



Moving Forward

Westhampton Council on Aging
Programs and Services for Active Living at 60+



April 2017 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
3 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	4 Board & Card Games , WW, 1:30pm	5 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	6 COA Luncheon Church, Noon	7 Walking Group Town pk lot, 8 & 9am
10 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am-12pm Knitting Group Library, 6:30-8pm	11 Board & Card Games , WW, 1:30pm Scrabble Games Library, 1:30pm	12 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	13 Afternoon Movie Library, 1:15pm	14 Walking Group Town pk lot, 8 & 9am
17 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	18 COA Health Fair Church, 9:30-12 Board & Card Games , WW, 1:30pm	19 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	20 	21 COA Breakfast WW, 8-9:30am Walking Group Town pk lot, 8 & 9am
24 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am-12pm Knitting Group Library, 6:30-8pm	25 Board & Card Games , WW, 1:30pm Scrabble Games Library, 1:30pm	26 Walking Group Town pk lot, 8 & 9 am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	27 	28 Walking Group Town pk lot, 8 & 9am COA Board Meeting WW, 1pm

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

Welcome To The Young-Old

With this issue of the newsletter, we have expanded the mailing to include all Westhampton residents 60+ in the year 2017. There are three good reasons for this. First, our mission is to serve residents 60 and older. Information and outreach are fundamental to that service. Second, aging is a continuum, and we need to welcome the "young-old" into the fold. We all embrace active, healthy living, and it is always a good time to renew our resolve and engage with our community. And that brings us to the third reason – volunteering keeps us young. Numerous studies show that volunteering promotes better physical and mental health, a better sense of well-being, and delayed mortality. And that's just the benefit for the volunteer!

If you are not aware of what a "Council on Aging" is – or does – it is written into Massachusetts Law. Each town has a Council on Aging supported by funding from the State of Massachusetts, and may have additional funds from the town. The COA's function is to develop priorities, serve as advocates and offer opportunities to access programs, services and activities for town residents age 60+ and their caregivers. COAs provide a range of programs from information and referral, outreach, transportation, meals, to health screening, health insurance information benefits counseling, fitness, recreation, computer access, education/lifelong learning. The COA also sponsors activities and events to provide seniors with opportunities to give back, socialize, alleviate isolation or lessen loneliness. We hope the Westhampton COA offers activities of interest for residents 60-65 and welcome your thoughts and suggestions for new activities.

Introducing 'Friends'

The Friends of the Westhampton Council on Aging is a nonprofit organization that seek donations through membership and fundraising events, to financially assist senior programs and activities. Our main fundraiser is the Annual Pie Sale that takes place at the Fall Festival. Annual Dues are \$5.00 per individual and \$8.00 per couple.

Some of the events that the Friends have sponsored are the Veterans Day Breakfast, van trips, drawing classes and chair yoga. Friends have also sponsored the entertainment that is provided at the monthly COA luncheons. Most programs and events are free to Westhampton seniors.

March Luncheon

Sixteen 4th graders along with 31 of their grandparents were guests of the COA at our luncheon on March 2nd. After the meal, the students pitched in to help clear the tables before presenting a wonderful program of entertainment for us. What an array of talents the classes have shown us over the years! It's always a special treat to have them join us.

April Luncheon

This month our luncheon will be on **April 6th** at noon. Although we had planned to have Sandy Kobolarz, a physical therapist, join us for a program with tips on staying safe in our homes as we age, she has had to cancel for personal reasons but hopes to join us in the future. So at the moment our program is "To Be An-

nounced". As usual, blood pressure checks will be available before lunch, and there are always many birthday cards to be signed each month. Don't forget that the Easthampton Food Pantry is always pleased to receive non-perishable food items from us.

Walking Groups

Our Monday/Wednesday/Friday walking groups will probably be growing with the nice April weather here. What a perfect time to get into walking before the warm weather bugs arrive! Hopefully, we'll have some nice walking weather this spring.

Board and Card Games

For those seniors who prefer indoor activities—especially when we have April showers, games are still taking place at Westhampton Woods on Tuesdays at 1:30. Also, Scrabble games take place that same time at the library on the 2nd and 4th Tuesdays.

