

# Moving Forward

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



## September 2017 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
				<b>1 Walking Group</b> Town pk lot, 8 & 9am
<b>4 Labor Day!</b>	<b>5 Board &amp; Card Games, WW, 1:30pm</b>	<b>6 Walking Group</b> Town pk lot, 8 & 9am  <b>Coffee &amp; Social Time</b> Library, 10am	<b>7 COA Luncheon</b> Church, Noon  <b>Scrabble</b> Library, 5:30pm	<b>8 Walking Group</b> Town pk lot, 8 & 9am
<b>11 Walking Group</b> Town pk lot, 8 & 9am  <b>Computer Class</b> Library, 10am  <b>Knitting Group</b> Library, 6:30-8pm	<b>12 Board &amp; Card Games, WW, 1:30pm</b>  <b>Scrabble</b> Library, 5:30pm	<b>13 Walking Group</b> Town pk lot, 8 & 9am  <b>Chair Yoga</b> WW, 9am  <b>Coffee &amp; Social Time</b> Library, 10am	<b>14 Afternoon Movie</b> Library, 1:15pm  <b>Foot Care</b> WW, call 413-374-0457	<b>15 Walking Group</b> Town pk lot, 8 & 9am  <b>Breakfast</b> WW, 8am
<b>18 Walking Group</b> Town pk lot, 8 & 9am  <b>Knitting Group</b> Library, 6:30-8pm	<b>19 Board &amp; Card Games, WW, 1:30pm</b>	<b>20 Walking Group</b> Town pk lot, 8 & 9 am  <b>Chair Yoga</b> WW, 9am  <b>Coffee &amp; Social Time</b> Library, 10am	<b>21 Big E Bus Trip</b> Church, 10am  <b>Scrabble Games</b> Library, 5:30pm	<b>22 Walking Group</b> Town pk lot, 8 & 9am
<b>25 Walking Group</b> Town pk lot, 8 & 9am  <b>Computer Class</b> Library, 10am  <b>Knitting Group</b> Library, 6:30-8pm	<b>26 Board &amp; Card Games, WW, 1:30pm</b>  <b>Scrabble</b> Library, 5:30pm	<b>27 Walking Group</b> Town pk lot, 8 & 9 am  <b>Chair Yoga</b> WW, 9am  <b>Coffee &amp; Social Time</b> Library, 10am	<b>28</b> 	<b>29 Walking Group</b> Town pk lot, 8 & 9am  <b>COA Board Mtg.</b> WW, 9:30am

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors  
Coordinator: Julia Lennen 413-537-9880 ✦ westhamptoncoa@comcast.net

## In Memoriam

**Bertha Witherell (1928-2017)**

**Mary Lee Morse (1936-2017)**



## COA Luncheon

Our September luncheon will be held at **Noon on Thursday, September 7th at the Church**. Come early to get your blood pressure checked and sign birthday cards.

After lunch, the Westhampton Council on Aging will celebrate the season and the diverse heritage of the New England region by presenting a performance by Parents' Choice Award-winning performer Davis Bates. Entitled *Celebrating the Season: Songs & Stories*, the program includes farming stories and songs from the past and present, sea songs and chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs, and a short lesson in how to play music with spoons from a kitchen drawer.

## Connecticut River Cruise

The deadline for the September newsletter fell on the day before the boat ride. Expect some photographs in your October newsletter.

## Big E Trip

September 21st is Massachusetts Day at the Big E. Check out the exhibits, animals, rides and events. No visit to the Big E is complete without some serious eating. New menu items this year will include monstrous burgers, gourmet tater tots, and "Deep Fried Holy Cannolis." Hop on the bus with your friends and neighbors and get dropped off right at the gate! This fun bus trip is sponsored by the Friends of the Council on Aging.



Details:

**When:** Thursday, September 21st – the bus will leave the church at 10 am. Be back on the bus to depart Big E at 3:30.

**Reservations:** Cost is \$10.00 per person which includes transportation and admission into the Big E. Space is limited. Pre-paid non-refundable reservations are necessary.

