

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



November 2021

In Memoriam

William "Bill" Magrone
Nov. 8, 1938 - Sept. 7, 2021



Maria Derouin
Nov. 15, 1931 - Sept. 27, 2021

If you want the zoom link and are not already on our mailing list, please contact Julia at **(413) 537-9880** or jslennen@gmail.com.

Trouble using Zoom? Check out the computer class with Bob Miller. He will help you learn to zoom.

COA Events & Programs

Virtual Wang Theater Tour – Via Zoom Thurs. Nov. 11 at Noon!

Join a live, virtual historic Boch Center Wang Theatre Tour and get a behind-the-scenes tour of one of Boston's most prominent landmarks.



The Boch Center Wang Theatre in Boston first opened in 1925 and is listed on the National Register of Historic Places. The theater has a seating capacity of 3,500 and one of the five largest stages in the U.S. From the website: "Learn about the theatre's architectural highlights and unique history – from its hotel roots and glamorous days as a movie 'cathedral', to today's role as an impressive venue for performances and events." **To join the tour, please contact Amy Landau at coa@westhamptonma.org.**

Zoom Breakfast with Friends and Neighbors- Friday, November 19 at 9:00

Mark your calendar and grab your coffee (or tea). Once again we are meeting via zoom. Although we don't get to see each other in person, we also don't have to don our coats and mittens.

Chair Yoga Class Continues Wednesdays at 10 AM

Yoga Class will continue **up until Nov. 17th** outside the Church when warm enough and inside the Church when colder. Please note that unvaccinated participants are expected to mask. For other questions, please contact **Renee Rix** at: Reneerix63@gmail.com.

Computer Class with Bob Miller 2nd and 4th Mondays - 10 AM to Noon

Bob Miller will continue with classes at the Library. Classes are held on the second and fourth Monday of the month. Masks are required in the Library. To confirm class is on, contact **Amy Landau** at coa@westhamptonma.org or leave a message at **(413) 203-9808** with your phone number.

Library Events

*Please check the Town website at:
westhampton-ma.com/westhampton-public-library
or call (413) 527-5386 for a complete list of
library hours and activities.
Holiday Closings: November 25, Thanksgiving*

Regular Programs

Scrabble Group - Mondays at 2pm
Knitting Group - Mondays at 6pm
Book Group - Tuesday, November 23
and every fourth Tuesday of the month at 7pm
(Our November title is TBD).

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors
Coordinator: Amy Landau 413-203-9808 ✦ coa@westhamptonma.org

COA News

Excellent & Long-Awaited: Sarah the Fiddler Concert

On Thursday, Sept. 30th, we were finally treated to an amazing concert by Sarah the Fiddler and her partner, Keith, outside the Library, thanks to the Friends of COA who sponsored her performance and to Meaghan Schwelm at the Westhampton Public Library.



This was our 2nd rain date so we were eager to make this happen! Sarah regaled us with a wonderful and energetic assortment of tunes played on her 250-year-old violin including the patriotic war song, "Over There", in which she asked veterans from each branch of the military to stand. Thank goodness that the one threatening rain cloud passed over us quickly and didn't disrupt the joy of the music on that cool, pleasant fall day. About 35 or so of us turned out to listen to the music and to her entertaining stories about participating in the now mostly-obsolete fiddlers' contests as a child. Interesting fact: Sarah the Fiddler was originally classically trained on the violin. One of the pieces she played was "Ave Maria" composed by Schubert. And the violin is the same exact instrument as the fiddle, just played in a different way with a different attitude.

A Message from the Westhampton COA Hikers



The Westhampton COA Hikers at the Hampshire Hampden Canal site at the Szczypta Conservation Farm in Southampton, MA on October 7.

