

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



November 2017 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
		1 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	2 COA Luncheon Church, Noon Scrabble Library, 5:30pm	3 Walking Group Town pk lot, 8 & 9am
6 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	7 Foot Care WW, call 413-374-0457 Board & Card Games , WW, 1:30pm Scrabble Library, 1:30pm	8 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	9 Afternoon Movie Library, 1:15pm	10 Veterans Day Breakfast Outlook Farm, 7am-9:30am Walking Group Town pk lot, 8 & 9am
13 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am Knitting Group Library, 6:30-8pm	14 Board & Card Games , WW, 1:30pm	15 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	16 Scrabble Library, 5:30pm	17 Walking Group Town pk lot, 8 & 9am COA Breakfast WW, 8am-9:30am
20 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	21 Board & Card Games , WW, 1:30pm Scrabble Library, 1:30pm	22 Walking Group Town pk lot, 8 & 9 am Coffee & Social Time Library, 10am	23 Happy Thanksgiving! 	24 Walking Group Town pk lot, 8 & 9am COA Board Mtg. WW, 9:30am
27 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am Knitting Group Library, 6:30-8pm	28 Board & Card Games , WW, 1:30pm	29 Walking Group Town pk lot, 8 & 9 am Coffee & Social Time Library, 10am	30 <div style="border: 2px solid black; padding: 10px; text-align: center;"> Sat. Nov. 18th Holiday House Fair Church, 9am-2pm </div>	

Westhampton COA + 3 South Road + Westhampton, MA 01027 + Seniors Helping Seniors

Coordinator: Julia Lennen 413-537-9880 + westhamptoncoa@comcast.net

November COA Luncheon: includes make-your-own sundaes!

When we gather on Nov. 2nd, we'll have a potluck luncheon and finish it off with make-your-own sundaes. Our program will feature a representative from MassEDP. Do you have difficulty using the phone due to hearing or vision issues? The State 911 Department would like to make you aware of an exciting program that could greatly benefit you or members of your family. This program is the Massachusetts Equipment Distribution Program. It provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing or vision loss. This enables you to have the opportunity to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech. There are several types of equipment, each offering special benefits based on disability. MassEDP Field Advisor, Marguerite Szczawinski, will be presenting information and answering your questions. If you cannot attend the presentation or need more information, you can contact Julia Lennen, Coordinator of Westhampton's COA, at 413-537-9880 or westhamptoncoa@comcast.net



Come early if you can to sign birthday cards or have your blood pressure checked—and don't forget that we're always collecting nonperishable items for the Easthampton Food Pantry. They're very appreciative of our donations.

October Luncheon

About 43 seniors enjoyed a lunch of several different kinds of pizza along with salad and gingerbread. Many sang along with 'oldies' that Thad and Michele Witowski played on old phonographs that they collect. It brought back many fond memories for folks.



Above: Speaker Thad Witowski discussing old phonograph with Ray Fontaine.

Below: October birthdays: Jessie Krug, Ilene Lorow, Connie Dragon, Angela Derouin and Mikki Nevens (photo courtesy of Norm Cotnoir)



In Memoriam

Donald Ledoux (1951– 2017)



Big E Trip

On September 21st, twenty-one seniors boarded two vans that were rented by the Friends and driven by two of them to the Big E. Massachusetts Day was a beautiful early fall day to enjoy all the festivities. Since we are seniors, our vans were given free parking and we were able to be dropped off right at a gate. Everyone sounded very pleased as they boarded the vans for home after all their adventures and treats during the day.



COA seniors about to head to the Big E.

Veterans Day Breakfast

Once again the Friends of the COA are sponsoring a free breakfast for all Westhampton veterans at Outlook Farm from 7am-9:30am. It will take place the day before Veterans Day this year—on **Friday, Nov. 10th**. If you are a veteran, come and visit with other veterans while enjoying breakfast, and let us thank you for your service to our country. Westhampton's Veterans Agent, Joe Henning, will also be there.

