

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



June 2022 Calendar of Events

MON	TUES	WED	THURS	FRI
		1 Card Games WW, 1:45-4pm	2 Yoga Class Town Hall, 10am	3 Sat. 6/4 8-12 Town Election Sat. 6/4 10-12 Comm. Garden Day Rain Date
6 Scrabble Group Library, 2pm Mahjong WW, 1:30-4pm Knitting Group Library, 6pm	7 Fitness & Friends Town Hall, 11:30-12:30pm	8 Card Games WW, 1:45-4pm	9 Yoga Class Town Hall, 10am Tony Silva, Spanish Guitar Concert 12pm	10
13 Computer Class Library, 10am—Noon Scrabble Group Library, 2pm Mahjong WW, 1:30-4pm Knitting Group Library, 6pm	14 Fitness & Friends Town Hall, 11:30-12:30pm	15 Card Games WW, 1:45-4pm	16 Yoga Class Town Hall, 10am Sustainable Gardening Library, 6pm	17
20 Juneteenth- Library Closed Mahjong WW, 1:30-4pm	21 Fitness & Friends Town Hall, 11:30-12:30pm	22 Card Games WW, 1:45-4pm	23 Yoga Class Town Hall, 10am	24
27 Scrabble Group Library, 2pm Mahjong WW, 1:30-4pm Knitting Group Library, 6pm	28	29 Card Games WW, 1:45-4pm	30 Yoga Class Town Hall, 10am	

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

Spanish Guitarist, Tony Silva performs outside the Library on Thursday, June 9th at 12pm



"... phenomenal Spanish guitarist Tony Silva is one of the Valley's true artistic gems."
-- Valley Advocate, Sept 26, 2019

The COA is pleased to present this extraordinary concert behind the Library with Tony Silva. Silva has been playing acoustic guitar for over 40 years. Early influences range from Stephen Stills to Andrés Segovia. His father Pedro Silva was from Chile and passed on the love of the music of the Andes Mountains. As a solo performer, Silva specializes in Rumba Flamenca (the style of the Gipsy Kings). He also plays a wide range of music from Latin America, and transcribes flute and harp music from the Andes for guitar. His repertoire includes rumbas, waltzes, boleros, and huapangos with songs from Spain, Mexico, Cuba, Colombia, Brazil, Venezuela, Argentina, Paraguay, Peru, Chile and lots of Gipsy Kings! Learn more at: www.tonysilva.com. In the event of inclement weather, the concert will take place at the same time across the street in the Town Hall (in that case, masks are encouraged and appreciated for the protection of all). Hope to see you there!

Hilltown Mobile Market Opens a New Online Store with Delivery to Westhampton

From July 16 through Nov.18, fresh and affordable Hilltown-grown produce, meat, dairy and eggs from over 15 local farms is available to order **ONLINE** at hilltownmobilemarket.info. Shop online and get your order delivered for FREE to Westhampton Woods (Community Room, Apt. F) or right to your door if you live at Westhampton Woods. SNAP, HIP, WIC and Senior Coupons are all accepted. Orders must be placed by Tuesday at 3pm. Farm shares (similar to CSAs are also available). For more information visit www.hilltownmobilemarket.info or email market@hilltowncdc.org. **NOT ONLINE? Contact Hunt Chase (413) 296-4536, x116 to learn about on-paper options.**

Great News! COA Newsletter Funding Extended

Thank you for your newsletter testimonials on be-

half of the printed COA newsletter, Moving Forward. The funding for this newsletter along with the newsletters for the 7 other Hilltowns in the Northern Hilltown Consortium of COAs was at risk of running out but has been extended for another full fiscal year, allowing us time to try to secure funding for the future. We also want to give a big thank you to State Senator Lindsay Sabadosa for her advocacy on our behalf! Some quotes from your testimonials:

"Moving Forward is a life line to us seniors and I look forward to it each month."

"I find Moving Forward, the COA newsletter, very valuable to me. I can't afford to have a computer at home -- neither the machine nor the internet connection -- so a digital version of the newsletter would be of no use to me. "

"If it wasn't for the COA newsletter, I wouldn't feel connected and wouldn't know of the virtual get-togethers over zoom that I've been enjoying during the past 2 years."

