

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



August 2021

COA Events

Thurs., September 9 at Noon – Save the Date!

COA Luncheon (Tentative)

In keeping with tradition, the Westhampton COA will not be hosting any events for the month of August. However, the COA Board, Coordinator and Friends have begun to discuss plans for an actual in-person luncheon after over one year of social distancing. This will definitely be a momentous occasion, we know, and something we've all missed deeply. We are currently working on the details: on whether this will be the traditional potluck of the past or possibly a pizza lunch we provide, but rest assured that we are working on it and we hope you will save the date. As usual the luncheon would be held in the Church basement. We won't have a presenter or program since the main draw for this event will simply be getting together and seeing one another's faces!



Also notice that we will be holding this event on the 2nd Thursday, NOT the first, in order to ensure that this newsletter is received in time so that you will have the details. Should you wear a mask when not eating? This is up to you and everyone's decisions will be respected. We do know that our area has a high rate of vaccination and particularly among older adults, so this is reassuring. We will also be keeping track of the news as we approach the date to make sure that such a gathering is safe.

For any questions, **contact Amy Landau at WesthamptonCOA@comcast.net** or leave a message at **(413) 203-9808** and I will call you back!

Cardio/Strength Classes Available via ZOOM to Westhampton Residents

Joan Griswold, who presented to Westhampton folks in the past on cooking and nutrition, is teaching in-person Cardio/Strength classes in both Chesterfield and Goshen on Wednesdays and Fridays at 10am. Her classes are also available to older adults in Westhampton via Zoom. Joan would like any interested people to contact her directly PRIOR to joining a class so she can better understand their health challenges. She does one-on-one sessions with people first. Contact **Joan Griswold** directly for more info on the classes at: **Joan@bybhealth.com** or **(413) 537-8337**.

August Library Events:

*Library Hours can be found at:
westhampton-ma.com/westhampton-public-library*

**No appointment is necessary for in-person browsing.*

Visitors to all town buildings, including the library, are required to wear face masks indoors.

This is in order to protect our youngest readers and other vulnerable populations against COVID-19. Thank you for your help and cooperation.

Summer Reading for All Ages!

June 26 to August 14

It's not too late to register for summer reading. *And*, in addition to being entered to win a gift card to Thorne's Marketplace, we'll award a gift card for a sundae at Mount Tom's for our top adult reader. To register: send an email to Emily at **ewayne@cwmar.org** with your name and choice of team, Cats or Dogs, or stop by the library to fill out a paper form.



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

August Art Exhibit - Coming Out of COVID

View a wonderful exhibit of works done by The Hilltown Plein Air Painters. The group was able to paint outside during COVID at local conservation areas and other scenic settings. Paintings were also done from past travels and from personal inspirations during quarantine. The exhibit represents the impact of the pandemic and that the creative process and support from the group members continued to nourish and strengthen the artists despite the challenges of the pandemic.

Understanding Your Cat

An online program with Cat Behaviorist Rachel S. Geller, Ed.D.

Wednesday August 18 at 7PM

Calling all cat lovers! Do you want to understand why your cats do certain things? Based in Newton, MA, Rachel S. Geller, Ed.D. advises you on how to resolve your cat's behavioral and emotional problems. Please email westhampton@cwmares.org to register and receive a Zoom link.



Book Group

Tuesday August 24 at 7PM

The Book Group will meet in person at the library. Our August title is TBD. Book Group meets once a month and is open to new members.

Westhampton Connects – A Woven Fabric!

Westhampton Connects is eager to invite the residents of our wonderful town to participate in our Loom project and Art Walk at the Westhampton Library. However, it has come to our attention that this summer, especially following the lifted restrictions from Covid-19, that many of our residents have been busy making up for lost summertime fun. As they SHOULD! And with respect to this, we have decided to postpone the project until September.

Following the same schedule as we have noted before, we will open the Loom up for weaving starting on Saturday, September 18th through the following weekend. On Saturday and Sunday September 25th and 26th from 10 a.m. until 2 p.m., we will be opening the Art Walk exhibit for all of Westhampton's friends and families. We are looking forward to seeing your artwork on display: It can be a painting, drawing, sculpture, poem, fiber or cloth art; something that shows YOUR connection to Westhampton!

