

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



### November 2022 Calendar of Events

| MON  | TUES  | WED  | THURS  | FRI       |
|--|---|--|--|-----------|
|  | <b>1</b><br><b>Fitness &amp; Friends</b><br>Town Hall,<br>11:30-12:30pm<br><b>Card Games</b><br>WW, 1:30pm  | <b>2</b><br><b>Wellness Clinic w/<br/>Public Health Nurse</b><br>10-11:30am<br><b>Textile Drive Ends</b> | <b>3</b><br><b>Yoga Class</b><br>Town Hall, 10-11am<br><b>Mini Tapestry Weaving</b><br>Library, 6:30pm               | <b>4</b>  |
| <b>7</b><br><b>Mahjong</b><br>WW, 1:30-4pm<br><b>Scrabble</b><br>2pm, Library<br><b>Knitting Group</b><br>6pm, Library   | <b>8</b><br><b>Fitness &amp; Friends</b><br>Town Hall,<br>11:30-12:30pm<br><b>Card Games</b><br>WW, 1:30pm  | <b>9</b>   | <b>10</b><br><b>Yoga Class</b><br>Town Hall, 10-11am<br><b>Disability Placard<br/>RMV Program</b><br>Noon, Town Hall | <b>11</b> |
| <b>14</b><br><b>Mahjong</b><br>WW, 1:30-4pm<br><b>Computer Class</b><br>10-Noon, Library<br><b>Scrabble</b><br>2pm, Library<br><b>Knitting Group</b><br>6pm, Library | <b>15</b><br><b>Fitness &amp; Friends</b><br>Town Hall,<br>11:30-12:30pm<br><b>Card Games</b><br>WW, 1:30pm | <b>16</b><br><b>Wellness Clinic w/<br/>Public Health Nurse</b><br>10-11:30am                             | <b>17</b><br><b>Yoga Class</b><br>Town Hall, 10-11am   | <b>18</b> |
| <b>21</b><br><b>Mahjong</b><br>WW, 1:30-4pm<br><b>Scrabble</b><br>2pm, Library<br><b>Knitting Group</b><br>6pm, Library  | <b>22</b><br><b>Fitness &amp; Friends</b><br>Town Hall,<br>11:30-12:30pm<br><b>Card Games</b><br>WW, 1:30pm | <b>23</b>  | <b>24</b><br><b>Thanksgiving</b>   | <b>25</b> |
| <b>28</b><br><b>Mahjong</b><br>WW, 1:30-4pm<br><b>Computer Class</b><br>10-Noon, Library<br><b>Scrabble</b><br>2pm, Library<br><b>Knitting Group</b><br>6pm, Library | <b>29</b><br><b>Fitness &amp; Friends</b><br>Town Hall,<br>11:30-12:30pm<br><b>Card Games</b><br>WW, 1:30pm | <b>30</b>  |  |           |

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors  
Coordinator: Amy Landau 413-203-9808 ✦ [coa@westhamptonma.org](mailto:coa@westhamptonma.org)

## RMV Program on Disability Placards & More

Thurs. November 10th at Noon in the Town Hall

Have you ever wondered how you can obtain one of those disability placards? What does the application process involve and who exactly is eligible? Michele Elicks of the Registry of Motor Vehicles will be presenting an informational session in-person and via Zoom for a hybrid session (assuming we can master the technology as we hope!) on this important topic at the Town Hall. She will also touch upon "Driving Decisions" – how to make the crucially important decision about when to stop driving. In addition, she will share some information on Real IDs. Note: we strongly encourage those who are attending in person at the Town Hall to wear masks. We will have some free ones available. To join via Zoom or to ask questions, email **Amy Landau** at [coa@westhamptonma.org](mailto:coa@westhamptonma.org) or call: **(413) 203-9808**.



