

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



September 2022 Calendar of Events

MON	TUES	WED	THURS	FRI
			1 Yoga Class Town Hall, 10-11am	2
5 Labor Day- Library Closed	6 State Primary- Vote at Town Hall 7AM – 8PM NO Fitness class Card Games WW, 1:30pm	7	8 Yoga Class Town Hall, 10-11am Ice Cream Social Noon, Library lawn (If rain: town hall)	9
12 Mahjong WW, 1:30-4pm Scrabble 2pm, Library Knitting Group 6pm, Library Author Visit: Tom Spofford 6pm, Library	13 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm	14	15 Yoga Class Town Hall, 10-11am	16
19 Mahjong WW, 1:30-4pm Scrabble 2pm, Library Knitting Group 6pm, Library Author Visit: Cathy Truehart 6pm, Library	20 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm	21	22 Yoga Class Town Hall, 10-11am	23 Sat. 9/24 Climate Smart Forestry 11am, Library
26 Mahjong WW, 1:30-4pm Scrabble 2pm, Library Knitting Group 6pm, Library	27 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Book Club 7pm, Library	28	29 Yoga Class Town Hall, 10-11am	30

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

Ice Cream Social

Outdoors at the Westhampton Library
Thurs. Sept. 8th at Noon!



Come cool off with some delicious ice cream and some equally sweet friends. In the event of rain, the location will be moved to the Town Hall.

Don't Forget to Vote - Whatever Way You Do It!

The State Primary is on Tues. Sept. 6th. (The State Election will be on Tuesday, November 8, 2022.)

⇒ **In-Person Voting** on Election Day (9/6). Polls open at Town Hall 7AM – 8PM.

⇒ **In-Person Early Voting** on these dates:
Saturday, August 27: 11:00 a.m.-3:00 p.m.
Wednesday, August 31: Noon-2:00 p.m.
Location:
Town Clerk's Office
Westhampton Town Hall
1 South Road

⇒ **Vote By Mail** Application deadline 5:00 pm on Monday, August 29. (All registered voters should have received a vote by mail postcard application from the State.) Ballot envelopes must be received by Town Clerk no later than 8:00 p.m., September 6, in order to be counted. Please use black Town Clerk Drop Box in front of Town Hall.



For more information visit Town website: westhampton-ma.com OR contact the Town Clerk: Clerk@WesthamptonMA.org or (413) 203-3080
Office hours: Wednesdays 8am-4pm.

Need Support? Dial 988 for Suicide & Crisis Lifeline

In 2020, Congress designated **988** as a new three-digit dialing, texting, and chat code for direct con-

nection to support for anyone experiencing substance use issues, a suicidal crisis, or mental health-related distress. First initiated on July 16, 2022 -- dialing "988" will now route calls to the National Suicide Prevention Lifeline.

When people call, text, or chat **988**, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen to callers, understand how their problems are affecting them, provide support, and connect them to resources as necessary.

The current Lifeline phone number (**1-800-273-8255**) will always remain available to people in emotional distress or suicidal crisis, even after **988** is launched nationally.

For more information visit: www.988lifeline.org.

Free Covid-19 Test Site in Easthampton

Easthampton Public Testing Kiosk:
Millside Park, 2 Ferry St., Easthampton, MA.
8:30-12:30 pm Mon-Thurs / 1:00pm-4:00pm Fri /
10:00am-1:00pm Sat. Phone: (888) 702-9042

Library Hours:

Mon & Thu 2pm - 8pm;
Tue & Wed 9am - 12pm & 1pm - 5pm;
Sat 10am - 1pm
Closed Monday September 5 - Labor Day

Please check the town website or Facebook [@WesthamptonPublicLibrary](https://www.facebook.com/WesthamptonPublicLibrary) for library updates. The library is open for in-person browsing and materials pickup as well as curbside pickup. To place a request for curbside pickup, please email westhampton@cwmar.org or call (413) 527-5386.

September Artist- Catherine Picard Gibbs "Being There" Plein air Paintings - Tuscany and New Mexico

Catherine Picard Gibbs paints with bold brush strokes, using vibrant colors to show emotion and movement in landscapes and urban scenes. Her inspiration comes from the nuance and drama of her everyday world. Her evocative works have been featured throughout Massachusetts and included in exhibits in New York, and the Midwest. Picard Gibbs is represented by Fountain Street Gallery in Boston, MA, The District Gallery in Knoxville, TN, and Primary Colors Gallery in Granby MA. In 2021 her work was accepted into the

41st Annual Faber Birren National Color Award Show. Her work was the subject of a ten-page article called *Railroad Expressionism*, in the 2018 Spring Edition of Railroad Heritage magazine.