Chair Yoga with Sarah Prince

Classes continue through Nov. 15th on Wednesday mornings at Westhampton Woods, Unit F, from 9am-10am. Sarah makes it fun and relaxing as we gently flex our bodies to improve our balance—all the while trying to remember to continue to breathe. (It does take practice!) The classes are free for Westhampton seniors and are partially funded through a grant and the COA Friends.

Breakfast will be ready

On the third Friday of the month, Nov. 17th, stop in at Unit F at Westhampton Woods for a free breakfast between 8am-9:30am. There's always homemade coffecake or quick breads, oatmeal, coffee, tea, hot cocoa and milk. It's a good time to visit with friends or make new friends.

November Hikes

On Thursday, November 9th, we'll be hiking along Edwards Road and into the Lynes Wildlife Sanctuary. We'll plan to hike from 2:00pm—3:30pm. (No rain date is scheduled yet.) More details will be coming as we get closer to the date. Chuck also has a 'work off your turkey' hike planned for **Sunday, November 26th or Thursday, November 30th**. The location has not been determined yet. To be more consistent with days and times, it's been decided that hikes will take place on Thursdays or Sundays from 2pm-3:30pm. You can always call Chuck Horn at 527-6765 or email him at chornrita66@comcast.net



Lilly Baxter, Barbara Cook, Chuck Horn, Mary Ellen Prince, Ray Fontaine, Pat Miller and John Clapp (taking picture) hiking off of Tob Hill Rd. on Sept. 28th.

November Foot Care

Registered Nurse, Diane Roeder, will be making her bimonthly visit to Westhampton on Tuesday, Nov. 7th, this month. (Please note the change of day for this month only.) If you'd like to make an appointment for nail trimming, please call Diane at 413-374-0457.

Board and Card Games

This group continues to meet every **Tuesday afternoon at 1:30pm** at Unit F in Westhampton Woods. Anyone who'd like to join them is welcome anytime. If you'd rather play Scrabble, that group will be meeting at the library at **5:30 on Nov. 2nd and 16th**. Another Scrabble group will be meeting at the library at **1:30 pm on Nov. 7th and 21st**. All seniors are welcome to join the Scrabble groups at any time, also. It's a great way to socialize and perhaps make new friends.

Computer Classes

Bob Miller is continuing his computer classes for seniors at the library twice a month. In November they're scheduled for the **13th and the 27th** beginning at 10am until noon. If the class needs to be cancelled for any reason, Bob will email you if he has your address. He helps with problems during the first hour and has a specific lesson or re-

view of a previous one after that. It's amazing what you can learn from another person's computer problem, too. Bob also has incredible patience with those of us seniors who have trouble remembering what we learned a few months ago!

Library Events

Night of the bats – November 2, 6:30pm

Local biologist, Zara Dowling, will introduce us to the world of bats, including our neighborhood species. Learn about the threats they face and our efforts to save them. (Suggested for adults and older kids.)



Afternoon movie—November 9, 1:15pm

Stop by for an afternoon movie with other seniors. Call the library for this month's title.

Trivia Night—November 13, 6:30pm

Compete with your friends and neighbors at our trivia night. Questions will be about local history, Westhampton and other categories. Come with a team or join one when you get here for an evening of fun!

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.

Equipment: The COA has a variety of medical equipment available to loan to anyone who needs it (including at least 3 wheelchairs). In addition to walkers, there are shower stools, crutches, canes and other equipment to use in the bathroom. There are also some bed pads and packages of disposable undergarments available for anyone who could use them. Please call Jean Webster, 527-5077, if you'd like to borrow or use any of these items.

HEN Program: If you are age 60 or over and need help with cleaning, laundry, etc., we can help. The Hilltown Elder Network (HEN), of which Westhampton is a member, matches elders with caregivers at no cost to the elder. This program does have some income guidelines. Call Lilly Baxter at 527-1532 for information.



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

NEW MEDICARE CARD – SCAMMERS USING NEWS!

