


Moving Forward

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



August 2017 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
	1 Board & Card Games , WW, 1:30pm	2 Walking Group Town pk lot, 8 & 9am Coffee & Social Time Library, 10am	3 Scrabble Library, 5:30pm	4 Walking Group Town pk lot, 8 & 9am
7 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	8 Board & Card Games , WW, 1:30pm Scrabble Games Library, 1:30pm	9 Walking Group Town pk lot, 8 & 9am Coffee & Social Time Library, 10am	10 Afternoon Movie Library, 1:15pm	11 Walking Group Town pk lot, 8 & 9am
14 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	15 Board & Card Games , WW, 1:30pm	16 Walking Group Town pk lot, 8 & 9am Coffee & Social Time Library, 10am	17 Boat Ride 11:30am, S. Hadley Scrabble Library, 5:30pm	18 Walking Group Town pk lot, 8 & 9am
21 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	22 Board & Card Games , WW, 1:30pm Scrabble Games Library, 1:30pm	23 Walking Group Town pk lot, 8 & 9 am Coffee & Social Time Library, 10am		25 Walking Group Town pk lot, 8 & 9am COA Board Mtg. WW, 9:30am
28 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	29 Board & Card Games , WW, 1:30pm	30 Walking Group Town pk lot, 8 & 9 am Coffee & Social Time Library, 10am	31	

July Picnic – Music, Dancing and More

Once a year the COA and the Friends of the COA host a picnic to honor our volunteers. No cooking or cleaning rules the day! This year we convened at the Elks Lodge in Florence to enjoy a delicious buffet lunch supplied by Smithsonian Caterers of West Hatfield. Before lunch, Julia Lennen, the COA Coordinator, explained that the 1500 hours of volunteering (Seniors Helping Seniors) was worth about \$36,000 to the Town of Westhampton! Books and DVDs about fitness, cooking, and health – a gift from the COA to the Library – were also on display (see related story).

Music was supplied by the Jazz Bones, an octet specializing in swing and jazz standards. Toe-tapping was evident throughout the lunch when "Bill Bailey, Won't You Please Come Home" was played. Some of our more intrepid souls jumped out on the dance floor for standards such as "The Boogie Woogie Bugle Boy" and "Bad, Bad Leroy Brown". Special kudos to Bill and Carol Magrone who really cut the rug on the dance floor!

All luncheon guests left with a red and silver "Friends of the COA" tote bag – if you did not get one and are a dues-paying Friend, contact Julia at 413-537-9880 or Deb Barthelette at 413-222-2050.



Owner and Chef, Peter Langlois of Smithsonian Catering and Photographer Norm Cotnoir from the Country Journal

Photo courtesy of Connie Dragon

Leonard Day, Bill and Carol Magrone, Sue Beaumier, MaryEllen Prince, Connie and Bob Dragon



July Birthday Celebrants:

Bernice Florek,
Jean Alward,
Alma Heintze,
Jean Webster, and
Leonard Day

The Jazz Bones

*Photo courtesy of
Connie Dragon*



Bill and Carol Magrone
hitting the dance floor

*Photo courtesy of
Norm Cotnoir*

Connecticut River Cruise

The Friends of the Council on Aging still have a few spots available for the Luncheon and Lady Bea Cruise Boat on **Thursday, August 17th**. A luncheon will be served at 11:30 a.m. at Dockside, located at Brunelle's Marina, 1 Alford St, South Hadley, MA. The one and a half hour cruise down the Connecticut River will set sail at 1:00 p.m. following the luncheon. Transportation to this event will not be provided. Carpooling is recommended. Space is limited and reservations are necessary prior to August 4, 2017. Contact Deb Barthelette at 413-222-2050 for more information.

Summer Concerts

If you are still feeling the groove after the boat ride on **August 17**, head to the lawn behind the library where you can enjoy the music from your lawn chairs or blankets (or get up and dance) to the Lonesome Brothers (Hick Rock), 6:30pm.

Plan Ahead for Foot Care

You have 26 bones and 33 joints on each foot, inviting a host of problems and contributing to your risk of falling. Foot nurse Diane Roeder will be at Westhampton Woods, Unit F, on **September 14th**. Call her to schedule an appointment. 413-374-0457.

