

# Westhampton Council on Aging

## February 2017 Newsletter



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

### Calendar of Events

MON	TUES	WED	THURS	FRI
		<b>1</b> <b>Walking Group</b> Town pk lot, 8 & 9 am  <b>Coffee &amp; Social Time,</b> Library, 10 am	<b>2</b> <b>COA Luncheon</b> Church, Noon	<b>3</b> <b>Walking Group</b> Town pk lot, 8 & 9am
<b>6</b> <b>Walking Group</b> Town pk lot, 8 & 9 am  <b>Knitting Group,</b> Library, 6:30-8 pm	<b>7</b> <b>Board &amp; Card Games</b> WW, 1:30	<b>8</b> <b>Walking Group</b> Town pk lot, 8 & 9 am  <b>Coffee &amp; Social Time,</b> Library, 10 am  <b>Scrabble Games</b> Library, 1:30 pm	<b>9</b> <b>Afternoon Movie</b> Library, 1:15pm	<b>10</b> <b>Walking Group</b> Town pk lot, 8 & 9am
<b>13</b> <b>Walking Group</b> Town pk lot, 8 & 9 am  <b>Computer Class</b> Library, 10am-12pm  <b>Knitting Group</b> Library, 6:30-8 pm	<b>14</b> <b>Board &amp; Card Games, WW, 1:30</b>	<b>15</b> <b>Walking Group</b> Town pk lot, 8 & 9 am  <b>Coffee &amp; Social Time,</b> Library, 10 am	<b>16</b>	<b>17</b> <b>COA Breakfast</b> WW, 8-9:30am  <b>Walking Group</b> Town pk lot, 8 & 9am
<b>20</b> <b>Walking Group</b> Town pk lot, 8 & 9 am  <b>Library Closed- Presidents' Day</b>	<b>21</b> <b>Board &amp; Card Games, WW, 1:30</b>	<b>22</b> <b>Walking Group</b> Town pk lot, 8 & 9 am  <b>Coffee &amp; Social Time</b> Library, 10 am  <b>Scrabble Games</b> Library, 1:30 pm	<b>23</b>	<b>24</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>COA Board Meeting</b> WW, 1pm
<b>27</b> <b>Walking Group</b> Town pk lot, 8 & 9 am  <b>Computer Class</b> Library, 10am-12pm  <b>Knitting Group</b> Library, 6:30-8pm	<b>28</b> <b>Board &amp; Card Games, WW, 1:30</b>			

## February Luncheon

On Groundhog Day, **February 2nd**, we'll be meeting at the church for our monthly luncheon. Afterwards, Janet Shaw from Stavros Services will present an informative program describing what services they offer seniors in our area. Stavros works with Federal and state legislators to improve services to people with disabilities and elders. Come early to sign birthday cards, and a nurse will be available for blood pressure checks. The Easthampton Food Pantry is always in need of non-perishable food items and appreciates anything we can bring to our monthly meetings.

## Monthly Movie

On **Thursday, February 9th**, the monthly afternoon movie will be shown at the library at 1:15. If you have any suggestions of what you'd like to watch, contact the library in advance. You can also call a few days ahead to find out what's scheduled to be shown.

## Cards and Board Games

Now that winter is upon us, you might want to join the fun on Tuesdays at Westhampton Woods, Unit F. At 1:30 you'll find a group socializing while enjoying cards and/or board games. All seniors are welcome.

## Monthly Senior Breakfast

Our February COA breakfast will be on **Friday, February 17th**. Between 8:00 and 9:30 you'll find coffee, tea, cocoa and milk ready to go with hot cereal and homemade coffee cake at Unit F in Westhampton Woods. It's a great way to start off a cold morning during the winter—with friends and good food and drink!

## Computer Classes

Bob Miller continues to help seniors with computer skills twice a month at the library. The classes usually meet on the 2nd and 4th Mondays of each month from 10:00 until noon. Bob helps with individual computer problems and teaches a lesson during the second hour. Call Bob during the month if there's something specific that you'd like to learn.

## Message From Friends

If you are a member of the Friends of the Westhampton COA, the Friends' Board would like to remind you that the 2016/17 dues are still being collected--\$5 for singles and \$8 for couples. For more info call Charlotte Wood at 527-1986.

