

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



May 2017 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
1 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	2 Board & Card Games , WW, 1:30pm	3 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	4 COA Luncheon Church, Noon	5 Walking Group Town pk lot, 8 & 9am
8 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am-12pm Knitting Group Library, 6:30-8pm	9 Board & Card Games , WW, 1:30pm Scrabble Games Library, 1:30pm	10 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	11 Foot Care Nurse WW, Unit F, 10:30am Afternoon Movie Library, 1:15pm	12 Walking Group Town pk lot, 8 & 9am
15 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	16 Board & Card Games , WW, 1:30pm	17 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	18	19 COA Breakfast WW, 8-9:30am Walking Group Town pk lot, 8 & 9am
22 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am-12pm Knitting Group Library, 6:30-8pm	23 Board & Card Games , WW, 1:30pm Scrabble Games Library, 1:30pm	24 Walking Group Town pk lot, 8 & 9 am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	25	26 Walking Group Town pk lot, 8 & 9am
29 Walking Group Town pk lot, 8 & 9am No knitting group—Library closed for Memorial Day	30 Board & Card Games , WW, 1:30pm	31 Walking Group Town pk lot, 8 & 9 am Chair Yoga WW, 9am Coffee & Social Time Library, 10am		

Our seniors enjoyed an 'ice cream social' after the luncheon on April 6th. We also welcomed Lynn Blair, director of the Westhampton Public Library, who spoke to us about the new library program that will bring books right to your door.



May Luncheon

On May 4th our entertainment after lunch will be Nick Kachalis, a jazz pianist, along with a vocalist. It should be very entertaining. Come early for blood pressure checks, if needed, and to sign birthday cards that are sent out every month to seniors in Westhampton. We're always collecting non-perishable food items for the Easthampton Food Pantry. Add an item to your next grocery list, if possible, and bring it along to the monthly luncheon.

Walking Groups

If you're a walker, I'm sure you're enjoying our beautiful spring weather—finally! Come join those who walk in the center of town on Mondays, Wednesdays and Fridays. An early morning walk in May should really start your day off right! The red-winged blackbirds are always singing if you walk down South Rd. beyond the Norris and Tracy farms.

Board and Card Games

Every Tuesday afternoon at 1:30 a group of seniors meets at Westhampton Woods for board and card games. If you're interested in Scrabble, a group meets at the library twice a month at 1:30. In May they'll be meeting on the 9th and the 23rd. Anyone is welcome to join the games at any time.



Monthly Movie

The afternoon movie will be on **Thursday, May 11th** at 1:15 at the library. As usual, you can contact Lynn at the library early that week to find out what is planned to be shown. You can also suggest movie titles that you'd like to see.

May Hike

Chuck Horn, along with other hikers, has a number of ideas for spring hikes. The weather was beautiful for the first two hikes. There will be another hike on Arcadia land before you read this. His plans for May haven't been finalized, but he'll be in touch through email. Give him a call (527- 6765) if you're interested in joining a hike, and he'll add you to his email list. May is a great month to hike—before all the bugs are out (hopefully), and it isn't too hot yet.

COA Breakfast

Our breakfast at Westhampton Woods will be on the 19th from 8:00—9:30. Come to Unit F for coffee, cocoa, tea and coffee cake. Hot cereal is always available and sometimes some extra "goodies". Come and visit with old friends or possibly meet some new ones. Stop in any time.



Chair Yoga

Sarah Prince is continuing through the month of May with classes every Wednesday at 9:00am in Unit F at Westhampton Woods. These gentle yoga classes can improve your breathing, balance and flexibility—which are all very important as we age. The classes are very casual, and seniors and caregivers are welcome to come to any or all of the sessions. These classes are paid for through a grant and by Friends.

Foot Care Nurse

Diane Roeder will be making a stop at Westhampton Woods, Unit F, on **Thursday, May 11**, beginning at 10:30am. If anyone would like to make an appointment with her, she can be reached at 413-374-0457.

Computer Classes

The computer classes with Bob Miller are ongoing at the library on the 2nd and 4th Mondays of the month. They begin at 10:00 and go until noon. Anyone is welcome whether they just have a computer problem that they'd like help with or they'd like to add to their computer knowledge. Again, all seniors are welcome, regardless of skill level. You're basically guaranteed to learn something that will make your life, dealing with your computer, easier! If Bob is stumped by a problem, he just "googles" it and finds the answer. (A good lesson to learn right there!)