Afternoon Movie

The movie this month will be on the 13th at the library at 1:15pm. You can contact the library earlier in that week to find out what will be shown, or you can even suggest something that you'd like to see.

April Hike

Chuck Horn has another hike at Arcadia Wildlife Sanctuary planned for April 12th (bad weather date will be April 26th). We will be heading to the Arcadia Eagles Nest area this month. We'll plan to meet at Westhampton Woods at 1:30 to carpool. The hike will begin on South Park St. off of Rt. 10 near the Easthampton border. It's a somewhat long but easy walk to the eagles nest via an elevated trail through a swamp and then along open fields. We're just about guaranteed to see the nest, but no guarantees that we'll see the eagles. We should be back by 3:45pm.

COA Spring Health Fair



Tuesday, April 18th 9:30—12:00
Westhampton Congregational Church

We will again have a Spring Health Fair at the Westhampton Congregational Church. We'll have representatives from about a dozen organizations coming with information to help seniors stay healthy. The EMTs and possibly reps from our Police and Fire Departments will be there. Tables will be set up for TRIAD, Highland Valley, Golden Moments, the SHINE program, the Hilltown Community Health Center, RSVP and more. Come see how these different organizations are helping seniors in our area. Of course, blood pressure checks will be available too. There will be light healthy refreshments (and perhaps a couple of unhealthy ones) available all morning. Please save the morning of April 18th to attend this important event.

Files Of Life To Be Updated

Since it's been a couple of years since our last Fair, April 18th will be a good time to get Files of Life updated (or new ones filled out) electronically by our EMTs. These are very important to have on your refrigerator in case EMTs are called to your home. **Please remember to bring with you a list of the medications that you're currently taking.** You'll not only get a File of Life to keep at home but also a compact one for your wallet to carry wherever you go.

COA Breakfast

Our breakfast for seniors will be on **Friday, April 21st** at Westhampton Woods, Unit F, as usual. You will be welcomed from 8:00 until 9:30. Come in and enjoy delicious coffee cake along with coffee, tea, cocoa or milk. Hot cereal is always available, too. You'll find a great group of seniors to begin your day with. There's always laughter which is known to be good medicine for everyone.

Computer Classes

Bob Miller's computer classes at the library will be on April 10th and 24th this month. They begin at 10:00 and continue until noon. You're welcome to attend regularly or just when you have a problem. The first hour is used to answer questions and/or troubleshoot problems. Usually the 2nd hour is for a specific lesson or review of a previous one. All seniors are welcome regardless of skill level. If you have a laptop, bring it along, but Bob has extra computers for class members to use if you don't have one.

A Note From The Library

Prison Book Program Presentation: On April 8th at 3:00pm, join us at the Westhampton Library for a presentation by this program that collects books and educational materials for those incarcerated. Learn about what the program does and the experiences of its volunteers. A collection box will be at the library for donations. Please visit the library or call us to get the restrictions on what items they can/cannot take. You may also bring an item with you on that day. Collections will be taken March 6—April 3.

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. In addition to walkers, there are shower stools, crutches, canes, and other equipment to use in the bathroom. Please note that there are 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.



I'm getting so old that all my friends in heaven will think I didn't make it



February birthdays:
Louise Jasionkowski and
State Police Trooper
George Berrios



February guests:
Glenda Colon and
Janet Shaw from
Stavros



Stavros Options
Counselors,
Glenda Colon
and Janet Shaw
with Bill Magrone



TRIAD COUNCIL

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

IS DRIVING AT NIGHT DIFFICULT?

It is true, “older eyes need more illumination to see”. At the same time, it can take 10 minutes longer than younger eyes to recover from the “bleaching effect” caused by the lights of oncoming vehicles. To be safe responsible drivers, we need to seek solutions.

Ask your eye doctor about night-driving glasses. They reduce glare and increase contrast, and when cars approach, get to the far right and look at the white lines on the road. On secondary country roads, it is especially difficult as many of the side road lines are not painted. Our Town Highway Dept. has always been responsive when we have contacted them about specific roads. We will submit a spring “wish list” after all the sand is cleaned up!