Author Visit - Tim Spofford
“What the Children Told Us”
Monday September 12, 6pm

For readers of *The Immortal Life of Henrietta Lacks* and *Hidden Figures*, *What the Children Told Us* tells the story of the towering intellectual and emotional partnership between the two Black psychologists who pioneered the groundbreaking “doll test,” paving the way for the landmark *Brown v. Board of Education* case and decades of impactful civil rights activism. –from publisher Sourcebooks.

Author Tim Spofford will share archival photographs and discuss his interviews with members of the Clark family, including Dr. Kenneth Clark. Please come with questions about the Clarks, the “doll test”, and any other questions you may have for the author. For more information please visit: www.timspoffordbooks.com Copies of *What the Children Told Us* will be available for purchase.

Author Visit - Cathy Truehart
“The Miracle of Hospice”
Monday September 19, 6pm

The Miracle of Hospice: The Personal Journey of a Hospice Nurse is designed to offer information and emotional support to a wide audience of people who may be faced with their own death or the death of a loved one. By tracing one day in the life of a hospice nurse, the author explains in detail how hospice staffers work and debunks some of the damaging myths about end-of-life care while sharing her own journey as hospice nurse and caregiver to her own parents. The book is laced with personal stories of the hospice patients and families she has had the privilege to serve in her 40 year career as a hospice nurse... –from publisher Gotopublish.

Meet author Cathy Truehart and hear about her inspiring and positive experiences working in end of life care. Copies of *The Miracle of Hospice* will be available for purchase.

Climate Preparedness Week 2022 is
September 24 - 30
Climate Smart Forestry with Joshua Rapp
of Mass Audubon
Saturday September 24, 11am

Join Joshua Rapp, Conservation Scientist for Mass Audubon for an introduction to Climate Smart Forestry. Learn how landowners can manage forests to be both more resilient to climate change and to remove carbon from the atmosphere and store it in the forest to reduce the cause of climate change. Joshua Rapp’s research includes the impacts of climate change on maple syrup production.

Book Group
Tuesday, September 27, 7pm

This month we’ll read *Taste: My Life Through Food* by Stanley Tucci, “an intimate...memoir of life in and out of the kitchen.” –from publisher Gallery Books.

You are welcome to bring a small dish to share with the group! Book Group meets on the fourth Tuesday of each month and is open to new members.

Landscape Painters Weather the Heat



On August 6th, 16 intrepid painters (aged 11 to 80+) assembled in a shady spot behind the Library to enjoy Plein Air painting. Resilient Community Arts instructors, Maddie and Mackenzie

provided supplies and instruction. Armed with canvas, brushes, and acrylic paints, participants were shown how to cover the canvas with a light wash of paint to block out the main elements of the landscape. Acrylic paints dry quickly so filling out the landscape with smaller brushes was the next challenge the artist faced. Each artist rendered the landscape with the care of an old (or young) master.

This event was made possible by an intergenerational grant from Highland Valley Elder Services.

A Message from the Westhampton COA Hikers for September



Looking eastward from White Rock lookout off of the Horse Mountain Trail
(Photo by Lorraine Galica)

September brings cooler weather for hiking – a relief after this extremely hot and humid summer, and the Westhampton COA Hikers will be offering hikes through the month and the fall. 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 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 - Jackie Brodeur Book recommendations by community members for community members!

The Rent Collector by Camron Steve Wright, is a novel about a Cambodian mother who survives by picking through Cambodia's largest municipal dump. The author lived in Cambodia. *This Road I Ride* by Juliana Buhning is an autobiography of a woman's solo journey bicycling around the world and her training and traveling experiences along the way. *Ahab's Wife* by Sena Jeter Naslund is a historical novel inspired by Herman Melville's *Moby Dick*. The story is about a woman in the times of whaling who becomes involved in fighting slavery and woman's rights. I often read non-fiction or historical novels and/or memoirs and these are a few of the books that I thought were worthwhile reads.

Grandmother's Blueberry Cake

An easy and delicious cake that tastes like a blueberry muffin.

Ingredients

1/4 cup (1/2 stick) butter
1 cup white sugar
1 egg
1 teaspoon baking soda
1/2 cup milk
2-1/2 cups all-purpose white flour
2 teaspoons cream of tartar
1 teaspoon lemon juice
1 teaspoon vanilla extract
1 pint blueberries

Instructions

Preheat the oven to 350 degrees F. Grease and flour a 9-inch by 13-inch baking pan. Cream together the butter and sugar. Add the egg and beat well. Dissolve the soda in the milk. Sift together the flour and cream of tartar. Add the flour mixture to the butter mixture alternately with the milk, beating well after each addition. Add the lemon juice and vanilla extract. Fold in the berries. Spoon into the baking pan. Bake for about 45 minutes. Serve warm or completely cooled, directly out of the pan.

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

Oliver's and Friends Season Celebration

A BENEFIT FOR THE GOSHEN LIBRARY

11 AM-3 PM
SATURDAY, SEPTEMBER 17TH
36 MAIN STREET, GOSHEN, MA

- HILLTOWN ARTISANS AND MAKERS
- "GRAZE BOXES" LOCAL FOODS SAMPLERS
- FARMS FROM AROUND THE REGION

This event brought to you by:



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!