"Had the newsletter only been available online, I probably would not have known about the WCOA newsletter as my email address had not been in the WCOA's database."

Fitness with Friends

Come join us for this exercise class that is geared toward improving flexibility, balance, strength, and coordination. The class is in full swing, held **every Tuesday 11:30-12:30** in the Town Hall, and will continue **through June 21**. Our instructor Heather Paul has over 20 years of experience as a fitness coach. She has a welcome blend of consideration for any limitations as well as encouragement to push ourselves to improve our fitness. There's room for more participants in the Town Hall. Won't you come join us?



Town Elections- June 4th at the Town Hall from 8am-12pm

There are two challengers for one select board seat. Absentee ballots are available for those who need them.

Contact the Town Clerk, **Katrin Kaminsky: (413) 203-3080** or Clerk@WesthamptonMA.org for instructions on how to obtain an absentee ballot.

COVID-19 Prevention Info from Massachusetts Elder Affairs Office

The best protection against COVID-19 is staying up to date on COVID-19 vaccines. That means

being fully vaccinated and getting a **booster**. Fully vaccinated people are much less likely to get sick or spread the virus, especially if they have their booster shot. **2nd booster shots have been approved for individuals over the age of 50.**

Testing for COVID-19 is widely available, including at-home rapid tests. Get tested if you have symptoms. **Medicare now covers 8 tests per month.**

Treatment options are also widely available. If you or someone you know tests positive, encourage them to talk to their doctor right away about treatment options available for people who have mild to moderate symptoms.

Library Hours: Please check the town website or Facebook @WesthamptonPublicLibrary for library updates and hours.

***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@cwmars.org or call 413-527-5386.**

Environmental Stewardship Through Sustainable Gardening
with Casey E. Doyle, M.S.
Thursday, June 16 at 6pm

Learn the concept of responsible use and protection of the natural environment through conservation and sustainable gardening practices. Our presenter will share information on agricultural trellising, rain barrels and more! This program is made possible by a grant from The Association for Rural and Small Libraries through the generosity of a regional partner foundation.



June Artist - Karen Evans

"I make paintings of landscapes I see in my everyday life and then try to present them in a way which goes beyond the commonplace...A painting is complete when its components function together without stress and with none seeming to be terribly more important than the other."

Ms. Evans received a BFA in painting from Philadelphia University of the Arts and is currently an active member of Oxbow Gallery, the Hampden Gallery Critique Group, and the Bernardston Meet-in-house painting group.

Other Library Announcements

The Friends of the Library will sponsor a full summer concert series on the lawn this year. Dates and bands are still being confirmed. Look for advertisements at the library or in the Belltower.



The Friends of the Library are hosting a **quilt raffle** throughout the summer, with the drawing to be held in August. The beautiful queen-size quilt is currently on display at the library and will make an appearance at all summer concerts, as well. The colorful cotton fabrics portray a pollinator theme. The batting is 100% organic wool. Chances are \$2.50 each or 5 for \$10.00. Stop in to leave your contact information and payment or provide with your annual membership donation and mail to the library at 1 North Rd.

Save the Date! Tom Ricardi, wildlife biologist and rehabilitator, and his **Birds of Prey** will be on the back lawn of the library at **5:30 on the evening of Tuesday, July 21st**. Bring a lawn chair if you have one!

Healthy Lifestyles Presentation

On April 14 Diane Alpern, a nutrition expert and Registered Dietician of Valley Medical Group, presented a ZOOM talk on Healthy Lifestyles with a focus on preventing Diabetes Type 2. Diane covered many topics to prevent diabetes using the "50 Ways to Prevent Diabetes", examples below:

- Eat a Small Meal, Lucille – use a smaller plate size to make small portions look larger, eat slowly to know when you are full, don't watch TV while you eat
- Move More Each Day, Faye – dance around the house while doing chores, work out with a video, schedule walks with friends, take stairs rather than an elevator
- Snack on a Veggie, Reggie – use frozen veggies when fresh are not available
- Cook with Care, Claire – stir-fry, broil, or bake with non-stick spray or broth – cook with less oil and butter
- Cook in Style, Kyle – cook with spices instead of salt, choose foods with little or no added sugar
- Eat Healthy on the Go, Jo – have a big vegetable salad with low-calorie dressing when eating out, choose grilled chicken over a cheeseburger
- Rethink Your Drink, Linc – find a water bottle that you really like and drink water from it every day, peel and eat an orange instead of orange juice, drink water instead of juice and soda
- Eat Smart, Bart – choose whole grains, brown rice, and quinoa, choose healthy snack such as fresh fruit and nuts

