Tuesday of that week, so please put it on your calendar now. We don't want anyone to miss the delicious broasted chicken from the Bluebonnet Diner along with their sides of potato salad and coleslaw. It promises to be a great afternoon with Roger Tincknell entertaining us again this year.

Lynn's Library News for June

-June 6, 6-8pm Artist Reception- Doris Heierli

-June 10, 6:30pm- Dog Health, Safety, and First Aid- Barbara, owner of The Barking Basement located here in Westhampton, will share information about dog care just in time for the upcoming warm season. Topics will include useful basic first aid techniques, an outline of CPR, and many ways to keep our doggie family members safe this summer. This is not a certification class.

- June 3 & June 12, 12:20-1:35 HRHS Chamber Group Recitals- all are welcome.

WES Librarian Karen Rouseau says Thank You to Reading Partners

Thank you, COA volunteers, for coming to our school weekly to read with us. We had so much fun and hope you did too!

Students in grades K – 2 at Westhampton Elementary School, as well as WES staff, send heartfelt appreciation to all the COA volunteers who made a special visit to our school to read stories with us.



You have modeled kindness, acceptance, and the love of reading. How fortunate we are to have you as an integral piece to our students’ literacy growth. We send a huge thank you from all of us and look forward to seeing you in the fall.

This program is open to all grandparents / caregivers of students in grades K–2 at WES, whether or not one resides in Westhampton. We welcome and appreciate all!

You Are Invited
to the

**Northern Hilltowns Celebration of
Westhampton's Membership in the
AARP Network Of Age Friendly Communities**

Thursday, June 27
4:00 - 6:00 pm

Chesterfield Community Center
440 Main Road, Chesterfield MA

RSVP by June 15
coa@townofchesterfieldma.com or
call 413-296-4007

Refreshments Will Be Served

*Representatives from the State Office of
Elder Affairs, AARP Massachusetts and the
Massachusetts Healthy Aging Collaborative will join
us and our hilltown neighbors for this kickoff event.*

June COA Hikes

Westhampton COA Hikers (*WCOAH*) June 2019 Hikes. Most hikes 1 1/2 - 3 miles. For June, we have one of each ability level. Hikers from surrounding towns welcome. For details and future hikes, please join us on the WCOAH email list. Emails sent via Bcc for privacy. Contact Chuck, charleshorn27@comcast.net.

Level Land Hike:

June 6, 9:00 AM, Return of the Eagles. Meet at Westhampton Woods (or 9:15 at South Park Street trailhead).



Moderate Hike:

Thursday, June 13, 9:00 AM, Hartnett-Manhan Memorial Forest from Lead Mine Road trailhead.

April hike at the highest point on Tob Rd., Westhampton

Challenging Hike: Saturday, June 29, 9:00 AM, Petticoat Hill Loop Trail, off Petticoat Hill Road, Williamsburg.

If you plan to come, let us know which one(s). That way, we can contact you if there are any unexpected changes. (Led by Chuck Horn and/or Ray Fontaine.)

Assistance for Seniors

There are several sources for support for seniors living in Westhampton. Please feel free to take advantage of any of these services!

Transportation: If you need a ride to an appointment or the like, or if you’re in need of other transportation, please call Louise Jasionkowski at 527-5134.

HEN Program: The clients currently in this program in Westhampton will continue to get help, but because of lack of funding for Westhampton, no new clients can be added at present. We’ll keep you updated about future funding.

Equipment: The COA has a variety of medical equipment available to loan to anyone who needs it (including at least 2 wheelchairs). In addition to walkers, there are shower stools, crutches, canes and other equipment to use in the bathroom. There are also a few bed pads and packages of disposable undergarments available for anyone who could use them. Please call Jean Webster, 527-5077, if you’d like to borrow or use any of these items.

Handyman Services: If you need handyman services, we have two willing gentlemen who have offered their services (at reasonable rates) to Westhampton seniors. Call Bob Pajak at 529-0905 or Paul McCutcheon at 203-3149.



