

# Moving Forward

## Westhampton Council on Aging

Programs and Services for Active Living at 60+



### April 2022 Calendar of Events

MON	TUES	WED	THURS	FRI
				1
4 <b>Scrabble Group</b> Library, 2pm  <b>Knitting Group</b> Library, 6pm	5 <b>Mahjong</b> WW, 2-4pm  <b>Scrabble</b> Library, 2-4:30pm	6 <b>Card Games</b> WW, 1:45-4pm	7 <b>Yoga Class</b> Town Hall, 10am	8
11 <b>Computer Class</b> Library, 10am—Noon  <b>Scrabble Group</b> Library, 2pm  <b>Knitting Group</b> Library, 6pm	12 <b>Fitness &amp; Friends</b> Town Hall, 10:30-11:30am  <b>Mahjong</b> WW, 2-4pm  <b>Scrabble</b> Library, 2-4:30pm	13 <b>Card Games</b> WW, 1:45-4pm	14 <b>Diabetes Prevention (Zoom)</b> 12pm	15
18  <b>Patriot's Day</b> Library closed	19 <b>Fitness &amp; Friends</b> Town Hall, 10:30-11:30am  <b>Mahjong</b> WW, 2-4pm  <b>Scrabble</b> Library, 2-4:30pm	20 <b>Card Games</b> WW, 1:45-4pm	21 <b>COA Board Meeting</b> (Zoom) 10:30am	22
25 <b>Computer Class</b> Library, 10am– Noon  <b>Scrabble Group</b> Library, 2pm  <b>Knitting Group</b> Library, 6pm  <b>Recycling Tips</b> (Zoom), 6:30pm	26 <b>Fitness &amp; Friends</b> Town Hall, 10:30-11:30am  <b>Mahjong</b> WW, 2-4pm  <b>Scrabble</b> Library, 2-4:30pm  <b>Book Group</b> Library, 7pm	27 <b>Card Games</b> WW, 1:45-4pm	28	29

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

## Healthy Lifestyles for Diabetes Prevention COA Zoom at Noon:

Thursday April 14<sup>th</sup> at Noon



Join us at noon on Thursday 4/14 as we meet with Registered Dietitian and Nutritionist, Diane Alpern, of Valley Medical Group to learn about ideas for lifestyle strategies and habit change that can lower our risk for developing diabetes and can help those seeking to reach a healthier weight. For those who have diabetes, these tips can be helpful toward achieving lower blood sugars and limiting the long-term health risks of diabetes.

Learn about: meal planning tips, nutritious snacking, managing cravings and emotional eating, stress reduction for better eating choices, and foods to eat more of, and less of – for reducing diabetes risk. We will talk about an approach called ‘Tiny Habits’ developed by BJ Fogg that can help you set small, do-able goals to help you move in the direction of better health.

Diane got her nutrition degree from Cornell University, and has provided nutrition counseling and education over the past 30+ years at Cooley Dickinson Hospital, Baystate Medical Center, Midwifery Care of Holyoke, and the Food Bank of Western Massachusetts. She currently provides nutrition education at Valley Medical Group’s Northampton and Easthampton Health Centers. **For the Zoom invite, email [coa@westhamptonma.org](mailto:coa@westhamptonma.org). If you’re not able to attend the program, you can request the link to the recording.**

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### Introducing: Fitness with Friends!

**Tuesdays, starting April 12th  
10:30-11:30 AM in the Town Hall**

This is a 10-week fitness class suitable for all levels of fitness - no experience necessary, taught by instructor Heather Paul. Focus will be on strengthening the major muscles, balance, coordination and flexibility. Stay motivated, be encouraged and have fun while moving your body with friends!

Our class will run on Tuesdays from April 12 through June 14 (10 weeks) and will be held in the heated Town Hall space. Bring hand weights and a mat for your own use, if you have them. Heather Paul is a certified group fitness instructor and personal trainer with over 20 years experience. It is her goal to make fitness fun, challenge each person to be their very best, and for every-

one who attends class to leave feeling stronger, taller and with big smiles on their faces!

