

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



October 2017 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
2 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	3 Board & Card Games, WW, 1:30pm	4 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	5 COA Luncheon Church, Noon Scrabble Library, 5:30pm	6 Walking Group Town pk lot, 8 & 9am
9 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am Knitting Group Library, 6:30-8pm	10 Board & Card Games, WW, 1:30pm Scrabble Library, 1:30pm	11 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am Hike 1pm (see story)	12 Afternoon Movie Library, 1:15pm 	13 Walking Group Town pk lot, 8 & 9am Bake pies for the Fall Festival!
16 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	17 Board & Card Games, WW, 1:30pm	18 Walking Group Town pk lot, 8 & 9am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	19 Scrabble Library, 5:30pm	20 Walking Group Town pk lot, 8 & 9am Breakfast WW, 8am
23 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am Knitting Group Library, 6:30-8pm	24 Board & Card Games, WW, 1:30pm Scrabble Library, 1:30pm	25 Walking Group Town pk lot, 8 & 9 am Chair Yoga WW, 9am Coffee & Social Time Library, 10am	26	27 Walking Group Town pk lot, 8 & 9am COA Board Mtg. WW, 9:30am
30 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	31 Board & Card Games, WW, 1:30pm Halloween!	Westhampton Fall Festival Sunday, Oct. 15th! 		

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

Coordinator: Julia Lennen 413-537-9880 + westhamptoncoa@comcast.net

In Memoriam

Mary E. (Rackham) Daley (1947-2017)

Mildred Kitson Cobb (1921-2017)



COA Luncheon—Pizza and Music

Pizza party! **Our October luncheon will be held at Noon on Thursday, October 5th at the Church.** Michele & Tad Witowski present the "Music of Yesteryear." Remember sitting in your grandparent's living room listening to music on their wind up phonograph? We will take you back to that time with music of the early 1900s up to the 1940s on vintage wind-up phonographs.



Come early to get your blood pressure checked (before you eat your pizza!) and sign birthday cards.

In September we enjoyed our potluck luncheon followed by apple cobbler with ice cream and a round of "Happy Birthday" for our September birthday recipients. After lunch, storyteller Davis Bates held us spellbound with stories about Santa's crispy beard in Leydon, MA as well as tales from his youth on Cape Cod. In addition to getting lessons on playing the spoons, the audience enthusiastically sang along to popular songs like "I've Been Working on the Railroad" and "Cockles and Mussels." Westhampton is home to many wonderful singers!



September Birthdays: Deb Barthelette, Ted Brooks, Ruth Bishop and Ellie Scott.

Connecticut River Cruise

On a glorious sunny day in August, over 40 intrepid Westhampton seniors headed over to Brunelle's arena in South Hadley. First order of business was a delicious buffet lunch (everyone raved over the chicken!). After lunch, we were introduced to Captain Bob and the Lady Bea. As we settled into our seats, safety instructions dutifully executed, we headed north on the Connecticut River.

Once underway, some folks opted for the upper deck. From all locations, we were treated to beautiful scenery as we passed Mt. Tom, beaches, boats and more. Sharp-eyed Bill Magrone spotted a bald eagle swooping above the shoreline. As the Lady Bea was anchored back at the dock, and we waited to get our land legs back, we watched a mother duck and her brood alongside the boat. Perfect outing!



Above: Waiting to board the Lady Bea while we digest our delicious lunch.

Below: Carefully listening to safety instructions.





Above: Bill Magrone and Bob Dragon scan the horizon for eagles.

Below: Sightseeing in the shade.



Below: Connie Dragon and Sue Beaumier taking in the sunshine.



Above: Taking a break from COA duties -- Louise Jaisonnoski and Julia Lennen.

October Hikers and Friends

Wednesday, October 11th, 1:00PM- 2:30PM:

John Clapp is going to lead us on another new hike starting near the Kennedy Rd. bridge and coming out on Mosquito Hollow Rd. near Montague Road. We'll meet at his house and car-pool to the bridge then back to our cars at the end. The hour+ hike is a steady moderate climb, about a mile and a half. There is a stream-crossing at the end but it has good step stones. If we have time, we could stop and check out the caves along Roberts Meadow Brook. More information to come.

More Hiking Ideas: Want to lead a walk, or just want to let us know of a good possibility? Suggestions for better days of the week for hikes? Other comments? Please let me or Ray Fontaine know. We have been exploring more possibilities, but the more folks involved the better.

Note: We send COA Hikers emails BCC, so your email address won't show on everyone else's. Chuck Horn, chornrita66@comcast.net, 527-6765.

Westhampton Fall Festival

The 12th Annual Westhampton Fall Festival is **Sunday, October 15th**. Events start with an interfaith service at 10:00 am followed by a 5K Road Race and 2-mile Fun Walk at 12:30.