TRIAD COUNCIL

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

Aging in Place

When the 50+ year old population is surveyed, the majority continues to state a preference for staying at home as long as possible. Presently 1 in 3 Americans is age 50 or over. By 2030, 1 out of every 5 people in the USA will be 65 or older. To accomplish this goal, our age defying group must learn to design home environments with an eye towards remodeling projects that are attractive and barrier-free regardless of one's age or abilities. Some common sense safety projects we can do ourselves or at little cost.
HOME FIT 'TO DO' LIST: Room-by-Room

- Install halogen light sensor night lights in bathroom and hallway plugs
- Replace traditional light switches with illuminated rocker-style light switches
- Install photosensitive porch / entryway lighting; motion sensors on outdoor floodlights
- Install peep holes on exterior doors; install lever-style door handles, easier than knobs
- Install swing-away hinges on all doors to add two inches of width for easier access
- Use a rubber-suction bathmat in tub/ shower; install hand-held adjustable shower head
- Install non-slip mats under rugs to make secure; mount railings on all stairwells
- Replace kitchen/ bath cabinet knobs with easier to grip D-shaped handles
- Create a kitchen work surface you can sit at by removing cabinetry beneath a counter
- Apply no-slip paint to walking surfaces inside and out to prevent falls
- Create a Fire Emergency Exit Plan for getting yourself and others out of your home

Spring Home Projects? Start planning!

If you will need professional help for your project, it's important to be organized. Before you hire someone, you need to do your homework and not be rushed. Reliable and trustworthy contractors plan projects in advance. Here are some recommended steps to follow.

1. Review your budget and your preferred time frame for the completed job.
2. List the things you want done. Write out the specifics changes you want a contractor to do.
3. "Aging-in-Place": think about updates and future unique needs of folks 50+ to continue living independently at home longer. Visit www.aarp.org/caps for ideas; click on "Home Fit Lists"
4. Get 2 contractor recommendations from people you know. What problems did they have?
5. Verify MA Contractor's license, liability, and workers' comp insurance.
6. Compare contractors and their experience in the project you want done. If needed, will they be responsible for hiring sub-contracting work with a plumber/ electrician?
7. Put everything in writing. A clear and detailed price and contract is essential, making sure that everything you agreed to is in writing. Get a copy of the Contract and anything signed.
8. Verify with building inspector if a permit is required so inspections can occur.
9. Don't pay final bill until all work is completed and inspected. Get written proof sub-contractors and suppliers have been paid.



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

Yeah! June is upon us, the beginning of summer weather (we hope) and with the summer weather come some rather nasty storms. Here are few things you can do to weather summer storm power outages:



- Use a flashlight or battery-powered lanterns. Do NOT use candles.
- Keep refrigerator and freezer doors closed as much as possible.
- Turn off or unplug major appliances, so they will not be damaged by the electrical power surge when power is restored.
- Use portable generators cautiously. Operate them only outdoors in a well-ventilated area. Refuel it only after it has cooled. Do not connect a generator to your home's electrical system except through an approved installed in compliance with your local electrical code.
- Do not go near and never touch a downed wire; it may be energized.

Ride out the summer storms, SAFELY!

--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.

Do you want to eat more fresh, healthy, and locally-grown produce, but find it too expensive or difficult to get?

If you receive SNAP (Food Stamps), or if you are eligible and willing to sign up for SNAP, you may be able to participate in a 10-week Hilltown-grown farm share that is 100% reimbursable through your HIP (Healthy Incentives Program) benefit! You can choose the right size share for your household and pick up your weekly assortment of local fruits and vegetables in Huntington or Worthington without spending any additional SNAP dollars. This "Hilltown Mobile Market" pilot program is available to Hilltown residents this summer and there are a limited number of spots open. To find out more about how to sign-up, go to tinyurl.com/foodinterest or contact Caitlin Marquis at 413-588-5562.



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! HIPAA Release

We've reached the last of the Big Five! The Health Insurance Portability and Accountability Act release "will let your Health Care Proxy get all your medical records, avoiding privacy restrictions and doing a better job for you." It does that and more – read on, if you would.

Permission. Overall, this means that we each have a right to see our own health records. I'm old enough to remember when we did not have that right! Those were barbaric times. Also, because my husband and I each filled out a HIPAA release in the medical offices we visit, we can talk to each other's doctor, make an appointment, refill a prescription, take a message, etc. It is all quite convenient.

Privacy. You can control whether your medical information is shared or not. You can prevent someone from accessing your records, OR you can give someone the right to see them so they can help you in some way.