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 1:30 pm on August 8 and 22. Scrabble will also be played at the library at 5:30 pm on August 3 and 17. Any and all seniors are welcome to join in.

August Vacation

No luncheon. No breakfast ... and our computer class and seated yoga are taking a summer break and will return in September. Likewise, there are no scheduled hikes for the summer months. We hope to see you on the boat ride on August 17th and the luncheon on September 7th.



In Memoriam

Kenneth Blow (1935 – 2017)



Informational Books on Aging and Caregiving

Visit the new Council on Aging bookshelf at the Westhampton Library. Listed below are the educational and instructional books and DVDs recently donated by the COA. If you have recommendations of books or videos to augment the collection, please email or call Julia Lenzen: 413-537-9880, westhamptoncoa@comcast.net.



How To Prevent Falls: Better Balance, Independence and Energy in 6 Simple Steps

Aging Strong: The Extraordinary Gift of a Longer Life

Aging Wisely: Facing Emotional Challenges from 50 to 85+ Years

Memory's Last Breath: Field Notes on My Dementia

How to Care for Aging Parents, 3rd Edition: A One-Stop Resource for All Your Medical, Financial, Housing, and Emotional Issues

How to Say It to Seniors: Closing the Communication Gap with Our Elders

Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility, and Pain Relief

Dynamic Aging: Simple Exercises for Whole-Body Mobility

The Truth about Cancer: What You Need to Know about Cancer's History, Treatment, and Prevention

Cracking the Aging Code: The New Science of Growing Old - And What It Means for Staying Young

The Complete Anti-Inflammatory Diet for Beginners: A No-Stress Meal Plan with Easy Recipes to Heal the Immune System

What Do I Eat Now?: A Step-by-Step Guide to Eating Right with Type 2 Diabetes

Relax Into Yoga for Seniors - Safe and Simple Practices for Older Adults

Stronger Seniors® Stretch and Strength DVDs- 2 disc Chair Exercise Program

Don't forget that all library materials are available for delivery. If the library does not have the book you want on the shelf, they can have it transferred from any Western Massachusetts library. Call the Library 527-5386 or email them at westhampton@cwmar.org.

Changes on the COA Board

Thank you to departing Board Members, Shirley Raymond and Bill Magrone. We will miss their energy and dedication on the Board but know we will see them often at luncheons and events.

The COA Board is looking to add two new members. Please call if you're interested. You don't have to be "all in" – prospective board members are encouraged to attend a Board Meeting prior to joining. If you are looking for a volunteer opportunity that is both fun and gratifying, please contact the Board Chair, Louise Jasionkowski at 527-5134.

Take Note: Prescription Advantage Subscribers

Prescription Advantage is initiating an outreach campaign to encourage members with high drug costs to review Part D plan options for 2017 as there may be a plan that can lower their expenses. Please call for a SHINE appointment with an Insurance Navigator at the Hilltown Community Health Center if you would like to consider applying (413-667-2203).

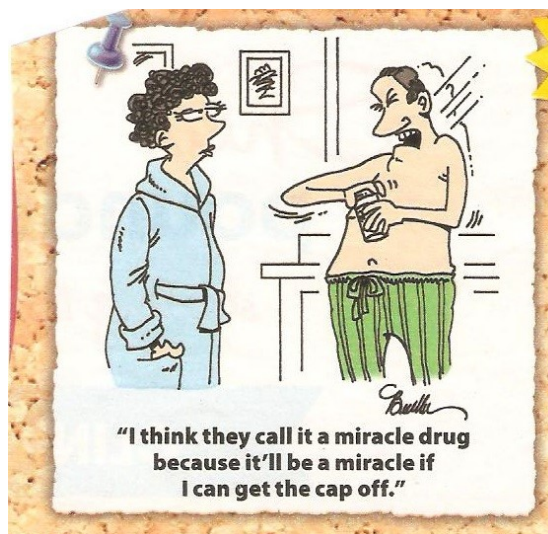
As a Prescription Advantage member, you are entitled to a one-time Special Election Period (SEP) each year that allows you to join or change your Medicare drug plan outside of Medicare's open enrollment period.

