


Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



June 2018 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
				1
4 Knitting Group Library, 6:30-8pm	5 Board & Card Games , WW, 1:30pm	6 Coffee & Social Time Library, 10am	7 COA Luncheon Church, Noon Scrabble Library, 5:30pm	8
11 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	12 Board & Card Games , WW, 1:30pm Scrabble Library, 1:30pm	13 Coffee & Social Time Library, 10am	14	15 COA Breakfast WW, 8am-9:30am
18 Knitting Group Library, 6:30-8pm	19 Board & Card Games , WW, 1:30pm	20 Coffee & Social Time Library, 10am	21 Trip to Stanley Park Town pk lot, 9:30am Scrabble Library, 5:30pm	22 
25 Computer Class Library, 10am Knitting Group Library, 6:30-8pm	26 Board & Card Games , WW, 1:30pm Scrabble Library, 1:30pm	27 Coffee & Social Time Library, 10am	28	29 COA Board Meeting WW, 9:30am

Westhampton COA + 3 South Road + Westhampton, MA 01027 + Seniors Helping Seniors
Coordinator: Julia Lennen +13-537-9880 + westhamptoncoa@comcast.net

Monthly Movies

Due to very low or no attendance at the monthly movies at the library, the annual movie license is not being renewed by the library. Julia plans to work with the library to see if the COA can find a way to fund the cost of the license, if seniors still show interest in attending movies.

May Luncheon

Over 40 seniors attended this luncheon on a summer-like day, which was perfect for enjoying the make-your-own sundaes! After lunch, Dave Robison gave a very informative presentation on genealogy. Dave is a professional genealogist and president of the Western Massachusetts Genealogical Society.



May birthdays:

Seated,
Lydia Omasta;
standing,
Betty-Anne Gould,
Don Upham and
Mae Pelissier

Seniors enjoying make-your-own-sundaes for dessert.



June Luncheon

On June 7th, seniors will meet at the church for the noon potluck luncheon. This month, local builders will be presenting our program called "Aging in

Place". Aging in place means different things to different people. Some may see it as an opportunity to remain in a familiar neighborhood, close to the comforts of family and friends. Others may see it as a chance to prepare for the future, so decisions later in life won't be so difficult. Still others may see it as an opportunity to keep the family together and to create a safe and accessible living space for aging family members.

AIP Build and Design will describe some of the options to consider whether you have sustained a life-altering injury or illness or just need a few modifications to stay safely in your home. Bring your questions! Come for a delicious lunch and stay to learn about the benefits of aging in place. We encourage you to arrive early to sign birthday cards for those seniors who will be having birthdays during the summer. There will probably be many cards to be signed this month. If you'd like your blood pressure checked, there will be a nurse available to do that. The collection box will be in the dining room for nonperishable food items for the Easthampton Food Pantry. They often mention in their Easthampton newsletter how appreciative they are of receiving donations from the Westhampton COA.

Notice from Friends of the COA

Chairperson Deb Barthelette wants to remind seniors that she'll be collecting dues for Friends of the COA at our July 5th picnic. This will be for the 2018/2019 year. Dues are \$5.00 for singles and \$8.00 for a couple. This will give you discounts on trips sponsored by Friends and other perks during the year.

Trip to Stanley Park

COA and the Friends have planned a trip (by carpooling) to Stanley Park on **June 21st**, the first day of summer! The beautiful rose gardens that Stanley Park is noted for should be in bloom by then. Many of us have fond memories from years past of wandering through the park with family, admiring the gorgeous blooms throughout the summer. We plan to leave from the town parking lot at 9:30am. Several people have already offered to drive other seniors. Before heading home, we'll have a picnic in the park provided by the COA and Friends at the pavilion. There will be an array of sandwiches from Subway, chips, cookies and drinks. Friends remind us that participants must be dues-paid members of the Friends of the Westhampton Council on Aging and must be at least 60 years of age.



To join the trip, RSVP to Deb Barthelette at 413-222-2050 by June 14th.

