


Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



July 2018 ~ Calendar of Events

| MON | TUES | WED | THURS | FRI |
|--|---|--|--|-------------------------------|
| 2 Knitting Group Library, 6:30-8pm | 3 Board & Card Games, WW, 1:30pm | 4 Library closed Happy 4th of July! | 5 COA Luncheon Church, Noon Scrabble Library, 5:30pm | 6 |
| 9 Knitting Group Library, 6:30-8pm | 10 Board & Card Games, WW, 1:30pm Scrabble Library, 1:30pm | 11 Coffee & Social Time Library, 10am | 12 | 13 |
| 16 Knitting Group Library, 6:30-8pm | 17 Board & Card Games, WW, 1:30pm | 18 Coffee & Social Time Library, 10am | 19 Scrabble Library, 5:30pm | 20 No COA Breakfast |
| 23 Knitting Group Library, 6:30-8pm | 24 Board & Card Games, WW, 1:30pm Scrabble Library, 1:30pm | 25 Coffee & Social Time Library, 10am | 26 | 27 No COA Board Mtg |
| 30 Knitting Group Library, 6:30-8pm | 31 Board & Card Games, WW, 1:30pm | |  | |

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

June Luncheon

The Friends presented Don Upham with a gift card in honor of his 90th birthday, which was on May 30th. Although it was a few days late, the gift was joyfully given to this long-time COA member. Congratulations, Don!

Over 50 seniors came together for lunch on the 7th. It was nice to be joined by visiting relatives and long-time friends of COA members. Mike and Jeff, from Aging in Place in Northfield, presented a very interesting program of ways to make your home easier to live in as you age. By making a few changes now, you might be able to make your home more 'senior friendly' for the coming years.



Seniors enjoying lunch together in June.

*June birthdays:
Dave Goddard and
Lillian Baxter*



*Mike and Jeff from
Aging in Place Builders*

July 'Picnic' Luncheon

On July 5th we'll be gathering at the air-conditioned Elks Club on Spring Street in Florence. No food is solicited from members for this luncheon. Everything is purchased by the COA as a thank-you to all of us for the hundreds of volunteer hours that are given by seniors for seniors throughout the year. Although this is not a picnic, many years ago the July luncheon was a picnic at various locations, which many of you probably remember. We all enjoy fond memories so perhaps that's why we still refer to the July luncheon as our annual 'picnic'. The food this year will be purchased from the Bluebonnet Diner in Northampton as it has been in some of the previous years. The usual chicken, potato salad, coleslaw, rolls and butter will be served as well as cookies for dessert. The beverages will be lemonade and iced tea as well as sugar-free versions of each. After lunch we'll be entertained by Roger Tincknell, who plays both the guitar and banjo. He'll be presenting an 'Old Time Sing-along' for us. His performance is paid for in part by a grant from the Westhampton Cultural Council.



Reminder from Friends

Deb Barthelette, chairperson of Friends, will be collecting dues for Friends for the upcoming year at our July 5th meeting. Dues are \$5 for singles and \$8 for couples. These annual dues will give you discounts on trips and other things during the year.

Board & Card Games

The weekly games at WW, Unit F, continue throughout the summer. You can find other seniors there on Tuesday afternoons at 1:30. The Scrabble games at the library will be on Thursday, the 5th, and again on the 19th at 5:30. The earlier afternoon Scrabble games will be Tuesday, the 10th, and the 24th at 1:30. Everyone is welcome at any of these groups.

Computer Classes

Our bi-monthly classes with Bob Miller will not be meeting during July and August, but if you have a problem, you could probably reach Bob at home unless he and Pat are away. The regular classes should begin again in September.

COA Breakfasts

Our monthly breakfasts at WW will also not be taking place during July and August. We hope you'll join other seniors on the 3rd Friday in September, though, to welcome the arrival of autumn.

