

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



May 2021

### In Memoriam

Carlton C. Kelley  
August 19, 1931 - December 1, 2020



### HELP WANTED!

Would you like to make a positive difference to our community? It feels *especially rewarding* to do that during these difficult times we're living through! The Council on Aging is currently seeking new board members. This volunteer position only involves participating in a once-a-month meeting (right now -- on zoom, so very convenient) and the board is flexible if a member has a conflict. As a Board member you get a voice in how to spend Town and State funds for the benefit and enrichment of older adults in our community. These funds can go toward musical, informational and nature-related events as well as classes in computer and yoga. Plus, we are looking for new ideas! We encourage anyone with even the tiniest bit of curiosity to just come check out one of our meetings to see what we do: no commitment necessary! Also there is NO age requirement to join the board! Our seniors need you, so please consider joining us.

#### Contacts:

**Louise Jasionkowski** at (413) 527-5134 or [rljasionkowski@comcast.net](mailto:rljasionkowski@comcast.net)

**Julia Lennen** at (413) 537-9880 or [jslennen@gmail.com](mailto:jslennen@gmail.com)

**Amy Landau** at:  
[WesthamptoCOA@comcast.net](mailto:WesthamptoCOA@comcast.net) or  
(413) 203-9808 for questions or for the Zoom link to our next meeting.

### Need help getting your Covid-19 Vaccine appointment?

The Westhampton COA now has more than one resource for help with registering Westhampton seniors for appointments.

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**Louise Jasionkowski** at (413) 527-5134 or [rljasionkowski@comcast.net](mailto:rljasionkowski@comcast.net)

**Julia Lennen** at (413) 537-9880 or [jslennen@gmail.com](mailto:jslennen@gmail.com)

**Amy Landau** at:  
[WesthamptoCOA@comcast.net](mailto:WesthamptoCOA@comcast.net) or  
(413) 203-9808

### Homebound and Need the Vaccine?

The Westhampton Board of Health is now partnering with the Foothills Health District/ Amherst on homebound vaccination appointments. Please contact **Robby Armenti** of the Local Board of Health, **Louise Jasionkowski** at (413) 527-5134 or [rljasionkowski@comcast.net](mailto:rljasionkowski@comcast.net), **Julia Lennen** at (413) 537-9880 or [jslennen@gmail.com](mailto:jslennen@gmail.com), or **Amy Landau** at [WesthamptoCOA@comcast.net](mailto:WesthamptoCOA@comcast.net) or (413) 203-9808 with your name and phone number.



### COA Events

#### Estate Planning: A Legal Checkup May 6th at 7 pm

Instead of our customary "Zoom at Noon" program in May, we will be holding this important Elder Law Education program in the evening when working family members/caregivers can also attend. Attorney Valerie Vignaux, of The Law Office

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

of Valerie Vignaux, will be presenting this program which is free to all. She will discuss planning for incapacity, including health care proxies, powers of attorney, guardianships, and MOLST forms. She will also discuss planning for death, including the use of wills and trusts, and provide an overview of the probate process and how to avoid it. Attorney Vignaux will talk about asset protection planning as well, for those concerned about the cost of long term health care. There will be an opportunity for questions throughout the presentation. Family members and caregivers (of all ages) are encouraged to attend this informative program. **For Zoom Link, contact: Amy Landau at Westhamp-  
toCOA@comcast.net or (413) 203-9808,  
Julia Lennen at (413) 537-9880 or jslenn-  
en@gmail.com**

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### Ready or Not?

#### COA May Breakfast in person AND on Zoom

May 21, 9am



Our next breakfast is scheduled for Friday, May 21 at 9:00. We are hoping that many of you will be "fully vaccinated" (two weeks past your second shot) and ready to meet in a socially-distanced outdoor space. On the other hand, both weather and health might keep you at home. We would like to try a combination of in-person and zoom. Interested? Email **Julia** at **jslennen@gmail.com** or **(413) 537-9880** for details as they are available.

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### Outdoor Chair Yoga Class with Renee Rix

Hooray for warm weather and springtime! Chair Yoga will resume in-person, outdoors on **Fri. May 7th at 10am** in the parking lot outside the Westhampton Congregational Church. Our yoga teacher is now Renee Rix who received a glowing review from long-time Westhampton yogis in the know. Participants will be masked and socially distanced. Chairs will be provided from the church basement. Meet every Friday (weather permitting) at 10 am. This session will last 6 weeks, possibly longer!

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### Library Events

#### Hours effective April 20:

Mon & Thu - 2pm to 8pm curbside only  
Tue - 9am to 12pm browsing for seniors;  
1pm to 5pm browsing for all  
Wed - 1pm to 5pm browsing for all  
Sat - 10am to 12:45 pm browsing for all

\*No appointment is necessary for in-person browsing. For full details please visit the library website or call **413-527-5386**.