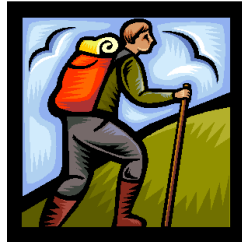
Board & Card Games

As summer approaches, the weekly games at WW, Unit F, continue. Seniors gather on **Tuesday afternoon at 1:30**. At the same time on June 12th and 26th, there will be Scrabble games taking place at the library. If you'd prefer to join Scrabble later in the day, there will be games at the library on June 7th and 21st at 5:30pm. It is great having longer evenings with daylight during June!

Hikes

A note from Chuck:

Typically, we hike Wednesday or Sunday afternoons, but as the weather heats up, we'll switch to mornings.



We will continue hiking in June with a moderate hike to Tipping Rock in the hilly west part of Westhampton, a rescheduled hike through the Ridge Conservation Area where Westhampton, Northampton, and Easthampton borders connect, and a flatland hike along an old trolley line and around the Arcadia Sanctuary fields by the Oxbow (maybe with nesting eagles). Later, we will hike in Huntington and Williamsburg. Get further information by joining our Hikers email list below.

Westhampton COA Hikers Email List: If you know someone who would like to be on our COA hiking email list, please let me know. Also, let me know if you are already on the list but would rather not be. For your security, I email our members via BCC.

~ Chuck Horn, charleshorn66@gmail.com

Computer Classes

The classes will be continuing through June with no classes in July and August. This month they are scheduled for the **11th and 25th**. If, for any reason, Bob can't have the class on the scheduled day, he will email the regular attendees. The classes meet from 10 am until noon, so feel free to stop in if you're having a problem with your computer or have any questions. He really does like a challenge!

Chair Yoga

Our 10-week session of chair yoga has already come to an end. There was very good weekly attendance, so another session should begin in the early fall. It's amazing what a little twisting and stretching, under the guidance of someone who really knows how our bodies work, can do to

make your body feel better!

Below: Ladies waiting for chair yoga to begin.



COA Breakfast

June 15th is the date for our next breakfast at Westhampton Woods. The sign will be out in front of Unit F to welcome you. One of the COA Board members will be providing the coffee cake or quick bread to go with coffee, tea, hot chocolate or milk. You might even find a book to borrow from their library in that Unit. The breakfast is served from 8:00 until 9:30am, and we'd love to have you join us anytime.

Below: Some of the seniors at our April breakfast.



Save the Dates

Our annual July picnic will be at the Elks Club in Florence on the **5th**. Broasted chicken, potato salad and coleslaw will be coming from the Bluebonnet Diner as in years past. We will be entertained by Roger Tincknell with his guitar and banjo for an 'Old Time Sing-along'. Roger's performance is sponsored in part by a grant from the Westhampton Cultural Council.

On **July 15th** you can join a group of seniors attending a Blue Sox baseball game (against the Danbury Westerners) in Holyoke. We will be carpooling from the Town Hall parking lot at 3:30pm. More information about making reservations will be coming in the July newsletter.



TRIAD COUNCIL

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

Now there are Three Absolute Truths

There used to be only Death and Taxes. Now we add Eldercare. That part about getting sick or older: it does have a way of sneaking up on us. This third truth must be accompanied by planning if we want to empower ourselves. Personal choices and decisions must be discussed and documented well before poor health or cognitive issues prevent us from exercising our rights and "Special Wishes". This Triad-prepared document is ready for you to use on our Town Police Website. If you need a hard copy, please contact us.

"The Talk" - Pack the Eldercare Suitcase. We have a responsibility to our loved ones to have "The Talk" with them to inform them of how we want our health, housing, and finances handled. If we need help with these decisions, then it is our responsibility to those involved in our daily lives to start the process. Having a clear understanding of our existing health insurance coverage, financial resources, and our assigned Health Proxy and Power of Attorney will avoid unnecessary stress, family arguments, and most importantly, uncertainty and poor decision making.