### From the COA Coordinator: To Mask or Not To Mask?

Now that the weather is getting colder, indoor group gatherings are becoming more and more common, making the spread of Covid-19 likely to be more frequent. Chances are, someone you know – a friend or family has had it, if not yourself. One way to approach this situation is to mask whenever possible, even when NOT required, and if NOT masking, to do so selectively and infrequently. While it's true that we are ALL tired of wearing masks, myself included (!), it's still important to remember that masking works. Well-fitting authentic KN95 or N95 masks (or surgical masks) have been a very effective way to prevent the spread of Covid-19 in indoor spaces (and even more so in spaces with good ventilation). While up-to-date vaccines and boosters usually prevent serious illness and treatments are available, Long Covid remains an issue and can still develop regardless of how mild an infection is. And we know that those who are immunocompromised are also at more risk of serious infection than others. I know I don't want Long Covid, nor do I want to give it to others! At the same time, social isolation is a valid concern, one that can definitely affect our mental state-- and in



turn our physical health. My personal rule of thumb is this: mask whenever possible (in supermarkets, in meetings, while traveling, etc.) This doesn't mean that I will NEVER eat indoors at a restaurant, although I do personally keep that at a minimum. My approach can be summed up this way: I can open the door a little bit, but I don't have to swing it all the way open!

Note: An updated bivalent booster is now available and encouraged by the MA Dept. of Public Health for those who received a primary COVID-19 vaccine series or received a booster dose at least two months ago. You can visit [www.mass.gov/covidbooster](http://www.mass.gov/covidbooster) for the latest info.

### Volunteer Drivers Still Needed for Westhampton Seniors

The COA is still seeking more volunteer drivers to help older adults in Westhampton get to medical appointments and accomplish other necessary tasks. If you have some time during the day, would you consider volunteering? There is no set schedule. You would receive a call or email to ask if you are available on a certain day. You may say yes or no. **Contact Louise Jasionkowski for more info: email [rljasionkowski@comcast.net](mailto:rljasionkowski@comcast.net) or call: (413) 527-5134.**

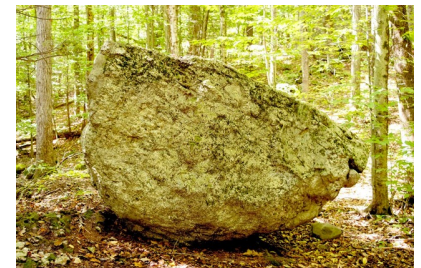
### SAVE THE DATE

The Friends of the Westhampton Council on Aging are excited to announce that they will be sponsoring a Christmas Concert performed by **The Dan Kane Singers**. This concert will be held on **Thursday, December 8th** beginning at 1pm in the sanctuary of our church and is free to all Westhampton Seniors.



### A Message from the Westhampton COA Hikers

*Tipping Rock in Westhampton*



Hiking season continues throughout November for the Westhampton COA Hikers. We've had some great hikes this season and the group will continue exploring the environs around Westhampton with new hikes in the northwest and northeast

sections of town – as well as revisit some of our popular classic hikes. So come and join a great group of hikers and email us at [westhamptoncoahikers@comcast.net](mailto:westhamptoncoahikers@comcast.net) so we can add you to our email hikers list. Please note that all group emails are sent as blind copies (BCC) for your safety and privacy. Happy Trails! ~Chuck & Ray

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**Library Hours: Mon & Thu 2pm - 8pm;  
Tue & Wed 9am - 12pm & 1pm - 5pm;  
Sat 10am - 1pm**  
**Closing at 12pm Wednesday, Nov. 23 and all day Thurs. Nov. 24 for Thanksgiving holiday.**

**Please check the town website or Facebook @WesthamptonPublicLibrary for library updates. The library is open for in-person browsing and materials pickup as well as curbside pickup. To place a request for curbside pickup, please email [westhampton@cwmares.org](mailto:westhampton@cwmares.org) or call (413) 527-5386.**

### **November/December Artist - Mary Montague**

Enjoy paintings by local artist, Mary Montague, in the community room gallery throughout the months of November and December.

### **Mini Tapestry Weaving with Jenine Shereos Thursday, November 3 at 6:30pm**

Join fiber artist Jenine Shereos for an introduction to tapestry weaving using miniature looms. You'll go home with your very own little frame loom to keep, as well as resources on continuing with tapestry weaving. All materials will be provided. Space is limited to eight participants and registration is required.