As before, here is how you can participate:

1. Contact **Jessica 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 Jessca or Robby by September 11th.

4. Tell your friends and family to join you at the Art Walk on September 24th and 25th, 10 am-2 pm.

We hope you all enjoy a wonderful and safe summer but please stay tuned as we will be adding information monthly to any and all Westhampton based communication forums.

COA Articles:

Farmer's Market Coupons Available

We anticipate that we will receive six farmer's market coupons from the state of Massachusetts through Highland Valley Elder Services available for income-eligible or other qualifying Westhampton residents age 60 and over. The coupons are worth about \$20 and can be used at participating farmer's markets in or near Westhampton.

If you are interested in obtaining coupons, please **contact Amy Landau at WesthamptonCOA@comcast.net** or leave a message at **(413) 203-9808**.

COA Board Members Still Needed!

VOLUNTEER



The Council on Aging is still seeking new board members. This volunteer position mostly 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:
WesthamptonCOA@comcast.net or
(413) 203-9808 for questions and COA Board meeting details.

A Message from the Westhampton COA Hikers



Westhampton COA Hikers at the Greenberg Family Conservation Area on June 17

On Thursday, June 17 the Westhampton COA Hikers visited an old friend, hiking at the bucolic splendor of the Greenberg Family Conservation Area in central Westhampton. It was a relaxing and refreshing hike on a beautiful late spring day - past the Gathering Circle, and up and down and up the Overlook Trail, descending to and following the burbling Sodom Brook on the Brookside Trail, then back up to the top of the landscape via the Tulip Tree Trail. A very pleasant hike on a very pleasant day with old and new friends enjoying camaraderie and conversation.

After a brief hiatus, we plan to resume hikes in mid to late August and 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 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.

What Now?

By Colleen Basile

Now that the pandemic is on the decline, people are getting vaccinated and things are opening up, what should one do? Are you ready to go to the movies, back to church or out to eat? Now I think we will find out how the pandemic has affected us.

For me, getting vaccinated was such a relief. I felt like a huge level of stress had been taken away. I was in South Carolina for the winter and was able to get vaccinated there. Things were a little more relaxed there as the weather is warmer and there is more opportunity for outside activities. But I did not jump right back into socializing: that's for sure. Caution was exercised and I was still home a lot. I decided that when I got home at the end of April I would go back to church and start volunteering again at my church thrift shop and I did. I

have been meeting friends for lunch and the two knitting groups I am in are meeting again. But in the back of my mind, Covid is lurking. I am happy to wear my mask if required but ever so happy not to wear it. I am more vigilant in my hand washing and I don't see that stopping. I truly appreciate being able to have my family over for dinner or just running errands at a leisurely pace. However I do not leave home without a list and I still try to group everything in one day. I am making a real effort to not fill up every day with outside activities because I love staying home.

I know one thing the pandemic taught me and that is to appreciate the little things in life because there is always something to be thankful for.

A Community of Readers - Judee Wayne

Warning: library enthusiast here. Where else in this world can you shop without any thought at all to the cost, or the limit (50 is a big limit), or even if you will really like it when you try it on at home? You can totally splurge at your library with no risk because it doesn't cost a thing and you are going to bring it back anyway after you've used it. I highly recommend taking full advantage of this wonderful place to splurge freely.

Not surprisingly, the first volunteer "job" I took on when I retired in 2020 was at our Westhampton Library. Every shift is a treasure hunt. Shelving returned books/movies and pulling titles for requests always reveals something exciting hidden in the stacks. I am a non-fiction reader and some gems I've uncovered include "Adirondack Passage" by Christine Jerome, a colorful and well researched history full of local characters; "The Natural Laws of Good Luck" by Ellen Graf, her insightful story of her cross-cultural marriage; "A Supremely Bad Idea" by Luke Dempsey, a not-so-serious account of adventures of some very serious birders. I could go on and on



"They think they're accidents."