Gift of Trust -Too many adult children watch their parents aging and dread having to approach them to discuss inevitable future decisions. Surprise them! Give them some relief, and the gift of Trust by providing them with the tools to carry out your objectives by preparing for the future. "Kindness, if discovered, is everything in life"- Issac Singer. While you are having "The Talk", remind the younger ones that just because they are not yet a senior citizen they are not immune from dying, being seriously injured, or becoming mentally incapacitated earlier than expected. This early preparation and packing an informational suitcase is for everyone. Each of us can fill out a copy of our "Special Wishes": essential documents necessary to successfully carry out your requests if you can no longer do it for yourself.

What is in-home care?

It is an option allowing older adults the choice to be at home with a specified level of care needed for safety, comfort, and independence. Based upon 4 hours a day, 5 days a week, a Health Aide yearly cost averages \$26,000. It means help with daily life activities, functions and household tasks by a Home Care agency, Family Caregiver, Private hire, or Hospice Care. There are two types: Non-Medical Home Care (\$23.75 p/h average MA 2017 rate); Medical Home HealthCare/Medicare certified (Co-payments apply). Contact Highland Valley Elder Services at 586-2000 for free consulting advice.

Massachusetts does NOT have any specific regulations or standards for Home Care agencies or their employees. It is up to you to verify their credentials and employment training standards. You must require a written list of all services included and a specific base price. These agencies are also known as "Private Care Agencies". You must ask if the agency is Medicare/Medicaid approved then it must be certified and follow strict Federal operating standards and skilled training guidelines. An informative resource with specific facts by States and Zip Codes is: www.homehealthcareagencies.com



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



Smoking is the third leading cause of fire injuries for older adults. If you or someone you know smokes, here are a few safety tips:

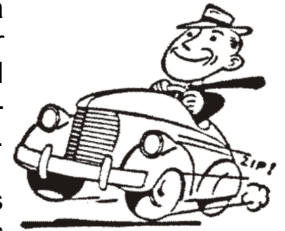
- Smoke outside.
- Never smoke in bed, while drowsy or under the influence of medication or alcohol.
- Use deep, sturdy ashtrays.
- Make sure your butts and ashes are cold before throwing them out; drowning them is a sure way of knowing they are cold.
- Never ever smoke where medical oxygen is used, even if it is turned off.
- Stop smoking; then you won't have to worry about the above tips.

Be S.A.F.E.,
--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

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

FAQs about the new RMV Document Requirements

If you have to get or renew a driver's license, ID card, or learner's permit, you should note that document requirements have changed.



The RMV often receives questions from customers about the new document requirements for getting or renewing a driver's license. Here are some of the more frequently asked questions with answers to help you:

Q. What if my name is different from the name that appears on my documents?

A. If your current name doesn't match the one that appears on your lawful presence document(s), you must prove your legal name change with an acceptable document in order to qualify for a REAL ID credential. A marriage certificate, divorce decree, or court document all qualify. However, if the names don't match, you can still get a Standard ID or driver's license.

(Article continued on page 7.)

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.

Math and Money

There are three kinds of people. Those who can count and those who cannot. Ba da Dum!

So I read recently about how poorly some states are doing on training their students in financial literacy in school: www.champlain.edu/centers-of-excellence/center-for-financial-literacy/report-national-high-school-financial-literacy. I recognize two things: one, that teachers already have an overabundance of things to cover, so we can't expect schools to do all this, and, two, that not all parents are able to pass on this information. However, basic economics and financial knowledge are so important in a person's life. Everyone needs this information some way somehow.

Perhaps there is a younger member of the family who could use some money math tutoring? I found a good-looking web page with suggestions for working on math and money with children in Pre-K through eighth grade: www.ixl.com/math/money-and-consumer-math. Here is another resource you could use: www.creditrepair.com/articles/savings-center/math-and-money.

A riddle for you: What happened with the cat who swallowed a coin?
Answer: There was money in the kitty.

