Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+

June 2021

COA Events

Zoom at Noon:
ñMabel and Jerryò Video Watch Party
June 3rd

By Steve Henderson

Join us for a COA screening of a comedy video by Steve Henderson showing at noon. Under normal circumstances Jerryò would be performed live at Chamberlain Senior centers in our area. Lacking that opportunity in the fall, we are hosting a watch party in which we will share the Youtube link and then follow up with a brief discussion via Zoom. Here is Steve Hendersonôs description of the show:

This could be the most hilarious Mistaken identity, a chase and a romance are all part of the pursuit of happiness when Jerry and Mabel are two hysterically comical people with a lust for life, determined to find love and especially whatever they can. If they can find the right person!

Contact **Amy Landau** at **WesthamptonCOA@comcast.net** for the Zoom link!

Breakfast
Friday, June 18th at

Breakfast will be outside mitting. Bring a lawn chai beverage. Snacks or coffee

Call **Julia (491838)** to 537 last minu mation if the weather is "

Outdoor Chair Yoga Class

Chair Yoga will continue f **days on 6/4 and 6/11** to as b yond if we have enough p person outdoor class meets side the Westhampton Cong

Our yoga teacher Renee Jun 3rd-ever Westhampt Participants will be at Chamberlain Senior Ce Lacking in person ope Zoom. Please contact **Amy Landau** at **Westhampton COA@comcast.net** or **978-518-2201** to share the Youtube

June Library Events

*Note: appointments ch **Tuesday, June 22 at 7:**

Book Group meets once a m new members. We are still read. Please **westhampton@cwmar** for Zoom login information

Three Paths to Memoir

Thursday, June 24 at 7:00 pm

ñMemoirò or a nonfiction n
authorôs memories is a fl
readings from three local w
C. Averill, Celisa Jae Ferrera
Each author will discuss he
the art of memoir. The pane
Author Patricia Lee Lewis
for Q&A with the audience.
https://us06web.zoom.us/mee
tZ0ucdpjIsHdHwOD8xGhV5ue4_

A Message from the Westham

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e
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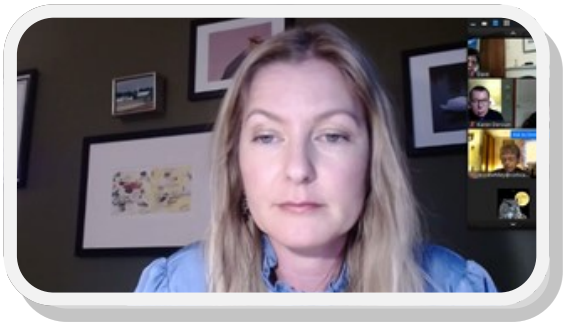
COA Articles



Informative Elder Law Program on Estate Planning Presented by Attorney Vignaux

Instead of our customary zoom program in May, we held this informative Elder Law Education program on the evening of May 6th when working family members/caregivers could also attend. We had 12 people in attendance. Attorney Valerie Vignaux, of The Law Office of Valerie Vignaux, presented a variety of important and relevant topics ranging from health care proxies to MOLST forms and power of attorney. She discussed the use of wills and trusts and gave an overview of the probate process and how to avoid it. Attorney Vignaux also talked about asset protection planning and the cost of long term health care. If you would like to view the recording of the program, please email Amy Lamb at **Westhampton-COA@comcast.net** or call **(413) 203-9883.**

Homebound and Need the Vaccine?

The Westhampton Board of Health is partnering with the Foothills Rotary on homebound vaccination appointments. Please contact **Rachel Armenti** on the Local Board of Health or **Amy Lamb** at **Westhampton-COA@comcast.net** or **(413) 203-9883** with your name and phone number.

Westhampton COA Hikers a Woodland Conservation A

On Monday, May 3 the Westh
did their second hike of
water Woodland Conservatio
ton, a somewhat obscure bu
area peppered with burblin
fields located between Gl
Spring Road. The highpoin
overlook of the Glendale R
a great day to be out in the mid

We plan to continue hiking
offering a variety of hik
terrain from relatively fl
ing and hillier. For a
the Westhampton COA Hike
westhamptoncoahikers@come
will add you to our email
the group emails are
(BCC) for your safety and

The COA needs your help!

