

# Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



## August 2022 Calendar of Events

MON	TUES	WED	THURS	FRI
<b>1</b> <b>Scrabble Group</b> Library, 2pm <b>Mahjong</b> WW, 1:30-4pm <b>Knitting Group</b> Library, 6pm	<b>2</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm	<b>3</b> <b>Card Games</b> WW, 1:45-4pm	<b>4</b> <b>Yoga Class</b> Town Hall, 10-11am	<b>5</b> <i>Sat. 8/6</i> <b>COA Plein Air Painting</b> (via reservation)
<b>8</b> <b>Scrabble Group</b> Library, 2pm <b>Mahjong</b> WW, 1:30-4pm <b>Knitting Group</b> Library, 6pm	<b>9</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm	<b>10</b> <b>Card Games</b> WW, 1:45-4pm	<b>11</b> <b>Yoga Class</b> Town Hall, 10-11am  <b>Library/COA Landscape Art Slideshow</b> Library, 12-1pm	<b>12</b> <b>Field of Dreams:</b> Johnny & The Flashbacks: Motown and Classic Rock
<b>15</b> <b>Scrabble Group</b> Library, 2pm <b>Mahjong</b> WW, 1:30-4pm <b>Knitting Group</b> Library, 6pm	<b>16</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm	<b>17</b> <b>Card Games</b> WW, 1:45-4pm	<b>18</b> <b>Yoga Class</b> Town Hall, 10-11am	<b>19</b>
<b>22</b> <b>Scrabble Group</b> Library, 2pm <b>Mahjong</b> WW, 1:30-4pm <b>Knitting Group</b> Library, 6pm	<b>23</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm	<b>24</b> <b>Card Games</b> WW, 1:45-4pm	<b>25</b> <b>Yoga Class</b> Town Hall, 10-11am	<b>26</b> <b>Field of Dreams:</b> Tracy Grammer & Jim Henry
<b>29</b> <b>Scrabble Group</b> Library, 2pm <b>Mahjong</b> WW, 1:30-4pm <b>Knitting Group</b> Library, 6pm  <b>Deadline to Reg. to Vote by Mail</b>	<b>30</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm	<b>31</b> <b>Card Games</b> WW, 1:45-4pm		

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors

## ***In Memorium***

Sue Everett December 10, 1941 - July 5, 2022

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### **Reminder: Reserve a Spot for Plein Air Painting!**

*Brought to you by the Westhampton COA and  
Resilient Community Arts*

**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.



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### **Seeing History! American Landscapes Through the Centuries**

**Thursday, August 11 at 12:00pm  
Westhampton Library**

*\*Cosponsored by The Friends of Westhampton Library/Lyn Keating Programming Fund and the COA*



Landscape painting was the first uniquely American art beginning with the Hudson River School

artists such as Cole and Kensett. Join art history expert Martha Charchari for an illuminating slide presentation of American landscape painting through the centuries. Ms. Chiarchario has brought history to life through the art of the time for more than 30 years. She loves sharing her passion for the history of art with a variety of audiences. Masks are recommended at indoor programs at the library. This is a perfect activity to follow the plein-air painting program above!

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

**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 [westhampton@cwmares.org](mailto:westhampton@cwmares.org) or call (413) 527-5386.**

### **Field of Dreams Concerts - Fridays at 6:30pm**

We have two more concerts in August! Please bring a lawn chair or blanket.

#### **August 12 - Johnny & The Flashbacks: Motown and Classic Rock**

#### **August 26 - Tracy Grammer & Jim Henry**

Special thanks to The Friends of Westhampton Public Library, Marek Builders, Florence Bank, and the Westhampton Cultural Council for sponsoring the Field of Dreams concert series.

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### **August Artist - Works by "The Garden"**

The Garden: A Center for Grieving Children and Teens – a program of Cooley Dickinson VNA & Hospice proudly presents Art with Heart. Local artists will work with grieving kids ages 5-18 from across Western MA and make Art with Heart. We believe in reinforcing the connection between the head, heart, and hand to help people express their feelings around grief. The artwork made in this unique program will serve as a "container" for one's feelings that arise. Artists will lead small-group sessions teaching kids their art medium.

To learn more about Art with Heart, our artists, as well as other exhibit locations, please visit:

**[www.cooleydickinson.org/programs-services/vna-hospice/the-garden/art-with-heart/](http://www.cooleydickinson.org/programs-services/vna-hospice/the-garden/art-with-heart/)**

## A Taste of the Andes in Westhampton from Guitarist Tony Silva

Although the weather prevented us from assembling outside the library, about thirty of us gathered in the very cool and comfortable Town Hall to hear an extraordinary Council on Aging concert with Tony Silva. Silva performed a varied repertoire from Latin America ranging from Rumba Flamenca (the style of the Gipsy Kings) to music from the Andes transcribed to the guitar from the flute and harp. He played music from Spain, Mexico, Cuba, Colombia, Brazil, Venezuela, Argentina, Paraguay, Peru and Chile. A unique feature of Tony's playing is his ability to play the guitar in a percussive manner while simultaneously strumming the melody. The music was beautiful and uplifting, evoking in the mind's eye the highest peaks of Peru! Great music has a way of transporting us like that.



