

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



### November 2019 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
				1
4 <b>Knitting Group</b> Library, 6:30-8pm	5 <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	6 <b>Chair Yoga</b> WW, 9am <b>Coffee 'n' Chat</b> Library, 10am	7 <b>COA Luncheon</b> Church, Noon	8
11 <b>Veterans Day- Library closed</b> <b>Free Breakfast for Veterans</b> Outlook Farm, 7-9:30am	12 <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	13 <b>Chair Yoga</b> WW, 9am <b>Coffee 'n' Chat</b> Library, 10am	14	15 <b>COA Breakfast</b> WW, 8am-9:30am
18 <b>Knitting Group</b> Library, 6:30-8pm	19 <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	20 <b>Chair Yoga</b> WW, 9am <b>Coffee 'n' Chat</b> Library, 10am	21	22  ..... <b>Sat. 11/23, 9-2</b> <b>Holiday House Fair,</b> Church .....
25 <b>Computer Class</b> Library, 10am <b>Knitting Group</b> Library, 6:30-8pm	26 <b>Board &amp; Card Games, WW, 1:30pm</b> <b>Scrabble</b> Library, 2-4:30pm	27 <b>Coffee 'n' Chat</b> Library, 10am	28 <b>Thanksgiving- Library closed</b>	29 <b>COA Board Meeting</b> WW, 9:30am

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors  
Coordinator: Amy Landau 413-203-9808 ✦ westhamptoncoa@comcast.net

## In Memoriam

Mordecai Gerstein  
11/29/35– 9/24/19



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## October Luncheon

A large group of seniors gathered at the church at noon for a lunch of Paisano's pizza, tossed salad and ice cream cups. No one needed to cook or bake this month! Of course, we celebrated October birthdays, so Pat Warren did bake beautifully decorated cupcakes for those special seniors. Afterwards, we were entertained by folk singer, Claire Dacey, who sang and played the guitar and fiddle. She added some of her original compositions too, which were lovely!

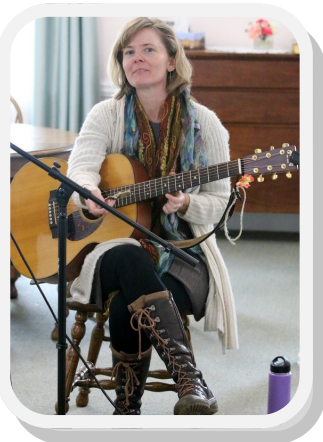


*October birthdays:  
Mikki Nevins, Ilene Lorow and Jessie Krug*

*Jean Webster  
announcing October  
birthdays.*



*Claire Dacey,  
our October entertainer.*



## November Luncheon

Our next luncheon together will be on the 7<sup>th</sup>. We'll be having a variety of casseroles, vegetables, salads and desserts. Mary Ellen Prince will be available to check blood pressures before lunch, and as always, there will be lots of birthday cards to sign for our fellow seniors in town having birthdays this month. So, come a little early if you are able and don't forget that we're always collecting nonperishable canned foods for the Easthampton Food Pantry. They often mention their appreciation to us in the Easthampton newsletter. After lunch, Fred Morrison will speak to us about raising honey bees. I'm sure he'll be ready to answer any questions we may have about these amazing insects.

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### *Save the Date!*

On **December 5th**, we'll have a luncheon of Virginia Baked Ham and then the Dan Kane Singers will be entertaining us again this year. We'll also be joined by seniors from the Shelburne Falls COA who hosted us after our visit to the Bridge of Flowers in July.

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## Veterans Day Breakfast



On **Monday, Nov. 11th**, a free breakfast for Veterans will take place at Outlook Farm. This is co-sponsored by Outlook Farm and the Friends of the COA. Joe Henning, the veterans' agent for Westhampton, always tries to be there to answer any questions that veterans might have. The free breakfast for veterans will be available from **7:00 to 9:30am**. Anyone else is welcome to join them having breakfast at the regular price. We hope that many veterans will come to enjoy breakfast, visit with other vets and give others the opportunity to thank them for their service to our country.

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## Chair Yoga

Michelle Morales-Wolk has been leading a group of seniors on Wednesdays at 9am at Unit F of Westhampton Woods this fall. Everyone agrees that their bodies feel much better when they leave the class each week to continue on with their day. The last class of this session will be on **Wednesday, Nov. 20th**. These classes are sponsored by the COA and Friends of the COA. After the 20th, watch for another session of chair yoga next spring!