The afternoon activities start on the Library lawn at noon. In addition to the famous and delicious COA-fundraising Pie Sale, this all-day event has something for all ages with yummy food (our pies and more!), old cars, lumberjack activities, music, cider-making, cow pie bingo, scarecrows to make, games for children, activities at the Blacksmith Shop Museum and more, and of course the Great

Pumpkin Roll! New this year are a cast-iron skillet toss and sledge hammer throw.

Food is all homemade. A continuous supply of soups, sandwiches, and desserts/baked goods will be available throughout the day. Following the Great Pumpkin Roll will be our community supper featuring beef and vegetarian chili, corn bread, cole slaw, and Amy's yummy Mac & Cheese.

Co-sponsored by the Friends of the Westhampton Public Library and the Westhampton PTO, in collaboration with other civic groups.

Library News

Nefarious New England - Oct. 19, 6:30pm-

There's nothing quite like a New England ghost story. From Peter Rugg's ghostly carriage ride to the haunting of the Sterling Opera House, there is a wealth of spooky tales that are told all over the northeast. Come hear the cases of some of New England's most famous hauntings, and decide for yourself if you ought to sleep with the lights on. Funded by the Friends of the Library and the Lyn Keating programming fund.



Artist Reception - Oct. 7, 1pm-4pm- Steve Hamlin will be having his reception October 7 from 1-4pm. Steve will also be joining us the day of the Fall Festival (Oct. 15) to work on a painting or drawing in the community room. All are welcome to stop by and ask questions and see a work in progress!

E-Book Help - Oct. 30, 6:30pm- This casual class is for anyone interested in learning more about e-books. You're welcome and encouraged to bring your devices! If you can't make it, we're always happy to help another time.

Low Vision? From September to mid October we will have a reading device from the Perkins Library. Perkins lends out materials to those with reading disabilities. They have large print, magazines, described movies, and more. The device we have is used for listening to audiobooks. Come and take a look or stop by to learn more about Perkins other free services.

Board and Card Games

Head over to Westhampton Woods, Unit F, every Tuesday afternoon at 1:30 pm for board and card and good company! Rather play Scrabble? Join in at the library at 1:30 pm on October 10th and 24th. Scrabble will also be played at the library at 5:30 pm the 5th and 19th. Any and all seniors are welcome to join in.

Computer Class

Bob Miller's computer classes at the library will be on October 9th and 23rd 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. Bob is sure to help you master your computer!

Breakfast is Served

Breakfast is served on the third Friday of each month from 8:00 – 9:30 am at Westhampton Woods, Unit F. All seniors are welcome to stop in!

Chair Yoga Classes

Chair Yoga with Sarah Prince continues in October. Classes are held weekly on Wednesdays at 9:00 at Westhampton Woods, Unit F. The emphasis is on body awareness and self-care with practices that improve breathing, balance and flexibility. Sarah makes it fun with no worries about getting it 'right'. Classes are free to Westhampton seniors. You can come to any or all sessions.

Fuel Assistance

The Massachusetts Fuel Assistance Program helps needy families by paying a portion of their heating bills from November 1 to April 30. If you are a Massachusetts resident living on a low or fixed income, you are encouraged to apply. Community Action helps warm hundreds of Franklin and Hampshire County families. Available to both homeowners and renters, the Fuel Assistance Program helps income-eligible participants afford their home heating expenses. Program eligibility is determined by family size and gross annual household income.

Income Guidelines:

Gross Annual Household Income before Taxes

No. Of People	Income Limit
1	\$34,380
2	\$44,958
3	\$55,537
4	\$66,115
5	\$76,693
6	\$87,272

You can now schedule an appointment for the 2017/2018 heating season online at:
communityaction.us/fuel-assistance.html
or call 413-774-2310

If you are a first time program applicant, you must apply in person. If you applied the previous year, you will receive your application by mail and will not need to apply in person. Please contact Julia or Louise if you need a ride to complete the application process in person.

Regional News

Medicare Open Enrollment Deadline Is Here –

SHINE Can Help Seniors Make Sense Of It All

Do NOT Ignore Your Medicare Mail...it's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan. Please read this guide -- it explains changes in your plan for 2018.

During the annual Medicare Open Enrollment, **October 15 - December 7**, you will have a chance to CHANGE your plan for next year.

We can help make sense of the information. Trained SHINE (Serving the Health Insurance Needs of Everyone) counselors can help you understand your plan changes as well as other available options. Be sure you have coverage that best meets your needs! SHINE counselors are in every community and there are still appointments available. Sign up soon!