### Pollinator Garden Planting Days

**Saturday May 1, 15, & 29**  
from 10am to 12pm

**Rain Dates: Sunday May 2, 16, and 30**  
from 10am to 12pm

The library is partnering with Grown in Westhampton and local residents to install a pollinator garden featuring early and late blooming plants this spring. Bring your gardening tools and stop by to lend a hand. Or, just stop by to say hello! This project is being funded by American Library Association's Resilient Communities program, The Friends of Westhampton Library, and Gardener's Supply Company.



### Virtual Book Group

Tuesday, May 25 at 7:00 pm

Book Group meets once a month and is open to new members. We are still deciding on our next read. Please email **westhampton@cwmar.org** for Zoom login information.

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### Spring Adult/Teen Craft - Colorful Branches & Accordion Butterflies

Email **Meaghan** at **mschwelm@cwmar.org** to request your craft kit including two spring crafts!

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### COA News

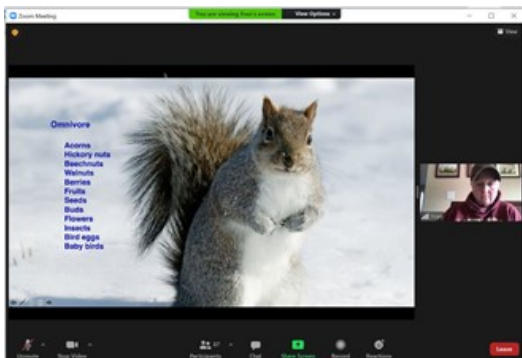
#### Uplifting Irish Show with Performers Kate & Rico



On April 1st, Kate O'Connor and Rico Spence dazzled us with a lively and engaging mix of old and new Irish music via Zoom, including a sing-a-long with clapping. Kate performed lead vocals accompanied by keyboard and Rico played bass guitar and sang back-up. We got to hear old familiar favorites like "Danny Boy" and "When Irish Eyes Are

Smiling" as well as more contemporary Irish music. And Kate and Rico ended with a hilarious, slightly risqué ditty concerning the mysteries of kilt-wearing! What a wonderful way to welcome in the Spring.

## Fran Ryan's "Backyard Critters" Draws Large Zoom Crowd



On Wednesday, March 17th almost 70 curious people logged on to Zoom for our intergenerational COA program to learn more about the animals in our backyard and how they spent their winter!

Fran Ryan is well known for her captivating educational programs on the lives and habits of wildlife and she did not disappoint. We learned which animals hibernate, and who stayed busy throughout the winter. We also learned the difference between hibernation and torpor. Torpor is a "survival tactic used by animals to survive the winter months. It also involves a lower body temperature, breathing rate, heart rate, and metabolic rate. But unlike hibernation, torpor appears to be an involuntary state that an animal enters into as the conditions dictate" (from the [treehugger.com](http://treehugger.com) website).

Like the backyards critters, we, too, are emerging from torpor and Fran's presentation was lively enough to keep everyone, from the youngest preschooler to our neighbors in their 90s, entertained and a little bit smarter.

## Foot care nurse

The community room in Westhampton Woods had previously provided space for a foot care nurse to see clients. This area has been closed during Covid 19.

Debra Dean RN, BSN is still available for toenail trimming or other foot care. This would be done privately in your home.



If you would like to make an appointment or check on cost, call Debra at: **(413) 667-5363**.

## Don't Forget to Check the Outdoor Bulletin Board



Now that the weather is warmer and more of us are (thankfully) getting vaccinated, we are sure to want to get outside and enjoy the good weather more. When you find yourself walking around town, don't forget to check out the new Council on Aging Bulletin Board outside the Town Hall for updates and info, especially those of you who are not on computers or on the internet.



## Westhampton COA Hikers Resume Hikes!

*The Westhampton COA Hikers on their April 7, 2021 "Four Roads Hike" - Photo by Norm Cotnoir*

On Wednesday, April 7 the Westhampton COA Hikers recommended hiking after a thirteen-month hiatus due to the pandemic. The thirteen hikers started the season with the venerable "Four Roads Hike" loop in the south-western corner of Westhampton, beginning from the Audubon Lynes sanctuary on Edwards Road, south to Laurel Hill Road, west to Lyman Road, north to Crowley Road and back to the Lynes Sanctuary. It was a great day in the upper 60s with a nearly cloudless sky. The group did so while wearing masks and maintaining social distancing. Nonetheless, it was wonderful to see old friends and meet new hikers on that beautiful spring day. For anyone interested in joining the Westhampton COA Hikers, email us at [westhamptoncoahikers@comcast.net](mailto:westhamptoncoahikers@comcast.net) and we will add you to our email hikers list. Please note that all group emails are sent as blind copies (BCC) for your safety and privacy.



