

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



### November 2018 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
			<b>1</b> <b>COA Luncheon</b> Church, Noon <b>Scrabble</b> Library, 5:30pm	<b>2</b>
<b>5</b> <b>Knitting Group</b> Library, 6:30–8pm	<b>6</b> <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 1:30pm <b>Election Day</b> Town Hall	<b>7</b> <b>Chair Yoga</b> WW, 9am <b>Coffee &amp; Social Time</b> Library, 10am <b>Trip to Magic Wings</b> Leaving pk lot 10:30am	<b>8</b>	<b>9</b>
<b>12</b> <b>Veterans' Day Breakfast</b> Outlook Farm, 7-9:30am <b>Library closed-</b> Veterans Day observed	<b>13</b> <b>Board &amp; Card Games, WW, 1:30pm</b>	<b>14</b> <b>Chair Yoga</b> WW, 9am <b>Coffee &amp; Social Time</b> Library, 10am	<b>15</b> <b>Scrabble</b> Library, 5:30pm	<b>16</b> <b>COA Breakfast</b> WW, 8am–9:30am Don't forget the <b>Holiday House Fair</b> on Sat. the 17th from 9am–2pm at the church.
<b>19</b> <b>Knitting Group</b> Library, 6:30–8pm	<b>20</b> <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 1:30pm	<b>21</b> <b>Chair Yoga</b> WW, 9am <b>Coffee &amp; Social Time</b> Library, 10am	<b>22</b> <b>Thanksgiving</b> 	<b>23</b>
<b>26</b> <b>Computer Class</b> Library, 10am <b>Knitting Group</b> Library, 6:30–8pm	<b>27</b> <b>Board &amp; Card Games, WW, 1:30pm</b>	<b>28</b> <b>Coffee &amp; Social Time</b> Library, 10am	<b>29</b>	<b>30</b> <b>COA Board Mtg</b> WW, 9:30am

## In Memoriam:

Theodore (Bev) Derouin:  
October 27, 1930 – September 8, 2018



Kenny Wood:  
November 24, 1942—September 17, 2018

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## October Luncheon

Around 60 seniors got together for a potluck lunch at noon on Oct. 4th. We also helped four ladies celebrate their October birthdays. Afterwards two gentlemen spoke about helping to make Westhampton an age-friendly community. One of them was from the AARP Network of Age-Friendly Communities and the other represented the Age Friendly MA Campaign. Our COA, along with other members of Westhampton, will be working hard in the coming months to make Westhampton become one of these communities.



*October birthdays: Ilene Lorow, Mikki Nevins, Jessie Krug and Connie Dragon*

## Luncheon and Lady Bea Cruise

On September 20th, 23 seniors enjoyed a delicious buffet luncheon at the Dockside Restaurant at the Brunelle Marina. Afterward, we had a lovely 1 ½ hour cruise down the CT river on the Lady Bea, sponsored by the Friends of the COA. The river was perfectly calm that day so many of us sat on the upper deck. We watched two snowy egrets along the way who were exploring the shoreline.



## 60<sup>th</sup> Anniversary Celebration

The family of Bill and Janice Tracy hosted an open house at the Westhampton Church on Saturday, September 29<sup>th</sup>, which was the 60<sup>th</sup> wedding anniversary of Janice and Bill. Many friends and relatives from near and far attended to wish them many more happy years together. As Bill mentioned, more and more couples are reaching this milestone these days, but it certainly is something to celebrate!

*Bill and Janice Tracy on their 60<sup>th</sup> Anniversary*



## November Luncheon

Our next lunch will be on the first day of November at the church at noon. John Root will be speaking to us about butterflies after lunch. This program was funded through the Cultural Council. (See a following article about the trip to Magic Wings on Nov. 7<sup>th</sup>.) If you arrive for lunch early, a nurse will be available to check blood pressures, and there will be birthday cards to sign for seniors having late fall birthdays. We'll also be collecting nonperishable food items to be donated to the Easthampton Food Pantry.



