

# Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



## July 2022 Calendar of Events

MON	TUES	WED	THURS	FRI
				<b>1</b> <b>Field of Dreams Concert:</b> <b>Amber Belle &amp; The Bottoms</b> 6:30pm at Library
<b>4</b> <b>Independence Day</b> Library closed	<b>5</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm	<b>6</b> <b>Card Games</b> WW, 1:45-4pm	<b>7</b> <b>Yoga Class</b> Town Hall, 10am	<b>8</b>
<b>11</b> <b>Scrabble Group</b> Library, 2pm <b>Mahjong</b> WW, 1:30-4pm <b>Knitting Group</b> Library, 6pm	<b>12</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm	<b>13</b> <b>Card Games</b> WW, 1:45-4pm	<b>14</b> <b>No Yoga Today</b> <b>COA Picnic</b> W/ Crimson Canary 12-1pm <b>Wildflowers of the Season with Mass Audubon Arcadia</b> 6pm at Library	<b>15</b> <b>Field of Dreams Concert:</b> <b>The Pangeans</b> 6:30pm at Library
<b>18</b> <b>Scrabble Group</b> Library, 2pm <b>Mahjong</b> WW, 1:30-4pm <b>Knitting Group</b> Library, 6pm <b>"Cycle of Memory" Film Screening</b> Library, 6:30-8:30pm	<b>19</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm	<b>20</b> <b>Card Games</b> WW, 1:45-4pm	<b>21</b> <b>Yoga Class</b> Town Hall, 10am <b>Birds of Prey with Tom Ricardi</b> 5:30pm, Library	<b>22</b>
<b>25</b> <b>Scrabble Group</b> Library, 2pm <b>Mahjong</b> WW, 1:30-4pm <b>Knitting Group</b> Library, 6pm	<b>26</b> <b>No Fitness &amp; Friends today</b>	<b>27</b> <b>Card Games</b> WW, 1:45-4pm	<b>28</b> <b>Yoga Class</b> Town Hall, 10am	<b>29</b> <b>Field of Dreams Concert:</b> <b>Wild Bill &amp; The Flying Sparks</b> 6:30pm at Library

**Annual COA Picnic Returns with  
Crimson Canary and Free Lunch  
July 14th**



Join all your Westhampton friends behind the library from 12-1pm for a delicious free lunch from Good Eats To Go while listening to the fabulous duo, Crimson Canary and enjoying the gorgeous scenery. Crimson Canary stars guitarist David Chu and vocalist Lonnie Chu. They'll perform classic songs in various languages, such as those done by Ella Fitzgerald, Edith Piaf, Julio Iglesias, Dean Martin, Astrud Gilberto and the like. Come for a walk down memory lane and sing along if you like! **Location: Behind the Library at Noon. If it rains, we will move inside the Town Hall where masks are strongly encouraged. In that event, lunches will be distributed as "take out" at the close of the concert.**

**Cycle of Memory Film Screening  
July 18th 6:30-8:30pm**



**Westhampton Public Library**

Join this special COA/Library intergenerational screening of Cycle of Memory: the new award-winning documentary about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's. The film is 72 minutes long and will be followed by an in-person Q+A with the filmmaker. Masks are recommended.

About the film: Mel Schwartz escaped the Great Depression on a bicycle adventure he'd remember for the rest of his life. But when Alzheimer's takes Mel's memories away, it's left to his grandkids to recreate the life-changing bike trip and find those memories again. Guided by old photographs of the 1945 trip, they search for places

aged by time. But while searching for Grandpa Mel's past, the two are confronted with their own fraught history. If they're going to complete the turbulent journey, they'll have to face their own emotional potholes and tumultuous relationship. With the help of a grandmother learning to live alone for the first time, Mel's lifelong friend and co-adventurer on the bike trip, and a family collection spanning 1950s film reels to 1990s video tapes, Cycle of Memory explores the importance of intergenerational connection, healing painful pasts, and leaving a meaningful time capsule for the future.

**Westhampton COA and  
Resilient Community Arts Host  
Plein Air Painting  
Saturday, August 6th 1pm**

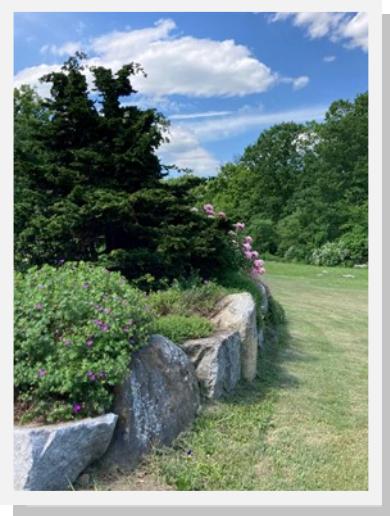
Plein-air painting is the practice of painting landscape pictures out-of-doors; more loosely, the achievement of an intense impression of the open air (French: plein air) in a landscape painting.

