

# Moving Forward

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



## October 2018 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
<b>1</b> <b>Knitting Group</b> Library, 6:30-8pm	<b>2</b> <b>Board &amp; Card Games</b> , WW, 1:30pm	<b>3</b> <b>Chair Yoga</b> WW, 9am <b>Coffee &amp; Social Time</b> Library, 10am	<b>4</b> <b>Foot Care</b> WW, call 374-0457 <b>COA Luncheon</b> Church, Noon <b>Scrabble</b> Library, 5:30pm	<b>5</b>
<b>8</b> <b>Columbus Day-</b> <b>Library closed</b>	<b>9</b> <b>Board &amp; Card Games</b> , WW, 1:30pm <b>Scrabble</b> Library, 1:30pm	<b>10</b> <b>Chair Yoga</b> WW, 9am <b>Coffee &amp; Social Time</b> Library, 10am	<b>11</b>	<b>12</b>
			<p>Don't forget the <b>Fall Festival</b> on <b>Sunday the 14th</b>, beginning at Noon behind the library!</p>	
<b>15</b> <b>Knitting Group</b> Library, 6:30-8pm	<b>16</b> <b>Board &amp; Card Games</b> , WW, 1:30pm	<b>17</b> <b>Chair Yoga</b> WW, 9am <b>Coffee &amp; Social Time</b> Library, 10am	<b>18</b> <b>Scrabble</b> Library, 5:30pm	<b>19</b> <b>COA Breakfast</b> WW, 8am-9:30am
<b>22</b> <b>Computer Class</b> Library, 10am <b>Knitting Group</b> Library, 6:30-8pm	<b>23</b> <b>Board &amp; Card Games</b> , WW, 1:30pm <b>Scrabble</b> Library, 1:30pm	<b>24</b> <b>Chair Yoga</b> WW, 9am <b>Coffee &amp; Social Time</b> Library, 10am	<b>25</b>	<b>26</b> <b>COA Board Mtg</b> WW, 9:30am
<b>29</b> <b>Knitting Group</b> Library, 6:30-8pm	<b>30</b> <b>Board &amp; Card Games</b> , WW, 1:30pm	<b>31</b> <b>Chair Yoga</b> WW, 9am <b>Coffee &amp; Social Time</b> Library, 10am		

## September Luncheon

Over 50 seniors attended our first luncheon of the year and helped seven seniors celebrate their August and September birthdays. It was another hot and humid day, but lots of fans made the dining room a bit more comfortable. After lunch, we were entertained by Tim Perry with his intriguing musical set-up using technical gadgets along with his guitar and ukulele. Everyone enjoyed his 'oldies' and some even danced to them! It was also fun to join in with 'Sweet Caroline' as if we were all at Fenway Park during the 7<sup>th</sup> inning stretch. (I think we impressed him!)



*Celebrating birthdays were Dick Pierce, Dave Motyka, Deb Barthelette, Ellie Scott, Ted Brooks, Bob Miller and Bob Dragon.*



*Mens' table of Bob Dragon, Clint Burt, Dave Goddard, Bill Magrone, Buddy Nevins, Dick Pierce, Leonard Day and Chuck Horn*

## October Luncheon

On Thursday, the 4<sup>th</sup>, we'll be meeting at the church at noon for another luncheon. After our usual potluck, our entertainment will be informative this month. Fire Chief Chris Norris had planned to present a program on fire safety, but his schedule has changed, and he won't be able to join us that day. We look forward to welcoming

him to a luncheon in the future. Julia is working to find an alternate program for the luncheon.

If you come to the luncheon a little early, there will be a nurse available to check blood pressure, and Marion Miller will have birthday cards for all of us to sign that will be mailed to seniors celebrating birthdays this fall. Try to remember to bring a nonperishable food item for our collection box in the dining room that goes to the Easthampton Food Pantry.

## Annual Fall Festival

The Friends of the COA will again be selling pies at our booth at the Fall Festival on **Sunday, October 14th.**

This is our big annual fundraiser for the COA, and the Friends want to remind all seniors to please bake pies. Pies can be brought to the COA booth behind the library after 11:00am.



## Foot Care at WW

Diane Roeder, RN, will be making a visit to Westhampton Woods, Unit F, on Thursday morning, **October 4th**, for anyone who has scheduled an appointment with her. If you'd like to have your toenails trimmed or have any other foot issues, feel free to call her for an appointment at 413-374-0457.