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### Games, Anyone?

**Mahjong: Tuesdays 2:00 - 4:00 pm  
Cards: Wednesdays 1:45 - 4:00 pm**

Betty-Anne Gould will teach **Chinese Mahjong** on Tuesdays from 2 to 4 at the Westhampton Woods Community Room. This is the easier game and does not require cards. If interested, please call **Betty-Anne at (757) 849-9995**.



**Games and cards** are up and running at the Westhampton Woods Community Room, on Wednesdays from 1:45 to 4 p.m. All seniors are welcome.

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### Fitness Classes with Joan Griswold for All Levels via Zoom

Join others in the Hilltowns for Zoom exercise classes. Certified instructor, Joan Griswold, has been offering a variety of exercise programs on **Mondays, Wednesdays, Thursdays and Fridays at 10:15AM**. All levels of exercisers are welcome! Join others who are working on their personal health. For more information, contact the instructor at [joan@bybhealth.com](mailto:joan@bybhealth.com).

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### Smooth Moves with Joan Griswold in Chesterfield

This is an in-person class that meets at the Chesterfield Community Center, Fridays at 9AM. This class is a chair-based, gentle movement, simple stretch class. Please note: as of this writing: there is no longer a mask mandate in Chesterfield. For more information, contact the instructor at [joan@bybhealth.com](mailto:joan@bybhealth.com).

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### Breakfast is back in May!

Starting in May, breakfast is back-- outdoors in front of the Library, weather permitting.

It will be the third Friday of the month, starting May 20th. A treat will be provided but you should bring your own beverage and toss a lawn chair in the back of your car (in case).



## Chicken Soup: Nailed it!

We heard from so many of you about the chicken soup that was made and delivered by our friends in the Life Skills Program at HRHS.



Not only was the soup nutritious, it was delicious. Mikki Nevins even posted pictures of her soup (and bonus cookie) on Facebook and wrote,

*"The students in the Life Skills class at HRHS did an awesome job making & delivering chicken noodle soup & festive cookies to seniors in Westhampton today. Just had the soup for supper and it was delicious! Thanks also to the COA for coordinating this great event!"*

Life Skills students checked the recipe, shopped for ingredients and then made the soup and baked the cookies. They packaged the soup and cookies and, along with the educators, delivered them to the homes of Westhampton residents. Everyone was thrilled with the personalized service and the enthusiasm of Life Skills students as they hand-delivered the fruits of their labor.



We are hoping to make the holiday grab bag and February soup into annual collaborations with our friends at Life Skills.

## From Curious Bull Moose to Baby-Toting Mama Beaver – Westhampton has it All

In February, we were treated to a fascinating COA Zoom at Noon program presented by local residents and wildlife aficionados, Laurie Sanders and George Graham. They shared footage they themselves captured with trail cameras (often at night or early in the morning) of a variety of wildlife pervading Westhampton right outside their homes. We saw a video of a mother beaver carrying its baby in its mouth over water, an enormous curious bull moose sniffing the camera(!), fishers, deer, coyotes, bears and a goshawk's unsuccessful attempt to catch a duck in flight.

We also got tips on camera types for those of us who might like to take up this hobby. Contact [coa@westhamptonma.org](mailto:coa@westhamptonma.org) for access to the recording. See George Graham's Videos here: [youtube.com/user/westhamptonge](https://youtube.com/user/westhamptonge)

Laurie Sanders shares rare footage of a beaver carrying its baby in its mouth



## A Message from the Westhampton COA Hikers for April



*Westhampton COA Hikers on the "Four Roads Hike" on February 23.*

By the time you read this, the Westhampton COA Hikers will have gone on at least two hikes. We started the season on February 23 with our venerable "Four Roads Hike" over the back roads of southwest Westhampton. As I write this we're scheduled for a similar hike this coming week. Hopefully soon the woods will open up and we'll be able to enjoy the peace and wonderment of the many trails in Westhampton and the surrounding area. So if you're interested in getting out for some fresh air and exercise with a great bunch of people 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.

