

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



October 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
	1 Board & Card Games , WW, 1:30pm Scrabble Library, 2-4:30pm	2 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	3 COA Luncheon Church, Noon	4
7 Knitting Group Library, 6:30-8pm	8 Board & Card Games , WW, 1:30pm Scrabble Library, 2-4:30pm	9 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	10 Foot Care Nurse WW, call Deb Dean 413-667-5363	11
14 Columbus Day- Library closed	15 Board & Card Games , WW, 1:30pm Scrabble Library, 2-4:30pm	16 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	17	18 COA Breakfast WW, 8-9:30am <hr style="border-top: 1px dashed black;"/> Sun. 10/20 10-7 Westhampton Fall Festival, Town center
21 Knitting Group Library, 6:30-8pm	22 Board & Card Games , WW, 1:30pm Scrabble Library, 2-4:30pm	23 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	24	25 COA Board Mtg WW, 9:30am
28 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	29 Board & Card Games , WW, 1:30pm Scrabble Library, 2-4:30pm	30 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	31 Halloween 	

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

In Memoriam:

Lea Ahlen 6/26/1946– 9/2019



September Luncheon

Our new COA year began on September 5th with a potluck luncheon for over 50 seniors and entertainment by the Agawam Melody Band. (Tim Perry wasn't able to join us due to a family emergency.) This 5 member band entertained us with foot-tapping tunes from big band to country to blues. They were great! You couldn't help but join their rhythm! They even helped us celebrate the August and September birthdays. Hopefully, we'll have them join us again in 2020.

Aug. and Sept. birthdays:
Bob Dragon,
Ted Brooks,
Dave Motyka,
Ellie Scott,
Deb Barthelette



Bernie and Lida Fleury celebrated their 64th anniversary in Sept.

The Agawam Melody Band entertained at Sept. luncheon.



October Luncheon

On Thursday, October 3rd, we'll again meet at the church at noon for lunch. Come a bit early, if you can, to sign birthday cards for seniors with fall birthdays. There will also be a nurse available to

take blood pressures and don't forget about our ongoing collection of nonperishable foods. These are delivered to the Easthampton Food Pantry. After lunch we'll be entertained by the remarkable folk singer/songwriter, Claire Dacey, an accomplished performer who continues in the same tradition as the famous folk singers from the 60's and 70's. Her voice is most often compared to the voice of Joan Baez.

Chair Yoga

Chair Yoga classes with Michele Morales-Wolk began on Sept. 18th for 10 weeks. Any senior is welcome at Unit F of Westhampton Woods on **Wednesdays at 9am**. This is a gentle form of yoga to help improve your flexibility and balance. Those with arthritis have often found some relief with this type of exercise. Michele is also trained in Feldenkrais which she sometimes incorporates into a class.

Foot Care Nurse

Deb Dean, our foot care nurse, will be at Westhampton Woods, Unit F, in the morning on **Thursday, October 10th**. Deb has appointments there every two months. Foot care is especially important as we get older. If you'd like to have your toenails trimmed or see her about any other foot issue, call her at 413-667-5363.

October Hikes

- **Thursday, October 3:** *Bradley Sanctuary in Williamsburg off of Old Goshen Road.* This is a moderate hike with some climbing. Similar to our previous hikes, the parking at the trail head is minimal, so we need to carpool from the parking lot in Westhampton Center @ 9am.
- **Thursday, October 10:** *Hooker Road to/ from Turkey Hill Road gravel bank off of West Farms Road.* This is a level to moderate hike. Meet at the parking lot in Westhampton Center @ 9am.
- **Sunday, October 20:** *Szczyпка Conservation Farm Trail off Glendale Road Southampton.* This is a level hike around the Manahan River basin. Meet at the parking lot in Westhampton Center @ 1pm.

If you have any questions or concerns about these hikes, email me at rayfontaine@comcast.net



Fall Festival

The Friends of the COA are asking seniors to please bake pies. Our COA's major fundraiser will take place this month at Westhampton's Annual Fall Festival on **Sunday, October 20th**. Most of the festivities will take place in the field behind the library including our COA pie sale. Fair goers have always been very generous when purchasing our home-baked pies. They are sold by the piece or as whole pies by Friends' volunteers. Pies can be brought to the COA tent behind the library after 11:00am on the 20th. (If you're willing to donate a pie, please call Friends' Chair, Deb Barthelette, at 413-222-2050.)



Attention Book Lovers ...

Share your love of reading with students at Westhampton Elementary School! Starting in October, WES School Librarian Karen Rousseau is inviting volunteers to come to the school on Thursday afternoons to work with students grade K-2.

You must pass a CORI check if you have not done so within the past three years. Get to know some of your younger neighbors and help them engage in reading.

Please contact Julia Lennen (jslennen@gmail.com or 413-537-9880) if you would like to sign up for a slot.