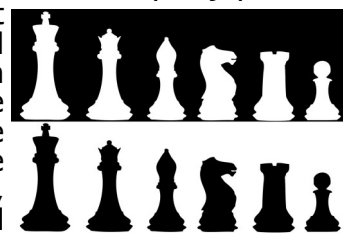
## Chair Yoga

Michelle Morales-Wolk's class is taking place each **Wednesday at 9:00 am** at Westhampton Woods, Unit F. The 10-week session will be continuing through November 21st. You may come every week or just when you are able. Michele has many years of experience teaching yoga which she incorporates with a form of gentle movement called the Feldenkrais Method. The classes are funded through a grant and the Friends of the COA.

## Board & Card Games

Obviously the hot summer didn't bother the game group that meets on **Tuesdays at 1:30** at Westhampton Woods. I'm sure they enjoyed the air-conditioned room at Unit F, and they're still playing there each week. Also, the Scrabble players took advantage of the cool temps at the library. In October, Scrabble will be played at the library on **Thurs-**

**day, the 4th and 18th at 5:30 pm and on Tuesday, the 9th and 23rd at 1:30 pm.**



## Computer Classes

Bob is again troubleshooting any computer problems that seniors may be having as well as teaching. The meeting room at the library is where you can find him on the **2<sup>nd</sup> and 4<sup>th</sup> Mondays** each month at 10am. Since Columbus Day will be the 2<sup>nd</sup> Monday in October, Bob may decide to be there on another Monday instead. You can reach him at his home on Stage Rd. for confirmation.

## Hikes

Chuck Horn and Ray Fontaine were busy during the heat of the summer exploring hikes around the area. The first two hikes for the group around the first of September needed to be scheduled for 8:30am due to the high humidity and expected high temps each day. They hiked around the roads near Lyne's Sanctuary, hiked up the trail on Reservoir Rd. Ext. to Chesterfield's former Cold War Electric Power bunker and explored some more of the Mineral/Sawmill Hills trails.

Hikers heading up Reservoir Rd. Ext. to Chesterfield's former Cold War Electric Power bunker.



### Upcoming Hikes:

#### Wed., Oct. 10, 1pm

Historic Williamsburg Dam Trail  
(Site of 1874 Dam Disaster)

#### Wed., Oct. 24, 1pm

Edwards Road Extension Trail,  
Westhampton to Southampton

For more info, email Chuck at:  
charleshorn66@gmail.com

## Monthly Breakfasts

**On Friday, the 19th**, Unit F at Westhampton Woods will be open for breakfast from 8:00 to 9:30am. The coffee will be ready as well as tea, milk, hot cocoa and homemade coffeecake or quick breads. Come join the conversations (or just

listen) and start your day with a smile with other seniors. If you're a reader, there's also a wonderful selection of books that are available for borrowing.

## Library Events in October

### *Family History 101*

*Thursday, October 4, 2018 - 6pm*

Are you interested in researching your family's history? Learn tips and suggestions to get you started and where to begin, how to find the answers you're looking for and then make sense of what you find. From property ownership to immigration, employment and more, you'll be surprised at what you can learn about your ancestors!

Please call or email the library to sign up!

Discover the many resources available at no cost at the Westhampton Public Library and surrounding libraries/institutions.

### *Macabre Massachusetts with J.W. Ocker*

*Wednesday, October 3, 2018 - 6:30pm*

Every state has a dark side, but Massachusetts' seems darker than most. Travel author J.W. Ocker has spent the past decade seeking out obscure, strange, and creepy wonders throughout the state. From werewolf graves to drowned ghost towns to murder artifacts, Massachusetts is a state full of fascinating and macabre sites; the types of sites that anybody can go see on any given Saturday, if they have a car and a bit of a morbid streak.

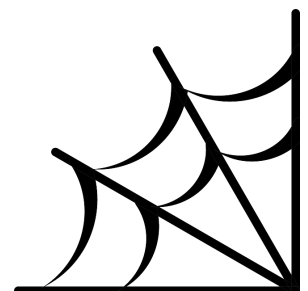
### *Who Goes There? With Agawam Paranormal*

*Monday, October 22, 2018 - 6:30pm*

Agawam Paranormal will be visiting to talk to us about what they do and some investigations they've had. They will talk about three of their investigations during this program:

1. The Houghton Mansion in North Adams
2. Smith Art Museum  
(at the Springfield Museums)
3. The Backyard Bar and Grill (formerly Vincent's) in West Springfield.