**Contact:** Deb Barthelette at 413-222-2050 to make reservation and for more info.

## COA Hikes

Summer's almost gone and we have begun making plans for COA hiking in the Fall. We'll start with a **9:30 AM - 11:00 AM hike, Wednesday, September 13**, meeting at the Mass Audubon Lynes Woods Wildlife Sanctuary on Edwards Road (Rain Date, Sept. 20). We'll repeat last year's walk along Crowley, Lyman,

Laurel Hill, and Edwards Roads with a couple peeks at beaver ponds along the way. We hope you all can make it. There are so many beautiful and very different walks in and around Westhampton! Bring a friend and join us.

## Foot Care

It is important to practice good foot care and maintain regular foot inspections to avoid potential problems and to improve your health and comfort level.

Sign up for the September foot care clinic for nail trimming and obtain an overall foot assessment by our trained Registered Nurse, Diane Roeder. **She will be at Westhampton Woods, Unit F, on Sept 14th. Call her to schedule an appointment: 413-374-0457.**

## Board and Card Games

Head over to Westhampton Woods, Unit F, every Tuesday afternoon at 1:30pm for board and card games and good company! Rather play Scrabble? **Join in at the library at 1:30 pm on Sept 12 and 26. Scrabble will also be played at the library at 5:30 pm on Sept 7 and 21.** Any and all seniors are welcome to join in.

## Computer Class

Having problems with your computer? Stumped by "social media"? Or would you like a starter or refresher on basic computer skills?

Bob Miller's computer classes at the library will be on **September 11th and 25th 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.

## Library News

Book Group meets the fourth Tuesday of each month. Join us **September 26 at 7pm** to discuss *The Tiger in the House* by Jacqueline Sheehan. The author will be at the meeting to talk about her book.

**Pro-Brush Film Showing- September 14 at 6:30pm.** A showing of the Pro-Brush film by Stan Sherer.

**Bullet Journaling/Visual Journaling Workshop- September 28 6:30pm-** What is Bullet Journaling? Bullet Journaling has been described as an analog system for the digital age. A visually appealing way to organize your life, Bullet Journaling helps you keep track of lists and appointments, set goals, track habits and record memories in a creative, handwritten notebook. Equal parts planner, journal, sketchbook, and notebook; it's completely unique to you! If your calendar, to-dos, and lists are on bits of paper stuck in books, post-it notes, and notebooks that you never have with you when you need them, Bullet Journaling may be for you. **Slow down and enjoy the calm of creating your week, goals and tasks by hand, in whatever way works best for you!**

In this workshop we will discuss Bullet Journaling page layouts, learn ideas for organizing yourself, and practice creative hand lettering and basic graphics to make your journal personal and fun for you. Leave with a few pages to get you started and plenty of ideas to keep going on your own.

Your journal can serve many purposes and become a great way to keep track of your life and memories without a computer or cell phone. The journal is customizable to fit your life; it can be as simple or as decorative as you want it to be.

Feel free to bring your own notebook or journal, but it is not required. Ages 15+. Limit 15 people. **Sign up required! Email [westhampton@cwmar.org](mailto:westhampton@cwmar.org) or call us at 413-527-5386.**

#### Library Resource Info Session-

**September 18 at 6:30pm.** Come by the library the evening of September 18 to learn about services the library offers. Do you want to know how to log into your library account or request items? Search the catalog? What happens if you can't find the item you want in our system? Bring your questions to this casual session and get them answered!

#### Learn about our new library telescope-

**Thursday, September 21, 2017 - 7:00 to 8:00pm**  
This family-friendly PowerPoint presentation will teach you about the new library telescope which you can use to observe objects from your own backyard using a technique called star hopping. The telescope was funded by the Friends of the Westhampton Public Library and will be maintained by the Aldrich Astronomical Society, Inc. as part of their library telescope program. Spacey door prizes will be offered for children along with outside viewing for all, weather permitting.



### September is "Fall Prevention" Month!

In Massachusetts, within one year, over one in four community-dwelling older adults will fall and of those who fall, over one in three will be injured. However, through some very simple lifestyle changes, most falls can be prevented. Fall Prevention is a critical skill for aging in place. **See page 8 for two local "A Matter of Balance" workshops.** If you would be more likely to attend a workshop in Westhampton, please contact Julia or a board member and we will look into a program for later in the fall.

