

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



### July 2021

#### In Memoriam

Gail (Miller) Wright  
July 12, 1939 - May 11, 2021

Bernard Cloutier  
March 31, 1946 - May 11, 2021

Christine (Clapp) Guyette  
January 28, 1940 - May 26, 2021



grounds. We SO LOOK forward to seeing all your beautiful faces again too!

The concert will serve as our “annual picnic” this year, however, we are asking that you bring your own lunches in addition to folding chairs. Extra chairs WILL be available at the library if needed. No need to mask since we will be outdoors, but masks **will be required** to use the bathroom in the library (and the library has extra masks too).

The Agawam Melody Band was formed at the Agawam Senior Center roughly 30 years ago. They feature upbeat, high energy swing music along with Latin, polkas, country and big band arrangements from the 30's-40's with some music from the 60's and beyond).

Performance date: **Thurs. 7/8/21 at Noon (NOT the first Thursday but the 2nd Thursday!)** on the upper tier of the Westhampton Library grounds. Rain date: **TBA**.

#### COA Events

**Agawam Melody Band Concert**  
**Thursday, July 8th at Noon outside the Library!**



REJOICE! We are finally coming together again for a live, **IN-PERSON**, outdoor music concert with the long-awaited Agawam Melody Band! This exciting 5-piece jazz band (2 saxophones, 1 keyboard, 1 guitar, drums and vocals) was made possible through a generous grant from the Westhampton Cultural Council and the Mass Cultural Council way back in 2019. The grant award was deferred until now for obvious reasons. The COA is so happy to be able to finally host this performance and pleased that the Westhampton Library has agreed to allow us to use their lovely

#### COA Third Friday Breakfasts



*Enjoying the shady spot in front of the Library:  
Connie Dragon, Jean Webster,  
Louise Jasionkowski, Chuck Horn, Bill Magton,  
Wendy Blow, and Carol Magrone.*

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

What a treat it was in May (and by the time you are reading this, in June as well) to see our friends and neighbors IRL (in real life)! Normally we skip our breakfast meeting in July and August but it would be a shame to miss a chance to get together. So, we will meet in July - but not August. Mark your calendars -- **July 16th at 9:00** in front of the Library. Bring a beverage and a folding chair in case we need to move under the trees. Snacks provided. No rain date. Contact **Julia** at **(413) 537-9880** or **jslennen@gmail.com** for more info.

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## Outdoor Chair Yoga Class with Renee Rix Continues

Chair Yoga will continue to the end of June on **Fridays at 10AM**. The in-person outdoor class meets in the parking lot outside the Westhampton Congregational Church. Our yoga teacher is Renee Rix who has received glowing reviews from long-time Westhampton yogis. Participants will be masked and socially distanced. Chairs will be provided from the church basement. For questions, contact **Amy Landau** at **(413) 203-9808** or **WesthamptonCOA@comcast.net**.

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## “Woven Fabric- What Connects you to Westhampton”

Now is the time! Westhampton Connects is officially inviting you to create and share a visual art piece depicting your connection to Westhampton. We will be displaying all works of creativity on the library grounds in an outdoor exhibition for the weekend of August 14th and 15th from 10am until 1pm both days. Some examples of what you could create: paintings, sculptures, poems, flower arrangements, quilting blocks, short stories, photographs, or a collage. The sky's the limit! There is no need to purchase supplies because Westhampton Connects will be providing materials, while they last, upon request.



Here is how to be involved in this community project:

1. Contact **Jesseca Williamson** at **(413) 575-0827** or **Robby Armenti** at **robby.amenti@gmail.com** Propose your project and request materials.
2. Be CREATIVE! Work on your project!
3. Drop off or schedule a pick up of your project with Jesseca or Robby by August 7th.
4. Tell your friends and family to join you at the Art Walk on August 14th & 15th, 10am-1 pm.

Don't forget! In addition to this community curation, there will be a weaving activity on the front lawn of the library. Anyone in town can stop by and weave materials (either brought from home or use the ones offered on location) onto the giant LOOM to build a community Art Piece. This activity will be available during library hours from August 6th-13th and will be up for display during the Art Walk.

Whether you wish to display your creativity, add to the loom or simply enjoy the Art Walk....let's enjoy the summer and get connected to Westhampton!

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## July Library Events

Please check the Town website at: **www.westhampton-ma.com/westhampton-public-library** or call **(413) 527-5386** for a complete list of library hours and activities. \*No appointment is necessary for in-person browsing.