## TRIAD COUNCIL

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

### Remember, No Reminders!

MA RMV doesn't send renewal reminders for drivers' licenses. Check your license to see your expiration date; it falls on your birthday EVERY 5 YEARS. If it hasn't expired, make a note what YEAR it does. If you are eligible, you may renew online: [www.myrmv.massdot.state.ma.us](http://www.myrmv.massdot.state.ma.us)

If you are a AAA member, you can make an appointment to renew your license/ ID at a AAA location. Cost: \$50.00. RMV will send your license within 10 days. You must renew in person if:

- ⇒ You are 75 years of age or older at time of renewal – Vision test required
- ⇒ License is expired for more than 2 years. You are required to take the learner's permit exam and road test.

Make sure unpaid parking tickets and vehicle excise tax are paid in advance.

### Vehicle Registration Reminder

The RMV sends a Renewal Form (RMV-2) to you 6-8 weeks before your Registration expires and a notice if you need a stamp from your insurance agent. You will NOT get a Renewal if:

- incorrect mailing address is on file
- you have unpaid parking tickets, taxes, or vehicle citations
- unpaid child support
- outstanding arrest warrant or registration was revoked

Fee: \$60.00 valid for 2 YEARS. You can renew your registration by mail or online. For information go online: [www.dmv.org/ma](http://www.dmv.org/ma)

### Vehicle Inspection Reminder

All vehicles in Massachusetts must get safety and emissions inspections done YEARLY. For a reminder, look at your Inspection Sticker in the passenger side window. The NUMBER is the MONTH when you schedule a safety inspection. Cost: \$35.00 No reminders are sent to you!

### Reminder - Headlights/ Wipers On

The law requires full headlights and taillights to be used during inclement weather and when windshield wipers are in use. Reminder: Put Lights on half hour after sunset and half hour before sunrise. Visibility and Safety is the goal.

### Vehicle Spring Care & Maintenance

- Car Wash - Get that winter road salt off the car to prevent rust
- Wiper Blades – Replace them to assure good visibility
- Get a Spring Tune-up – check the oil, tire pressure, car fluids
- When driving, turn OFF the cell phone – NO DISTRACTED DRIVING

***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**



As you take the winter sand off your lawn along with your other spring projects, here is an easy one for you to do. Check and see if your house number is visible from the street. If your house is not visible from the street, is your driveway clearly marked with a house number? Here are a few things you should consider:

- ⇒ Numbers must be at least 4 inches in height (larger would be even better) and facing the street.
- ⇒ Put numbers under lighting.
- ⇒ Use numbers with a contrasting background so they are visible at night.
- ⇒ If your driveway is long, post your house number on both sides of your mail box or on a sign pole at the end of the driveway near the road.
- ⇒ Be sure to keep the numbers visible by trimming bushes, tall weeds and trees.
- ⇒ Remember, emergency personnel from a neighboring community may not be familiar with your area. Paramedics, firefighters and police officers find you faster when your home is clearly marked.

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.*

**When I don't need it:  
I see it everywhere**



**When I actually need it:  
I can't find it anywhere**

**Would you like to receive your newsletter, in color, 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. Include your address so I will know which mailing list to take you off of. Thanks!

## Personality of Money – Can We Change?

Last month I said we are all products of our upbringing. We are the result of genetics and life experiences, including seeing how our parents and peers handle money. From all this, we develop our habits and attitudes. From habits and attitudes, we move to how we manage our money, if and how we invest, how/why/when we spend or save, how easily we fall prey to a scammer, even on to the mechanisms and practices we use to pay our bills.

If we have habits and attitudes about money, can we change those to improve our lot in life? This is a huge topic, but bear with me as I share a little of what I read this month about one avenue of change. Some interesting research on traumatic stress (e.g., from abuse, serious health issues, and believe it, pandemics!) shows that stress can change parts of the brain, for instance, physically shrinking an area that allows us to reason logically and to assess risk. Another region of the brain that can physically change is responsible for working memory, mental flexibility, and self-control, what they call "executive function", all of which may impact our financial practices and skills.

So can we change? Yes! All the things *They* keep telling us that are good for our overall health (physical exercise, reasonable diet, socialization, mindfulness, etc.) can work in our favor to reduce stress and so improve our brain function. We may even bring about physical changes in the brain that result in improved memory, more rational thinking, better planning, and better decisions. Thus a person may move from being an impulsive spender to being a saver, or a denier may decide to jump into the shallow end of the investing pool.

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

## Foot Care from Highland Valley Elder Services (HVES)



If you are a client of HVES, you may be eligible for in-home foot care. Call your Care Advisor to see if you're eligible. If you don't have a Care Advisor, call Highland Valley's main number (413-586-2000) to ask about eligibility.