Partial. You can specify which medical records can be seen by the person you list on a HIPAA release. You could allow your sister to talk to your pharmacy, for instance, but not any of your doctors. You could allow a nurse at your work place or a new doctor to see a specific medical test result, but nothing else.

Two websites with lots more on the HIPAA:

www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/consumers/consumer_rights.pdf and
www.hhs.gov/hipaa/for-individuals/index.html

Privately,

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

Accentuate the positive; it's good for your health!

Many people have offered information about positive living but one author, Joanna Castro, from Lifestyle Fifty, best captures the "11 positive things nobody tells you about aging", which are reprinted below:

1. You don't always have to be right.

Remember when you were younger, how important it was to be right? Well, as the years pass by, we begin to understand that being right isn't nearly as important as listening to and weighing up every side of the argument, even possibly deferring to someone else's point of view. We begin to understand that it's often better to lose a few battles in order to win the war.

2. You learn not to judge.

In the Western world, we learn early on to want material things and strive to get them. While this isn't altogether bad, it often brings with it envy and jealousy. We might begin to judge others on their material assets and not on who they are as people. As we get older, 'stuff' becomes less important than people and relationships and we learn not to judge, but just to accept people as they are.

3. You begin to want less.

We accumulate so much 'stuff' on our journey through life in the Western world and much of this is redundant and in excess of what we actually need. As we get older, we begin to realize that sometimes less is more. It's an incremental understanding that we don't need to surround ourselves with a whole lot of material things.

4. You gain more confidence in making decisions.

It's true that age brings wisdom. It can also bring more confidence. Why? Because we accumulate Experience with a capital "E" as we journey through life and our life lessons are powerful tools to draw from to make future decisions. Yes, we've made mistakes, but we've learned from them and that instills an innate confidence for future decision making.

5. Your children become your friends.

It's hard to think of our children as friends when they are firstly so dependent upon us and then perhaps when they're rebellious against us, or even hate us, during their teenage years. What nobody tells us is that as they become adults, grow into their own lives and fulfill their own dreams, we as parents take on a different role. Children now return to the family home and hearth as individuals in their own right and as friends.

6. You understand that there's no point in telling anyone what to do.

At some stage in your life you might feel the urge to offer unsolicited advice and think that you're doing someone a favor. At a certain age, you then realize that there's no point in telling anyone what to do, that actually, if you think about it, being given advice you didn't ask for doesn't feel very nice. What does feel good, though, is if someone plants a seed for you to ponder which leads you on to find the right answer yourself.

7. You learn that wrinkles should be worn with pride.

For women especially, the onset of the first wrinkle is a day of some grief and in the years of growing up, a wrinkle-free face is falsely deemed a prerequisite of beauty by our youth-centric society. Later in life, we realize that we are fortunate to be growing old and that wrinkles stand as a testimony to our experiences. It shows that we have successfully navigated the troughs and peaks of life. Wrinkles represent the days of our lives, each telling a different story.

8. You are able to treat your parents with unconditional respect.

Our parents, although we love them, may have driven us mad at some point in our lives, and for those of us with children ourselves, the pattern is repeated. As we get older, we learn how to treat our mothers and fathers with respect and how to have patience as they reach their autumn years because we have better understanding of the trials and tribulations they have gone through in the process of aging.

9. It's O.K. to play the fool again.

As children we laughed, played the fool and generally didn't think too much about what other people thought about us. Then our egos developed, self awareness set in and we began to reign in our inner child, and squash the idiosyncratic part of us that was once so spontaneous. When we reach a certain age, it begins to matter less what other people think and not taking ourselves so seriously becomes an option once again.

10. You learn not to criticize.

As we get older, we learn there's little value to be gained by criticizing anyone. If we need to say something, it's far better to say something positive than dwell on what's negative. By mid-life, we have learned through trial and error that positive reinforcement always puts us in a much better position.

11. You are thankful for growing old.

Not everyone grows old. Many die before their time or in the prime of their life. With age comes gratitude and the knowledge that with every passing year we are privileged, and being grateful becomes a daily ritual that enhances our lives in so many positive ways.

