

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



### September 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
2 <b>Labor Day-</b> Library closed	3 <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	4 <b>Coffee 'n' Chat</b> Library, 10am	5 <b>COA Luncheon</b> Church, Noon	6
9 <b>Computer Class</b> Library, 10am <b>Knitting Group</b> Library, 6:30-8pm	10 <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	11 <b>Coffee 'n' Chat</b> Library, 10am	12	13
16 <b>Knitting Group</b> Library, 6:30-8pm	17 <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	18 <b>Coffee 'n' Chat</b> Library, 10am	19	20 <b>COA Breakfast</b> WW, 8-9:30am
23 <b>Computer Class</b> Library, 10am <b>Knitting Group</b> Library, 6:30-8pm	24 <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	25 <b>Coffee 'n' Chat</b> Library, 10am	26	27 <b>COA Board Mtg</b> WW, 9:30am
30 <b>Knitting Group</b> Library, 6:30-8pm				

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors  
Coordinator: Amy Landau 413-203-3086 ✦ westhamptoncoa@comcast.net

## In Memoriam:

Thomas Vachula 11/29/51—7/13/19  
Susan Pratt Dennett 2/5/51—7/19/19



## September Luncheon

Our first monthly potluck luncheon of the COA year will be on Thursday, Sept. 5<sup>th</sup> at noon. Just as a reminder, come early if you can to sign birthday cards. A nurse will be available to check blood pressures, and we'll still be collecting nonperishable food items to be delivered to the Easthampton Food Pantry. As a special treat, after lunch we'll be entertained by Tim Perry with his one-man band. He has joined us in the past with a very enjoyable performance!

## Computer Classes

Bob Miller's computer help and learning classes will be starting up again on Monday, the 9<sup>th</sup>, at 10am until noon at the library. He will continue to be there on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month. If you've jotted down any questions or have had trouble getting your computer to mind you over the summer, stop in to the class. Even if you have no problems, you can always come to the class. You just might learn something from someone else's questions.

## September Hikes

Ray Fontaine and Chuck Horn have been busy during the summer planning for fall hikes. These are the September planned hikes:

- *Thursday, September 5 @ 9:00 AM:*  
White Reservoir--Meet at Lynes Woods Wildlife Sanctuary on Lyman Road.
- *Thursday, September 19 @ 9:00 AM:*  
Hartnett-Manhan Memorial Forest from Lead Mine Road. Meet at Westhampton Woods (There's very limited parking on Lead Mine Road so carpooling is encouraged)
- *Sunday, September 29, @ 1:30 PM:*  
John Clapp will lead a hike in the Roberts Meadows area. Meet at Starlight Lama Bed & Breakfast, 940 Chesterfield Road.

## Pickleball

Players continue to meet on Monday / Wednesday / Friday at 9:00am at the Town Hall. Some of the more competitive and advanced players have moved on to a group in Amherst. Some players have also been meeting at Look Park on 'off' days to play on the outside Pickleball courts. If you'd like to learn to play, contact Dale Kasal at 413-842-6148. She can also explain how to sign up to play

at the Town Hall through Sign Up Genius online.

## July trip to the Bridge of Flowers

On July 30<sup>th</sup>, 21 seniors carpoled to Shelburne Falls to stroll across the Bridge of Flowers which connects the towns of Shelburne and Buckland. According to those who made the trip, the flowers were gorgeous and included some very unusual ones. Just before noon, they headed to the nearby Shelburne Senior Center where they had been invited for lunch. Our 'Friends' group paid for lunch which was a buffet of pasta salads, tossed salad, a basket of quick breads, sweet and sour meatballs, pigs in a blanket and more—with blueberry cobbler and ice cream for dessert. They were greeted by about 30 Shelburne seniors who were there for lunch and were entertained by a group called the Romeos afterwards. They enjoyed singing along to the oldies with them.

Trip to Bridge of Flowers:  
Twenty-one seniors made the trip



*Jessie K., Sid M., Ilene L.,  
Louise M. and Lilly B.*





*Walking  
the path:  
Charlotte W.,  
Pat M., Marion M.  
and Amy L.*

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## Summer Games

The board and card games continued throughout the summer on Tuesday's at Westhampton Woods. Anyone is welcome to drop in at Unit F at 1:30pm. Scrabble games continue at the library, also on Tuesdays, from 2:00 until 4:30pm. Luckily both places have air-conditioning!