Hikes

Chuck Horn and Ray Fontaine have been very busy coordinating hikes throughout the spring and summer. John Clapp led a hike in May in the Leeds section of Northampton near the Westhampton town line. The hike to Tipping Rock (off of Kings Highway) at the end of May was led by Bill Tracy and had 17 participants! The rock is an amazing sight! On June 6th, 8 folks hiked in the fields near and in Arcadia Wildlife Sanctuary and got to see the eagles at their nest tending their eaglets. We got some nice views through binoculars. More hikes are planned for Wednesday mornings during the summer. If you'd like to know what is scheduled, you can call Chuck or email him at: charleshorn66@gmail.com.



Tipping Rock Hike off Kings Highway



John Clapp led hike in Leeds area.

Baseball in July

The Friends are sponsoring a trip to a **Blue Sox** baseball game on **Sunday, July 15th**. The team will be playing the Danbury Westerners in Ho-

lyoke. We will be carpooling from the Town parking lot at 3:30pm. To join the group, you must be dues-paid members of the Friends of the Westhampton Council on Aging and at least 60 years of age. To make reservations, call Deb Barthelette at 413-222-2050.

Mark Your Calendar!

Luncheon and Lady Bea Boat Ride

The COA Friends have a luncheon and Lady Bea boat ride scheduled for us on **Thursday, September 20, 2018**. Lunch will be served promptly at 11:30 at the Dockside Restaurant at Brunelle's Marina in South Hadley. Following lunch we will take a 1 ½ hour cruise aboard the Lady Bea beginning at 1pm. More information will be coming in the August newsletter.

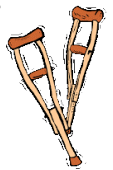


Assistance for Seniors

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 Jasonkowski at 527-5134.

Equipment: The COA has a variety of medical equipment available to loan to anyone who needs it (including at least 2 wheelchairs). In addition to walkers, there are shower stools, crutches, canes and other 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

2017 FBI Internet Crime Report

Adults aged 60+ lost more than \$342 million as victims of internet scams in 2017. Successful scams are repeated each year. Only 4 months into 2018, the Better Business Bureau has already tracked 12,894 new scams making news. Here are a few:

- **Airbnb Scam** involves users of the popular AirBnB site that lets travelers rent an apartment or house. The scam starts with an imposter home/ apartment owner directing the renter towards a fraudulent or “spoof” website to finalize payment for the rental. Fake sites result in lost money and no place to stay because the rental property being considered is usually not even available. In fact, the real owners are most likely unaware that their property is being spoofed by scammers.
- **Jackpotting** is a new cyber-attack scam. The Secret Service warned financial institutions about criminals installing software/ hardware on ATMs that force the machines to issue large amounts of cash. Criminals have found ways to exploit standalone machines commonly found in pharmacies, big-box retailers, and some drive-thru ATMs. Any time money is missing, it has financial implications on the bank as well as the consumer. Ultimately it is the consumer who will be paying in the form of higher fees or more obstacles in accessing their own cash.
- **Netflix Scam** results from this popular service being a target of an email “phishing scam”, featuring the subject line “payment declined”, which may get your attention if you are a subscriber. The email wants you to click on a link to update your credit card information. Don’t click on this link; it can be dangerous malware. Visit your Netflix account by typing the address in yourself to check your account as a safer means of verifying your status.
- **Porting Scams** involves criminals stealing your phone number and your phone service in order to get access to your bank account through confirmation text messages. Scammers collect your name, DOB, phone number, address and any information they can find about you. Then they contact your mobile carrier and state that your phone has been stolen and ask that the number be “ported” to another provider and device. Once your number has been ported to a new device, scammers can then start accessing your accounts.
- **Veterans Scams** and fake charities are nothing new, and the VA and U.S. Postal Service warns that veteran are particularly vulnerable. 16% of veterans have lost money to fraudsters. Scammers offer pension buyouts or ask veterans to donate to a charity that sounds real but isn’t.

Avoid being scammed; protect yourself, friends and loved ones by remaining diligent; share information with each other. Access the validity of all messages you receive from people and businesses you do not know. That includes phone calls, knocks on your door, emails – even those that look like they are familiar or official. Check first by rolling your cursor over emails with your mouse before actually clicking on to verify the source. Stay informed and BE SAFE!



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



Finally, grilling season is here. Here are a few tips on how to grill and not get burned or worse.