## Santa Sale too at November Luncheon

The Westhampton Congregational Church Fair (on Nov. 17th) has been given more secondhand Santas, from a collection, to sell. We don't have extra room for them at the fair. We will only have them for sale at the Nov. 1st COA luncheon. This will be before the speaker, so please come early-- 11:00 or after. Proceeds will go to the church fair.

## Senior Trip to Magic Wings

The COA and Friends are sponsoring a trip to the butterfly conservatory in Deerfield on **Wednesday, Nov. 7th**. We will be carpooling from the town parking lot that morning at 10:30. A tour guide will take us through the museum before we go in to walk among the butterflies. Let's hope for a cold day in November, so we can really enjoy

the heat and humidity when we get in with the butterflies. On the way home we plan to stop at Tom's Hot Dogs for lunch on our own. If you haven't signed up and would like to join the trip, call Deb Barthelette at 413-222-2050 or email her at deb01027@aol.com.



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## Veterans' Day Breakfast

A free breakfast for Veterans will take place at Outlook Farm on **Monday, Nov. 12th** again this year. The breakfast will be available from **7:00 to 9:30am**. It's sponsored by Outlook Farm and the Friends of the COA. Joe Henning, the veterans' agent for Westhampton, will also be there for any questions. We hope that many veterans will come to enjoy breakfast, visit with other veterans and give others the opportunity to thank them for their service to our country.

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## Chair Yoga

The last class of chair yoga for the 10-week fall session will be on **Wednesday, the 21st**, at Westhampton Woods, Unit F, at 9:00am. Come for one or all three of the remaining classes this month to gently stretch and relax. It's amazing how good you'll feel when you leave. These classes were funded through a grant and the Friends of the COA.

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## Let the Games Begin!

And they do on **every Tuesday** at Unit F at Westhampton Woods at 1:30pm. If you'd rather play Scrabble, that will be at the library at 1:30pm on Nov. 6th and 20th. You can also find Scrabble being played at the library at 5:30pm on Nov. 1st and 15th. You are welcome to join any of these games.



*Game day for Ilene Lorow, Jessie Krug, Betty-Anne Gould and Ellie Scott.*

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## November Hikes

Chuck has these hikes planned for this month:

- Sun., November 4th: Around Pine Island Lake, Westhampton: Moderate hike - 2 miles - approx. 1 1/2 hours. This is a well-used trail, nice at any season. Leader: Lilly.
- Sun., November 25, 'Work Off the Turkey Hike'-- Ridge Conservation and Hartnett-Manhan Areas from old Clear Falls (Moderate hike) – Chuck leading.

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

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## COA Monthly Breakfast

On **Friday, Nov. 16th**, seniors will be stopping in at Unit F at Westhampton Woods between 8:00 and 9:30am. There will be coffee, tea, cocoa and milk to accompany homemade coffee cake or quick breads. Come join us and visit with other seniors. It's always entertaining and a great way to start your day! Everyone is welcome!



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## Library Happenings

November 6, 7pm-  
"Never Caught" by Erica Armstrong Dunbar. Pick up this year's All Hamptons Read title at the library and join us November 6 for a discussion.

November 13, 6pm:  
Book Page Pumpkins with Amber Ladley of Happily Upcycled. Please call or email to register. Learn how to repurpose discarded book pages into festive pumpkins. All materials provided.

*Amber Ladley is a lifelong crafter and creative entrepreneur. She finds tremendous joy in crafting with others while sharing innovative ways to reduce waste for our planet. Join her, along with members of your community, for an inspirational evening and leave with a pumpkin (or two!) handmade by you.*

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## Friends of the Library Concert Event

On **Saturday November 10th** in the Town Hall, there will be a Fall Library Concert by Blue Rendezvous. It will start with a Swing Dance lesson at 6pm. Then the concert begins at 7pm and goes until 9:30pm with one break. There will be "soul" food for sale, so come hungry. The Fall/Winter Concert Series is a new venture for the Friends. If it is popular, the Friends will sponsor more.