### NEW to COA? Yes, All Our Programs are Free!

People new to the Council on Aging sometimes ask if our programs (such as Fitness and Yoga classes) have fees. The answer is NO! All our programs are free to the public. Sometimes (though rarely) the Friends of COA may have an event such as a special dinner or trip with a cost, but this will definitely be noted in the newsletter! Also, you can usually just show up for whatever event we list here, unless we specifically state that a reservation is required. The COA is funded through the town and a grant from the State of Massachusetts.

### A Message from the Westhampton COA Hikers for August



*Westhampton COA Hikers at the Parson's Farm to Turkey Hill Road Hike June 21.*

We're looking forward to August when Chuck and I have both new and some classic hikes on our agenda, both in Westhampton and out of town (but not too far away). We'll be watching the seven-day weather forecast and scheduling hikes. So

if you're interested in getting out with old and new friends for some fresh air and exercise, 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

### September Primary Voter Information

In Massachusetts, if you registered with a party affiliation, your ballot will be for the party you selected. If you are unaffiliated, you can choose the party primary you wish to vote in. If you want to vote by mail for the September 6th primary, the deadline is August 29th. Contact the Town Clerk, **Katrin Kaminsky**, at **(413) 203-3080** or [clerk@westhamptonma.org](mailto:clerk@westhamptonma.org). Office hours are Wednesdays 8am-4pm, appointment recommended.

### Mail-in Ballot Information

You can find the application online, print it and mail it to the Town Clerk at 1 South Road: [www.westhampton-ma.com/sites/g/files/vyhlf5191/f/uploads/vote-by-mail-paper-application-2022.pdf](http://www.westhampton-ma.com/sites/g/files/vyhlf5191/f/uploads/vote-by-mail-paper-application-2022.pdf)

NOTE: Because of the new VOTES law, you might have received an application in the mail -- the Commonwealth plans to mail them to all registered voters.

### Returning your Ballot

**Mail in:** For the September 6, 2022 State Primaries, your ballot must reach your local election office by 8 p.m. on Election Day in order to be counted. Ballots that arrive after that time – even if they are postmarked on or before Election Day – will not be counted.

**Drop-off:** You can place your ballot in the large black drop box in front of Town Hall labeled "Town Clerk - election materials-ballot drop box" before the polls close (8:00 pm).

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

From July 16 through November 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 link above or email [market@hilltowncdc.org](mailto:market@hilltowncdc.org). **Not online? Contact Hunt Chase (413) 296-4536, x116** to learn about on-paper options.

**If we're not  
meant to  
have  
midnight  
snacks, why  
is there a  
light in the  
fridge?**

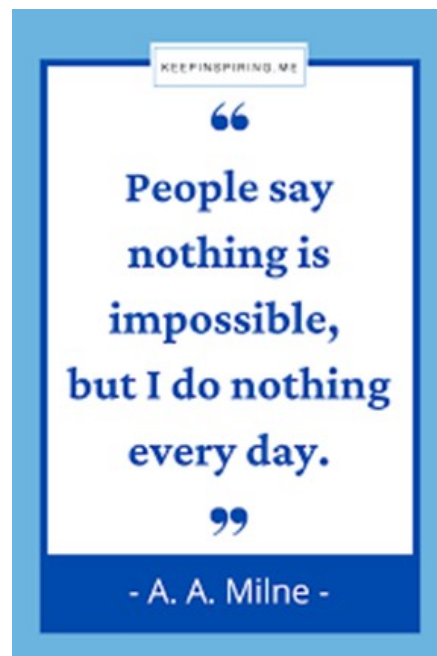
manipulations and power struggles among the various institutions of our current day. Religious freedom and scientific thought were in their infancy and each book successfully contrasts the brutality and barbarism of many aspects of everyday life of during the late 16th century with modern thinking and aspirations represented by Giordano Bruno, the main character. Bruno, in many ways a thoroughly modern character, tries to reconcile the contradictions between his personal philosophy and the realities of life in the time of Elizabeth I. The books are written in the traditional mode. They have a beginning, a middle and an end. Though they can be read in any order, it's best to start with number one. Enjoy! ~Aniko Giordano



You won't be bored on [90AG.COM](http://90AG.COM)