Library News from Meaghan

- **Thursday, October 24th from 6:30-8, Adult Craft Night.** Gather with other crafty adults to create a beautiful fall leaf garland to decorate your home. We'll use felt, book pages, and embroidery floss to design one-of-a-kind decor. Please call the library to register: 413-527-5386
- **Monday, October 28th from 5-6:30, Jazz Jam.** Beginning September 30th, Dara Adams-Smith will be leading a series of Jazz Jams at the library! Community members are welcome to sit and enjoy the music or to join in and jam with the jazz combo.



Free Wheelchair

Used Rascal Power Chair (about 10 years old) is available to local resident. It needs a new battery but is otherwise functional and includes the original manual and battery charger. Contact: sydney.frey@gmail.com. Phone: 508-237-7538



Take Control of Your Health Care Information!

This site allows you to review your own health care visit information, payments and claims, view preventive benefits. You can print your health information and drug lists and have that drug list handy for the Medicare Advantage and Drug Plan Open Enrollment (**Oct. 15th— Dec. 7th**)!

In the meantime, you can go to <https://www.medicare.gov/> to access information regarding the upcoming open enrollment.

For *other* types of Medicare assistance call **SHINE** at **1-800-243-4636** and **press 3** or call your local Council on Aging. SHINE is partially funded by the federal Administration for Community Living.



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.



TRIAD COUNCIL

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

Be Prepared: Are you Ready for Winter?

It's a good idea to get a jump start on doing winter preparations so you don't forget about them before the holidays. "If you were waiting for the opportune moment, that was it." ~ Capt. Jack Sparrow.

Prepare: the severity of winter weather brings snow storms, extreme cold, and power outages. Go to www.ready.gov for detailed preparations for weather related emergencies.

Plan: make a Family/Friend Emergency Communication plan. You may not be together when a disaster/ major storm occurs. Know how you will contact each other, get back together, and what you will do in case of an emergency.

Stay Informed: read local 7 day weather forecasts. Use NOAA Radio or website (www.NOAA.gov) for local alerts. Sign Up or update your information to be contacted by Westhampton's mass emergency notification system **Code Red** on www.westhamptonfire.org

Build Emergency Kits: prepare to Shelter-in-Place for THREE DAYS - www.ready.gov/prepare provides specifics for your pet, car, home/ medical, workplace kits.

Know weather report terms to monitor storms/ extreme cold:

Watch – possible in a few days; **Advisory** – likely in 24-36 hours; **Warning** – it is on our doorstep

Common Sense Safety Reminders

Carbon Monoxide – NEVER use a generator or any gasoline, propane, charcoal burning devices in your home/ garage. Have CM detectors on each floor of your home/ outside bedrooms to provide early detection. If alarm sounds, IMMEDIATELY **get outside**; then call 9-1-1.

Furnaces/ Wood Stoves – Service burner yearly, clean stove pipe, chimney, and dryer vent.

Ashes – Put in metal containers and place outside **away** from building and leaves.

Space Heaters – Keep 4 ft. away from curtains, beds, walls.

Sand/ Ice melt – Keep container by door; **check** before you step (black ice)!

Power Outage Preparation:

Sheltering – Town Warming Shelter (Daytime Only): Officials notify us when open. Regional Red Cross Shelter (Overnight): Smith Vocational (Rt.9/Northampton). Caged pets accepted.

Water – Have water pails ready to flush toilets & for non-drinking purposes.

Frozen Pipes: Prolonged outage – Find shut-off valves; drain pipes before leaving home.

Cell Phone – Keep charged

Batteries: Have spares, battery operated radio, LED lamps, flashlights.

Keys – Have a garage key to open electric door manually.

Vehicles – Keep gas tank full (gas pumps use electricity!); Refresh Emergency Car Kit.

Cash – Have available (ATM's use electricity).

Know that with their dedication, professionalism, and systems in place, our Fire & Police Departments and EMS Team are prepared with their expertise and medical training to assist us 24/7. We must do our part: *BE READY* for the worst, exercise common sense, and network with neighbors.



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

This month, we will focus on those of you who benefit from medical oxygen in your home. Here are a few safety ideas for you to live with:

Senior 
SAFE

- A patient on oxygen should not smoke.
- No one should smoke in a home in which oxygen is being used.
- Keep oxygen cylinders at least five (5) feet from a heat source, open flames or electrical devices.
- Keep body oil, hand lotion, and items containing oil and grease away from areas in which oxygen is being used.
- Something to remember: when medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it much easier for a fire to start and spread.

Stay SAFE at home!

--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.

