

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



April 2021

Help Wanted!

The Council on Aging is currently seeking new board members. Contact **Amy Landau** at: **WesthamptoCOA@comcast.net** or **(413) 203-9808** for questions or for the Zoom link to our next meeting.

COA Events

**Zoom at Noon
Irish Show with Kate & Rico
Thurs. April 1st at 12 noon**

Join us in a celebration of beautiful Irish music and heritage (whether you are Irish or not!). Sing along with local Westhampton musicians, Kate O'Connor and Rico Spence as they perform Irish favorites from both sides of the pond (Atlantic Ocean). Kate has been singing American Irish songs such as "When Irish Eyes Are Smiling" and old Irish songs like "Danny Boy" since childhood. The band also performs some beautiful contemporary Irish style songs for your listening pleasure. **For the Zoom link, email Amy Landau at WesthamptonCOA@comcast.net.**

**Birds, bees, bears and vaccines!
Join the Breakfast Zoom
Fri. April 16 at 9AM**

Check in with your friends or make new friends. Grab your coffee and have a lively conversation about anything and everything. Join via Zoom on your computer, tablet, smartphone. No computer? You can call in from your phone! To get the zoom link, call **Julia** at **(413) 537-9880** or email **jslennen@gmail.com**.



Chair Yoga via Zoom

We hope to continue with yoga teacher Renee Rix in the future – either via Zoom or in person. But in the meantime, if you are interested in joining a Chair Yoga class for April with a familiar teacher, you can do so with our former teacher, Michele Morales Wolk, on Thursdays at 9:30 AM at the Southampton COA. If interested in joining this Zoom class, please contact **Amy Landau** at **WesthamptonCOA@comcast.net** for the Zoom link.

Library Events

Holiday Closings -

Monday April 19 Patriot's Day
Tuesday, April 6 at 6:30 pm - 8:00 pm

Resilience Roadshow: Building a Trauma-informed Community

We likely all know someone who has experienced some kind of trauma and how this can and does impact their lives. You are invited to an interactive Resilience Roadshow which will help raise awareness and understanding of the impact of trauma and encourage informed policies and practices, so that Westhampton can become a more trauma-supportive community. The session will be led by Jenny Bender, a Trauma therapist with the Trauma Informed Hampshire County Network. Please register at this link: zoom.us/meeting/register/tJkdeGuqzIpG9SsrB85i2PRJmhrBoTiIPI-

Virtual Book Group Tuesday, April 20 at 7:00 pm

This month we are reading "Station Eleven" by Emily St. John Mandel as part of All Hamptons Read. Please email **westhampton@cwmar.org** to request a copy.

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

**Online Author Visit with
Emily St. John Mandel**

Tuesday, April 27

(More details coming soon...)

COA News

Positive, Hopeful Resignation and an Invitation

I am resigning from the Westhampton COA Board effective the end of June 2021. For seven years I loved the great company, professional attitudes, and lots of active listening. It was great to see our plans for the COA turning into positive actions. Like other past board members, I will continue to assist (with the WCOA Hikers).



I encourage you to try out a COA Board meeting and consider becoming a member. I suggest you convince a friend to come with you; it's so much easier that way, and it would help fill more positions. Like most new members, I spent the first year 'learning the ropes'. By the end of that year, I wanted to take on the outdoor activities - a perfect fit. By the time the secretary position opened up, I was fine with that, too. Come visit one of our meetings and bring your questions - and a friend. You know you want to 'do your bit' by joining our Board - your Board. **Contact Amy Landau at: WesthamptoCOA@comcast.net or (413) 203-9808 for questions or to get the Zoom link to our next meeting.** ~Chuck Horn.

Message From The Westhampton COA Hikers

HIKING SOURCES

Westhampton Council on Aging Hikers (WCOAH)

The pandemic has delayed the start to a new WCOAH hiking season, but there's no reason you can't get out on the trails and roadside walks. It's easier to enjoy yourselves safely in the great outdoors. But where to go? We now have just the list for you. We assembled over fifty hikes with links to maps for each plus links to several hike-promoting organizations - each with several local area maps. Here is an example of one of the hikes:

Moderate:

Mass Audubon's Lynes Sanctuary Loop Trail off Edwards Road, Westhampton

www.massaudubon.org/content/download/8072/145371/file/lynes_trails.pdf

But how do I get the whole list? Just reply with a request to join our group (WCOAH) with no obligations. For security, we send all hike notices BCC so your email address is not readable.