If you have any questions, please call Prescription Advantage Customer Service at 1-800-AGE-INFO (1-800-243-4636) and press 2, or TTY (toll free) for the deaf and hard of hearing at 1-877-610-0241.

Reminder: Save your Social Security benefit notification for 2017. You will need it to apply for many of the financial assistance programs that exist.

Solar Eclipse Misses Westhampton

On August 21st there will be a total solar eclipse but, unfortunately, the "total" eclipse will miss us here in Westhampton though we will have a partial eclipse at about 2:44 p.m. The next solar eclipse in our area will be April 8, 2024 – it will be almost a total eclipse here and total within several hours drive north!



Recipe:

Grace Coolidge's Ice Box Cookies



Ingredients

1 cup butter or shortening
3.5 cups flour
1/2 teaspoon salt
2 eggs, well beaten
2 cups brown sugar
1 teaspoon baking soda
1 cup nut meats (walnuts)

Directions

Cream the butter and sugar. Sift the flour, soda and salt three times. Add nuts, eggs and flour 1/2 cup at a time. Mix all thoroughly and dough should be slightly stiff. Pack into a mold (a long, narrow bread pan) or shape into a long rectangle on a cookie sheet and refrigerate overnight. Can stay in fridge 1-3 days before baking or in freezer up to 1 month. Slice the dough long and thin for crispy cookies or thick and small squares for moist chewy cookies. Bake at 375 for 8-10 minutes.

Adapted from *Coolidge-Country Cookbook*. Reprinted with permission of the Calvin Coolidge Memorial Foundation, Plymouth, VT.



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.



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



This year, it seems like we are seeing more wildlife coming out of the woods into our yards, gardens and houses. Here are a few ways of staying safe in this interface:

- Leave them alone.
- Don't touch them or let them touch you. (Rabies shots are many and painful.)
- Do not chase them trying to get pictures, they may feel threatened and attack you.
- If the animal is a problem or looks sick or injured, call the police or the animal control person in your community. Do not touch it.

Stay S.A.F.E.!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

*The Senior SAFE program is sponsored by many of
your fire departments and the
Massachusetts Department of Fire Services.*

Listening Sessions to Address Aging In MA

Governor Baker's Council to Address Aging in Massachusetts will be holding listening sessions to hear ideas about how to make the Commonwealth the most livable state for people of all ages. Specifically, they want to hear about: **What factors make your community a great place to grow older?** How can we support families that include one or more older adults? **How can we promote more human connectedness (reduce loneliness, isolation) in communities?** What are the top two issues or concerns that create barriers to people being able to age well in their communities? **How can we accelerate innovation to support and connect older adults?** How can we change public perceptions about aging?

The Council has already held two listening sessions and two more are scheduled; one in Hyannis (7/25/17) and one in **Pittsfield (8/2/17)**. If you have thoughts, concerns, or suggestions on how to assist the Council in addressing the questions, please try to attend the western Mass listening session, in Pittsfield (8/2/17) and have your voice heard. If you are not able to attend a Listening Session in person, you may share your ideas by sending an e-mail to shoshanapreuss@state.ma.us. You can search online for Governor's Council to Address Aging In Massachusetts Community Listening Sessions for more details.

If you are available, please consider attending the listening session in Pittsfield at Elder Services of Berkshire County, 877 South St #4e, Wednesday 8/2 from 10:00 to Noon. Take a friend or neighbor and help the Governor's Council better understand benefits and challenges of aging in western Massachusetts hilltowns.

On-line Shopping Issue

No joking today – there is another new scam, this one involves Amazon.com look-alike pages. Apparently the scammer sends you an email about your order, e.g., “Your order cannot be shipped” and of course you click on the link in that email. You are sent to a page that wants to verify your personal information such as credit card number. You do so, then they send you to the real Amazon.com page. In the interim, they have harvested your information. Another nasty outcome could be that they downloaded malicious software to your computer.

