

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



August 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
			1 No COA luncheon this month	2
5 Knitting Group Library, 6:30-8pm	6 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	7 Coffee 'n' Chat Library, 10am	8 Foot Care Nurse WW Call Deb 413-667-5363	9
12 Knitting Group Library, 6:30-8pm	13 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	14 Coffee 'n' Chat Library, 10am	15	16 No COA Breakfast
19 Knitting Group Library, 6:30-8pm	20 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	21 Coffee 'n' Chat Library, 10am	22 	23
26 Knitting Group Library, 6:30-8pm	27 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	28 Coffee 'n' Chat Library, 10am	29	30 COA Board Mtg WW, 9:30am

July Luncheon

We had a delicious 'picnic' luncheon of broasted chicken, potato salad and coleslaw and more from the Bluebonnet Diner on July 2nd. Over 60 seniors met at the Elks Lodge in Florence on a very hot day, so the air-conditioned hall felt wonderful! Our new Coordinator, Amy Landau, was introduced and will be working hard over the summer to learn how our COA works. She'll begin with help from our out-going Coordinator, Julia Lennen, and the Chair of the COA Board, Louise Jasionkowski. After celebrating the 7 birthdays in July and acknowledging the retirement from the Board of Jean Webster and Wendy Blow, we were entertained by Roger Tincknell with foot-tapping melodies from the 50s and 60s. He accompanied himself with a guitar and harmonica. It was fun to sing along with him to some of the tunes. I'm sure it brought back a lot of fond memories for many of us. (Life goes by so quickly!)



July birthdays:
Leonard D., Charlie F.,
Jean A., Pat M.,
Alma H.,
Jean W. and Bernie F.



Julia Lennen and
Amy Landau,
past and present
Coordinators



September Luncheon

As our new COA year begins, we're thinking of our next luncheon which will be on Thursday, Sept. 5th. (Remember we will not be having a luncheon in August. Just enjoy the warm summer!) Tim Perry will be joining us that day with some one-man musical entertainment.

COA Friends

Deb Barthelette, chairperson of the Friends Board, began collecting dues for Friends for the 2019/2020 year on July 1st. The dues are \$5.00 for individuals or \$8.00 per couple. Not only are you helping out the COA, but if you think you might join any of the trips during the year, which are sponsored by the Friends, you will get the cost of the trips discounted for you. You can pay dues at any COA luncheon or send the form that's in every newsletter along with your dues to Charlotte Wood, the treasurer of Friends. All seniors thank you!

Blue Sox Baseball Game

After bad weather canceled scheduled trips to a game last year, six seniors carpoled to a game in Holyoke at the end of June. Despite a loss for the Blue Sox, everyone seemed to have a great time on a lovely warm Sunday afternoon. It was nice to see the collegiate teams getting so much support from the public. (The hot dogs, fried dough and other goodies were delicious, too.)

Blue Sox game: Joanne B., Shirley R., Deb B.,
Chuck H., Charlotte W. (and Wendy B.)



Foot Nurse Coming

Deb Dean, our foot nurse, will be making her bi-monthly stop at Westhampton Woods during the morning of Thursday, August 8th. If you'd like your toenails trimmed or have a concern about any foot issue, call her at 413-667-5363 to make an appointment with her there. Foot care is especially important as we age!

Hikes

Although our last hike of the COA year was scheduled for the weekend of June 29th, it needed to be postponed until July 3rd due to a stormy weekend. As you can see in the accompanying picture taken by Lillian Baxter, seven hikers enjoyed the beautiful day hiking the 3-mile Petticoat Hill Loop Trail in Williamsburg—a challenging hike! Chuck reports: We thank all who have contributed to our hikes. John, Lilly, Ray and others have led hikes this season, and we're always interested in more leaders. Lynne, Lu, Wendy and Mary Ellen have also played important roles. My apologies if I missed anyone; it has been quite a team effort. This season, Ray will be organizing the hikes. I will assist, as he has for me throughout the past seasons. He and I will continue to scout out new opportunities, and I plan to join you on almost all the hikes. And one more thing. Thank you to all the Pickleballers - players and organizers alike. Now, with our Walkers, Hikers and Chair Yoga, we have four options for healthy physical activity. I call that win-win-win-win! It's been a wonderful year - out on the trail with friends. Doesn't get better than that!