Summer games: Ilene L., Betty-Anne G., Joanne B., Jessie K., Peg K. and Ellie S.



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## Chair Yoga

The COA coordinator has been in touch with Michele Morales to, hopefully, begin a 10-week chair yoga session early this fall. Watch for future emails or check at our first luncheon.

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## COA Monthly Breakfasts

The senior breakfasts will start again on September 20th from 8:00 until 9:30am at WW, Unit F. They are always on the 3rd Friday of the month (except for July and August). Come for coffee cake, hot oatmeal, coffee, tea, cocoa or milk and

sometimes a surprise extra. It should be fun to hear about the many bear sightings in town during the summer and other happenings.

## 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 equipment to use in the bathroom. 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.

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## Library Update

Since Lynn Blair, the former Library Director, left in July, the library has had to cut back on its hours of operation during the summer. It's been closed on Mondays and Wednesday afternoons. Hopefully, a new director will be hired soon so the library can get back to its regular hours of operation. Check the library website through the town website for the current status.

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## COA Medical Equipment Inventory

After a recent need to condense and remove some of our unused equipment, our current inventory includes: 3 wheelchairs, 4 pairs of crutches, 7 different types of canes, 5 walkers, 1 commode, 1 raised toilet seat, 3 bath seats and 2 shower seats. There are also a few disposable bed pads for anyone who needs them for a senior. Unfortunately, we have a very limited amount of space to store medical equipment, but anyone is welcome to borrow these items.





## TRIAD COUNCIL

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

### Any parting thoughts to share?

Except for one, all “Special Wishes” directives we prepare: a Will, Health Proxy, MOLST form, Power of Attorney, an estate and financial plan, and insurance beneficiary are written on impersonal legal forms. Who is assigned to write your obituary? An obituary is defined as: “a published death notice, relating to the decease of a person.” While most appear to have been written after gathering a list of relatives and facts from a town clerk's office, others chronicle with care a person's life contributions written by an unknown author. How do you want your obituary to read? Perhaps you don't care; perhaps it could be a therapeutic exercise!

In my family, eight decades ago Aunt Tammany began a tradition. When updating her Will over the years, she would also revise her personally written obituary. She explained she wanted to share her life's lessons with those who knew her but would only read about her death, those who cherished her lived them daily by being part of her life.

Continuing traditions, what you read below is now thankfully still a work in progress with revisions to come:

Some folks believe that it is not the letting go that hurts, it is the holding on.

It is culmination time. My heart has been touched, warmed, clogged, wrenched, attacked, and softened by those I have let in or by a few stragglers who found a key poorly hidden under that entry flower pot. But just when I was getting used to yesterday, along came today – now without a tomorrow. I can taste the ending. It is planned, wrapped, and bound. Play music, learn from the memories, listen to other's thoughts, stop texting and talk with each other. Know the color of someone's eyes.

That mirror we seek out every day reflects life's experiences etched onto our faces for all to see and for us to ponder. Our eyes look back at us - filled with gaiety, questions, confusion, tears, exhaustion, fear, wonderment, anger, or acceptance. It was all dependent on how the world and I were treating each other in the moment and the words of others I had read.

Cherish your pets and nurture your few genuine friendships as you are there for each other. Do not take them for granted. Give up your distracting, noisy mechanical toys for a day and revel in the companionship of someone who will join in a stimulating uninterrupted conversation. Share time appreciating the comfortableness that silence can bring. We can learn, if only we would listen.

Our Earth is a living organism. Without Her we cannot live, love, embrace children, walk in the woods, watch and listen to the birds, hear our music, plant our flowers, pick blueberries, run down the beaches, climb up mountains, laugh with our friends or mourn the loss of those we love. Without Her, we cannot experience this brief and ethereal moment called life. Nurture and cherish this Earth as well.

### ~ Pick Pumpkins, Enjoy our Fall Harvest Season! ~



***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

September has been designated Fall Prevention Month, which does not mean prevent fall from coming. It means being mindful of things you can do to keep from falling and injuring yourself. Here are a few things you can do to be safe.