Also, check your car. A 2016 study by Highway Safety found that most headlights fail to provide adequate illumination. So use those high beams when there’s no oncoming traffic; only 18% of drivers even use their high beams when no other cars are around.



2016 SENIOR CIRCUIT BREAKER TAX CREDIT

Do you qualify for getting up to \$1,070 in your pocket? Here are the basic qualifiers:

- Were you 65 or older before December 31, 2016?
- Own or rent in Massachusetts as principal residence?
- If Single: Total income did not exceed \$57,000
- If Married filing jointly: Total income did not exceed \$86,000
- If Head of Household: Total income did not exceed \$71,000
- Your real estate valuation did not exceed \$720,000

To claim the Circuit Breaker Credit, you must file a MA state income tax return, even if you typically don’t file a return, and include SCHEDULE CB (Circuit Breaker Credit form). You can file your tax return for FREE at mass.gov/mafreefile. You can get help at AARP’s Tax-Aide 1-888-227-7669, at VITA (Volunteer Income Tax Assistance) 1-800-906-9887, or for more information, go to MA seniors webpage: mass.gov/dor/seniors or call them: 617-887-6367 Option #1.

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



April is the worst month for brush fires. As the snow pack recedes, there is a lot of tinder left behind, just waiting to burn. Winds are also strong and unpredictable. So here are a few ideas about how to burn safely:

-Get a permit from your local fire official.
(You have to!)

-Have fire control tools at your burning site:
water supply, rakes and shovels.

-Watch the wind and be prepared to extinguish all open burning if the wind picks up.

-Fires MUST be attended by an adult until totally extinguished.

- If your fire begins to get out of control, call 911 immediately.

Be SAFE!

--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.*

Options Counseling Presentation

by Avery Schleeweis, Options Counselor / Specialist

Thurs. April 20th 11:00-11:45
Williamsburg Senior Center

Free

(Call to register for lunch 2 days ahead if you'd like to stay for the 11:45 luncheon)

What Is Options Counseling & What Can It Do For Me?
Come learn why meeting with an Options Counselor can help you to:

- Make informed decisions
- Create short and long-term plans for services
- Identify resources that will facilitate your continued independence
- Plan for support to ensure your ability to age in your home or help you determine what other options you want to consider going forward.

****NEW****

Options Counseling Appointments

with Avery are now available

Thursdays 1-3 at Williamsburg Senior Center

Please call ahead to schedule an appointment at 268-8407 (other times and home visits can also be arranged by calling Highland Valley Elder Services at 413-586-2000)

Note: Options Counseling is available to

- people age 60 & older
- people with disabilities
- caregivers & family members

Williamsburg Senior Center
141 Main St. Haydenville, Ma. 01096

How young is too young?

Dear reader, this note is not for you, since I am quite sure you have paid attention to my gentle reminders (oh, all right, nagging) about checking your credit report. This note is for you to pass on to your coming-up generations, those with youth approaching adulthood.

Experian tells us that a person's credit report starts out empty, then is built as events happen like credit card use is started, a car loan is obtained, perhaps a phone plan is purchased. An under-age youth will start a credit report if the parent adds him or her to their credit card account. Under normal circumstances, someone under 16 or so will have no credit report.

If they do have one, chances are good there has been identify theft which is on the rise in children. This is particularly because of sharing things on social media. Therefore, parents should check for a report if they have any suspicion that personal information has hit the internet. This is a good overview article:

www.consumer.ftc.gov/articles/0040-child-identity-theft

Financial literacy is another of my pet topics and is relevant here. As a young person is learning about how finances work, part of his or her education should be about credit reports and scores. This includes the importance of monitoring, why reports and scores are important, what they can do to or for you, and how to fix a problem.