## TRIAD COUNCIL

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

### A Time to Reflect

“We learned about honesty and integrity - that the truth matters.....that you don't take shortcuts or play by your own set of rules..... and success doesn't count unless you earn it fair and square”. ~ **Michelle Obama**

### Simple Thoughts ~ Acceptance of Beliefs

It is that time of year for me to stray from the specific “Safety” theme of our Triad Mission Statement. The commercialization of the upcoming holidays adds stress when we should be allowed the time to reflect on the values found in our personal beliefs and friendships we cherish. Teaching by her example, a friend wrote many years ago she could live more comfortably with the concept of “Simple Thoughts”.

“Individuals will have to live by their own personal code of behavior, their own philosophy of life, their own view from the bridge. What has become sufficiently clear to me is that no one can change another's form of thinking. However, I do believe that the energy sent from enough loving hearts is far more expansive, will travel further, will creep silently into the bones and marrow of all those who are yearning for this stance in life.

- Kindness is better than cruelty.
- Openness is better than contraction.
- Trust is better than fear.
- Honesty is better than denial.
- Embracing life in all its aspects is better than retreating from it.
- Living in harmony with others is better than being in reaction.
- Life is sacred.
- The Earth is sacred.
- All creatures upon the earth are sacred.
- We belong to the Earth.
- The Earth does not belong to us.

For each individual to even begin to incorporate into their daily lives the beliefs they have formulated is perhaps their greatest accomplishment, not easily achieved, because they have moved from thought into action making them tangible on this earthly planet. I, for one, cannot believe we can ever defend our most sacred tenets by abandoning our dreams.”

***We wish all of you a safe, meaningful, and bountiful Thanksgiving!***

***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



As the heating season has begun in earnest, we love to gather in front of the fireplace and around the wood stove. May these tips help you have a warm and safe heating season:

- Have your chimney professionally cleaned every year.
- Make sure your wood stove is approved by a national testing agency, like Underwriter's Laboratory (UL).
- Do not use an accelerant for starting a fire in the fireplace or solid fuel stove.
- Keep anything that can burn at least three feet from the fireplace and the wood stove.
- Dispose of ashes in a metal container, with a lid, away from the house, garage and porch.

Have a warm and S.A.F.E. heating season!

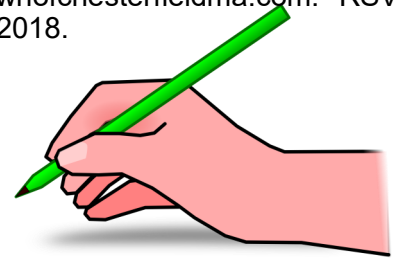
--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

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

### Drawing Class Coming Soon!

Want to try something new next year? Boo Cherau will be offering a 6 session weekly drawing class on Thursdays in January 2019 from 10am-12pm at the Chesterfield Community Center. We hope to start on January 10th but we need to get a sense of how many people would be interested.

Can't draw, you say? Come find out that everyone can learn to draw. If you are interested or would like to know more, please contact the COA at 296-4467 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com). RSVP by December 10, 2018.



### 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.

### Freeze for Free!

You may remember the Equifax debacle, in which many credit report accounts were hacked and jeopardized. When I waxed eloquently in December of last year on the benefits of freezing your credit reports, there was a charge to MA residents to place a freeze at two of the three major credit bureaus. Well, good news! As of September, we can freeze all our accounts at no charge. There is now no charge for thawing the report, either.

Quoting me: "With a credit freeze in place with each of the credit bureaus, no one can access your account to do anything fraudulent or otherwise. The exceptions to this are government agencies and collectors. You receive a pin that you can use to thaw your report if you need, say to apply for a car loan."

Experian.com, Equifax.com, and Transunion.com are the web addresses for the big three. You can also call to do a credit freeze: Experian – (888) 397 3742. They call it a security freeze. Equifax - (800) 685-1111. They also call it a security freeze. Transunion – (888)-909-8872. You can use an automated system or talk to an agent; I recommend the latter.

