

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



October 2022 Calendar of Events

MON	TUES	WED	THURS	FRI
3 Mahjong WW, 1:30-4pm Scrabble 2pm, Library Knitting Group 6pm, Library Sofia Talvik Concert Library, 6pm	4 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm	5 Wellness Clinic w/ Public Health Nurse 10-11:30am	6 Yoga Class Town Hall, 10-11am	7 Fall Yard Clean-Up and Planting 9:30am-12:30pm, Library <i>(Rain date 10/8)</i>
10 Library Closed Mahjong WW, 1:30-4pm	11 Savvy Caregiver 1-3pm Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm	12	13 Yoga Class Town Hall, 10-11am Grab & Go or Stay & Eat Noon	14 Sun. 10/16 Fall Festival Noon-4pm Town Center/Library
17 Library Closed Mahjong WW, 1:30-4pm Getting Started with Libby 10am, Zoom	18 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm	19 Wellness Clinic w/ Public Health Nurse 10-11:30am	20 Yoga Class Town Hall, 10-11am Libby Tips & Tricks' 10am, Zoom	21 Sat. 10/22 HHW Collection Westhampton Highway Garage, 9am-Noon
24 Mahjong WW, 1:30-4pm Scrabble 2pm, Library Knitting Group 6pm, Library Computer Class 10-Noon, Library	25 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Book Club 7pm, Library	26	27 Yoga Class Town Hall, 10-11am	28 Sun. 10/29 Research Westhampton 11am, Library
31 Mahjong WW, 1:30-4pm Scrabble 2pm, Library Knitting Group 6pm, Library				

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

**Free Lunch:
Grab & Go or Stay & Eat!**
Outdoors at the Westhampton Library
Thurs. Oct. 13th at Noon

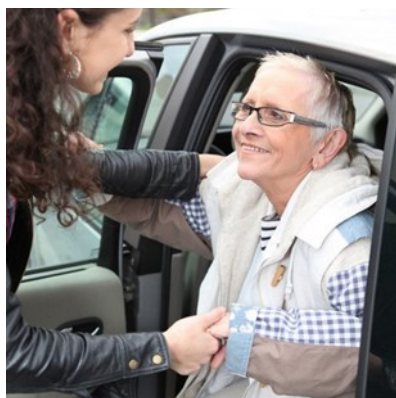


Whoever said “There is no such thing as a free lunch” obviously never heard of the COA! Come get yours -- grab and go or stay and eat. Once again, we will have delicious lunches from “Good Eats to Go” (Southampton business). **Find us outside the Blacksmith Shop** across the road from the outdoor area behind the library. So if the weather or your schedule isn’t cooperating, you can grab & go but if the weather is GREAT and you have the time to join us, you can stay and eat with others in a lovely shady area beneath the trees behind the library.

Urgent: Drivers Needed for Our Seniors

As I'm sure you know, the town of Westhampton does not have any access to public transportation.

For many years the Town and the COA have provided help for our seniors (age 60+) who are in need of rides. Our volunteers transport these residents for medical appointments, shopping trips and other needs.



If you have some time during the day, please consider helping out. There would be no set schedule. You would receive a call or email to ask if you are available on a certain day. You may say yes or no.

We need more drivers to continue this valuable program! Please contact **Louise Jasionkowski** for more info:

Email: rljasionkowski@comcast.net
Phone: (413) 527-5134.

Beautiful Day for COA Ice Cream Social



On Thursday September 8th, we enjoyed a lovely time outside the library with excellent breezy weather, wonderful company and a splendid array of no less than 6 different ice cream choices (thanks to the efforts of COA board member Colleen Basile who also served most of the ice cream!). Ray Fontaine and Dave Goddard (also from the board) helped too. The Life Skills Program (students and teachers) from Hampshire Regional came by to join us for a while as did our beloved library director, Meaghan Schwelm. To top it off (no ice cream pun intended!) we had a visit from State Representatives Lindsay Sabadosa and Paul Mark!

**The Savvy Caregiver Program –
FREE 6 Week Program (Online)**

Tuesdays, 10/11 to 11/15, 1-3 pm

Highland Valley Elder Services will be hosting another Savvy Caregiver workshop this fall. This online workshop is for informal caregivers (ex. partner, adult child, etc.) who are currently caring for someone with Alzheimer’s or another form of dementia. The Care Recipient does not need to have a formal diagnosis and they do not need to be involved in one of HVES’ programs already to participate. It is free of charge as it is funded through a grant. Contact **Erin LaBreck** at (413) 588-5749 or elabreck@highlandvalley.org

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

Closed Mon. Oct. 10th and Mon. Oct. 17th
(The Library Trustees have voted to be open Sunday October 16 for Fall Festival and closed the following Monday.)

