



Moving Forward

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



June 2017 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
			1 COA Luncheon Church, Noon Scrabble Library, 5:30pm	2 Walking Group Town pk lot, 8 & 9am
5 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	6 Board & Card Games, WW, 1:30pm Scrabble Games Library, 1:30pm	7 Walking Group Town pk lot, 8 & 9am Coffee & Social Time Library, 10am	8 Afternoon Movie Library, 1:15pm	9 Walking Group Town pk lot, 8 & 9am
12 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am-12pm Knitting Group Library, 6:30-8pm	13 Board & Card Games, WW, 1:30pm	14 Walking Group Town pk lot, 8 & 9am Coffee & Social Time Library, 10am	15 Scrabble Library, 5:30pm	16 COA Breakfast WW, 8-9:30am Walking Group Town pk lot, 8 & 9am
19 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	20 Board & Card Games, WW, 1:30pm Scrabble Games Library, 1:30pm	21 Walking Group Town pk lot, 8 & 9 am Coffee & Social Time Library, 10am	22 	23 Walking Group Town pk lot, 8 & 9am
26 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am-12pm Knitting Group Library, 6:30-8pm	27 Board & Card Games, WW, 1:30pm	28 Walking Group Town pk lot, 8 & 9 am Coffee & Social Time Library, 10am	29	30 Walking Group Town pk lot, 8 & 9am COA Board Meeting WW, 9:30am

In Memoriam:

**Frank Hathaway,
June 3, 1923—April 19, 2017**



May Luncheon

Jazz pianist, Nick Kachalis, and a female vocalist entertained seniors after our luncheon with songs from the 30s and 40s. It was a lively way to begin a spring afternoon. Before the luncheon, Peg Kelley was presented with the Westhampton cane which represents the Boston Post Cane. (More about this in the following article.)

Oldest Citizen Cane

At the May Council on Aging luncheon, Selectman Art Pichette presented Westhampton's "Oldest Citizen Cane" to Peg Kelley who is 96 years young. Little is known about Westhampton's original cane. What is currently understood is that Donald Lyman hand-crafted a cane which was presented to Florence Clapp at Westhampton's Bi-Centennial in 1978. This was done to keep with the spirit of the original practice of awarding a specially crafted cane to the oldest citizen of communities throughout New England. Members of Westhampton's Council on Aging are gathering more information about the history of Westhampton's Oldest Citizen Cane and welcome any information that town residents can offer.



The original tradition was initiated on August 2, 1909, by Mr. Edwin A. Grozier, Publisher of the Boston Post. At one time, the Boston Post was considered the nation's leading standard-sized newspaper in circulation. Mr. Grozier forwarded to the Board of Selectmen in 700 towns in New England a gold-headed ebony cane with the request that it be presented with the compliments of the Boston Post to the oldest male citizen of the town, to be used by him as long as he lives in the town. Then it was handed down to the next oldest citizen of the town. In 1930, after considerable controversy, eligibility for the cane was opened to women as well.

The cane would belong to the town and not the citizen who received it. The Board of Selectmen were to be the trustees of the cane and keep it always in the hands of the oldest citizen. The custom of the Boston Post Cane took hold in those towns lucky enough to have canes. As years went by, some of the canes were lost, stolen, taken out of town and not returned to the Selectmen or destroyed by accident. Any information that town residents can offer about the history of Westhampton's cane can be sent to westhamptoncoa@comcast.net or call Carol at 527-0532. *(Thanks to Carol Magrone for her investigation and interesting article that she wrote.)*

June Luncheon

Our June 1st luncheon will feature our Tea Cup Auction. If you have any items around your home that you haven't used for the past 5 years or so, bring them with you to the June luncheon. Each item will have a cup placed next to it. Seniors will write down bids with their names on small pieces of paper provided (usually bidding 25 cents and higher), fold their bids and drop them in cups. When time is up, the bids will be opened and the highest bidder gets to buy the item. There will also be the usual mini-bake sale. Anyone making cookies or bars should bag them up in small quantities for the sale. If you have any questions about the bake sale, contact Joanne Brooks at 527-4841. Don't forget to come early to sign birthday cards and get your BP checked, if you'd like. The Easthampton Food Pantry is always appreciative of any non-perishable food items that are brought for their donation box at our luncheon, also.