There are 58 million Americans enrolled in Medicare. Look at your card: scammers use it to steal our identity. It provides the criminal with our name, social security number, sex, and signature! The Justice Dept. reported over 3 million identity-theft cases for seniors in 2015. Medicare fraud alone is estimated to cost \$60 Billion annually. To lessen this identity-theft crisis, new Medicare cards will begin to be issued starting in April 2018.

Rip-off artists are already using this news and have begun calling us pretending they are from Medicare. Medicare will never call you and never ask you for information. Your new card will be sent to you automatically. Three pitches being used by scammers:

- You're asked to pay for your new card. **HANG UP!** The new card is **FREE**.
- You're told you will lose benefits if you don't send money or give them personal information. **HANG UP!** Your benefits remain the same.
- They want you to confirm your bank information and social security number. **HANG UP!**

Your new card will have a computer-generated Medicare identifier with 11 numbers/ letters assigned only to you. There is a 24/7 resource for most Medicare questions: **1-800-633-4227**. Say "agent" at any time to be connected to a live person. Remember: never give out personal information over the phone or in any solicitation. Check your credit rating yearly and always review your itemized medical bills.

IT IS NOT THE "SHAKER" AFTER ALL

Attempting to read each new health research study that is released often proves that what could have caused our early demise a few years ago, may now not be the case. One fact that likely will not change is that any food in excess can be problematic. Roughly one third of Americans have hypertension. The experts are revisiting the use of salt while the scientists continue to determine what level is too high (7,000 mg a day) and too little (3,000 mg). Too little intake of sodium as well as too much has now been linked to heart disease. Healthy kidneys can rid our bodies of 5,000 milligrams per day of sodium. Potassium, found in bananas, sweet spuds, O.J., yogurt, milk, canned tuna, and tomato sauce, aids kidneys to get rid of salt; it has been found to keep blood pressure from rising. These "experts" inform us to stay away from the real culprits: processed foods and fast-meal restaurants. Prioritize time to prepare healthy meals together at home.

REFLECTION

Time and common sense do teach us that there are consequences from making choices. Instead of measuring the heart's in-take in "milligrams", perhaps our hearts' health could be better measured at this time of year in degrees of appreciation that we have for our hilltowns' landscapes, local harvests, and quality of life afforded us here. It could reveal that if our heart is in the right place, our mind and body will follow.

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 Westhampton Council on Aging, write "program support fund" in the memo line, and mail to Westhampton COA, 3 South Rd. Westhampton, MA 01027.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

Westhampton Council on Aging

Community Credits Program

by the Northern Hilltown Consortium of COAs & supported by Highland Valley Elder Services Title 3 funds

RIDES	I Would	I Can	
			Appointments (medical /dental / etc)
			Bank / Credit union
			Concerts, Movies, Entertainment
			Doing errands together
			Eating Out / Restaurants
			Grocery store
			In town /valley /other towns
			Library
			Mall /Department Store/Other Shops
			Pharmacy
			Visit a friend in town or nearby
			Other:
OTHER	I Would Like	I Can Offer	
			Bill paying /Check writing
			Find contractor for house
			Help w/ Highland Valley Elder Services
			Help calling about bills or services
			Help with technology /cell phone /TV
			Home maintenance
			Organizing mail / filing papers
			Packing to move /travel
			Sorting /Shredding papers
			Tax preparing
			Other:

What is the COMMUNITY CREDITS Program?

- A way to make aging at home as easy as possible.
- You can get/give a little help to do tasks or share activities.
- We match seniors who would like something done with someone who can do it.
- It's multigenerational, matching seniors, non-senior adults & HS students.
- You help hilltown youth meet a requirement for their High School diploma.

How does the COMMUNITY CREDITS program work?

- Credits are non-monetary points given to seniors. No cost to participate.
- Credits based on age (if 60+), years of hilltown living, volunteer hrs/ mo.
- 10 Credits get you 1 hour of time – for tasks or activities of any kind.
- Earn more credits by doing tasks or enjoying activities with others.

How do I sign up & get my COMMUNITY CREDITS?

