



Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



May 2022 Calendar of Events

MON	TUES	WED	THURS	FRI
2 Scrabble Group Library, 2pm Mahjong WW, 1:30-4pm Knitting Group Library, 6pm	3 Fitness & Friends Town Hall, 11:30-12:30pm	4 Card Games WW, 1:45-4pm	5 Yoga Class Town Hall, 10am	
9 Computer Class Library, 10am—Noon Scrabble Group Library, 2pm Mahjong WW, 1:30-4pm Knitting Group Library, 6pm	10 Fitness & Friends Town Hall, 11:30-12:30pm	11 Card Games WW, 1:45-4pm	12 Yoga Class Town Hall, 10am 4th Grade Talent Show Whamp Elementary, 1pm	13
16 Scrabble Group Library, 2pm Mahjong WW, 1:30-4pm Knitting Group Library, 6pm	17 Fitness & Friends Town Hall, 11:30-12:30pm	18 Card Games WW, 1:45-4pm	19 Yoga Class Town Hall, 10am	20
23 Computer Class Library, 10am—Noon Scrabble Group Library, 2pm Mahjong WW, 1:30-4pm Knitting Group Library, 6pm	24 Fitness & Friends Town Hall, 11:30-12:30pm Author Visit Library, 6pm	25 Card Games WW, 1:45-4pm 	26 Yoga Class Town Hall, 10am	27 ----- Sat. 5/28, 10-12 Garden Days, Library -----
30 Memorial Day Library closed	31 Fitness & Friends Town Hall, 11:30-12:30pm			

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

Grade Four's Got Talent!

May 12th at 1:00 PM at WES
It's finally their moment to shine!

We are so excited to announce that the Westhampton Elementary School's fourth grade class will entertain us on **Thursday, May 12th at 1:00 PM**. Ms. Overstreet and her students are sure to delight us with their humor and rare gifts.

The Talent Show will be in the All Purpose Room at the Elementary School. Pizza and dessert (bring your own drinks) will start at 1:00 pm and the show will run from 1:45 to 2:30 PM.

We ask that during the performance audience members wear masks to protect our more vulnerable friends and neighbors. If you are uncomfortable sharing a meal with a larger group, you are welcome to come at 1:45 for the Talent Show.

How to Declutter: Some Key Takeaways

In March, Kira Coopersmith, Professional Organizer (Sensible Sort) presented a COA program via Zoom on downsizing for the 60+ crowd. Here are some key takeaways:



- Who am I? Figure out who you are *now* and let this help guide you in the process of downsizing.
- Create piles of "YES", "NO" and "I DON'T KNOW" (Items to keep, get rid of and that you're not sure of yet)
- To avoid being overwhelmed: Find a space that is easy to conquer.
- If you are dealing with a large space like a garage, divide the space with painter tape into 4 quadrants and work on one quadrant at a time.
- Set a kitchen timer for 30 minutes. That way you can still get outside and enjoy part of the day too.
- Write an Intention in order to stay focused.
- Donate items for free on the "Buy Nothing" Facebook group or the Salvation Army.
- If you hire a professional organizer they will take away any donation items for you
- Household items of value: local auctioneer is a possibility.
- Also, don't let the "shoulds" bog you down at this point in your life.
- Hoarding is a serious mental health situation that needs addressing by mental health practitioner

Mahjong Correction on April Calendar

Mahjong is on Mondays from 1:30 to 4pm at Westhampton Woods (not Tuesdays as was previously listed). It's correct on the May calendar in this newsletter.

Fitness with Friends – Correction on Class Start Time Tuesdays, 11:30-12:30 PM in the Town Hall

First off, we apologize for the confusion regarding the start time of this class, especially to those who showed up on 4/12 last month. We got our wires crossed! The class does NOT begin at 10:30 but at **11:30** and runs until 12:30. If you came to that first class, we hope you will try again! As a reminder, this class is 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! 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 everyone who attends class to leave feeling stronger, taller and with big smiles on their faces!

Westhampton Woods Apt Available for Tenant Age 62 and Up with Mobility Impairment

An apartment is available right now at 13 Main Rd at Westhampton Woods which is wheelchair-accessible. The Hilltown CDC has been having trouble finding a new tenant despite their efforts. Do you know of anybody who might be in need of this apartment?