Please check the town website or Facebook @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@cwmars.org or call (413) 527-5386.

October Artists- Jackie Brodeur & John Robinson

Westhampton artists Jackie Brodeur and John Robinson will display their paintings at the Westhampton Library for the month of October. They will show some recent works of local scenes done on site (en plein air) as well as some studio works and old favorites. The exhibit can be seen throughout the month of October during regular library hours. Also, the artists will be present in the Community Room in the afternoon on Sunday, October 16th during the Westhampton Fall Festival.

Art & Music for Climate Healing (Climate Preparedness Week Program) Saturday, October 1 at 10:30am

Join Resilient Community Arts between 10:30-11:30 am in our library community room for all-ages art activities related to climate action, healing and justice. Participants will be invited to add contributions to a traveling climate mural and to contribute to an international climate ribbon project. Stay after the art event for a Climate Chorus led by local musicians and climate activists beginning at 11:30 am. You'll be invited to be part of the chorus and to add your voice for climate justice, resilience and healing. Please call (413) 527-5386 or email westhampton@cwmars.org to register.

Field of Dreams Concert - Sofia Talvik Monday, October 3 at 6pm

Enjoy one more Field of Dreams concert with Swedish Folk/Americana musician Sofia Talvik who has been compared to Joni Mitchell, Jason Isbell, Valerie June and others.

Fall Yard Clean-up and Planting Friday, October 7 from 9:30am - 12:30pm Rain date: Saturday, October 8

Volunteers needed! Let's get the yard looking nice for the Fall Festival. Please contact **Meaghan** at mchwelm@cwmars.org or Tom Martin with any questions.



Fall Festival 2022

(10am Interfaith Church Service)
Sunday, October 16 from 12pm - 4pm with
Pumpkin Roll at 4:15pm



Steeple Tours with Valley Views - Axe Throwing & Lumberjack Demo - Blacksmith Demo - History Museum - Corn Husking - Cider Making - Fiber Spinning - Live Fiddle Music - Sledge Hammer Throw - Skillet Toss - Haybale Maze (weather dependent) - Brightspot Therapy Dogs - Cow Pie Bingo - Giant Pumpkin Competition - Scarecrow Contest (TBD) - Scavenger Hunt - Children's Games & Crafts...and much more! The Great Pumpkin Roll begins at 4:15.

Co-sponsored by the Friends of the Westhampton Public Library and the Westhampton PTO, in collaboration with other civic groups. Thanks to all!

Libby/Overdrive Help Sessions via Zoom

Mon. Oct. 17 at 10am - Getting Started w/ Libby
Thurs. Oct. 20 at 10am - Libby Tips & Tricks

Libby experts are hosting training sessions to help you access our library's digital collection of ebooks and audiobooks through the free Libby app! Learn How to Get Started on Monday, October 17 and Tips and Tricks on Thursday, October 20! You can sign up to join here:
<https://bit.ly/westhamptonlibby>

Book Group Tuesday, October 25 at 7pm

Book Group meets at the library on the fourth Tuesday of each month at 7pm. Our October title is TBD. Please contact **Meaghan** at mchwelm@cwmars.org to get involved!



Research Westhampton: Introduction to the Non-circulating Historical Collection w/ Barbara Pelissier

Saturday, October 29 at 11am

You may have browsed the local history books in the library stacks, but are you familiar with the li-

brary's non-circulating local history collection? Our local history closet, housed in the Judd Room, is a wealth of information on researching family history, the history of your land, or perhaps learning about Westhampton's past as a newer resident. Join President of the Westhampton Historical Society, Barbara Pelissier, for an overview of the collection and how to get started with local history research.

Also, TBA - The library is planning a family-friendly, but slightly spooky outdoor film in late October! Please check the town calendar or follow us on Facebook for announcements.

Message from the Westhampton COA Hikers for October



Westhampton COA Hikers at Tipping Rock, August 31

Despite the double heat waves this past summer the Westhampton COA Hikers managed a number of memorable hikes: A couple hikes exploring environs of Parson's Farm; two visits to Williamsburg, one at Horse Mountain and the other at the Historic Dam site, a jaunt up Edwards Road, a visit to Tipping Rock, revisiting the Ridge Conservation area and Turkey Hill Road - and probably a couple more by the time you read this; an explor-

tion of Pisgah Road and another visit to the Ridge Conservation Area.