September and early October turned out to be more active than anticipated for the Westhampton COA Hikers— thanks mostly to Chuck Horn. We did two "historical" hikes; one at the long defunct lead mines at the Hartnett-Manhan Memorial Forest in Southampton, and again in Southampton along the path of the long-abandoned Northampton-New Haven Canal at the Szczypta Conservation Farm. We also revisited Turkey Hill Road, this time with a hike from the Northampton side. The

weather was great for all three of these hikes, and everyone seemed to have a great time hiking and conversing with old and new friends.

The Westhampton COA Hikers plan to continue hiking throughout the rest of the hiking season into the fall months - and maybe even into winter - 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. Happy Trails.

COA Coordinator's Email Address Has Changed!

Please take note that the COA Coordinator's (**Amy Landau's**) email is now: **coa@westhamptonma.org**. Please remove the old email address in your contacts and update it to this one.

Reminder: New Northern Hilltowns Consortium COA Website

The Northern Hilltowns Consortium of Council on Aging which includes information on every Hilltown COA (Chesterfield, Cummington, Goshen, Plainfield, Williamsburg, Worthington AND Westhampton) now has its own WEBSITE. Soon you should be able to check activities happening not only here in Westhampton but also in any of the Hilltowns. Find the website at:

northernhilltownscoas.org

Westhampton section:

**northernhilltownscoas.org/p/23/
Westhampton-Council-on-Aging**

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 **coa@westhamptonma.org** or call to leave a message with your email at: **(413) 203-9808**.



**A Nashville Christmas
December 7, 2021 @ 10:00 A.M.**

**Log Cabin Banquet And Meeting House
Holyoke, MA**

Come and hear some of your favorite Christmas songs country style! There will be a few guest appearances (Elvis, Roy O. or S. Claus) along with great traditional country music. This ultra-entertaining show starts at 10:00 a.m. and will be followed by a sit down lunch with your choice between either gorgonzola sirloin or baked haddock that comes with all the fixings and dessert! (This is a self-drive event and reservations are necessary.)

The cost is \$59.00 per person.

One the day of the event, The Friends of the Westhampton Council on Aging, will refund, in cash, \$25.00 per ticket to those who attend.

Reservations and payment in full must be made by **November 15, 2021**. Contact Charlotte Wood, at **(413) 527-1986**, to make a reservation and for payment instructions.

A Community of Readers - Susan Bronstein

I have been a frequent visitor and appreciator of libraries since I was in the fourth grade and have been to many. Our Westhampton Library is special. Not only is it a beautiful space inside and out; our librarians, Meaghan and Emily, are extra special.

I have occasionally looked for books not always available in our library – they are requested and received remarkably quickly. Recently I got hooked on the murder mysteries written by Archer Mayor. The main character is detective Joe Gunther, located in Brattleboro, Vermont and the plots are often based on the human psyche; relationship issues are frequently an underlying theme which I find fascinating. The first book in the series was written and published in 1988; 33 books have followed, the most current this year.

I decided it might be fun to read the series in chronological order although this is clearly not necessary to enjoy these books. Our library has many of the more current novels, but the older ones are harder to find. I am happy to report that Meaghan and Emily have indulged my whimsy and I am about to finish the 4th in my journey. I highly recommend this author – the location in our backyard (and sometimes even more local) is a bonus.





TRIAD COUNCIL

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

Winter: Be Prepared, Stay Informed, Be Ready!

Prepare: Go to updated www.ready.gov for detailed information on preparations for all related disasters and weather related emergencies. There is a dedicated section for senior planning.

Plan: Make a Home Evacuation & Family Emergency Communication plan. You may not be together when a disaster/ major storm occurs. Know how you will contact each other, reunite, and what you will do in case of any emergency.

Stay Informed: Read 7 day weather forecasts; use website: www.NOAA.gov for local alerts; sign up/update your contact information at Westhampton's mass emergency notification system, Code Red.

Build Emergency Kits: Prepare to Shelter-in-Place for 3 DAYS - www.ready.gov/prepare provides specifics for your pet, car, home, medical, workplace kits.

