

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



September 2021

### COA Events & Programs

**Sarah the Fiddler**  
**Outdoors at the Westhampton Library**  
**Thurs. Sept. 9<sup>th</sup> at Noon!**

Everyone loved the last outdoor concert so much that we have decided to hold another one while the weather is still warm! So rather than doing an indoor luncheon at the church as mentioned in the previous newsletter (which doesn't seem wise given the current Covid situation) we are sticking to the great outdoors. The COA Coordinator is also working on some kind of free first-come/ first-serve lunches to distribute, possibly in conjunction with the Friends of COA. So be sure to arrive on time and with a folding chair (if not, the library also has some) and stake out your spot under the shade of a lovely tree behind the library. (Also bring a mask in case you need to enter the library to use the bathroom).



Now, about our celebrated performer, Sarah the Fiddler: here's a quote from her website: "The moment her bow touches the strings, Sarah's passion for music is evident. Combining her influences of classical, bluegrass, and Celtic music to create a unique style and sound. Sarah has performed with numerous orchestras, bands, and theater groups and is currently performing at an event near you."

Rain date: Thurs. 9/23/21. Questions?

**Contact Amy Landau at**  
**WesthamptonCOA@comcast.net** or leave a  
message at **(413) 203-9808**.

### **Chair Yoga – Now on Wednesdays at 10 AM**

Renee Rix will continue to teach Chair Yoga starting on **Wed. Sept. 15<sup>th</sup>**. (There MAY be a class on Sept. 8<sup>th</sup>. To find out about 9/8, contact Renee at: [Reneerix63@gmail.com](mailto:Reneerix63@gmail.com)). The location at the time of this writing is TBD. It will either be by the church as before or at the Westhampton Woods Community Room (outdoors at either location, weather/space dependent). The COA Coordinator will email everyone on the COA list with those details once they are determined. Or contact **Amy Landau** at [WesthamptonCOA@comcast.net](mailto:WesthamptonCOA@comcast.net) or leave a message at **(413) 203-9808**. As always, any unvaccinated people are strongly encouraged to wear masks indoors, in keeping with CDC guidelines. Other participants may mask if they choose.

### **September Breakfast**

Summer may be officially over in September, but we are hoping nice weather continues for a long while! Let's meet again outside the Library at **9:00 AM on Friday, September 17<sup>th</sup>**. Bring your beverage. Snack/coffee cake will be provided. No rain date. If you don't already get emails or if you don't use email, please contact **Julia Lennen - 413-537-9880** or [jslennen@gmail.com](mailto:jslennen@gmail.com) to get a weather update.



### **Computer Class Resumes with Bob Miller**

Computer Class is expected to resume this month but starting on **Mon. Sept 27<sup>th</sup>** (10AM to Noon). Bob says that as long as there is not a big surge in the virus, he plans to proceed with classes at the Library as in the past. Classes will be the

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

same schedule as before; the second and fourth Monday of the month. Bob needs to start class on the fourth Monday of this month however, because of a previous commitment. To confirm class is on, contact **Amy Landau** at **WesthamptonCOA@comcast.net** or leave a message at **(413) 203-9808** with your phone number.

### September Library Events

Hours: Mon & Thu 2pm-8pm;  
Tue & Wed 9am-12pm & 1pm-5pm;  
Sat 10am - 1pm

*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.*

*Holiday Closings - September 6 Labor Day*

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### **CE Whiting, Thankful - Artist's Reception** *Saturday September 11 at 2PM*

CE Whiting, Thankful. Acrylic paintings from 2020-2021, features local scenes and landscapes. "My hope is that these paintings will nourish people's hearts after the ordeal of the last year and a half." The show will also include some dog portraits from "For the Love of Dogs," which was cancelled in early 2020 due to pandemic restrictions.

### **Bagshare Community Sew** *Thursday September 23 at 6PM*



Join us for an intergenerational sew-in to create bags to be used by Westhampton Public Library patrons. The Bagshare Project is committed to the principle of Zero Waste. Bags are made entirely of scrap fabric. Sewers of all skill levels are welcome! \*We are looking for additional sewing machines to loan for this program.

### **Book Group** *Tuesday September 28 at 7PM*

Book Group will meet in person at the library. Our September book is *Blue Desert* by local author Celia Jeffries. Book Group meets once a month and is open to new members.