- If you reach a point in the freezing process where they ask you for a credit card to pay for something, back out. Something isn't right. Freezing and thawing are NO COST.
- Write down and file your PIN. You will need it if you ever want to thaw your report.
- The credit bureaus have added lots of consumer options in recent years. If you are stuck doing a freeze, give me a call.

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

## Central Hampshire Veterans' Services – Hilltown Schedule



### Williamsburg Town Hall

141 Main Street

Haydenville, MA 01039

**Hours: Every Monday- 2:00 to 4:00**

### Cummington Community House

33 Main Street

Cummington, MA 01026

**Hours: 1<sup>st</sup> and 3<sup>rd</sup> Monday- 9:00 to 11:00**

### Goshen Town Offices

40 Main Street

Goshen, MA

**Hours: 1<sup>st</sup> and 3<sup>rd</sup> Monday- 11:30 to 1:30**

### Worthington Town Hall

160 Huntington Road

Worthington, MA 01098

**Hours: 2<sup>nd</sup> and 4<sup>th</sup> Monday- 9:00 to 11:00**

### Chesterfield Community Center

400 Main Road

Chesterfield, MA 01012

**Hours: 2<sup>nd</sup> and 4<sup>th</sup> Monday- 11:30 to 1:30**

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4,

## Welcome aboard, Jen Hoffman and Sue LaRock!

The Northern Hilltown COA Consortium is happy to announce that leadership roles in all seven COAs are filled!

Jen Hoffman is the new Senior Center Director for Williamsburg. She has a background in health care, holds a masters degree in Public Health and has over 20 years of experience in healthcare administration. She looks forward to meeting Burgy seniors and making the Senior Center a welcoming place for all.

Sue LaRock, long time resident of Plainfield, has been appointed to the position of Plainfield COA Coordinator. Sue will be the welcoming face of the COA, providing information and guidance to seniors as needed, and managing the nuts and bolts of the multifaceted programs for Plainfield folks.

## Tips for Holiday Eating

The holidays are a time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without putting on the extra pounds! On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, **do not skip meals throughout the day** as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style, and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.



### Strategies to help you avoid overeating

- Use a smaller plate. This allows you to put less food on your plate and encourages proper portion sizes.
- Start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall.
- Eat slowly and savor every bite. Before you go back for seconds, wait 10 minutes to see if you really are still hungry.
- Get some physical activity after dinner. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Source: [www.eatright.org/health/lifestyle/holidays/stay-mindful-with-4-tips-for-holiday-eating](http://www.eatright.org/health/lifestyle/holidays/stay-mindful-with-4-tips-for-holiday-eating)

By: Rita Longe, RDN, LDN

**RESOURCE DIRECTORY**

**Domestic Violence Advocate**, Hilltown Safety at Home (HS@H)  
If you need help in an emergency, call 911 or the Safe Passage hotline

**Elder Abuse Hotline**  
**First Call for Help** Information and Referral Resources  
**Fuel Assistance** Application and Recertification  
**Hilltown Elder Network – H E N** (sponsored by Hilltown CDC)  
**Veterans' Service Officer** Tom Geryk  
(Westhampton) Joe Henning  
(Plainfield) Brian Brooks

**DO NOT CALL Registry**

413 387-3120  
888 345-5282  
800 922-2275  
800 339-7779  
800 370-0940  
413 296-4536 x120  
413 587-1299  
413 207-3541  
413 772-1571  
888 382-1222

**Food Services**

**Food Bank of Western Massachusetts Brown Bag Program**  
**Food Stamps - Supplemental Nutrition Assistance Program (SNAP)**  
Call Chesterfield COA for assistance