The Living Will - MOLST – Which?

You may read that Massachusetts does not recognize the legality of a living will. So why on earth did I say last month you should do one? Can't I just do the Medical Orders for Life-Sustaining Treatment form (MOLST) and be done with all this? Well, yeah, but the living will is kind of a conversation, while the MOLST is an order. The conversation, including talks with your health care proxy, helps make decisions on what is documented in the MOLST.

A MOLST form is a binding medical order in our state that you fill out with your medical provider. It is intended for adults with serious illness and speaks to the use of life-sustaining treatments, generally in an immediate situation. The MOLST should be followed by care providers in all treatment settings, including emergency and ambulance transport.

In addition to being a medical order, the MOLST is part of a person's long-term planning and preferences. It is a personal document and can be changed if the situation or personal feelings change.

It is a good idea to post your MOLST where emergency personnel can find it. The usual bright pink form is bright and pink so it is easily findable. Your doctor will also have a copy.

MOLST and similar forms from other states are not considered valid medical orders in Massachusetts, though they are still considered as evidence of a patient's preferences. People who regularly spend time in another state should discuss these forms with their medical professionals in both states.

Still thinking for the future,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

September's Good News

By Deb Hollingworth

With the cost of everything going up, and for many of us, our income not keeping up, it's good news when we see a change that will actually save us money!

The Governor recently signed the Budget for next year which includes an increase for the MassHealth Buy-in programs. This translates to an increase in the amount of income allowed to be eligible for the Buy-in. This is the program that pays your Medicare B premium. We sometimes forget that our Medicare B premium comes out of our social security benefit before it's direct deposited in our bank account. This year that's \$170 per month. If we qualify, the MassHealth Buy-in program will pay our \$170 per month premium and social security puts that money back in our check. (That would be a little over \$2,000 for the year!)

Currently the income limits are \$1,869 per month or \$2,518 if married. Your assets need to be less than \$16,800 or less than \$25,200 married. The asset limit will stay the same, but next year the income limit will change. You will be able to have as much as \$2,548 per month, or \$3,433 if married. This welcome income increase could effect about 60,000 Massachusetts residents. If you think you might be one of them, you should give your senior center a call and ask to speak with a SHINE counselor. We expect this change to go into effect January 1st 2023.

Keep tuned next month for more good news in Governor Baker's budget for 2023.

September is Falls Awareness Month: Why is this important?

- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 5: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility

Source: National Council on Aging National Falls Prevention Resource Center



On the Road Again...



2022 & 2023 Upcoming Trips

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.

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 NOW. Payable to Landmark Tours. Mail to address above.

Day Trip Sept. 19. The Eastern States Exposition— Big E. Free Performance by Young at Heart Chorus at the Court of Honor Stage. Cost \$10 for Chesterfield Seniors and \$17 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Chesterfield or Northampton.

Day Trip Oct 1. Hoosac Train Excursion. 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost \$20 for Chesterfield seniors 60 and over and \$30 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Northampton and Chesterfield.

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.

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 address above.

2023

Multi Day Late April 2023. Myrtle Beach Show Trip. Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early. Contact Francine to reserve your seat.

Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees. Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st,

so we can get good seats. Mail to address above.

Multi Day September 29 through October 9, 2023. 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. Contact Francine to reserve your seat.



The BIG E – West Springfield, MA Monday, September 19th



Cost Includes: round trip bus transportation, gratuities & entrance fee to the Exposition

Young at Heart Chorus Performs @ at the Court of Honor Stage 2pm--FREE

Chesterfield Seniors (age 60 or over) **\$10**
Open to all ages and all communities for **\$17**

Meet the Bus : 8:45 A.M.
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: approx. 4:45 P.M. from the BIG E
Cash or checks payable to Chesterfield COA due by September 6th.

Scooter or wheel chair assistance available at the entrance for a fee.

Reserve your seat, call Francine Frenier 296-4291
or call the COA 296-4007

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

Amy Landau, Coordinator

Julia Lennen, Chair

Colleen Basile, Secretary

Ray Fontaine,
Outdoor Programs

Lorraine Galica
Dave Goddard
Board Members

Lillian Baxter,
HEN Representative

Daniel Valinski,
Newsletter Editor

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

Need a ride?

Contact Louise
Jaisonkowski at:
(413) 527 5134 or
rljaisonkowski@comcast.net

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.

LITTLE ROOTS



FAMILY MUSIC

SING TOGETHER ACROSS THE GENERATIONS

Funded by Highland Valley Elder Services

Two Thursdays in September from 10 - 10:30 am

-SEPTEMBER 15 with Annie Stevenson

-SEPTEMBER 29 with Maggie Shar

at the Chesterfield Community Center

free and open to all!