

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



July 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
1 Knitting Group Library, 6:30–8pm	2 Annual COA 'Picnic' Elks Lodge, Noon	3 Coffee 'n' Chat Library, 10am	4 Library closed- Happy 4th of July!	5
8 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	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 No COA Breakfast
22 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 No COA Board Meeting
29 Knitting Group Library, 6:30–8pm	30 COA Trip to Bridge of Flowers and Lunch Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	31 Coffee 'n' Chat Library, 10am		

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

In Memoriam

Mary (Mae) Pelissier
5/17/29—5/15/19

Mary Anne "Mimi" Larouche
5/2/50—5/23/19

Fran Cote
7/18/33—5/30/19



June Luncheon

On June 6th over 50 seniors gathered at noon at the church for a delicious potluck luncheon. Afterwards we had a very informative program of slides by Fran Ryan about chipmunks, squirrels and opossum that we often see in this area. It was interesting to learn about the differences and similarities of these local animals.



*June Birthdays:
Bernie Fleury,
Pat Cunningham,
Lilly Baxter and
Dave Goddard*

*Signing birthday
cards at June
luncheon.*



July Luncheon

Our annual volunteer recognition luncheon, which years ago was an outdoor picnic in the Westhampton area, will take place at the Elks Lodge on Spring St. in Florence again this year. Some years it has been very hot for this 'picnic', but the Elks Lodge is air-conditioned! Also, since our regular luncheon day falls on the 4th of July this year, we've had to move it to Tuesday, July 2nd, at noon. Again this year, broasted chicken, potato salad and coleslaw will be purchased from the Bluebonnet Diner. Rolls, butter, assorted cookies, lemonade and iced tea will also be part of the meal. No one will need to bring food to share this month! After our meal, we will be entertained by musician Roger Tincknell featuring melodies from Elvis to the Everly Brothers—tunes

popular in the good old days.

Reminder from the Friends Board

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.

Good-bye Julia

With much regret, the COA Board accepted Julia Lennen's resignation letter as our Coordinator. She would like to spend more time with her family here in Westhampton. But, on a happier note, Julia has decided to become a member of the Board now. With the retirement of two long-time members on June 30th, the Board is down to only three voting members until Julia joins. (The Coordinator cannot vote.) Thank you, Julia, for a job well done during your 2 ½ years as Westhampton's COA Coordinator!

Welcome to our New Westhampton COA Coordinator!

Born and raised in New York City, Amy Landau relocated to the Pioneer Valley in 2016 because of her love for nature and appreciation for the area's unique cultural offerings. She has a strong background in non-profit program administration, grant writing and education. She also has a passion for working to improve the quality of life in communities and is therefore delighted to be joining Westhampton's Council on Aging in the role of Coordinator.

Amy plans to begin working with us on June 17th, so perhaps some of you met her at our June COA breakfast. We look forward to formally welcoming her at our July luncheon on the 2nd and hope we have many years with her as Coordinator to continue to work on improving the lives of seniors living in Westhampton!

Trip to the Bridge of Flowers and Lunch

The Friends will be sponsoring a trip to the Bridge of Flowers on Tuesday, July 30th. We'll be carpooling from the Westhampton town parking lot at 9:15am. After walking the bridge, we'll head to the Shelburne Senior Center for lunch at 11:30 (paid by the Friends). Their senior center is excited to be having us join them. For more infor-

mation or to join the trip, you can contact Deb Barthelette at deb01027@aol.com. You can also sign up for the trip at our July 2nd 'picnic' at the Elks Lodge in Florence.

Computer Classes and Chair Yoga

Computer classes will not be meeting in July and August. Our 10-week session of chair yoga with Michelle ended in mid-June. Watch for a session with either Sarah or Michelle during the fall.

Scrabble and Board & Card Games

Scrabble will be continuing during the summer at the library on Tuesday afternoons from 2:00—4:30pm. The library is one of the coolest spots in town during the summer! Westhampton Woods, Unit F, is also cool in the summertime. On Tuesdays at 1:30pm you'll find seniors who love to gather for board and card games. Come join them anytime for the friendly games!



