

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



### December 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
<b>2</b> <b>Knitting Group</b> Library, 6:30-8pm	<b>3</b> <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	<b>4</b> <b>Coffee 'n' Chat</b> Library, 10am	<b>5</b> <b>COA Luncheon</b> Church, Noon	<b>6</b>
<b>9</b> <b>Computer Class</b> Library, 10am <b>Knitting Group</b> Library, 6:30-8pm	<b>10</b> <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	<b>11</b> <b>Coffee 'n' Chat</b> Library, 10am	<b>12</b> <b>Foot Care Nurse</b> WW, call Deb Dean 413-667-5363	<b>13</b>
<b>16</b> <b>Knitting Group</b> Library, 6:30-8pm	<b>17</b> <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	<b>18</b> <b>Coffee 'n' Chat</b> Library, 10am	<b>19</b>	<b>20</b> <b>COA Breakfast</b> WW, 8am-9:30am
<b>23</b> <b>Computer Class</b> Library, 10am <b>Knitting Group</b> Library, 6:30-8pm	<b>24</b> <b>Library Closed</b> <b>Board &amp; Card Games, WW, 1:30pm</b>	<b>25</b> <b>Merry Christmas!</b>	<b>26</b>	<b>27</b> <b>COA Board Meeting</b> WW, 9:30am
<b>30</b> <b>Knitting Group</b> Library, 6:30-8pm	<b>31</b> <b>Library Closed</b>			

Westhampton COA † 3 South Road † Westhampton, MA 01027 † Seniors Helping Seniors  
 Coordinator: Amy Landau 413-203-9808 † westhamptoncoa@comcast.net

## In Memoriam

Jean Creek  
10/21/44– 11/2/19



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## November Luncheon

A large group of seniors gathered at the church for the monthly luncheon on Nov. 7th. After lunch, Fred Morrison from Westhampton gave a Powerpoint presentation about honey bees. We learned some very interesting facts about the life of a honey bee as well as how gentle they really are—as opposed to other stinging insects!



*November birthdays:  
Chuck Horn,  
Terri Derouin,  
Pat Warren and  
Bill Magrone*

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## Veterans Day Breakfast at Outlook

Thirty-three veterans attended the breakfast at Outlook Farm! They were from Westhampton as well as from many of the surrounding towns. Thank you to Outlook Farm and the COA Friends for sharing the cost of the breakfasts. Many other people attended also to thank the veterans for their service.

*Veteran's Day Breakfast:  
Some of the veterans attending the breakfast.*



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## Thank You from the Friends

We'd like to thank all the COA members who baked for our annual pie sale held on October 20th at the Fall Festival. We had 49 pies and a

tray of apple tarts for sale and SOLD OUT! Everyone commented on how delicious your pies were and about the wide variety that was offered.

Thank you also to everyone who bought a whole pie, a slice or maybe two! Without all of you our pie sale would not have been the success it was. (Thank you, also, to Deb Barthelette, Shirley Raymond, Marion Miller and Jean Webster who manned the table all day.)

*Pie Sale:  
Marion,  
Shirley, Jean  
and Deb*



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## December Luncheon

Our Christmas luncheon will be on Thursday, Dec. 5th, with a Virginia baked ham dinner and all the fixings. The Dan Kane singers will be our entertainment upstairs after lunch—like last December. This will be a nice pre-holiday treat for us. Our invited guests will be from the Shelburne Falls COA who fed and entertained us last July after our walk on the Bridge of Flowers. (Let's hope for good weather that day!) As always there will be a nurse available to check blood pressures before lunch and lots of birthday cards to sign for Westhampton seniors over 65. Our collection box for nonperishable food items for the Easthampton Food Pantry will be in the dining room. At holiday time it's especially nice to think of those who might need a little extra food in their cabinets.

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## Foot Care Nurse

Deb Dean, our foot care nurse, will be at Westhampton Woods, Unit F, in the morning on **Thursday, December 12th**. Deb has appointments there every 2 months. Foot care is especially important as we get older. If you'd like to have your toenails trimmed or see her about any other foot issue, call her at 413-667-5363.