## Chair Yoga Classes

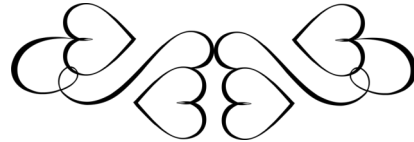
Although these classes are over for the winter, it was recently announced that they will be begin-

ning again in March. Sarah Prince will be starting her classes on **Wednesday, March 29, 2017**—a good reason to Think Spring!

## Walking and Hiking Groups

The hardy people in the walking groups will continue when possible this winter, but the hiking group will take a break until spring. Chuck Horn has an interesting hike planned for us at Arcadia for March or April when, hopefully, the weather will be a bit warmer.

## Get ready for the Maple Sugaring Season!



\*\*\*\*\*  
❖ **Winter Weather Reminder:** In these wintry ❖  
❖ months, please note that COA events will be cancelled ❖  
❖ if the Hampshire Regional School District is closed due ❖  
❖ to inclement weather. Check Channel 22 or 40 (TV), ❖  
❖ WHMP (radio) or cancellations.com (web). ❖  
\*\*\*\*\*

## 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 Susan at 527-9098.

**Equipment:** The COA has a variety of medical equipment available to loan to anyone who needs it. In addition to walkers, there are shower stools, crutches, canes, equipment to use in the bathroom, bed pads and assorted other equipment. Please note that we have some 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.





**Jessie Krug receiving  
Christmas fruit basket  
from carolers**



**December 17th--COA Christmas breakfast guests**



**January birthdays: Joanne Brooks,  
Shirley Raymond, Mary Lou Marchand, Janice Tracy,  
Connie Going and John Warren**

When I was in my younger days,  
I weighed a few pounds less,  
I needn't hold my tummy in  
to wear a belted dress.  
But now that I am older,  
I've set my body free;  
There's the comfort of elastic  
Where once my waist would be.  
Inventor of those high-heeled shoes  
My feet have not forgiven;  
I have to wear a nine now,  
But used to wear a seven.  
And how about those pantyhose-  
They're sized by weight, you see,  
So how come when I put them on  
The crotch is at my knee?  
I need to wear these glasses  
As the print's been getting smaller;  
And it wasn't very long ago  
I know that I was taller.  
Though my hair has turned to grey  
and my skin no longer fits,  
On the inside, I'm the same old me,  
It's the outside's changed a bit.

- Maya Angelou



**Barbara Fuller receiving Christmas fruit basket  
from Connie Dragon caroling**





## TRIAD COUNCIL

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

### SOLO AGING ~ FIFTY PLUS, MINUS KIDS

Have you noticed many of your friends spending time caring for their parents? They visit often, coordinate doctor appointments, check medications, provide hands-on care, handle bills, and help them “downsize” and move. They also research alternative living options and the maze of financial options for at-home or nursing home care. But what if we don’t have kids or haven’t planned to have our “Special Wishes” carried out?

Caregiver Statistics: One in five baby boomers has no children, and one-third of adults enter seniorhood single (never married, widowed, or divorced). The overall divorce rate has declined since 1990, but it has doubled for the age 50+ demographic. 80% of eldercare is provided at home by family members and their estimated value of unpaid contributions exceeds \$450 billion. There are now twice as many women without children as in 1976.

Support is key: Money certainly helps, but research links physical and emotional well-being to a strong support system with a partner, child or friend. Isolation can lead to depression and poor health. Even with support, you can’t leave personal future decision-making to others. You need to plan carefully. Even if you are in good health, accidents or an illness can happen. Start with three strategies:

1. **Face Facts** – You must make your own plans. Consider consulting legal advocates representing senior needs: asset protection and care coordination. Learn the income / asset guidelines & services for different benefit programs before you need them: Medicare, Medicaid, Mass Health, Veterans, and Pension/Private health insurance.
2. **Get your ducks in a row** – Make advance directives: a will, living will, fill out Health Proxy & Mass. MOLST forms, power of attorney, life insurance, and carefully research long term care insurance. Keep all records, policies, documents, bills and passwords in one safe place, make copies, and tell your attorney. Request a copy of our FREE Triad booklet, “Special Wishes”, also found on our Town Police webpage.
3. **Nurture your support system** – Don’t lose touch with your day-to-day contacts and relationships. Having a friendship is an investment that brings trust, mutual honesty, laughter, and support. With proper planning and support, childless adults can approach senior years with confidence in their daily lives.