### Library Hours:

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

**Closed Monday, April 18 - Patriot's Day**

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. Please check the town website or our Facebook page for library updates. \*PLEASE NOTE: The library is still open for in-person browsing and materials pickup. We also offer curbside pickup. To place a request for curbside pickup, please email [westhampton@cwmar.org](mailto:westhampton@cwmar.org) or call (413) 527-5386.

Keep Mass Beautiful presents  
**Tips to Become a Better Recycler and Keep Massachusetts Beautiful**  
Monday, April 25 at 6:30pm on Zoom

Are you confused about what goes in your trash bin and what goes in your recycling bin? You're not alone! Attend Keep Massachusetts Beautiful's Talking Trash & Recycling presentation on Monday, April 25 from 6:30-7:45 p.m. via Zoom to learn what hap-

pens to your trash and recyclables here in Western Massachusetts. We'll also discuss the world's plastic pollution crisis and how we manage trash and recycling across our state. You will learn ways to reduce the amount of trash you generate, improve your recycling habits, and make easy changes to lead a more sustainable lifestyle. You'll also get an overview of MassDEP's innovative RecycleSmartMA website.

Pre-registration is required!  
Please visit <https://bit.ly/3Mh6nv8> to register.

**Book Group**  
Tuesday, April 26 at 7pm

Book Group meets once a month and is always open to new members! Please email **Meaghan** at [mschwelm@cwmars.org](mailto:mschwelm@cwmars.org) to get involved. April is National Poetry Month. You are invited to bring a favorite poem or poetry to share at our meeting.

**A Community of Readers - Dan Lombardo**

*The Garden of the Finzi-Continis,*  
by Giorgio Bassani, 1962

Is the book always better than the film? I read Giorgio Bassani's masterwork and then watched the classic film made from it. I read this book as part of my quest to try to understand Fascism, how it overtook Italy in the 1930s, and why it still flourishes in many countries. Bassani tells the story of a Jewish community in Ferrara, Italy, as it tries to adapt to Mussolini's "Racial Laws," little suspecting that all but one would die in the Nazi death camps. The book focuses, perhaps too much, on the surviving man and his early love for a Finzi-Contini daughter. The Vittorio de Sica film of 1971 deepens the story with more scenes outside of the Finzi-Contini garden, where no Jew was safe.

*Red Orchestra: The Story of the Berlin Underground and the Circle of Friends Who Resisted Hitler,*  
by Anne Nelson, 2009

When I recently found out that a friend's mother had been part of the Red Orchestra, I immediately requested this from the Westhampton Library. The "Red Orchestra" was the codename for the daring German citizens who were willing to sacrifice everything to try to topple the Third Reich. The story of this little known group is told through the eyes of Greta Kuckhoff and her compatriots, including my friend Nina Schuessler's mother Lisa.

*Falling in Honey: How a Tiny Greek Island Stole My Heart,* by Jennifer Barclay, 2014

This time of year... actually any time of year... I long for blue water and island life. A few weeks ago friends wrote to say they'll be going to the little Greek Island of Tilos in May. Would Karen and I like to go? Duh. Among the few books on Greek travel that I found on library shelves was this one. What's it about? The island of Tilos. Libraries are magical places. I'll send Meaghan and her staff a postcard from Tilos in May.



***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

There is a common misconception that falling is an expected part of the experience of getting older. This is not true. Falls are preventable. Here are some things you can do or be mindful of that reduce the risk of falling:

- ⇒ Stay active. Regular exercise improves leg muscle and balance. Ask your health care provider which type of exercise is the best for you. Check in with your local COA to find what programs are available.
- ⇒ Make your home safer. Get rid of clutter on the floor. Improve lighting in places like stairs and hallways. Get rid of scatter rugs or secure them with double sided-tape. Have handrails on all staircases. Install grab irons in the bathroom and use non-slip mats in your tub and shower.
- ⇒ Have your vision, hearing and feet checked yearly and be aware of what medications make you feel sleepy or dizzy. Wear shoes with non-skid soles and don't shuffle but pick up your feet when walking.