Join your friends and neighbors for an all-ages community outdoor painting event behind the Library, Saturday August 6th at 1:00 PM. (Rain date: Saturday, August 13th.)

Resilient Community Arts of Easthampton, with the support of a generous grant from Highland Valley

Elder Services, will be offering instructional support for painters of all abilities and ages. All art supplies provided, bring your own chair or blanket to sit on in the grass. Please let us know if you have an accessibility issue.

Space is limited so please sign-up: [jslennen@gmail.com](mailto:jslennen@gmail.com) or (413) 537-9880. If you are bringing a child under 12, please let us know.



**School's Out for Computer Class!**

Bob Miller will resume computer classes at the Library in September, most likely on the 4th Monday of September.



## Talented Fourth-Graders Entertain Grandparents and COA!

Thank you, Ms. Overstreet, for another brilliant show! Community members and grandparents shared pizza and “Little Debbie” snacks before the entertainment began.

First off was a solo performance of the Encanto song “What Else Can I Do?” followed by a puppet show, “Save the Dinosaurs.”

Next, the mat came out and we were treated to a dynamic gymnastics routine. A reading of Frog and Toad followed. Comedy routines, solo violin and piano recitals, and a riff on Golden Girls rounded out the show.



*Mrs. Overstreet,  
4<sup>th</sup> Grade Teacher*

### Jokes:

How many tentacles are needed to tickle an octopus? (Ten - Ten tickles)

Speaking of dinosaurs, what's it called when a dinosaur farts? (A blast from the past)

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## Reminder: Hilltown Mobile Market Opens Online Store with Delivery to Westhampton

From July 16 through Nov.18 you can order fresh, affordable Hilltown-grown produce, meat, dairy and eggs from over 15 local farms from the Hilltown Mobile Market ONLINE at [www.hilltownmobilemarket.info](http://www.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 3 pm. Farm shares (similar to CSAs are also available). For more information, visit [www.hilltownmobilemarket.info](http://www.hilltownmobilemarket.info) or email [market@hilltowncdc.org](mailto:market@hilltowncdc.org).

**NOT ONLINE? Contact Hunt Chase (413) 296-4536, x116 to learn about on-paper options.**

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**Library Hours: Mon & Thu 2pm - 8pm; Tue & Wed 9am - 12pm & 1pm - 5pm; Sat 10am - 1pm Closed Monday, July 4 - Independence Day**

Please check the town website or Facebook @WesthamptonPublicLibrary for library updates. 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 [westhamp-ton@cwmars.org](mailto:westhamp-ton@cwmars.org) or call (413) 527-5386.

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## Wildflowers of the Season with Mass Audubon Arcadia Thursday, July 14 at 6pm

Join Mass Audubon Teacher-Naturalist Laura Beltran for a discussion on how to identify common wildflowers in our area. We'll meet in the library yard, weather permitting, and the talk will include both plant samples and a tour of the library pollinator garden. Ms. Beltran will also discuss habitats in the area, the needs of pollinators and flowers, the impact of climate change, and what we can do to help.

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## Birds of Prey with Tom Ricardi Thursday, July 21 at 5:30pm

Join us in the library yard to learn about different birds of prey with licensed wildlife rehabilitator and wildlife biologist Tom Ricardi. All ages are welcome. Bring a lawn chair if you have one!

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## July Artist - Joe (Allen) Albright

Joe, a former Westhampton resident, has always enjoyed exploring the intersection of art and mathematics. From sketching in Math class at HRHS, to a bachelor's in Mathematics at Northeastern University, to his current role as a healthcare actuary, math has been a constant. This exhibit showcases how artificial intelligence (AI) can be used to create amazing works of art in a wide range of styles, from watercolor to landscapes, portraits to picture-book illustrations.

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## StoryCorps: Tell Your Story and Archive it for History

StoryCorps was started in Grand Central Station Terminal in NYC in 2003. As the website states “StoryCorps’ mission is to preserve and share humanity’s stories in order to build connections between people and create a more just and compassionate world.” People of all backgrounds, usually two at a time, record meaningful conversations about their lives (one usually interviewing the other) and the recordings are then archived at the Library of Congress in Washington D.C. for future generations. You can invite a loved one, or any-

one you choose, to record a 40-minute conversation. You can record the conversations online through the app or another online option and do not have to travel to a physical location. For more information, go to: [storycorps.org/participate/](http://storycorps.org/participate/)

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**A Message from the Westhampton COA Hikers for July**



*The Westhampton COA Hikers at Parson's (Mayval) Farm on May 24.*

Chuck and I are hoping to keep our hikes going throughout the summer months and into the fall. Summers in New England, and particularly in our Westhampton, are utterly delightful, and not to be missed – so we will continue closely watching the seven-day forecast and hiking whenever possible. 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 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

**Hazardous Waste Schedule for Hampshire County – October 22, 2022**

Check out the regional section for information about the 2022 Hazardous Waste Collection event. Pre-registration for the Westhampton/Hilltowns is required for this event and will take place from October 1-October 16. We will include a reminder in the October Newsletter.

