

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



March 2020 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
2 Knitting Group Library, 6:30–8pm	3 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	4 Coffee 'n' Chat Library, 10am	5 COA Luncheon Church, Noon	6
9 Computer Class Library, 10am—Noon Knitting Group Library, 6:30–8pm	10 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	11 Coffee 'n' Chat Library, 10am	12	13
16 Knitting Group Library, 6:30–8pm	17 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	18 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	19 Spring Begins!	20 COA Breakfast WW, 8am-9:30am
23 Computer Class Library, 10am– Noon Knitting Group Library, 6:30–8pm	24 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm	25 Chair Yoga WW, 9am Coffee 'n' Chat Library, 10am	26	27 COA Board Meeting WW, 9:30am
30 Knitting Group Library, 6:30–8pm	31 Board & Card Games, WW, 1:30pm Scrabble Library, 2-4:30pm			

In Memoriam

David Conner— 9/11/28– 1/29/20
James Conz— 6/11/53– 1/29/20



February Luncheon

This winter finally hit us hard enough so that we needed to cancel our luncheon on Feb. 6th due to the freezing rain that was predicted. Unfortunately, we weren't able to hear Annette Iglarsh's presentation from the Senior Medicare Patrol of Massachusetts. We hope to have her return in the future to give us tips on how to avoid becoming a victim of health care errors, fraud and abuse. The MA SMP Program is designed to provide education on how to address healthcare errors, etc., for Medicare and Medicaid recipients, family members and caregivers. We probably all fall into one of these categories.

March Luncheon

On March 5th at Noon, we'll be hosting the 4th grade along with their teachers and the children's grandparents for lunch. Following this annual tradition, the class will entertain us with a talent show. It always is amazing what unusual talents some of them have and how they present them in this high tech age! It's a lot of fun to watch and is guaranteed to make you feel even older! Don't forget to come a little early if you'd like to have your BP checked by a nurse and also sign birthday cards since we didn't meet in February. Thanks to Marion Miller for mailing these each month. We are still collecting nonperishable food items for the Easthampton Food Pantry in a basket in the dining room.

LOST ITEM:

Has anyone seen a DVD of an interview with Stanley Greenberg on his WWII service? It was last spotted in the community room at Westhampton Woods. If found, please call Barbara Pelissier at 413-409-2235. Thank you!



Senior Sand

Just in case winter decides not to give up its grip on Westhampton quite yet, buckets of sand will still be available this month to keep seniors safe on their driveways and on steps. We have a volunteer who is working with the COA Board to deliver 5 gallon buckets of sand to seniors. Call Julia Lennen at 413-537-9880 to have last year's bucket replaced with a full one or to get a bucket if you haven't had one previously.

Chair Yoga Begins Soon

Michelle Morales-Wolk will begin another series of 10 sessions of chair yoga on **Wednesday, March 18th at 9:00** in Unit F of Westhampton Woods. Come and join other seniors learning to gently stretch their bodies to improve their balance and relax more as they also improve their breathing. (Your body will thank you afterwards.) These are one-hour sessions that are sponsored by the Friends of the COA and/or the COA Board.

Board & Card Games and Scrabble

Rain or shine, a group of faithful gamers head to Westhampton Woods, Unit F, on Tuesday afternoons for games at 1:30pm. They are always looking for more seniors to join them for an afternoon of fun and friendly conversation. On the same afternoon, Scrabble players go to the front room of the library for their games from 2:00 until 4:30. What a great way to keep your mind active even as most of us have times when a certain word alludes us! These seniors are always looking for players to join them too.

March Senior Breakfast

On the first full day of spring, we will be having our monthly breakfast at Westhampton Woods, Unit F. This will be on **Friday, March 20th** from 8—9:30am. Now this day will be something to celebrate— unless we end up with a heavy spring snowstorm! Come anytime and you'll find homemade coffee cake or quick breads, hot cereal, coffee, tea, hot chocolate and milk. Sometimes there are added surprises, too. You're guaranteed some laughs to start off your day along with good conversation.

Pickleball

The seniors who began playing many, many months ago at the Town Hall have found that this is great exercise and some have lost many pounds playing. They still play on M/W/F between 9 and 11:30am. There are more openings to play now because some of the players go to Amherst to play with more advanced players on some of those days. Stop in during those times to play or watch. They also suggest a small donation from those who play to continue to slowly make improvements to their space in the Town Hall.

Do You Need a Ride?

"Wow, I'm 60 already! The time has gone by quickly. I don't need a ride because I still drive. Well, maybe I could use one to the eye Dr. when I have my eyes dilated. Oh, also when I

have a colonoscopy or other procedure, and they won't let me drive home alone."