### National Grandparents Day- Sept. 10th

National Grandparents' Day was made a national celebration by President Jimmy Carter back in 1978, for the first Sunday after Labor Day. It's especially meaningful for kids to appreciate the lives and contributions of older family members. But also, no matter what age, it's important to remember one's own grandparents. It's a great time for sharing stories and photo albums. Plan some special September senior activities with grandchildren.



In 2012, President Obama issued a proclamation about National Grandparents Day that showed the pride in celebrating the wonderful contributions that grandparents make to our lives. Here is an excerpt:

"Throughout our history, grandparents have guided their children and grandchildren through trial and triumph. For many of us, our grandparents were among our earliest teachers and caregivers. They have added immeasurably to the strength of our families, and with compassion and wisdom, they have enriched our lives with the stories of those who came before us. On National Grandparents Day, we give thanks to those who helped raise us and pay tribute to a generation that still inspires us toward brighter horizons.

"Our grandparents set the course of an American century. They have witnessed great milestones in our nation's history, and from the battlefield to the factory floor to their neighborhoods, our grandparents' tireless pursuit of progress has paved the road that we travel today. Just as they helped shape the country we know and love, so have they shaped each of us into who we are as individuals. Our grandmothers and grandfathers have profoundly influenced every part of our society, and as their grandchildren, it is incumbent upon all of us to provide them with the care and support they so deeply deserve.

"Today, we honor America's grandparents, and we celebrate their indelible contributions to family, community, and country."

—President Barack Obama

## Evidence-Based Falls Prevention Programs: Saving Lives, Saving Money

### THE CHALLENGE: Older Adult Falls in the U.S.

- **1 in 4 Americans** aged 65+ falls each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



- In 2013, the total cost of fall injuries was **\$34 billion** (78% paid by Medicare)
- This total cost may reach **\$67.7 billion** by 2020
- Even **falls without injury** can cause **fear** of falling, leading to physical decline, depression, and social isolation

**Falls Are Common**

**Falls Are Costly**

Falls in adults aged 65+ are the leading cause of head injuries and broken hips



## Protect Yourself from Scammers

### Grandpa spots Scammers

(Story from the Federal Trade Commission website)

August 9, 2017 -- One of my favorite parts about working at the Federal Trade Commission is hearing stories of folks avoiding a scam. A recent story involves Lou, who picked up the phone and spotted the scam almost as soon as he heard the young man call him "Grandpa." The caller said he'd been arrested for drunk driving, needed money for bail, and wanted Lou to call a "lawyer" who would explain everything. (All while not telling "Mom.")

"I played along with it," said Lou, 87, who was curious to hear the scammer's pitch. But Lou also called his daughter, a consumer lawyer. She knew this scam — someone pretends to be a friend or family member in need of money for bail, a medical emergency, or other trouble. His grandson was fine.

The scammers used common tricks.

They tested Lou to see how much money they could get. They first claimed bail was \$7,000, but when Lou said he only had half that amount, the fake lawyer said he could get the bail reduced. Usually, scammers ask you to wire the money or get a prepaid card and give them the numbers on the card. If you do, your money will be gone.

They tried to keep Lou from talking to anyone. They even told Lou he could be arrested and fined if he told anyone about their conversation. Why? Scammers don't want you talking to anyone else. They want you to act fast, without thinking too carefully.

The scammers used information Lou gave them to make their story seem more real. For example, the fake grandson told Lou the accident occurred "in the city." When Lou named the District of Columbia, the fake grandson said, "Yes. In D.C." Scammers also get information from social networking sites, or by hacking a loved one's email account.



If you get a call like this, get off the phone and check it out. Call your loved one using a phone number you know is theirs, or call another family member. Then, tell a friend your story. Also, call the DA's office at 413-586-9225 to let them know!