What to do? First, if you have not placed an order with Amazon.com recently, then delete the message without opening it. Second, never click in an email to check your order. Log directly into Amazon.com and check status from their page.

Please note that this is not Amazon's fault. It occurs to me that if this scam works, other online shopping outlets could be affected. I plan to follow the same steps with all my online shopping outlets.

Oh Ok – got to have some humor and we'll add animals:

Money comes in like a turtle and goes out like a rabbit.

Where does a fish keep his money? In a river bank...

What do you call a duck that steals money from a bank? A robber ducky.

I'll stop.

Jean O'Neil

TRIAD Committee member

413-268-2228, jeanoneilmass@gmail.com

Outreach Update

by Peg Whalen,
Regional Outreach Coordinator for the
Northern Hilltown Councils on Aging Consortium

June began with the Consortium COA Board Training event, held at the Chesterfield Community Center. The event supported board members and COA staff in discussions about how COA boards can become even stronger and more cohesive. Participants enjoyed hearing from each other about the ways in which each town works and that funding from the state and the town combine as resources supporting COA efforts.

I had an opportunity to meet with John Yount, a physical therapist doing outreach through Cooley Dickinson Hospital. John focuses on fall prevention among seniors. I learned so much talking with him that I will be sharing with each COA at the next Consortium meeting. You may be interested in learning that you can receive – at no cost – an in-home fall assessment from John. This service is provided by Cooley Dickinson. John can suggest exercises and share information about minimizing your risk of falling.

I assisted in Plainfield with an orientation for Plainfield Cares Advocacy Team members. We reviewed the set of questions advocates will be asking when reaching out to town seniors, starting with our oldest residents. By using phone and face-to-face outreach, the team hopes to increase senior safety, support needs, and field questions. Residents can look forward to a call and/or visit from a neighbor volunteer who is touching base about the variety of resources available and to answer questions people have.

It is an exciting time. Other towns have expressed interest in pursuing similar approaches to support town seniors. If you are curious or want to volunteer please contact your COA Coordinator or Senior Center Director for more information.

The senior van service, dubbed *The Easy Ride*, is now running through the Hilltown CDC. In August, our improved and expanded senior transportation is eager to increase ridership. Look in your town library for a copy of the Transportation Study Report or contact your COA for more information.

I attended a Rainbow Room training about LGBT seniors and COA programs. Holyoke Council on Aging hosted the presentation and shared ideas for supporting LGBT aging. Needs and interests often are different for this group, and reasons for a different and much deeper isolation were explained. The Consortium has been responsive about our LGBT senior population throughout the hilltowns. You will hear more in coming months. If you are interested in volunteering as programs and information are developed, please contact your COA or myself at pwhalen@hchcweb.org.

Our third year promises to be exciting and engaging for even more seniors. We expect a large increase in the numbers of residents age 60 and over in each town. Please watch for outreach from your town COA. If you are asked for input by a board member, director, or volunteer, I urge you to share your thoughts. You will be actively helping to the shape COA efforts going forward.

ON THE WEB: Online Aging Resources

Next Avenue: News and Information for People Over 50

Next Avenue is public media's first and only national journalism service for America's booming older population. Their daily content delivers vital ideas, context and perspectives on issues that matter most as we age.



Mission: Their mission is to meet the needs and unleash the potential of older Americans through the power of media.

Impact: At Next Avenue, they invite readers to consider what is next, what lies just ahead and what will be revealed in their lives. By exploring questions big and small, they spark action — 95% of readers take an action after reading their stories — and open up a world of possibilities.

Next Avenue is unique among today's media:

- They are part of the PBS system, so you can trust them to deliver public media quality.
- They are journalists and experts passionate about serving their audience.
- They have built a network of impeccable sources and prestigious partnerships.

They're not here for the bottom line, but to make a difference in the lives of their audience.

Their Team: Next Avenue is produced by Twin Cities PBS (TPT). Their current leadership and journalists are based around the country, so they're able to uncover stories and voices from everywhere.

Content: The Next Avenue website includes current information and discussions in 5 topic areas.

Health & Well Being
Work & Purpose
Caregiving

Money & Security
Living & Learning

**You will find the Next Avenue website at
www.nextavenue.org**

Save the Dates!