July Petticoat Hill hike: Pat, Sheila, Ray, Helen, Mary Ellen, Chuck (and Lilly)



August Library Events

As some of you already know, our Westhampton Library director, Lynn Blair, left us in July. She has taken a position as a librarian in the Westfield area which is much closer to her home. She will be missed, but our wonderful library will continue having programs for all ages throughout the year. I'm sure that a new director will be hired as soon as possible.

The main event at the library in August is the last of the **2019 Field of Dreams Summer Concert Series: Dez Roy on Friday, August 9:** Dez Roy is known for original songs and twangin' telecaster guitar delivering their brand of country and honky tonk music. Come enjoy Dez Roy's smooth deep voice and original tunes reminiscent of Johnny Cash, Willie Nelson and Roy Orbison. Get ready

to two-step and country swing from 6:30—8:15pm on the library lawn! (In case of rain, the concert will be held in the Town Hall.)

Don't forget that the library is a great place to cool down during summer heat. The air conditioning is very refreshing on a hot day along with the relaxing environment!

Pickleball

This group continues to meet up to three times a week, and besides having a lot of fun together, they are getting great exercise! All you need is a good pair of sneakers. If you'd like to join the group, contact Dale Kasal at 413-842-6148.

And the Games Continue

These groups, also, do not take the summer off. On Tuesdays at 1:30pm there are games at Westhampton Woods, Unit F. Scrabble games continue at the library on Tuesdays from 2-4:30pm. Anyone is welcome and both locations are air conditioned for a comfortable afternoon.

Tips for Moving Forward

A few years ago, I took on a 'retirement job' as one of the Registrars at Mass Audubon's Arcadia Wildlife Sanctuary. I was unaware how much I'd taken on, especially in the spring. Each day, there were multiple camp applications, class sign-ups, and new memberships to address. This all included quickly taking data, handling large sums of money, all the while greeting guests and manning the phone. So, it was no surprise that, when I ran into an elderly receptionist at a local business, I asked her how she was able to do her similar fast-paced job.

"Two things," she said. "One, do things at your slower speed, so that you can get it right the first time." She added, "I am surprised at how many mistakes the younger people make, despite (because of?) their much quicker style."

"Secondly, always take notes, especially with phone calls. I can't tell you how often I check back to refresh myself on details I would otherwise have forgotten."

Five years later, she's still at it. I, not so much, largely due to poor hearing—but that's a subject for another time.....

Chuck Horn





TRIAD COUNCIL

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

Avoid Stress: Prevent Financial Duress

Statistics from the National Council on Aging show that 29% of homeowners over 62 have difficulty or need help with one or more activities of daily living. We must remind each other that being stubborn and avoiding asking a trusted friend or family member for help only sows the seeds for stress for ourselves and anyone who cares about us. We know all too well when we are becoming overwhelmed with daily responsibilities of balancing cleaning, cooking, money management, doctor appointments, caregiving, pet care, shopping, and driving skills; it's a challenge at any age. When we begin to experience avoidance behavior, it's time to ask for help. If we don't, be prepared: the warning signs will eventually be seen by someone who cares! We need to take preventative measures and have a trusted friend aware of our monthly responsibilities so that activities, especially financial, don't spiral out of control. Asking for help, having written "Special Wishes" directives, and communicating in a timely manner does not mean giving up our independence.

There are a number of reasons that seniors suffer from financial duress. It can be from gradual physical impairments to illness to medication problems. It doesn't take much for everyday expenses and unpaid bills to cause financial trouble. It's important to be aware of some of the obvious warning signs that your elderly parents or senior friends need help.