Scrabble in June:
Marion Miller,
Bernie Florek
and
Charlotte Wood

COA Breakfasts

There will be no breakfasts during July and August. Please join us again on the 3rd Friday in September.

Hikes

Despite dodging weather, we enjoyed all this season's hikes with no cancellations. After the Petticoat Hill Hike in Williamsburg on June 29, we will take a July break. Keep an eye out for our first fall hikes starting mid to late August. Want to join us or learn more about us? Contact Chuck via charleshorn66@gmail.com. We email our hike information Bcc to protect privacy. Come join us outdoors!



Summer Concerts on the Library Lawn

Bring a chair along with you on:

Friday, July 12 at 6:30

Mamma's Marmalade: An acoustic band using classic bluegrass instrumentation to bring fresh vibrancy to old traditions.



The ever popular Westhampton Field of Dreams Summer Concert Series, sponsored by the Florence Bank, Easthampton Savings Bank, Westhampton Cultural Council, and Marek Builders, Inc.

Friday, July 26 at 6:30

Katherine First and Kitchen Party- Katherine First and Kitchen Party plays traditional / Celtic / Appalachian old timey tunes with a twist.

The ever popular Westhampton Field of Dreams Summer Concert Series, sponsored by the Florence Bank, Easthampton Savings Bank, Westhampton Cultural Council, and Marek Builders, Inc.

Summer Library Challenge

Summer Reading for Adults: Read/listen to a book, fill out a review form and get a raffle ticket for every form you submit. We will have one large raffle at the end of the summer with two grand prize winners!

Did you ever wonder what some of our favorite idioms actually mean and where they came from? Jim Brisbois from Chesterfield agreed to provide the following interesting information.

Straight from the horse's mouth

Meaning: getting information directly from the most reliable source.

Origin: This one is said to come from the 1900s, when buyers could determine a horse's age by examining its teeth. It's also why you shouldn't "look a gift horse in the mouth," as inspecting a gift is considered bad etiquette.

Let the cat out of the bag

Meaning: to mistakenly reveal a secret.

Origin: Up to and including in the 1700s, a common street fraud included replacing valuable pigs with less valuable cats and selling them in bags. When a cat was let out of a bag, the jig was up.

Hands down

Meaning: without a lot of effort; by far.

Origin: Winning "hands down" once referred to 19th-century horse racing, when a jockey could remove his hands from the reins and still win the race because he was so far ahead.



TRIAD COUNCIL

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

Are You Prepared If You Answer Yes?

Being asked to be an executor or executrix of another's estate is a compliment. It is also a role that entails legal responsibility and trust. Before accepting this appointment, the task requires that you fully understand the obligations and be fully prepared to fulfill the future duties effectively. Besides coping with your own loss of this person, you will likely have to "navigate sibling rivalries or shoulder the wrath of spurned heirs at the same time". It can be an emotionally draining experience; review all details with a professional before accepting.

Three things to know before accepting and taking on the time consuming administrative tasks:

1. Your Role as the executor, also known as the "personal representative", settles the estate of the decedent or "testator". The American Bar Association recommends that you hire an attorney to assist and advise with duties. The probate process can take from several months to a few years depending on the complexities of the estate. You must honor the testator's directives, even if the directives are to the detriment of some family members, organizations, or others.
2. Your Duties: know the extent of the duties along with this loved one's directives, financial situation (are funds available to hire an attorney?), and relationship with family members and parties involved in the estate. These are the general duties that you either do yourself or oversee an attorney to assure directives are followed.
 - A. Distribute remaining assets and settle estate: It is only closed when all debts, expenses, and taxes are paid and all assets are distributed. You may have to attend hearings, trips to courthouses, or file or respond to creditor or heir-related lawsuits.
 - B. File the will with probate court.
 - C. Manage estate assets: Executrix will open a separate checking account for the estate keeping the decedent's funds from commingling with the executrix's personal assets. You must locate and maintain all the decedent's property, including houses and contents, personal property, and safety deposit boxes. If antiques or fine art are involved, appraisals may be necessary.
 - D. Pay debts, expenses, and taxes: Executor is responsible for filing all tax returns and continue paying bills such as mortgage, car payments, property taxes and expenses.
 - E. Understand the will: You must read and understand the related documents and secure original to show that it has not been revoked.
3. What to do while loved one is still alive: Review the will together to clarify ambiguities. Find out whether family members and beneficiaries have been notified of these decisions. "Having this information will help you better anticipate future conversations & reactions and be better prepared to navigate any potential conflicts or disappointments."