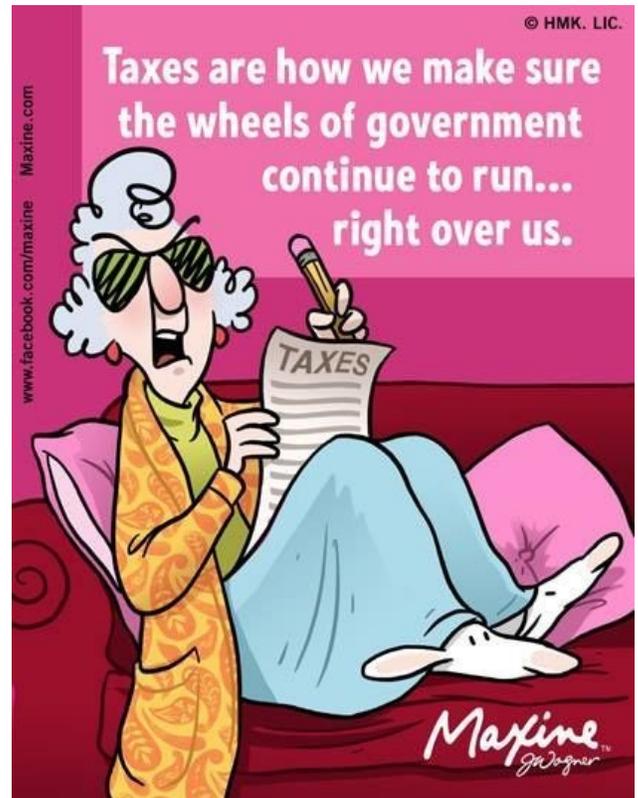
Senior   
**SAFE**

- Keep walking area (including stairs) free of anything you could trip over like electrical cords and any clutter.
- Get rid of or secure scatter rugs.
- Smooth out wrinkles and folds in carpeting.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.
- Stairways should be well lit from bottom to top.
- Have easy-to-grip hand rails on both sides of interior and exterior stairs.

Be SAFE and fall free!

--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

*The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.*



**Would you like to receive your newsletter by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### Two-factor Authentication (TFA)

If you don't do any business online, then this month I'm not writing to you! But as always, please pass this to someone who can use it. If you go online to check bank balances, deposit checks electronically, track credit card use, have a cloud storage account, or do online shopping or similar actions, then please continue reading.

What is it?

TFA (love those acronyms, as a former Federal employee) is a log-in process that requires two levels of identification before you can access your account. The first level is your username and Really Good Password. The second is something generated by a computer that you type in. This might be a random 6 numbers sent to you by email, phone, or text.

How come?

This cyber trick gives you an extra layer of security, making it harder for a hacker to get you. We all know they are getting smarter and more determined, but this will at least slow them down. TFA works partly because you use a code sent to you that is not kept anywhere and expires usually within minutes.

Many credit card companies and vendors will now encourage you to sign up for this. If you don't get hacked, life is easier for them, too!

Safely,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

### Scam Warning

SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... and they are making cold calls to convince you to buy one. **THE OFFER IS FALSE! Medicare DOES NOT pay for mail order kits for cancer screening.**

Medicare covers many genetic tests to diagnose cancer once symptoms are present, but there is only ONE test to screen (for colorectal cancer). Only screening by a physician will be covered by Medicare!

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!

**Six seniors** from the hilltowns were part of a group who enjoyed a recent trip to the Russian Icon Museum: Rosemary Moran, Barbara Bak, Ginny Breish, Norene Roberts. Back: Robin Bak, John Breish



Another group went on a trip to the Titanic Museum: Nancy Boyle, Jean, Marilyn Davidson, Carol Jolly, Nan Clark, Francine Frenier, Milenna Curtis, Lillian Bisbee, Sam Bancroft, Mary Bancroft.



### BOO IS BACK AGAIN !

Watercolor Class: Thursdays 10:30 am

September 12 ; 19 (1pm), 26

October 3,10,17

Sign up now: Space is limited  
Call Chesterfield COA 413-296-4007  
or email: [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

### Save the Date!

Highland Valley Elder Services invites you to the:

**2nd Annual  
Keys to Aging Well Expo  
Tuesday, October 1, 2019  
3:00-4:30 PM  
Hadley Farms Meeting House  
41 Russell Street, Hadley**

Highland Valley remains committed to its mission to serve older adults and their families through collaboration, education, advocacy, and a range of programs designed to support them where they live. The event will highlight services offered by Highland Valley Elder Services and community resources for aging well.