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## November Hikes

Ray Fontaine and Chuck Horn explore and schedule our hikes. They have this message for all the hikers:

The Westhampton Council on Aging has several hikes planned for November. Due to the unpredictability of the weather this time of year we are posting the dates online instead of in a print publication. If you are interested in Westhampton COA hikes for November or want to be put on our permanent email list, please e-mail:

**[westhamptoncoahikers@comcast.net](mailto:westhamptoncoahikers@comcast.net)**

**PLEASE NOTE:** For your privacy and security all e-mails are sent out to recipients as **BLIND COPY** so that your email address is not shared with the entire mailing list.

Lilly, Cindy, Ray and Wendy during Hartnett-Manhan Memorial Forest hike.



### COA Monthly Breakfast

Our breakfasts are always on the 3rd Friday of the month, so in November it will take place on the **15th**. This is the earliest in the month that it ever is, so be sure to watch your calendars. Come to Unit F of Westhampton Woods that morning between 8 and 9:30 for a cup of coffee, tea, hot cocoa or milk. There's always homemade coffee cake or quick breads as well as various flavors of instant oatmeal. Come for food, beverages and conversation to begin your day.

### WES Looking for Volunteers

If you enjoy 5 to 7 year olds and also like to read, Westhampton Elementary School would love to have you as a volunteer on a Thursday afternoon. You'd be reading to a very small group of students that age for a short time. You must have a CORI check, if you haven't had one within the past three years, but the school can facilitate that. Get acquainted with some of the younger people in town while helping them to engage in reading.



Please contact Julia Lennen ([jslennen@gmail.com](mailto:jslennen@gmail.com) or 413-537-9880) if you would like to sign up for a slot.

### Library Events in November from Meaghan

**Kestrel Land Trust - Community Gathering**  
Thursday, November 7, 6:30 pm - 7:30 pm

Kestrel Land Trust is hosting a community gathering to provide Westhampton residents the opportunity to 1) meet one another, 2) receive an overview of land conservation and its role in mitigating climate change, and 3) learn how Westhampton fits into the Pioneer Valley's conservation efforts. Seasonal refreshments will be served - please join us!

### Ice Famine of 1919

Thursday, November 14, 6:30 pm - 7:30 pm

Dennis Picard will present a program on the Ice Famine of 1919, when weather conditions crippled New England's ice harvesting industry. Learn about the introduction of man-made ice and refrigeration technology. Picard will show scores of images from the period and will display his collection of ice harvesting tools, as well.

### Office Hours with Lindsay Sadosa

Monday November 18, 3 pm - 4 pm

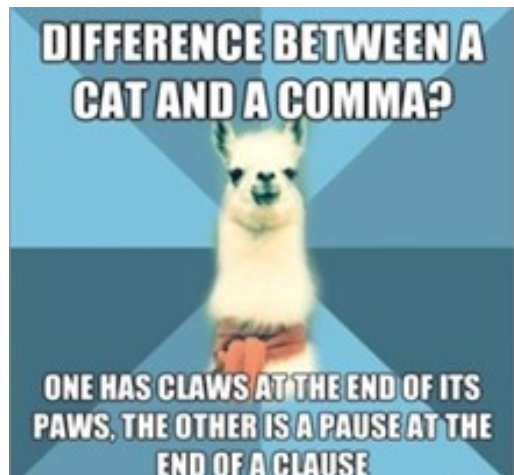
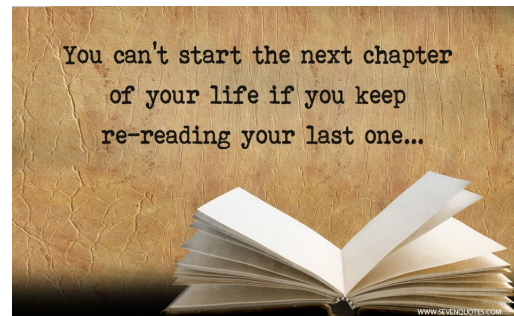
Stop in to chat with us about your questions, concerns, and thoughts about the 1st Hampshire district.



### Jazz Jam

Monday November 25, 5:30 pm - 6:30 pm

Dara Adams-Smith will be leading a series of Jazz Jams at the library! Community members are welcome to sit and enjoy the music or to join in and jam with the jazz combo (featuring members of the HRHS Jazz Band.)