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

Outreach in our Livable, Age-friendly Northern Hilltowns

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

The Northern Hilltowns Consortium of Councils on Aging has worked on outreach to older adults for the past three years. The effect has been measurable. All seven northern towns regularly include outreach in the board meetings. Three of the seven towns have outreach teams in place and are recruiting more participants. The other towns are working to create viable outreach teams for their towns.

Our newest opportunity to enhance outreach came to the Consortium early in May. A grant was available to assess communities for livability and age-friendliness. The Consortium applied late April, were funded five days later, with a start-up date of May 10th. The purpose of the funding is for surveying all older adults in Plainfield, Cummington, and Chesterfield. If you reside in these towns, you may have already received a questionnaire. The funding also supports the Consortium in conducting three town forums in June. Please watch for more information about the dates of the forums. Calling the COA is also a way to find out when they are being held. At the point we submitted this newsletter content, the forums were not scheduled yet.

The purpose of the community survey and forums is to obtain input from older adults, those who are not yet retired and those who are. The questionnaire concerns opinions of older adults about the importance of various age-friendly aspects of town life. Nationally there is increasing interest and support for helping communities become more age-friendly and livable for people of all ages. Several other communities across the state received the same funding. The Consortium applied as a multi-town region in rural Western Massachusetts.

Nine hundred and thirty-five (935) questionnaires were mailed in mid-May. Forms have been returning steadily. The final report for the project is due mid-summer. The Consortium will release the results in the coming months.

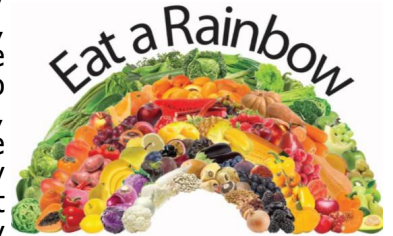
This project has been an unexpected boon for Consortium outreach efforts. Results will benefit not only the Consortium and area councils on aging, but also the towns involved in the survey. With information from the questionnaires and forums, the Consortium more effectively can support town outreach to older adults.

If you have not already returned a questionnaire, please consider filling it out and returning as much of it as possible. If you and a spouse each

received one in the mail, we are interested in hearing from both of you. Our desired return date was May 31st, but if we get yours in June we will still use your input. Thank you to all of those who contributed their thoughts and opinions. We will keep you informed about the results.

Keeping a Healthy Weight as you Age

Why is keeping a healthy weight important? As you age, you may notice changes in your body's makeup. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. So, you need to eat foods that are high in nutrients. Eating nutrient dense foods means "eating the rainbow": a variety of colorful fruits and vegetables, fat free/low-fat dairy, whole grains, seafood, lean meats, poultry, beans and nuts.



What is a healthy weight for you? The body mass index (BMI) is a measure of weight in relation to height. While a BMI score of 18.5 to 24.9 usually indicates a healthy weight for adults, the BMI is limited in how well it gauges body fat in older people or those who have lost muscle. Measuring around your waist may tell you if you carry extra fat. A waist circumference of more than 35 inches for women or 40 inches for men indicates increased risk for a number of health problems.

You may want to check with your health care provider or dentist if:

- you find chewing difficult, don't want to eat, or have trouble with your dentures.
- you feel that life events such as the death of a loved one or moving from your home are keeping you from eating well.
- you think your medicines may be making your food taste bad or affecting your appetite.
- you think you should take a daily vitamin like iron or vitamin C.

Source:
www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults#healthy_eating
By: Rita Longe, RDN, LDN



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.**

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.

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, and more. \$434 with double occupancy. Pay in installments or pay in full. \$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. New England Aquarium, lunch on your own at Quincy Market. Duck Boat Tour. Cost is \$109. There is a \$10 discount if paid in full by June 12. Only a few seats left.

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.

August 15 – Wednesday: Guided tour of Kennebunkport with time to shop. Lunch at Mike's Clam Shack. Cost is \$109 with a discount of \$10 if paid in full by July 6th.