The library is happy to welcome our regular Scrabble, Knitting, and Coffee n' Chat groups back inside the library! If you love *word games, knitting/crocheting, or relaxing and chatting* please drop in for any of these groups. For more info, email Meaghan: **mschwelm@cw mars.org**.

**Scrabble Group**  
Mondays at 2:00 pm

**Knitting Group**  
Mondays at 6:00 pm

**Coffee n' Chat**  
Wednesdays at 10:00 am

**Tom Ricardi - Birds of Prey**  
Saturday, July 10 at 11:00 am

Join us in the library yard to learn about different birds of prey with licensed rehabilitator and wildlife biologist Tom Ricardi. All ages are welcome.

**Summer Reading for All Ages!**  
June 26 to August 14

All ages are welcome to participate in our “Cats VS. Dogs - Epic Show-down”. Are you a cat lover or a dog lover? Choose your team and read to earn points for “Cats” or “Dogs”. All adult participants will be entered into a raffle to win a gift card to Thomes Marketplace. To register: send an email to Emily at **ewayne@cw mars.org** with your name and choice of team or stop by the library to fill out a paper form.



## COA Articles

### A Message from the Westhampton COA Hikers



*WCOA Hikers at the Arcadia Eagles Hike  
May 21, 2021*

On a beautiful morning in late May, Chuck Horn led a wonderful hike at the Audubon Arcadia Wildlife Sanctuary to view the nesting eagles. The group was treated to the sight of an adult eagle feeding chicks in a huge nest high up in a tree. Chuck brought his trusty field-telescope, and we all got a close view of the spectacle. That and the hike itself at Arcadia was a delightful adventure on a gorgeous spring day.

We plan to continue hiking throughout the season offering a variety of hikes with different types of terrain from relatively flat and easy to more challenging and hillier. 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.

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## The COA Needs Your Help



*The first in-person COA board meeting, held outside the library [L-R: Lorraine Galica (guest), Chuck Horn, Ray Fontaine, Julia Lennen, Louise Jasionkowski and Colleen Basile].*

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 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! (Note: If you are thinking that you would like to help out but not necessarily as a board member, consider volunteering for special events or tasks on an as-need-basis.) **Contact Amy Landau at: (413) 203-9808 or [WesthamptonCOA@comcast.net](mailto:WesthamptonCOA@comcast.net)** for questions or for the Zoom link to our next meeting.

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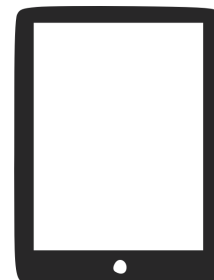
## Mabel & Jerry discover what really counts

We had a small group participate in our "Mabel & Jerry Watch Party" last June. This charming production by Steve Henderson (also starring Steve as "Jerry") is a long-running program that has done the rounds over many years at senior center picnics (perhaps in different versions). This time we got to watch it via video and Zoom together. Mabel and Jerry are two older adults who have been on a quest for the right romantic partner through many dating venues. After some mix-ups, they finally meet up. Although the two are very different on the surface: Jerry loves to appreciate "the little things" and keep life safe and easy while Mabel craves adventure; they both agree that what counts most is being together. As they put it, it's "all about the company."

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## Need A Tablet?

The COA is now in possession of one Samsung Tablet (returned to us). If you meet some general eligibility criteria and would like one, please contact **Amy Landau** at [WesthamptonCOA@comcast.net](mailto:WesthamptonCOA@comcast.net) or **(413) 203-9808**.





### Spring - Breaking Out Of Winter Habits

After a long winter, we might be inspired to make changes; consider a mental and physical tune-up. John Glenn wrote: “If there is one thing I’ve learned in my years on this planet, it’s that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest”.

**Watch for Allergies:** Websites and weather reports give predictions - untreated allergy problems can lead to breathing problems, sinus infections, and colds.

**Drink Lots of Water:** Dehydration can adversely affect memory, concentration, increase fatigue, and risk of falls.

**Put on Your Walking Shoes:** Benefits from this health-wise activity are controlling blood sugar, supporting bone & heart health and improving sleep. Get supportive and comfortable shoes.

