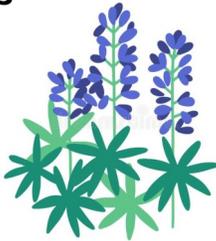


Moving Forward

Activities and Services for Resident 60+



June 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
			1 Yoga Class Town Hall, 10-11am Author Visit w/Michael Miller Library, 6:30pm	2 PRIDE Movie Night Library, 6:30pm
5 Knitting Group 6pm, Library	6 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	7 Mahjong WW, 1:30-3pm AEIOU Ukes & Free Lunch Outside library, 12pm	8 Yoga Class Town Hall, 10-11am June Artist Angela Sciotti Vincent Library, 6-8pm	9
12 Computer Class 10-Noon, Library Knitting Group 6pm, Library	13 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	14 Mahjong WW, 1:30-3pm	15 Yoga Class Town Hall, 10-11am Hot Lunch Program Noon, WW Tech Help 2:30pm, WW	16 PRIDE Movie Night Library, 6:30pm
19 Computer Class 10-Noon, Library Knitting Group 6pm, Library	20 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	21 Mahjong WW, 1:30-3pm Tech Help Walk In 2:30pm, Library	22 Yoga Class Town Hall, 10-11am Memory Conference Chesterfield Comm. Ctr, 10am-3pm	23 
26 Computer Class 10-Noon, Library Knitting Group 6pm, Library	27 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	28 Mahjong WW, 1:30-3pm	29 Yoga Class Town Hall, 10-11am	30

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

A E I O Ukes & Free Lunch

Wed. June 7th at 12 PM

Behind the Library (Town Hall, if inclement)



The Westhampton Council on Aging is happy to announce a free (as always!) concert to be performed by members of the A E I O Ukes group from Northampton. Given good weather, it will be outside behind the library and in the Town Hall if inclement. Bring chairs to sit outside (though we have extra!) and enjoy your box lunch provided by Good Eats at 12:00. Performance starts at 1:00. A brief note about the group is below, and there is more online to hear and enjoy.

A E I O Ukes is a group of amateur musicians who get together on a regular basis to sing and strum songs from Jim Beloff's Daily Ukulele songbooks. They are open to everyone who loves to sing and play ukulele. They meet every week as a song circle on Saturday mornings in the Coolidge Room at Forbes Library in Northampton.

Sally Lawton Receives Boston Post Cane

On August 2, 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post forwarded a gold-headed ebony cane to the Board of Selectmen in 700 towns in New England. He asked that the cane be presented (with the compliments of the Boston Post) to the oldest male citizen of the town to be used by him as long as he lives in the town. Then it was handed down to the next oldest citizen of the town. In 1930, after considerable



State Representative Lindsay Sabadosa presents a Proclamation from the Speaker of the Massachusetts House.

controversy, eligibility for the cane was opened to women as well. The cane would belong to the town and not the citizen who received it.

On May 8, 2023, Westhampton Select Board member Scott Johndrow presented the town's Boston Post Cane to Sally Lawton, 97, at a reception at the Westhampton Public Library. State Representative Lindsay Sabadosa presented a Proclamation from the Massachusetts Speaker of the House Ronald Mariano and Dave Goddard presented a lovely planter filled with colorful flowers.

Sally has lived in Westhampton since 1961 and has a long and rich history of community involvement. Born Sally Muther on March 28, 1926, Sally lived in Boston and its environs through her sophomore year of high school. An only child, Sally and her family moved to Dayton where her father was stationed at Wright Field. When his next assignment took the family to California, Sally abandoned her longing to attend an east coast college. Instead she attended Mills College, the first women's college west of the Rockies, which was founded by a Mount Holyoke graduate. Sally was an art major and was especially focused on portraiture.



Library Director Meaghan Schwelm and Sally Lawton share their love of books.

After graduating she taught art at a private school. Her parents relocated to Waltham and, in the summer of 1951, Sally returned east to attend Harvard Summer School. At the July 4th "getting acquainted" dance, Sally met Edward Lawton. Edward was taking classes in History during his summer break from teaching history at the Williston School in Easthampton. Evening walks along the Charles River led to a proposal within two weeks!

