

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



June 2020

In Memoriam:

Tom Subocz 12/1/48—5/2/20 (from COVID)

Message from the COA Coordinator

I hope everyone is doing as well as to be expected during this challenging time. I know these are stressful times for everyone, but particularly for seniors whose need for connection is paramount. While all our in-person COA activities remain suspended until further notice (and we definitely miss you!), I do want you to know that the COA Board and I are actively searching for ways to stay connected to you and help you stay connected to one another during this stay-at-home advisory which will likely continue to remain in effect for seniors longer than for other groups. With this in mind, we have purchased a Zoom account that we hope to use for various COA activities IF we get enough interest. Activities may include: Virtual COA Luncheon (possibly with entertainment in the future), Virtual Breakfast, Chair Yoga, and Computer.

If you are interested in these online activities, please let me know by emailing me as soon as possible: WesthamptonCOA@comcast.net. Also, if you need help with using Zoom, please email me your phone number and I will put you in touch with Bob Miller who can help set you up beforehand. Also, please check out the article in this newsletter with Zoom instructions.

Remember, if you would like a friendly check-in phone call from a member of the Council on Aging, contact me at (413) 203-3086 and leave a message with your contact information. And if you need other help related to the pandemic, contact **Chris Wayne (Westhampton Congregational Church) at (413) 529-0257.**

Sincerely, Amy Landau

How do I join a Zoom meeting? *(adapted from Zoom.us website)*

You can join a meeting by clicking the meeting link sent by the host in the form of an email or going to join.zoom.us and entering in the meeting ID. You can also join the meeting by phone only by dialing the phone number provided by the Host and entering the meeting ID (if required).

How do I join computer/device audio?

On most devices, you can join computer/device audio by clicking Join Audio, Join with Computer Audio, or Audio to access the audio settings.

Do I have to have a webcam to join on Zoom?

While you are not required to have a webcam to join a Zoom Meeting or Webinar, you will not be able to transmit video of yourself. You will continue to be able to listen and speak during the meeting, share your screen, and view the webcam video of other participants.

For a video tutorial, see:
<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

Message from Foot Care Nurse

Debra Deane, the foot care nurse, is available for home visits. Contact her at (413) 667-5363 or deane.debra55@gmail.com.



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

Become a Pen Pal with a 4th Grader

Do you ever miss receiving an old-fashioned handwritten letter in the mail? There's no time like the present! You can become Pen Pals with a 4th grader at Westhampton Elementary School (from the same class that put on the wonderful Talent Show for our last COA Luncheon). This activity will keep you stay connected and also help these students develop their writing skills in the process. If interested, please send an email with your name and address to WesthamptonCOA@comcast.net and we will get you matched with a 4th grader who will write you a letter!

Lonely? Connect with a College Student

Help alleviate feelings of loneliness by joining the Concordium, an e-support platform at Harvard University that matches seniors and young adults for once a week chats by video conference or phone call. Students are trained (and CORI checked) before they have these conversations with a guide that has been approved by a neurologist. Visit theconcordium.org, email: team@theconcordium.org, or contact Amy Landau at WesthamptonCOA@comcast.net with questions.

COA News Editor Needed For Newsletter

The COA Board is looking for a new editor to gather the monthly news and pictures for our newsletter. The position is available for the July issue but could begin in August or later. A monthly stipend of \$40 is paid quarterly. Activities are listed on the first page of each newsletter that Kristen Estelle, the designer, incorporates into a calendar from the list and dates you send her. Ginny Curtis is contacted each month for a Triad article, and Meaghan is contacted at the library for any news of programs coming up. Our COA coordinator often has articles to be included in our local news section too. For more detailed information or if you have any questions, please feel free to contact Wendy: 527-1465, wendypb71@comcast.net. If you're interested in the position, please contact Amy Landau at: 413-203-9808 or westhampton-coa@comcast.net -- Wendy Blow

Food Resources during Covid-19

Westhampton seniors in need of food may also contact Chris Wayne, Outreach for Westhampton Church for assistance at: (413) 529-0257.