Name (Printed)	Town
Birth year	Address
Yrs living in hilltowns	Mailing Address Zip code
If you volunteer, how many hrs/mo	Phone number
If yes, what do you volunteer for:	Email: (optional but helpful)

OUTSIDE CHORES	I Would	I Can	
			Change storm windows
			Clean gutters
			Clean barn or stalls
			Fix lawn mower / snow blower
			Gardening, weeding, tilling
			Mow lawn / rake leaves
			Painting
			Pet walking
			Plowing /shoveling /snow blowing
			Prep for winter /spring /summer /fall
			Remove trash
			Stack / split wood
			Wash windows (inside &/or out)
			Other:
INSIDE CHORES	I Would	I Can	
			Move fire wood/wood pellets/salt
			Replace high light bulbs & batteries
			Cooking / baking /preparing food
			Housecleaning
			Moving heavy stuff
			Painting
			Pet care
			Prep for spring/summer/fall/winter
			Trash / junk removal
			Other:
Comments:			

ACTIVITY	I Would	I Can	
			Caregiving relief / respite care
			Company to play games (mark)
			Scrabble, board games
			Chess/Backgammon
			Play cards, Bridge, Rummy
			Chess / Backgammon/
			Mah Jong
			Cooking / baking / preparing food
			Entertainment, Concerts, Plays
			Get/return library books
			Help to understand / fix computer
			Learn / Teach / Help (mark)
			Basket making, Crafts
			Computers, Internet, Technology
			Cooking, Baking, Canning
			Dancing, Yoga, Pilates
			Knit, Crochet, Needlework, Spin
			Quilting, Sewing
			Woodworking, Carving
			Making phone calls
			Running errands
			Scheduling appointments
			Shopping together at stores
			Watching movies
			Other:
Comments:			

Stronger than Yesterday

What interests you? There's never been a better time to learn a new form of exercise or pick up one you haven't done in years.



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 master yogini Sarah Prince.
Requested donation: \$5/ class.*

Thurs. 10:45am, Williamsburg Senior Ctr.
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

Thurs. 6pm, Williamsburg Senior Ctr.
*\$10/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. 9:00am
Cummington Comm. House

Mon & Fri. 10:30am
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Cong. Church

Thurs. 4pm, Williamsburg Senior Ctr.

Hiking

Chuck Horn organizes hikes around the Westhampton/ Easthampton area. To get on his email list, drop him a line: chornrita66@comcast.net

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass.

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)

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

To find out more about these classes, and to register, please contact the appropriate COA coordinator:

Chesterfield:

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

Cummington:

Anne Parsons, 634-2262, coa@cummington-ma.gov

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

Westhampton:

Julia Lennen, 537-9880,
westhamptoncoa@comcast.net

Williamsburg:

Marie Westburg, 268-8407, coa@burgy.org

* Financial aid may be available for Wburg residents.

Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

Hilltown Veterans

By Peg Whalen
Regional Outreach Coordinator for the
Northern Hilltowns Consortium of COAs



This month we are sharing information about veterans. Drawing on U.S. Census data, the National Association of COAs (NCOA, July 2017) reported over 20 million Americans are veterans: about 8% of the population. Nearly 10 million veterans are 65 or older and over 1.3 million are older than 85.

Many veterans are unaware of what they are eligible to receive. And, many women have served our country and often do not know they are considered veterans with access to many benefits. If you are a woman and served the military in some capacity, you may be surprised to learn you do have veteran status. There is much you may qualify for because of your service.

NCOA notes there are "a variety of public and private benefits that can help veterans afford to remain independent, healthy, and secure." Benefit eligibility can depend on length and type of service, service-related disability and household income. Veterans may qualify for some or many of the following:

Financial assistance: Veterans' pensions; The VA Death Pension for spouses; Disability; financial aid for education.

Health and long-term care: Aid and Attendance and Housebound benefits; The Choice Program; Telehealth; VA Blind Rehabilitation Services; state veterans' homes; home hospice care.