### **Author Talk - Celia Jeffries** *Thursday September 30 at 7PM*



Meet local author, editor and teacher Celia Jeffries, and hear her read from her new book - *Blue Desert* - the story of Alice George, a headstrong young British woman, and her life among the Tuarreg, a tribe of nomadic warriors. Hester Kaplan, author of *The Tell*, writes of *Blue Desert* - "Crossing continents, cultures, and history, this

story of one woman's ordeal and renewal is filled with hope and generosity". Please register at **westhampton@cw mars.org**.

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### COA Articles

#### **ATTENTION: Monthly COA Gatherings are now on the 2nd THURSDAY!**

Since the monthly newsletter often arrives very close to the first Thursday of every month, we decided it would make sense to change the monthly COA events (what used to be the COA Luncheon at the Church) to the **SECOND THURSDAY** of each month instead. That way you will have time to receive the newsletter each month and plan ahead to attend the event. So mark your calendars for the 2nd Thursday of each month from now on!

#### **Want to join the COA Email List?**

If you are on the list, you will receive reminders and updates on our monthly COA event and sometimes other communications. Contact Amy Landau at **WesthamptonCOA@comcast.net** or call to leave a message with your email at: **(413) 203-9808**.

#### **SAVE THE DATE: Sunday, October 17th - FALL FESTIVAL**

The Fall Festival will take place from 10AM – 7PM at the Town Center. Woodsmen Show, bonfire, antique vehicles, animals, farm demos and a variety of fun activities/games are anticipated.



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### **A Message from the Westhampton COA Hikers**



*Westhampton COA Hikers off of Turkey Hill Road in Westhampton on July 31. What a wonderful day!*

On Saturday, July 31 the WCOA Hikers hiked old Turkey Hill Road in Westhampton, a long-lost main route from Northampton. Along for the hike was Tom Martin, who graciously permitted us to park our cars at his farm at the drivable end of Turkey Hill Road. As we hiked Tom gave insights about the history and geography of the area. Ulti-

mately we did a loop to Hooker Road and back to Turkey Hill Road. It was a beautiful day in the 80's with sunshine and low humidity.

As summer winds down, the Westhampton COA Hikers plan to continue hiking throughout the rest of the season into the fall months with a variety of hikes over 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.



Wooden display box made by Robert Jasionkowski

It is always a good time to walk – or hike – in Westhampton. Now there is a new full-color map, Westhampton Walks, to introduce you and your family to routes and loops that would be easy for first-time walkers, older adults, families, and people with disabilities. Featuring dirt roads and roads with wide shoulders helps the walks be more accessible to a wider range of people. Additionally, several of our better-marked hiking trails are also included. The brochures highlight community destinations and historical markers.

The project was a team effort, spearheaded by the Collaborative for Educational Services (CES), on behalf of Healthy Hampshire, with funding through the MA Attorney General's Office and GIS support from the Pioneer Valley Planning Commission. Volunteers from Westhampton Connects! and the community worked together to select a variety of walking options – considering all types of walkers, parking, and possible obstacles.

The maps are available at the Library. Links to the maps can be found on the CES website: **[www.healthyhampshire.org/our-communities/hilltowns](http://www.healthyhampshire.org/our-communities/hilltowns)**.

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### A Woven Fabric - What Connects You to Westhampton

Mark your calendars! In just a few short weeks Westhampton Connects will set the Loom up in front of the town library for weaving on **Saturday, September 18th**. The Loom will remain in place through the following weekend so that you may stop by and add your materials. (You may bring your own material for weaving or use the donated materials provided. These include yarn, ribbon, cloth, grasses, and other found objects!) The following **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 friends and families to enjoy.

We are quickly approaching 20 submissions, from photographs and paintings, to quilting and poetry and even a short book! All ages and skill levels are encouraged to participate. This includes children, adults and seniors. We want all to appreciate the spectrum of age and creativity that blooms here in 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](mailto: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 Jessica 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.

Hope to see you there!

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### "Westhampton Walk" Map Now Available at the Library

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### A Community of Readers - William (Bill) Randolph

Books that take you on a journey of the human experience: *The Sound of Gravel* by Ruth Warine describes what it was like to grow up in a polygamist Mormon cult-like community in rural Mexico, where authorities looked the other way. Her father conceived 44 children and survival was a way of life. *The Honey Bus* by Meridith May is set in beautiful Carmel, California in the 1960s. Her mother suffered from mental illness and the author went to live with her gentle, beekeeping grandfather. Lessons from the bees show her a path to healing. *This is Happiness* by Niall Williams retells what it was like to grow up in rural Ireland in the 1950s, when his town was to receive electricity for the first time, but many in town were content with a simpler way of life. *The Way Home: Tales from a Life without Technology* by Mark Boyle. The author gives up all forms of technology and modern living in an attempt to deepen his connection with himself, nature, and his rural community.