At the time, teachers at Williston were given small lodgings along with the responsibility of supervising residential life for boarding students. Sally and Ed ended up in an apartment on Park St. where they lived with their growing family. By then, Sally had taught Ed to drive a car and they began to search for a home of their own. They set their sights on a "funny-looking" house in Westhampton. The California-influenced flat-roofed house had been built following plans from Better Homes and Gardens. The house lingered on the market until finally the Lawtons could afford it. When they moved to Westhampton in 1961, the family consisted of Sally and Ed, their three children Edward, Cynthia and James, and Sally's parents.

Sally's father was the first to arrive at the house to prepare it for the rest of the family. It was a cold day in March, before any utilities had been turned on. When a neighbor showed up with a load of firewood, it was the first inkling that Westhampton is a truly unique community.

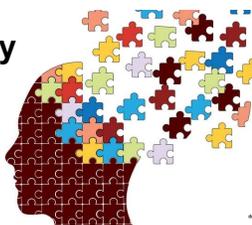
Sally adapted to a more rural life, caring for her family, gardening, and getting involved in the community. She taught art for a few years in the hilltowns. In 1966, the family spent a year in Japan. When they arrived back, teaching jobs were harder to get, and the credentials were stricter. She turned her attention to the education department at the Unitarian Church in Northampton.

In 1979 an electrical fire tore through their garage and did considerable smoke damage to the house. Neighbors took the family in and helped with donations of clothing and other items. Sally developed a passion for Esperanto. Esperanto is the world's most widely spoken constructed international auxiliary language. Created by the Warsaw-based ophthalmologist L.L. Zamenhof in 1887, it was intended to be a universal second language for international communication, or "the international language". For a number of years, Sally taught Esperanto to fourth-graders at Westhampton Elementary School. She also traveled to Esperanto conferences around the world.

Back in Westhampton, Sally was involved in the Council on Aging and has always been an enthusiastic supporter of the Library. When she is not out in her garden or reading, Sally can be found listening to NPR or watching public television.

A Conversation about Memory

Please be sure to see pages 5 & 6 of the Regional Section to learn about this special conference on Memory at the Chesterfield Community Center on **June 22nd from 10am-3 PM** featuring Dr. Rebecca Starr from Cooley Dickinson Hospital and Sharon Asher, RN from the Pioneer Valley Memory Care Initiative. Learn what is normal for memory difficulty in older adults and what resources are available for those in need of help.



Library Hours:

Please check the town website or Facebook or Instagram @WesthamptonPublicLibrary for library updates and hours. 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 or call (413) 527-5386.

Author Visit with Michael Miller

Thursday, June 1st at 6:30pm at the Library

Join us for a book talk with local author Michael Miller on his new historical novel, High Bridge that tells the intertwined stories of a future President, Grover Cleveland, and a little known women's rights activist, Matilda Joslyn Gage, set in mid nineteenth century Fayetteville, New York. Copies of the book will be available for sale.

PRIDE Movie Nights

Friday, June 2nd at 6:30pm at the Library

Friday, June 16th at 6:30pm at the Library

Join us for two films in celebration of PRIDE Month! Titles are TBD. Please check Facebook or the library calendar on the town website for announcements.

June Artist - Angela Sciotti Vincent

Tender Majesty:

A Selection of Pioneer Valley Landscapes

Artist's Reception:

Thursday, June 8th from 6:00pm to 8:00pm at the Library

Artist's Statement: Tender Majesty, an exhibit presented by Angela Sciotti Vincent, is at the Westhampton Public Library in June. The show presents a series of recent landscapes that promote an awareness and appreciation of conservation efforts in our valley. The selected landscapes, executed in oil, watercolor, and mixed media represent efforts to preserve and conserve land ensuring that these places will continue in their natural state. These landscapes celebrate the vistas, watersheds, trails, parks and forests that I frequent and I have the joy of painting. The intent is to inspire others to support local organizations dedicated to conserving land.