With credit,
Jean O'Neil, Triad Committee Member
413-268-2228, jeanoneilmass@gmail.com



Hilltown Senior Bus

As part of our transportation initiative, the Hilltown CDC is negotiating to assume operations on July 1, 2017 of the senior bus dedicated to serving Seniors in the towns of Chesterfield, Cumington, Goshen, Plainfield & Worthington. The bus is currently being operated by the Town of Goshen through its COA. The Hilltown CDC has a strong and active Regional Transportation Committee seeking to advocate for rural transportation and grow options for residents. Operating the senior bus out of the Hilltown CDC is the first step in moving from planning and advocating to implementing transportation solutions for Hilltown communities.

The bus is owned by the Franklin Regional Transit Authority and they call it a "Demand Response" service where eligible seniors and those with disabilities put in a request, and the dispatcher responds. Ridership and driver's hours have waned in the last few years and the Hilltown CDC is developing a new operating and dispatch plan to relaunch the program this summer.

Senior Bus Naming Contest

Part of that effort is a rebranding campaign to build trust and comfort in using the FRTA Hilltown bus as a viable, easy to use and FUN way for seniors to get around. At this time, we welcome help coming up with a catchy name for the small bus. The new name should have some motion words, express transportation and have a sense of place unique to our rural Hilltown villages and topography.

The new name will appear on the brochure, website and other marketing materials as well as on the bus itself – so think about how the new name will fit into an appropriate logo!

OK- what are your creative ideas? Please submit one idea per person. Must include your name, town, email (if applicable), and phone.

I think the bus should be called _____.

Submit entries by either mail or email to:

Kate Bavelock
Hilltown CDC
PO Box 17
Chesterfield, MA 01012
kateb@hilltowncdc.org

Deadline for submission is
Thursday, April 20th, 2017.

Winner will be selected by our Transportation Committee at their April meeting.

Best naming idea wins a
**\$50 gift certificate to the
Williamsburg General Store,
plus a \$50 gift certificate to
the Old Creamery Co-op –
a prize package worth \$100!**

*If more than one person
submits the winning idea –
prize will be split amongst
the winners.*



My Life, My Health: Managing a Chronic Condition

The Hilltown Community Health Center is offering a free six-week series of workshops, My Life, My Health, to help people develop new ways to manage and cope with on-going health conditions. The series is designed to assist adults with hypertension, arthritis, heart problems, stroke, COPD, cancer, diabetes, and many other on-going health conditions. Participants discuss reducing stress, dealing with difficult emotions, planning for the future, locating and using community resources, effective communication, weekly goal planning, and how to ask for help.

The series will be taught by Chronic Disease Self-Management certified trainers Diane Meehan and Janet Dimock of the HCHC's HealthWise program. The series begins **April 11th from 1:00 to 3:30 p.m. at Chesterfield Community Center** (formerly the Senior Center) at 400 Main Road in Chesterfield. The series will conclude on May 16th. **To register call Diane at 667-2203 ext. 320 or Janet at 238-5511 ext. 149.**

My Life, My Health, also known as the Chronic Disease Self-Management Program, is a participant education program developed by Stanford University. It has been extensively researched and the information and support offered has been proven to be effective in the management of chronic diseases. It helps participants build confidence in their ability to manage their health and maintain active and fulfilling lives.

The series is offered in cooperation with Highland Valley Elder Services.

MUSCLE STRENGTHENING CLASS

Tuesdays, 10 am, at the Goshen Town Hall

We hope to continue the classes with Joan Griswold through April and May. Joan sends out an email every week to keep us posted on any changes in schedule. Strengthening your body helps you stay at home longer. To find out more about Joan, the owner of Be Your Best, Health Promotions Services, look up bybhealth.com. Men and women from any town in the Northern Hilltown COAs Consortium may join. Call Rose Clark at 268-9444 to sign up or ask questions. This class is sponsored by a grant from HVES to Chesterfield and Goshen.

Multigenerational Square Dance!

There will be a square dance at the Chesterfield Community Center from 7-10pm on **Saturday, April 15th**. All are welcome! Folks come from all over the region, beginners and experienced dancers, from the very young to dancing seniors. Live music by Falltown String Band. Singing calls by Bob Livingston. A donation of \$8.00 is requested to help cover costs of the live band and caller; an additional donation to the COA will be appreciated for hosting these events. Food is available for a small fee. Please bring items for the raffle table! For more information, please call Sarah Prince: 296-9201. Supported in part under a grant to the Chesterfield COA from Highland Valley Elder Services.