Want only the list? Fine. Let us know:
westhamptoncoahikers@comcast.net

Chuck Horn, list compiler

Ray Fontaine, WCOAH hike organizer

Completely separately, we are also working with other Westhampton groups on a Walkability Map for Westhampton. It is sponsored and organized by the Healthy Hampshire Collaborative. The map will include local walks along our roads and trails plus points of interest with other helpful notes. The production and 500 paper maps will be free of cost to the Town. You can find completed maps for other towns via www.healthyhampshire.org. Type 'Walking Trails' in their SEARCH and click on a map site. Our Westhampton map should be done by the summer. ~ Chuck H.

Westhampton Food Pantry Open to All

The Food Pantry, which began as a grassroots response to the pandemic during the spring/summer in the Church crèche, is now housed even more securely in the Westhampton Town Church kitchen. **The hours are: Mondays & Wednesdays 5PM-8PM; Fridays 11am-2PM; Saturdays 9AM-4pm.** Anyone needing food is welcome to walk in during these hours (the back door to the kitchen will be open). Please wear a mask and keep in mind that only one household is allowed to enter the pantry at a time. The pantry is expected to continue into April, so long as the Church kitchen itself is not in use. It is stocked with items for breakfast, lunch and dinner. The pantry is anonymous and self-serve. Come; take what you need. Non-perishables are on the counter and items that need to be kept cool are in the fridge/freezer. To better serve you, please fill out our log and request sheets.

Those looking to donate to the food pantry may do so during the hours that the pantry is open or during off hours; food may be dropped off at the Miller's (7 Stage Rd). Perishable food should be placed in the fridge or freezer.

If you have any questions regarding the food bank, or would like to volunteer, or have a specific need, you can call the church at **(413) 527-4204** and someone will get back to you. Thank you to all those that help us provide this service to the community.



Library News

A Community of Readers April - Margot Cleary

When I retired and had more time for reading, I decided on one rule of thumb: I would focus on books about countries, cultures and/or eras that I knew little about - no more novels about people a lot like me.



For example:

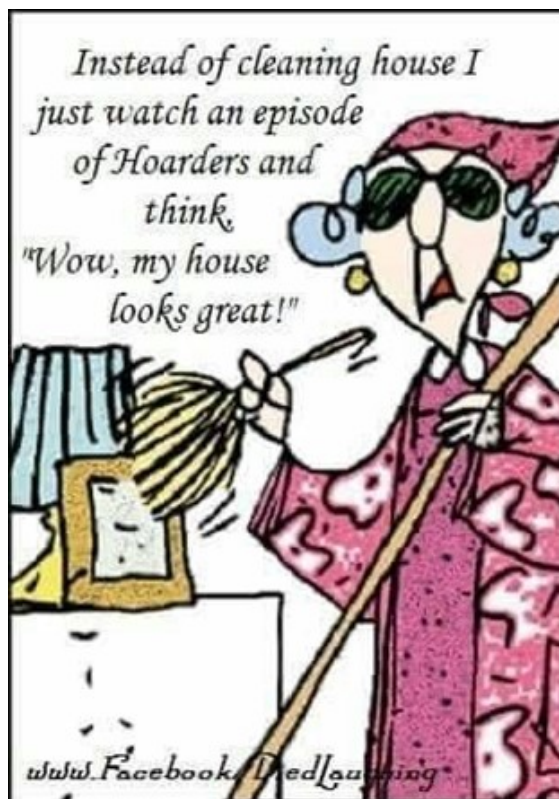
- a boy from one of India's lowest castes who lands a job as a driver for a wealthy couple and then exacts his revenge - grim, but also laugh-out-loud funny (*The White Tiger*, fiction)
- a brilliant, charismatic Black teenager from Newark (*The Short and Tragic Life of Robert Peace*, non-fiction)
- the uneasy relationships among Native Americans, missionaries and the Catholic hierarchy in New Mexico's early days (*Death Comes for the Archbishop*, fiction)
- a girl from Maine who was born male (and has a male twin), whose bewildered father at first resists then embraces her transition (*Becoming Nicole*, non-fiction)
- ridiculously inappropriate low-lives and their criminal shenanigans in Florida, courtesy of Carl Hiaasen (the latest is *Squeeze Me*, and I sincerely hope it's fiction!)