Hilltown Chautauqua: Sept. 15-16 William Cullen Bryant Homestead, Cummington

Kicking off the Hilltown Chautauqua's second Earthcare festival on Sept. 15-16, at the historic William Cullen Bryant Homestead in Cummington, will be an opening night barbecue, concert and contra dance given by the beloved folk musicians Jay Ungar and Molly Mason. The festival will explore a theme of "Food, Farms, and the Land" with a combination of talks, performances, visual arts, music, food, and fellowship. Details of 2017 Earthcare program are posted at the Hilltown Chautauqua's website www.hilltownchautauqua.org.

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.

Multigenerational Square Dance Saturday, September 16th 7-10pm Chesterfield Community Center

All are welcome! Live music by Falltown String Band. Singing calls by Bob Livingston. For more information, please call Sarah Prince: 296-9201. Supported in part under a grant to the Chesterfield COA from Highland Valley Elder Services.



Connecticut Science Center outreach program is coming to New Hingham in September!

Please look for more details in the next newsletter.

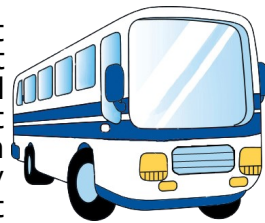
Sign up now for October classes:

Jaynie Barnes' **popular gourd-crafting class** will be offered in October 2017: four two-hour classes, funded in part by a grant from the Highland Valley Elder Services. Four Chesterfield seniors have signed up to date, and more are welcome from any town! The gourd this year will be announced in the September newsletter (possibly a decorative gourd) along with the exact dates of the class. **Please contact Jaynie at 413-320-8471 or jmb sunshine20@yahoo.com to sign up.**



On the Go!

While we all prefer to age at home, we still like to get out and have fun! Boredom and being too sedentary are not easy to endure. The COAs in the hilltowns and in the valley offer many opportunities to get out of the house and do something fun with other people. Finding out where, when and how much it costs is not always easy. Finding enough people with similar interests in each rural town often results in failure to make a trip affordable.



Finding trips that work for you is our goal!

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

The Chesterfield COA Travel Group has arranged the following outings, and you are welcome to join by calling Mary Ann Coleman at 296-4787:

Tuesday, September 19: Trip to **The Amazing World of Dr. Seuss Museum**, Springfield Museums, leaving the Chesterfield Community Center at 10:00 am via carpool, and returning after lunch (location TBD). The museum cost is \$12 for seniors, but the Chesterfield COA has offered to pay half or \$6.00 for Chesterfield seniors. Lunch is at your own cost.



Monday, October 16: **Fall foliage drive**, leaving the Chesterfield Community Center at 10:00 am via carpool, and returning after lunch (location TBD).

Tuesday, December 12: **"Merry Christmazz Holiday Variety Show" with Jimmy Mazz** at Storowton Tavern, W. Springfield, leaving the Chesterfield Community Center at 10:30 am via carpool, and returning after lunch. The cost is \$30.00, including a pot roast luncheon, but the Chesterfield COA has offered to pay half or \$15.00 for Chesterfield seniors. Be sure to get your reservation lined up with Mary Ann and your \$15.00 or \$30 check (Chesterfield or non-Chesterfield senior) to her by November 17th.



Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Westhampton
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Chuck Horn,
Member

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 joins Davenport Child Care in inviting Hilltowners of all ages, from preschoolers to seniors, to:

Little Roots

Music Experience

10am on Thursdays:
Aug. 17th & Sept. 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.



The Chesterfield Council on Aging invites Hilltowners of all ages, from preschoolers to seniors, to:

Northwest Junior Flyers Pigeon Club Exhibit

at the
Cummington Fair
Fairgrounds Rd.
Cummington, MA

Thurs.– Sun.
Aug. 24-27, 2017



Founded in 2002, the Flyers Club has over 60 people who meet for games, raffles, race results and vaccinating birds. The group has a loaner loft program for kids who want to start keeping pigeons. Come see for yourself what they're all about when you visit the Cummington Fair this summer! Look for the Pigeon Club building.

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.