**Paris Press and Goshen Free Library
invite you**

to an afternoon of readings, discussion,
and writing about the transformations
of illness and caregiving.

**Sunday, April 2nd at 2pm
Goshen Free Library**

Join Jan Freeman, Director
of Paris Press, Goshen resi-
dent Marya Zilberberg, and
others in a reading and
discussion about the trans-
formations that we experi-
ence in illness and caregiv-
ing.



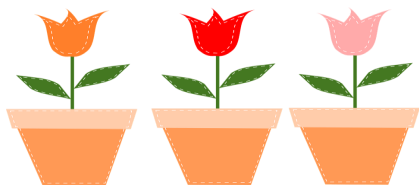
This program springs from Virginia Woolf's *On Being Ill*
with *Notes from Sick Rooms* by Julia Stephen, Woolf's
mother. A group writing activity will follow the reading
and discussion. Books will be available to purchase.

**For more information, contact:
Goshen Free Library 413-268-8236 ext. 111**

or

Paris Press 413-628-0051, info@parispress.org

Sponsored by the Massachusetts
Cultural Council and the Schocken
Family Foundation.



The Goshen Council on Aging invites you to:

Old Country Road

Vintage Country Music

Sunday, April 23rd, 2pm

Goshen Town Hall
42 Main St. Goshen



Old Country Road, dedicated to keeping the sound of
"true" or vintage country music alive, features songs from
the 1950s and 60s. The group, says member Ron Jackson,
"takes folks back to the golden years of country music,
when country music was country music."

The program will include "classic country" songs by Hank
Williams, Webb Pierce, Carl Smith and a host of others
with some bluegrass music mixed in.

FREE and open to the public! All ages welcome!

Refreshments provided by the Goshen COA.

Sponsored by:
The Goshen Council on Aging,
the Goshen Cultural Council
and the Massachusetts Cultural Council



**The Hilltown Community
Health Center** is accepting
registrations for their free
YMCA Diabetes Prevention
Program. The year-long pro-
gram begins in April and will
be held in the Northern
Hilltowns. The program is for
adults at risk for developing
prediabetes, also known as
type 2 diabetes.

To sign-up or for more
information call Janet Dimock
at 413-238-5511 ext. 149.

Prediabetes? That's a thing?

**Yes. And a Diabetes Prevention
Program can help.**

Join a program!

Hilltown Community Health Center | (413) 238-5511 X 149
Hampshire Regional YMCA | (413) 584-7086 X 119



Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSRT STD
US POSTAGE
PAID
PERMIT 935
Springfield MA

Westhampton
Council on Aging

Julia Lennen, Coordinator

Louise Jasionkowski &
Jean Webster, Co-Chairs

Wendy Blow, Secretary

Bill Magrone,
Treasurer & Programs

Lillian Baxter,
HEN Representative

Shirley Raymond,
Friends of COA Rep.

Kristen Estelle,
Newsletter Designer

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

*The Westhampton Council on Aging and
Westhampton CFCE invite you to:*

Sleeping Beauty

by the Tanglewood Marionettes

Thursday, April 20th

10am

Westhampton Town Hall
1 South Rd. Westhampton



In this retelling, a painted story book opens to reveal each scene. Beautiful hand-crafted marionettes are brought to life by a master puppeteer as the dramatic story unfolds! There will be snacks available for purchase.

Free and open to the public!

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 Childcare, and the New Hingham PTO.

*The Chesterfield Council on Aging
invites you to:*

Birds of Prey

with Tom Ricardi

**Sunday, April 30th
2pm**

Chesterfield Community Center
400 Main Rd. Chesterfield

Tom is a wildlife rehabilitator who runs a raptor rehabilitation center in Conway. He will share his knowledge of these majestic birds and show some of their abilities during the show!



Free and open to the public! (*Donations welcome!*)

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 Childcare, and the New Hingham PTO.