Call **Kristopher Severy** at the Hilltown CDC at: **(416) 296-4536, ext. 105** or pass along his contact info.

New Parkinson's Support Group at Hampshire Regional YMCA

The American Parkinson Disease Association has expanded their programs in Western Massachusetts. One program located in Northampton is called "Hampshire Regional YMCA Pedaling for Parkinson's" (286 Prospect Street Northampton, MA 01060). Contact **Natalie Baker** at **(413) 584-7086 X140** or at natalie.baker@hrymca.org

Covid-19 Rapid Tests available at library

A limited number of Covid-19 Rapid Tests are available for free at the library. In addition, Medi-

care now covers the cost of up to 8 free rapid tests per month.

Free Masks and Thermometers Available

The Westhampton Library and COA have free quality masks available. The COA also has a limited number of thermometers for free if needed. Library: (413) 527-5386; COA: (413) 203-9808.

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

Face masks are recommended for visitors to all town buildings. This is in order to protect our youngest readers and other vulnerable populations against COVID-19. Thank you for your help and cooperation. The library is open for in-person browsing and materials pickup. We also offer curbside pickup. To place a request for curbside pickup, please email westhampton@cwmares.org or call (413) 527-5386.

Author Visit - Katherine Sherbrooke Tuesday May 24 at 6pm

Meet author Katherine Sherbrooke and hear about her new book "Leaving Coy's Hill" which is based on the life of abolitionist and women's rights activist Lucy Stone. "Leaving Coy's Hill" has been named a New York Times 2021 Summer Reading Pick and described as "A beautiful meditation on advocacy and courage with a heroine who is impossible to forget." –Marjan Kamali, author of *The Stationary Shop* and *Together Tea*.

Did you know that Lucy Stone has descendants living in Westhampton? Stay after the author's talk to purchase signed copies of the book and to discuss this title with Book Group. A limited number of library copies will be available to borrow ahead of this event. Book Group meets once a month and is always open to new members! **PLEASE EMAIL MEAGHAN AT mschwelm@cwmares.org to register for this author event.**

Garden Days Saturday May 28, 10am-12pm; Rain Date Saturday June 4

The library yard will be buzzing this year with the addition of more pollinator friendly early and late blooming plants. We're planting an additional row of lowbush and highbush blueberries and seeding sunflowers to greet visitors coming up the library walkway. We also have many yard clean-up jobs

including: weeding, pruning, and composting. No previous gardening experience is necessary. We'll have some tools on hand, but we encourage you to BYOT (bring your own tools!) All ages are welcome. **PLEASE EMAIL MEAGHAN AT mschwelm@cwmares.org to sign up.**

**This program is made possible by a grant from the Association for Rural & Small Libraries through the generosity of a regional partner foundation.*

A Message from the Westhampton COA Hikers



As you read this the Westhampton COA Hikers are well into the season and back into hiking into the woods again! Throughout the spring we will be offering a wide variety of hikes to fit the various varieties of hikers in the group, from level, easy hikes to the more rigorous, hilly hikes. We're continually exploring new hikes in the local conservation areas and would like to hear suggestions for future hikes from our fellow hikers – so don't be shy and let us know where you'd like to hike.

For anyone interested in joining the Westhampton COA Hikers, email us at westhamptoncohikers@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. So stay tuned for emails from the WCOA Hikers. Happy Trails!

Letting Go!

Occasional musings on decluttering, downsizing, and organizing to lighten the load.

At last month's luncheon, we heard from professional organizer Kira Coopersmith. Many of us realized we have a lifetime of possessions that our children and family don't want. Maybe we spend time looking for the same things (screwdriver, keys, paperwork) over and over. This article is

meant to be the first of a series with advice, tips, and helpful information and resources for lightening our loads.

Not sure about you, but I have lots of clothing that is unworthy (holes, stains) of donating. Sometimes I will take an old 100% cotton t-shirt and cut it into little rags. But often I just feel overwhelmed. Below is information from the Westhampton Transfer Station on recycling textiles. Help is close (clothes?) at hand. Just place your items in the Salvation Army bin!