Local Farms & Markets:

- **Outlook Farm & Market**, Rt. 66. (413) 529-9388. Open 6:30- 6 PM daily; Eatery menu served take-Out style until 2pm daily. Curbside pick-up available for Westhampton Seniors 60 and up. Call: (413) 529-9388, Option #4 with your grocery list and phone number. Staff will call you back for your credit card number and

let you know when to come for pick up.

- **Intervale Farm**, 106 S. Rd (413) 527-5440 Call ahead of time to find out what they have available: (413) 527-5440. They operate on an honor system, so you can pick up your item and leave your payment.
- **Mayval Farm**, 137 & 149 Easthampton Rd (413) 527-6274. Open Mon-Sunday, 8am to 6 pm. Store allows only one person inside at a time or curbside pick-up if you call ahead. Credit card payment available.

Westhampton Church Informal Food Bank

Free food is available in the crèche outside the Westhampton Congregational Church for local Westhampton residents to pick up

Easthampton Food Pantry (Open to all Westhampton residents). 12 Clark St. (413) 527-5240. Food distribution conducted outdoors in the parking lot. No advance registration necessary and income eligibility not required.

- Mon/Wed: 9-12 PM and 4-7 PM: Non-perishable food for pick up (eggs, meat, bread and produce)
- 1st Tuesday, 10:30-12 PM: Brown Bag Lunch for Elders

Hilltown Food Pantry (Northampton Survival Center) Open for food pick up every Wednesday from 1-3pm. Distribution is in the parking lot of the Goshen Town Hall at 40 Main St. for drive-by pick up. Pre-packed bags of groceries (shelf stable items, fresh produce, dairy and meat) are put in your trunk or back seat.

Northampton Survival Center is also open to Hilltown residents at their off-site location at the Jackson St. School, 120 Jackson St. Northampton on Mondays, Wednesday, and Fridays from 12-3pm for drive-by pick up.



www.northampton-survival.org. 413-268-7578.

Home Delivery from Farms:

- **Mass Food Delivery**
Six local farms have teamed up to offer a delivery service. Find details and place orders: <https://massfooddelivery.com/>
- **Simos Produce** (fruit & dairy grocery box) 413-734-8232. Website: simosproduce.com

Home Delivery from Grocery Store:

- **PeaPod** - Stop and Shop: www.peapod.com/. If you have trouble getting a delivery date, try early in the morning or late at night.

"Curbside Pick-Up" at River Valley Co-Op

for seniors (age 60+):

- Order groceries online and then pick it up from your car outside the store. For more info (and to confirm this service), call: (413) 584-2665 or see: rivervalley.coop/

Senior Shopping Hours

NOTE: Senior Shopping Hours may still be crowded, so using online delivery or Curbside Pick Up at River Valley Co-Op is preferable. If you do go, masks are required.

Big Y Southampton/Northampton: (60+) and compromised immune systems: 7-8 AM
Stop-n-Shop in Northampton: 6- 7:30 AM.
River Valley Co-Op in Northampton: 9-10 AM

Message from Library

Dear COA members,
With the support of the Library Trustees, the local Board of Health and Town Select board, I am assessing the public health situation on an ongoing basis. We very much look forward to seeing you again at the library, but we are making community safety our top priority! Please check the town calendar and our Facebook page for updates regarding our plans.

Take good care---Meaghan, Library Director

Mask Making Update:

Westhampton Public Library and Westhampton Mask Makers are still accepting orders for masks for individuals and families. Please email westhampton@cwmares.org to request masks.

Masks will be laundered, and placed in a clean bag in the blue pick-up/drop-off bin at the library with gloved hands. You will be notified by phone or email when your masks are ready for pick up. Please wear gloves (provided) when picking up masks. Please launder your masks regularly and between visits to public areas such as grocery stores. Please remember to continue to maintain social distancing, cover your coughs or sneezes, wash your hands regularly and don't touch your face (or face mask when wearing it).