**Schedule an Annual Physical Check-Up:** Get an eye and hearing exam, too.

### Senior Living Facts - A Different Reality

**“80 is the new 65”:** With innovations and focus on preventative care, we are living longer, more active and healthier lives. By 2040, the population of seniors 85+ is expected to triple from 5.7 million in 2011 to 14.1 million. The gender gap is also narrowing. The 2013 Population Reference Bureau reported: average man lives to 76.4 and woman to 81.2 years.

**Need for diverse elder care is skyrocketing:** The massive population of aging Boomers will cause an increase in the 65+ age group requiring nursing care from 1.3 million in 2010 to 2.3 million in 2030. This increasing need for health care and the longer lifespan is resulting in a greater need for diverse and patient-centered eldercare. Specialized eldercare is on the rise: Focus on Alzheimer’s disease and dementia points to the need for specialized care and dedicated support for patients and their families. The number of Americans living with Alzheimer’s will likely triple to 14 million by the year 2050.

**Seniors and families not preparing for long-term care:** The Family Caregiver Alliance reports “one in four people aged 45 and over are not at all prepared financially if suddenly they require long-term care for an indefinite time period”. 83% of family primary caregivers contribute financially during a long-term care situation: an average cost of \$8,800 out-of-pocket care expenses.

**Community and home-based care are on the rise:** With the steep cost of Skilled Nursing Facilities and a national focus on helping people stay in their homes as long as possible, it’s no surprise that home-based care is on the rise as a cost effective alternative. The Caregiver Alliance reveals that the “vast majority of elderly people receiving assistance (80%) live in private homes, not institutions”. Despite the trend toward community-based care, as opposed to institutional care, only 18% of long term care expenditures for the elderly are for community-based care. Be an advocate for home-based care; let your State & Federal officials know your tax spending priorities!

**Staying Active is the best preventative care:** To maintain good health and independence studies reveal that “seniors who do any amount of exercise appear to live longer and have a lower risk of disability”. Some people profess that walking, smiling & helping others top the list!

***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**



# Senior SAFE

Here comes the Fourth of July, released from most of the COVID restrictions! But along with July 4th celebrations are injuries from the use of fireworks. Every year children and adults are severely injured using illegal fireworks.

People of all ages lose fingers, hands and eyes because of the careless use of fireworks. Fireworks also cause structure and brush fires and keep firefighters, EMTS and police way too busy.

Even sparklers are very dangerous. Before putting one in the hands of your children or grandchildren, consider this: sparklers burn at 1200 degrees Fahrenheit. Water boils at 212 F, wood burns at 575 F, glass melts at 900 F. So don't put something that burns at 1200 degrees into the hands of anyone and risk severe 3rd degree burns or worse.

So, skip the trip out of state for purchasing fireworks that are illegal in our state; and enjoy the fireworks displays put on by licensed professionals.

Have a SAFE 4th,

--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

8-19-11



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**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!

## How DO they do it?

If you think of a scammer as being a professional – meaning that is what they do for an income, you can see why they get clever. How do they do what they do?

Well, there is the direct “just steal it” approach to assuming your identity. They lift your wallet and within half an hour make a new driver’s license and valid credit card. In my case, several years ago, they went to my credit union and took out \$5,000 in cash “for a funeral”. I filed a police report (so I wasn’t out any money) within an hour of knowing my wallet was gone, but the damage was done. They were never caught and my credit union was stiffed.

Then there is the “put together a puzzle” approach. They can steal your identify by assembling a puzzle. Say you post your birth date on social media, and then a photo saying here I am at my high school reunion! High school yearbooks are online for the reading. Scammers now probably know when and where your social security number was issued, and therefore can get your first five numbers.

“Games” on social media give them more clues, e.g., what was your first car, the name of your first pet? Where did you meet your spouse? These may be part of your various online security questions, giving the scammer more pieces of the puzzle.

The last four digits of your social security number are unique and random, which is why you really need to protect them. That may be the last piece of info the scammer needs to get you. Remember: they, he or she is a pro.

Carefully,

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

## July's Good News

By Deborah Hollingworth

I get a lot of questions from people saying they have trouble being able to afford their prescription drugs, so this month's good news is about possible ways to lower your costs, save money, or get your Rx free!

**1. Let's talk about generic Rx.** I refer to this as the "400 List" which is a list of about 400 generics the Walmart started offering about 10 years ago for \$4 a month or \$9 for a 90 day supply. Soon after Walmart began this program, Stop & Shop, Big Y, Price Chopper, Target, Walgreens, and most all major pharmacies began to do the same. NOTE: this does not lower your insurance co-pay, does not use your Rx insurance, but is a retail cost. You can check to see if your prescription is on the list, or ask your pharmacist.