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 the to the email address listed above.

~Chuck & Ray

2022 Household Hazardous Waste (HHW) Collection

The Hilltown Resource Management Cooperative (HRMC) announces the annual HHW Collection on Saturday, October 22, 2022 from 9 a.m. until noon at the Westhampton Highway Garage behind the Transfer Station.

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 don't have access to email, call **(413) 685-5498**.

Not sure what is considered hazardous waste? The HRMC website (**www.hrmc-ma.org**) includes this: "First, consider using up the product according to package directions, or giving it away to someone who will. Products with warnings & words like caustic, toxic, corrosive, poison, flammable, danger & "keep out of reach of children" on the label require special handling."



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

Fuel Assistance

Community Action assists income-eligible participants with home heating expenses. Eligibility is determined by family size and annual household income. Contact the program at **413-774-2310** or **800-370-0940** to make an appointment. More info at: www.communityaction.us/fuel-assistance



"They never phone, they never visit, they never text message..."

The Hilltown Food Pantry, a program of Northampton Survival Center, is open for food distribution **every Wednesday from 1-3pm at 40 Main St. in Goshen**. Residents of all 10 Hilltowns who are having difficulty accessing enough groceries for their household are welcome to use the pantry. Free, prepacked bags of shelf-stable food items along with fresh produce, frozen meat, and dairy products are available for drive by pick up in the town hall parking lot.

Staff and volunteers will load the food supplies into your car. We ask that you stay in your car, if possible, and prefer that you wear a mask when interacting with volunteers and staff.

If you wish to arrange for home delivery, please contact Diane Drohan, Pantry Director: **413-586-6564**.

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 Final Piece

If, scratch that, *when* I leave this world, I will no longer care about my house, car, bank accounts, or other earthly matters. But someone will! That person is my executor or personal representative, the person to settle my estate which is a fancy way of saying close the door when I'm gone.

The executor will file my will with probate court, notify various entities of my death, inventory and keep safe my assets, pay my final bills, dispose of my property, and distribute the assets according to my will. She/he will deal with bank and retirement accounts, investment companies, insurance companies, credit cards, taxes at all levels, contents of the house (oh brother...), and the house itself. Good records need to be kept.

Additionally, here are some of the "lesser" tasks that may be applicable:

- Close out credit bureau records – minimize chances for identity theft
- Secure and review phones and computers with photos, contacts, financial files
- Shut down social media e.g., Facebook. Again, trying to prevent identity theft and nuisance scams
- Stop magazine and newspaper subscriptions
- Inform medical professionals
- Check unclaimed property files to make sure no assets are missed
- Find and empty safety deposit box
- Locate any storage sheds or real estate other than the living quarters
- Find new and good! homes for pets
- Follow wishes for burial and funeral or memorials.

And Fini,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

October's Good News

By Deb Hollingworth

Time to shop!

It's Open Enrollment time again (October through December 7th each year), so those of us who have Medicare supplement plans or Medicare D plans for our Rx can change our coverage if we don't like our current plan. This is the time to see if there's a better option, better coverage that will cost less, because regulations allow these insurance plans to change their prices and change their coverage any time. Which means the Medicare supplement plan or Medicare D plan you have this year, might not be the best choice for next year.

Some of you don't need to read this article any further. If you have health insurance through your employer, or your spouse's employer, or you get your medical care through the VA, or if you have health insurance benefits through your pension, you can STOP reading now.

But for the rest of us who want to supplement our Medicare coverage or wonder if there's a better plan to cover our Rx, this is the time, each year, (as President George W. Bush said) to go shopping for our insurance coverage.

We should expect an uptick in advertising for Medicare Advantage plans that promise additional benefits at minimal, or in some cases, no cost. Caution is advised when considering a Medicare Advantage plan because they have "networks of providers" and you have to be sure that your doctor, or your preferred hospital is "in network", meaning your doctor will take that insurance. It's always good to ask before making a switch.

Also during Open Enrollment you can check to see if your Rx coverage is going to be the best choice for next year. Both Advantage plans and Medicare D plans have formularie (that is a list of Rx that they cover) which can change anytime during the year. Maybe last year's plan won't work as well for you next year. Or perhaps you have been prescribed a new medication and need to see which Plan will have the lowest co-pay. Maybe you have a new medical condition, or perhaps you plan to travel next year. All reasons to have a SHINE counselors review the options for you.