Please call your senior center to get a SHINE appointment during Open Enrollment or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. For more info, go to: www.800ageinfo.com

Veteran's Day Celebration

**Monday, November 13th
12pm**

**RH Conwell School
147 Huntington Rd.
Worthington, MA**



The Worthington Council on Aging invites ALL hilltown veterans, regardless of age, and their spouse or caregiver to our Veteran's Day celebration on Monday, November 13th, at the RH Conwell School on Huntington Road in Worthington. Lunch will be served at 12 noon. **Due to limited space, reservations are required by calling the Coordinator, Sandy Epperly, at 238-5584.** Leave a message if no one answers! Come and enjoy a wonderful roast pork dinner, the friendship of your fellow veterans, and let Worthington say "Thank you for your service". Please join us!

The Equifax Mess – Part 1

At one point I commented that sometimes the topic I use for this newsletter is handed to me. Bingo! Equifax!! Recently the news broke that the credit rating agency has been hacked. We are to be advised by Equifax IF SOME of our information has been compromised. Me thinks we should assume that all has; that is the safest approach.

So now WHAT TO DO? This is the deal as I write to you on the 17th of September.

1. Don't Click! Ditto words from last month... If you get an email "from Equifax" or anyone writing about the hack, saying "click here" and provide identifying information, don't do it!
2. I also would not go onto the Equifax site and log in, responding to their request for your information. Let's wait. Others who have signed in got conflicting information, were asked for more personal input than usual, and could not print results of an action.
3. Check one of the other agencies, using the free AnnualCreditReport.com site. This is the first of many checkings we all will need to do from now on. Sorry... (P.S. I reviewed my TransUnion account and signed up to have my account locked (different from a freeze). Thought that was free – it is not! Don't do it.)
4. Passwords. Look at all your financial and health record accounts and see how good those passwords are. If they are simple ones or all the same, you really should change them.
5. Strongly consider requesting a credit freeze. This page has the best explanation I've seen: uspirg.org/resources/usp/protect-yourself-against-new-account-id-theft

Jean O'Neil
TRIAD Committee member
413-268-2228, jeanoneilmass@gmail.com

Rainbow Elders

By Peg Whalen
Regional Outreach Coordinator for the
Northern Hilltowns Consortium of COAs

This month we are introducing a new regional newsletter feature. Each month will focus on information and topics related to people who are widowed; veterans; have a chronic illness; those who are caregivers; or struggle with the issues associated with being lesbian, gay, bisexual, or transgender (LGBT) seniors.

In early September, I attended the monthly Holyoke Rainbow Supper Club at the Holyoke Senior Center. We were welcomed by the Mayor, made new friends, and watched the documentary "Gen Silent". In June, I attended a workshop on LGBT seniors, programs and services. The workshop was sponsored by the Holyoke Senior Center and presented by Bob Lin-scott from the LGBT Aging Project of the The Fenway Institute.

LGBT older adults have a strong sense of unity and enjoy a sense of community having created families of choice, but they also want help from other supports in their communities.

Statistically, LGBT seniors are often aging alone, lack caregiving resources, are socially isolated, disconnected from elder services, and often estranged from our families' of origin.

Traditional aging service systems that commonly help and refer seniors to a range of community supports such as community-based health care systems, home care and regional elder service networks such as Highland Valley Elder Services, access to financial assistance, services for veterans, faith communities, and help with housing and sources of food assistance. LGBT seniors often do not regard these typical community based supports as safe or helpful resources because of a lifetime of experiences with legal harassment, mental health stigma, institutionalization, medical mistreatment, dishonorable discharges, condemnation, housing harassment and eviction. Because of these issues, LGBT seniors may be reluctant to seek help until it's too late. Despite these challenges and fears, LGBT seniors are eager for senior programs that embrace their unique struggles.

COAs and senior centers are now helping bridge the gaps by reaching out to LGBT seniors. Here in the northern hilltowns, the COAs are talking and working together to acknowledge and support LGBT seniors of any generation with programming and sensitivity to individual and group needs, concerns, and service challenges. This fall the Northern Hilltowns Consortium of COAs will hold the first event for hilltown LGBT seniors. Watch your November newsletter for details. I need help with planning, so if you are interested, contact me by email: pwhalen@hchcweb.org or phone/text (413) 404-4566. We plan to continue with more programs and dinners. Additionally, a good LGBT senior online resource is: www.lgbtagingcenter.org.

Try Something New...

Wednesdays at 10am

Muscle Strengthening Classes
Goshen Town Hall, 42 Main St. Goshen, MA

Joan Griswold 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 web-site: bybhealth.com. Any questions? Call Evelyn Kellogg Culver, the Goshen COA coordinator: 268-3316.