Hilltown Resource Management Cooperative (HRMC) – Donate don't Trash Household Clothing and Textiles

Anticipating a wardrobe change? Looking to change up your seasonal linens and towels? HRMC advises, "donate don't dispose of unwanted textiles".

Worn or torn, faded or fashionable, these materials have value to local, regional and global businesses for resale, wiping cloth manufacturing, and conversion to insulation, carpet backing and other secondary uses. According to Massachusetts Department of Environmental Protection (MADEP), Massachusetts disposes of approximately 230,000 tons of textiles annually, 95% of which could be reused or recycled instead of being thrown away. MADEP has recently issued their final 2030 Solid Waste Master Plan, which establishes a goal to reduce trash disposal by 30%. Among MADEP's strategies for reaching that objective, is a plan that expanded their waste bans by adding textiles to the list of materials banned from disposal in Massachusetts. This waste ban change will become effective November 1, 2022.

HRMC encourages residents to become part of the solution to reduce textile waste NOW! Textiles aren't just clothing. Think: shoes, belts, bags, sheets, rugs, pillows, stuffed animals, and more!

Contrary to popular belief, textiles in any condition, including stained, ripped, missing buttons or with broken zippers can be reused or reclaimed by donating them to collection bins or charitable organizations.

Only moldy or wet items or items contaminated with hazardous substances are unusable. Many think of donations to charitable organizations or thrift stores as the end of the line for their unwanted clothing and textiles, but it doesn't end there. When you donate old clothes, hats, shoes, handbags, bedding and other textiles to charities and businesses, they sort and re-sell the reusable goods. The lesser quality items are passed along to companies that depend on them as manufacturing feedstock. When you donate textiles instead of trashing them, they take on value in the textile recovery chain, supporting jobs, and providing access to used goods for the needy. Not to mention the environmental benefits of less trash and a smaller carbon footprint.



It's very important to remember NOT to place textiles in your town's recycling bins or carts. Always keep textiles separate from household recyclables and donate them at the Transfer Station or a convenient location.

As an additional hint, you can place your old textiles in plastic bags marked "textile recycling" so you don't need to fret about the Salvation Army checking them out as possible saleable items.

~Julia Lennen



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

Regional News

This year has seen a significant increase in violent storms in the southern United States. I hope this is not an indication that we will have tornados in the months to come, but here are a important survival tips in case of a violent storm:

Senior 
SAFE

- ⇒ GET INSIDE. If you are outside, get inside. When you are inside, get as far inside the middle as you can away from windows and doors.
- ⇒ GET DOWN. Get underground if possible. If you do not have a basement, go to the lowest floor possible.
- ⇒ COVER UP. Flying debris and glass in a violent storm are the number one killer. Stay under the stairs or in a room or space without windows. Use pillows, blankets, coats, or anything else to cover up, protecting your head and body from flying debris.
- ⇒ TO GO. Have a TO GO bag with you in which you have your medicines, clothing, documents, cell phone, credit cards, any thing you may need for an extended time away from home.

I sincerely hope that you will not need it, but it never hurts to be prepared.

Stay S.A.F.E.!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. 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!

MediCARE uh oh

Says the caller, I CARE that you are eligible to get a new Medicare card with a security chip, and I just want to verify your number so we can send it. And, he says, if you give me your social security number I can see what additional benefits you may be able to receive. Or she says, I would like to send you a new knee brace and it won't cost you a penny! Just give me a credit card number so you can easily pay the minimal shipping costs.

The caller may be sweet as pie offering things as above, or you may get threats: If you don't verify your social security number, we will have to cancel your Medicare coverage. You have a medical bill that must be paid now or you will not be able to fill your next prescription. There has been suspicious activity on your account and we need to verify your identity or you will be liable for charges.

Phooey on those callers! You know how much medical care can cost, it's a big business. If a scammer can rip off your information, they can turn your good name into lots of dollars. They may also spend your benefits on actual care for themselves, so when you make a claim you find your benefits are already used. Medicare reminds us that:

1. Our Medicare number needs to be kept secure, just like a credit card number.
2. Medicare will never call you. You will get a letter if they need to contact you.
3. No Medicare person will make a house call.
4. Medicare cannot enroll you over the phone unless you called first.
5. Medicare cards do not expire, so there is no need to send you a new one.