Rides in Westhampton are provided for those special times as well as: medical appointments, shopping, bank, post office, haircuts, library, voting, or that evening program at the library you would like to see but you don't drive at night. Call Louise Jasionkowski if you could use our ride system: 413-527-5134. (All drivers are local people.)

Library Events from Meaghan

Thursday, March 12 and 26, 2pm - 3pm

Stretch & Tone

Join Susan Bronstein for a stretching and toning fitness class for adults of all ages and comfort levels. Please wear comfortable clothing and bring a yoga mat.

Thursday, March 12, 6:30 pm - 8pm

Carol Lollis--Photojournalist

Westhampton resident Carol Lollis will show some of the images she's made over the last 28 years as a photographer and photo editor at the Daily Hampshire Gazette. She will talk about stories she found hard, stories she has learned from, why she has stayed at the Gazette for all these years, and the importance of journalism today.



Monday March 16, 3pm - 4pm

Westhampton Office Hours With Rep. Sabadosa

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

Thursday March 19, 6pm - 8pm

BagShare Community Sew

The library is becoming a BagShare location and we need your help! Please join us for our first Community Sew to make bags for the library. No prior sewing experience is needed.

Thursday March 26, 6pm - 8pm

Poetry Café

Sponsored by the Trustees of Westhampton Public Library, join us for a celebration of the written word. Please bring a poem to share or a listening ear. Poems may be original or selected works.

Sunday March 29, 1pm - 3pm

Hampshire County Film

On March 29 at 1 pm, the Friends of the Library will show a movie filmed in Westhampton in 1957, when the Hampshire County Center was in full operation on Main Rd. That year alone, 23 different classes were offered to adults and children from town and surrounding communities at the Center, dubbed an "experiment in rural education."



Monday March 30, 5:30pm - 6:30pm

Jazz Jam

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

Special Intergenerational Program: Birds of Prey by Tom Ricardi

Friday, March 27 at 1:00 pm

Westhampton Elementary School

Get a close-up look at a live Bald Eagle or American kestrel and other birds of prey with this outstanding presentation by Tom Ricardi, a licensed rehabilitator and wildlife biologist.

Join your school-age friends and learn about the great work being done by the MA Bird of Prey Rehabilitation Facility, which cares for injured birds and operates a successful captive-breeding program. Tom's groundbreaking work with Bald Eagles has resulted in captive-bred eagles reproducing in the wild and captive-bred chicks being adopted into wild nests.

This program is supported by an Intergenerational Grant from Highland Valley Elder Services and the Westhampton COA, member of the Northern Hilltowns Consortium of Councils on Aging.

Spreading Kindness Through the Joy of Reading

This school year, a number of you have volunteered to join Westhampton Elementary School students for small group readings. Librarian Karen Rousseau expressed her appreciation in a recent WES Newsletter:

"Our reading friends from the Council on Aging are always smiling. We take turns reading to each other in small groups. We are learning so many things from our COA friends. "How do they know all those good questions to ask about our stories as we read?" asked one student.

"COA, thank you for sharing your love of reading with us. You are helping to develop our imagination and creativity. We greatly appreciate all that you are doing. You are helping us to better understand our world."

For next year, we are exploring working with Karen the Librarian on thematic reading projects. Stay tuned. If you are interested in helping with the planning, please contact Julia at jslennen@gmail.com or 413-537-9880.





TRIAD COUNCIL

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

2020 MA Hands-Free Driving Law in Effect

Distracted driving is considered an epidemic and the cause of many accidents across the Commonwealth. The new “hands-free” law went into effect Feb. 23, 2020. It requires that people can no longer use their cell phones or any electronic device while driving a motor vehicle or riding a bicycle unless it is in a hands-free mode. For complete list of all details visit: Mass.Gov/Handsfree.

Police may issue warnings only until March 31, but after that, drivers violating the new law will face a series of fines and penalties:

- ⇒ 1st Offense - \$100 fine
- ⇒ 2nd Offense - \$250 fine plus mandatory completion of a distracted driving educational program.
- ⇒ 3rd and subsequent offenses - \$500 fine, plus insurance surcharge, and mandatory completion of distracted driving educational program.

Drivers who are 18 and over:

- Can only use electronic device/ phone in hands-free mode and are allowed to touch devices only to activate hands-free mode.
- Are not allowed to hold or support any electronic device/ phone.
- Must have electronic device/ phone installed or properly mounted to the windshield, dashboard, or center console so as not to impede the operation of the vehicle.
- Are not allowed to touch device for texting, emailing, apps, videos, or internet use.
- Are allowed to hold device only if the vehicle is both stationary and not located in a public travel lane. It is not allowed when stopped at a red light or at a stop sign.
- Can legally voice to text and communicate to electronic device only when device is properly mounted; use of headphone (one ear) is permitted.