I live in Goshen and have participated in local exhibits over the past several years. Now retired, my professional life was dedicated to libraries and independent learning, celebrating the unfolding of the digital age along the way. A graduate of Salve Regina University, University of Rhode Island, and Smith College, I worked in public libraries and schools for over thirty years. I am a member of the Amherst Plein Air Society, The Hilltown Artisans Guild and The Hilltown Plein Air Painters. My portfolio is online at www.dovehollow.gallery



Message from the Westhampton COA Hikers for June 2023



Westhampton COA Hikers at the Big View Hike in Williamsburg on April 19

After nearly two weeks of rain everything is green as I write this! The hiking trails are waiting for us. We're hiking more regularly now and have some great hikes lined up for the coming season. So if you want to get out and get some exercise and fresh air with old and new friends come join our hikes!

Email us: westhamptoncoahikers@comcast.net and we will 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

A Community of Readers - Mary Ellen Dunn

As a lover of historical fiction, I found *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray to be one of my favorites. As the personal librarian for J.P. Morgan, Belle de Costa

Greene walks a fine line to continue to fulfill her dream while keeping her true identity secret in the racist climate of the times.

Join the COA Email List

If you have an email address, please consider joining our email list so that you will receive reminders for our monthly COA activities. Contact Amy Landau at coa@westhamptonma.org (don't forget the "MA"!) to join. You will be blind-copied on the emails (meaning that your email will not be visible to others) in order to protect your privacy.



"I can't come out. My dad needs help with his phone; my mom needs help with her computer; and my grandpa needs help with his TV. Being smart is a curse."



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

You're invited to
A CONVERSATION ABOUT MEMORY



Thursday, June 22nd 10am-3pm
Chesterfield Community Center
400 Main Rd., Chesterfield

- ⇒ *Ever forget where you left your keys or phone ?*
- ⇒ *Recognize someone's face but can't recall their name?*
- ⇒ *Forget what you were looking for?*
- ⇒ *Love old memories but can't hold on to new ones?*
- ⇒ *Can't remember how to do something that you've done many times?*
- ⇒ *Do you ever get lost driving?*

Lunch and Refreshments will be provided

*Sponsored by the
Northern Hilltowns Consortium of Councils on Aging*

RSVP BY JUNE 16:
413-296-4007 or coa@townofchesterfieldma.com

*Northern Hilltowns Consortium of Councils on Aging
presents:*

A Conversation About Memory

- 10:00am: **Check in & Coffee**
- 10:30am: **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director, Chesterfield COA
- 11:00am: **Understanding Memory Impairments**
Dr Rebecca Starr, MD, AGSF, Medical Director, Geriatrics,
Cooley Dickinson Healthcare

Sharon Asher, RN,BSN, MBA, Program Director
Pioneer Valley Memory Care Initiative

How does memory work?
What is normal for memory in older adults?
Types and range of memory changes
Evaluation and treatment of memory impairments
Getting help: resources available
Pioneer Valley Memory Care Initiative
- 12:00pm: **Group Discussion: Sharing the Journey**
- 12:30pm: **Lunch**
- 1:15 pm: **Impact of Dementia on Personal and Family Life**
Deb Hollingworth, LCSW, Regional Connections Facilitator
Adjusting to the impact of learning about your diagnosis
What it's like to be a caregiver or being the one who needs help
Common challenges for both care recipients and caregivers
Tips for better communication
- 2:00pm: **Tools for improving memory**
- 2:30pm: **Closing remarks**
What's Next? Suggestions for additional programs and supports

On the Road Again...

2023 Trips



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

*Day Trip July 20. **Lake George Cruise-*** Take a 2 ½ hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due NOW. **WAIT LIST ONLY.**

*Day Trip August 10. **Garden in the Woods-*** This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Breast of chicken, Baked Salmon, or Yankee Pot Roast. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th**. Mail to the address above.