Be Your Best

Joan Griswold Brings Exercise Program to Chesterfield: Strength for Life

Maintain good posture with total body strength and flexibility so your physical capabilities keep you active in your everyday life. Join in this social, health-enhancing workout being offered at the Chesterfield Community Center on Friday mornings at 10am. **The first session is on October 25th.**



The popularity of the sessions Joan Griswold holds in Goshen and Plainfield leaves many wanting more. She will now come to Chesterfield and expand on the very popular ball exercise classes held in previous years. Now people who want to attend her sessions will have three days a week to choose from:



**Plainfield: Mon. 10am;
Goshen: Weds. 10am;
Chesterfield: Fri. 10am.**

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.

Ack! Talk to a lawyer!?

Every once in a while I write about documents we all really should have in place to make things easier for ourselves and our loved ones. Those notes usually include "You might need to see a lawyer about this." I suspect that tends to help procrastination, right?

So I'm hoping these suggestions will help move things along. They apply whether you are looking for help with a contract, being sued, have a personal injury, are trying to right a wrong, drafting your will or setting up a trust, or helping settle someone's matters after death. In today's society, there are many reasons for consulting a lawyer.

So...

1. Gather all documents and information you might need, make copies to give to the lawyer. Include names of other people who might be involved, with how to contact them.
2. Think of the questions you will need to ask and write them down.
3. Be ready to take notes as you get answers, or ask someone to go with you to do that.
4. Ask about fees for the tasks you need done and get a printed copy of the response.
5. Ask the questions about your issue.
6. Read and understand everything you are going to sign; ask questions again if needed.
7. Get copies of everything you sign for your files, and keep them safe.
8. Understand what happens next and when, meaning actions by you or by your lawyer.
9. And my favorite – ask him or her: "What other questions should I ask?"

Remember you can talk to your lawyer and the conversation is confidential. Also remember that if you don't get questions answered clearly and to your satisfaction, you may need to find another lawyer.

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

Hilltown Easy Ride and Hilltown Driver Pool



Answers to Common Questions

Need a ride? Hilltown Community Development provides transportation for shopping, medical and COA outings for seniors in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington. Our primary program is operating a FRTA van, which runs five days a week, prioritizing medical rides on Monday, Wednesday and Friday. Tuesdays we go to the Big Y in Northampton and Thursdays we go to Market 32 in Pittsfield – both of those shopping trips have the option of also shopping at Walmart and other stores in their respective plazas. The shopping trips are a great way to get food and errands done while leaving your car at home – plus we have a great group of regulars which add to the enjoyment of the outing each week.

You must be 60+ to be eligible to ride the Hilltown Easy Ride and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to be processed, and once you get the acceptance letter you can start booking rides.

For those occasions when the van is unavailable for a medical appointment, we supplement with the Hilltown Driver Pool – a pool of drivers from the community who can take passengers in their personal vehicles to medical appointments which the van cannot accommodate due to scheduling or service area restrictions. Please make your appointment request to Ed Pelletier, Dispatch Coordinator, and he will determine which option will work according to the schedule: 413-296-4232.

Frequently Asked Questions:

Will the van take me anywhere I want to go?

The Hilltown Easy Ride is operated under a contract with Franklin Regional Transit Authority and they do give us restrictions on which towns we serve (Chesterfield, Cummington, Goshen, Plainfield and Worthington), where we go and how it is used. Re-occurring medical appointments and appointments more than 30 miles away are not al-

lowed as they overburden program resources. For this reason we secured a small grant for the Hilltown Driver Pool to help us cover those limited instances. Shopping, wheelchair accessible transportation, and medical rides we can cluster are all great uses of the van! The Hilltown Easy Ride is public transportation, not a taxi service, so sometimes there is a bit of a wait to be picked up or for other passengers to complete their shopping.

So yes, the van can take you almost anywhere with a few exceptions, caveats and within the grant funding we have available. But we are always happy to work through scheduling conflicts and program restrictions – so call us! We can only keep these programs funded if they are well used and we consider riders an essential part of our Hilltown transportation team.

What does it cost?

Van fares depend on distance, but the average rides are from \$3.50 to \$4.50 round-trip. Hilltown Driver Pool rides are by a suggested donation of \$5 to \$15.

How do I book a ride?

Call our dispatch coordinator Ed Pelletier at 413-296-4232 and tell him about your trip request. We do need 48 hours notice (two business days – call Friday for a Tuesday request) as our drivers are all “on-call” and need to be set up.

How do I know if the ride is confirmed?

Ed will secure the driver and adjust the schedule and call you back the day before to confirm.

What if the dispatch doesn't answer the phone?

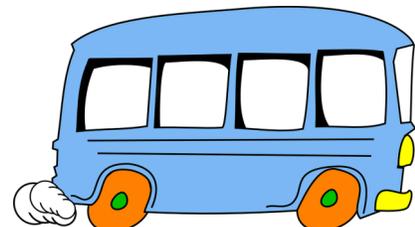
Ed works 8-10am so often riders leave him a voicemail. He checks and returns calls within 24 hours – please feel free to leave a message and he will get back to you.