News From The Library: Monday, May 8, 6:30pm Women Crime & Justice: Mass Incarceration and Mothering

The number of women behind bars or under some form of correctional control has risen significantly in the last four decades, where now, no country incarcerates more women than the United States. At the intersections of this crisis, we find disproportionate numbers of women of color, and poor women, many of whom leave behind children, and are more likely to be locked up thousands of miles away from those children. What are the collateral consequences for our communities when parenting takes place behind bars? Presented by Nicole Hendricks of Holyoke Community College.

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. 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.



Arcadia Hike on March 8th: Cheryl, Mary Ellen, Barbara, Mikki, Chuck, Ray and Connie and Lilly in front



Parson's Farm to Southampton Rd. hike: Bill, Chuck, Mary Ellen, Barbara, Ray, Cheryl, Lilly and Pat (taking picture)



Oh look! A selfie, too!



Recipe: Sautéed Spinach

10 oz bag of spinach leaves
1 tbsp. extra-virgin olive oil
1 1/2 tsp garlic salt
1/4 cup grated Parmesan cheese



1. Heat olive oil in large skillet over medium heat; add spinach to skillet and cover for 5 minutes.
2. Stir in garlic salt and cover for 5 more minutes.
3. Remove from heat and sprinkle with parmesan cheese.

I called an old school friend and asked what he was doing. He replied that he was working on "aquathermal treatment of ceramics, aluminum and steel in a contained environment." I was impressed...On further inquiring, I learned that he was washing dishes with hot water....under his wife's supervision.



And you're sticking to that story???

~ Author unknown





TRIAD COUNCIL

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

REMEMBER, NO REMINDERS!

If it's your birthday, it may be too late! For cost cutting measures, MA RMV friendly reminders ceased in 2013. Pull out your driver's license to check your expiration date; it falls on your birthday EVERY 5 YEARS. If it hasn't expired make a note what YEAR it does. Since a local store clerk just reminded me mine did, don't panic, the Easthampton RMV was sympathetic. If it is expired, you must appear in person. If you are eligible, you may renew online. Cost: \$50.00.

You must renew in person if:

- Your last license was processed online
- Your license photo is 9 years older

You are 75 years of age or older at time of renewal – Vision test

Make sure parking tickets, vehicle excise tax, E-ZPass fees are paid in advance.

VEHICLE REGISTRATION REMINDER

The RMV sends a Renewal Form (RMV-2) to you 6-8 weeks before your registration expires and a notice if you need a stamp from your insurance agent. You will NOT get a Renewal if:

- incorrect mailing address is on file
- you have unpaid parking tickets, taxes, or vehicle citations
- unpaid child support
- outstanding arrest warrant

Fee: \$60.00 valid for 2 YEARS. You can renew your registration online, by phone, by mail, or in person. For information call 800-858-3926 or go online: www.massrmv.com.

VEHICLE INSPECTION REMINDER

All vehicles in Massachusetts must get safety and emissions inspections done YEARLY. For a reminder, look at your inspection Sticker in the passenger side window. The NUMBER is the MONTH when you schedule your safety inspection. No reminders are sent to you!

2015 LAW- HEADLIGHTS/ WIPERS ON

This 2015 law requires full headlights and taillights to be used during inclement weather and when windshield wipers are in use. Reminder: Put Lights on a half hour after sunset and a half hour before sunrise. Visibility and Safety are the goals.

VEHICLE SPRING CARE & MAINTENANCE

- Car Wash - Get that winter road salt off the car to prevent rust
- Wiper Blades – Replace them to assure good visibility
- Get a Spring Tune-up – change the oil for warmer weather
- When driving, turn OFF the cell phone – NO TEXTING!



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



The Department of Fire Services tells us that the most common place for fires in the homes of older citizens is the kitchen. So, here are a few tips of what to do if you have a cooking fire:

- Put a lid on a grease fire to smother it, then turn off the heat.
- NEVER throw water on a grease fire; water will spread the fire.
- NEVER move a burning pan.
- Stand by your pan. NEVER leave cooking unattended.
- Call 911, before the fire spreads.

Stand by your pan!

--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

Avery Schleeweis, Options Counselor/Specialist, is available at the Williamsburg Senior Center on the third Thursday of each month, 1-3 pm. Meeting with an Options Counselor can help you to make informed decisions, create short and long-term plans for services, provide resources toward your continued independence, and plan for aging-in-place.