Checking in with Seniors

Lilly Baxter

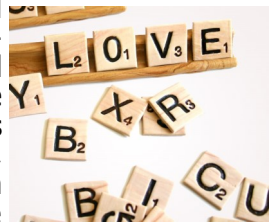
Staying home has been a time for reflection and thinking of new things to do; I've really enjoyed this time. I've been knitting and crocheting two afghans, baking and trying out new recipes, planting peas, taking long walks on back roads in the hilltowns, keeping in touch with friends and family, going through old family photos, doing yard-



work and taking pictures of Spring scenes and flowers on my iPhone. I really have not been bored; it seems like an opportunity to appreciate more what we do have.

Charlotte Wood

Anyone who knows me well knows I love to play Scrabble. During these troubled times, I greatly miss the games with 5 or 6 friends each Tuesday at the library, and the occasional games with my sister at her kitchen table or mine. We can all play on our computers or tablets, but it's just not the same. I miss the board game. So I have come up with a way of using the real board and touching and placing the real tiles. Just a couple of times a week, I get out my Scrabble game and even my Scrabble Dictionary 6th edition and play a game or two. It's awfully quiet, but oh well! I just use the one rack and keep it filled with 7 tiles after each play. Call me crazy if you want, but it is something to do in these long weeks.



Connie Dragon

Connie and Bob Dragon spent their time on rainy days, especially, totally spring cleaning their log home. Took only one day for the living room with Bob even washing all of the log walls! The kitchen is still a work in progress for Connie—so far 20 days. She's cleaning and organizing all the drawers and cabinets. Connie has a schedule throughout. At 11:00 she turns on the TV and cleans a cabinet. (She reports that Showtime is free until Nov. for everyone on Comcast. She always does 2 things at once.) She walks 2 miles from 4pm to 5pm while either calling friends far away or reading a book. She's been staying home since the 13th of March and has accomplished a lot—even making 2 scrapbooks and many photo albums for grandkids.



Wendy Blow

I've also been staying home since Friday the 13th of March (bad omen?). I won't even let my girls into the house! Groceries are left on my steps every two weeks by my daughter. I enjoy my long walks in the afternoons on nice days. The fresh air makes me feel better. My cat, Pepper, is my constant companion. I will not be going out anytime soon! I have no desire to be among people for a long time! I have a jigsaw puzzle set up that Pepper has learned to leave alone. I spend quite a bit of time on the computer and enjoy our church services through Zoom. Been doing lots of yardwork (including mowing the lawn) and really enjoy reading in the evenings.





TRIAD COUNCIL

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

HOME HEALTH CARE vs HOME CARE

These terms sound similar, but when they are defined we learn they provide distinctly different services. How we pay for them is also another difference. What these services do have in common is that they can provide us mental security, comfort, and services tailored to fit our needs while we stay in our homes. It is imperative to know your insurance plan options; you must consult and involve your primary doctor in your decision making. Learn what Medicare and your private insurance plan specifically covers *before* you need it; your financial security depends on it.

Home Health Care is clinical, medical supervision provided by licensed professionals, registered and licensed practical nurses, and occupational & physical therapists. This type of care is prescribed by a doctor as part of a senior health care regimen following hospitalization or injury. It can be provided through home health care or hospice agencies.

Examples of Home Health professional services: formal health monitoring, injections, major wound care, medical tests, administering medications, pain management, rehabilitation therapy, skilled nursing.

Medicare and private insurance plans can cover Home Health care only when prescribed by a doctor. This service is available to any senior who qualifies for Medicare. Medicaid covers this care for income-qualified seniors but coverage amounts vary in each state.

Home Care is provided by trained home care aides giving seniors needed assistance with daily living activities (ADL's); levels of care vary by need. They are schooled in the nuances of senior care and Home Care agencies are not licensed in MA. It is essential that you research references, verify they are bonded and insured, personally talk to the staff, and have an attorney review contracts.

Examples of services offered: bathing/ dressing assistance, bathroom needs, cleaning & organizing, companionship (reading aloud, in-home activities), meal delivery/ preparation, medication reminders, pain management, transportation.