Is there a low-income eligibility requirement?

NO, any resident of those five towns who are 60 years old and over, plus veterans of any age, may ride regardless of income.

Why do I have to do paperwork to apply?

The van belongs to FRTA who contracts with us, so we are required to use their forms and they keep approved rider lists. It is also important for your safety that we have your full name, contact information and an emergency contact on file while riding with us. Some terminology on the application is unfamiliar, or maybe you don't have a copier at home to make a photocopy of the required drivers license. We are happy to help, call Ed if you require assistance with the application.



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.**

Oct. 10: A Day in Vermont. Cost \$78. 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– Possible Multi Day Trips:

*Destiny USA Mall in Syracuse, NY
Memphis-Tunica, Niagara Falls, and
Nantucket!*

Possible Day Trips:

*New England Air Museum, Shows, Casino,
Majestic Theater*

Suggestions are always welcome.

Attention Medicare Beneficiaries... Open Enrollment Time Approaches

It's that time of year when your mailbox may begin to fill up with marketing materials from your Medicare D plan, or your Managed Care Plan.



Open Enrollment starts October 15th and runs through December 7th. It's the time of year when you can switch health insurance plans if you're not happy with your current coverage... or you might just want to check to see if there's a better health insurance plan out there. For those of you who are enrolled in a Medicare Managed Care plan, you have an even longer Open Enrollment time, extended to March 31st now.

Consider this your "annual health insurance check up".

Ask yourself the following questions:

- does my current plan cover all my Rx?

- are the copays for my Rx affordable?
- has my income changed significantly this past year, which might make me eligible for subsidy help with my health insurance now?
- have I received letters from my health insurance that I don't understand? Or are just confusing?
- have I discovered my Plan has significant co-pays for ambulance rides, hospitalizations, or rehab services?
- do I want to sign up for a Medicare Managed Care Plan because I only have Original Medicare A & B?

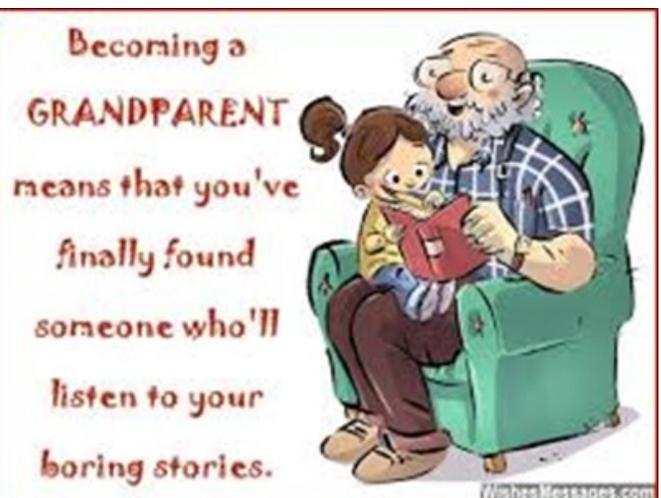
If you answered yes to any of these questions, or if you are just curious about any new health insurance options that might work better for you, contact your SHINE counselor.

You can call your senior center; Highland Valley Elder Services, 413-586-2000; or the Regional SHINE office at 413-773-555 to schedule an appointment.

Self Help Options:

- you can check your Medicare and You handbook which can be accessed online if you don't have a hard copy.
- you can call 1-800-MEDICARE and say "Agent". Help is available 24 hours a day including weekends.
- you can go online, to medicare.gov and check out their brand new, user friendly, website if you are looking for information on the Medicare D Plan Finder.

NOTE: any changes you may make to your health insurance during Open Enrollment take effect January 1st, 2020.



Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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US POSTAGE
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**Westhampton
Council on Aging**

Amy Landau, Coordinator

Louise Jasionkowski, Chair

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 October

Tues. October 1st at 3pm
Keys to Aging Well Expo
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 or find us on Facebook at www.facebook.com/HighlandValleyElderServices/

Sat. October 5th at 6pm
Ukulele Workshop
John James Memorial Hall, 42 Main St., Goshen, MA

For all ages: 8 to 98! Ukulele provided. Taught by David Maloof. Wish to participate? Register by calling or stopping by the Goshen Free Library: 413-268-8236 x111.

Fri. October 18th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton

Smith Vocational is collaborating 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.

Sun. October 20th at 2pm
The Not-So-Good-Life of the Colonial Goodwife
By Velya Jancz-Urban
John James Memorial Hall, 42 Main St., Goshen, MA

This enthusiastic delivery is funny and frank. Laugh, grimace and honor our foremothers' journeys while learning about the little-known life-ways faced by women of New England during the Colonial era. Sponsored by the Goshen Historical Society. All welcome!