Have a fall free spring!

--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.*



*So I lay them and you get all the credit?*

**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!

### **It shouldn't be so hard...**

I got a note the other day about a reader's experience in dealing with Medicaid as her mother was ill and, as it turns out, dying. It was a mess! So I don't know the solutions but decided to pass on the cautions she sent me. We will call her Sal and give an abbreviated version of what happened.

Sal's mother was in rehab and Sal was trying to get her into a long-term care bed and approved for Medicaid. Her mother was finally approved but died the next day. No Medicaid card or number ever arrived. The program has a burial fund, see: **[www.mass.gov/service-details/who-can-apply-for-funeral-and-burial-payment-assistance](http://www.mass.gov/service-details/who-can-apply-for-funeral-and-burial-payment-assistance)** for information. In Sal's case, the fund was set up at a bank with only the mother's name and no beneficiary. There was a paperwork issue that took coordination between the state and the bank. The bank did not share with Sal some of the requirements for using the account. Between these matters and all the other items you can imagine (the rest home, medical bills, insurance, never mind her mother's well-being), things were very hard.

Lessons learned:

- do everything you can ahead of time (my favorite Big Five and related documents),
- check that real estate and bank accounts are in the ownership that you want,
- remember that even people in official positions can make mistakes,
- make written notes after a conversation with the bank, insurance, funeral home, attorney, Medicare/Medicaid, including the date and person talked to,
- think about what you heard and if there is an inconsistency or something just feels "off", follow up on it,
- AND at the end of each conversation, ask "What else should I know or ask you?"

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

## April's Good News

By Deb Hollingworth

Maybe you remember years past when we were encouraged to collect our "emergency information" and fill out a "File of Life" card which came with a magnetized pocket so it could be hung on your refrigerator?

You might ask at your Senior Center to see if they have any of these File of Life pockets available, but even if they don't, you can make your own.

Here's why it's important: when we are in a stressful situation, like a health emergency, some of us get that shot of adrenalin and become amazing at getting 911 resources in place, and dealing with ER admissions information, but most of us are not amazing.... we get a "stress dementia" where we can't recall our health insurance numbers, sometimes our phone information, or list of Rx or medical conditions.

You don't have to worry about remembering important information like Rx allergies, or various doctor's names and phone contact information if you write it all down on an Emergency Information Sheet.

It should list: your name, date of birth, your health insurance numbers, your primary doctor's name and address. Then a list of your medical conditions and Rx that you take (which would include any allergies). Your emergency sheet should also include your Health Care Proxy, and family member's contact information.

Several years ago, I was the chauffeur for my sister who had a detached retina and needed several appointments in Burlington, MA for surgery. Each time we went to check in, the receptionist asked her the same questions: name, address, phone and health insurance information. As my sister became more distressed about her loss of vision, she had more difficulty answering what appeared to be simple questions. So we wrote down all the answers to questions ahead of time, and just gave the card to the receptionist. Whew....sigh of relief. Another time my Mom fell and set off her Lifeline. I got the call at work from the Lifeline folks, met the ambulance at the ER, and there was my Mom, on the stretcher with her File of Life information clutched in her hands. I just handed it off to the admission folks and was able to stay with her as she got processed in the ER for admission. She didn't have to wait alone, waiting for me to get admission because all the necessary information was on the File of Life card.

You can make your own Emergency Sheet of In-

formation. And you can carry it in your wallet. Might save you considerable stress when you need it?