Saturday October 7, 14, 21, 28. 10:45am to 12:45pm

MahJongg Classes
Plainfield Town Hall, Main St. Plainfield, MA

Originating in China in the 1800s, MahJongg is a game of tiles, beautifully painted with old Chinese symbols and pictures, and Americanized with English numbers and "joker" tiles. The game draws you in with a little strategy, the visual and physical appeal of the chunky tiles, and the pleasure of mastering the rules of play. Join us to learn the "ins and outs" of a game you'll want to play for many years to come. Participants will need to purchase a required paperback text for homework and in-class participation: "The Beginner's Guide to American Mahjongg" by Elaine Sandberg, 2007. The classes will be taught by Beth Altimari and Nan Clark. Participants are asked to contribute \$10/person to the COA for the classes payable to Plainfield COA. To sign up for the class, please contact Debbie at 413-634-0275. A light snack will be provided.



Legal Issues in Life Planning:

Securing your Future, Planning your Estate and
Protecting your Independence

Sunday, October 22, 2017 at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield, MA

All are welcome!

This is the first in a series of presentations brought to you by the Chesterfield Senior Housing Committee. Knowing where you want to live and what the costs are, whether you "age in place" at home or seek other arrangements, is complicated. The time is now to plan for the future, especially if the "future" is right around the corner. Come join the series and have all the facts to make the decision that is right for you.

We begin with a presentation by Lisa Kent, an attorney with the firm of Esser Kent, which specializes in family law. She will cover issues that concern us all.

On the Go!

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!

Please make your reservations early as these trips fill up fast!

*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.

*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 Storowton 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.

Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

Seeking Big Ideas for a Hampshire County Mobile Farmers Market!

Mobile farmers markets are vehicles filled with locally-sourced produce and fresh foods that sell these items in communities or neighborhoods that have limited access to locally-produced, healthy foods.

Thurs. Oct. 5th 9:30am-11:30am
Stanton Hall, 26 Russell Rd., Huntington, MA

Healthy Hampshire is hosting a regional meeting to hear community members' thoughts about establishing a mobile farmers market to serve Hampshire County. The meeting will include: a presentation from Michael Skillicorn, Director of Programs for Grow Food Northampton and experienced mobile market operator; guided discussion around the idea of a mobile market to serve several towns in Hampshire County; and a light breakfast and coffee. *Transportation and childcare upon request.* If you have any questions, please contact Caitlin Marquis: 413-588-5562 or cmarquis@collaborative.org.



Hilltown Easy Ride's October Schedule

Every Tuesday:

Shopping at Northampton Big Y and Walmart

Every Wednesday:

Food Pantry in Goshen.

Thursday, October 12th:

Shopping in Pittsfield

Thursday, October 26th:

Shopping in Pittsfield

The Easy Ride Van would love to get you to any event possible if you call. Want to go to your local COA luncheon? Want to try that exercise class in the neighboring town? Just please make sure you have filled out a Demand Response Application with FRTA first. It will take at least one week before you will receive an answer from FRTA to be approved.

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: Mon. 2:30pm-4pm, Tues. 8am-10am, Weds. 2pm-4:30pm, Thurs. 8am-12pm, Fri. 8am-1pm. 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

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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.

Out and About in October

Sun. Oct. 15th 10am-7pm

12th Annual Westhampton Fall Festival

Westhampton MA Town Center

10am All-Community Interfaith Church service.
12:30pm 5K Road Race/ 2 Mile Fun Walk. Afternoon activities 12pm-4:15pm. Kids games, Church steeple tours, Cow Pie Bingo, Cider Making, COA Pie Sale, Largest Pumpkin Contest, Classic Cars, etc. Great Pumpkin Roll at 4:15pm followed by Community Supper/ Bonfire/ Sing-A-Long.

Fabulous Food! All delicious and homemade. A continuous supply of soups, sandwiches and desserts/ baked goods will be available throughout the day. The Community Supper will feature Beef and Vegetarian Chilis, Corn Bread, Cole Slaw and Amy's yummy Mac & Cheese.

Food table volunteers needed: call or text Betty-Anne Gould at 757-849-9995. Cow Pie Bingo tickets: call Molly Butler at 413-320-9180. Tickets also available at the Festival. Car Show: call Chris LaPlante at 413-923-8007. General questions or info: call Morley Cleary at 413-203-1656

Co-sponsored by Friends of the Westhampton Public Library and Westhampton Elementary PTO, with collaboration from the Fire Dept. and other civic groups.

Fri. Oct. 20th 10am

Little Roots Music Experience

**Chesterfield Comm. Ctr. 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. Each song offered has an instrument or movement activity to engage children. 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.*



Sat. Oct. 21st 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 Pete or Val Bowlby: 296-4570. *Supported in part under a grant to the Chesterfield COA from Highland Valley Elder Services.*