## TRIAD COUNCIL

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

### Need a gold star on your driver's license?

What is the purpose and reason for a gold star on a MA driver's license? The history: a "REAL ID" is a Federal Security Standard for IDs that was created in 2005 as a result of increased federal security measures after the September 11, 2001 terrorist attacks. After October 1, 2020, you will need a "REAL ID" or a passport to fly within the United States or enter federal buildings. A gold star at the top right corner of your driver's license designates that it is a federally compliant card, a "REAL ID". All details can be found at: [mass.gov/id](http://mass.gov/id)

### How to Get a "REAL ID"/ Gold Star Designation

Get out your license. Check expiration date as it renews EVERY 5 YEARS; MA RMV ceased sending us reminders in 2013. When you renew, you will have a choice to make: a "Standard driver's license" or a "REAL ID driver's license". If you are eligible, you may renew a "Standard driver's license" online; go to [www.mass.gov/rmv](http://www.mass.gov/rmv) Cost: \$50.00.

**Reminder:** You **MUST** renew **in person** if:

- you want a "REAL ID" license
- last license was processed online
- photo taken 9 years ago
- you're 75 or older; Vision test is required
- your license is expired

If you want a "REAL ID license", you must bring required identification documentation. You'll need to prove your:

- U.S. Citizenship or lawful presence
- Social Security number
- Massachusetts residency

All documents must be originals; photocopies & laminated documents will NOT be accepted. A document can NOT be used to prove more than one requirement.

What are "lawful presence" documents? Lawful presence means that you're legally living in the USA according to federal immigration laws. All U.S. Citizens & lawfully permanent residents have permanent presence in the U.S.:

- U.S. Citizens: a valid, unexpired U.S. Passport is sufficient proof or certified copy of U.S. Birth certificate.
- Permanent residents: a valid permanent resident card (Green Card) is enough.
- Non-U.S. Citizens: valid, verifiable immigration documents with proof you've been given a legal stay in U.S. for at least 1 year. License expires when legal stay is over.

**Before standing in line at the RMV, review all details at: [www.mass.gov/id](http://www.mass.gov/id)**

**Wishing Everyone a Safe & 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!*

Save the date

### Prepare for a HUNT-A-BOOK lead up event

On Sunday, December 8, 2019 from 3-5pm at the Chesterfield Community Center, local author, journalist, teacher, set dresser, editor and spoken word artist, Joe Gannon will talk about books, writing, research and questions how an author deals with the truths of the past while writing for audiences in modern times. After Joe's talk, there will be time for questions and edible treats.



Joe spent three years in the army, graduated from the University of Massachusetts at Amherst and received his MFA at Pine Manor College. During the Sandinista Revolution, he worked as a freelance journalist in Nicaragua and wrote for The Christian Science Monitor, The Toronto Globe and Mail and the San Francisco Examiner. At present, he writes a monthly column for the Daily Hampshire Gazette and the Valley Advocate, and teaches in Springfield.

His first novel, *The Night of the Jaguar*, published in 2014 by St. Martin's Press, was named one of the best debut mystery novels by Booklist. His second novel, *The Last Dawn*, was published in 2016, and his next book, *The Girl in the Well*, is a fictional account of New York's first sensational murder trial in 1800.

And what is a HUNT-A-BOOK? Watch this space, prepare to think about Chesterfield haunts, look for publicity that gives hints...and, and, AND...get ready to HUNT-A-BOOK.

**The Massachusetts Councils on Aging** held their annual fall conference in the first week of October in Danvers, MA. Our own Chair of the Northern Hilltowns Consortium, Janice L. Gibeau, along with Deborah Hollingworth, Regional Facilitator and Sue LaRock, Coordinator, Plainfield Council on Aging presented "Down in the Weeds: Grass Root Development of Rural Age Friendly Communities".

The Northern Hilltowns Consortium of Councils on Aging has found that regularly meeting together creates a strong forum for sharing problems, strategies and specific techniques to build cohesive community networks. The presentation/workshop focused on the dynamics of community development when changes are sought, strategies for creating cohesive relationships within the community and its stakeholders. It also addressed stages of development of an Age Friendly Community.



**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.

### It's Personal!

OK – we always say “don’t give out personal information”, but what all does that mean? Say someone comes to your door and wants to chat before selling you something. Someone calls on the phone, or you get a real-looking email. What don’t you want to tell them?

What is considered personal information is numbers. Numbers for you: Social security, Medicare or Medicaid, medical insurance, driver’s license, bank account, credit or debit card, street address.

But wait, there’s more! Also considered personal information is your middle name, your mother’s maiden name, the town you were born in, the town from which you graduated high school, the year you graduated, a favorite pet’s name. Seriously, Jean? Yes, seriously. Many people use a pet’s name as part of their password system, and may even say the pet’s name during a phone call.