- Keep Track, Jack – make a list before you go to the grocery store, record what you eat for a week to evaluate your choices
- Read the Label, Mabel – compare food labels and choose those low in saturated fats, calories, salt and added sugars
- You Can Exhale, Gail – find ways to relax like deep breathing, taking a walk, meditation

A person with prediabetes has blood sugar that is higher than normal, but not high enough to be diagnosed as diabetic. Diane discussed risk factors for developing diabetes so we could determine our own risk level. Being a prediabetic or having high risk factors gives you warning to take actions such as making healthy lifestyle changes.

Diane showed us that there are many ways we can help ourselves to generally improve our health, starting with adopting new habits. It is difficult for people to make changes, and one of the methods to do this is to associate the new habit with an existing habit. We discussed a popular Ted Talk video by BJ Fogg called Tiny Habits where you break down the new habit into one small piece and associate that with something you already do. An example might be – you want to do 20 pushups daily. Break it down to just 2 pushups and do them every day after you brush your teeth. This allows for success, your confidence grows, and your motivation is high to continue. Check out the YouTube video for the above Ted Talk.

A Message from the Westhampton COA Hikers for June

Hiking season is in full swing, and the Westhampton COA Hikers will be continuing to offer a variety of hikes at a variety of local trails throughout the summer. As the season progresses we will ultimately start our hikes earlier in the day (say 9:00 AM) to get out before the summer heat. We will also continue scheduling our hikes (via email) around the 5–7-day weather forecast to avoid the confusion of rescheduling. So if you're interested in getting out for some fresh air and exercise with



Westhampton COA Hikers at the Ridge Conservation Area on April 25.

a great bunch of people email us at **westhamptoncoahikers@comcast.net** and we will add you to our hikers' email list. Please note that all group emails are sent out as blind copies (BCC) for your safety and privacy. Also if you have any suggestions for future hikes, please send them to the email address listed above. ~Chuck & Ray

**A Community of Readers - Angela Griefen
Book recommendations by community members for community members!**

Currently I am reading Anne Tyler's new book, "French Braid." Her writing just flows beautifully, and her character development is so true to life, that you get a deep understanding of the family she writes about and their paths through life. The book is about a Baltimore family over a few decades living everyday life with a few twists and turns and some surprises. A non-fiction book and memoir, "The Honey Bus," by Meredith May, is another book I enjoyed. It is about a young girl growing up in a rather dysfunctional family but taken in by grandparents who live a unique life raising honeybees. It is an inspiring true story with a fair amount of information about bees, hives, and gathering honey. "The Truffle Hunters," is a movie I would recommend. It is available on DVD and is an Italian film with subtitles. It takes you to a village in the mountains of Italy where dogs and men hunt for truffles, a very valuable and highly sought-after delicacy. The connection between man and dog is fascinating, and the film is very simply done but beautifully filmed.

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



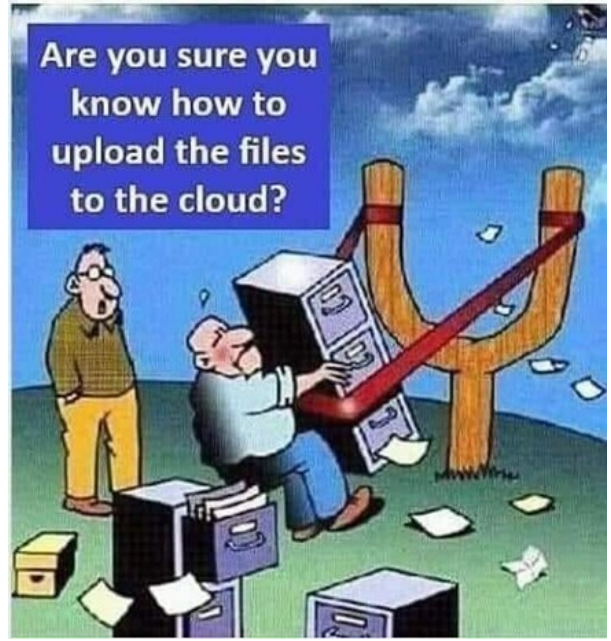
It is that time of year again. Our lawns are growing. So, here are my annual tips on gasoline and lawn mowers:

- ⇒ Remember, gasoline vapors are highly flammable. They stay on your clothing and can ignite if you light a match for any reason.
- ⇒ Store gasoline only in approved containers. Store them outside or in a building not attached to your house. Never keep gasoline inside your house.
- ⇒ Keep gasoline away from all heat sources such as grills, campfires, fire pits and smoking materials.
- ⇒ Never fuel a lawn mower while it is hot. Let it cool off first.
- ⇒ Do not use gasoline to start a cooking fire, camp fire or pit fire.
- ⇒ Keep hands and feet away from a mower while it is running. If you have to clean grass out from under the mower, detach the spark plug wire and wait for the mower to cool down before up ending it to get the grass out.

Have a SAFE mowing season!

--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!

What DOES my POA do?

You know how I nag on the Big Five... Let's say I am in a coma and unable to take care of anything in my life. Or both arms got broken so I can't use my hands, or I have a tick-borne disease with total brain fog. Or here's an option: I won a four-month world cruise and will be going! What happens to my business / routine part of life? Happily, I arranged for a trusted friend to have my Durable Power of Attorney (POA) and I make sure that is activated before I go.

What does the POA do to benefit me? Let me count the ways. They can:

- ⇒ pick up my mail and read my email.
- ⇒ pay the bills that come in the mail.
- ⇒ monitor my bank account to make sure that automatically-paid bills are in fact paid and paid correctly.
- ⇒ monitor my bank account for anything that looks wrong.
- ⇒ file my taxes.
- ⇒ receive the notice that a CD is coming due and either cash it in or invest it again, depending on what they know my wishes are.
- ⇒ renew my house and car insurance policy.
- ⇒ watch my medical bills to make sure that charges are valid.
- ⇒ keep an eye on my benefits programs such as Medicare.
- ⇒ go online at annualcreditreport.com once a quarter and check my credit reports for anything that looks wrong.

In short, they keep my life going until I get back to it! There are several types of POAs, so a person should read further before assigning one. This note is about the financial POA, stay tuned for the health POA.

All is well!
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

June's Good News

By Deb Hollingworth

Are you thinking about housing options? House too big, or are you feeling isolated in your apartment? Are you thinking about your homeowners property taxes, or the price of heating oil, or whether you want to be at the beck and call of your wood stove? Maybe it's time to think about moving to a less demanding, more socially interesting living situation. If you are concerned about health issues, ready to downsize and never want to move again, an assisted living residence might be a good choice. An assisted living residence is an apartment with support services which usually include: meals, housekeeping, laundry service, personal care and social activities. We have a number of them (over two dozen) in our area. Cost is a determining factor, but food, social activities, and the sense of community are key issues that usually influence the decision to move.

Let's talk about cost.

Assisted living apartments are expensive until you begin to add up what your current monthly overhead is. What if you didn't have to pay homeowners insurance, or utilities, or taxes, or the grocery bill? Would the monthly assisted living rent seem that expensive by comparison?



Many folks sell their home in order to finance several years rent in an assisted living. But what if you don't have a home to sell? Or your home has a mortgage that has to be paid and the remains of your sale might be meager? Some assisted living apartments are subsidized by MassHealth. There's also a VA benefit if you are a veteran or were married to a veteran, and most Long Term Care insurance policies also will pay a portion of your rent in an assisted living.

To determine which assisted living residences offer subsidized apartments, or to see if you might qualify for any of these subsidies, you might call your Senior Center for a start, or call Highland Valley Elder Services and ask to speak to their Options counselor. (413-586-2000).

Let's talk about other factors that influence your decision where and when to move, such as food and social activities.