Know weather report terms to monitor storms/ weather conditions:

Watch – possible in a few days; **Advisory** – likely in 24-36 hours; **Warning** – it is on our doorstep

Common Sense Safety Reminders

Exterior/ Interior Lights: Replace exterior bulbs before winter arrives; install “stick-on” ceiling LED battery operated/ motion sensor lights in hall/ stairways.

Batteries: Replace in Smoke/ CM detectors, flashlights, radio.

Cooking: Kitchen fires are leading causes of house fires. Never leave the stove top unattended.

Fire Extinguisher: In the kitchen, keep a small one available (\$35.00).

Carbon Monoxide: NEVER use a generator or any gasoline, propane, charcoal burning devices in your home/ garage. Test Smoke/ CM detectors on each floor for early detection. If an alarm sounds, IMMEDIATELY get outside; stay outside; then call 9-1-1.

Furnace/ Wood Stove: Service burner yearly, clean ducts, stove pipe, chimney, and dryer vent.

Ashes: Put in metal containers and place outside away from buildings and leaves.

Space Heaters: Keep 4 ft. away from curtains, beds, walls. Never use extension cords!

Sand/ Ice melt: Keep containers by doors; check before you step - black ice!

Power Outage Preparation

Sheltering: Due to COVID-19, stay tuned for possible Town's Daytime Warming Shelter & Red Cross Smith Vocational policies. Caged pets accepted.

Water: Have water pails ready for flushing toilets & non-drinking purposes.

Frozen Pipes: Prolonged outage - label shut-off valves; drain pipes before leaving home.

Garage Key: Have a key to manually open the electric garage door.

Vehicles: Winterize, keep gas tank full (pumps use electricity!); Refresh Emergency Car Kit.

Cash: Have available, ATM's / cash registers use electricity.

Do your part: BE READY for extremes, exercise common sense, and network with neighbors.

SUPPORT LOCAL GROWERS & ENJOY THE AUTUMNAL HARVEST!

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



**Hear A Beep.
Get On Your Feet!**

**Hear A Chirp
Make A Change!**

Last month's topic was the "Sound You Can Live With," your smoke detector. Remember? This month's topic is Carbon Monoxide (CO) alarms:

- Carbon Monoxide is a colorless gas that you cannot see or smell and it takes away the ability of your body to get and use the oxygen your body needs to survive.
- The CO alarm gives off a continuous set of four loud beeps to let you know you have dangerous amount of CO in your house.
- When you hear the continuous beep, beep, beep, go outside, then call 911 and stay out of the house.
- A single chirp every 30 to 60 seconds means the battery is low and must be replaced.
- CO alarms also have "end of life" sounds that vary by manufacturer. Check their instructions.
- Chirping that continues after replacing the battery means the alarm needs to be replaced.

Have a SAFE November!

--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!

ROBO CALLS!!! Note 1

More frustration - right next to spam text messages, phone calls from who knows who for you know what. You know I would love to give you a single source or option or program or Something, to stop phone calls you don't want. Sadly, it is complicated so I can't do that.

What I can do is ask you to read a very complete and mostly straight-forward website from the Federal Trade Commission. It starts with making sure you have done what you can with the national Do No Call list. Just a reminder, if you have added a phone or changed numbers, make sure you sign up the new phone. You can also call their number to check your status. **"You can register your numbers on the national Do Not Call list at no cost by calling 1-888-382-1222 (voice) or 1-866-290-4236 (TTY). You must call from the phone number you wish to register. You can also register at donotcall.gov."**

The Federal Trade Commission site goes over landlines and cell phones and some options. Go to consumer.ftc.gov, then click on "Privacy, Identity & Online Security" and read under "How To Block Unwanted Calls."

Actions –

- Check your Do No Call status.
- If you want me to print the FTC pages and get them to you, just holler.
- If you need help with interpretation of those pages, just holler.
- If you need a grandchild or other young person to help you with this, good luck. I don't have one.
- Your town's Senior Center or COA may also have someone to help you with this.

