


# Moving Forward

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



## April 2018 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
<b>2</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>Knitting Group</b> Library, 6:30-8pm	<b>3</b> <b>Board &amp; Card Games, WW, 1:30pm</b>	<b>4</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>Chair Yoga</b> Library, 8am  <b>Coffee &amp; Social Time</b> Library, 10am	<b>5</b> <b>COA Luncheon</b> Church, Noon  <b>Scrabble</b> Library, 5:30pm	<b>6</b> <b>Walking Group</b> Town pk lot, 8 & 9am
<b>9</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <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, 1:30pm	<b>11</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>Chair Yoga</b> Library, 8am  <b>Coffee &amp; Social Time</b> Library, 10am	<b>12</b> <b>Free movie</b> Library, 1:15pm	<b>13</b> <b>Walking Group</b> Town pk lot, 8 & 9am
<b>16</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>Knitting Group</b> Library, 6:30-8pm	<b>17</b> <b>Board &amp; Card Games, WW, 1:30pm</b>	<b>18</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>Chair Yoga</b> Library, 8am  <b>Coffee &amp; Social Time</b> Library, 10am	<b>19</b> <b>Scrabble</b> Library, 5:30pm	<b>20</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>COA Breakfast</b> WW, 8am-9:30am
<b>23</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>Computer Class</b> Library, 10am  <b>Knitting Group</b> Library, 6:30-8pm	<b>24</b> <b>Board &amp; Card Games, WW, 1:30pm</b>  <b>Scrabble</b> Library, 1:30pm	<b>25</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>Chair Yoga</b> Library, 8am  <b>Coffee &amp; Social Time</b> Library, 10am	<b>26</b> 	<b>27</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>COA Board Meeting</b> WW, 9:30am
<b>30</b> <b>Walking Group</b> Town pk lot, 8 & 9am  <b>Knitting Group</b> Library, 6:30-8pm				

## In Memoriam



Paula Murphy

Sylvia Buzzee

Gordon Tibbetts

### March Luncheon

On March 1st, the Westhampton Elementary School's 4th grade, their teachers and 12 grandparents joined us for lunch. After the kids helped with serving dessert and clearing the tables, they put on a lovely program featuring their talents. Beginning with an Irish step dancer (Keegan Butler), who even taught us to count to ten in Gaelic, we were treated to all sorts of talents! The final performer (Eamonn Hilnbrand) played and sang to his ukulele. In between those acts, we watched clay sculpturing, artists drawing, creation of animals from towel folding, slime making and heard keyboard, piano and recorder presentations. There was a magician, a comedian and a video of one boy who has been working with oxen for several years. We all learned a good deal from their program!

Thank you Phoebe Bowser, Keegan Butler, Ella Cleary, Carter Corbeil, Owen Drysdale, Cody Gaida, Jayden Hamel, Eamonn Hilnbrand, Sam Jenkins, Efrem Korytoski, Reese O'Connell, Amelia Perry, Lillian Popham, Logan Rourke, Kylie Wauczinski and their teacher, Sarah Overstreet and assistant.

COA birthdays were also celebrated for Sally Lawton, Mary Ellen Prince, Ann Torrey, Ray Fontaine and Marion Miller.

Before lunch began, Principal Dean Bates presented Julia Lennen, COA Coordinator, with a large framed print by Norman Rockwell depicting Ruby Bridges' walk to school with the Federal Marshalls in 1960.

The students and staff of WES very much appreciated the visits by our seniors and the Ruby Bridges' books purchased for each student with money from the multigenerational grant.

WES  
4th grade



Principal Dean Bates presents print to Julia.



Some of the grandparents and COA members watching talent show at luncheon.



### April Luncheon

Our first spring luncheon will be on **Thursday, April 5<sup>th</sup>**. After our usual potluck, John Yount, PT, Falls Prevention Coordinator from Cooley Dickinson VNA and Hospice, will present a program titled "Preventing Falls Among Older Adults" (see page 5). Come to the luncheon a little early if you'd like your blood pressure checked, and there are always birthday cards to sign. We want to also thank Pat Warren for the beautiful and delicious birthday cupcakes that she makes for those celebrating during the month. Try to remember to bring a nonperishable food item for our collection basket that goes to the Easthampton Food Pantry.