### Informational Websites:

[www.800AgeInfo.com](http://www.800AgeInfo.com): Provides resources for Massachusetts Elders & Families or call 800-243-4636

[www.cms.gov](http://www.cms.gov), then click directly to Center for Medicare/Medicaid Services: Home

[www.aplaceformom.com/financial-assistance](http://www.aplaceformom.com/financial-assistance): Scroll down and click on Financial Assistance



***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**



## Regional News

### Seniors Aware of Fire Education



**A major focus of the Senior S.A.F.E. program is fall prevention. Here are a few danger zones for falls, and ideas on how to keep safe in them.**

- Black, invisible ice builds up in driveways, streets, sidewalks, paths, and near car doors. Salt and sand these areas.
- Slippery when wet -- if your bathtub requires climbing over the side, consider having a grab bar installed.
- Loose rugs can cause falls, and so can slick hardwood floors. Check the paths you walk every day in your home for those hazards.
- Some medications can make you dizzy and fall when getting up out of bed or a chair. Take a moment, sit up, make sure you are not feeling dizzy before you stand up.

#### Be 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.*

### Dance Class for Adults!

Taught by Susan Waltner

Wednesdays 10 am, Beginning: February 1

Are you interested in a (modern/contemporary/creative) dance class especially for adults?

Free, but a donation to the Williamsburg Senior Center is welcome.

Susan would be happy to answer questions, 268-3295. Please let the Williamsburg Senior Center know if you are interested: 268-8407.

### Muscle Strengthening Classes in Goshen: Beginning

**Tues. Feb. 7th**, the muscle strengthening classes led by Joan Griswold of Goshen will resume. We will meet at the Goshen Town Hall at 10am for 6 weeks. We hope those who attended the last series will return, and that new folks will join as well! Call Rose at 268-9444 to sign up. If your New Year's resolution includes physical fitness, this would be an excellent way to accomplish it. You can learn more about Joan, owner and principal coach of Be Your Best Health Promotion Services, on her website: [www.bybhealth.com](http://www.bybhealth.com).

### Interested in practicing your Spanish with others?

Wanting to keep your Spanish skills sharp? A group is forming at the Williamsburg Senior Center for interested adults. Potential times are morning on M,T or W or afternoon, T or Th. The group would meet weekly, and is free for all levels. Day and time will be determined once there is a list of interested people. Call the Williamsburg Senior Center to show your interest and express preferences for scheduling (268-8407).

### Going in Reverse...

So I know you've seen the ads for reverse mortgages. They make my hackles go up. While the concept has merit sometimes for some people in some circumstances (you might detect my limited opinion of their merits), I really worry that folks will get into a reverse mortgage and get in trouble. This isn't really free money!

You do borrow money and receive it, true. But if you need some money you may be able to borrow another way and pay fewer fees, and not tie up your home. Other ways of borrowing are also less complicated and have fewer tax implications. Here is a good link for reading about reverse mortgages before signing up:

**[www.fool.com/retirement/2016/10/09/read-this-before-you-get-a-reverse-mortgage.aspx?utm\\_campaign=article&utm\\_medium=feed&utm\\_source=usa-today](http://www.fool.com/retirement/2016/10/09/read-this-before-you-get-a-reverse-mortgage.aspx?utm_campaign=article&utm_medium=feed&utm_source=usa-today)**

Sorry about the length of the link; you can also search on the author, Matthew Frankel, and then the title "Read this before you get a reverse mortgage" and get the same article.

As always, share this information if you like, and give me a holler if you'd like to know more.

Looking Forward,

Jean O'Neil, Triad Committee Member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)



## A New Way to Age-in-Place

by Peg Whalen, Regional Outreach Coordinator

I have noticed a growing number of hilltown seniors trying to hide that they need a little help. One reason is the fear that revealing needs or declining abilities will lead to pressure to move or forced removal from home. The reality is, removal is rare, and only a last resort. There is help for you to live at home for as long as you can. Folks, it's a new century in aging services. The new focus in aging services is aging-in-place!

Older adulthood is a period of life that often includes discussing your future life with adult children or other family. In 2010, Home Instead, a national senior care service, published their "70 / 40 Rule", conversation starters for seniors in their seventies. Consider this situation: your 49 year old daughter is hinting that it's time for you, now 72, to move away from your home. You know, without a doubt, that you want to stay put. How do you gather information to support your case and begin the discussion with your children?