### May's Good News

By Deborah Hollingworth

At last the long-awaited spring has arrived with tulips, apple blossoms and time to plant our vegetable gardens! Many more of us have had our



Covid vaccine shots and are beginning to make those postponed medical appointments: trips to the dentist, the eye doctor, and perhaps time to schedule knee or hip surgery. If you find the rehab process from surgery requires some medical equipment that is not covered by your health insurance, you might call your senior center to ask about their "loan closet". If your town doesn't have a senior center because they share space in a town building, call them anyway because there is a regional loan closet for our Northern Hilltowns in Cummington. If you need a walker, wheelchair, raised toilet seat, commode, crutches or quad cane, you can give your senior center a call and they will check out the Cummington "closet" to see if that item is available for loan. Likewise, if you have items to donate, the Cummington loan closet can take them.

Many items, like hospital beds or wheelchairs can be rented on a short term or extended time basis. And some health insurances, like Hospice, will cover the cost of these rentals.

It is always a good idea to speak to someone at your senior center to see if you might get other support services, like meals, help grocery shopping, or a friendly visitor, as you rehab from surgery. And if you've had your Covid shots, you may be able to help if someone needs a ride to a medical appointment or help with grocery shopping.

It's time to reconnect and lend a helping hand to a neighbor as we come out of a long winter.

## Senior Farm Share



### 2021 Enrollment begins May 1!

If you're over the age of 60 and meet income eligibility requirements, you are eligible to apply for a Senior Farm Share!

**What it is:** Ten weeks of fresh, local produce delivered to participating Senior Centers and Councils on Aging. Shares are valued at \$135, and participants pay a one-time fee of \$10 during enrollment. Many sites accept SNAP/HIP payments for this \$10 fee. If you participated last year, an application will be mailed to you from CISA. If you would like to participate this year, please contact us at 413-296-4007, email [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com) or write to COA, Box 7, Chesterfield MA, 01012, and we will mail you a new application. **Applications will be accepted until June 1st.**

**THIS TOO  
SHALL PASS.**

**IT MIGHT PASS  
LIKE A KIDNEY  
STONE.**

*but it will pass.*

**I'VE LEARNED  
SO MUCH FROM  
MY MISTAKES,  
I'M THINKING  
OF MAKING  
A FEW MORE.**

**"The world's favorite season is the spring.  
All things seem possible in May."**

- Edwin Way Teale



**"The sun was warm but the wind was chill.  
You know how it is with an April day.  
When the sun is out and the wind is still,  
You're one month on in the middle of May.  
But if you so much as dare to speak,  
a cloud come over the sunlit arch,  
And wind comes off a frozen peak,  
And you're two months back in the middle of March."**

- Robert Frost



**"The country ever has a lagging Spring,  
Waiting for May to call its violets forth,  
And June its roses--showers and sunshine bring,  
Slowly, the deepening verdure o'er the earth;  
To put their foliage out, the woods are slack,  
And one by one the singing-birds come back.**

**Within the city's bounds the time of flowers  
Comes earlier. Let a mild and sunny day,  
Such as full often, for a few bright hours,  
Breathes through the sky of March the airs of May,  
Shine on our roofs and chase the wintry gloom--  
And lo! our borders glow with sudden bloom."**

- William Cullen Bryant, *Spring in Town*, 1850

**"Never yet was a springtime, when the buds forgot to bloom."**

- Margaret Elizabeth Sangster

**"It's spring fever.... You don't quite know what it is  
you do want, but it just fairly makes your heart ache,  
you want it so!"**

- Mark Twain

**"Every spring is the only spring - a perpetual astonish-  
ment."**

- Ellis Peters



**Hilltown Mobile Market**  
**FRESH, LOCAL, HILLTOWN-GROWN**  
**[www.hilltownmobilemarket.info](http://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](http://hilltownmobilemarket.info)**  
or call or email Seva Water at  
[sevat@hilltowncdc.org](mailto:sevat@hilltowncdc.org) or 413-824-1840

*The market is supported by  
Healthy Hampshire,  
Hilltown Community Development and the  
Hilltown Community Health Center.*



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

PRSR STD  
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PERMIT 183  
Greenfield MA

**Westhampton  
Council on Aging**

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Chuck Horn, Secretary

Ray Fontaine,  
Hikes

Julia Lennen,  
Colleen Basile,  
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Lillian Baxter,  
HEN Representative

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Kristen Estelle,  
Newsletter Designer  
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**This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.**

# HOME IMPROVEMENT



## If you're going to hire a Home Improvement Contractor...

- Make sure they're registered or licensed with the state  
888-283-3757 [www.mass.gov/consumer](http://www.mass.gov/consumer);
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

*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**