### Walking Groups

Now that spring has arrived, we can safely promote our walking groups that begin at the town parking lot on Mondays, Wednesdays and Fridays at 8:00am. If you'd rather walk a bit later, there are usually folks who walk at 9:00am. The early spring mornings can be very beautiful—especially when the red-winged blackbirds are singing along the lower part of



South Rd.!

### Board and Card Games

The gamers are still meeting **every Tuesday at Westhampton Woods, Unit F, at 1:30pm.** Join them anytime for an afternoon of good conversation and fun. The Scrabblers will be meeting on the **10<sup>th</sup> and 24<sup>th</sup> at the library at 1:30,** and also scrabble will be played on the **5<sup>th</sup> and 19<sup>th</sup> at 5:30pm at the library.** All are welcome anytime.

### Chair Yoga Is Back

A sure sign of spring is that our Chair Yoga Classes have begun again! This year we're meeting at the library on Wednesdays where there is a lot more room. It was getting a bit cramped in the meeting room at WW. These 8:00am classes are a great way to gently stretch early in the morning as you get your day started. Michele Morales is very helpful and has many years of experience teaching yoga which she incorporates with a form of gentle movement called the Feldenkrais Method.

### COA Breakfast

Our breakfast at WW, Unit F, will be on **April 20th** this month. As usual, there will be homemade coffee cake or quick breads available to go along with a variety of hot instant oatmeal. The coffee, cocoa, tea and milk will also be ready for everyone between 8:00 and 9:30 that morning. Stop in for a quick snack or stay and visit for the entire time. There's always nice morning conversation.

### Spring Hikes

The Westhampton COA Hikers are planning more hikes during the next two months. All will be scheduled **Wednesdays from 1:00 PM - 2:30 PM.** People from other towns are encouraged to join us. If you are interested, have questions, and/or want to be on our email list, please contact us via the Town offices (413) 203-3086. I will get back to you. As we get closer to each date, we will email more detailed information via our COA Hikers email list. For security, individual names/email addresses are Bcc'd. These hikes are a great way to meet new people while enjoying the outdoor exercise. We hope you will join us as often as you can.



**April 4, Return to Kestrel Trust's Newer Trails, Westhampton**

**April 25, Hartnett-Manhan Memorial Forest and the Loudville Lead Mines.**

~Chuck Horn, Westhampton COA Hikers

### A Message from our COA Coordinator

Did you know that you or your family can get an electronic copy of the Moving Forward newsletter? There are three different options available:

1. Electronic-only: If you would like to stop getting the print version of the newsletter mailed to your home, please contact: regionalcoanews@gmail.com.

2. Print and electronic: If you want to continue getting your print copy but want an electronic version for you or a family member, contact Wendy Blow: 413-527-1465, wendypb71@comcast.net

3. Newsletters are also posted on the town website, under the Council on Aging Newsletter tab: www.westhampton-ma.com/council-aging/pages/monthly-newsletters

We also keep an email list for reminders and events that did not make it into the newsletter. To sign up yourself or a family member, send an email to: westhamptoncoa@comcast.net.

### 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, equipment to use in the bathroom. There are also 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.



## TRIAD COUNCIL

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

### SPRING - BREAKING OUT OF WINTER HABITS

After a long winter, we might be inspired to make changes; consider a mental and physical tune-up. John Glenn wrote: "If there is one thing I've learned in my years on this planet, it's that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest".

**Watch for Allergies:** Websites and weather reports give predictions - untreated allergy problems can lead to breathing problems, sinus infections, and colds.

**Drink Lots of Water:** Dehydration can adversely affect memory, concentration, increase fatigue, and risk of falls.

**Put on Your Walking Shoes:** Benefits from this health-wise activity are controlling blood sugar, supporting bone & heart health and improving sleep. Get supportive and comfortable shoes.

**Schedule an Annual Physical Check-Up:** Get an eye and hearing exam, too.

### SENIOR LIVING FACTS - A Different Reality

**"80 is the new 65":** With innovations and focus on preventative care, we are living longer, more active and healthier lives. By 2040, the population of seniors 85+ is expected to triple from 5.7 million in 2011 to 14.1 million. The gender gap is also narrowing. The 2013 Population Reference Bureau reported: the average man lives to 76.4 and average woman lives to 81.2 years.

**The need for diverse elder care is skyrocketing:** The massive population of aging Boomers will cause an increase in the 65+ age group requiring nursing care from 1.3 million in 2010 to 2.3 million in 2030. This increasing need for health care and the longer lifespan is resulting in a greater need for diverse and patient-centered elder-care.