**Hilltown Food Pantry** - Goshen Town Hall - Diane Meehan, Director  
**Meal Site** Williamsburg Senior Center  
**Meals on Wheels** Highland Valley Elder Services (HVES)  
**Northampton Survival Center**, 265 Prospect St. Northampton  
**Salvation Army Emergency Food, Fuel or Medication Vouchers**

800 247-9632 or 413 268-8407  
413 552-5400 or 413 296-4007  
413 296-4007  
413 268-7578 Wed 1-3; 3<sup>rd</sup> Wed 1-6  
413 268-8407  
413 586-2000 or 800 322-0551  
413 586-6564  
413 586-5336/6564

**Health Services**

**Highland Valley Elder Services** Intake referral for homecare, etc.  
**Hilltown Community Health Center-** Medical & Dental  
HOPE Nurse, Robin Laferriere, RN  
Janet Dimock, HealthWise Community Health Worker  
**Podiatrist** Dr. Michael Coby, call Williamsburg Senior Center  
to schedule (Alternating months at the Senior Center)  
**Foot Care** Piper Sagan, RN  
foot care in Cummington, call Peg Daniels  
for appt.  
foot care in Goshen, call Liz Loven for appt.  
foot care in Plainfield or in-home visits  
foot care in Williamsburg or in-home visits  
Diane Roeder, foot care in Whamp & Chesterfield

**SHINE, Medicare & Drug Coverage Part D & Prescription Advantage**  
Wayne Glaser  
Lorraine York-Edberg  
**Mass Health and New Health Coverage**  
Buliah Mae Thomas at Hilltown Comm. Health Center

413 586-2000  
413 238-5511, ext. 131  
413 238-5511, ext. 313  
413 238-5511, ext. 149  
413 268-8407  
413 634-2229  
413 268-7122  
413 522-8432  
413 268-8407  
413 374-0457  
Call your COA for appointment  
413 773-5555, ext. 2275  
413 667-2203

**Transportation Services**

**Cummington** Neighbor to Neighbor Drivers  
**Westhampton transportation** Appts or groc. shopping, Louise Jasionkowski  
**Williamsburg Medical Rides** Williamsburg Senior Center (to schedule)  
**PVTA Dial-A-Ride** (tickets sold at Williamsburg Senior Center)  
**Hilltown Easy Ride Van** Ed Pelletier

413 634-2262  
413 527-5134  
413 268-8407  
866 277-7741  
413 296-4232

**Local Councils on Aging**

**Chesterfield COA**, Janice Gibeau  
**Cummington COA**, Anne Parsons  
**Goshen COA**, Evelyn Culver  
**Plainfield COA**, Susan Metcalfe LaRock  
**Westhampton COA**, Julia Lennen  
**Williamsburg Senior Center**, Jennifer Hoffman  
**Worthington COA**, Sandra Epperly

413 296-4007  
413 634-2262  
413 268-3316  
413 743-5345  
413 537-9880  
413 268-8410  
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 November

**Mon. November 5th at 5pm**  
**Grange Veterans Day Breakfast**  
400 Main Rd. Chesterfield, MA

All vets invited! Sponsored by the Chesterfield Grange. Please call Mary Ann Coleman for reservations: 296-4787.



**Fri. November 9th at 9:30am**  
**Veterans Day Breakfast & School Assembly**  
New Hingham Regional Elementary School  
30 Smith Rd. Chesterfield

Breakfast at 9:30am, assembly at 10:15am. Contact Jesse McMillan, Principal, with any questions: 413-296-0000. Please RSVP to Rachel Cenedella, Admin. Assistant: 413-296-000 or rcenedella@hr-k12.org.

**Fri. November 16th, 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: Dec. 21st, Jan. 25th, March 1st, April 12th and May 17th.

*Save the date!*

**Sun. December 9th at 3pm**  
**Christmas Carol Sing at Goshen Cong. Church**  
45 Main St. Goshen, MA

*There's still time...*

*Join the Northampton Senior Center on their  
December trip:*

*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.



Call Francine Frenier at the Northampton Senior Center to make your reservation:  
413-587-1228.