Board and Card Games

The games are still taking place at WW every **Tuesday afternoon at 1:30pm**. Anyone who'd rather play Scrabble can find that at the library at **1:30pm on the 6th and 20th**. Scrabble will also be played at the library at **5:30 pm on June 1st and 15th**. Lots of time to socialize at any of these gatherings throughout the month.

Hikes

In May, 6 seniors hiked in the Mineral Hills area of Florence with John Clapp as the leader of the group that day. Chuck Horn has plans for a hike in June and will be in touch by email. You can also reach Chuck at 527-6765 for information about any hikes.

Classes

The chair yoga classes have ended for the season, but check "Moving Forward" in September. This popular class will probably start up again during the fall.

The computer classes with Bob Miller are continuing through June. They meet at the library on the **2nd and 4th Mondays of each month from 10 until noon**. Contact Bob (527-2404) if there's something specific that you'd like him to use as a lesson. Any senior is welcome to attend regardless of skill level. If you have a laptop, bring it along, but Bob usually has an extra one available that someone can use during the class.

COA Breakfast

Our June breakfast will be on **Friday, the 16th** at Westhampton Woods from 8:00 until 9:30. Come for 8:00 if you're an early riser or 9:00 if you're not. Seniors drop in at any time for homemade coffee cake or quick breads. There's always hot oatmeal available and lots of coffee, tea, cocoa and milk. Come join friends or meet new ones at breakfast or for a coffee break.



July Picnic

Looking ahead, our annual picnic to celebrate all of the many COA volunteers will be at the Elks Club on Spring St. in Florence again this year. **It will begin at noon on July 6th** with the food coming from the Bluebonnet Diner in Northampton. The Friends of COA would like to remind everyone that the 2017-18 dues can be paid at the picnic. Deb Barthelette will be collecting \$5.00 for individuals and \$8.00 for couples.

Book Group & Author Talk: Tuesday, June 27, 7pm

The Westhampton Public Library's book group will have guest speakers this month. This event is open to all who are interested in attending.

Author Ed Orzechowski will introduce Donald Vitkus, read selections from *You'll Like It Here, The Story of Donald Vitkus, Belchertown Patient #3394*, and show slides from Belchertown State School. Ed and Donald will be happy to answer questions and sign books which will be available for purchase.

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.



Mineral Hills hike in Florence led by John Clapp (taking picture)

Another hike on Arcadia land in late April



April's Country Music and luncheon at Log Cabin- Ellie Scott, Jessie Krug and Ilene Lorow

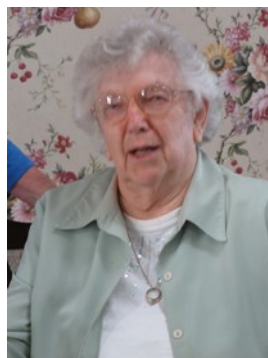


Pat and John Warren, Betty-Anne Gould and Mae Pelissier at Log Cabin luncheon



Peg Kelley accepting Westhampton's cane from Selectboard member Art Pichette

Peg Kelley, Westhampton's eldest citizen, at 96 years young.



Recipe: Sauteed Radishes

20 radishes, cut in half with ends trimmed
1 tbsp. butter
A little salt and ground black pepper



1. Heat butter in skillet over low heat.
2. Arrange radishes, cut-side down in melted butter and season with salt and black pepper.
3. Cook, stirring occasionally, about 10 minutes until radishes are browned and softened.