In general:

- Always grill outdoors.
- Do not grill on a porch/deck with a roof over you.
- Grills should be at least 10 feet from the side of a building.

For gas grill safety:

- Open grill lid when you light it. It will keep built up propane from exploding.
- If you smell gas while cooking, get away from the grill. Call 911.
- Always turn off the burner and propane cylinder when done cooking.
- Never leave a burning grill unattended.

For charcoal grill safety:

- Use only charcoal lighter fluid and not gasoline.
- Never add lighter fluid to hot coals or small fire.
- Allow coals to burn out completely; after they are cold, wait 48 hours before disposal.
- Never use a charcoal grill indoors.

Have a S.A.F.E summer grilling!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments



The Easy Ride Van will be in the 4th of July parade in Chesterfield!

We want you to be, too! No need to worry about how to get there: we would pick you up and bring you home! If anyone is interested in being on the van in the parade and has the acceptance letter from FRTA to ride, **we would love to have you.** Seating is limited, so please RSVP soon!

We will also be in the 250th celebration parade for Worthington on June 30th! As with the Chesterfield parade, we invite anyone to ride with us on the van in this parade. If you have the acceptance letter from FRTA to ride the van, you are good to go. We would pick you up and bring you home.

Rate Change News

Here are the new rate changes.

How much does it cost?

- One way trips that originate and end within the same town are \$1.25.
- One way trips to adjacent towns that are within our service area are \$1.75.
- One way trips beyond an adjacent town that are within our service area are \$2.25.
- PCA/escorts are \$0.75 all one-way trips.
- Trips to Senior Centers are half fare.

Fares listed are for one way. Call or email with any questions: 413-296-4232 or ride@hilltowncdc.org.

Is your home falling down and you can't afford to fix it?

If you live in the towns of Chesterfield, Cummington, Goshen, Plainfield, Peru, or Worthington, help may be available! The Hilltown CDC is accepting applications from income eligible homeowners that need help repairing their homes. These are NO PAYMENT / NO INTEREST loans that are forgiven over 15 years. Loan amounts can go up to \$40,000 and can include any of the following work:

Siding, Windows, and Doors
Roofs and Chimneys
Plumbing and Electrical
And more!

Septic Systems and Sewer Tie-in's
Handicap Accessible Work
Wells, Pumps, and Hot Water Tanks

Why not give us a call today to find out if you're eligible? Get those repairs made now while funding is still available! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email at paulab@hilltowncdc.org to request an application.



www.hilltowncdc.org - 2964200

Reaching Out to Older Adults in Westhampton

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

Westhampton Council on Aging outreach is unique among the seven northern hilltowns. Town COA board members already have been functioning as an Outreach Team. The town of Westhampton has had a well-balanced COA board. The composition of the board has similar representatives to the key players found on developing outreach teams elsewhere. In the other towns, reported previously (Plainfield, Cummington, Goshen, and Chesterfield), the COAs have worked to form outreach teams.

Westhampton COA outreach work is in addition to the customary activities and responsibilities generally expected of COA board members. The COA includes:

- One board member who also serves as the Westhampton Hilltown Elder Network (HEN) Coordinator;
- Another board member is part of the town's TRIAD;
- Two COA members who are involved with the Westhampton Congregational Church;
- and Board Chair currently coordinating the volunteer driver program for older adults that request help getting around.

The board is committed to working with other town departments. Looking outside the COA to bolster outreach led the board to contact fire, police, and emergency management departments, library, among others. Their goal is integrating the circle of town resources and personnel attuned to older adults' needs. COA outreach also is well supported by additional supports for town residents.

Westhampton has a widely-distributed monthly community newsletter. "The Bell Tower" goes to all residents in Westhampton, without requiring a subscription. The Westhampton Congregational Church does outreach to congregation and community members when they become aware of a need. The town library provides support for home-bound readers with delivery and pick up of library materials.

Westhampton COA has the only Friends of Westhampton Council on Aging among the seven northern hilltowns. Westhampton COA Friends is instrumental in supplementing COA programming support and financial resources for activities, programs, and events.

Westhampton's variety of supports for older adults demonstrates the town's unique ways of helping. With Westhampton's population changes,

the needs for outreach continue to grow. Please talk with your COA director or board members about opportunities for you to participate in outreach. Outreach is happening everywhere!