TRIAD COUNCIL

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

Let's Tweak The Kinks!

About 6 million adults over 50 in the U.S. live with chronic lower back pain. Research has shown as we age, we start to lose fluids in our discs. As we lose fluid, the discs tend to collapse, we get stiffer, and the risk of injury becomes greater.

Many lifestyle habits raise our risk. We know when we have done too much gardening or lifting, but here are a few other culprits that can contribute to back pain.

- **Uninterrupted sitting.** Too much sitting is not good for our health; it also contributes to back pain. Research at John Hopkins School of Medicine shows if you're sitting for a period of time, your joints aren't being used, and immobility in that nerve-dense area can begin what's known as the pain-spasm-pain cycle. Skeletal muscle spasm causes pain in your spine and can extend to your hips and sacroiliac joints. A study showed prolonged sitting at sedentary jobs for as little as four hours resulted in disc degeneration. Cut that time in half, get up for five minutes of stretching, then return. Keep moving!
- **Your mattress.** If you are floating on a cushy giant marshmallow when you go to bed, it may feel good, but its not good for your back. If it is old or plush, your body sinks down, getting less support for the spine. The best type is a medium-firm mattress.
- **Stress.** It wreaks havoc on all parts of our body; it can also put the squeeze on the muscles around your spine. We carry it in the neck and shoulder area, but it can cause pain to travel down the back. Chronic stress can set off an inflammatory process that opens up the floodgates for pain throughout the body. A cycle can occur: "If you're stressed, you may not be active. If you're less active, you may have pain, and if you have pain, you're stressed out". Release those endorphins by going for a long walk, a short run, or stretching; it can take the edge off.
- **Uneven soles.** Even wearing sensible shoes can change your gait and lead to back pain if the soles are uneven and you've worn them too long. It's like your mattress, you need support while lying flat; you equally need support while being upright. Look for shoes with soles that provide medium firmness and provide proper arch support. If they are too soft, that invites instability. The nerve endings in our feet provide a sense of balance, but our nerve endings aren't going to know how to provide support in a too-soft shoe.

Forgotten Home Maintenance

Caring for our environment begins at home and educating kids. Just a reminder: Check what year you had your septic tank pumped and your well water tested. Remind family members how a septic system works and what things can NOT be put down your drains. George Elliot said, "Consequences are unpyiting".



***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

THE ANGEL PARK CONCERT SERIES 2021

Angel Park in Williamsburg Center
Wednesday Evenings • 6pm to 7:30pm
July 7th through August 18th

- Louise Mosrie - July 7th
- Katie Clarke and Larry Leblanc - July 14th
- Annie Guthrie - July 21st
- The Group DeVille Trio - July 28th
- Tom Shields and Barely Standing - Aug. 4th
- Lonesome Brothers - August 11th
- Christa Joy and the Honeybees - August 18th

Please join us for seven wonderful evenings of entertainment!

Sponsored by Florence Savings Bank,
The Williamsburg and Massachusetts Cultural Councils,
and contributions from area music lovers.



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 WE do it?

So how and why do we fall victim to these scammers? We're thinking adults, not inexperienced children. What goes wrong for us?

Well, when we lose our wallet, we may lose the carefully stored Social Security card and vaccination card. We might even lose our Medicare card that allows a scammer to hack our account and ruin our medical reputation. (No, I don't expect you to memorize that entire number. But you can make a copy of the card, cut it to shape, block out four characters, and memorize them. You shouldn't need the full number until you go to a new medical provider.) I should note - now that our SSN is not our Medicare number, this is not as large an issue as it used to be.

We enjoy posting online and playing social media games, playing with known friends, and we let our guard down. We tend to forget that someone besides our good friends may be watching the screen and picking up answers to our security questions or otherwise adding to the online profile they are generating. We also may still have an inclination to pick up the phone when it rings, whether or not we know the caller.

Then there's the collection of poor passwords we have. What's that? You only have ONE password?! Yikes! Watch for a password note in this newsletter next month.