TRIAD COUNCIL

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

NOW THERE ARE THREE ABSOLUTE TRUTHS

It used to be only Death and Taxes. Now we add Eldercare. That part about getting sick or older, it has a way of sneaking up on us. This third truth must be accompanied by planning if we want to empower ourselves. Personal choices and decisions must be discussed and documented well before poor health or cognitive issues prevent us from exercising our rights and "Special Wishes". This Triad-prepared document is ready for you to use on our Town Police Website. If you need a hard copy, please contact us.

"The Talk" - Pack the Eldercare Suitcase. We have a responsibility to our loved ones to have "The Talk" with them to inform them of how we want our health, housing, and finances handled. If we need help with these decisions, then it is our responsibility to those involved in our daily lives to start the process. Having a clear understanding of our existing health insurance coverage, financial resources, and your assigned Health Proxy and Power of Attorney will avoid unnecessary stress, family arguments, and most importantly, uncertainty and poor decision-making.

Gift of Trust -Too many adult children watch their parents aging and dread having to approach them to discuss inevitable future decisions. Surprise them! Give them some relief, and the gift of Trust by providing them with the tools to carry out your objectives by preparing for the future. "Kindness, if discovered, is everything in life"- Issac Singer.

While you are having "The Talk", remind the younger ones that just because they are not yet a senior citizen, they are not immune from dying, being seriously injured, or becoming mentally incapacitated earlier than expected. This early preparation and packing an informational suitcase is for everyone. Each of you can fill out a copy of your "Special Wishes": essential documents necessary to successfully carry out your requests if you can no longer do it for yourself.

WHAT IS IN-HOME CARE?

It is an option allowing older adults the choice to be at home with a specified level of care needed for safety, comfort, and independence. It means help with daily life activities, functions and household tasks by a Home Care agency, Family Caregiver, Private hire, or Hospice Care.

There are two types: Non-Medical Home Care (\$23.75 p/h average MA 2016 rate); Medical Home Health Care/ Medicare certified (Co-payments apply). Contact Highland Valley Elder Services: 586-2000 for free consulting advice.

Massachusetts does NOT have any specific regulations or standards for Home Care agencies or their employees. It is up to you to verify their credentials and employment training standards. You must require a written list of all services included and a specific base price. These agencies are also known as "Private Care Agencies". You must ask if the agency is Medicare/Medicaid approved, because then it must be certified and follow strict Federal operating standards and skilled training guidelines. The most informative website I have found as a resource with specific facts by States and Zip Codes is still: www.homehealthcareagencies.com



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

Senior SAFE

You are probably firing up your gas grill as the weather turns toward summer. Here are a few tips on how to enjoy your grilling experience safely.

- * Make sure the lid of the gas grill is open when you light it.
- * If you smell gas while cooking, turn off the grill and step away from it.
- * Call 911 from a safe location. Do not move the grill. Stay away.
- * Always turn off the burners and close the propane cylinder when done cooking.
- * Never leave a burning grill unattended.

SAFEly enjoy your cooking!

--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.*

Hilltown Food Pantry

Northern hilltown residents with low to moderate incomes may be eligible to receive free groceries from Hilltown Pantry, a satellite program of the Northampton Survival Center. The Hilltown Food Pantry is located at the Town Office Building on Route 9 in Goshen. The income guidelines are set by the US Dept. of Agriculture. **The maximum income for a single person is \$1,832 per month; for two people, it is set at \$2,470.** The pantry is open from 1-3pm every Wednesday, with extended hours until 6pm on the 3rd Wednesday of the month. To enter the pantry, go to the left of the building and go through the side door.

Once a month at the pantry you will be able to choose from a wide selection of nutritious foods. You will be offered fresh produce, bakery items, dairy products, frozen meats and meals, and canned foods. For people with dietary restrictions, we try to have on hand low/no salt items, low/no sugar foods, gluten free and vegetarian foods. Often you will also find personal and household products and pet food available to you. If you need help with securing enough food for your household every week, you can receive additional smaller packages on the weeks between your monthly pick-up. After you make your selections, volunteers will load your groceries into your car. We encourage you to bring your own bags if possible.