I also discovered my new go-to writer: James McBride. I started with McBride's memoir, *The Color of Water* (he is the son of a Black man and an Orthodox Jewish woman raised in a South that was openly hostile to her immigrant family). Among my favorites of his fiction are: *The Good Lord Bird*, about John Brown and the *Harpers Ferry Raid*, and *Deacon King Kong*, about a lackadaisical deacon at a Brooklyn church in the late '60s. They are vivid and also - bonus! - very funny.

When I vowed to expand my reading habits, I couldn't see the appeal of graphic novels. I decided to try one, and I picked the right one. *Hey, Kiddo* is Jarrett Krosoczka's account of his tough childhood in Worcester: His father is out of the picture and his mother, an addict, does her best but simply can't manage. His grandparents, while decidedly rough around the edges, give him a loving home and encourage his interest in art. Their nurturing had results: Krosoczka, who lives in Northampton, is a successful children's book author. *Hey, Kiddo* is a testament to the effect that grandparents can have on a child's life.

Finally, a shout-out to the wonderful Westhamp-

ton Public Library: No matter how obscure the title I request, the library comes through. It is an amazing resource, and I am very grateful!





TRIAD COUNCIL

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

Are You Prepared If You Answer Yes?

Being asked to be an executor or executrix of someone's estate is a compliment. It is also a role that entails legal responsibility and trust. Before accepting this appointment, the task requires that you fully understand the obligations and be prepared to fulfill the future duties effectively. Besides coping with your own loss of this person, you will likely have to "navigate family rivalries or shoulder the wrath of spurned heirs at the same time". It can be an emotionally draining experience; review all details with a professional before saying yes.

Three things to know before accepting and taking on the time consuming administrative tasks:

1. Your Role as the executor, also known as the "personal representative", settles the estate of the decedent or "testator". The American Bar Association recommends that you hire an attorney to assist and advise with duties. The probate process can take from several months to a few years depending on the complexities of the estate. You must honor the testator's directives, even if the directives are to the detriment of some family members, organizations, or others.
2. Your Duties: know the extent of the duties along with this loved one's directives, financial situation (are funds available to hire an attorney?), and relationship with family members and parties involved in the estate. These are the general duties that you either do yourself or oversee an attorney to assure directives are followed:
 - A. Distribute remaining assets and settle estate. It is only closed when all debts, expenses, and taxes are paid and all assets are distributed. You may have to attend hearings, trips to courthouses, or file or respond to creditor or heir-related lawsuits.
 - B. File the will with the probate court.
 - C. Manage estate assets: Executrix will open a separate checking account for the estate keeping the decedent's funds from commingling with the executrix's personal assets. You must locate and maintain all the decedent's property, including houses and contents, personal property, and safety deposit boxes. If antiques or fine art are involved, appraisals may be necessary.
 - D. Pay debts, expenses, and taxes: Executor is responsible for filing all tax returns and continue paying bills such as mortgage, car payments, property taxes and expenses.
 - E. Understand the will: You must read and understand the related documents and secure original to show that it has not been revoked.
3. What to do while a loved one is still alive: Review the will together to clarify ambiguities. Find out whether family members and beneficiaries have been notified of these decisions. "Having this information will help you anticipate future conversations & reactions, and make you better prepared to navigate any potential conflicts or disappointments."

Enjoy the Sugaring Season ~ Support local growers!

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!