**2. Diabetes medication.** Price Chopper and Walmart both have started programs to help patients who need diabetes medication. In addition, this year there were five Medicare D plans that drastically reduced the cost of some insulins. We expect this to continue. This option uses your Rx insurance and lowers the cost.

**3. The Rx Outreach Program** is a mail order program, not insurance. To qualify, your income must be less than \$47,960/ year, or less than \$67,640/ year if married. For more information, you can Google to learn what Rx are covered.

**4. Good Rx Coupons** are another option which you use instead of your insurance. You would need to Google to see what Rx have the largest discounts. It's a surprisingly extensive list.

**5. Co-pay Foundations** offer support for specific diseases that require expensive Rx.

**6. Free Trial offers.** Sometimes your doctor's office can give you free samples. Trial offers are also available from the drug manufacturer, especially for newer medications like Eliquis. Eliquis has a whopper co-pay if you are using your Medicare D plan insurance which most likely has a \$450 annual deductible. So initial refills of your medication can put a real crimp in your budget. Eliquis offers a free 30 day trial offer which you can download online.

**7. Which brings us to Manufacturers Patient Assistance Programs.** Bristol Myers-Squibb makes Eliquis. Their Patient Assistance Program will greatly reduce the cost if your income is less than \$38,640/ year or less than \$52,260/ year if married. You can download their application form online, provide income verification, have your doctor complete their portion and submit.

OK, that's 7 ways to reduce your cost.....how do you know that will work best for your situation? Thank heavens we have experts we can turn to for guidance.

The Pharmacy Outreach Program is a free information help line for Massachusetts residents. This is a non-profit program that I may have mentioned before in previous Good News columns. Run by the Massachusetts College of Pharmacies and the Executive Office of Elder Affairs, they are available M-F 8-5 at 866-633-1617. They can help with applications for the Manufacturers Patient Assistance programs. They know the pharmaceutical manufacturers and can help you determine which program will help with your Rx cost.

Another information resource is Needy Meds which you can learn about online, or call at 800-503-6897.

I can't say enough about these two resources in their ability to help you sort through the maze of what's out there for your particular situation. The take-away today is: if your income is limited to the guidelines mentioned above (programs don't ask about assets) there is probably help available to reduce the cost of your Rx.

## Need Help With Your Housing Repairs?

Hilltown CDC received funding for the FY20 Housing Rehab Program for the towns of **Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg and Worthington**, and we're currently applying for the FY21 grant that may include the following communities: Chesterfield, Cummington, Goshen, Peru, Plainfield, Westhampton, Williamsburg, and Worthington. Homeowners who live in these towns are encouraged to apply now if you need help with your housing repairs.



Listed below is the work that can be performed under the Housing Rehab Program:

Siding ~ Roofs and Chimneys ~ Windows and Doors  
~ Floor Joists ~ Flooring ~ Insulation  
Walls ~ Ceilings ~ Handicap Accessibility Work  
Septic Systems and Sewer Tie-in's ~ Plumbing and  
Electrical Updates ~ Wells, Pumps, and Hot Water  
Tanks ~ Porches, Decks, and Stairs ~  
Lead Paint Removal ~ Asbestos Removal

These are **NO Interest/NO payment loans** which may be entirely forgiven, and all work is completed by a licensed contractor of your choice. Please don't delay, funding is available, and you may be surprised to find out you qualify! Please contact Paula Bilodeau, Program Manager, at **(413) 296-4536, ext. 123** or email **paulab@hilltowncdc.org** for an application.

### Household Income Guidelines/Limits:

Household Size	Maximum Gross Annual Income
1	\$47,850
2	\$54,650
3	\$61,500
4	\$68,300
5	\$73,800
6	\$79,250
7	\$84,700

*Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.*

## On the Road Again..



### Francine Frenier teams up with area COA Trip Planners

Here is a brief outline of future bus trips for 2021. Please know nothing is written in stone and things can change. Some trips are originating from the Southamptton Council on Aging, but Francine will be the contact person for all trips mentioned below. All trips include taxes and tips.

If you would like to share your email address with Francine so we can keep in touch, please send a short message to [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com) or call 413-296-4291. Please make your interest known 4-6 weeks prior to the trips so plans can be confirmed.