Home Care is not covered by Medicare or private health insurance. Some states offer payments through Medicaid or a Medicaid Waiver for income-qualified seniors. Private Pay is common for home care services. Genworth's Cost of Care Survey: average nationwide wage is \$22.00 P/H; MA is \$25.00 P/H, \$4,500. Mo., or approx. \$59,000.Yr. FYI: Their recent survey reported the average Nursing Home care costs w/ private room in MA is \$12,775.00. a month; average cost of care in the United States is \$8,365. a month.

Yearly review your changing Medicare coverage and private insurance plans with your health proxy. Discuss and update your financial and medical needs with a trusted adviser. Keep in mind, the options afforded by a holistic approach of combining in-home care services of Home Health and Home Care can be beneficial.



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



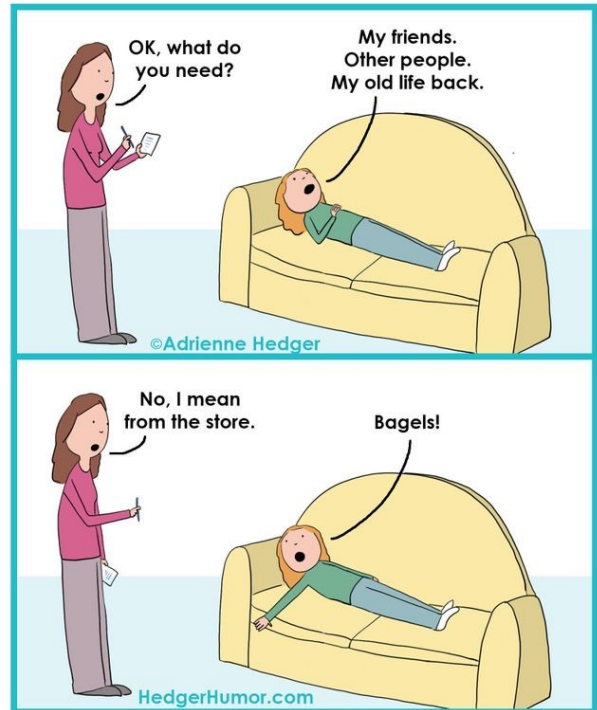
As we stay at home during the pandemic, it gives us a good opportunity to do a safety check of our homes. This month the focus is on electrical safety. Here are some things to think about and/or do:

- Electrical work should be done by a licensed electrician.
- Check all electrical appliances and replace cracked, damaged or loose cords.
- Have outlets replaced if plugs do not fit snugly or the outlet does not accept plugs with one blade larger than the other.
- Plug only one high-wattage appliance into an outlet at a time, even if there is space for another one.
- Avoid using extension cords as fixed features.
- Be sure that arc fault interrupters have been professionally installed to shut off the electricity when a dangerous situation occurs.
- Find reasons for blown fuses or tripped circuit breakers and have an electrician inspect and correct the problem.

--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.

Scenes From Self-Isolation



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!

Sorry – more organization!

One of my cousins is very well organized. I am her backup executor and every year she sends me an updated list of all her financial stuff including passwords. For most of us, it is an amazement to get this done once, never mind every year. But if we can emulate her, our survivors will thank us! Here is a list of questions that should be addressed, with the answers written out and given to those who will deal with our affairs. Do recognize that the person who holds your power of attorney, or eventually your executor, will be able to access documents. But giving them a jump start is really helpful.

- * Do you have a will, where is it kept, and who is the attorney who prepared it?
- * Have you given someone a power of attorney for financial affairs? If so, who is it, and where is the document kept?
- * Have you given someone a power of attorney for health care? Same questions as above.
- * Have you done a MOLST and/or other end-of-life instructions? And where are those?
- * What bank do you use?
- * Do you have a safety deposit box? Where is the box located and where are the keys? Do you have a current list of contents for the box? And where is it? I hope not only in the box...
- * Where are essential personal papers such as birth and marriage certificates, Social Security and military service records, retirement papers?
- * Where are life, health, and property insurance policies kept? Who issued each of the policies and how do you reach them?
- * Do you have a financial adviser? How do you reach him or her?

Feel free to add any questions that apply specifically to you and that are not covered here. Thanks to Marsha Goetting at the Montana State Extension Service for the genesis of this list.

Neatly,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Good News!