Westhampton Council on Aging



Seniors Aware of Fire Education



If you or a loved one uses home oxygen, you should be aware of the fact that using home oxygen increases the risks of fire and burns. Using home oxygen increases the amount of oxygen in the air, hair, clothing, bedding, and furniture, making it a whole lot easier for a fire to start and spread. With more oxygen in the air, fires burn hotter and faster. Here are a few things for you to consider on using home oxygen safely:

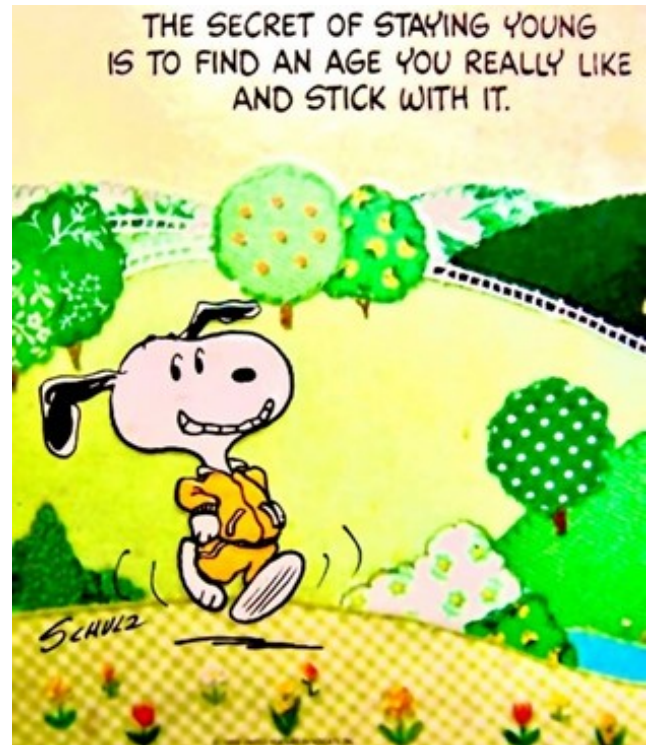
- Do not smoke.
- Keep oxygen and tubing 10 feet away from heat sources like candles, lighters, wood stoves, hair dryers, stoves, heaters, electric razors.
- Avoid using petroleum-based products like lip balms or lotions, which catch fire easily.
- If you or anyone in your house has to smoke, smoke outside the house. Make sure that you have working smoke alarms.
- Plan and practice a home escape plan with a minimum of two ways out of every room and an outdoor meeting place.

Have a SAFE spring!

--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.

Regional News



Would you like to receive your newsletter, in color, 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!

Personality of Money

We are all products of our upbringing. As adults, we may follow what we were taught and what we observed, or veer away from that. This is particularly interesting to me when it comes to how we view and manage our money, or in shorthand, our money personality. Motley Fool reported on five personalities:

- ⇒ **Planners.** Disciplined savers, reasonable risk takers, e.g., carefully invest in the stock market. These folks probably turned in homework before it was due. 23% of Americans are in this category.
- ⇒ **Savers.** Somewhat cautious, and somewhat risk-averse. For 19% of us, money under the mattress is good. No unexpected event like needing new tires will catch a saver! Savers can become planners.
- ⇒ **Strugglers.** Financial setbacks occur, and are very harmful. Strugglers are not able to get or keep an emergency fund going; sadly, this covers 18% of Americans.
- ⇒ **Impulsives.** May plan and save, but an impulsive's large buy can ruin things. We are 24% strong and not good with credit cards.
- ⇒ **Deniers.** Dislike financial planning, don't believe it can work. 15% of us would rather not even think of money either now or in the future.

Understanding ourselves is of course necessary to make changes that we think will be beneficial. These five personality types offer a simplistic view, one view, and there are other ways of categorizing ourselves. Let me know if you'd like more to read on this.

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

April's Good News

By Deborah Hollingworth

The days are longer, the sun is warmer, more of us are able to get our Covid vaccine shots, so it puts a "spring" in our step as we begin to think about gardens, farmer's market and getting out and about.