Would you like to make a p
community? Trustees spec
that during the coming fi
we're inviting those cur
on Aging to consider
new board members. This v
unteer position involves
participation in a once
meeting (right now via zoom
ient) and the board is fl
conflict. As a Board memb
how to spend Town and Stat
and enrichment of older ad
These funds can go toward
Health District/Amherst
and planned events as we
computer and yoga. Plus, w
ideas! We encourage anyone
bit of curiosity to just
meetings to see what we do
essary. Also there is NO
the board! (Note: If you

would like to help out but (Materials provided by Amy Lamb)
board member, consider volunteering for special
events or take minutes for meetings. Contact Art Walk and the Loom
Amy Lamb at **WesthamptonCOA@comcast.net** to sign up
or **(413) 203-9883** for questions or for the Zoom link to our next meeting.

Wednesday, June 2, 1:30pm
Self-Care and Closure Session

7 out of 10 surveyed report that the past year has been the most challenging of their career. Enjoy gentle laxation exercises and examine ways to manage stress strategies can be sponsored by the Westhampton Council on Aging. Register at:
fs16.formsite.com/mcoa/9z6pvwmsby/index.html

May Day Cheer

Celebrating the end of a long winter season and the arrival of spring, the Westhampton Council on Aging, Inc. surprised Westhampton residents 85+ years young, with a hand written card and a Big Y gift card, delighting both them and the volunteers with the change of season.

The Boards worked hard to ensure that every resident 85+ years young, by the end of 2021, were included. If we accidentally overlooked you, please accept our apologies.

Carol Lloyd
Wood 527-1986

A special thanks to Marlon Miller and Charlotte Wood for hand writing all the notes.

Woven Fabric
What Connects you to Westhampton

Keep your calendar open! Westhampton Connects will be hosting **Art Walk at Westhampton Library to be held in early August, 2021.** This unique outdoor exhibit will be an integration of our very own community members of all ages and their work from toddlers to seniors, we will be asking all community members who wish to create a piece of something that represents their connection to Westhampton and have it displayed along the Library pathways. Set for all to see. In addition to the Art Walk, Westhampton Connects will be placing a giant loom in front of the Library, the week before the Art Walk where you can weave cloth, yarn, rope, or whatever material you wish to contribute to our woven fabric that will physically and conceptually represent the connection we all have to this community. Stay tuned for more specific details soon in upcoming newsletters around town. Stay tuned! We look forward to CONNECTING with all of you! ~Jen

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A Community of Readers: Diane Thornton

Ever since my children were young I loved going to the library. My mother would read to them and then ask them what they loved in the story. When we moved to Westhampton I began going to the Lilly Library, as we were living in Florence. After I moved to Westhampton I began going to the Lilly Library. Before I knew it, I was on the Library Building Committee, our librarian, which was a big thing, our librarian, Westhampton Public Library. When we moved into our current home I was a middle aged woman but soon to have done that. mother and everything changed. Now my oldest grandchild, Elka, was about three months old when we moved. Since then, three more grandchildren have stopped by and each and everyone of them has checked out books and enjoyed Summer Program for young readers. With the pandemic here we've had to limit library visits but always leave with Craft bags. Even three year olds look forward to what's in his craft bag. We love to complete the craft followed by a photo sent to Meaghan to post on the Facebook page.

Without being able to visit Westhampton and the Grands will have to make do with the craft bags they might want. I plug in magic when they arrive. Little ones appear to love the bags and I hope they can be moved to more books as they grow older. Moms and dads also find the bags helpful as they can be used to engage their children in conversation about the books and crafts. From toddlers to adults, Sally Field or Loretta Lynn fans, Westhampton Connects has a bag for you. Just get in touch with Meaghan Schwartz at library@westhamptonma.gov and let her know what you want and to provide services.