1. Stacks of bills and mail are piled up and unopened: Take note when you visit.
2. Creditors are calling: Unpaid invoices from credit card companies or household help.
3. Sudden expensive purchases: Splurging may indicate impaired judgment/ memory loss.
4. Talking about not having enough money: Home repairs not being made, declining invites to go out for meals, changing living/driving patterns.
5. Financial Scams/ Fraud: Catalogs/ Solicitations for investment schemes, unfamiliar companies, vacation home offers are telltale signs.

If health or happiness seems to be compromised, it is time to have a conversation. A health crisis can escalate quickly and catch everyone off guard, so don't ignore the signs when you suspect something may be wrong.

As seniors, we have a responsibility for taking charge of the details in our lives, and not burdening others with making decisions for us. Have conversations about finances and make plans before there is a problem. You and your loved ones can avoid this added stress; we have a responsibility to make that happen.

**"We have too many intellectuals
who are afraid to use the pistol of common sense" ~ Samuel Fuller**



***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

If you have spent any time outside this summer, you have probably met up with the over abundance of ticks in our area. Along with the deer ticks carrying Lyme Disease, there are ticks new to our area that carry some other diseases. Here are a few things that may help you deal with ticks:



- If you are going outside, cover up and use bug repellent.
- Be sure to check yourself and loved ones for ticks when you come in.
- If you find a tick on you, don't panic.
- Remove the tick immediately with tweezers or a tick key.
- If the tick is engorged and you don't know how long it's been attached, seek medical attention.
- If it is not engorged, keep an eye out for the typical bullseye rash or flu-like symptoms the next two weeks. If either happens, seek medical attention.

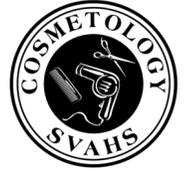
Have a tick free SAFE summer!

--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.

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year.

All work is done by students and is supervised by a licensed instructor. **Starting Friday, September 20th**, haircuts (\$6), manicures (\$5), and facials (\$9) will be offered. Available appointment times are 9am & 10am. Facial appointments are limited to one per hour due to space availability.



Future dates to mark on your calendar are: Oct. 18, Nov. 15, Dec. 20, Feb. 14, Mar. 20, Apr. 17 and May 22. The 'Spa' services take place at Smith Vocational High School, in Building A, Room 124. Remember to call early for your appointment as slots fill up quickly. Please call the Cosmetology Department at the school. Their direct line is 413-587-1414 ext. 3531.

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.

Wallet Gone, Gone, Gone

Stolen or lost, your wallet had stuff in it that you actually wanted to keep. Here are a few suggestions for dealing with a nasty situation.

1. File a police report if you think theft was or even *might* have been involved. This gives you protection against charges on your card account.
2. Pull out the photocopy of your cards (see *) and other wallet contents and start phoning or going online. Ask if there have been any recent charges, verify they are yours, and request card replacements and ask when you can expect the new cards.
3. Be glad that during the days that you have no valid credit cards, you had kept one card safe in the house that you can still use. Also be glad that you do not carry your social security card with you. **Also** be glad that you have put a credit freeze on your credit bureau accounts.
4. Contact each of the three credit bureaus and request a fraud alert on your accounts.

Good ol' belt and suspenders practices – annual checking of credit bureau records, placement of a freeze, request for fraud alert.