- ⇒ **October 8-18.** 11 day bus trip to **Colorado Springs**. Sit back & relax and enjoy the beautiful scenery. Activities almost every day. Many meals included. \$1,190 due 7/15. Only 6 seats left.
- ⇒ **July 27.** Visit **York Village**, southern gateway to Maine and stop at Nubble Lighthouse, Down East Clambake @ Fosters, shop at Kittery Outlets -\$94 due NOW.
- ⇒ **September TBD.** Big E, date to be determined, \$12 for Chesterfield residents, \$15 for out of towners. An interest list is needed prior to more planning. Please contact Francine by July 31. Door to door service, two pickup locations, no parking fee, driver tip included.
- ⇒ **August 17.** **Indian Princess Mississippi River Paddlewheel boat ride** on Lake Chaubunagungamaug in Webster, MA. Lunch choice aboard ship, shopping at Graf-ton Country Store - \$83.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$67.
- ⇒ **October 19.** **Green Mountain Flyer Vermont** scenic fall train ride with lunch at New England House, stop at Vermont Country Store - \$90.
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$133 *if paid in full by 9/30/21 Seating is limited.*
- ⇒ **December 9.** Pizza & Salad early dinner prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.



### Save the Date:

#### ***Freida's Song***

**Meet the Author: Ellen Prentiss Campbell**

**Sunday, August 1st at 4pm**

**Chesterfield Community Center  
400 Main Rd.**

Ellen Prentiss Campbell is the author of the novel *The Bowl with Gold Seams* (2016, winner of the Indie Excellence Award for Historical Fiction) and the short story collections *Known By Heart* (2020) and *Contents Under Pressure* (2016, nominated for the National Book Award). Ellen spoke to us in 2016 about writing her first novel and will come to Chesterfield to talk about her new book.



*Frieda's Song*, a work of historical fiction, is inspired by the life of renowned psychiatrist Frieda Fromm-Reichmann. Fleeing Nazi Germany in 1935, she came to the Chestnut Lodge Sanatorium in Rockville, Maryland. She practiced there for the rest of her life, establishing the Lodge's reputation for innovative treatment of mental illness. Fromm-Reichmann lived next door to the hospital in her custom-built home, Frieda's Cottage, dying there under mysterious circumstances in 1957. The Lodge closed in 2001; several years later fire destroyed the abandoned hospital building. Frieda's Cottage survived. Campbell explores the dual mysteries of Frieda's death and the destruction of the Lodge. The novel spans seventy years and is told by Frieda; current-day psychotherapist Eliza Kline; and Eliza's teenage son Nick. The story explores the tension between love and work, the strength and limits of relationship, and what healers must do to heal themselves. Rich in detail of time and place, *Frieda's Song* is a dramatic tale of the way history and chance, and the work and people we love, shape our lives—and how the past is always present, haunting us.

Mark your calendars to join us on **Sunday, August 1, at 4PM** in welcoming Ellen to Chesterfield again. Light refreshments will be served. *Copies of Frieda's Song are available to borrow from The Chesterfield Public Library.*

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

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**Westhampton  
Council on Aging**

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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.**

**General Contractors**

***Are you are interested in steady, local work?***

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by the Community Development Block Grant. We recently received funding for the FY20 Housing Rehab Program with an anticipated 18 projects. In addition, we're in the process of applying for the FY21 grant for another anticipated 18 projects.

Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Westhampton, Williamsburg, and Worthington with an average project cost of \$35,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

**GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workmen's Compensation insurance (if applicable) is required.**

*HCDC is an EEO/Section 3 Employer.  
Women & minorities are encouraged to apply.*

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org).

**Last Chance:**

**Two ways to stretch your food budget**

Something for everyone: You can use the program by signing up for an affordable Hilltown Community Farm Share, use your SNAP, HIP, WIC, and Senior FMNP Coupons or pay on your own but still benefit from a sliding scale. It's also possible to purchase great veggies at regular, affordable prices and shop locally and support the program at the same time.

For more information, visit **[hilltownmobilemarket.info](http://hilltownmobilemarket.info)** or contact **Seva Water** at **[sevat@hilltowncdc.org](mailto:sevat@hilltowncdc.org)** or **413-824-1840**

**July 22-October 8, 2021**

The **Hilltown Mobile Market** is back for a third season this summer and fall. Come and get your Hilltown-grown lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit and debit. The market is supported by Healthy Hampshire, Hilltown Community Development and the Hilltown Community Health Center.