August 19 – Sunday Matinee: Tanglewood Music Center. Leonard Bernstein Memorial Concert, featuring Yo-Yo Ma. Shed seats, lunch on your own. All-inclusive cost is \$84. Limited Seats.

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.

Other trips in the planning stages:
MGM Casino, Big E,
Halloween in Salem,
White Christmas Big Band

RMV FAQs, continued from page 5

Q. Can a laminated Social Security card be accepted? What about other laminated documents?

A. No. Laminated Social Security cards are not acceptable for a REAL ID credential. If you have a valid SSN and other required documents, you can get a Standard driver's license or ID. Customers with a laminated Social Security card that want a REAL ID can order a replacement Social Security card through the Social Security Administration website. The RMV does not accept laminated documents to meet any of the new lawful presence or other identification requirements.

Q. What versions of a U.S. birth certificate can the RMV accept? **A.** We are able to accept a certified copy of a U.S. birth certificate regardless of shape and size ("short-form," "long-form," and "card" versions) as long as it is stamped with a raised seal of the issuing agency of the document. The issuing agency can be the city, town, or the Vital Records Office for the state where you were born. We do not accept hospital-issued birth certificates.



The photo above is of Bob and June Persing, Plainfield residents, who joined 17 others from the Northampton Senior Center friends group on a trip to the Polish Center of Discovery & Learning in April. They enjoyed the informative and humorous stories told by docent Ron Lech, who exudes such a passion for this special museum. The ten room museum was filled with artifacts, history, costumes, artwork, and other memorabilia. A return visit is surely necessary to appreciate all the museum has to offer. Prior to the museum visit, the group enjoyed lunch at the Munich House.

The Northampton Senior Center friends group welcomes folks of all ages to join us on our future trips (see trips listed to the left). For more information, please contact Francine Frenier on Monday afternoons by calling 413-587-1228.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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Out and About in June

Wed. June 5th, 12:15pm

Duane Carlson: Sing - Along to the Oldies!

*Williamsburg Senior Center, 141 Main. St.
Williamsburg, MA*

Come and sing the oldies and popular songs with a great singer! Free. Refreshments served. Call the center two days ahead if you'd like to reserve lunch at the congregational meal beforehand at 11:45am: 413-268-8407.

Sun. June 10th, 2pm

"Common Creatures" by Fran Ryan

*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

In this Horizon Production presentation, environmental educator, Fran Ryan, will reveal the secret lives of the Eastern chipmunk, the Eastern gray squirrel and the meadow vole. She will discuss their characteristics, behaviors, life cycles and shed some light on these creatures. While many of us know a little something about those "charismatic species," like bears, big cats, wolves and whales – the big stars of the wild kingdom – these little guys just don't get a lot of press. Their stories, however, are just as fascinating. Come and get a peek into the lives of these interesting furry neighbors and see what makes them tick, and how best to live happily alongside them. Free and open to the public.

Funded by the Chesterfield Council on Aging through a multi-generational grant from Highland Valley Elder Ser-

vices.

Mon. June 25th, 11:45am

Chesterfield COA Annual Picnic

*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

Come Join your friends outdoors and in the community room! **Open to all seniors in the neighboring towns.** This is a program for more exchange among the Hilltown COAs for events and lunches. Come and join our Annual Picnic Fun by RSVP'ing to Jan Gibeau at 413-296-4007 at least 48 hours in advance. Reserve a ride on the Hilltown Easy Ride Van by calling 413-296-4232 at least 48 hours in advance.



Free Fun Fridays offer visitors no-cost admission to many of the most treasured cultural venues in Massachusetts. Here are the places that will have free admission on **June 29th**:

Lyric Stage Company of Boston, MIT Museum, Berkshire Theatre Group, Nantucket Whaling Museum, The Mount: Edith Wharton's Home, Concord Museum, Worcester Art Museum, Clark Art Institute, Children's Museum in Easton and the Edward Gorey House.