### 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**

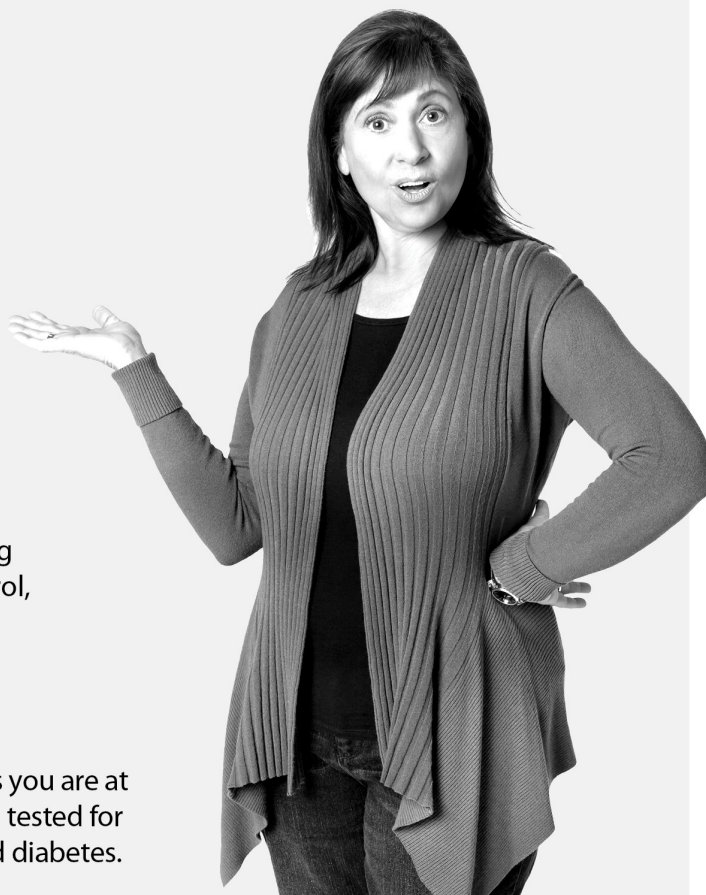
# Prediabetes? That's a thing?

**Prediabetes means you have a much greater risk of developing Type 2 diabetes.** Prediabetes happens when your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. In Massachusetts, **35% of adults** have prediabetes, **but most of them don't know they have it.**

Health risks for prediabetes and diabetes include being overweight or obese, high blood pressure or cholesterol, and being inactive.

## Take the Risk Test

**See the reverse side for a risk test.** If your score shows you are at high risk, talk to your healthcare provider about getting tested for prediabetes. A blood test can diagnose prediabetes and diabetes.



## How can I lower my risk?

By **improving your diet** and increasing **physical activity**, you can reverse prediabetes and reduce your risk of diabetes in the future. Making healthy food choices and getting regular physical activity can lower weight, blood pressure and cholesterol — and help you keep a normal blood sugar level. Lifestyle change programs that focus on diet and physical activity — like **the Diabetes Prevention Program** — are proven to cut your risk of type 2 diabetes by more than half.\*

## The Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is a year-long, group program held at a local YMCA or health center. This program can help individuals lose 5-7% of their weight, which lowers their risk for diabetes.

A trained lifestyle coach will help you learn:

- **Practical ways to eat healthy**
- **How to add physical activity to your daily routine**
- **How to manage stress**

### Contact a local program:

Hilltown Community Health Center DPP  
(413) 238-5511, Ext. 149

Hampshire Regional YMCA  
(413) 584-7086, Ext. 119

For a statewide list of programs, visit  
[www.mass.gov/dph/preventdiabetes](http://www.mass.gov/dph/preventdiabetes)



Massachusetts  
Department of  
Public Health



HAMPSHIRE REGIONAL YMCA



\*National Institute of Diabetes and Digestive and Kidney Diseases,  
[http://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Documents/DPP\\_508.pdf](http://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Documents/DPP_508.pdf)

# Find out if you have prediabetes.

## Take the risk test.

### How old are you?

- Less than 40 years (0 points)
- 40—49 years (1 point)
- 50—59 years (2 points)
- 60 years or older (3 points)

Write your score  
in the box.




### Are you a man or a woman?

Man (1 point) Woman (0 points)

### If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

### Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

### Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

### Are you physically active?

Yes (0 points) No (1 point)

### What is your weight status?

(see chart at right)

### If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). **Talk to your doctor to see if additional testing is needed.**

Add up  
your score.




Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
	You weigh less than the amount in the left column (0 Points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009 Original algorithm was validated without gestational diabetes as part of the model.