Keep Smiling,

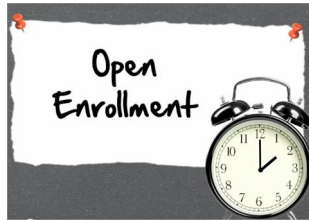
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

November's Good News

By Deborah Hollingworth

What is Open Enrollment...and why do we go through this every year? Good question, so let's see if I can shed a little light on the subject.

Open Enrollment is this time of year (October 15th through December 7th) when we can change our health insurance coverage. We get inundated with a lot of advertising from insurance carriers like AARP, BlueCross, Health NewEngland, who want us to enroll in their plans. Their insurance plans sound great. But are they better than what we already have? And why do plans change...why can't they stay the same every year? Some of you do not have to change plans. So you can ignore all this advertising.



1. If you have MassHealth as well as Medicare, you do not have to consider changing plans.
2. If you get your health services through the VA, you don't have to change or pay attention to any of this advertising.
3. If your health insurance is part of your retirement/pension, you don't have to change.
4. If you are still working and have health insurance through your employer, or your spouse's employer, you don't have to change.
5. And finally, if you are satisfied with your current health insurance coverage, you don't have to change.

That leaves the rest of us. Here's when it makes sense to check out other insurance options.

- ⇒ This year my Rx plan decided to almost double the monthly premium. This happens. And when it does, there might be a better option.
- ⇒ This year my doctor prescribes a new medication that my current plan doesn't cover...or it's covered, but the co-pay is expensive.
- ⇒ This year we're going to spend the winter in Florida and I'm not sure my Medicare Advantage plan works there?
- ⇒ This year I'd like to get a knee replacement and anticipate needing PT after. My plan has some pretty high co-pays, maybe there's a better plan for me?

I heard that some Rx plans are offering much lower co-pays on the type of insulin I have to use. Which plans might work better for me?

Each year the Federal government allows insur-

ance carriers to make changes to their plans so they can maintain their profit margins. The cost of Rx increases, new medications are always coming on the market, hospital costs increase, and insurance providers are allowed to modify their plans accordingly. As consumers, we get to stay with our plans....or opt out and change. It can be confusing and overwhelming. So call your senior center and book your SHINE appointment early!



HMLP: Home Modification Loan Program

Home Modification Loan Program (HMLP) is a state-funded loan program, providing loans to homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities. This is not a home repair program and is not a resource to repair roofs, windows, or heating and septic systems. Work must be completed by contractors who are licensed and insured.

Loan Information:

- \$1,000 to \$50,000 loans to property owners
- 0% interest
- No monthly payments or interest
- Repayment is required when property is sold or transferred
- \$1,000 to \$30,000 loans to owners of manufactured or mobile homes
- Landlords with fewer than 10 units may be eligible for a 3% loan for a tenant

Possible Home Modifications:

- Bathroom & kitchen modifications
- Ramps
- Stair-lifts, and/or platform lifts
- Sensory or therapy spaces
- Hard-wired alarm systems
- Fences
- Accessory dwelling units

Eligibility is based on:

- Income
- Documentation of need from professional
- Proposed home modifications

(Continued on next page)

2021 Income Guidelines

Household Size Eligible with Gross Income up to:

1	\$188,000
2	\$214,800
3	\$241,600
4	\$268,400
5	\$290,400
6	\$311,400
7	\$333,000
8	\$354,400



For more information call Susan Gillam at
1-866-500-5599 or visit cedac.org/hmlp

From Alzheimers Society: It's Time to Open the Cognitive Impairment Door Wider

Reprinted below are excerpts from the Alzheimer Society's website (www.alzheimers.org.uk) that offers information as you cross the threshold to the topic of dementia.

What is dementia and what are the symptoms?