*Thank you...thank you....thank you Westhampton Public Library for the endless smiles and books that inspire.*



## 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 4 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 it's 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 unpitying".



***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



September is here; and that means that the local schools are opening up, and with them, school buses will be on the road mornings and afternoons. Why do I bring this up in the Senior SAFE column?

Every week somewhere in our state people are driving past school buses with their red lights blinking; some people run through the amber warning lights on school buses like they do trying to beat getting caught in a red light. That is not you, is it?

'Tis the season to be on the lookout for the school buses that stop on the roads in your community. Ambulances and fire trucks are not allowed to pass a school bus showing its red lights. Kids' lives are at stake.

Have a SAFE end of summer.

--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

9-21-11



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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](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!

## Passwords!

I did warn you last time this was coming... these irritating strings of letters and numbers and symbols are part of life that we didn't used to have to deal with, but, boy howdy, they are here now! And the more careful we are with them to be safe, the more work it is. Passwords and passcodes open our computer and phone and let us into our financial and life management web pages. It is tempting to use a simple password and always the same one, but that makes access to your information much easier for the hackers and scammers. What to do?

First, set up different passwords for different access, e.g., the bank has one and your insurance company has another, social media still another. Second, avoid the most obvious passwords such as any of your personal information, favorite pet, abc123, the word "Password". There are lists of the top 50 passwords to avoid. Hint – those lists are part of the computer program the scammers run to figure you out.

Third, add some difficulty for the schmuck trying to get into your accounts. One way is to use a sentence in abbreviated form. Example: Gmtvborc! MyPrahgia4s. Translation: Grandma made the very best oatmeal raisin cookies! My Parents raised a huge garden in all 4 seasons. Note to any scammer reading this – while these sentences are true for me, I am NOT using them as passwords!

There may be improved password management options for us in the future, but we need to be proactive now. Please check your passwords.

Still Again, Carefully,

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

## September's Good News

By Deborah Hollingworth

I think sometimes we forget that because we are Massachusetts residents, we have access to affordable health insurance. If you are under 65, not eligible for Medicare, and have limited income, then you can enroll in a subsidized health insurance plan through the Massachusetts Connector. If you are 65 or older, and eligible for Medicare, you can enroll in a Medicare plan that will cover our Rx, hospitalizations and other medical services.

**Let's talk about the Connector.** You can check this out online. Just Google: Massachusetts Health Connector. Connector plans monthly premium costs are on a sliding fee scale, pegged to your income. Eligibility requirements do not count assets. This has been particularly helpful this past year with several callers asking what they can do for insurance if they decide to quit working, or reduce their employment hours to the point where they wouldn't have insurance coverage. In Massachusetts, we do not have to wait until we are 65 to retire and get Medicare for health insurance. We can choose to give up our employment, check out the Connector Marketplace and enroll in a Connector plan. Because it's based on your earnings, your plan will be affordable. Check with your doctor's office to see which Connector plan they bill.

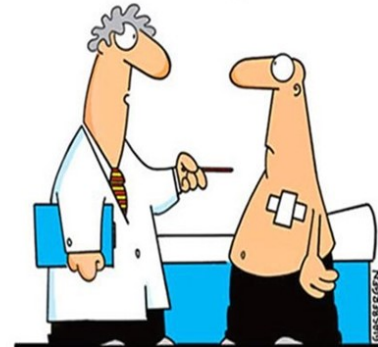
**Let's talk about Medicare.** If you are 65 or older, and have paid into social security for 40 quarters (10 years) you will be eligible for Medicare. If you are 65 or older and haven't paid into social security, but are married to someone who has, you will be eligible for Medicare through your spouse's work history. (Just like being eligible for a social security retirement benefit based on your spouses work history.)

Medicare pays for about 80% of your medical expenses, except for Rx. You are mandated to have Rx coverage. So if you are a veteran, you might get your Rx as part of your VA benefits. If you have a retirement pension that has Rx coverage, you're all set. But if not, you still have to have Rx coverage...so you can enroll in a Medicare D plan. The least expensive plan this year is \$7.20/month. There are 27 plans for our area, and all have different monthly premiums. A SHINE counselor can help you sort out which Medicare D plan works best for you, depending on what Rx you take.