### Lower Your Risk

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

\*Adapted from the CDC, American Diabetes Association and American Medical Association "Do I have prediabetes? Risk Test."

## Regional News

### Seniors Aware of Fire Education



As we age, our skin gets thinner, which means that a burn will be deeper than on a younger person, and could more easily be a real medical emergency. So, getting a burn is not something you want to do! Here's a few things you can do to avoid getting burned:

- Use oven mitts to protect against hot liquid spills and touching hot objects.
- Use push-pull sticks to move oven shelves when heated.
- Set your hot water to no more than 125 degrees.
- Consider using a heating pad which you have to hold the control to keep it on.

Stay S.A.F.E from burns.

--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.*

### Don't Ignore Your Medicare Mail!

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018.

During Medicare Open Enrollment (October 15 - December 7), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations...and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your senior center or 1-800-AGE-INFO (1-800-243-4636), then press or say 3. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

Call early to receive a pre-enrollment form and make that appointment. Please remember to bring your Medicare and insurance cards and complete list of your medications.

**DO NOT WAIT UNTIL IT'S TOO LATE!**

### Don't Click, Don't Click!!

So last time I warned about a scam in which Amazon.com, and perhaps other sellers, send you an email about an order, and when you click the website address in the email message, you get in trouble. So sorry, but this month I'm going to extend that warning.

I appreciate the reader who called me and told me about her experience. She got an apparent Apple email about an item that might have been downloaded and paid for. Three warning signs – first, an attachment was included and we know not to open such attachments, don't we? Second, the sender's email address was *weird*. (That's a technical term for "might not be legitimate"). Instead of ending in .com or .edu or something familiar, it ended with .mobi. This is a mobile domain used in publishing and not likely to be used in a business email, according to a Yes Computer store employee. Third, the letter contained grammar and punctuation errors.

So, again, Don't Click on links inside an email message. I've even stopped clicking the link from my bank when they tell me my monthly statement is available. Yes, I trust my bank, but I do not trust that a hacker couldn't have gotten to them. That has become all too easy in recent times.

I welcome a call or email, will try to respond if you have a question, and will warn others if you encounter a troublesome situation.

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

July & August were slow but steady. I attended several COA picnics & enjoyed healthy meals with good company. I also, for the first time, participated in a COA workshop/class. Basketry was offered in Chesterfield by Jean Weller. The sessions extended over five consecutive weeks. It was an exceptional opportunity for me to learn new things from my classmates in addition to new basket-making skills. Classes are a great way to meet new people, learn more about folks you already know and gain knowledge about something new. I urge you to start now to learn new things in new ways. Being in a group, even short-term, helps break routine & limit boredom many seniors face.

Plainfield Cares Advocates began talking with town seniors through calls & visits in mid-Aug. At this time, only Plainfield is approaching its seniors in this way. For those of you in the other towns with an interest in similar outreach to seniors please contact the Plainfield COA at 1plainfieldcoa@gmail.com; Plainfield Cares Co-Chairs, Anne Williamson & Susi Westwood, or me, pwhalen@hchcweb.org.

We need your help. The Easy Ride van service for seniors is up and running. We are looking for seniors to express interest and support for Easy Ride. How? Using the senior van is a good start. But, even if you do not currently need transportation OR you do not anticipate using the service, a simple way to show your support is by completing the application. By completing an application form, you make no commitment to use the van service. It helps the northern hilltowns protect service availability for seniors that need & use Easy Ride. The form is the way FRTA verifies your senior status and makes you eligible to call a day or two ahead and arrange a ride. Applications are stored securely by FRTA. Please contact your COA or the Hilltown CDC for an application & submission instructions.

Our Community Credits Program has a new coordinator. Community Credits is actively making connections for residents, young and old, offering and/or accepting a variety of services – simple home tasks, visiting, rides, errand running, etc. If you have completed a form, then we have it. If you have not yet filled out a form or are unsure if you did, please ask your COA for a copy, send an email request to communitycreditsprogram@gmail.com or leave a message with the Chesterfield COA, 296-4007.