**Specialized eldercare is on the rise:** Focus on Alzheimer's disease and dementia points to the need for specialized care and dedicated support for patients and their families. The number of Americans living with Alzheimer's will likely triple to 14 million by year 2050.

**Seniors and families not preparing for long-term care:** The Family Caregiver Alliance reports "one in four people aged 45 and over are not at all prepared financially if suddenly they required long-term care for an indefinite time period". 83% of family primary caregivers contribute financially during a long-term care situation: an average cost of \$8,800 out-of-pocket care expenses.

**Community and home-based care are on the rise:** With the steep cost of Skilled Nursing Facilities and a national focus on helping people stay in their homes as long as possible, it's no surprise that home-based care is on the rise as a cost effective alternative. The Caregiver Alliance reveals that the "vast majority of elderly people receiving assistance (80%) live in private homes, not institutions". Despite the trend toward community-based care, as opposed to institutional care, only 18% of long term care expenditures for the elderly are for community-based care. Be an advocate for home-based care; let your State & Federal officials know your tax spending priorities!

**Staying Active is the best preventative care:** To maintain good health and independence, studies reveal that "seniors who do any amount of exercise appear to live longer and have a lower risk of disability". Some people profess that walking, smiling & helping others top the list!



***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 \_\_\_\_\_

\_\_\_\_\_

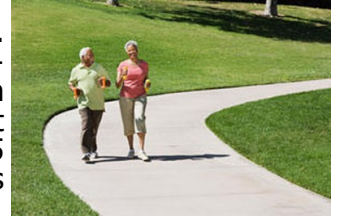
*Thank You for Helping to Support Your Neighbors!*

# Regional News

## Strength in Numbers: Preventing Falls Among Older Adults

Thurs. April 5th, 1-2pm  
Westhampton Congregational Church  
1 Tobb Hill Rd., Westhampton

Unintentional falls are a threat to the lives, independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone dies as a result of their injuries.



Although one in three older adults fall each year in the United States, falls are not an inevitable part of aging. Falls are often preventable through increasing activity and exercise, balance training, education, and home safety assessment. These proven strategies can reduce falls and help older adults live longer and more independently. Cooley Dickinson VNA & Hospice, in cooperation with the Westhampton COA, invite you to participate in a special "Falls Prevention" presentation. John Yount, PT, Falls Prevention Coordinator from Cooley Dickinson VNA & Hospice will present the program.

### Hilltown Easy Ride Regular Schedule:

- Monday** – medical rides prioritized
- Tuesday** – Big Y in Northampton (we still do medical rides whenever possible on this day)
- Wednesday** – medical rides prioritized
- Thursday** – shopping in Pittsfield (we still do medical rides whenever possible on this day)
- Friday** – best day to schedule group social outings (we still do medical rides whenever possible on this day)

You must be 60+ to be eligible for the van and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to process, and once you get the acceptance letter you can start booking rides.

We are happy to answer questions:  
**413-296-4536** or [ride@hilltowncdc.org](mailto:ride@hilltowncdc.org).

**Would you like to receive your newsletter by email instead of snail mail?**  
If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### You Aren't Just a Number!

You are a valued individual. However, your Social Security number is pretty important in your life! It's really not good to carry your SS card with you because if someone gets ahold of it, they are on the way to stealing your identity. A crook will know that the first three digits tell where and when the card / number was issued and they may be able to get these if they know your birthdate and hometown. The two digits in the middle are a book-keeping identifier. The last four digits are unique and what the crook really needs.

So, I say: "Don't carry your card!" And you say: "But I don't know my number! What if I need it?"

Here's some suggestions:

- Write down the number, accurately, for heaven's sake, on two or three pieces of paper and carry them in different places in your wallet.
- Even better, write them in a different order, e.g., backwards. Recording them backwards will help disguise the last four. Say your number is 567 – 50 – 1234. Write it down as 432105 in one place, and 765 in another.
- Even better than that: learn your last four and don't write them down.
- And you guessed it, the best idea is to learn the entire number so you don't carry it in any way, shape, or form.

If you have any better suggestions, send them and I'll consider giving you a prize.

Numerically speaking,  
Jean O'Neil, TRIAD Committee Member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## **Chesterfield's Outreach Team is active and growing**

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

In 2018, the Chesterfield Council on Aging is reaching out to over 382 older adults turning 60 or better in 2018. Chesterfield's outreach is multi-faceted and growing rapidly.