* You are invited to the *
* Northern Hilltowns Celebration of *
* our Membership in the AARP Network Of *
* Age Friendly Communities *
* *
* Thursday, June 27, 4-6pm *
* Chesterfield Community Center *
* 400 Main Road, Chesterfield MA *
* *
* RSVP by June 15 *
* coa@townofchesterfieldma.com *
* or call 413-296-4007 *
* *
* Refreshments served. Repre- *
* sentatives from the State Office of Elder Af- *
* fairs, AARP Massachusetts and the Massa- *
* chusetts Healthy Aging Collaborative will join *
* us and our hilltown neighbors for this kickoff *
* event. *
* *



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.**

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.

June 25: A presentation by Friendship Tours / Ship Shop about an upcoming 14 day Mediterranean Cruise in 2020 will be held at the Northampton Senior Center starting at 5:00 p.m. Come see what it's all about.

July 17: New Date. Westchester Broadway Dinner Theater, On Your Feet, the story of Pop Latin star Gloria Estefan. Enjoy the upbeat lively music. Cost is \$126. Pre-show luncheon at the theater.

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. A Buffet Lunch is included at O'Connor's Restaurant in Worcester. Conclude the day at the Worcester Art Museum for a guided tour. Cost is \$109. There is a \$10 discount if paid in full by **June 3.**

Oct. 10: A Day in Vermont. Cost \$78. There is a \$10 discount if paid in full by August 15th. Visit and shop at some quaint places in Vermont, including the Vermont Country Store in Weston. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

**Coming in 2020:
Mediterranean Cruise - 14 Days -**

Via the Royal Caribbean's Vision of the Seas

From \$2,579

Come to a presentation on June 25, 2019



What's in a scam?



Learn about Scams, Fraud, and Identity Theft including:

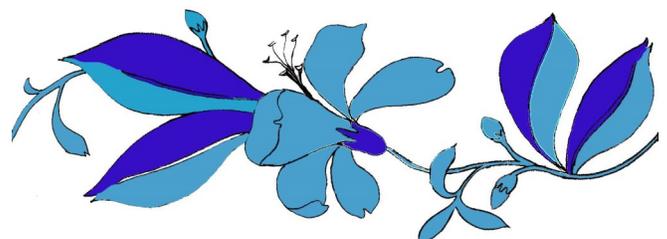
- ◇ Telemarketing
- ◇ Why to be on the "Do Not Call List"
- ◇ Signs of a scam
- ◇ Common scams
- ◇ How identity theft happens
- ◇ What to do if your identity is stolen

Weds. June 19, 2019, 1:30 p.m.

Where:	Chesterfield Community Center 400 Main Rd, Chesterfield, MA
Who:	Ann E. Lynch Assistant Attorney General
Sponsors:	Hilltown Community Development www.hilltowncdc.org, 413-296-4536 Office of Attorney General Maura Healey www.mass.gov/ago 617-727-8400



Enriching lives in a rural economy



Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

Julia Lennen, Coordinator

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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 June

Tuesdays, 11:30am

Meditation & Relaxation Class

Wburg Senior Ctr, 141 Main St., Haydenville, MA

Class dates: 5/28, 6/25, 7/9, 7/23, 8/6, & 8/20. Class will be taught by Lynn Lovell who teaches yoga and music in the area. Come and learn how to meditate and relax with Lynn! Please contact the Burgy Senior Center if interested at 268-8407.

Wednesday, June 12th at 1pm

Caregiver Support Group

Wburg Senior Ctr, 141 Main St., Haydenville, MA

As a caregiver for a parent, spouse, or a child with special needs, you may feel overwhelmed and, at times, invisible. Our support group will be held monthly on the second Wednesday at 1:00 pm at the Senior Center Café. Call 268-8407 to sign up. ALL are welcome!

Wednesday, June 19th at 1:30pm

What's in a Scam?

Cfield Comm. Ctr., 400 Main Rd., Chesterfield, MA

More info on page 7.

Wednesday, June 26th at 12:30pm

Music & Comedy with James Kitchen & Mike Metzger!

Wburg Senior Ctr, 141 Main St., Haydenville, MA

You won't want to miss this! Come and enjoy these two local cut-ups—they're not only funny but good musicians too! (If you'd like to come at 11:45 for lunch, please call two days ahead to reserve: 268-8407.) All are welcome!

Thursday, June 27th from 4-6pm

Celebration of AARP Membership of Age-Friendly Communities

Cfield Comm. Ctr., 400 Main Rd., Chesterfield, MA

The Northern Hilltowns have been recognized by AARP as being age friendly communities! More info on page 6.