To find a SHINE counselor nearest you, call your Senior Center and make an appointment. It's helpful to have a list of your Rx and if you want to compare costs, it's helpful to know what your current plan costs now. Since Covid, most appointments are by phone, or Zoom. Shopping sooner, rather than later, is the best strategy since appointments fill up quickly and that December 7th deadline comes faster than you think.

Tech Talk with Peg Whalen

You may have heard it is unsafe to use the same password for everything. I am regularly asked how to keep track of multiple passwords. Your phone, computer or tablet often can "remember" and fill in passwords, however, you still need a record from the point you create it. This month I describe three ways to manage passwords using electronic apps and paper methods.

Method 1: Index card box or Rolodex. Cards can be kept alphabetically. Use one card for every website that requires you to make a username/login id and password. Note the website or account, e.g. GMAIL, "login id" or "username" and password. Edit as needed.

Method 2: Blank address book. Record the website/account alphabetically by name, including account "login id" or "username" followed by your password. Edit as needed.

Protect passwords by writing in shorthand so only you will understand. For example instead of your fifth cat's actual name, "FluffBall5", write Cats-Name#, using underline for capital letters. Store your paper method in a secure place. Make sure one family member or friend knows where to find your paper system.

Method 3: Password manager apps for tracking and securing passwords. If you are not comfortable trusting the phone/computer itself to fill-in passwords, you can search online for "best free password manager apps". Or, PCMag.com is a website to search for "free password manager app" ratings. The "best" choice for you is the one you find understandable and easy to use. Make sure to edit the app entry whenever you have a password change.



On the Road Again...



2022 & 2023 Upcoming Trips

Contact Francine Frenier to reserve your seat **before** mailing any payments: 413-296-4291 or francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

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 April 23-29, 2023. Myrtle Beach Show Trip. Five shows—including Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in N.C. Includes bus transportation, driver gratuities, all hotels and most meals for this seven day trip for \$829. Take a \$25 discount if paid by 1/30/23. Contact Francine to reserve your seat now.

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.



Upcoming Technology Classes

Peg Whalen will be offering numerous technology trainings from October through December. If you would like to sign up, **contact Peg at pegwhalen-workshops@gmail.com** or call 413-296-9314.

Fall 2022 Computer Class Schedule October 31 -December 5

Android basics workshop

Monday, October 17, 2-4pm

How to use Zoom and FaceTime

Thursday, October 20, 6:30-8:00pm

Windows 10/11 Computer/Laptop Class,

6 Sessions - Mondays, Oct 31 to Dec 5, 2-4pm

iPhone basics workshop

Friday, November 18, 12-2pm

How to use Telehealth and Zoom

Saturday, December 3, 10-11:30am

Android basics workshop

Monday, December 12, 2-4pm

Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers.



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laurawetzler.com

Laura Wetzler

Hilltown Singer Songwriter Guitarist

Sunday, Oct. 16 at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield 01012

**This is a free COA Event and we'd love to see
our neighbors!**

*Sponsored by a grant from
Highland Valley Elder Services.*

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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Need a ride?

Contact Louise
Jaisonkowski at:
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rljaisonkowski@comcast.net

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New Covid-19 Bivalent Boosters Available

As of September 1, 2022, updated Pfizer and Moderna COVID-19 boosters are now authorized by the FDA and recommended by the CDC. **These updated boosters are now available in Massachusetts.** The Massachusetts Department of Public Health (DPH) has developed the following FAQ which will also be posted on [mass.gov](https://www.mass.gov).

What are the updated boosters?

The new COVID-19 booster vaccines from Moderna and Pfizer are updated versions of the original vaccines. The updated boosters were recently authorized by the FDA and recommended by the CDC.

Who should get the new booster?

Anyone age 12 or older who completed a primary COVID-19 vaccination series or received a booster dose at least two months ago should get the updated booster as soon as possible.

Why do I need a booster?

Staying up to date on vaccines, including boosters, is the most effective way to prevent serious illness, hospitalization, and death from COVID-19. While vaccine protection decreases over time, boosters restimulate the immune system and increase vaccine efficacy again. Boosters are an important defense, even if you've already had COVID.

When and where can I get a booster?

Updated boosters are currently available in Massachusetts. You can get a booster at many locations across the Commonwealth, including where you received previous vaccines. Locations include doctor's offices, hospitals, pharmacies, and community health clinics.

Where can I get more information? You can visit www.mass.gov/covidbooster for the latest info.