I am looking forward to fall, which promises to be full of COA-sponsored activities, fitness classes, trips, volunteer opportunities and delicious lunch-

es. If you haven't participated yet, please do so. If you attend regularly, think about inviting someone along. You will be pleasantly surprised at how welcoming others are and how easy it is to join in.

### ***Try Something New...***

*Wednesdays starting September 6th at 10am*

#### **Muscle Strengthening Classes**

**Goshen Town Hall, 42 Main St. Goshen, MA**

Once again, we welcome Joan Griswold as she leads us in muscle strengthening classes on Wednesdays at 10am. This program is open to men and women, and to anyone in the surrounding towns! Joan is the owner and principal coach of Be Your Best Health Promotion Services, and you can learn more on her website: **bybhealth.com**. Any questions? Call Evelyn Kellogg Culver, the Goshen COA coordinator: 268-3316.

*Thursdays, September 14th–November 2nd, 2pm-4pm*

#### **A Matter of Balance— Free 8 week workshop**

**Christopher Heights of Northampton  
50 Village Hill Rd. Northampton, MA**

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

**Learn to:** view falls as controllable, set goals for increasing activity, make changes to reduce the risk of falling, exercise to increase strength and balance.

**Who should attend:** Anyone concerned about falls, anyone who has fallen in the past, anyone who has restricted activities because of falling, anyone interested in improving balance, flexibility and strength.

Class Leaders: Don Freeman & Norma Hallock. For more info or to register for this free workshop, contact Kristy Livingston, Director of Marketing & Admissions at 413-584-0701 or email: klivingston@christopherheights.com.

*The same class will be held Thurs. Sept. 7th– Oct. 26th at the Easthampton Council on Aging, 19 Union St., Easthampton. For more info on that class, please contact Kim Jensen at 413-527-6151 or kjensen@easthampton.org.*

Sponsored by Highland Valley Elder Services.

### ***Sign up now for October classes:***

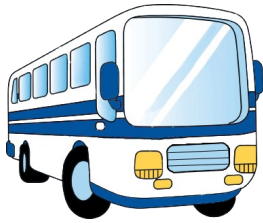
Jaynie Barnes' **popular gourd-crafting class** will be offered in October 2017: four two-hour classes, funded in part by a grant from the Highland Valley Elder Services. Four Chesterfield seniors have signed up to date, and more are welcome from any town!

**Please contact Jaynie at 413-320-8471 or jmb sunshine20@yahoo.com to sign up.**



## On the Go!

Fall is the perfect time for an outing: it's not too hot or too cold! 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 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 and the Northampton Senior Center have arranged the following outings, and you are welcome to join!

*Tuesday, Sept. 19th:* Trip to **The Amazing World of Dr. Seuss Museum**, Springfield Museums, now leaving the Chesterfield Community Center at 9:30 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. **Please RSVP by September 10th.** Call Mary Ann Coleman in Chesterfield: 413-296-4787.

*Wednesday, Sept. 27th:* **Big E time.** Performance by the Lovin' Spoonful. \$12 for Northampton Residents, \$14 for others. Sign-up deadline September 20th. Call Francine Frenier at the Northampton Senior Center: 413-587-1228.

*Thursday, Oct. 5th:* **Moon River.** Andy Williams' songs performed by Jimmy Osmond. Lunch included at Mohegan Sun Casino. \$87.00 Sign-up deadline is September 5th. Call Francine Frenier at the Northampton Senior Center: 413-587-1228.

*Monday, Oct. 16th:* **Fall foliage drive**, leaving the Chesterfield Community Center at 10:00 am via the van, and returning after lunch (location TBD). Call Mary Ann Coleman in Chesterfield: 413-296-4787.

*Thursday, Oct. 19th:* **Isabella Stewart Gardner Museum in Boston.** \$65. Lunch on your own. Stop at The Shoppes at Blackstone Valley on the way. Sign-up deadline is September 19th. Call Francine Frenier at the Northampton Senior Center: 413-587-1228.

*Wednesday, Dec. 6th:* Enjoy the **Rockettes' Christmas Spectacular at Radio City Music**

**Hall** and free time in NY. \$142. Lunch on your own. Deposit of \$50 will reserve a seat. Balance due by October 27, 2017. Only a few seats remain. Call Francine Frenier at the Northampton Senior Center: 413-587-1228.