But you can also enroll in a Medicare Advantage plan that enhances your Medicare benefits and also offers Rx coverage. There are Medicare Advantage plans that have a zero monthly premium. Doesn't get more affordable than that.

What's IMPORTANT here is that neither of these options, the Connector, or Medicare....count assets. So whether you are over 65, or not yet 65....as long as you are a Massachusetts resident, and you have limited income.....there's affordable health insurance for you.

A SHINE counselor can help you sort through the options. You can contact your senior center to find a SHINE counselor nearest you.



"It's a pacemaker for your heart.  
Plus, you can download apps for your liver,  
kidneys, lungs, and pancreas!"

## **September is Fall Prevention Awareness Month**

### **6 Steps to Prevent a Fall**

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

- Find a good balance and exercise program to build balance, strength and flexibility. Contact your local senior center. Find a program you like and take a friend.
- Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, install grab bars in key areas.
- Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a senior issue.

NCOA, National Council on Aging  
To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

## On the Road Again..



Here is a brief outline of upcoming bus trips. 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.

**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](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.

- ⇒ **September 20.** Big E, \$12 for Chesterfield seniors age 60 and older, \$15 for other adults from Chesterfield and any other community. Free 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 now.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$68 due now.\* (Price correction).
- ⇒ **October 6.** Spend a day at **Mystic Seaport**. \$15 for Chesterfield seniors age 60 and older. \$25 for other adults from Chesterfield and any other community. Lunch on your own at onsite cafeteria. Fee for guided tour or boat rides not included. Payment due by September 17.
- ⇒ **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 2 seats left.\*
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$133 *if paid in full by 9/30/21*. Seating is limited.\*
- ⇒ **December 7.** **Nashville Christmas Show** & luncheon at the Log Cabin. Country Jambo-ree performs. **Self-drive**. \$25 for Chesterfield seniors age 60 and older. \$59 for other adults from Chesterfield and any other community. Payment due by November 1st.

- ⇒ **December 9.** Pizza & Salad late lunch prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.\*

### **Chesterfield Council on Aging DAY TRIP A Visit to Mystic Seaport Museum and Nautical Village**

**Wednesday October 6, 2021**



Chesterfield Seniors (age 60 or over) **\$15**

Other Chesterfield adults **\$25**

Open to adults from all communities for **\$25**  
Vaccination Strongly Recommended/CDC Covid  
Protocols at the time will be followed  
No refunds due to bargain price  
Seating is Limited to 30

**Trip includes round trip transportation,  
entrance fee to the Seaport grounds,  
driver gratuity. Other fees listed below.**

Join us at the Mystic Seaport Museum in Connecticut, the largest maritime museum in the U.S. for a private tour of the Restoration Shipyard to see antique wooden sea-going vessels under restoration. Wander the seaport on your own, enjoying the history and ambiance of an 1800s working seaport with more than 60 historic buildings. Sit on the common and listen to the Seaport Sea Shanty Singers belting out old sea shanties.

Watch the lowering of a whaleboat from the Charles Morgan, the oldest existing whaling ship in the world, and watch a crew maneuver the whaleboat. Observe a blacksmith working iron to create tools and artworks or tour vessels on site at the nautical village.

Take a sail on the Breck Marshall Catboat or go for a row on the antique classic rowing boat. There is something at Mystic Seaport for everyone to see and do.

Lunch on your own -- onsite cafeteria,  
reasonable prices, many food choices

**Meet the Bus: 7AM COA parking lot  
400 Main Rd. Chesterfield, Ma**

**2<sup>nd</sup> Pickup: 7:45AM Elks Parking Lot  
17 Spring St. Florence, MA**

Arrive @ Mystic around 10AM

**Bus Leaves: 4PM Mystic Seaport with  
expected return of 6:30PM**

For reservations: call Francine Frenier @ 296-4291  
or call the COA @ 296-4007

Cash or checks payable to COA due  
by **September 17.**

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

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

**Saturday, September 25th, 9-3pm**

**Fall / Winter Clothing Exchange**

Goshen Congregational Church  
45 Main St., Goshen

Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday and Friday mornings (call Laura at 268-7005 to arrange a time), then come back to shop on Sat. the 25th from 9am-3pm! All are invited to participate whether you donate clothes or not.



"Please hold while we bring you the complete works of Johann Sebastian Bach."