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## Looking Ahead to January

Our first luncheon of 2020 will be on January 2nd. In case the newsletter doesn't arrive before New Year's Day, this is an early reminder. Our program that day will be:

### **Understanding Cyber Threats and What to Do**

A short presentation will be given by Adam Jasionkowski for non-technical people on common cyber

terms and the valuable information sought after in today's digital world. He will provide basic steps you can take both on and off your computer to protect yourself and keep your information safe. Adam is an IT (Information Technology) professional with over 20 years of experience working in Information and Cyber Security. He manages both physical and cyber security systems in the Utility industry. His goal is to make Cybersecurity simpler for you through this interactive presentation.

Bob Miller plans to say a few words about his computer classes twice a month at the library, also.

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## Fall Hikes

Ray Fontaine led a number of hikes during November. Again, due to inclement weather predicted or occurring, a few hikes needed to be re-scheduled. They were all worth waiting for though! If you are interested in hiking with the group in December (depending on the weather, of course) and are not on the hikers email list, email Ray at westhamptoncoahikers@comcast.net to get the schedule.

*White Reservoir Hike: Cindy, Trish, Elaine, Mary Ellen, Mitch, Wendy, Chuck, Barb, Bob, Ray and Lynn*  
picture by Lynn



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## Thank You to Our Handymen

Bob Pajak and Paul McCutcheon have been available to local seniors for the past several years for handyman services at reasonable rates. They have both decided now to retire from offering these services. We thank them for their willingness and cooperation to be available in our community!

## Two Handymen Now Available for Us

Two gentlemen have been found through HCDC who are willing to do small handyman jobs for seniors in Westhampton at reasonable rates. Rick Randall lives in Chesterfield and can be reached on his cell phone at 413-209-1298 or at home at 296-4702. Also, Scott Carpenter from West Chesterfield is willing to do small general handyman jobs (not technical) and can be reached at home at 296-4520 or on his cell phone at 413-207-7476.

## Senior Sand

Again this year the COA, Highway Dept. and a volunteer are teaming up to bring seniors a 5-gallon bucket of sand to keep your steps or walkway safe. Call Julia Lennen at 413-537-9880 to get on the list or to have last year's bucket replaced with a new one. We are looking for a volunteer to help out, but sand will still be delivered now.



## Senior Sand Volunteer Needed

The COA is looking for a volunteer to help with the delivery of sand to seniors. All you need is a pick-up truck, a driver's license and some good muscles to lift the bucket of sand. Call Julia Lennen at 413-537-9880 if you are able to help with the project.

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## December Events at the Library

*December 11, 2:30 pm*

### Hampshire Regional High School Chamber Singers.

Celebrate the season with a wintry selection of songs performed by HRHS students and Choral Director.



*December 16, 6:30 pm*

**Jazz Jam.** Community members are welcome to sit and enjoy the music or to join in and jam with the jazz combo. \*featuring members of the HRHS Jazz Band.

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## Northampton Neighbors' Speakers Series presents:

### 75 Years of Arcadia Wildlife Sanctuary: A Natural Gem in Our Own Back Yard

with Jonah Keane, Sanctuary Director, Mass Audubon's Connecticut River Valley Sanctuaries

**Wednesday, December 11, 2019 5:30 – 7:30 PM**

**Northampton Senior Center, 67 Conz St.** Free and open to all. Northampton Neighbors co-sponsors the Speaker Series with the Senior Center.

Before joining Arcadia Wildlife Sanctuary in 2014, Jonah worked with the Student Conservation Association (SCA) as manager of the SCA Massachusetts AmeriCorps program and as the Northeast Regional Program Director for two years. He has a MS in Forest Ecology, SUNY College of Environmental Science and Forestry, and a BS in Environmental Studies. University of Vermont. He served in the Peace Corps in Bolivia for three years. He enjoys spending time in the woods year-round.





## TRIAD COUNCIL

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

### ***Can We Take It Back?***

If your first thought was “can a Christmas gift be returned?”, it's understandable. It reflects how heartfelt traditions have been slowly undermined the past 60 years. Demonstrating thoughtful kind acts at Christmas continues bowing to society's vacuous tradition of employing commercial gifts to voice how much one cares – no matter what age, everyone must be given their “toys” or worse, impersonal gift cards. Save that for birthdays.

**“The best and most beautiful things in the world cannot be seen or even touched, but must be felt with the heart.” - Helen Keller**

As I write this, 9 days past Halloween, stores are aglow; competitive holiday gift-buying ads have begun their annual commercial assaults. By December, readers will be experiencing predictable yearly stress and financial pressure from this tradition of expected behavior. Many have allowed this manipulating genie to escape from its bottle, to now defy or attempt to break away would take more endurance and courage than society cares to muster. Can we do anything to take it back to partially restore this season with wrapped gifts of sincerity, helpful deeds, meaningful conversations, laughter, and time spent with family and friends?