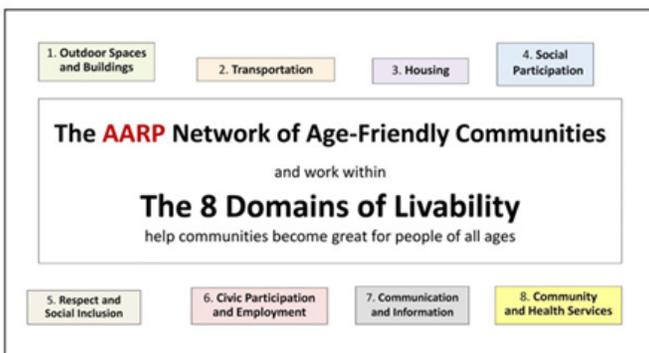
* Get thee to a copier with your wallet. Take out your credit cards, driver's license, gas card, medical cards, etc., and put them on the copier face side down. You can get 8 cards on one sheet of paper. Make a copy, then carefully turn the cards over to copy the back, making sure the cards are in the same position as the first time. Now you have a record of your card number and how to call to put a stop on transactions and request a new card.

And remember THE credit report site – annualcreditreport.com

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

AARP Awards Certificates to seven towns in the Northern Hilltowns Consortium of Councils on Aging

Antron Watson, AARP Massachusetts Age Friendly Director, welcomed Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cummington and Plainfield into the WHO and AARP network of communities committed to developing towns and cities that make aging in place a reality for all generations. Approximately 40 representatives from Select Boards, Councils on Aging and other community members were joined by Representative Natalie Blais to celebrate the achievements of each town in looking at the main issues of accessibility of buildings, walkability, transportation, access to health services, information and inclusion of older adults in the life of each town.



The eight domains of livability listed above are: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community and Health Services.



Antron Watson, AARP Massachusetts Age Friendly Director; Natalie Blais, MA State Representative; Jacqueline Dufresne, Chair of Williamsburg Advisory Board; Camille Smith, Chair of Worthington COA Advisory Board; Julia Lennen, Westhampton COA Coordinator; Evelyn Culver, Goshen COA Coordinator; Trish Colson-Montgomery, Chesterfield Select board

Williamsburg Senior Center Seeking Help in Kitchen / Café

Flexible part-time position, 2-4 days, 3-5 hrs each. Help prepare our Monday Meals and serve prepared meals Tues - Thurs.

Paid position. Call Jenn at 268-8410.

Hilltown Mobile Market 2019 FAQ

What is a Mobile Market?

A mobile market is a farm stand that brings fresh farm produce to various locations in a community to make locally-grown produce more accessible to everyone. Although we have many farms in the Hilltowns, there aren't enough farmer's markets in the area to serve the community. The mobile market will stock produce from multiple farms, making it easier to find what you are looking for in one place. It also directly supports our local farmers without requiring them to add another market day to their busy schedule. The Hilltown Mobile Market is a grant-funded project for 2019 & 2020. If it is successful, we hope to sustain it with additional outside support.

Who can visit the Mobile Market?

Everyone can buy produce at the Mobile Market! Each week will feature an assortment of fresh, Hilltown-grown produce and you can buy what you need for dinner or for the whole week! You can purchase produce using cash, credit/debit, SNAP (food stamps) and WIC or Senior Farmers Market Coupons.

When and where will the Mobile Market take place?

You can visit the mobile market at one of its two "pop-up" locations:

Worthington: Thursdays, 3pm-5pm
The Maples, 48 Old North Rd
July 25-Sept 26, 2019

Huntington: Fridays, 3pm-5pm
Town Hall Green, 24 Russell Rd
July 26-Sept 27, 2019

What is the Hilltown Mobile Market Farm Share?

In addition to buying produce from the stand, you can also sign up for the Mobile Market Farm Share – the most affordable option! For \$5 per week, you will receive 10 weeks of fresh produce valued at \$175. You can either pay for the share using SNAP (food stamps) (*cont. on next page*)

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.**

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. Wait list only.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per person dbl. occupancy. A few seats remain. This 9 Day trip includes:

- 8 nights lodging including 5 nights in Canada
- 14 meals including: 8 breakfasts, 6 dinners
- Guided Tour of Acadia National Park
- Guided Tour of Halifax, Peggy's Cove and Lunenburg
- Admission to King's Landing Historical Settlement
- Guided Tour of Prince Edward Island, includes Anne of Green Gables' home.
- Admission to the Natural Wonder: "Hopewell Rocks"
- Visit to the Waterside Town of Saint John

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



(cont. from previous page) with a full reimbursement through the HIP program, or you can pay with cash / check.