Options Counseling is available to:

- People age 60 and over
- People with disabilities
- Caregivers and family members

Please call ahead to schedule a Thursday appointment at 268-8407. Other times and home visits can also be arranged by calling Highland Valley Elder Services at 413-586-2000.

Northampton TRIAD Health Fair

Thursday, May 11th 10am-2pm, lunch available

Folks will be meeting at the Williamsburg Senior Center to drive over around 11am, and returning after lunch, 1 or 1:30pm. For more details, contact 268-8407.

Skimmers!

And I don't mean the bird... One of the things I like about writing this note to you is that I get to consider all sorts of topical topics, then decide what is the most timely and what I think / hope will do the most good. Well, sometimes the topic is handed to me.

The Williamsburg Senior Center recently had a speaker from the Office of Consumer Affairs and Business Regulation, Robin Putman, who talked about protecting our card information at ATM machines and gas pumps, or at movie rental boxes. She talked about skimmers, which are devices placed on a machine by a fraudster to capture our card information. Card information can be illegally obtained by a fake slot for insertion of your card, keypad overlays, and hidden cameras.

Clues that a skimmer has been put in place include the card slot being a different color or material than usual, or different from adjacent machines. There may be adhesive holding the fake slot or keypad on, or it looks crooked, or you can see scratches where the fraudster pried off the original. We also want to look for pinhole cameras.

Bottom line – spend a few seconds looking at the machine before putting in your card. If something looks wrong, call the police and do not use that machine. Second bottom line – always check your credit card and bank statements for false charges.

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



Outreach Update

by Peg Whalen,
Regional Outreach Coordinator
for the Northern Hilltowns
COAs Consortium



The past two months have been fruitful for outreach across the northern hilltowns. Most of the Councils on Aging have considered their growing senior population, identified issues such as isolation, nutrition, community social life, and begun increasing programs for town residents. More residents are joining their town council on aging, attending sponsored fitness activities, lunches, local trips, and programs like music and art.

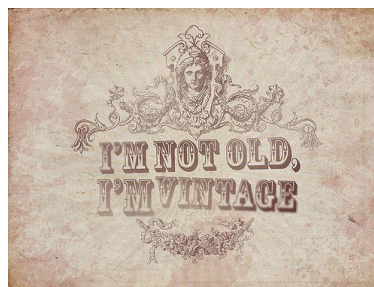
I have been busy with assisting COAs, attending transportation related meetings and focus groups, reaching out to public safety officials in our hilltowns, and strengthening relationships with important aging service providers for our area. The results of these activities are the impending release of a printed report on the HCDC transportation survey and focus groups from 2016, and invitations to attend the regional fire chiefs & police chiefs' meetings. Outreach by COA board members is underway and initially has focused on our very oldest seniors. COAs also are planning ways in their towns to expand outreach to individuals in the younger years of older adulthood.

The Consortium is looking at additional opportunities to engage residents throughout the northern hilltowns around a variety of experiences some seniors face that can result in isolation. You can anticipate having a chance to share your own experiences through discussions about being widowed and older adulthood for LGBTQ seniors.

If you are someone with free time and an interest in volunteering to meet specific senior needs, from time to time, then watch for a "Volunteers Needed" section in future issues. And now that spring has arrived, the Hampshire Regional High School students are ready to pitch in for seniors. In future newsletters, we will share your success stories and have questions for you about your own skills and needs.

In the meantime, keep watching out for neighbors, family members, caregivers, and anyone you encounter that may be lonely, feel invisible, or need a kind word.

MAY IS OLDER AMERICANS MONTH!



We are sharing information about seniors for 2016 that was released by the National Association of States United for Aging and Disabilities (NASUAD). For the full profile, visit aoa.acl.gov/Aging_Statistics/Profile. You also can get additional aging information at www.nasuad.org.

The Administration on Aging, Administration for Community Living, has released the Profile of Older Americans: 2016. The data findings draw primarily from the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics. Highlighted below are several points we think you may find interesting.