Hilltown Food Pantry can also arrange for home delivery once a month if you are home-bound. You may designate someone you know to pick up for you, or H.E.N. workers also make deliveries, or we will assign a volunteer or a staff person to get the food to you. For additional information about Hilltown Food Pantry, please call Diane Meehan, Pantry Director, at 413-268-7578.

Something new under the sun...

There is a new scam in town! No, that's not really news. In this case, you get a phone call from "your credit card representative" who knows all your information – card number, mailing address, etc. What they don't know is the pin on the back of the card, that extra security protection that only you know and that they want. Can you imagine them rubbing their hands in glee over getting that number?

The caller provides a good bit of information about a fraudster charging merchandise, and how the credit card company wants to reimburse you for the fraudulent charge. They really want to nail this guy.

The caller will ask you to read the last 3 numbers on the back of the card to him. After you tell the caller the 3 numbers, he'll say, "That is correct, I just needed to verify that the card has not been lost or stolen, that you still have your card."

In this world of diminishing privacy and security, this 3-digit code is one of the remaining important secrets that is actually often secret. Do protect it.

Securely yours,

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

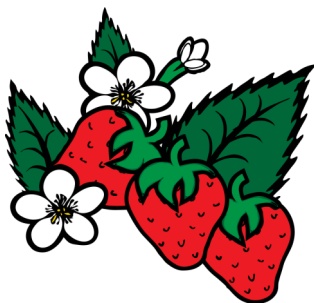
May was a month of expanded outreach. I participated in the Community Credits program as a provider of assistance. I earned 15 credits by helping someone with a computer problem. I signed up over 20 new participants in the Community Credits program. You can look forward to hearing more about the program in coming months.

At Westhampton Woods, I offered a showing of a Frontline video. Participants watched a one hour episode with the author of the book *Being Mortal*, Atul Gawande, followed by a discussion and a few helpful forms. This one session brings the book content to non-readers – because we don't all read for fun but we do need all the information we can get. The video and discussion let participants benefit from the book's information and ideas in a condensed format without having to read.

I attended the Chesterfield COA Open House and made the rounds through the hilltowns. Each month I meet with the COA directors and attend the COA board meetings. I am happy to report that all six hilltowns are working hard on helping seniors in all age groups by visiting, calling, or otherwise talking with town seniors.

In Plainfield, I participated in a meeting with EMTs, a town select board member, and the town's outreach team, called Plainfield Cares. The importance of a connection between EMTs and senior outreach was clear. The EMTs were happy to learn that a group of residents already has come together to help seniors. We discussed the ways in which Plainfield Cares can help EMTs by providing an additional support for seniors. They will now have written information to share with seniors they encounter that need help but have not known they could get important needs met without calling for emergency services. Plans were made to meet again soon.

I am looking forward to meeting with the regional fire chiefs, police chiefs and the FRTA senior van transportation service. The van is now running through the Hilltown CDC. In June, watch for news about the launch of improved and expanded senior transportation. You also can anticipate the release of the Hilltown CDC Transportation Study report.



Think you know about a new MOON? Think again!

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

Hospitals are increasingly admitting patients under "observation status". For people with Medicare, MOON (Medicare Outpatient Observation Notice) is a newly required written explanation about the reason for observation status and how it affects your Medicare coverage.

What you need to know: If you are under observation, you are considered an outpatient (even though you may stay in a hospital bed for many days). Observation changes how your Medicare coverage works. If you have original Medicare, an inpatient stay of 3 days is needed for any coverage for skilled nursing facility care. If you are under observation, you would not get coverage that paid for any follow-up skilled nursing facility care, even if medically necessary. If you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization (ACO), different rules may waive the three-day requirement.

How to get further assistance: For more information about this or any Medicare issue, contact your COA about the SHINE program or call the Community Programs Department of the Hilltown Community Health Center at 413-667-2203 to talk with an insurance navigator. Both provide free, confidential counseling about Medicare and related health and drug insurance programs.