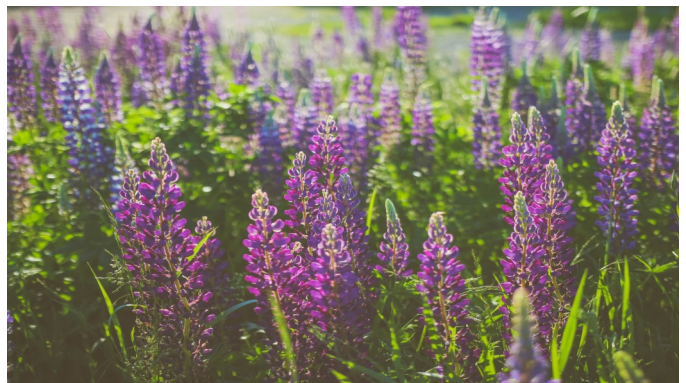
I had a volunteer work in my department for 20 years. He started when he turned 70 and "retired"

at 90. His wife died before then and the house they had lived in seemed empty. While it was well kept and in a good neighborhood, it began to need more attention. And he had to find someone to plow the driveway in winter, mow the lawn in summer, replace the water heater, put in the air conditioner. Life wasn't getting less complicated, so he sold his home and moved to an assisted living. Shortly after that, he invited me to lunch. The menu had two choices for entrees with a good selection of vegetables. Meals were sensibly sized. The dessert menu, however, had 24 choices. I approved because when you reach a certain age, the tough decisions should be about what to have for dessert.

Moving is a Big decision. And often is predicated by deteriorating health, loss of spouse or concern about becoming isolated and not having much mental stimulation. Assisted living residences might be the answer.

The COA newsletters roll for one more year!

Everyone is pleased and relieved to know that the Executive Office of Elder Affairs has approved our request to extend the Service Incentive Grant to cover the cost of keeping up the production of the newsletter that goes to over 2400 households in seven Hilltowns for one more year, allowing us to keep the written word alive. We are grateful and appreciative of support from not only EOEa but from so many people who made this possible -- each of you who wrote letters about the importance of receiving hard copies every month; the COA Coordinators from each town who advocate and work hard to reduce the isolation that comes when access to important information is not accessible; all of the COA board members who made their voices heard; support from the Hilltown CDC and other nonprofit organizations in exploring options; and especially our state representatives, Lindsey Sabadosa and Natalie Blais, whose strong support led to the decision to keep the written word alive and our rural towns "Hilltown Strong".



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.

Day Trip June 15. Encore Boston Harbor Casino. 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. Due NOW.

Day Trip June 23. Zooma Trattoria with pasta demonstration and Little Italy Tour in Providence RI. Includes lunch: Chicken Piccata and lots of Italian sides. \$94 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available.

Day Trip July 28. Winnepesaukee Railroad luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due by June 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available. WAIT LIST ONLY.

Day Trip August 20. Red Sox Triple A affiliate, **Woo Sox** vs Rochester Red Wings in Worcester, MA. Tentative Date Saturday 8/20/22. Private buffet for our group included. Cost to be determined.

Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport. Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available.

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Lobster meal included. Nice relaxing sightseeing trip. Cost \$359. Payment due NOW. Flyer available.

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 June 30th. Flyer Available.

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.

Day Trip Sept. The Big E. Free Entertainment at Court of Honor Stage. Date & Cost TBD.

Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn. Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available.

Day Trip Late Sept. Wareham, MA. Cranberry Bog Tour. Date & Cost TBD.

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

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. \$1,205, \$25 discount if paid by July 2nd. Flyer available. Only a few seats remain.

2023

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost \$TBD, \$25 discount if paid early.

Multi Day October. Mt. Rushmore & Devils Tower. 11 days. Cost \$TBD, \$25 discount if paid early.

YOU'RE INVITED LAURA WETZLER RETURNS



**Sunday, June 5th at 2pm
Chesterfield Community Center**

**Singer, Songwriter, Guitarist Laura Wetzler
Songs of Resistance, Hope & Love**

*Partly funded by
Highland Valley Elder Services*

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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HOME IMPROVEMENT



If you're going to hire a Home Improvement Contractor...

- Make sure they're registered or licensed with the state
888-283-3757 www.mass.gov/consumer;
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

*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**