Home loans: Special housing grants and guaranteed home loans.

State programs: Discounted hunting or fishing licenses; license plates; educational assistance; employment and job search assistance.

Help for caregivers: Caregivers of veterans may be eligible for help with Adult Day Health Care services and Respite Care.

The State of Massachusetts includes the above and also offers benefits for motor vehicle license plates, property tax exemptions, housing, outreach and trauma response, employment-related, bonuses and annuities, burial benefits, legal assistance, and many other benefits and opportunities. The Secretary of the Commonwealth has a state publication, "Veterans' Laws and Benefits", a 64-page document with detailed information. Ask your library for a copy or help getting it online.

Every Massachusetts town has a Veterans' Agent. Several hilltown COAs regularly provide Veterans' Agents with space to meet with veterans. If you would like to talk with a Veterans' Agent, contact your local COA or search online for a list of agents and contact information.

All the programs above are included on the site: BenefitsCheckUp.org, a free online benefits screening questionnaire that shows the likelihood that you or a loved one may be eligible for programs. The checkup

gives details on where to get application assistance. Completing the BenefitsCheckUp® also screens eligibility for programs that are not only for veterans, including help paying for medications, food, utilities, and more.

To all veterans and military families, please accept sincere appreciation for your service and the daily sacrifices you made for all of us.

The Equifax Mess – Part 2

Any good news on Equifax, you ask? Short answer: no. We remain highly irritated and concerned. But in review, there are steps to take.

1. Don't Click.
2. Check at least one of your credit agency reports: AnnualCreditReport.com.
3. Put a freeze on each agency.
More on that next time.
4. Change and improve passwords.

PASSWORDS – Hint 1. For easy-to-remember passwords: make up a sentence about the account. For instance, if you donate each month to a pet gecko rescue site, use a sentence about it, e.g: Pet geckos are the most lovable reptiles. Then use the first letters of the sentence and add a symbol and your lucky number, that is: Pgatmlr\$55. The bank account that you opened in 1998 could be My bank is very friendly 1998!, or Mbivf1998!

Hint 2 – Do NOT use these bad bad bad passwords – 123456, password, qwerty, football, baseball, your own name, parent's name, hometown... and the like.

Hint 3 - There is some thought among security professionals that a set of words is harder for a computer program to break. We may see changed password guidelines that alter the request for upper case, number, special character, etc. In the meantime, please don't use the same password for everything. I thank you.

Securely,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

The 2018 ACA (Affordable Care Act) enrollment period has been shortened from 90 days to 45 days (November 1-December 15, 2017) and the advertising budget to promote open enrollment has been slashed from \$1M to \$100k in an effort to sabotage the program. You're probably not seeing a lot of advertising about the enrollment window online or on TV. Local centers who assisted folks in enrolling have had their funding cut. Please share this information with your family, friends and neighbors, in any way that you can. People's lives depend on it.

On the Go!

The COAs in the hilltowns and in the valley offer many opportunities to get out of the house and do something fun with other people.



Finding trips that work for you is our goal!

Consequently, the Northern Hilltowns Councils on Aging Consortium will be providing monthly lists of trips, including information about each trip and contact points for reserving a spot. **If you know of an interesting group event, let us know: regionalcoanews@gmail.com.**

The Chesterfield COA Travel Group and the Northampton Senior Center have arranged the following outings, and you are welcome to join!

Please make your reservations early as these trips fill up fast!

Wednesday, Dec. 6th: Enjoy the **Rockettes' Christmas Spectacular at Radio City Music Hall** and free time in NY. \$142. Lunch on your own. **The bus is full, but you may be put on a waiting list.** Call Francine Frenier at the Northampton Senior Center: 413-587-1228.

Tuesday, December 12: **"Merry Christmazz Holiday Variety Show" with Jimmy Mazz** at Storowton Tavern, W. Springfield, leaving the Chesterfield Community Center at 10:30 am via carpool, and returning after lunch. 30 seats have been reserved. The cost is \$30.00, including a pot roast luncheon, but the Chesterfield COA has offered to pay half (\$15.00) for Chesterfield seniors. Be sure to get your reservation lined up with Mary Ann (413-296-4787) and your \$15 or \$30 check (Chesterfield or non-Chesterfield senior) to her by November 16th: 190 East St. Williamsburg, MA 01096.