Aging in Place

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

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start.

Today, aging is about eliminating outdated perceptions and living the way that suits you best.

For many seniors aging in place is making a living arrangement of your own choice. And, there is no better support for aging at home than your local Council on Aging.

Your COA can connect you with the Hilltown Elder Network (HEN), our Area Agency on Aging – Highland Valley Elder Services (HVES), and the new Community Credits program. In addition to these organizations, many towns also rely on good, old-fashioned, caring for your neighbors. To support rural life without citifying it, the Northern Hilltowns Councils on Aging Consortium is working with hilltown COAs to offer the Community Credits program. More details about Community Credits, and what it is, and how to use it, will be found in future newsletters.

In addition to the new Consortium outreach program, hilltown seniors also have the Hilltown Elder Network (HEN) program, run by the Hilltown CDC & HVES. COAs can connect you with services, information, paid & volunteer opportunities, and informal help. Contact a hilltown COA if you are interested in learning more about available services, opportunities for volunteering in town, or receiving a little or a lot of help.

Each month I urge hilltown seniors to think differently about accepting assistance. Getting help when needed can be a well-earned chance to have someone do the parts of housework you won't miss doing – vacuuming, window washing, raking, planting, etc. Getting help when needed also can show your commitment to living your own way, but doing so safely. To learn more about any of the agencies, programs, services or sources of a little help, contact your town Council on Aging, your town's HEN coordinator, or Highland Valley Elders Services.

Watch for future articles about the many supports you may be eligible for as a hilltown resident. **Let's make aging at home in our hilltowns easy, enjoyable, and the envy of western Massachusetts!**



A Legal Check-Up with James Loughman

Wednesday, June 21st at 6pm

Goshen Town Hall, Upstairs Conference Room

A lawyer from the Mass. Bar Association will talk about wills, health care proxies and Medicaid.

All ages invited. Plan your end-of-life legal issues.

Multigenerational Square Dance!

There will be a square dance at the Chesterfield Community Center from 7-10pm on **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.

The Chesterfield Council on Aging joins Davenport Child Care in inviting Hilltowners of all ages, from preschoolers to seniors, to:

Little Roots

Music Experience

10am

Four Thursdays:

June 15th, July 20th,

August 17th & September 21st



Chesterfield Community Center

400 Main Rd., Chesterfield, MA

As a professional musician and educator, Little Roots co-founder, Annie Stevenson, recognizes the value of quality live music for people of all ages. Annie selects and writes songs rooted in a variety of musical traditions, including American Folk and Irish Traditional. The repertoire is fun and accessible, including elements of storytelling and exposure to a variety of instruments. Each song offered has an instrument or movement activity to engage children. Come to one, some, or all four Thursday programs!

FREE and open to the public!

All ages 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.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield 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 Worthington Recreation Committee
invites you to:*

The Odyssey

An adaptation of Homer's epic poem

Saturday, June 3rd at 6pm
Sunday, June 4th at 3pm

Worthington Town Hall
160 Huntington Rd.
Worthington, MA



As Allen Irvine narrates the tale, hilltown children will play out the action in word and mime, in boats, on land, in the Land of the Lotus Eaters, battling the Cyclops, etc. There is a Greek Chorus performed by the Celebration Singers, who are mostly seniors from Worthington, Cummington and Plainfield. Directed by Maureen Shea.

Family-friendly, 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:
Come one, come all to the

Annual COA Hilltown Picnic

12pm, Monday, June 26th

Chesterfield Community Center
400 Main Rd. Chesterfield, MA



The warm weather is finally here, and what better way to celebrate than with friendly faces at our annual COA picnic?

- The Elks will grill hot dogs and hamburgers
- Music will be provided by the Horse Mountain Jazz Band
- The Chesterfield COA will bring salads and supply beverages
- Please bring a dessert to share (or make a donation!)

See you there!