Become an Elder Advocate!

A three-day ombudsman certification training will be held at Highland Valley Elder Services **October 3-5, 2018.**



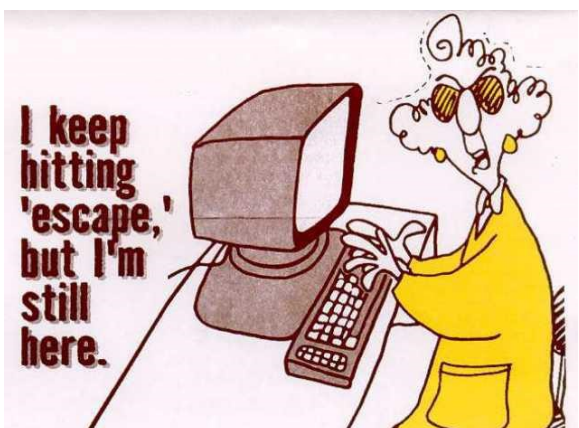
Ombudsmen help ensure the quality of life for nursing and rest home residents. Volunteers are thoroughly trained to assist residents with benefits, rights and entitlements guaranteed under federal, state, and local laws. Ombudsmen assist and empower residents with the tools for self-advocacy and they may make all the difference!

The Ombudsman Program is a federally mandated advocacy program for nursing home and rest home residents throughout the United States. Highland Valley administers the program in Hampshire and Hampden County. **We are in need of four new ombudsmen to cover facilities in Hampshire County.**

Please note: New volunteer recruits are required to interview with the program director and to complete a CORI background check prior to this training. **For more information, please call Don Freeman at (413) 588-5755.**

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.



RESOURCE DIRECTORY

| | |
|---|--------------|
| Domestic Violence Advocate , Hilltown Safety at Home (HS@H) | 413 559-8039 |
| If you need help in an emergency, call 911 or the Safe Passage hotline | 888 345-5282 |
| Elder Abuse Hotline | 800 922-2275 |
| First Call for Help Information and Referral Resources | 800 339-7779 |
| Fuel Assistance Application and Recertification | 800 370-0940 |
| Hilltown Elder Network – H E N (sponsored by Hilltown CDC) | 413 296-4536 |
| Veterans' Service Officer Tom Geryk | 413 587-1299 |
| (Westhampton) Joe Henning | 413 207-3541 |
| (Plainfield) Upper Pioneer Valley Veterans' Services District in Greenfield | 413 772-1571 |
| Regional Outreach Coordinator , Peg Whalen | 413 404-4566 |
| DO NOT CALL Registry | 888 382-1222 |

Food Services

| | |
|---|---|
| Food Bank of Western Massachusetts Brown Bag Program | 800 247-9632 or 413 268-8407 |
| Food Stamps - Supplemental Nutrition Assistance Program (SNAP) | 413 552-5400 |
| Call Chesterfield COA for assistance | 413 296-4007 |
| Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director | 413 268-7578 Wed 1-3; 3 rd Wed 1-6 |
| Meal Site Williamsburg Senior Center | 413 268-8407 |
| Meals on Wheels Highland Valley Elder Services (HVES) | 413 586-2000 or 800 322-0551 |
| Northampton Survival Center , 265 Prospect St. Northampton | 413 586-6564 |
| Salvation Army Emergency Food, Fuel or Medication Vouchers | 413 586-5336/6564 |