Sister Act, a musical comedy, will be performed at Westchester Theater in Elmsford, NY. A full luncheon is included. Cost is \$125, and there is a \$10 discount if paid in full by March 15. Call Francine Frenier at the Northampton Senior Center: 413-587-1228.

May 25th– June 4th: **Mt. Rushmore and the Black Hills of South Dakota.** This 11-day bus trip costs \$950 with double occupancy. Roommates are available. There is a \$25 discount if paid in full by February 1, 2018. Trip insurance is available, and \$100 reserves your seat. Call Francine Frenier at the Northampton Senior Center: 413-587-1228.

Sept. 7th– 11th: **Washington DC.** Enjoy a full day at the Smithsonian and two-day guided tour of the city. Cost is \$540 with double occupancy. Roommates are available. There is a \$25 discount if paid in full by June 1, 2018. Trip insurance is available and \$100 reserves your seat. Call Francine Frenier at the Northampton Senior Center: 413-587-1228.

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.



Hilltown Easy Ride's November Schedule

Every Tuesday:

Shopping at Northampton Big Y and Walmart

Every Wednesday:

Food Pantry in Goshen.

Thursday, November 9th:

Shopping in Pittsfield

The Easy Ride Van would love to get you to any event possible. Want to go to your local COA luncheon? Want to try that exercise class in the neighboring town? Just please make sure you have filled out a Demand Response Application with FRTA first. It will take at least one week before you will receive an answer from FRTA to be approved.

Easy Ride Coordinator Fran Goebel is happy to help local seniors fill out an application form for eligibility and assist riders with booking trips and signing up for outings. **Fran can be reached at 413-296-4232 or ride@hilltowncdc.org.** Her hours are: Mon. 2:30pm-4pm, Tues. 8am-10am, Weds. 2pm-4:30pm, Thurs. 8am-12pm, Fri. 8am-1pm. Please feel comfortable leaving her a message with the details of your request and she will get back to you as soon as possible.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

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HEN Representative

Chuck Horn,
Member

Kristen Estelle,
Newsletter Designer

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

Out and About in November

Sun. Nov. 12th at 2pm

Roger Tincknell

*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

Roger has been performing for over 40 years to groups of all ages, from preschoolers to seniors. He is a two-time Parents' Choice award-winning recording artist, and people can't help but get into the music as he sings everything from ballads to swing to bluegrass. All ages welcome! *Sponsored in part by a grant from the Chesterfield Cultural Council. Also funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Child Care, and the New Hingham PTO.*



Mon. Nov. 13th at Noon

Veterans Day Dinner

**RH Conwell School, 147 Huntington Rd.
Worthington, MA**

The Worthington COA invites ALL hilltown veterans, regardless of age, and their spouse or caregiver to our Veteran's Day celebration. Lunch will be served at Noon. Due to limited space, reservations are required. Call Sandy Epperly at 238-5584. Come and enjoy a wonderful roast pork dinner, and the friendship of your fellow veterans. If you need a ride, call the Hilltown Easy Ride: 413-296-4232.

Seniors Aware of Fire Education

Senior 
SAFE

The National Fire Protection Association creates the theme for the Annual "Fire Prevention Week." This year's theme is MAKE EVERY SECOND COUNT. Here are a few things you can do to help make every second count if your house is on fire:

- Make a home escape plan. Draw a sketch of your home's floor plan. Include all the windows and doors (inside and outside doors) Find and draw two ways out of each room and the house. Establish a safe meeting place outside the house where everyone will meet and show it in your plan. Post your plan where everyone can see it.
- Do a home fire escape drill at home at least twice a year.

**You can MAKE EVERY SECOND COUNT!
Stay S.A.F.E.!**

--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.*