- COA board members have continued doing outreach individually.
- Traditional activities continue and are combined with informational phone contacts and concrete assistance through home visits and food deliveries.
- Intergenerational COA activities are a common feature of Chesterfield events including square dances, breakfast/lunch at New Hingham Elementary School, among others.

The Chesterfield COA board created an Outreach Team. The team meets monthly to identify older adults known to be isolated or potentially isolated and those with specific needs. Chesterfield's Outreach Team is a diverse group of town residents. The team includes four COA board members, the UCC minister, a church deacon, and the HEN (Hilltown Elder Network) Coordinator for Chesterfield, Helen Pelletier. The team also plans to have others join them including Fire, Police, Emergency Management, and Library.

Chesterfield's Outreach Team is creating a network of volunteers to assist older adults in need. Their goal is to have neighbors giving rides, doing tasks and providing supports needed by the town's older adults.

Rides by volunteer drivers take older adults not only to medical visits, but also grocery shopping, entertainment, errands, banking and haircuts. Tasks could include short-term help following illness or rehabilitation, regular or periodic cooking, regular phone calls, or help getting information. Support may include regular social visits, sharing a common interest, playing cards or games, or simply keeping someone company so their caregiver gets a break.

## **Did you know?**

Your COA has a list of volunteer opportunities and needs.

If you have some time, please speak with your COA to find out how you can help!



## **Expert Builder Kent Hicks to present: Going Green and Aging in Place in Chesterfield**



**Sunday, April 15th at 2pm  
Chesterfield Community Center  
400 Main Rd.**

The ability and desire to remain in our home and our community long-term can often become a major dilemma in life. When making the decision about whether we or our extended families can personally manage health and finances, important questions are faced:

- \* Can we physically stay in our homes?
- \* Can we afford to either retrofit our existing home or build a new house that allows us to "age in place?"
- \* Should we move into senior housing?

Rural life presents challenges to creating homes that are energy efficient and environmentally friendly. Zoning laws vary and septic requirements are different than those in urban areas. The upfront higher construction costs to build or renovate a green, efficient home can seem hard to balance with the future benefit of not having to face the usual, higher utility costs in retirement. Out of a sense of responsibility and respect for our beautiful community, more community members want to create homes that contribute to the sustainability of the environment.

The Chesterfield Council on Aging Senior Housing Committee has been discussing these same questions as we look to progress towards a more integrated, age-friendly community. Our wish is to provide a range of options for people of all ages who are hoping to stay in their home town.

Kent Hicks, a member of the Building Committee and owner of Kent Hicks Construction Co., has generously volunteered to present a program that will shed light on the most common questions about "going green," and also describe new approaches in dealing with rural housing, living in a healthy home and building small. A Chesterfield resident and expert in the construction of energy efficient homes, Kent is more than familiar with the nuances of living in our unique Hilltowns.

Please join us for Kent's presentation on April 15th at 2pm at the Chesterfield Community Center, 400 Main St, Chesterfield Ma. It is certain to be an informational and interesting approach to "aging in place" in our homes in the hilltowns.

## 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.**

**April 20– Friday: Polish Center of Discovery & Learning**, a unique museum filled with 10 rooms of Polish history, emigration and culture. Located in Chicopee. Enjoy a German-fare lunch on your own at the Munich House prior to the museum stop. Sign up early, seats are limited. Cost is \$36.

**June 21–Thursday: The Gilded Age of the Berkshires.** Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112. There is a \$10 discount if paid in full by May 7.

**June 26-28: Three Day Tour to Lancaster, PA.** Two shows, *Jesus* at Sight & Sound Theater (reserved orchestra seats) and *The Wizard of Oz* at Dutch Apple Dinner Theater. 2 nights at the Best Western Hotel, 2 full breakfasts at the hotel, family style dinner at an actual Amish home. Price includes baggage handling, tax and driver gratuities. \$434 with double occupancy. **Pay in installments (balance due May 18th) or pay in full by April 5th and receive a \$25 discount.** \$50 Deposit. Trip insurance available.

**July 10 – Tuesday: Tour of Mark Twain Home and Wickham Gardens.** Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

**July 24 – Tuesday: Best of Boston.** Duck Boat Tour, lunch on your own at Quincy Market and New England Aquarium. Cost is \$109. There is a \$10 discount if paid in full by June 12.