One final thought for now. As we age, we lose some ability to feel doubt or to assess risk. We show increased optimism and positivity, and are more likely to assess someone as trustworthy based on a face or voice quality. We miss the warning signs. What to do about that? All I can say right now is "Let's be careful out there!" Thanks, Sgt Esterhaus of NYPD Blue.

Again, carefully,

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

August's Good News

By Deborah Hollingworth

The good news this month is about housing options. From time to time AARP does surveys asking older adults where they prefer to live. The answer never changes, 85%-90% of us want to stay in our own homes for as long as possible. (And sometimes longer). Being able to do that depends on our keeping fit, not developing any medical conditions that limit our ability to take care of ourselves.....and having enough retirement income to keep up with increases in the cost of our household overhead. Property taxes, homeowners insurance and utility costs are never going to go down, so this can be a challenge if we have changes in our income, from a loss of life partner, or we outlive our assets.

If we have to consider moving, leaving our home, the best strategy is to move to a place where we will be able to stay regardless of how infirm we become or regardless of our shrinking financial resources.

So what are the possibilities?

There are many aspects of planning for future housing, but today we'll focus on Assisted Living facilities. First, let's dispel some myths. Assisted Living is



not a nursing home. Far from it. I describe it like "a cruise ship that never leaves the dock". Meals, housekeeping and if needed, help with personal care and Rx management. In addition, most ALFs have a myriad of activities that include arts, crafts, music, day trips, book clubs and exercise classes. In fact, socialization is often the most important aspect of assisted living residences. Next myth, ALFs are only for people with significant financial resources, "I could never afford it". If you calculate what your monthly household overhead is...and then realize that when you move to an ALF you no longer have property taxes, utility bills, homeowners insurance, and home repairs...then the monthly rent begins to sound more reasonable. Still, rent at an ALF can range between \$3,000-\$5,000 per month depending on what kind of support services you need.

How is this affordable? Many people sell their homes when they move to an ALF and use the proceeds from the sale to pay their rent for a couple years. If you are planning ahead, it's a good idea to know about ALFs that have rent subsidy programs for low income residents who exhaust their assets. We are fortunate to have several in

our area: The Arbors Assisted Living residences in Westfield, Chicopee, Greenfield, and Amherst, Landmark at Monastery Heights in West Springfield, Heritage Hall in Westfield to name a few. To get more information about the possibility of your moving to an Assisted Living, you can call Highland Valley, LifePath, WestMass Elder Care, or Greater Springfield Senior Services and ask for their Information department, who should be able to refer you to an Options Counselor to talk about your situation and possible housing options.

Wanted: Part Time Administrative Assistant Chesterfield Council on Aging

Position responsibilities include preparing schedules and documents, assistance with office functions and services to older adults. Flexible hours available for 5 hrs/week at \$18 hr. Great position for someone looking to balance work and family life. Preference is for someone with experience and background working with older people in service or business settings. The goal is to have someone join the team who likes working with older adults, is goal-oriented, interested in learning new skills and working in a welcoming environment. Send letter of application to Jan Gibeau, Director of Council on Aging, Box 7, Chesterfield MA 01012.

Farmers' Market Coupons



Farmers' Market Coupons are available through your town's COA. Each booklet contains \$25 worth of coupons that can be used at various local farmers' markets.

The eligibility criteria are:

- ⇒ 60 years old
- ⇒ household income at or below 185% of the federal poverty level
- ⇒ disabled, under the age of 60, live in elder housing and receive nutrition program benefits and income at or below 185% of the federal poverty level.
- ⇒ For a household of one, 185% of the federal poverty level is \$23,828 per year. For a household of two, it is \$32,227 per year.

If you are interested, contact your town's COA.

On the Road Again..



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 Southampton Council on Aging, but Francine will be the contact person for all trips mentioned below. All trips include taxes and tips.

The Chesterfield COA is offering a \$20 refund on any non-sponsored Chesterfield trips listed here (*) to folks 60 years of age and older.