First, make a specific plan. Having a plan for continuing to complete daily tasks can make conversations with family less stressful and more successful. A plan should contain realistic ways your basic needs can be met, with or without help. In your plan include each of the Instrumental Activities of Daily Life. The IADLs are tasks that, when performed adequately, – by someone, not necessarily you – can keep you living at home. These activities are: paying bills & banking; driving, shopping, cooking, contacting family & friends, getting & taking prescriptions, cleaning & fixing your home.

Second, get more information. Contact your town Council on Aging to talk about options. The COAs confidentially can give you information & help you meet your needs. Local resources for help with daily activities include: Highland Valley Elder Services, HEN program, caring friends, willing neighbors, and our new Community Credits Program. Each of these resources can help you get affordable assistance you want or need.

Third, tell family you want to talk about your living situation. Acknowledge you know & appreciate how much they care about you. Ask them to listen until you are done. Then, be clear & firm about your wishes. Admit there is help you might need someday. Explain you have a realistic plan & share it. Ask them to do something specific or tell them how they can be most helpful.

Finally, HOW do you talk with family? The following ten Home Instead tips can help you talk with family. Tips include: be assertive (not aggressive), be proactive & tell them you want to talk, do not wait for it to come up; pick your battles, talk about one thing at a time; optimize your energy, talk when you feel good; compensate for your weaknesses, mention help you can get; seek independence, avoid dependence; listen and put yourself in their shoes; defend what you want without being defensive.

If you want someone to talk with about remaining at home, ask a friend, contact your COA, HVES, doctor or visiting health provider, or me, 413-404-4566. Contact numbers can be found on the newsletter RESOURCES page or by calling your COA.

## Snowshoeing for Seniors!



### Join us!

Seniors (60+) are invited to join **All Out Adventures** this winter for weekly snowshoeing excursions at various locations in the Pioneer Valley. Snowshoes offer traction and stability to help you enjoy walking in the winter woods. We will offer a guided group snowshoeing outing where we will travel along gently rolling terrain. We will go about two miles, based on the group's ability and interest. You can also opt to explore the trails on your own with a friend. There will be a warming hut and bathrooms available on site. We will provide instruction, snowshoes and poles.

**Cost:** There is no fee to participate in this program. Donations are gratefully accepted to offset the cost of the program.

**Contact:** Advance registration is required. Call or email All Out Adventures for more information: 413-584-2052, [info@alloutadventures.org](mailto:info@alloutadventures.org)  
Visit their website: [alloutadventures.org](http://alloutadventures.org)

### Wednesdays, Rotating locations:

DAR State Forest, Goshen (Feb 8, March 1)

\*Mt. Tom State Reservation, Holyoke (Feb 1 & 22,)

Wendell State Forest, Wendell (Feb 15, March 8)

*\*Mt. Tom programs may be moved up to Goshen or Wendell based on snow conditions. Call or check our home page for status, [www.alloutadventures.org](http://www.alloutadventures.org).*

## It's tax time again!

**So, that means it's also time to file a claim for the Circuit Breaker Tax Credit for adults age 65+.**

Adults age 65 and older are eligible to receive this tax credit when their property taxes and half of their water/sewer bills total more than 10% of their income. Or, if they rent an apartment (without a state or federal subsidy) they may get this tax credit if their rent is more than 25% of their income.

**For qualifying incomes and home values, check out this link:** [www.mcoaonline.com/sites/mcoa/files/file/file/circuit\\_breaker\\_fact\\_sheet.pdf](http://www.mcoaonline.com/sites/mcoa/files/file/file/circuit_breaker_fact_sheet.pdf)

**To download the tax forms– Form 1 and the Schedule CB Form– go to the official Department of Revenue site:** [www.mass.gov/dor/individuals/seniors-students-and-military-personnel/seniors-and-retirees/](http://www.mass.gov/dor/individuals/seniors-students-and-military-personnel/seniors-and-retirees/)

# RESOURCES DIRECTORY



<b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> Information and Referral Resources	800 339-7779
<b>Fuel Assistance</b> Application and Recertification	800 370-0940
<b>Hilltown Elder Network – H E N</b> (sponsored by Hilltown CDC)	413 296-4536
<b>Veterans' Service Officer</b> Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Upper Pioneer Valley Veteran's Services District in Greenfield	413 772-1571
<b>Regional Outreach Coordinator</b> , Peg Whalen	413-404-4566
<b>DO NOT CALL Registry</b>	888 382-1222