Email [westhampton@cwmares.org](mailto:westhampton@cwmares.org) or call (413) 923-4620 to reserve your space.

### **Carol Lollis - Photo Journalist and Photo Editor Monday, November 7 at 6:30pm**

The Friends of the Library will host Carol Lollis, photojournalist and photo editor with the Daily Hampshire Gazette, on Monday, November 7 at 6:30pm. Carol, a Westhampton resident and mother of three sons, will show some of her favorite photographs and share some of the stories she's covered during her 30-year career as a photojournalist.

Meet the woman behind the camera, learn about the people she's met and gain some insight about the decisions required of a photo editor at the Gazette.

### **Textile Drive**

Help support Hampshire Regional High School French and Spanish Exchange Programs! Donate any used clothing, sheets, fabric, shoes, etc. for recycling purposes. The Savers Thrift Store Company will pay us by the pound for all items collected! Bag up textiles and contact **Greg Reynolds -- [greynolds@hr-k12.org](mailto:greynolds@hr-k12.org)** to schedule a pickup at your house or a drop off at his house. Ends November 4th. Thank You!



### **A Community of Readers - Sue O'Rourke**

Having bred thoroughbred and competition horses in a previous life, any book focusing on horses is always a winner for me. Elizabeth Letts has written two books about horses – The eighty-dollar Champion, a true story about Snowman, the horse that inspired a nation. Reviewers talk of the magic captured by her writing of the relationship between a horse, his owner and the unlikely success they achieved. The Perfect Horse is also a true story about the daring mission to rescue the priceless stallions kidnapped by the Nazis. The book is un-put-downable and once again I fell in love with the horses and the extraordinary people who looked after them and rescued them, risking their own lives to do so.

Another author who writes so well about horses and the West Country is Tim Pears. His trilogy, consisting of The Horseman, The Wanderers and The Redeemed is a series full of fascinating information about rural England, which of course includes horses.

On a completely different plane, poetry and prose by David Whyte, whom I first came across back in 1999 and have continued to follow for the last 23 years. I met him on several occasions while living in VA and took an Irish holiday with him as leader

back in 2010 with friends and family. His writing has always been incredibly moving, authentic and inspiring and his most recent book *Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words* is no different. Maybe even more challenging and almost required reading if we are to understand ourselves and the relationships in which we find ourselves.



**Huntington COA Trips**

**Dec. 1**  
**Salem Cross Inn bus trip** \$99 pp  
 Trip includes delicious lunch at Salem Cross Inn (W. Brookfield), with stops at Honey Bee Orchards, Yankee Candle & Bright Nights at Forest Park. Convenient pick up points in Huntington, Easthampton/Southampton, and Westfield.

**Oct. 12**  
**Oktoberfest** \$59 pp  
 Self drive to Log Cabin (Holyoke)  
 German theme buffet and live entertainment

**Nov. 10**  
**Country Christmas & Veterans' Show** \$79 pp  
 Self drive to Log Cabin (Holyoke)  
 Delicious meal and Ozark jubilee act from Branson

**Dec. 6**  
**Jimmy Sturr polka band & Christmas Show**  
 \$79 pp  
 Self drive to Log Cabin (Holyoke)  
 Lunch & matinee show

Call **Helen @ (413) 685-5667** for info and reservations.



Veterans Day is observed annually on November 11th. It's a holiday honoring men and women who have served in the United States armed forces, celebrated on the anniversary of the end of World War I.

Veterans Day is observed on November 11, regardless of what day of the week on which it falls. The observance of Veterans Day on this date not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: **A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.**

To our veterans: We are forever grateful for what you've done to maintain America's freedom. Thank you for your sacrifice, your bravery, and the example you set for us all.

*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!*  
**Westhampton Council on Aging**

## Silly Thanksgiving Jokes for both young and old

Q: If pilgrims travel on the Mayflower, then what do college students travel on?

A: The Scholar Ships.

Q: Where did they take the Mayflower when it was sick?

A: The nearest doc.

Q: How did Mayflower sailors say hello to each other

A: They waved.