**“Each day our actions make deposits in the memory banks of our children.”**

For a complex problem, solutions and first steps can most often be fostered starting at home. A daring 64 yr. old grandma in Texas shared that she began a holiday tradition last year: a basket was at her entry door, all phones to be put in it while visiting. After the first awkward hour of device withdrawals, kids and adults actually found themselves having conversations, singing, even playing “Jacks”, cards, and games she unearthed from an attic trunk.

Surprising her, the kids requested a return date for this year's holiday meals. She added a tradition, a Caring Basket. After this Thanksgiving meal, names will go in a basket; everyone pulls one name. At Christmas, each person will give one handmade gift or a written helpful Caring Deed to their selected person, redefining for their family the meaning of this season.

**“For each individual to even begin to incorporate into their daily lives the beliefs they have formulated is perhaps their greatest accomplishment. I, for one, cannot believe we can ever defend our most sacred tenets by abandoning our dreams.” - LyaLya Herold**



Wishing you safe and stress-free holidays!



***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 Friends of the Westhampton Council on Aging, write "program support fund" in the memo line, and mail to Charlotte Wood, 14 Perry Hill Rd. Westhampton, MA 01027.)*

Name \_\_\_\_\_

Address \_\_\_\_\_

*Thank You for Helping to Support Your Neighbors!*



## Regional News

### Seniors Aware of Fire Education



The December holidays will be with us before we know it. Many of the customs involve candles. So, here are a few things to be mindful of when using candles:

- Consider using battery-operated, flameless candles; what doesn't burn can't burn you or your house.
- When using candles that burn, place them in sturdy, safe candleholders that will not burn or tip over.
- Keep candles at least 12 inches from anything that can burn.
- Never leave a burning candle unattended.
- Never use a candle where medical oxygen is being used.
- Be careful not to splatter hot wax when extinguishing a candle.

Have very S.A.F.E. holidays!

~ 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.*

### FY20 Housing Rehab Program

Hilltown CDC will be submitting an application for the FY20 CDBG Grant to apply for Housing Rehab in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. If you have used the Housing Rehab Program in the past, or plan to use it in the future, we'd like to hear from you.

We continue to look for ways to improve our programs at the CDC, and we welcome your ideas, suggestions, or input about our programs. If you have any recommendations on how we could better design the Housing Rehab Program, improve our overall effectiveness, or any suggestions that might enhance the delivery of our services, please let us know? You can call, email, or fax your comments for our upcoming grant application until January 3, 2020. We look forward to hearing your ideas. Thank you.



Please contact Paula S. Bilodeau, Housing Rehab Program Manager, at (413) 296-4536, ext. 123, fax (413) 296-4020, or email paulab@hilltowncdc.org for comments, program information, or for an application.

### 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. Include your address so I will know which mailing list to take you off of. Thanks!

### Credit Reports and Death

Some columns are less enjoyable than others to write. My condolences to the two friends who have need for this information in the last month.

Each individual has an account with each of the credit bureaus. This wonderful financial tool is yours alone! With a good credit score, you can get better loan rates, insurance rates, and other benefits. When someone dies and the credit bureaus are told of the death, the account is closed and the score goes to zero. This is to prevent scoundrels from using the account information for their benefit. It also may help you as a survivor from being harassed by someone wanting to part you from your money.

As a survivor, in addition to all the emotions and details you are dealing with, it is a good idea to get a copy of the deceased's credit report from each of the three bureaus so you can get a clearer picture of his or her finances and learn if you are responsible for anything, such as being a co-signer on a credit card. The request for a copy can be made by a spouse or executor.

Send a letter with the following information about the deceased: legal name, Social Security number, date of birth and of death, last known address, a copy of the death certificate or letters testamentary. Include your full name, your address, and if not a spouse, the court document showing your executor status.

After that, you can request the credit bureaus close the account and mark it "Deceased. Do Not Issue Credit". The Social Security Administration should forward this request, but I'd advise making sure it happens. Addresses for the three credit bureaus are easy to find online but call me if you have troubles.