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

Hospice: Updated Medicare Coverage

The Center for Medicare & Medicaid Services (CMS) de
sive, holistic program of care and support for termi
the focus to comfort care (palliative) for pain reli
tient's illnessò. For complete de**CMS.gov/Medicare/Hos**

Patients with Medicare Part A can get hospice care b

⇒ Care must be fr-omt aMedicare
⇒ Primary physician and hospice physician certifies
months or less to live
⇒ Patient signs a statement to elect hospice benefit
minal illness-.in5%urhospicemayCapply for certain drugs

After certification, patient may elect the hospice b

⇒ Two 90 day periods followed by adhayunpleimiitodesd number
⇒ After 2nd 90 day period, everysubsequent recertification must include pr
had a-tfa-ce encounter with patient to recertify life

Medicare pays hospice agencies a daily rate for each
services provided on a given day. The rate covers th
of hospice care:

⇒ Routine h:omPeatciaernet is not in crisis, not getting co
skilled nursing facility or an assisted living faci
⇒ Continuous:hoAmedaywhen both of these apply 1.) pa
that isn't an inpatient facility; 2.) care consists
⇒ Inpatient Tesgivepatient's caregiver a rest, patie
facility for up to 5 consequent days
⇒ General inpAatpiaetnitenctareel:ects hospice care in an inpa
tom management that can't be managed in other setti

Hospice Quality Reporting Program
CMS posts the FY2020 successful hospices in the USA
ments as required under the Social Security Act. The
to the care provided by Medicare programs.

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

Senior SAFE

June seems to be the beginning of the cooking outdoors season. Here are a few ways to barbecue safely. (Sorry, no special recipes will be shared here.)

- ⇒ Use all barbecue grills outdoors and at least 10 feet from the side of any building.
- ⇒ Never leave a burning grill unattended.
- ⇒ Children should never play near grills or propane cylinders.
- ⇒ Grills may only be used on first floor decks, patios, and balconies if there is an outdoor stairway to the ground, or if it is on the ground level.
- ⇒ Grills are prohibited from being used on any porch, deck or balcony that has a roof or an overhang.
- ⇒ Keep all LP gas outside and away from buildings. LP gas is heavier than air and is a real fire risk. Keep LP gas 10 feet from building openings such as doors, windows, dryer vents and 20 feet from air intakes and all ignition sources.
- ⇒ With charcoal grills, use only charcoal lighter fluid to start them. Once there are lit coals, NEVER add more lighter fluid. Flames do travel very quickly up the stream of fluid causing serious burns.
- ⇒ Dispose charcoal ashes in a metal container.

Enjoy barbecue season SAFELY,

--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.

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!

Oh, Those Scammers

They are so clever, always alert to what will work. I have two topics for you. One is vaccination cards, a prized commodity for many of us. The other is an example of a scam, or not…

Vaccination cards – those little white cards with your full name and birthdate and vaccination info. There are also official records of your shots but this card is the record you can control. I read that you should leave the original in a safe place (maybe with your Social Security card?) and carry a copy or a photo of the card for if you need it. At this point, we don't know when the card might be needed again, so keep it safe. Some recommend laminating it but that could make the ink run, and would keep you from adding information, e.g., about a booster shot. Of course, you know to not take a picture with your birthdate showing and post it online…

The second topic is based on a mailing a friend received. It is a "Prayer by Letters" from Saint Matthew's Churches in Tulsa. They sent a letter, two flyers, and a prayer rug. They will pray for you if you return the prayer rug and perhaps a donation. The Church is a 501(c)(3) organization, a registered charity, but Charity Navigator has no ratings for it. Some folks have written heartfelt complaints about being taken for large sums of money. I could not, however, determine if it is or is not a scam. What struck me was how well they played to many different triggers to solicit money, offering the possibility that their prayers could bring prosperity, increased wisdom, a secure future, physical healing, peace, and other desirable things. Watch out - they can touch us all!

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