The good news this month is a reminder about the Healthy Incentive Program which gives SNAP recipients an instant rebate on fresh fruits and vegetables when purchased from certain farm stands, and our Mobile Farmers market which we anticipate will be at the Maples in Worthington and in downtown Huntington again this year. The Healthy Incentive Program will give up to \$40 per month for households of 1-2 people. Benefits are added to your EBT (food stamp card) each month, making your food stamp dollar stretch farther!

For a listing of HIP locations, you can check their new website map. When you type in your zip code, the site will sort locations by those closest to you. Check it out:

buylocalfood.org/open-hip-locations

The site is continually updated, so you can find markets that will accept your SNAP and HIP benefits.

For those of you who might be interested in applying for SNAP benefits, the income eligibility is \$1,383 for a single person household, and \$1,868 for a two person household. If you are interested in learning more about the Food Stamp program, (called SNAP), and getting help with an application, you can contact your senior center or get in touch with the Williamsburg Senior Center, which is a designated SNAP site: 413-268-8407. They can help you apply.

Correction— Cummington Fair Photos

In the March newsletter's Cummington Fair photo article, the incorrect email address to send photos was given. The correct email is:

it.cummingtonfair@gmail.com



As a reminder: April Judd is working on a Cummington Fair history book and is looking for photos. If you have any that you would like to include in the book, please contact April: **413-268-7109**, it.cummingtonfair@gmail.com. You can email the photos to April or she can borrow them, scan them and return them to you.



Hilltown Mobile Market

FRESH, LOCAL, HILLTOWN-GROWN

www.hilltownmobilemarket.info

Blandford, Cummington, Huntington & Worthington

July 22-October 8, 2021

The Hilltown Mobile Market is back for a third season this summer and fall! Starting in July, we will bring our colorful veggie van to Blandford, Cummington, Huntington, and Worthington each week for twelve weeks, stocked with the freshest Hilltown-grown produce from our neighborhood farms.

Come and get your local lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit, debit, SNAP, HIP, WIC, and Senior FMNP Coupons. You can also sign up for a Hilltown Community Farm Share to guarantee your pick of the week's harvest for as little as \$5 per week! Registration begins April 1st.

For more information, visit:

hilltownmobilemarket.info

or call or email Seva Water at

sevat@hilltowncdc.org or 413-824-1840

The market is supported by

Healthy Hampshire,

*Hilltown Community Development and the
Hilltown Community Health Center.*



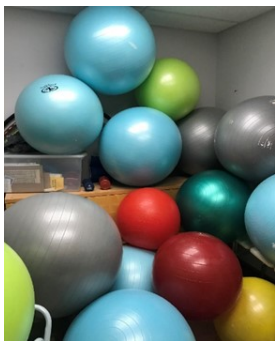
Joan Griswold's Exercise classes: Six years and going strong!

One of the most stable ways to stay strong during the COVID pandemic has been to join Joan's classes. Reading her email updates and reminders alone makes the day seem brighter. Over a third of the class has been with her for several years, with another 41% participating at least a year. Once in, people usually stay. Nearly 20% attend at least once a week and another 29% take part three times a week. Most members of the groups say that the class has helped maintain their personal health and feel improvements in their overall strength and energy. Good reasons to still be going after six years. Moving forward, we will continue to offer classes online but look forward to also having on-site programs as soon as we can. It's clear that the commitment to exercise is keeping things going and growing.



Want your own exercise ball at home?

We have too many at the Community Center in Chesterfield. Call Jan at 296-4007.



**The Cummington Council on Aging
invites you to a show!**

Mabel and Jerry



By Steve Henderson

This could be the most hilarious blind date ever! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen and you will be on the right track.

**See the show on video!
April 30, 2021 at 1:00 p.m.**

Contact the Cummington Council on Aging at croumeliotis@cummington-ma.gov or 413-634-2262 for the link to the show (as well as help navigating the technical aspects of viewing the show).



This program is supported in part by a grant from the Cummington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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**Westhampton
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TECH SUPPORT SCAM

The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.

- They might try to gain access to your computer to steal your personal information

Here's what you can do:

- Just hang up
- Don't click on any links in an email or pop-up screen
- Never give someone else control of your computer & don't share your passwords
- Don't give out financial information to someone you don't know
- Keep your computer's security programs up to date



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