*Day Trip August 24. **Saratoga Racetrack,*** Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th**. Mail to the address above. **NOTE DATE CORRECTION.**

*Multi Day Trip September 10-12. **Nantucket Island.*** Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.

*Day Trip September 14. **Lake Sunapee Luncheon Cruise- Vermont Country Store.*** A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th**. Mail to the address above.

*Multi Day Trip September 29-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. **WAIT LIST ONLY.**

*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater.*** An exciting musical

in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for \$259 by **July 21st**. Mail to the address above. A few seats available.

June's Good News

By Deb Hollingworth

The Bucket List

When my kids were growing up, teenagers, I used to be on their case to clean up their rooms. Pretty much constantly. And they would assure me they were working on it. To which I would reply, "Will it happen in my lifetime?"

I have a "Will it happen in my lifetime? bucket list. First item on that list is changing eligibility rules so that when we turn 65 MassHealth doesn't count our assets. They don't count our assets when we're younger, just when we hit 65.

In Massachusetts if we are low income, or disabled, we can get affordable (subsidized) health insurance, with premiums determined by our income. The lower our income, the lower our monthly premiums. Until we reach 65. Then the eligibility rules change, and our assets count. So if we saved for retirement, or have a life insurance policy with a cash surrender value, or any savings, then we lose our affordable health insurance.

We become eligible for Medicare at 65, but Medicare has monthly premium(s), and if we want to purchase a supplement to our Medicare, then that's another monthly cost.

So as a SHINE counselor, the question I get quite frequently is: why do I lose my subsidized health insurance when I turn 65 and might need it most? And the Good News is: Mass Senior Action Council is working on changing that. Last month I wrote about the income eligibility changes to the Senior Buy-in Program where income and asset limits were raised so that more seniors (an estimated 60,000 of us) will now be eligible to have the Buy-in Program pay our Medicare B monthly premium, and get our Rx co-pays subsidized. We can thank Mass Senior Action Council for lobbying our legislators to get that change. Now they are working at doing away with the asset eligibility limit altogether! This would mean Massachusetts would join eleven other States to offer subsidy for low income seniors 65 and older. **This is Huge.** If you qualified, your co-pay for brand name Rx...like Eliquis...would be \$10. And at the risk of being too optimistic, it looks like this could become a reality in the near future. Mass Senior Action Council could use our help; have our voices join their effort.

You can Google Mass Senior Action Council to learn more and join. There is no membership fee and they are working hard for us and getting results!

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

Amy Landau, Coordinator

Julia Lennen, Chair

Colleen Basile, Secretary

Ray Fontaine,
Outdoor Programs

Lorraine Galica
Dave Goddard
Board Members

Lillian Baxter,
HEN Representative

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Need a ride?

Contact Danielle Buzzee at:
(413) 246-0278
or by email:
danielle.buzzee@icloud.com

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

If I die

at home, what should happen? Triad is all about making elders more secure, and while that usually includes avoiding scams and bad financial situations, there are other issues in our lives. For example, a reader asked "What do you do if someone dies at home, maybe at night, maybe unexpectedly, who do you call? What do you have to do? And remember we are in the hilltowns."

Good question, so here is what I learned for three scenarios.

- **For an expected death, if hospice has been caring for the person**, call the hospice nurse who will know what to do. They will be able to pronounce death and facilitate transporting the body.
- **For an expected death, but hospice has not been involved**, call 911. Emergency personnel will know what to do to obtain a legal pronouncement of death that is needed for a death certificate. Survivors should not move the body.
- **For any unexpected death**, call 911.

Two Comments:

⇒ Every person should have a MOLST (MA Medi-

cal Orders for Life Sustaining Treatment) or CC/DNR (Comfort Care / Do Not Resuscitate Order Verification) form on file to handle the question of whether cardiac resuscitation attempts should be made by emergency personnel. Other forms such as Living Wills may be prepared and address other emergency care options. Designation of a Health Care Proxy is also very desirable.

⇒ Even though we are a bit distanced in the hilltowns, we have terrific emergency response teams who know what to do and will do it with respect.

Take care,

Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at **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!