Stay Safe & Enjoy the Summer!

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



Summer is really here...finally! Many of us will be spending some time away. Here are a few ways you can make your hotel/motel stays safe:

- Choose a hotel/motel protected by both smoke detectors and fire sprinklers.
- Read the escape plan posted usually on the inside of the door into your room.
- Count the number of rooms between your room and the nearest two fire exits.
- Open the exit doors to make sure they are not locked or blocked.
- Keep your room key card by your bed and take it with you if there's an alarm sounding.
- If you hear an alarm, leave immediately, closing all doors behind you.
- Always use the exit stairs -- never use elevators during a fire because they may be functioning as chimneys.

Have SAFE summer travels!

--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.



Who on Earth to Ask???

If you followed the last five months, you know you should find another person or persons to act as your proxy for health care, serve as power of attorney, and as executor or personal representative. This is admittedly not an easy thing and I cannot do the topic justice in the space I have to write.

To make things worse, it is recommended that you appoint a backup person as well! So ideally you may need to find 3 or 4 folks to help you out. The person who can be compassionate with you and also be firm with medical staff may not be the best person to keep tabs on your finances or close out your estate. However, the person with your power of attorney may also be your personal representative after your death.

Let me list some characteristics to think of when you are considering who to ask to serve your needs. My hope is that you can mentally review the list and identify people who match, whether they are family, friends, children of friends, or legal or banking staff.

- Trustworthy and loyal to you and your needs, responsible
- Persistent and resourceful, a good communicator
- Financially literate, to match the complexity of your finances
- Younger than you and in reasonably good physical and mental health

The ideal? It may be a responsible child who lives near you, can get along with the siblings, has a good head on his/her shoulders... another typical option is your partner or spouse. BUT – what if your child is not as capable as you would like? What if your partner is in the first stages of dementia? Then keep looking...

A reminder - legal aid for low-income seniors may be available through the Hampshire Elder Law Program, 413-586-8729, or Community Legal Aid, 413-584-4034. We are also fortunate to have many knowledgeable elder attorneys in the area.

Good luck,

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

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

Consider buying your produce at the **Hilltown Mobile Market, a new program starting July 25th!** The Hilltown Mobile Market will offer 10-week farm shares at a cost of \$5 a week, as well as the opportunity to shop for fresh produce closer to home just like you would at a farmer's market or farm stand. If you receive SNAP (Food Stamps), you can sign up to get all of your money back for the cost of the farm share through the Healthy Incentives Program (HIP)!

You can shop for produce or pick up your farm share at two locations and pick-up times:

Thursdays, 3 - 5 pm at 48 Old North Road in Worthington or Fridays, 3 - 5 pm at 24 Russell Road in Huntington. This program will

run from July 25th to September 27th and there are limited farm shares available, so go to www.tinyurl.com/foodinterest or contact Seva Tower at sevat@hilltowncdc.org or (413) 824-1840 to express your interest in signing up for a farm share.



Part-Time Work Available

Helping Westhampton area elders with housework, transportation to appointments and various household chores @ \$15.00 per hour.

For info, call:
Hilltown Elder Network (HEN)
Westhampton Coordinator,
Lilly Baxter:
413-527-1532



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.