Learn about the history of each location and the paranormal investigations. The team will share potential evidence they captured.





## TRIAD COUNCIL

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

### Long Term Care– Updated Costs / Planning Required

In 2003, almost 10 million Americans needed some form of long term care: 3.6 million were under age 65 and 6 million were over age 65. Those turning 65 will need some form of long term care at some point in their lives. You must plan a strategy for long term care; each of us has a unique path to take based upon where we live, to insurance, long term services and supports, and finances. You have to ask yourself how you will navigate the myriad of legal, family, and social forces along the way.

Definition: Long-term care is a range of services and supports to meet your personal care needs. Most long-term care is not medical care, but assistance with basic personal tasks of everyday life. There are 6 "Activities of Daily Living (ADLs)": Bathing, dressing, using the toilet, transferring to or from bed/ chair, caring for incontinence, and eating. Other common long-term services and supports are assistance with everyday tasks. There are 8 "Instrumental Activities of Daily Living (IADLs)": Housework, managing money, taking medications, preparation & clean-up from meals, shopping, using the telephone or other communication devices, caring for pets, and responding to emergency alerts (fire alarms, etc).

### 2017 Updated Average Costs in Massachusetts

The cost of long term care depends on the medical or non-medical care and duration of care you need, the provider and insurance used, and where you live. Knowing the costs of different types of care, whether the care is provided at home or at a facility, can help you plan for these expenses. Just as there many kinds of long-term services and supports, there is a wide range of costs for them. Below are the 2017 average monthly costs in MA with a column showing 3% projected inflation rate for cost of care in 2027.

TYPES/SERVICE LOCATIONS	2017	2027
Homemaker Services	\$4,814	\$6,470
Home Health Aide	\$4,957	\$6,662
Adult Day Health Care	\$1,408	\$1,892
Assisted Living Facility (1 Bed/Private)	\$5,599	\$7,525
Semi-Private Room	\$11,710	\$15,737
Private Room	\$12,471	\$16,760

While there are some people who qualify for public programs to help pay for these expenses, most people use a variety of options: long-term insurance, personal income and savings, life insurance, annuities, and reverse mortgages to ensure they can pay for the care they require. It is necessary to do pro-active planning, and not place yourself and your family at a disadvantage.

To survive a crisis or even a short term disability, you must learn how the system works. Visit this U.S. Dept. of Health & Human Services website: [www.LongTermCare.gov](http://www.LongTermCare.gov), for detailed questions and answers to get you started on your personal path.



### ***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!*

### Seniors Aware of Fire Education



October is Fire Safety month. This year's fire safety theme is: LOOK -- LISTEN -- LEARN!

- LOOK for places fire could start --like extension cords, frayed and/or under rugs and fire place screens in place. Ask yourself or a loved one, where could fires start in our house and what can we do to keep fires from happening?
- LISTEN for the sound of smoke detectors when you test them each month.
- LEARN by doing a fire drill during which you establish two ways out of every room and a meeting place where everyone in your family knows to go in case of a fire or emergency.

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

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

### Hilltown to Valley Connections



Did you know you could ride the Hilltown Easy Ride van to connect with **PVTA buses** and other public transportation services?

Eligible van riders can book a ride to either Williamsburg or to Northampton and transfer to any PVTA bus, or even the Peter Pan bus for trips out of town. PVTA bus destinations could include the Hampshire Mall, Amherst, or Holyoke.

**Interested?** We will be holding a one hour information session and travel training on using the PVTA system at the Chesterfield Community Center, 400 Main Rd., on **Wednesday October 17<sup>th</sup>, at 11am.** It will be followed by an optional practice outing to Northampton for shopping or lunch from noon-3:30pm. *There is no cost for the training, but you will need \$3.00 cash for the optional practice PVTA bus ride, plus whatever you would like to spend in Northampton for shopping and lunch.*

Call the Hilltown Easy Ride to sign up for the informational session: 413-296-4232

### We are not alone!

My friend in Australia sent a video with three scenarios of warnings on how folks can get scammed. It could happen here, too!