Meanwhile, as you declutter and clean, take a look at the Hilltown Resource Management Cooperative website ([HRMC - Serving Hilltown Area Sustainability, Recycling & Solid Waste Needs Since 1989 \(hrmc-ma.org\)](http://HRMC - Serving Hilltown Area Sustainability, Recycling & Solid Waste Needs Since 1989 (hrmc-ma.org))) to learn more about safely disposing of unwanted materials.

**What should you put aside for October?** As a general rule: Household products with warnings on the label such as Warning, Danger, Caution, Poison, Caustic, Toxic, Corrosive, Irritant, Flammable, and "Keep out of reach of children."

Check out the Recycle Smart Massachusetts website at [recyclesmartma.org](http://recyclesmartma.org). No computer? No worries – the librarians at the Westhampton Public Library can help you find the information you need.

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**A Community of Readers - Victoria Yoshen**

*Book recommendations by community members for community members!*

Science Fiction. I have been thinking about the authors who I grew up reading: Ursula LeGuin, Neal Stephenson, Joanna Russ, Robert Heinlein, Octavia Butler, Dan Simmons, Connie Willis. There are amazing new authors out there to explore who represent under-published voices. 1.) N K Jemisin writes incredibly compelling and full world descriptions. Try her first in the Great Cities series: *The City We Became*. 2.) Rebecca Roanhorse has a new series that starts with *Black Sun* and recently added *Fevered Star* using pre-Columbian cultures and myths to build a future world. 3.) *The Three Body Problem* by Liu Cixin considers contact with aliens. 4.) Paolo Bacigalupi (of *Shipbreaker* fame) wrote *The Water Knife* about climate change.

***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**



# Worcester WooSox

August 20, 2022

# Regional News



Come watch the Red Sox' WooSox host the Nationals' Rochester Red Wings at Polar Park in Worcester. This typical Triple-A minor league game starts at 4pm.

- Take in the nostalgia and view Red Sox championship memorabilia.
- Enjoy a private ballpark fare buffet: (no waiting in lines) Hamburgers, Hotdogs, Mac & cheese, Potato salad, Kettle chips, Cookies, Water, Tea, & Lemonade.

Transportation, driver gratuity, buffet and entrance to the park all included for \$129. Discount \$10 if paid by July 9, 2022.

Sponsored by Friends of Northampton Senior Center (FNCS). Meet the Bus at Sheldon Field, Old Ferry Rd, Northampton. Departure time TBD. Contact Francine Frenier at 413-296-4291 or email Francine.frenier@gmail.com for tickets or more info.

**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!

## And what does my Health Care POA do?

So let's say I am in that coma from last month's note, and therefore unable to speak or say what I want to have happen to me on my sickbed. Do I want more treatment? Should I be let go to wend my way to the hereafter? Happily, I arranged for a trusted friend to be my advocate, to make medical decisions on my behalf. That person is my Health Care Proxy or Health Care Agent.

What does this person do to benefit me? They can:

- ⇒ authorize a particular treatment to start, e.g., hook me up to a ventilator
- ⇒ authorize a particular treatment to stop, e.g., remove me from a ventilator
- ⇒ request that a treatment be modified, e.g., increase the frequency of an injection
- ⇒ consent to have me undergo surgery
- ⇒ arrange for a second opinion on my care
- ⇒ request comfort measures
- ⇒ advocate for quality of life at any stage. Examples below!

My mother could still speak but not effectively argue her case that she was ready to go into hospice. I did that for her and her last weeks were much improved.

My father went into the hospital 6 months before his death, for a two-day stay. He made me promise that he would not have to go to the hospital ever again! Done.

Somewhere in that last 6 months he got a new doctor at the rest home. Dad was almost 98 years old. The rest home called to tell me that this new doctor thought Dad should not have any salt in his diet – bad for him, you know? Eating was something he still enjoyed, and you know what saltless food tastes like. With my POA powers, I got that order removed by lunch time.

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

## July's Good News

By Deb Hollingworth

Happy Birthday, Burgy! Be sure to see all the events in their newsletter this month, and check out the town website for a calendar of coming events for the 250th birthday celebration! And be on the lookout for lots of activity in the surrounding Hilltowns (like our 4th of July celebrations) as we take advantage of events that can be held outside.