Drivers who are under 18:

- Are NOT allowed to use any electronic devices. ALL phone use while driving is illegal, including use in hands-free mode.

Enjoy spring and our local Maple Sugaring season!

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

This month we have a home fire safety check list. Please use it. Circle the Y (yes) or N (no).

Senior 
SAFE

- Y N Do you have working smoke alarms on every level of your house?
- Y N Do you stay in the kitchen while heating food?
- Y N Are space heaters placed 3 feet or more from things that can burn?
- Y N Are electrical wires in good condition (not damaged or cracked)?
- Y N Do you know two ways out of every room in your home?
- Y N Do you know what to do if your smoke alarm or CO detector sounds?

If you checked NO to any of these questions, you are at a greater risk for being injured in a home fire. Do what you need to do to be able to say YES to all the questions. Senior S.A.F.E. will help you along the way.

Have a S.A.F.E March!

--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.

Crabby Road

Crabby Road



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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. Include your address so I will know which mailing list to take you off of. Thanks!

Social Security – Something else to check!

Along with death and taxes, we find the Social Security Administration (SSA) in our line of sight. Our interest is in making sure our earnings records are correct. The SSA keeps track of our earnings and calculates our benefits from those records, so if there is an error, we could lose money. I assume it would never be an error the other way...

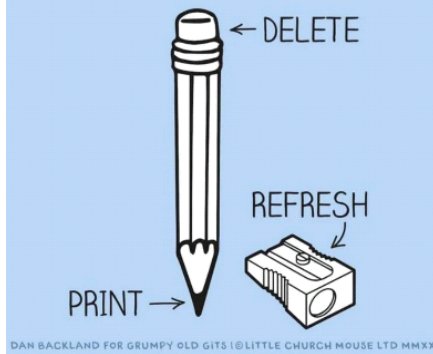
The SSA sends earnings statements every five years until a person turns 60, then they are sent every year until retirement. When you look at the statement, the first thing is to verify that this is YOUR record and your social security number. The second thing is to check their figures against your pay stubs or income tax forms.

Dealing with Social Security online is quite beneficial – the main page is **www.ssa.gov**. If you don't have a computer, it might be worth your time to have someone help you get an online account; you can go to the library to access it.

And I know you know this – a phone call saying your social security card has been compromised, or that you need to send it in to be renewed, or that you need to send money to reinstate your account - is poppycock. This is one of the biggest frauds going these days. In fact, says the Federal Trade Commission – "A Social Security scam was the top government fraud scam and phone calls were the number one way people reported being contacted by scammers. While most people said they hung up on those calls, those who lost money reported a median loss of \$1,000 in 2019."

Stay safe out there,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

WHEN I WAS A KID, THIS WAS MY COMPUTER:



Cancer Connection Spring / Summer Guide 2020

If you are, or know someone, in treatment for cancer or are a cancer survivor, call Cancer Connection at 413-586-1642 to ask for their current Guide, or check out their website at www.cancer-connection.org. You may be surprised at the many free activities and classes available to you. For example: Hands in Clay, Creating Collage, Spirit of the Written Work, Improv, as well as support groups, integrative therapies, and several kinds of exercise and physical activity.

Good News!

In the late 1990's, **MassHealth** changed income and assets regulations for residents 65 or older who are significantly frail. This is called the **Frail Elder Waiver**. If you are "frail" enough to need significant home care support in order to avoid a nursing home placement, MassHealth allows you to have up to \$2,313/ month in income. (This amount increases each year according to the COLA) The asset limit of \$2,000 remains the same, but if the applicant is married, "excess assets" can be transferred to the healthy spouse, and even better, MassHealth will not count the healthy spouse's income! The good news here is that when you are frail enough to require nursing home care, MassHealth makes it easier to qualify and get the care you need to stay home. The objective is to provide an alternative to nursing home placement.

Better yet, there are two MassHealth programs that will pay family caregivers for the help they provide. Anyone you are not married to can be paid for help bathing, dressing, help with meals and medication management, help getting to medical appointments, grocery shopping, and laundry. These two programs are called Adult Family Care and the Personal Care Attendant program. Adult Family Care pays a monthly tax free stipend, the Personal Care Attendant program pays an hourly wage.



It should be mentioned that MassHealth also pays for Rx, for Adult Day Health programs, and all co-pays and deductibles for medical goods and services, acting as a secondary insurance for Medicare. Between the two, once you qualify for MassHealth, you have 100% coverage.

For more information about MassHealth regulations, MassHealth Adult Family Care and Personal Care Attendant programs, or help with the MassHealth application, you can ask at your senior center how to get in touch with a SHINE counselor.