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

## Older Patients Deserve Age-Friendly Care

"I've been on my gout medication since the 1990s. No one ever suggested I stop taking it, doc." Jerry was a new patient, in for a general health checkup. He had a variety of health conditions and was taking at least 6 different medicines. When I asked him how long it'd been since his last gout flare, he proudly replied, "I haven't had one in 20 years." Now, maybe he hasn't had a recurrence in two decades because he's been on the medicine, or rather, maybe he just doesn't need to be on the drug anymore.

Jerry's experience isn't unusual: many older patients are still taking medication that had been prescribed to them when they were much younger, without anyone questioning whether they should still be taking it. Think about it – has your doctor ever comprehensively reviewed all your medicines with you – and discontinued one or lowered a dose? It's critical that you review your medications with your doctors and see if there should be any changes. Every drug has risks and benefits, and that balance can sometimes shift as we age. In fact, certain drugs should be outright avoided as you get older. Yet, most older patients are unaware of this.



This is one of many findings surfaced by a recent survey on age-friendly health systems conducted by WebMD and The John A. Hartford Foundation. We surveyed nearly 3,000 patients and caregivers, age 65 and older, and the results were a bit sobering. We learned that the care of older adults is mired in misinformation, especially among minority populations, with older patients and caregivers mistakenly believing that sharp declines in the quality of life are inevitable. Here are a few of the findings that I found most concerning:

- Forty percent of those surveyed were unaware that certain prescription medications affect the quality of their thinking.
- More than two-thirds of caregivers said that the person in their care has difficulty walking around, and half said that they had fallen within the past year. And very few are doing any activities to improve mobility.
- Only a very small percentage talk to their doctors about their concerns and fears or share their future health goals.
- Forty percent of respondents incorrectly think that depression is an inevitable part of aging.

So why are older patients not getting the care and the information that they need?

I think part of the reason is that patients and caregivers often aren't sure what to expect – and what they should demand – from doctors and the health care system. They just accept the status quo, but we need to change that. Patients and caregivers need to know that they can and should ask for care that meets their specific needs.

Advances in medicine have allowed us to live longer,

and that's great. But now we need medical care that will help to optimize our health as we age. We need age-friendly care that is evidence-based, causes no harm, and is always consistent with what matters to the older person. But that kind of change will only happen if patients and caregivers ask for it and start to expect it. So, if you're an older patient, or caregiver, I hope you'll take a few minutes and read the results of the survey ([www.webmd.com/healthy-aging/age-health-care-survey](http://www.webmd.com/healthy-aging/age-health-care-survey)) It may open your eyes to some things that you didn't know you could be asking of your doctors.

And, in case you are wondering, Jerry did decide to stop his gout medicine and he has been doing very well!

~ John Whyte, MD MPH

*John Whyte, MD, MPH, is a board-certified internist and the Chief Medical Officer at WebMD, where he leads efforts to develop and expand strategic partnerships that create meaningful change around important and timely public health issues. As a popular health writer, he has been published extensively both in medical and mainstream publications.*

## General Contractors

***Are you are interested in steady, local work?***

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by grant programs. We recently received the FY19 Housing Rehab Grant and will be bidding 22 projects in the upcoming months. In addition, we're in the process of applying for the FY20 Housing Rehab Grant for another anticipated 20-22 projects.

Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington with an average project cost of \$30,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

**GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workers' Compensation insurance (if applicable) is required.**

HCDC is an EEO/Section 3 Employer. Women and minorities are encouraged to apply.

**Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org).**

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

# On the Go!



The Northampton Senior Center has arranged the following outings, and you are welcome to join!

\*Please make your reservations early as these trips fill up fast!\* **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

## Quick Look 2020

**Jan 14: New England Air Museum**, docent guided tour, lunch on your own at Friendly's in Windsor, CT. \$65 due by Dec. 14th.

**Feb 24: Day trip to the MGM Casino in Springfield.** Cost is \$25 per person. Casino bonus to be determined. Payment is due by January 27th. Limited seats. No refunds due to bargain price.

**May 1-10: Memphis/Nashville 10-day bus trip.** See the Grand Ole Opry, Country Music Hall of Fame, Memphis Rock N' Soul Museum, Graceland and other sites. Cost per person in a double room is \$1070. Receive a \$25 discount if paid in full by February 3, 2020.

**May 31-Jun 13: Mediterranean Cruise 14 days**— only a few seats remain. Passport required. Excursions available. Deadline to sign up January 15, 2020.