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 or call 413-296-4291. Please make your interest known 4-6 weeks prior to the trips so plans can be confirmed.

- ⇒ **September 20.** Big E, \$12 for Chesterfield residents, \$15 for out of towners. Entertainment: Rainer Martin in ***The Donna Summer Experience***. Door to door service, 2 pickup locations COA & Elks Lots, no parking fee, driver tip included. Payment due by September 1st.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$67 due by August 10th.*
- ⇒ **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 **now**. Only 4 seats left.*
- ⇒ **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 lunch prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.*



Part Time Work Available: Hilltown Elder Network (HEN Program)

Help Williamsburg area elders with housework, occasional transportation to appointments, and various household chores.

Call Fran Goebel: 413-268-7411

\$15.00 per hour

A Hilltown CDC Program

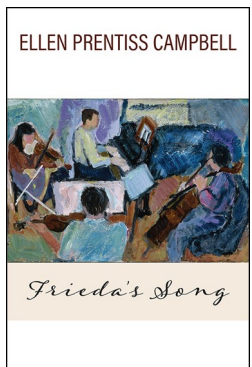
Friends of the Chesterfield Library presents

**Author Ellen Prentiss Campbell in-person
for a discussion of her new novel
FRIEDA'S SONG**

Sunday, August 1st at 4pm

**Chesterfield Community Center
400 Main Rd.**

Join us as author Ellen Prentiss Campbell discusses her new novel *Frieda's Song*, inspired by the life and work of renowned psychiatrist Frieda Fromm-Reichmann who fled Nazi Germany in 1935 and lived and worked at the Lodge in Rockville, Maryland, establishing its reputation for innovative treatment of mental illness, dying in her custom-built cottage on the grounds in 1957.



Campbell's riveting novel explores the lives of the remarkable Frieda Fromm-Reichmann and current day psychotherapist Eliza Kline who—decades after Frieda's death—lives in the Cottage. Eliza, a struggling clinician and single mother, seeks inspiration in Frieda's work and finds surprising ways Frieda still inhabits the Cottage. The novel is a tale of how history and chance, and the work and people we love, shape our lives—and how the past remains present.

Campbell, a Smith College alum and award-winning author of the historical novel *The Bowl with Gold Seams*, worked as a psychotherapist in Rockville for many years. She lived so close to the Lodge she awoke to the smell of smoke the day the hospital, empty for several years, burned to the ground. Frieda's Cottage survived the blaze and has been recently restored and designated a National Historic Landmark. For more about *Frieda's Song* and Ellen Prentiss Campbell, visit www.ellencampbell.net

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

Monday, Sept. 13th 1-3pm at the Chesterfield Community Center

Peg Whalen presents: iPhone Workshop

Want to catch up with your grandchildren who tell you using an iPhone is simple and easy? The fact is, figuring how to use all of the features of an iPhone is often not obvious at all. Join us at the workshop, hang out with friends and have fun "learning the ropes".

- Understand some basics of getting your phone to do what you want it to do.
- Learn things you have been told it can do but you have not figured out how.
- Understand your phone enough to feel comfortable with using it for new tasks and activities.
- Understand what you should be wary of.
- Identify ways to find out more about your phone

Some of the issues to be covered include how to:

- Get your pictures off your phone and onto your computer.
- Use it as a flashlight, compass or level.
- Set it up for printing to a wireless printer.
- Find and install apps.
- Determine whether you can use it for banking, bill paying, accessing medical records and reaching your doctor's office or pharmacy.



Interested in attending?

Please call the Chesterfield COA, **413-296-4007**, or send an email to **coa@townofchesterfieldma.com** to register by August 30th. It would be helpful to include information about how long you have used a cell phone, what make and model of cell/smart phone you currently have, and what questions you would like answered. Can't join us but want to learn more? If you can't attend this workshop on the scheduled date and time but would be interested if it is repeated in the future, let us know. This information will help us determine whether additional workshops should be scheduled.

** Please note: This workshop will not cover how to troubleshoot an ongoing problem with your phone or how to fix broken parts of your phone.*