Dementia is the term for a group of symptoms that occur when the brain is damaged by diseases. This includes Alzheimer's disease or diseases of the blood vessels that can cause a stroke. These diseases can cause a significant decline in a person's mental abilities or 'cognitive function' - our capacity for things like memory, thinking and reasoning.

For a doctor to diagnose dementia, a person's symptoms must have become bad enough to significantly affect their daily life, not just be an occasional minor irritation. This means having new problems with everyday activities about the house, in the community or at work. For example, starting to have problems paying household bills, using the phone, managing medicines, driving safely or meeting up with friends.

If a person has symptoms that are worse than would normally be expected for a healthy person their age, but are not severe enough to significantly affect their daily life, a doctor may diagnose mild cognitive impairment (MCI). This is not a type of dementia, though some people who have MCI will go on to develop dementia.

The signs of normal aging and dementia

In the next column are some of the possible changes due to both normal aging and early dementia. However, it is important to remember that everyone is different and not everyone with dementia will have all of these changes.'

Other conditions may also account for some of them. For example, a person with depression can have problems making decisions, get confused easily and appear withdrawn or irritable.

Ability	Possible changes due to normal aging	Possible changes due to dementia
'Short-term' memory and learning new info	Sometimes forgetting people's names or appts, but remembering them later	Forgetting the names of close friends or family, or forgetting recent events - i.e. visitors you had that day
	Occasionally forgetting something you were told	Asking for the same info over and over - for example, 'where are my keys?'
	Misplacing things from time to time, i.e. your mobile phone, glasses, but retracing steps to find them	Putting objects in unusual places, i.e. putting your house keys in the bathroom cabinet
Planning, problem-solving and decision-making	Getting less able to juggle multiple tasks, esp. when distracted	Having a lot of difficulty concentrating
	Making a bad decision once in a while	Frequently poor judgement when dealing with money or when assessing risks
	Occasionally making a mistake when doing family finances	Having trouble keeping track of monthly bills
Language	Having a bit of trouble finding the right word sometimes	Having frequent problems finding the right word or frequently referring to objects as 'that thing'
	Needing to concentrate harder to keep up with a conversation	Having trouble following or joining a conversation
	Losing the thread if distracted or many people speaking at once	Regularly losing the thread of what someone is saying
Orientation	Getting confused about the day or the week but figuring it out later	Losing track of the date, season and the passage of time
	Going into a room and forgetting why you went there, but remembering again quite quickly	Getting lost or not knowing where you are in a familiar place
Visual perceptual skills	Vision changes related to cataracts or other changes in the eyes, such as misty or cloudy vision	Problems interpreting visual information. For example, having difficulty judging distances on stairs, or misinterpreting patterns, such as a carpet, or reflections

Westhampton Council on Aging
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Westhampton, MA 01027

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Greenfield MA

**Westhampton
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Vaccine Booster Information

The Centers for Disease Control and Prevention (CDC) and the federal Food and Drug Administration (FDA), as well as the Advisory Committee on Immunization Practices (ACIP) have authorized the Pfizer COVID-19 Booster for individuals 65 years of age and older, individuals 18-64 years of age at risk for severe COVID-19 due to underlying medical conditions, and individuals 18-64 years of age who are at increased risk for COVID-19 because of occupational or institutional settings who have previously received the Pfizer vaccine. These residents are eligible to receive their booster shot at least 6 months after their second dose of the Pfizer COVID-19 vaccine.

You can get help with making an appointment or finding a walk-in clinic through the Northampton Senior Center. Go to:

northamptonma.gov/2219/Vaccine-Clinics#weeklyschedule.

If you cannot find what you need on the website, you can call their vaccine line at 413-587-1219. Walgreens and CVS (as well as other locations) also have booster shots available—appointments are encouraged.

Daylight Savings Time ends
this weekend and we're
supposed to "fall back."



Fortunately that's my specialty!

Visit Jim Hunt at [facebook.com/huntcartoons](https://www.facebook.com/huntcartoons)