Health Services

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|---|-------------------------------|
| Highland Valley Elder Services Intake referral for homecare, etc. | 413 586-2000 |
| Hilltown Community Health Center - Medical & Dental | 413 238-5511, ext. 131 |
| HOPE Nurse , Robin Laferriere, RN | 413 238-5511, ext. 313 |
| Janet Dimock , HealthWise Community Health Worker | 413 238-5511, ext. 149 |
| Podiatrist Dr. Michael Coby , call Williamsburg Senior Center to schedule (Alternating months at the Senior Center) | 413 268-8407 |
| Foot Care Oni, RN , foot care in Goshen, Call Liz Loven for appt. | 413 268-7122 |
| Oni, RN , foot care in Williamsburg or in-home visits | 413 268-8407 |
| Oni, RN , foot care in Plainfield or in-home visits | 413 522-7219 |
| Diane Roeder , foot care in Whamp & Chesterfield | 413 374-0457 |
| SHINE, Medicare & Drug Coverage Part D & Prescription Advantage | |
| Wayne Glaser | Call your COA for appointment |
| Richard Bauman (Westhampton) | 413 527-5240 |
| Lorraine York-Edberg | 413 773-5555, ext. 2275 |
| Mass Health and New Health Coverage | |
| John Bergeron, HCHC-Huntington | 413 667-2203 |
| Buliah Mae Thomas at Hilltown Comm. Health Center | 413 667-2203 |

Transportation Services

| | |
|--|--------------|
| Cummington Neighbor to Neighbor Drivers | 413 634-2262 |
| Westhampton transportation appts or groc. shopping, Louise Jasionkowski | 413 527-5134 |
| Williamsburg Medical Rides Williamsburg Senior Center (to schedule) | 413 268-8407 |
| PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) | 866 277-7741 |
| Hilltown Easy Ride Van Fran Goebel | 413 296-4232 |

Local Councils on Aging

| | |
|---|--------------|
| Chesterfield COA , Janice Gibeau | 413 296-4007 |
| Cummington COA , Anne Parsons | 413 634-2262 |
| Goshen COA , Evelyn Culver | 413 268-3316 |
| Plainfield COA , Deborah Thibault | 413 634-0275 |
| Westhampton COA , Julia Lennen | 413 537-9880 |
| Williamsburg Senior Center , Sherry Loomis | 413 268-8407 |
| Worthington COA , Sandra Epperly | 413 238-5584 |

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Westhampton Council on Aging

Julia Lennen, Coordinator

Louise Jasionkowski &
Jean Webster, Co-Chairs

Wendy Blow, Secretary

Lillian Baxter,
HEN Representative

Chuck Horn,
Member

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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

Out and About in July

Wed. July 4th, 7am-2pm Chesterfield July 4th Celebration

| | |
|--------------------------------------|---------------|
| Pancake Breakfast (Firehouse) | 7:00 - 10:00 |
| Food & Vendor Booths | |
| Historical Exhibits (Edwards Museum) | 8:00 - 2:00 |
| Hilltown Art Display (Town Hall) | 9:00 - 10:30 |
| Heritage Pops Concert Town Center | |
| PARADE | 9:30 - 2:00 |
| Chicken Barbecue (Church) | 9:30 & 11:30 |
| Classic Car Show (Town Offices) | |
| Magic Show & Face Painting (Park) | 10:30 - 11:30 |
| Sidetracked Band (Car Show) | 11:30 - 1:30 |
| Family & Kids Softball (Ball Field) | 11:30 - 1:30 |
| Firefighters Contest (Ball Field) | 11:30 - 1:30 |

Sponsored in part by the cultural councils of Chesterfield, Cummington, Goshen, Williamsburg & Westhampton.



Weds. July 11th, 11am
Wild West: The Mystery of the Haunted Piano
by the ScienceTellers
Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA

You're invited to a WILD WEST Library Adventure— part of the Chesterfield Public Library 2018 Summer reading program. ScienceTellers brings science to life. Not too

long ago, Science and Storytelling were accidentally mixed. Here is what happened! This interactive story allows kids of all ages to explore the fascinating science behind chemical reactions, combustion, air pressure, inertia and more. Don't miss this classic action-packed western with 'notes' of science!

Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, coordinated in partnership with the Chesterfield Public Library.

Tues. July 17th, 12pm
Cummington COA Annual Picnic
Pettingill Memorial Field, 14 Main St.
Cummington, MA

Cummington will be having its annual COA picnic on Tuesday, July 17th, at the Pettingill Memorial Field, by the playground, at 12:00 noon. This year we're inviting folks from other COAs to join us. If you plan to come, please give Anne a call at the Cummington COA by the 11th so we can plan accordingly: 413-634-2262. If you need a ride, reserve it with the Hilltown Easy Ride Van at 296-4232.