Q: What kind of music did the Pilgrims like to listen to

A: Plymouth Rock.

Q: What kind of cars would pilgrims drive today?

A: Plymouth.

Q: What do you use to make Thanksgiving bread?

A: May flour.



**Would you like to receive your newsletter, in color, 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. Include your address so I will know which mailing list to take you off of. Thanks!

## Charitably thinking

It's the time of year when we sometimes consider charitable giving, knowing that the cold is coming, there are celebrations coming up, and we often see more "good will to men" and to women and children and pets. And April 15<sup>th</sup> will be here soon. Some of the items below may need some further research on your part. Tax consequences will be based on your situation and on current tax law, which is WAY beyond me. I'm just putting out some ideas. There are more options, a bit more complex. For instance, there are some planned gifts to a charity that will pay income. I can give you something to read on that.

**Annuity** – if you have some funds THAT YOU ARE SURE YOU WILL NOT BE NEEDING, buy an annuity from a legitimate source and make your grandchild or other favored person the beneficiary. You may also identify him or her as the beneficiary of your retirement plan or life insurance.

**Bequest** – this goes in your will and may be called a planned or deferred gift. This is a donation planned now and realized after your death by payment from your estate.

Note – we assume that the recipients of the above will not be bumping you off to get the money; I think that would pretty well negate your good will aspect.

### Contributions –

- One-time donation. Write a check the first of December, that's it. Then if you and the charity qualify, add it to your tax deduction column for next April.
- Recurring Gifts. You can set up a bank withdrawal every month to a favorite charity, knowing if you have to you can put a hold on that. Again, maybe a tax benefit.
- Stock Donations. If you give stocks you held over a year to a charity, you may avoid paying capital gains on the taxes on the stock's appreciated value.
- In-kind Donations. This is not monetary, but goods and services, your time, your expertise. No tax break for you, just satisfaction.

Gratefully yours,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## Future Funding for Our Newsletter... To Be Continued?

Do you value the COA newsletter? Does it help you stay connected and informed? How would you feel about not having COA news at your fingertips?



These are questions to ponder while considering that the funding for this benefit may not be permanent.

Seven years ago, in the Fall of 2015, our first regional newsletter for seniors was mailed. It went out to over 2,000 Hilltown households reaching seniors in Plainfield, Cummington, Goshen, Worthington, Chesterfield, Williamsburg, and Westhampton. The early newsletters carried a few pages of regional news, but in 2016 we embarked on our present format of 2-4 pages of news specific to each town followed by a 4 page regional section. Every month, you've received printed or digital information about events and activities in your town as well as important news concerning senior benefits, health, law, and food security regionally. Over six years, totaling 84 issues, and in all 168,000 mailed copies, news about what seniors are doing in the Hilltowns has been provided by a Service Incentive Grant from the Executive Office of Elder Affairs. This gift of over \$32,000 a year is going to end in 2023.

The newsletter has been our modern-day town crier and a way to bring us together, feel less isolated, and to let us know about important developments that may impact us. We are happy to be able to continue delivering it to you...but for how much longer? Your regional COA consortium has been pondering this question. We have many ideas for securing long term funding that we'd like to share with you in future newsletters. Your feedback about these ideas would be most valued.

In the meantime, any donations of support to sustain our town crier long term are most welcome! Donations can be made out to the "Northern Hilltown Consortium/Town of Chesterfield" and sent to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012. A donation form is at the bottom of this page for your convenience. **Thank you for your support!**



### November's Good News

By Deb Hollingworth

This month's good news is short and sweet. If you haven't heard yet...it's looking like our social security benefit could be increasing by 8.7% this January. And the cost of our Medicare B premium is decreasing! Yes, it's going down from \$170/month coming out of our social security benefit, to \$165/month. This means a significant increase in our social security checks. Other benefit programs are also increasing. October 1st SNAP (food stamps) awards increased 12%. And the Governor's budget included an increase in the Circuit Breaker benefit, up to \$2,400 for those who qualify. Fingers crossed..... there's anticipation that fuel assistance will also be more generous this year.