Central Hampshire Veterans' Services – Hilltown Schedule



Williamsburg Town Hall

141 Main Street
Haydenville, MA 01039

Hours: Every Monday- 2:00 to 4:00

Cummington Community House

33 Main Street
Cummington, MA 01026

Hours: 1st and 3rd Monday- 9:00 to 11:00

Goshen Town Offices

40 Main Street
Goshen, MA

Hours: 1st and 3rd Monday- 11:30 to 1:30

Worthington Town Hall

160 Huntington Road
Worthington, MA 01098

Hours: 2nd and 4th Monday- 9:00 to 11:00

Chesterfield Community Center

400 Main Road
Chesterfield, MA 01012

Hours: 2nd and 4th Monday- 11:30 to 1:30

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4, Northampton, MA 01060

Pancake Breakfast	(Firehouse)	7:00 - 10:00
Food & Vendor Booths		8:00 - 1:30
Historical Exhibits	(Edwards Museum)	9:00 - 10:30
Hilltown Art Display	(Town Hall)	9:30 - 1:30
Heritage Pops Orchestra	(Town Center)	9:30 & 11:30
PARADE		10:30 - 11:30
Chicken Barbecue	(Church)	11:30 - 1:30
Classic Car Show	(Town Offices)	11:30 - 1:30
Magic Show & Face Painting	(Park)	11:30 - 1:30
Sidetracked Band	(at Car Show)	11:30 - 1:30
Firefighters Contest	(Ball Field)	11:30 - 12:30
Family & Kids Softball	(Ball Field)	12:30 - 1:30

Celebrating the Volunteers of the Hilltowns

Massachusetts Cultural Council
Sponsored in part by the Arts Council of:
Chesterfield, Cummington, Goshen, Williamsburg & Worthington

RESOURCE DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H) If you need help in an emergency, call 911 or the Safe Passage hotline	413 387-3120 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) Call Chesterfield COA for assistance	413 552-5400 or 413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director	413 296-4007
Meal Site Williamsburg Senior Center	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meals on Wheels Highland Valley Elder Services (HVES)	413 268-8407
Northampton Survival Center , 265 Prospect St. Northampton	413 586-2000 or 800 322-0551
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-6564
	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, Ellie Mathias	413 238-5511, ext. 322
Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 322
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
Foot Care Piper Sagan, RN	
foot care in Cummington, call Ann Eisenhour	413 634-2243
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 Jasonkowski	413 527-5134
Williamsburg Medical & Carpool Rides (call 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 , Camille Smith, Chair	413 238-5998

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

Amy Landau, Coordinator

Louise Jasionkowski, Chair

Chuck Horn, Secretary

Ray Fontaine,
Hikes

Lillian Baxter,
HEN Representative

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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

Out and About in July

Wednesday, July 4th, 7am-1:30pm
Chesterfield 4th of July Celebration
Chesterfield, MA

Pancake breakfast, a fun parade, chicken BBQ and more... this annual event has it all! See details on page 6.

Sunday, July 21st at 2pm
The Lunch Box... Crossroads of Williamsburg
By Anthony Thomas Jr.
John James Memorial Hall, 42 Main St., Goshen, MA

Tommy will give a talk from his 2018 published memoir on 36 years as a restaurateur in Williamsburg at the popular Lunch Box. Sponsored by the Goshen Historical Society. All welcome!

Tuesday, July 23rd at 3pm (Part 1)
Tuesday, July 30th at 3pm (Part 2)
A Two-Part Educational Series about Alzheimer's
Rockridge Retirement Community, 37 Coles Meadow Rd., Northampton, MA

Please join Rockridge and the Alzheimer's Association for a two part educational series. Part 1 on 7/23 is

"Understanding Alzheimer's and Dementia". Part 2 on 7/30 is "Effective Communication Strategies". Come, learn, and enjoy healthy snacks for an active brain!

Saturday, July 27th, Noon-5pm
Goshen Family Fun Day
Tilton Town Field, Wing Hill Rd., Goshen, MA

Rain or shine. Vendors, games, bring a picnic or purchase food there. The band Sidetracked will be performing, sponsored by the Goshen Cultural Council. This is a free event sponsored by the Goshen Women's Club.