## POLKA PALOOZA

IN HONOR OF

**RUSS  
RICHARDSON**



**FEATURING**

**THE EDDIE FORMAN BAND**

**SATURDAY APRIL 2, 2022**

**4:00 PM- 7:00 PM**

**POLKA DANCING, FOOD & FUN**

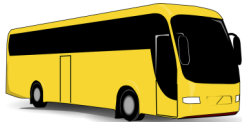
CASH BAR, DONATIONS AT THE DOOR WELCOME

American Legion Post 236  
5 Bridge Street  
Haydenville, MA 01039

## On the Road Again...

### 2022 Trip Lineup

Listed are the bus trip destinations with various travel groups. Most trips are limited to 36 passengers. Chesterfield COA and *Friends of Northampton Senior Center* are helping with the cost of some trips. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.



### Updates on the following:

**Multi Day May 2-5 Lancaster, PA Sight & Sound Theater presents David.** 4 days. \$485, due by **April 4, 2022.** Flyer available. Dates and price change.

### Taking interest lists on the following:

**Day Trip May 18: Dancing Dream Abba Tribute Band** at AquaTurf in Plantsville, CT. Includes chicken & salmon lunch. Cost \$113, **due by 4/18/22.** Flyer available.

**Day Trip. Encore Boston Harbor Casino.** Postponed until June 2022.

**Day Trip Aug 10. The Jersey Tenors,** a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

**Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour.** 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available.

**Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—**10 days. \$1,205, \$25 discount if paid by 7/2/22. Flyer available. A few seats remain.

**Day Trip July/August. Worcester, MA Red Sox Triple A affiliate team, Woo Sox game.**

**Day Trip September 9. Thomaston, Connecticut. Naugy Scenic Train Ride.**

**Day Trip Sept. The Big E**

**Day Trip Late Sept/Early Oct. Wareham, MA. Cranberry Bog Tour.**

**Day Trip Oct 4. Octoberfest! The Schnitnel Brothers** perform. Self Drive to the Log Cabin. Meal choice and Cost to be determined.

## What's in a word?

Every month over 2000 COA newsletters go out to the households of older adults in the seven northern hilltowns. Each town receives both local and regional sections that include news, trips, events, health information, access to benefits, tips from Jean O'Neil on how to protect yourself from scams and other risky shenanigans, fire safety facts from Worth Noyes, Good News from Deb Hollingworth about how to get what you want when you need it and a host of other important topics that help people stay in their own homes and live as independently as possible.



A grant from the Executive Office of Elder Affairs has made all of this possible. It's been a vital and concrete way to help those living in small, rural towns. It's helped us join the national AARP Age Friendly Communities.

This grant has enabled us to keep the written word alive and provide the kind of critical communication that is of such high priority to everyone; and, it actually comes to your doorstep or post office. **This grant is set to end on June 30th. At that time the written word in the newsletter will stop coming.**

It seems ironic to be talking about loss of the written word as everything shifts toward living in the digital age. I can see why some of our local and national newspapers are struggling. Oddly, they are struggling because people have moved to the virtual world; we're struggling because so many people in our rural communities have limited access to the virtual world. Many don't have broadband, some can't afford the costs of having broadband connections and many simply cannot afford to buy a computer.

To make the severity of the problem even worse, our newsletter has provided the major tool we have had to reduce isolation, connect people to the information they want and need and build regional networks that allow us to stretch and share our resources.

We are working hard to develop options that will support the survival of this service. **If you would miss this newsletter, please help by telling us how the newsletter fits into your life and why you would hate to lose it. We're planning to prevent this, down to the last word.**

**Please contact your COA NOW!**

**Westhampton  
Council on Aging**

Amy Landau, Coordinator

Julia Lennen, Chair

Colleen Basile, Secretary

Ray Fontaine,  
Outdoor Programs

Lorraine Galica  
Dave Goddard  
Board Members

Lillian Baxter,  
HEN Representative

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Kristen Estelle,  
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# CHARITY SCAM

You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

## WHAT CAN YOU DO TO MAKE SURE THE MONEY IS GOING TO A GOOD CAUSE?

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186  
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General