Light refreshments will be served. Free giveaways and lots of expertise to be shared. Admission to the Expo is free and open to the public. Visit us at [www.HighlandValley.org](http://www.HighlandValley.org) or find us on Facebook at [www.facebook.com/HighlandValleyElderServices/](http://www.facebook.com/HighlandValleyElderServices/)

### **Town of Chesterfield - Employment Opportunity**

Administrative Assistant to Town Boards: The Town of Chesterfield is seeking an experienced individual to take and then prepare meeting minutes in electronic format (and update after Board review) for various Town boards /officers. Irregular weekly hours from zero to ten, to include evening meetings. Hourly compensation TBD on applicant's qualifications. Send cover letter and resume by September 15th to:

Town Administrator  
PO Box 299  
Chesterfield, MA 01012

Direct questions to:  
[townadmin@townofchesterfieldma.com](mailto:townadmin@townofchesterfieldma.com).

# 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.

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

## 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)

Fri. 9:30am Williamsburg Senior Ctr.  
\$10/class\*

## Zumba!

*Led by Melissa Tee. All levels welcome. \$5/class.\**

Mon. 6pm, Williamsburg Senior Ctr.

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**To find out more, and to register, please contact the appropriate COA:**

### Chesterfield:

Janice Gibeau, 296-4007,  
coa@townofchesterfieldma.com

### Cummington:

Chrisoula Roumeliotis, 634-2262,  
coa@cummington-ma.gov

**Goshen:** Evelyn Culver, 268-3316, ematk@aol.com

### Westhampton:

Amy Landau, 203-3086, westhamptoncoa@comcast.net

### Williamsburg:

Jenn Hoffman or Sherry Loomis, 268-8407,  
sloomis@burgy.org \* Financial aid may be available for Wburg residents.

### Worthington:

Shelley Rice, 240-678-4518, coa@worthington-ma.us

**Westhampton Council on Aging**  
**3 South Road**  
**Westhampton, MA 01027**

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**Westhampton  
Council on Aging**

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Chuck Horn, Secretary

Ray Fontaine,  
Hikes

Julia Lennen,  
Board member

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 September

**Saturday, September 14th at 2pm**

**Author reading: *Bad Sleep* by Siegfried Haug**

*Goshen Public Library, 42 Main St., Goshen, MA*

Siegfried Haug, a writer from Goshen, will read from his new mystery novel, *Bad Sleep*. Haug lectured nationally and internationally, and still appears on Channel 22 as a sleep expert. He is also the author of *I Want to Sleep: Unlearning Insomnia*.

**Thursday, September 19th at 10:30am**

**Little Roots**

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

Come have fun! Play, sing, dance. All ages welcome. Sponsored by Davenport Child Care. Funded by Chesterfield COA grant from Highland Valley Elder Services.



**Fri. September 20th at 9am & 10am**

**Spa Day at Smith Vocational**

*80 Locust St. Northampton*

Smith Vocational is pleased to collaborate again with the Chesterfield COA 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. Cosmetology students are offering: Haircuts \$6.00;

Manicures \$5.00; Facials \$9.00. 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.

**Sunday, September 22nd at 2pm**

**The Institute for Musical Arts**

*John James Memorial Hall, 42 Main St., Goshen, MA*

Ann Hackler, IMA Co-founder, will discuss the founding of the Institute of Musical Arts, located on Cape Street, Goshen. The IMA is a non-profit organization that has been transforming the lives of girls and young women through its teaching programs, workshops, and concerts for 30 years. Sponsored by the Goshen Historical Society. All welcome!

**Saturday, September 28th, 9-3pm**

**Fall / Winter Clothing Exchange**

*Goshen Congregational Church, 45 Main St., Goshen*  
Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Weds. Sept. 25th from 5-8pm and Fri. Sept. 27th from 9am-3pm, then come back to shop on Sat. the 28th from 9am-3pm! All are invited to participate whether you donate clothes or not.