If you suspect a Medicare card scam, report it to Medicare at 800-633-4227. I tried the number – you will need to say "Report a fraud" and give your date of birth, then get transferred to a person. They will ask for your Medicare number to continue.

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

May's Good News

By Deb Hollingworth

Lately I've been getting questions about Lifelines, also called "personal emergency response" systems. So here's some information on what they are, how they work, what they cost and who pays, along with a list of providers.

These medical alert systems have advanced far beyond the basic pendant you wear around your neck. These days the range of options include wrist bands, belt accessories, phone apps, and can be part of a home security system. Features include: wellness checks, medication reminders, remote control for answering the phone. And they can come with a GPS tracking device. Or, you can still get a pendant that you wear around your neck, with a button to push if you fall and can't get up.

If you push that button, or if you fall and the pendant registers that impact, the Call Center comes on line and will begin to ask if you are all right. If you respond, you can have a conversation with the Call Center to let them know how best to help. For instance, one of their first questions will be, do you want us to call an ambulance? Or should we contact your neighbor, family, friend who you have listed as someone who helps in an emergency? If you are not able to respond, the Call Center will call 911 emergency services and give them details you listed in your personal information.

I remember receiving a call at work one afternoon from the Call Center saying my Mom had fallen and she agreed to be transported to the hospital. We had set up the Call Center procedure to notify family when an event occurred, whether or not Mom agreed to hospital transport. The Call Center will have necessary emergency information to help EMT responders and/or they will contact whoever you have indicated as your emergency contacts.

What does a Lifeline cost? Prices range, depending on what features you choose. The basic pendant ranges from \$20 - \$35 per month depending on provider. Lifelines that also act as medication dispensers start at \$70 per month and up.

Who pays? Medicare does not pay. MassHealth does. If you are a State Home Care client with Highland Valley, Lifeline can be one of the services you receive. To qualify, you would need to have a medical condition that makes you prone to falls, or need help managing your Rx, or have dementia and be at risk of wandering. In these cases, Highland Valley might pay for your Life Line.

There are at least a dozen Lifeline providers who service our area. Here are a few:

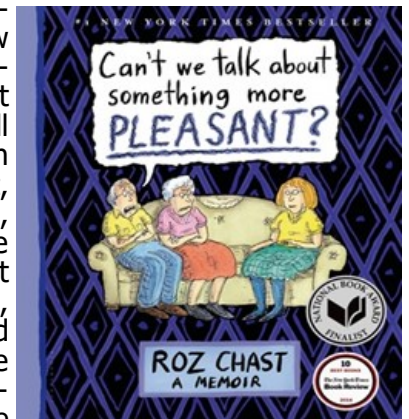
- ⇒ Bay Alarm Medical 844-805-7647
- ⇒ Medical Guardian 800-487-7415
- ⇒ Medical Alert 800-833-0850
- ⇒ Phillips Lifeline 855-651-7015
- ⇒ Link to Life 888-544-4462
- ⇒ Ready Home Medical Alarms LLC 413-535-3035
- ⇒ SafetyNet by LoJack 877-434-6384

For more information on their specific products you can Google them and check out their websites. Or you can find Lifeline products through retailers like Walmart, CVS or through national cell phone carriers like Verizon or AT&T.

Being a Caregiver: Can't we talk about something more pleasant?

Sometimes portrayals of caregivers are based on an embedded assumption that the caring is based on existing loving and supportive relationships within a the family, a notion that, for some, seems too good to be true. The life of a caregiver is often far more complicated and stressful, especially when it comes to caring for parents. Not every family is a replica of the "Waltons". Messages like "We don't share family business and you shouldn't complain" are often internalized and pop up when the child becomes an adult. Getting through this can be tough unless there are chances to vent.