Sleep Study

The UMass College of Nursing is doing a sleep study involving caregivers of individuals with mild cognitive impairment or early Alzheimer's Disease. Members of the pair must live together and not have a diagnosed sleep disorder.



Sleep problems are very common in people with mild cognitive impairment. Because they are often dependent on their caregivers, this interferes with the sleep of their caregivers as well.

Their study question is: can objective sleep data help guide self-management strategies for better sleep for both?

For more information, contact Cynthia Jacelon: (413) 545-9576 or jacelon@umass.edu.

Adapting Home to Age in Place

Plan to stay in your own home as you grow older? Here are some of the possible remedies that can make life easier and safer:

Difficulty: Balance and Coordination

- Bath seat in the tub or shower
- Bathtub with transfer bench
- Walk-in shower with pull-down seat
- Grab bars near the bath and toilet
- Handrails extending beyond the top and bottom of the stairs
- Stairway handrails on both sides

Difficulty: Hearing Impairment

- Dishwasher is ultra-quiet to reduce background noise.
- Increased volume on phones.
- Smoke detectors have strobe lights.

RESOURCE DIRECTORY



Domestic Violence Advocate, Hilltown Safety at Home (HS@H) 413 387-3120
 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 x120
Veterans’ Service Officer Tom Geryk 413 587-1299
 (Westhampton) Joe Henning 413 207-3541
 (Plainfield) Brian Brooks 413 772-1571
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 or 413 296-4007
 Call Chesterfield COA for assistance 413 296-4007
Hilltown Food Pantry - Goshen Town Office Bldg- Diane Meehan, Director 413 268-7578 Wed 1-3; 3rd 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

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, Mary Kane 413 238-5511, ext. 322
 Ellie Mathias, HealthWise Community Health Worker 413 238-5511, ext. 322
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center 413 268-8407
 to schedule (Alternating months at the Senior Center)
Foot Care Piper Sagan, RN
 foot care in Cummington, call Ann Eisenhour 413 634-2243
 foot care in Goshen, call Liz Loven for appt. 413 268-7122
 foot care in Williamsburg or in-home visits 413 268-8407
 Deb Dean, foot care in Westhampton 413 667-5363
 Diane Roeder, foot care in Chesterfield 413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
 Wayne Glaser 413 268-8407
 Lorraine York-Edberg 413 773-5555, ext. 2275
 Deborah Hollingworth (Chesterfield) 413 296-4007 or 413 268-8317
Mass Health and New Health Coverage
 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 & Carpool Rides (call to schedule) 413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) 866 277-7741
Hilltown Easy Ride Van & Driver Pool Ed Pelletier 413 296-4232

Local Councils on Aging

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

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

Out and About in March

Saturday, March 7th at 5pm

Corned Beef and Cabbage Dinner

Chesterfield Congregational Church

Cost is \$14.00 for adults; children 12 and younger \$7.00; children under 3 no cost. Everything is home-made and served family style. Take out available. Contact Nancy Hewes with reservations 296-4230.

Sunday, March 8th, 8:30am-10 am

Irish Celtic/Gaelic Music & Breakfast

Chesterfield Church

Irish Celtic/Gaelic music by The Rolling Scones (Banjo, Guitar, fiddle, stand up bass). Full breakfast- Irish crime French toast, pancakes (pure maple syrup), eggs, home fries and a variety of homemade scones. Donations welcomed.

Wednesday, March 11, 12:15 pm

A lively participatory program by Davis Bates!

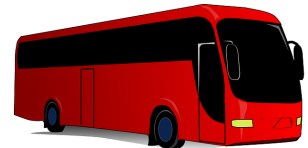
Williamsburg Senior Center, 141 Main St. Haydenville

Williamsburg Senior Center invites you to "A Celtic Celebration, Stories and Songs of the Season" in honor of St. Patrick's Day. Sponsored by the Williamsburg Cultural Council. All are welcome--Join us!

Sunday March 15th at 8am and returning at 6pm

Foxwoods Casino Bus Trip

The bus will be leaving the Goshen town parking lot at 8am. This bus trip is a fundraiser for the Chesterfield veteran's park committee and Friends helping Friends. Good break from the winter and not far to drive. To sign up or if you have any questions, call Kris Zdaniewicz: 413-329-8919.



Save the Date!

Sat. April 25th 9am-3pm

Spring/ Summer Clothing Exchange

Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. April 22nd from 5-8pm and Fri. April 24th from 9am-3pm, then come back to shop on Sat. the 25th from 9am-3pm! All are invited to participate whether you donate clothes or not. Thank you everyone for your contributions!