While it doesn't wipe out the increases in prices we see at the grocery store, the gas pump, or the fuel oil prices, it still is welcome news in a year when stretching the budget is on our minds.

For information on any benefit programs, including how to apply, you can contact your senior center, and look for future articles in the Regional Section of your newsletter.

### ***The Regional COA Newsletter benefits from your support!***

I would like to contribute to the COA Newsletter. My contribution of \$\_\_\_\_\_ is attached.

*(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

***Thank you for helping support this vital resource for our seniors!***

## On the Road Again...

### 2022 & 2023 Upcoming Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments: 413-296-4291 or francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

### 2023

*Multi Day April 23-29, 2023. Myrtle Beach Show Trip.* Five shows—Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for this seven day trip for \$829. Take a \$25 discount if paid in full by 1/30/23. Contact Francine to reserve your seat.

*Day Trip May 18. Beatles Ticket to Ride* - A 4-piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$TBD by February 1st, so we can get good seats. Mail to address above.

*Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees.* Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st, so we can get good seats. Mail to address above.

*Multi Day September 29 through October 9, 2023. Mt. Rushmore, Crazy Horse - S. Dakota & Devils Tower - Wyoming.* 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023. Contact Francine to reserve your seat.

## Workshops for Working the Digital World



Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com)**

### Fall 2022 Computer Class Schedule October 31 -December 5

**Windows 10/11 Computer/Laptop Class,**  
**6 Sessions** - Mondays, Oct 31 to Dec 5, 2-4pm

**iPhone basics workshop**  
Friday, November 18, 12-2pm

**How to use Telehealth and Zoom**  
Saturday, December 3, 10-11:30am

**Android basics workshop**  
Monday, December 12, 2-4pm

Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

### **CHOICES: Managing your Medicare online**

If you are a Medicare beneficiary, you should have a secure, online account to manage your Medicare information. It's quick and easy to create an account. Simply go to [medicare.gov](http://medicare.gov) and click on create my account. Have your Medicare card handy. Once you have an account you can use it to: save your prescriptions and pharmacies; sign up to go digital; get your yearly "Medicare & You" handbook electronically, instead of by mail; and view and print a copy of your official Medicare card.

Don't be concerned about losing access to the account if you forget your password. You can click on the "forgot my password" link and they'll instantly send you a code that will let you reset the password.

Having your Medicare information organized in one digital file will save you time and frustration when you have to produce a list of your medications; or you've misplaced the Medicare card and can't locate it the day you're visiting a new health care provider. Just think about the piles of paper that pile up around you that can be reduced or even eliminated by going digital. Reminder: Open enrollment runs from October 15-December 7. This is your opportunity to review your plan and make sure it still is the right fit. *Shared by the Southern Connecticut Area Agency on Aging.*



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

PRSR STD  
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**Westhampton  
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**Need a ride?**

Contact Louise  
Jaisonkowski at:  
(413) 527 5134 or  
rljaisonkowski@comcast.net

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

**Need Help With Your Housing Repairs?**

**The Housing Rehab Program may be able to help!**

Eligible homeowners will receive a deferred payment loan with zero interest and no monthly payments, and all repair work is done by a licensed contractor. Please don't delay, funding is available and you may be surprised to find out you qualify.

**Household Income Guidelines/Limits:**

Household Size    Maximum Gross Annual Income

|   |           |
|---|-----------|
| 1 | \$52,750. |
| 2 | \$60,250. |
| 3 | \$67,800. |
| 4 | \$75,300. |
| 5 | \$81,350. |



**Work that may be performed under the  
Housing Rehab Program:**

Septic Repairs  
Sewer Tie-in  
Accessibility Work New Wells Drilled;  
Pumps Repaired  
Windows Replaced  
Roof Repairs  
Heating System Repairs  
Plumbing & Electrical Repairs  
Lead Paint & Asbestos Removal

Hilltown CDC is accepting applications from homeowners who live in: **Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg and Worthington**. Please contact the Program Manager, Marjorie Liscombe, for more information: **(413) 296-4536, ext. 109** or email **marjoriel@hilltowncdc.org**. You can also visit our website: **www.hilltowncdc.org**

***Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.***