Some of the damage criminals do is incremental – they get one of your numbers, add a piece of personal information, and away they go, opening a new charge card or withdrawing cash on a fake ID card. The designations of mother’s maiden name and other such information specific to you are often used as part of password recovery settings, so they can take a guess and then reset your password.

I hate to sound paranoid, but it is not paranoia if scammers are actually out to get you!

Cheers anyway,  
Jean O’Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## Worried about Dementia?

As life expectancy grows, and the population of people 60 years or older, we're all seeing an increase in the level of concern about how well people will live, not just how long they will live. It's not uncommon for people to say: **"I just want to keep my marbles"**. Those marbles, as it were, are the ability to remember things and the ability to manage their lives and not be a burden to others. These are not small concerns. Rather than silently worrying about "how bad am I", it's important to know how to find out and where to turn for help. The person experiencing memory loss is often the first to notice it, but it's also families and friends who recognize how and if things are changing. One of the most troubling worries is the problem of Alzheimer's disease, but it's important to not jump to conclusions. Not all dementias are due to Alzheimer's disease. Dementia is a collection of symptoms that can occur due to a variety of possible reasons.

If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis. In addition to difficulty remembering, the person may also experience impairments in: language, communication, focus, and reasoning.

**1. Subtle short-term memory changes.** Trouble with memory may be an early symptom of dementia. The changes are often subtle and tend to involve short-term memory. An older person may be able to remember events that took place years ago but not what they had for breakfast. Other symptoms of changes in short-term memory include forgetting where they left an item, struggling to remember why they entered a particular room, or forgetting what they were supposed to do on any given day.

**2. Difficulty finding the right words.** Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves. Having a conversation with a person who has dementia can be difficult, and it may take longer than usual to conclude.

**3. Changes in mood.** A change in mood is also common with dementia. If you have dementia, it isn't always easy to recognize this in yourself, but you may notice this change in someone else. Depression, for instance, is typical of early dementia. Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because the condition often affects judgment.

**4. Apathy** or listlessness, commonly occurs in early dementia. A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and family, and they may seem emotionally flat.

**5. Difficulty completing normal tasks.** A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia. This usually starts with difficulty doing more complex tasks like balancing a checkbook or playing games that have a lot of rules. Along with the struggle to complete famil-

iar tasks, they may struggle to learn how to do new things or follow new routines.

**6. Confusion.** Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, confusion may arise as they can no longer remember faces, find the right words, or interact with people normally. Confusion can occur for a number of reasons. For example, they may misplace their car keys, forget what comes next in the day, or have difficulty remembering someone they've met before.

**7. Difficulty following storylines.** Difficulty following storylines may occur due to early dementia. This is a classic early symptom. Just as finding and using the right words becomes difficult, people with dementia sometimes forget the meanings of words they hear or struggle to follow along with conversations or TV programs.

**8. A failing sense of direction.** The sense of direction and spatial orientation commonly starts to deteriorate with the onset of dementia such as not recognizing familiar landmarks and forgetting regularly used directions. It also becomes more difficult to follow a series of directions and step-by-step instructions.

**9. Being repetitive.** Repetition is common in dementia because of memory loss and general behavioral changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively. They also may repeat the same questions in a conversation after they've been answered.

**10. Struggling to adapt to change.** For someone in the early stages of dementia, the experience can cause fear. Suddenly, they can't remember people they know or follow what others are saying. They can't remember why they went to the store, and they get lost on the way home. Because of this, they might crave routine and be afraid to try new experiences. Difficulty adapting to change is also a typical symptom of early dementia.

It's important to remember that forgetfulness and memory problems don't automatically point to dementia. These are normal parts of aging and can also occur due to other factors, such as fatigue. Still, you shouldn't ignore the symptoms. If you or someone you know is experiencing a number of dementia symptoms that aren't improving, talk with a doctor. They can refer you to a neurologist who can examine you or your loved one's physical and mental health and determine whether the symptoms result from dementia or another cognitive problem. The doctor may order:

- a complete series of memory and mental tests
- a neurological exam
- blood tests
- brain imaging tests

With treatment and early diagnosis, it may be possible to slow the progression of the disease and maintain mental function. The treatments may include medications, cognitive training, and therapy. It's important to have a thorough evaluation before deciding that you or a family member have Alzheimer's Disease. You can learn more by contacting the Alzheimer's Association and checking to see if there are Memory Clinics or programs in your area.