**A Community of Readers - Aniko Giordano**  
*Book recommendations by community members for community members!*

To Our Community of Readers: The set of books I would like to recommend is the extremely well-written series of five books by S. J. Parris, with titles like Heresy, Conspiracy, and Treachery. These have been described as Elizabethan thrillers. Each has a mystery at its core, and you'll find they are of the "can't put-down, page-turner" variety. Fans of historical fiction will recognize accurate portrayals of well known figures such as Queen Elizabeth 1st, Mary Queen of Scots, King Henry of France, their retinue of dukes, advisors and power brokers. The struggle for power and succession among members of the court and the clergy have a familiar modern feel similar to the



***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.)*

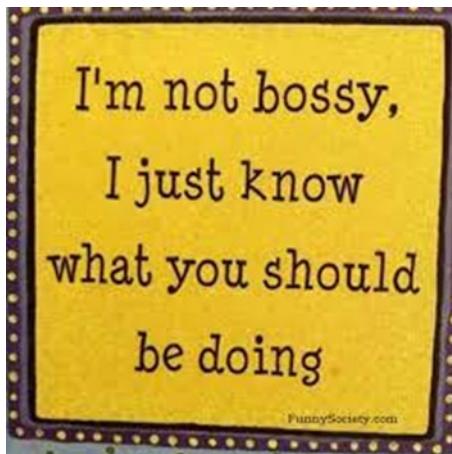
Name \_\_\_\_\_

Address \_\_\_\_\_

*Thank You for Helping to Support Your Neighbors!*  
**Westhampton Council on Aging**

**Looking for:  
Part Time Administrative Assistant  
Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, organizing events including coordination of publicity activities and materials and assistance with office functions. Flexible hours available for 5 hours/week. Preference is for someone with experience in areas of publicity and communications, coordinating schedules, and assisting with other office tasks. The goal is to have someone join the team who likes working with people, is goal-oriented, interested in learning new skills and working in a welcoming environment.



I've decided to sell  
my vacuum  
cleaner



Its just been  
collecting dust..

**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

### Next– the Living Will

First let me explain how one should NOT do a living will. In the late 70's I had not encountered such an animal. I lived in one state, my parents in another. In the mail came two copies of "A Living Will" signed by my parents, with no note. The will called for no unnecessary measures to prolong life, among other things. So I called home. No answer for two days. I called our neighbor. "Oh yes, your folks drove to the west coast. In case something bad happens, they thought you should know their wishes." Yikes.

So how should we do this important document? First, we should predict the future. *Right...* We are trying to give health care directions before they are needed and to cover a large variety of possible situations. But think it through. Consider family history and what could happen to your health. Think about limits on your activities and how unpleasant you would find them. Consider the "artificial procedures" we read about, such as ventilators, feeding tubes, and pain management. Do some reading – I can give you some good sources.

Second, we should talk to the people most involved in our lives, those who would be most affected by our serious illness and possible death. This is an enormously personal document to prepare, but that does not mean it is private. You need others, especially your Health Care Proxy, to know your wishes and help make sure they are followed. Talk it through.

Thinking for the future,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## August's Good News

By Deb Hollingworth

Today's best price for fuel oil in our zip code is \$5.61 a gallon. So...why am I checking fuel oil prices today, when the temperature is expected to hit 90 degrees? Because a West Chesterfield resident had to fill her oil tank last month and is still recovering after writing that check. She gave me a call, looking for help, because she was thinking ahead to winter when filling the oil tank might be necessary every month.

Did we ever imagine paying over \$5 a gallon, closer to \$6 a gallon for fuel oil? Especially when we got off so easy last winter when prices were as low as \$2.85 a gallon. So what can we do to get ready for the cold weather and calls to our oil dealer?



### Where to start

Getting an energy audit with MassSave might be a good investment of your time....and it's free! (Actually we pay for it every month a few cents on our electric bill.) If you make an appointment with MassSave, they make a house call and look over any/all ways to reduce your energy costs.

Have you ever wondered if you are eligible for fuel assistance, weatherization programs, replacement of your furnace, or swapping out your older appliances for a new energy efficient refrigerator or stove? Do you know if you are eligible for a discount on your electric bill?

Besides giving you a report on where insulation, replacement windows or doors might reduce your heating costs, MassSave will let you know if you are eligible for any benefit programs that might help make those changes.

They have a great website, [masssave.com](http://masssave.com) or you can call them at 1-866-527-7283. Meanwhile

we hope that the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or in a sunny pasture so we can generate our own energy.