By Deborah Hollingworth

I'm hoping as you read this next month, in June, that Spring has finally arrived and we have seen the last of frost and snow. Safe to plant tomatoes, safe to begin to relax our social distancing? However, the landscape has changed, and getting together in large groups may not be part of our lives for a while. If there is good news in all this, it is that we have discovered new ways to help each other. Neighbors are volunteering to help those who cannot get out to do grocery shopping, need to get to medical appointments, or just need to hear another voice. Check and chat activities have sprung up, more of us are learning to Zoom and connect virtually. All of us are checking in with our family and friends more often, and developing a new appreciation for what, perhaps, we had taken for granted....human contact.



Hilltown senior centers are creating a host of new activities, and thinking of new ways to be safe, promote wellness, and stay in touch. If you want to volunteer to help a neighbor, if you need food, if you need puzzles, books, or help with errands, the Good News this month is that you can call your senior center, it's just a phone call away.

Explore the World without Leaving Home

Feeling cooped up and longing to explore a new landscape or historic interior?

Here are some virtual tours to explore online:

- Virtual MA, Massachusetts Regional Tourism Councils: www.massvacation.com/virtual-ma
- Panoramables: www.panoramables.com
Rich, detailed tours photographed by local photographer Mark Roessler.
- Visit the Metropolitan Museum of Art to see its British Galleries and a presentation:
www.metmuseum.org/exhibitions/listings/2020/british-galleries
- Historic Deerfield is a treat in its digital form: www.historic-deerfield.org.
- Mass Moments is a daily almanac of Massachusetts history. Visit the website to read short essays depicting an event in Massachusetts for each day of the year:
www.massmoments.org



Listen by Naomi Shihab Nye

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.
Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to gaze at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.



Living in a New World

Covid-19 has launched people of all ages into a new world of cyber communication. It's a "push that came to shove" when the triple challenge emerged to protect older adults from exposure to the virus, finding ways to stay close while following guidelines for social distancing and reach out to each other as the new norms of "normal life" evolve.

We are fortunate that the timing of changes comes as we are finally about to get Broadband in the Hilltowns. Learning to use the internet is becoming more and more a necessity than a luxury as we build stronger communities.

Highland Valley Elder Services has informed us that "each Council on Aging can receive as much as \$3500 of Title IIIB community support funds to better equip COAs in providing services in creative and adaptive ways, to meet the changing needs of our senior population due to Covid-19. "The goal is to allow COAs to promote greater capacity to provide remote services to consumers during the Covid pandemic and beyond."

Some examples of funding include upgraded technology and capacity to communicate by using updated technology and internet services

What kind of programs do we envision? One of the most important issues in developing "Age Friendly Communities" is the desire for more and more accessible information about life in our communities, not just about older adults, but for everyone. Some of us will be setting up computer classes using interactive screens to teach the basics for small groups wanting to talk with each other in limited but social distancing locations. Much better than a teacher moving from person to person to coach you by looking over your shoulder at individual small screens. It'll all be on a big screen onsite that allows you to actually see how to operate and change information tailored to your community or region. It could also be done through the internet with a teacher available both in person and online.

Three of the COAs in the Hilltowns already provide exercises with Joan Griswold's use of ZOOM classes and others are invited. Funding from Highland Valley currently supports this important program. More than one chair yoga teacher plans to also offer some online classes. Who would have thought that we could expand contact and health programs by seeing each other virtually? It's not the same as up front and personal, but as we gradually move toward safer ways of coming together we can also keep our online relationships going.

By the time you read this, you will have no doubt learned of other new programs and services. The Chesterfield COA has wanted for some time to let people what is going on at the Community Center without having to come inside.



Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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US POSTAGE
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**Westhampton
Council on Aging**

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

DOOR-to-DOOR SALES



Hire me
NOW!

**If you're considering hiring someone
who knocks on your door and offers
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*If you have a
consumer problem or
question, contact the*

**Northwestern
District
Attorney's
Consumer
Protection Unit**

Greenfield
(413) 774-3186
Northampton
(413) 586-9225

**Working in cooperation
with the Office of the MA
Attorney General**