## Share the Love with Vulnerable Seniors this Year



Highland Valley  
ELDER SERVICES

Exciting news! For the 12th year running, the Meals on Wheels network is participating in the 2019 Subaru Share the Love Event. Over the past eleven years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.2 million meals nationwide to seniors in need.

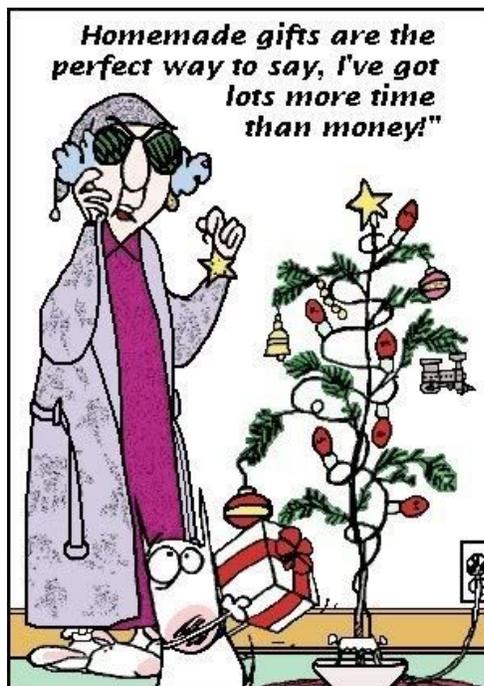
Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.** This is simply unacceptable, which is why Highland Valley Elder Services provides the nutritious meals, friendly visits and safety checks to the seniors of Hampshire and Hampden counties. This vital support keeps seniors in their own homes, where they want to be. We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve.

### HERE'S HOW IT WORKS

This November 14, 2019, through January 2, 2020, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.\* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, Highland Valley Elder Services will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

You might not be in the market to purchase a new car, but if you are, please look into the Subaru Share the Love Event to learn more. If you're not shopping for a new vehicle, *you can still help* by spreading the word to your family and friends. Share our posts about the Share the Love Event on Facebook, Twitter, and Instagram. And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice.

\*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 14, 2019, through January 2, 2020, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 15, 2020. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit [subaru.com/share](http://subaru.com/share). All donations made by Subaru of America, Inc.



**Westhampton Council on Aging**  
**3 South Road**  
**Westhampton, MA 01027**

PRSRT STD  
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**Westhampton  
Council on Aging**

Amy Landau, Coordinator

Louise Jasionkowski, Chair

Chuck Horn, Secretary

Ray Fontaine,  
Hikes

Julia Lennen,  
Board Member

Lillian Baxter,  
HEN Representative

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Kristen Estelle,  
Newsletter Designer  
regionalcoanews@gmail.com

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

## Out and About in December

**Wednesday, December 4th, 6 pm**  
**An Intro to Aromatherapy: The Basics**  
*Williamsburg Town Offices Caf *  
*143 Main Street, Haydenville*  
Presenter: Kay Judge, Clinical Aromatherapist

This class is designed to provide a basic understanding of what the use of essential oils is all about. Create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. All are invited! Please call 268-8407 to register.

**Sat. December 7th, 9am-3pm**  
**Fundraiser Vendor/ Craft Fair**  
*John James Memorial Hall, 42 Main St., Goshen*

This event raises money for the Chesterfield-Goshen Children's Fund, which helps provide holiday gifts to local children and families who need a little help this season. Baked goods, handmade wreaths, raffle and more.

**Sun. December 15th, 3pm**  
**Hymn Sing**  
*Goshen Congregational Church, 45 Main St., Goshen*

**Fri. December 20th 9am & 10am**  
**Spa Day at Smith Vocational**  
*80 Locust St. Northampton*

Smith Vocational collaborates with the Chesterfield COA by offering a "spa day" once a month to seniors in the surrounding area. Cosmetology students are offering: Haircuts \$6.00; Manicures \$5.00; Facials \$9.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9am and 10am in Room 124 of Building A at the school.

**Mondays, 4:30-5:30pm**  
**Ukulele Group**  
*Williamsburg Town Offices, Auditorium*  
*143 Main St. Haydenville*

All are welcome! Dan Frank is facilitator and members have varying ability; all come for the sheer enjoyment of strumming their ukuleles and singing along. A free-will offering is collected at the end of the session.