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## A Nurse's Note

By Jan Gibeau

It seems that I always wanted to be a nurse. I recently saw a group photo from what must have been when I was in the 2<sup>nd</sup> grade. There I was, white dress, cap and cloak. Maybe because it was during World War II, as I was standing beside little sailors and soldiers. Maybe it was because in those days, every little girl learned you could grow up to be a wife (and mother), a teacher, a nurse or a nun with other professions often not even mentioned. My parents were descendants of French Canadian Catholics, so no surprise about the nun bit. Nevertheless, I started working at a wonderful nursing home while I was in high school owned by Mrs. Mary McKerly, LPN. Then I met Marion Nudd R.N, the head nurse, who, upon hearing that I planned to become a nurse, took me under her wing and became my mentor, although we didn't use such words then.

That's when I fell in love with the elders. Everyone was treated as an individual person known by their name and never called a patient or other such labels. Marion taught me that everyone had their own histories and stories to tell. I learned how to listen, an art that seems to have been fractured by the need to "take care of" medical devices, not so much the person who is attached to them. I was not yet 17 when I went into the room of Mary, a very old woman, as she had just died. I was very fond of her and Mrs. Nudd sat on the side of the bed with me as I took in the finality of death. She helped me learn what "loving care" meant and the importance of learning how to say goodbye. Then together, we carefully bathed and prepared her to leave the nursing home. I learned how to feel empty and full at the same time.

Other important things I learned from Mrs. McKerly, Mrs. Nudd, the cook and all the folks who lived and worked there was the importance of trust and honesty but a kind of honesty that is softened a bit before it's delivered; how to laugh with people, not at them; giving yourself permission to cry without blubbering and feeling embarrassed, among other things. When I went on to the Mary Hitchcock School of Nursing in Hanover, New Hampshire, I knew that Marion Nudd had been and was my first and best role model and I hoped I could become as good a nurse as she was. Her skills, strengths and guidance in confronting the intimacies of caring provided a great primer for a young nursing student. Those feelings have stayed with me for over 67 years.

Now that I'm an elder myself and running some bumps and potholes in my road I'm keeping my eyes peeled for a descendant of Marion Nudd.

Aren't we all?

## On the Road Again...

### 2022 Trip Lineup & Upcoming in 2023



Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

**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 Alford 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 (10:30 am departure time). Donations will be accepted towards the overall cost of the excursion (to be collected the day of the event). Maximum donation is \$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.

**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 address above.

**Day Trip Sept. The Big E— Eastern States Exposition.** Free Entertainment at the Court of Honor Stage. Date TBD. Cost \$15 for Northampton Seniors and \$17 for others and all out of town folks. Mail your check payable to FNCS to Francine Frenier 11 Stage Rd, Williamsburg, Ma 01096 by August 31st. NO REFUNDS due to bargain price.

**Day Trip Oct 1. Hoosac Train Excursion.** 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost TBD for Chesterfield seniors 60 and over and TBD for other seniors. Mail your check payable to Chesterfield COA to Francine Frenier, 11 Stage Rd., Williamsburg, MA 01096 by September 1st. NO REFUNDS due to bargain price.

**Day Trip Oct 6. Mystic Aquarium and Luncheon.** This trip is being planned by Worthington Council on Aging. Includes admission to Mystic Aquarium, a delicious luncheon at the Griswold Inn, bus transportation and gratuities. Worthington residents 60 and over contact Phyllis for special pricing and for all other seniors the cost is \$148. Call Phyllis at 413-238-5962 and leave a clear message by September 20th. Seating is limited and Worthington residents get priority.

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

**Day Trip Dec 8. Yesterday Once More** - A Tribute to The Carpenters captures The Carpenters' concert experience. Self-Drive to the Log Cabin. Luncheon will include Gorgonzola Sirloin & Stuffed Haddock. Make payment to FNCS for \$68, \$10 discount if paid by October 12th. Mail to Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

### 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 September 29 through October 9. Mt. Rushmore— Crazy Horse - S. Dakota & Devils Tower - Wyoming.** 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023.

### Tech Talk with Peg Whalen

I have been doing smartphone workshops and providing individual technical support through the COAs. This column offers easy tips for resolving vexing issues. This month I am offering a tip for iPhones. Does your iPhone screen go dark or gray or ask again for your Passcode after a very short time? This problem is caused by an adjustable setting called Auto Lock. To lengthen the time before your phone fades out on you do the following.

Open your **Settings** App using the icon that



looks like this:

Follow the list of settings down to **Display & Brightness** and tap, scroll down the list to **Auto-Lock** and tap, the Auto-Lock screen will give you a list of time options from 30 seconds to Never. Tap on the time length you want your screen to stay active before going to lock screen, getting dark, or asking again for a Passcode.

That's all there is to it!

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

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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, September 24th, 9-3pm**

**Fall / Winter Clothing Exchange**

Goshen Congregational Church  
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/21 from 6-8pm or Friday 9/23 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 24th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**” If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org).**