1. Don't use a portable credit card reader unless you are comfortable with the situation, for instance in a store and you know you are dealing with a store employee. If a delivery person comes to the door and gives you a package but asks for a card and signature, make sure he/she is authentic. The person could put your card in the reader just like in the store, but it is a fake reader and they then go to a computer and clone your card.
2. If you are called about suspicious activity in your bank account and are asked to call back, do two things. One, use a different phone if you can and look up the number yourself, and two, do NOT give the 3-4 digit pin that is on the card or your Social Security number. Otherwise, you may be calling back a scammer instead of your bank.
3. When you are using an ATM, I'm sure you know to hide the keypad with your body. But, also, do not let anyone distract you, perhaps to pick up something. An accomplice could steal your card.

I'm not trying to be scary here, but the number of ways we can get taken just keeps rising! So please keep your wits about you and be safe.

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

## Northern Hilltowns Consortium of COAs honors Peg Whalen



The many contributions of Peg, (lower right), as the Regional Outreach Coordinator from the Hilltown Community Health Center, were recognized at a special luncheon in her honor at our monthly meeting on September 10<sup>th</sup>. Peg has been a vital part of the COA's work in expanding the outreach networks developed by many of the COAs. Several of the towns are now moving toward becoming Age Friendly Communities. We appreciate how far Peg has taken us on this journey and look forward to her support as we move forward to a new direction.

If you receive a post card like the one pictured below, discard it. It is not contracted with Medicare as it states. Medicare recommends that people do not complete and return this postcard, but instead call a SHINE counselor to discuss Medicare and their unbiased, comprehensive health insurance options.

PERSONAL 2018  
BUSINESS MAIL FORM MAIL PERMIT NOTICE

POSTMASTER: If undeliverable as addressed, please refer to section 501.4 of the official USPS DMM

Presorted  
First Class Mail  
Postage Paid  
Boston, MA  
Permit No. 84

**Important 2018 Medicare Benefits Notice**  
For Massachusetts Residents Turning 65

IMMEDIATE ACTION REQUIRED TO AVOID PENALTIES

REGISTERED DOCUMENT  
T65-SEP-2018  
**DO NOT DISCARD**

DOCUMENT DISTRIBUTION CODES  
State: Massachusetts  
County: Middlesex  
Route: 1074

Stow, MA 01775-1074  
5321

Detach Here And Mail Within 6 (SIX) Days. For Immediate Service Call 800-679-5903.

**2018 Medicare Benefits Review Mail Request Form**  
(Form 18MRMRK)

Please complete the form below. By completing and returning this form, you hereby acknowledge and understand a STATE LICENSED MEDICARE INSURANCE Agent will contact you to provide a review.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Spouse's Full Name: \_\_\_\_\_

Your Age: \_\_\_\_\_ Your Spouse's Age: \_\_\_\_\_ \*Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\* PHONE IS REQUIRED!! PLEASE PRINT CLEARLY!

THIS SECTION FOR OFFICIAL USE ONLY PLEASE DO NOT WRITE IN THIS SECTION

USPS OFFICIAL REGISTRY DATA FIELD Middlesex County Stow, MA 01775-1074	MAIL BATCH CODE CFG181081-201805 T65DOB CODE 19530900
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## Highland Valley Elder Services Annual Meeting & Keys to Aging Well Expo



**Thursday, October 4 at 4pm**  
Hadley Farms Meeting House  
41 Russell St. Hadley

Enjoy music, hors d'oeuvres, and meet local service vendors.

For more information, call HVES: 413-586-2000.

**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.

## Six Top Tips for Consumers to Stop Illegal Robocalls

- 1. File complaints with the Federal Communications Commission:** Complaint data is the best tool federal agencies have to gauge the extent of the robocall epidemic. While filing a complaint may not prompt an immediate response, complaint data may prompt the FCC to take action.
- 2. Add your number to the Do-Not-Call List:** While the DNC list does not stop all robocalls, it is a valuable resource for removing your number from the call lists of companies that do not want to violate the law. Sources of robocalls that you do business with, such as banks or student loan servicers, and sources of scam calls that often have no regard for the law, will still get through.
- 3. Revoke consent:** If you're receiving robocalls from a bank, lender, or other company you do business with, they likely have your consent (hidden in the fine print) to robocall you. *While they like having the option, it isn't their right and you can revoke your consent at any time.* Tell the (continued on page 7)

# 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.**

*October 21 — Sunday: Halloween in Salem.* Enjoy the Salem Street festivities and a Tour of House of Seven Gables. Lunch is on your own in downtown Salem. Cost is \$82.