Sometimes it's necessary to face the tougher topics in life by softening them with humor. Roz Chast, a cartoonist for the New Yorker, has achieved this in talking about what it's like to help aging parents as they reach the end of their lives and also deal with the complex nature of longstanding personal and family dynamics. Her memoir is a mix of text and special cartoons. If you've seen her cartoons in the New Yorker, you'll recognize her style. Not everyone can pull off telling a story in a way that is honest, touching, engaging, sad and funny at the same time. It's not full of clinical lingo, facts, directions and advice. It's a more down to earth portrayal of one of the most difficult rites of passage we face. It's available through CWMARS at the library or if you go online there are several other very affordable sources. *Published by Bloomsbury Press 2014.*



On the Road Again...

2022 Trip Lineup



These are the bus trips being planned for 2022 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* is 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 Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available. Need a few more passengers.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. New Date Saturday, 9/10/22.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes Chicken & Salmon lunch. Cost \$113. Due NOW. Join us to experience the glitz and glamour of the 70s! Flyer Available. Make payment to FNSC and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

Day Trip. Encore Boston Harbor Casino. June 15, 2022. Cost is \$37 which includes \$20 free slot play. Meals on your own. Meet the bus at Sheldon Field, Old Ferry Rd, Northampton at 7 a.m. *time subject to change. Make payment to Francine Frenier and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096 by May 8th.

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. Only a few seats remain.

Day Trip July/August. Minor league baseball game. Red Sox Triple A minor league team, **Woo Sox** in Worcester, MA. Date and cost to be determined.

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

Day Trip Sept. The Big E
Day Trip Late Sept. Wareham, MA. Cranberry Bog Tour.

Day Trip Oct 4. Oktoberfest! The Schnitnel

Brothers perform. Self Drive to the Log Cabin. Meal choice and cost to be determined.

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost \$TBD, \$25 discount if paid early. Flyer available. This will be rescheduled for 2023.

Food News: Hilltown Mobile Market, HIP and Snap

The Hilltown Mobile Market is making a big transition and moving online! The new marketplace will allow customers to order directly from Hilltown farms, with over a dozen pickup locations available throughout the Hilltowns. Door delivery in the Hilltowns will be available at Westhampton Woods and The Maples. Customers can sign up for a farm share or shop freely as often as they like. SNAP/HIP, WIC and Senior Coupons will be happily accepted at select locations. **The Market will be open from July 16 – November 18, 2022.** Alternative ordering options will be available for those without internet and several pre-season training sessions will be offered to get folks signed up and familiar with the online market. Visit www.hilltownmobilemarket.info for more information and to sign up today or call Hunt Chase at (413) 296-4536 ex. 116. Stay tuned for training session dates.

Open HIP Locations: Hampshire County

What is HIP?

The Healthy Incentives Program (HIP) is a Massachusetts state program where SNAP recipients get at least \$40 of extra SNAP money every month to spend on local fruits and vegetables. That means if you have SNAP, you automatically have HIP! Shop at the eligible farm locations with your SNAP/EBT card, and get at least \$40 extra to spend through the HIP program. Note: you must have at least \$1 on your SNAP/EBT card when you go and shop; in other words, you need to have a balance on your EBT card in order to earn the HIP incentive.



How to find a HIP location near you: Locations are organized by county. Addresses are listed for each location, including zip codes. To search by zip code and find the location closest to you, visit buylocalfood.org/hip-map to view our new map! Visit the delivery service websites to see if they offer delivery or pickup near your home! For up-to-date information on locations, as well as other locations in the rest of the Pioneer Valley, see www.facebook.com/HIP.PioneerValley or contact Ellery at ellery@buylocalfood.org.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

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Newsletter Designer

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

Saturday, May 21st 9am-3pm

Spring Clothing Exchange



Goshen Congregational Church
45 Main St., Goshen

Outfit your family for the spring without spending a cent! Drop off your washed, gently-used men's, women's and children's spring clothing and accessories at the church in the vestibule on Wednesdays from 6-8pm and Fridays from 9am-3pm, or call Laura Barrus at 268-7005 to set up a specific time. Then come back to shop on Saturday the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

Why do I need Prescription Advantage?

"Why do I need Prescription Advantage?" This question is often asked. Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the "donut hole";
- It allows you to change your Medicare plan outside of Medicare's open enrollment;
- At certain income levels it's FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by calling **1 (800) 243-4636** or visiting prescriptionadvantagemma.org *Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.*