- Over the past 10 years, the population 65 and over increased from 36.6 million in 2005 to 47.8 million in 2015 (a 30% increase) and is projected to more than double to 98 million in 2060.
- The 85+ population is projected to triple from 6.3 million in 2015 to 14.6 million in 2040.
- Persons reaching age 65 have an average life expectancy of an additional 19.4 years (20.6 years for females and 18 years for males).
- About 29% (13.6 million) of noninstitutionalized older persons live alone (9.3 million women, 4.3 million men).
- Racial and ethnic minority populations have increased from 6.7 million in 2005 (18% of the older adult population) to 10.6 million in 2015 (22% of older adults) and are projected to increase to 21.1 million in 2030 (28% of older adults).
- The median income of older persons in 2015 was \$31,372 for males and \$18,250 for females.
- Over 4.2 million older adults (8.8%) were below the poverty level in 2015.



It's a Snap!

by Peg Whalen, Regional Outreach Coordinator
for the Northern Hilltowns COAs Consortium



SNAP BENEFITS HAVE IMPROVED AS THEY MOVED INTO THE 21ST CENTURY. S.N.A.P., the Supplemental Nutrition Assistance Program, is often referred to as the "old Food Stamps" program. But this nutrition program is now more community & consumer friendly, less stigmatizing, and has savvy electronic benefits.

Nutrition assistance has come of age. Food "stamps" no longer exist. SNAP benefits are distributed monthly through deposits to an EBT account. Electronic Benefits Transfer (EBT) cards are nearly the same as using a bank debit card. EBT cards are connected to an "account" in your name into which monthly deposits are made. You have access to the "funds" in your SNAP account by using an EBT "debit" card. Instead of grocery payments coming out of your own bank account, they come out of your SNAP account.

The embarrassing use of "food stamps" also has ended. The use of EBT cards has helped move the original food stamps program into a non-stigmatizing method of supplementing nutrition. When standing in line at a grocery checkout aisle, it is difficult to tell whether someone is paying with a bank debit card or a SNAP account card. Purchases are processed in the same way.

In April 2017 SNAP recipients in Massachusetts will automatically receive a new benefit through the Health Incentives Program (HIP). HIP provides an extra \$40 to \$80 per household each month when spent on targeted fruits and vegetables purchased at farmers' markets, farm stands, mobile markets, and Community Supported Agriculture (CSA) programs statewide. By increasing access to locally grown fruits and vegetables for SNAP clients, the program seeks to benefit family and community health, and support farms and the local economy. HIP makes a dollar-for-dollar match, like a "rebate" that you earn by buying vegetables and fruits from specific produce sellers. What does that mean? It means the more you buy fresh foods the more money you gain back for other non-produce SNAP purchases. Look for more information at <http://mafoodsystem.org/projects/HIP>. Get HIP & try it!

You may have heard that some SNAP applicants receive the minimum of \$16 month in SNAP funds. It doesn't seem like much. But, I can assure you it can be worth many more dollars for other services you want or may need in the future. You also should know that if a family member, friend or neighbor grocery shops for you, you can add them as an authorized user of your SNAP card.

You can apply online (www.fns.usda.gov/snap/apply) or through the Mass.gov websites) or by contacting your local Council on Aging, Community Action in Greenfield or your town Veteran's Agent. Highland Valley Elder Services also is a resource through their confidential Benefits Counseling and Application Assistance (BCAA) program.

Multigenerational Square Dance!

There will be a square dance at the Chesterfield Community Center from 7-10pm on **Saturday, May 20th and Saturday, June 17th**. 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.



Visit with State Rep. Stephen Kulik

Saturday, May 20th at 10:30am

**Goshen Town Hall
42 Main Rd. Goshen**



The meeting postponed on Saturday, April 2 has been rescheduled to this date. We hope you will be able to come! Rain or shine. Refreshments, HP accessible, parking across the street.



**The older we get, the more
we can't believe how old we
are.**

Westhampton Council on Aging
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Westhampton, MA 01027

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US POSTAGE
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PERMIT 183
Greenfield MA

Westhampton
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Friends of COA Rep.

Kristen Estelle,
Newsletter Designer

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

Paris Press and Goshen Free Library invite you

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

Sunday, May 21st at 2pm
Upstairs Meeting Room of Goshen Town Hall
42 Main St. Goshen



Join Jan Freeman, Director of Paris Press; Kathryn Service, an RN from Northampton who specializes in working with people with intellectual disabilities and their families, friends and caregivers; Goshen resident Marya Zilberberg, and others in a reading and discussion about the transformations that we experience in illness and caregiving.

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

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