*December 10 — Monday: White Christmas Big Band* show and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102. There is a \$10 discount if paid in full by October 30th.

## 2019—Sneak Peak

*April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South.* Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

*May 29-31: Ogunquit, Maine.* Multi day, share with group from Connecticut, who will come pick us up. Two night stay at Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, shopping in Kittery and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

*June 11-13: Island Hopping.* Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island. Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

*Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick.* Passport required. Cost is \$1,070 per double. There is a \$25 discount if paid in full by June 1. This 9 day trip includes: 8 nights lodging including 5 nights in Canada, 14 meals including: 8 breakfasts and 6 dinners. Guided tour of Acadia National Park, guided tour of Halifax, Peggy's Cove and Lunenburg. Admission to King's Landing Historical Settlement. Guided Tour of Prince Edward Island. Admission

to the natural wonder: "Hopewell Rocks". Visit to the Waterside Town of Saint John.

*Nov. 9-24: Panama Canal Cruise—* 16 days. Starting at \$1,999 per double. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities, entertainment, casino & parties. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.



Hilltowners from Goshen, Chesterfield and Williamsburg return from their five day jaunt to Washington DC. Norene & Joe Roberts, Barbara & Robin Bak, and Liz Ducharme & Cindy Lefebvre. The Mercedes Benz tour bus is in the background.

*(continued from page 6)*

caller you "revoke consent." If the calls continue, contact customer service and tell them that you do not consent to receive calls and that you want your number to be added to their "do not call" list.

4. **Don't engage with the caller:** Most autodialed robocalls include a prompt to press a key or give a voice command. DON'T! Pressing a key, even if the recording says it's to remove your number from the list, tells the caller that your number is active and that you'll likely answer future calls. Even worse, the voice commands can be recorded and used against you by scammers to represent consent to purchase products or services.

5. **Don't answer unknown numbers on your mobile device:** Easier said than done, this will help avoid robocalls. But important calls can come from unknown numbers and most landline phones don't have call-blocking features.

6. **Install call-blocking apps:** Various call-blocking apps, like YouMail and NoMoRobo, provide a free or low-cost service to mobile smartphone users that filter out identified scam robocalls and allow users to block specific numbers and report the calls. But typically these apps don't help landline users.

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

PRSRT STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

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

## Out and About in October

**Thurs. October 4th at 4pm**  
**Key to Aging Well Expo**  
*Hadley Farms Meeting House*  
*41 Russell St. Hadley, MA*  
See page 6.

**Weds. October 17th at 11am**  
**Easy Ride— Hilltown to Valley Presentation**  
*Chesterfield Comm. Ctr. 400 Main Rd. Chesterfield, MA*  
See page 5.

**Fri. October 19th, 9am & 10am**  
**Spa Day at Smith Vocational**  
*80 Locust St. Northampton, MA*

Students in the Cosmetology program are offering the following:  
Haircuts \$5.00; Manicure \$4.00;  
Pedicure \$8.00; Facial \$8.00.  
Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Upcoming additional spa days: Nov.16th, Dec. 21st, Jan. 25th, March 1st, April 12th and May 17th.



**Saturday, October 20th 9am-3pm**  
**Goshen Congregational Church**  
**Fall Clothing Exchange**  
*45 Main St. Goshen*

The spring clothing exchange was such a huge success that they are doing it again! Please drop off your washed, gently-used men's, women's and children's coats and other fall/winter clothing and accessories on Weds. Oct. 17th from 5-8pm or Fri. Oct. 19th from 9am-3pm, then come back on Saturday to shop! Please, no undergarments or lingerie. If the drop off times don't work for you, please call the church at 268-7427 to arrange a different time.



**Tues. October 30th at 12:15pm**  
**Halloween Harvest: Ghosts, Goblins and More with Davis Bates**  
*Williamsburg Senior Center Café*  
*141 Main St., Williamsburg, MA*

Stories and songs. Please call two days ahead to reserve lunch, if you're interested: 268-8407.

*The new home for the Worthington COA is  
2 Packard Park, Worthington, and the phone number is  
413-238-4294.*