How will the Mobile Market Farm Share work?

If you participate in the Mobile Market Farm Share, you will have to come to either the Worthington or Huntington location each week during Market hours (3-5PM) to pick up your share. If you have limited mobility or transportation, please contact us so that we can help you make other arrangements to pick up your share. Each share will consist of approximately 5 items, some of which you will be able to choose based on your individual or family preferences. The share is designed for small and/or elderly households. If you have a larger family, you may want to consider signing up for two shares.

How do I pay for the Farm Share with SNAP/HIP?

When you sign up for a Farm Share, you will enter into an agreement with one of the farms that will be supplying the produce. We will ask for your EBT card number, contact info, and signature. Your EBT account will automatically be charged \$25 in August and in September. Please reserve a minimum balance of \$10 on your EBT card on the first of each month for this transaction to go through. You will automatically get your \$25 reimbursed on your EBT account through your monthly HIP benefit.

Can I use my HIP benefit at the Market?

Yes! However, in order to take advantage of the MA Healthy Incentives Program (HIP), you must sign up in advance for the Hilltown Mobile Market Farm Share. Unfortunately, you cannot at this time use HIP to make additional purchases on the market stand, but you can use your regular SNAP benefits, as well as cash, credit/debit, and WIC or Senior Farmer's Market Coupons.

What kinds of produce will I get in my Share?

Produce will vary week to week depending on what is seasonally available on our farms. In the early season, there may be more lettuce and beets; in the middle, more squash, potatoes and beans, and towards the end, more tomatoes, peppers, and broccoli. We also plan to offer some sweet corn and fruit from other farms.

Who should I contact if I have further questions?

For additional questions, please contact Hilltown Mobile Market organizer Seva Tower at sevat@hilltowncdc.org or 413-296-4536 x112 (office) or 413-824-1840 (mobile). Our market staff this season also includes Fletcher Schneeflock, Mobile Market Coordinator, and Rebecca Marmor, Healthy Hampshire Summer Intern.

Westhampton Council on Aging
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Westhampton, MA 01027

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US POSTAGE
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PERMIT 183
Greenfield MA

**Westhampton
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Julia Lennen,
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Lillian Baxter,
HEN Representative

Kristen Estelle,
Newsletter Designer

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

Out and About in August

Friday, August 2nd at 10:30am

Puppet Show With Tom Knight



Chesterfield Comm. Center
400 Main Rd.
Chesterfield, MA

Tom Knight has been delighting children and their grown-ups with his original, interactive, musical puppet show since 1988. His unique blend of musicianship and puppetry celebrates reading (“the Library Boogie”), the environment (“the Garbage Monster”), and science (“The Solar System”), with hand-made puppets, catchy songs, and a high degree of audience participation. The strong visual elements appeal to children as young as 2, while fun lyrics engage children up to twelve, and adults alike.

Sponsored by grants from Chesterfield Council on Aging through Highland Valley Elder Services and Chesterfield Cultural Council.

Monday, August 12th

Three showings: 4:30pm, 5:15pm, 6:00pm

Boston Museum of Science

Portable Planetarium Program: The Night Sky

Chesterfield Town Hall
403 Main Rd.
Chesterfield, MA

This presentation helps audiences discover which stars, planets, and other astronomical wonders are visible this evening. Using a portable planetarium, you take a tour of the solar system and beyond, and are provided useful tips on how you can navigate the night sky from your own backyard.

Limit: 25 people per show. Please call, stop in or email the library to sign up! The library is open on Mondays from 2-7, Wednesdays 10-4, and Saturdays 9-1. The library phone number is (413) 296-4735 and their email is: chesterfieldpubliclibrary@gmail.com.

Program sponsored by Friends of the Library and Chesterfield COA grant from Highland Valley Elder Services.