*Tuesday, December 12:* **"Merry Christmazz Holiday Variety Show" with Jimmy Mazz** at Storow-ton Tavern, W. Springfield, leaving the Chesterfield Community Center at 10:30 am via carpool, and returning after lunch. 30 seats have been reserved. The cost is \$30.00, including a pot roast luncheon, but the Chesterfield COA has offered to pay half (\$15.00) for Chesterfield seniors. Be sure to get your reservation lined up with Mary Ann (413-296-4787) and your \$15 or \$30 check (Chesterfield or non-Chesterfield senior) to her by November 16th: 190 East St. Williamsburg, MA 01096.



## Hilltown Easy Ride's September Schedule

### Every Tuesday:

Shopping at Northampton Big Y and Walmart

### Every Wednesday starting on September 6th:

The van will take people to the Food Pantry in Goshen.

### Thursday, September 7th:

Westhampton Luncheon

### Tuesday, September 12th:

Northampton Big Y and Goshen Luncheon

### Thursday, September 14th:

Shopping in Pittsfield

### Thursday, September 21st:

Chesterfield's Men's Breakfast and Lunch served at the Williamsburg COA

### Wednesday, September 27th:

Plainfield Luncheon

### Thursday, September 28th:

Shopping in Pittsfield

Please don't forget that you need to fill out an application first. Easy Ride Coordinator Fran Goebel is happy to help local seniors fill out an application form for eligibility and assist riders with booking trips and signing up for outings. **Fran can be reached at 413-296-4232 or ride@hilltowncdc.org.** Her hours are part-time, so please feel comfortable leaving her a message with the details of your request and she will get back to you as soon as possible.

**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

Lillian Baxter,  
HEN Representative

Chuck Horn,  
Member

---

Kristen Estelle,  
Newsletter Designer

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

## Don't Miss these September Events!

**Tues. Sept. 12th 9am-4pm**  
**Successful Aging Summit**  
**at Linda Manor, Rt. 9, Leeds, MA**

All sessions are free and include: How to Arch above Aching Feet, Home Safety 101, Tap into Your Creativity, the Art of Collages, and Benefits and Resources for Veterans A-Z. Free continental breakfast & barbeque lunch with Music by the Berkshire Hills Music Academy. For more info, call 413-588-3300 or see our website: [lindamanorassistedliving.org](http://lindamanorassistedliving.org).

**Fri. Sept. 15th 6:30pm-9:30pm**  
**Hilltown Chautauqua's Opening**  
**Night Concert, BBQ and**  
**Contra Dance with**  
**Jay Ungar and Molly Mason**  
**William Cullen Bryant Homestead**  
**207 Bryant Rd. Cummington, MA**



For details of the 2017 Earthcare Festival program and ticketing, please visit the Hilltown Chautauqua's website: [hilltownchautauqua.org](http://hilltownchautauqua.org). Open to the public! All ages welcome! Free admission for children. Friday: Concert, Contra Dance and Pig Roast. \$20 for concert, \$39.50 for concert and meal. Saturday: Main Festival Day \$25 all-day, no meals; \$30, with sandwich; \$42.50, with full lunch.

**Sat. Sept. 16th 7pm-10pm**  
**Multigenerational Square Dance**  
**Chesterfield Comm. Ctr. 400 Main Rd. Chesterfield, MA**

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.

**Weds. Sept. 20th 6pm-7pm**  
**Connecticut Science Center's**  
**Science Evening at New Hingham Regional Elementary**  
**30 Smith Rd. Chesterfield, MA**

Can't make it to the CT Science Center? No problem, because they are coming to us! There will be three activity stations: **Electricity**: Learn about static electricity using a Van de Graaff generator. It's a hair-raising experience! **Dry Ice**: Investigate the states of matter using dry ice and participate in some "cool" experiments. **Air Pressure**: Using a Bernoulli blower, use the power of air pressure to control the path of a beach ball. **Free and open to the public! All ages welcome.**

*The Hilltown Chautauqua's Opening Night Concert, BBQ & Contra Dance, and the Science Evening are sponsored 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 Child Care, and the New Hingham PTO.*