**August 7 –Tuesday: Tour of Fenway Park and Lunch at Cheers.** Enjoy some free time in Boston. Cost is \$123. There is a \$10 discount if paid in full by July 1.

**Sept. 7-11: Washington D.C.,** 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

**Oct. 21– Sunday: Halloween in Salem.** Enjoy

the Salem Street festivities and a tour of the House of Seven Gables. Lunch is on your own in downtown Salem. Cost is \$82. There is a \$10 discount if paid in full by September 7.

## Strengthening Networks of Existing Community Supports

*Is your town safe? Affordable? Walkable? Healthy? Inclusive? Does it meet your needs? Is it a great place to grow up and grow old? In short, is it “age-friendly?”* In 2015, the Northern Hilltowns Consortium of COAs received a Service Incentive Grant from the state’s Executive Office of Elder Affairs. With these funds, the Consortium has been part of strengthening coordinated networks of community-based supports. Across the hilltowns, there are long-time community systems that support older adults. These supports include fire, police, and others.

On February 28<sup>th</sup>, Peg Whalen, the Consortium’s Regional Outreach Coordinator, sat down with Bernie Forgea, Cummington Fire Chief; Mike Perkins, Cummington Police Chief; and fire chiefs from 10 other hilltowns to discuss mutual concerns. Together the group talked about ways the COAs can work more closely with town departments. Fire chiefs expressed strong interest in having their COAs help engage residents about many issues:

- Goshen fire chief, Sue Labrie, commented about the usefulness of COAs accounting for and access to information about many older adult residents. For example, COAs are better able to know which older adults are living alone and where.
- Chesterfield fire chief, David Hewes, shared his department’s concern about the under use of emergency alert systems among adults, especially those living alone.
- Several participants cited instances in which their departments have been called to check on a resident. They reported often finding people who had fallen, were unable to get up and laid for *as long as 24 to 48 hours* before help arrived.
- Whalen shared information about the grant, purpose of COAs and their goal of developing supportive, age-friendly communities.

Fire chiefs agreed that working together on these important issues was helpful. Watch for more updates on ways COAs are working with other town departments. Coordination can make your town a more age-friendly community for residents!

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

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**Westhampton  
Council on Aging**

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

## Out and About in April

**Fri. April 6th @ 6pm, April 7th @6pm, April 8th @ 2pm**  
**Tales of the 1000 Nights**

*Worthington Town Hall, 160 Huntington Rd.  
Worthington, MA*

Directed and adapted by Maureen Shea, Musical Direction by Meg Breymann and presented by Hilltown Playing, it's a tale where Scheherazade weaves stories to save her head, and to heal the King's heart. Seating is limited. Tickets are available at the Corners Grocery Store in Worthington, The Old Creamery in Cumington, or by calling 413-386-7576. *Sponsored by the Worthington Rec. Committee and a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA. Supported in part by a grant from the local cultural councils of Chesterfield, Cumington, Plainfield and Worthington, who are supported by the Mass. Cultural Council, a state agency.*



**Fri. April 6th & 13th, 9am & 10am**  
**Spa Day at Smith Vocational**  
*80 Locust St. Northampton, MA*

Students in the Cosmetology program are offering the following: Shampoo, cut & style \$5.00; Manicure \$4.00; Pedicure \$8.00; Basic Facial \$8.00. Please call 413-296-4007 to make an appointment. There are only 10 spots per day, so reserve early. Each appointment takes about an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Following the Spa Day,

enjoy lunch at the Oliver Smith Restaurant!

**Sun. April 22nd, 2pm**  
**Old Country Road**

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

Old Country Road is dedicated to keeping the sound of "true" or vintage country music alive, featuring songs from the 1950s and 60s. FREE and open to the public! All ages welcome! Refreshments provided by the Goshen COA. *Sponsored by: the Goshen COA, the Goshen Cultural Council and the Mass Cultural Council.*



**Sat. April 28th, 9am-3pm**  
**Clothing Exchange**

*Goshen Congregational Church, 45 Main St.  
Goshen, MA*

Get a new spring wardrobe for your family without spending a cent and clean out your closet at the same time! Please drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Thurs. 4/26 5-9pm and Fri. 4/27 9-3, then come back to shop on Sat. the 28th from 9am-3pm! Please no swimwear, socks or undergarments. If you need an alternate drop-off time, please call the church: 268-7427. All are invited to participate whether you donate clothes or not. Leftover clothing will be donated to local charities unless otherwise specified.