*Source: Adapted from Alzheimer's Association*

**RESOURCE DIRECTORY**

<b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H) If you need help in an emergency, call 911 or the Safe Passage hotline	413 387-3120 888 345-5282
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> Information and Referral Resources	800 339-7779
<b>Fuel Assistance</b> Application and Recertification	800 370-0940
<b>Hilltown Elder Network – H E N</b> (sponsored by Hilltown CDC)	413 296-4536 x120
<b>Veterans' Service Officer</b> Tom Geryk (Westhampton) Joe Henning (Plainfield) Brian Brooks	413 587-1299 413 207-3541 413 772-1571 888 382-1222
<b>DO NOT CALL Registry</b>	

**Food Services**

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

**Health Services**

<b>Highland Valley Elder Services</b> Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center-</b> Medical & Dental HOPE Nurse, Mary Kane Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 131 413 238-5511, ext. 322 413 238-5511, ext. 322
<b>Podiatrist</b> Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
<b>Foot Care</b> Piper Sagan, RN foot care in Cummington, call Ann Eisenhour 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 Deb Dean, foot care in Westhampton Diane Roeder, foot care in Chesterfield	413 634-2243 413 268-7122 413 522-8432 413 268-8407 413 667-5363 413 374-0457
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b> Wayne Glaser Lorraine York-Edberg Deborah Hollingworth (Chesterfield)	413 268-8407 413 773-5555, ext. 2275 413 296-4007 or 413 268-8317
<b>Mass Health and New Health Coverage</b> Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

**Transportation Services**

<b>Cummington</b> Neighbor to Neighbor Drivers	413 634-2262
<b>Westhampton transportation</b> Appts or groc. shopping, Louise Jasionkowski	413 527-5134
<b>Williamsburg Medical &amp; Carpool Rides</b> (call to schedule)	413 268-8407
<b>PVTA Dial-A-Ride</b> (tickets sold at Williamsburg Senior Center)	866 277-7741
<b>Hilltown Easy Ride Van &amp; Driver Pool</b> Ed Pelletier	413 296-4232

**Local Councils on Aging**

<b>Chesterfield COA</b> , Janice Gibeau	413 296-4007
<b>Cummington COA</b> , Chrisoula Roumeliotis	413 634-2262
<b>Goshen COA</b> , Evelyn Culver	413 268-3316
<b>Plainfield COA</b> , Susan Metcalfe LaRock	413 743-5345
<b>Westhampton COA</b> , Amy Landau	413 203-9808
<b>Williamsburg Senior Center</b> , Jennifer Hoffman	413 268-8410
<b>Worthington COA</b> , Shelley Modestow	413 238-5532

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

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Greenfield MA

**Westhampton  
Council on Aging**

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Chuck Horn, Secretary

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Hikes

Julia Lennen,  
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Lillian Baxter,  
HEN Representative

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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 11th, 9am-10am**  
**Veterans Day Breakfast**

*Cfield Comm. Ctr. 400 Main Rd., Chesterfield*

Free! All Hilltown veterans and spouses welcome.  
RSVP welcome, call Maryanne Coleman: 296-4787.  
Sponsored by the Chesterfield Grange.



**Fri. November 15th, 9am & 10am**  
**Spa Day at Smith Vocational**

*80 Locust St. Northampton*

Smith Vocational is collaborating with the Chesterfield COA by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year. All work is done by students and is supervised by a licensed instructor.

Cosmetology students are offering: Haircuts \$6.00; Manicures \$5.00; Facials \$9.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9am and 10am in Room 124 of Building A at the school.

**Sat. November 16th, 4-7pm**  
**Williamsburg Polka Party**

*Williamsburg Town Offices Auditorium*  
*143 Main St. Haydenville*

Steve & Tom Duo will be playing polkas. Polish-inspired food to be served. All are welcome! \$5.00 Entrance Fee (donations also accepted). **Get your dancing shoes ready! Fundraiser for Williamsburg Senior Center.**

**Sun. November 17th, 2pm**  
**Music with AJ & Sylvia**

*Cfield Comm. Ctr. 400 Main Rd., Chesterfield*

Come enjoy music by the Lapinskis! Refreshments will be served.

**Save the Date!**

**Wednesday, December 4th, 6 pm**  
**An Intro to Aromatherapy: The Basics**

*Williamsburg Town Offices Café*  
*143 Main Street, Haydenville*

Presenter: Kay Judge,  
Clinical Aromatherapist



This class is designed to provide a basic understanding of what the use of essential oils is all about. Create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. All are invited!