Meanwhile the Covid surge that isn't making headlines continues. Last month, at my house, after a family visit, I started getting emails saying the people we had hugged had tested positive and were sick with Covid. I'm hearing this happening more and more frequently. I had a few test kits, but expected to run out if we wanted to test every day, so I called my Senior Center and sure enough, they had test kits I could pick up. So just a reminder that test kits are available from your Senior Center. And here's a piece of Good News: after kissing both these family members who tested positive....after spending an afternoon with them at a family picnic....and after getting their emails....we began quarantining just in case, but my husband and I never got it, never tested positive, never had any symptoms, which gives me great faith in the booster shot which we both had gotten three weeks before.

Boosters work.  
Can't say enough about that.

So if you haven't gotten a booster recently, and you qualify, but you don't know where to go, or don't have a ride, call your Senior Center. They can help, so that all of us can get our boosters, wear masks, socially distance, but still enjoy a family visit or get together with our neighbors, like at a 250th birthday party.

Have a good summer, and stay safe!



## 2022 Household Hazardous Waste Collection Events

HRMC announces regional HHW Events including the annual HRMC HHW Collection on **Saturday, October 22, 2022 from 9 a.m. until noon**. Once a year, the HRMC holds a Household Hazardous Waste (HHW) Collection Event for residents of the HRMC member communities. **The 2022 event will take place on October 22 in Westhampton**. Pre-registration is required for this event and will take place from October 1-October 16. Residents are asked to email the HRMC with their name, address (Street and Town), and phone number. HRMC confirmation of your reservation (done via email) is required to participate. If you are unable to attend the HRMC HHW event, we have reciprocal arrangements with other regional Towns that are offering HHW events.

In 2022, the HRMC has agreements with the following communities to allow HRMC member Town residents to participate in their events. In all cases, pre-registration is required. Registration for each of the events typically begins 3-4 weeks prior to the event. If you are an HRMC resident, please contact the HRMC Administrator at **413-685-5498** or email **hrmc@hrmc-ma.org** to inquire about attending one of the following regional events.

### 2022 Regional Reciprocal HHW Collection Events

- 7/16/22 9 am-noon Northampton
- 7/23/22 9 am-noon Belchertown
- 9/10/22 9 am-noon Agawam
- 9/24/22 9 am-noon Amherst
- 9/24/22 9 am-noon Greenfield (FCSWMD Towns)
- 9/24/22 9 am-noon Orange (FCSWMD Towns)
- 10/01/22 9 am-noon Chicopee
- 10/08/22 9 am-noon West Springfield
- 10/22/22 9 am-noon Westhampton (HRMC Towns)

The Hilltown Resource Management Cooperative is composed of these member towns: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

**HRMC, PO Box 630, Williamsburg, MA 01096**  
**Phone: 413-685-5498 Email: hrmc@hrmc-ma.org**  
**Website: www.hrmc-ma.org**

## On the Road Again...

### 2022 Trip Lineup & Upcoming in 2023



These are the bus trips being planned for 2022 and 2023 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* helps with the cost of some trips. Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

#### Updates

**Niagara Falls trip** -CANCELLED. Diamond Tours has cancelled all Canadian trips in 2022. Covid restrictions on bus travel are too great. We'll try again in 2023.

**Day Trip Sept/Oct** -CANCELLED. Wareham, Ma. Cranberry Bog Tour. Could not coordinate vendors within requested time-frame.

#### Coming up in July and beyond

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

**Day Trip Aug 10. The Jersey Tenors**, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes family style luncheon: Chicken Parmesan & Broiled Scrod. Cost \$114. Due NOW. Flyer Available.

**Aug 12 at Noon. Lady Bea River Boat Excursion.** A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense). We will board at Brunelle's Marina, 1 Alvord Street, South Hadley, MA. Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30am departure time). Boat ticket prices will depend on the number of reservations as well as taking into consideration a sliding scale price for those who may need one. Maximum cost will be \$30/person. Boat capacity is 49.

For reservations (or questions) contact Polly at 413.212.1581 or pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

**Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour.** 3 days/ 2 nights. A nice, short, relaxing getaway. Cost \$359. Payment due NOW. Flyer available.

**Day Trip August 20.** Triple A affiliates, Red Sox **Woo Sox** vs Rochester Red Wings at Polar Park

in Worcester, MA. Private ballpark-fare buffet for our group included. \$129. Discount of \$10 if paid by July 9, 2022. Flyer available.

**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 via email.

**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. WAIT LIST.

**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 via email.

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

**Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame**—10 days. Graceland, Grand Ole Opry, Madame Tussauds Wax Museum, Two shows. \$1,205 due NOW. Flyer available. Only a few seats remain.

#### 2023

**Multi Day Late April. Myrtle Beach Show Trip.** Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early.

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



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

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

# DOOR-to-DOOR SALES



**If you're considering hiring someone  
who knocks on your door and offers  
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*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**