## Food Services:

<b>Food Bank of Western Massachusetts Brown Bag Program</b>	800 247-9632 or 413 268-8407
<b>Food Stamps - Supplemental Nutrition Assistance Program (SNAP)</b>	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
<b>Hilltown Food Pantry</b> - Goshen Town Hall - Diane Meehan, Director	413 268-7578 Wed 1-3; 3 <sup>rd</sup> Wed 1-6
<b>Meal Site</b> Williamsburg Senior Center	413 268-8407
<b>Meals on Wheels</b> Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
<b>Northampton Survival Center</b> , 265 Prospect St. Northampton	413 586-6564
<b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>	413 586-5336/6564

## Health Services:

<b>Highland Valley Elder Services</b> Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center</b> - Medical & Dental	413 238-5511, ext. 131
<b>HOPE Nurse</b> , Robin Laferriere, RN	413 238-5511, ext. 313
<b>Janet Dimock</b> , HealthWise Community Health Worker	413 238-5511, ext. 149
<b>Podiatrist</b> <b>Dr. Michael Coby</b> , call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
<b>Foot Care</b> <b>Oni, RN</b> , foot care in Goshen, Call Liz Loven for appt.	413 268-7122
<b>Oni, RN</b> , foot care in Williamsburg or in-home visits	413 268-8407
<b>Oni, RN</b> , foot care in Plainfield or in-home visits	413-522-7219
<b>Diane Roeder</b> , foot care in Whamp & Chesterfield	413 374-0457
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b>	
<b>Wayne Glaser</b>	Call your COA for appointment
<b>Richard Bauman (Westhampton)</b>	413 527-5240
<b>Lorraine York-Edberg</b>	413 773-5555, ext 2275
<b>Mass Health and New Health Coverage</b>	
<b>John Bergeron, HCHC-Huntington</b>	413 667-2203
<b>Buliah Mae Thomas</b> at Hilltown Comm. Health Center	413 667-2203

## Transportation Services

<b>Chesterfield</b> FRTA Volunteer Driver, Carol Jolly	413 296-4254
<b>Cummington</b> Neighbor to Neighbor Drivers	413 634-2262
<b>Westhampton transportation</b> to appts or grocery shopping, Susan Everett	413 527-9098
<b>Williamsburg Medical Rides</b> Williamsburg Senior Center (to schedule)	413 268-8407
<b>PVTA Dial-A-Ride</b> (tickets sold at Williamsburg Senior Center)	866 277-7741
<b>FRTA Van</b> Tuesdays and Wednesdays, 8:30am-4:30pm, Gary Theroux	413 585-0096

## Local Councils on Aging

<b>Chesterfield COA</b> , Nancy E. Braxton	413 296-4007
<b>Cummington COA</b> , Carolyn Urekew	413 634-2262
<b>Goshen COA</b> , Rosemarie Clark	413 268-8236
<b>Plainfield COA</b> , Deborah Thibault	413 634-0275
<b>Westhampton COA</b> , To be announced	
<b>Williamsburg Senior Center</b> , Marie Westburg	413 268-8407
<b>Worthington COA</b> , Sandra Epperly	413 238-5584



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**3 South Road**  
**Westhampton, MA 01027**

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Westhampton  
Council on Aging

Board of Directors

Louise Jasionkowski &  
Jean Webster, Co-Chairs

Wendy Blow, Secretary

Bill Magrone,  
Treasurer & Programs

Lillian Baxter,  
HEN Representative

Shirley Raymond,  
Friends of COA Rep.

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Kristen Estelle,  
Newsletter Designer

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

*The Chesterfield Council on Aging invites you to chase the winter blues away with an afternoon of Irish music.*

Presenting...

# Doolin Music House

**Sunday, Feb. 5th 2017, 2-4pm**

with an intermission to enjoy tea and cookies!

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



Experience authentic traditional Irish music and enjoy the tunes and stories of old. Christy Barry was awarded a Lifetime Achievement Award in Doolin, Ireland in 2015 for his enormous contribution to traditional music. James Devitt is a unique fiddle player who has the ability to adapt to any style. They make a wonderful duet and like to mix with the audience no matter where they are playing. They are the old style of musician who like to remember the musicians who came before them.

*Note: Your donation will be much appreciated and is needed to underwrite the transatlantic travel costs of these heralded Irish musicians. Suggested donation: Adults: \$20; Seniors/Kids ages 10-18: \$10; Kids 9 years or younger: free; Maximum family donation: \$50.00.*