

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



December 2022 Calendar of Events

MON	TUES	WED	THURS	FRI
			1 Yoga Class Town Hall, 10-11am	2
5 Mahjong WW, 1:30-4pm Knitting Group 6pm, Library	6 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	7 Wellness Clinic w/ Public Health Nurse 10-11:30am Last day to sign up for free HVES lunches at WW	8 Yoga Class Town Hall, 10-11am Dan Kane Singers 1pm, Whamp Church	9
12 Mahjong WW, 1:30-4pm Computer Class 10-Noon, Library Knitting Group 6pm, Library	13 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	14	15 Yoga Class Town Hall, 10-11am Holiday Goody Bags Noon, WW Free Lunches from HVES Noon, WW, Unit F, Comm. room	16 
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Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors
Coordinator: Amy Landau 413-203-9808 ✦ coa@westhamptonma.org



Christmas Concert

Thursday, December 8th at pm
Westhampton Congregational Church

What better way to start the Christmas season than by attending a Christmas Concert? The Friend of the Westhampton Council on Aging would like to remind all Westhampton seniors that the Dan Kane Singers will be performing a Christmas Concert in the sanctuary of our church on Thursday, December 8th beginning at 1:00 p.m. Come join your friends and neighbors in what promises to be a fun filled, toe-tapping time. Masks are encouraged and appreciated. If you forget to bring one, we will have some available at the front door.

Register Now for New COA Free Lunch Program

Thurs. Dec. 15 at Noon
Westhampton Woods Unit F

The Westhampton COA is hosting a Pilot Program sponsored by Highland Valley Elder Services (HVES) for residents 60 and over for a free hot meal once a month, with no income eligibility. These meals are freshly made by HVES under Serve-Safe Certification, and packaged into a sealed tray. They will be available on the 3rd Thursday of the month at Unit F of Westhampton Woods (13 Main Road). Everyone that wants a free hot meal must register at least 8 days in advance. To register, please contact Lorraine Galica at lagfjord@comcast.net or call at (413) 387-3960.



Our Meal Program will begin on December 15 at noon. Feel free to pick up your meal and go, or stay and eat with others in the Community Room at Unit F. All recipients must be registered and all meals pre-ordered 8 days in advance, or by December 7 for the Dec 15 meal. Registration only requires your name, address, birth date, and phone number. You can select your choice of two meal options when you make contact to register. If successful, we plan to run this program once a month.

For anyone that desires a meal and does not drive, someone else can pick it up for you, or you can ask us to make arrangements for delivery.

Scrabble is now on Tuesdays at 2PM
at the Library



Library Hours: Mon & Thu 2pm - 8pm;
Tue & Wed 9am - 12pm & 1pm - 5pm;
Sat 10am - 1pm
Closed Saturday, December 24,
Monday, December 26, and Saturday,
December 31 in observance of Christmas Eve,
Christmas Day and New Year's Day

Please check the town website or Facebook or Instagram [@WesthamptonPublicLibrary](https://www.instagram.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.

November/December Artist - Mary Montague

Enjoy paintings by local artist, Mary Montague, in the community room gallery throughout the months of November and December. "This exhibit includes my autumn and winter scenes. Sometimes when it's snowing like crazy outside, I really just want to see beach pictures or perhaps some flashy pink cone flowers on my wall. I hope you enjoy the prettier side of autumn and winter while we wait for the crocus to come back."

—Mary Montague

Winter Holiday Concert Saturday, December 10 at 11am

Chris and Katie LaFond will be performing winter holiday favorites from a variety of traditions on harp and flute. Katie is a graduate of the Hartt School of Music and the UMass graduate program in performing arts. Chris likes to play things with strings. They are both members of the EarthSpirit Community and serve on its Board of Directors. They host a "Sing-up-the-sun" Winter Solstice event every year at their home in Westhampton and hope that you'll consider joining them.



Holiday Goody Bag
Thurs. December 15 at Noon



Stop by Westhampton Woods parking lot to grab your bag of treats. Baked goods, lovingly made by the Life Skills students at Hampshire Regional, will be paired with other goodies to bring you holiday cheer. If you can't make it that day or the weather is inclement, we will arrange a delivery. **You may contact Amy Landau at: COA@ westhamptonma.org or call 413-203-9808.**

tiles that are contaminated with mold, bodily fluids, insects, oil, or hazardous substances.”

You can recycle your textiles at the Salvation Army bin at the transfer station or in bins maintained by the Salvation Army or Goodwill.

According to the DEP, "Organizations such as Goodwill and Salvation Army operate retail stores where donated clothing and household items are sold. Clothing and textiles that don't sell in the stores are baled and sold to textile brokers. Both activities generate revenue to support their core missions."

October Grab-n-Go was a Success

We're happy to report that despite the slightly in-temperate weather on October 13th, a sizable number of you DID stop by or drive by to pick up the tasty lunches on offer from Good Eats to Go! The lunches included either a turkey or veggie sandwich on a delicious brioche roll, plus a small pesto pasta side dish, a dessert and a bottle of water. More than one of you praised the food! Even though we didn't get to sit down together as we hoped, it was still lovely to see each others' faces again.

**Have You Heard?
 Hearing Aids Are Now Available Over the Counter**

This crucial change was made last October. Americans can now buy hearing aids over the counter – without an expensive prescription or exam. This lowers costs for an estimated 30 million Americans. President Biden initiated this process with the FDA last August.



Stopping by Woods on a Snowy Evening
 by Robert Frost

Whose woods these are I think I know.
 His house is in the village though;
 He will not see me stopping here
 To watch his woods fill up with snow.

My little horse must think it queer
 To stop without a farmhouse near
 Between the woods and frozen lake
 The darkest evening of the year.

He gives his harness bells a shake
 To ask if there is some mistake.
 The only other sound's the sweep
 Of easy wind and downy flake.

The woods are lovely, dark and deep,
 But I have promises to keep,
 And miles to go before I sleep,
 And miles to go before I sleep.



the secret double life of donated textiles

NEARLY **100%** OF DONATED TEXTILES ARE RECYCLED! They are separated into three grades:

- 45% USABLE CLOTHING
- 20% FIBER CONVERSION GRADE
- 30% WIPING CLOTH GRADE

CLOSING THE LOOP

Recycled fiber products **SAVE MONEY and RESOURCES** by using existing materials.

Recycled cloth rags use **LESS WATER, LESS ENERGY** and create a **LOWER CARBON FOOTPRINT** than all other alternatives.

The second hand clothing market provides **AFFORDABLE CLOTHING** to those in need and **ENCOURAGES GLOBAL ENTREPRENEURSHIP**.

SECOND LIFE ...

- stained t-shirt → wiping cloth
- lone sock → pillow stuffing
- old denim → household insulation
- teddy bear → car seat stuffing
- torn bath towel → wiping cloth

Since 1932 **SMART** SECONDARY MATERIALS AND RECYCLED TEXTILES
 The Association of Wiping Materials, Used Clothing and Fiber Industries

recycle don't throw away

Don't Trash Your Textiles!

Per the Massachusetts Department of Environmental Protection, textiles should not be disposed of in your trash. Textiles are defined in the regulations as “clothing, footwear, bedding, towels, curtains, fabric, and similar products, except for tex-

A Message from the Westhampton COA Hikers

*John, Chuck & Carol at
Lynes Sanctuary,
Westhampton,
Oct. 6th.*



It'll be just about December when you're reading this and if the trails are still open we'll be hiking! So stay tuned as Chuck and Ray will be offering hikes as long as we can – sometimes due to changing weather conditions, on short notice! We've got a bunch of hikes nearly ready to go - some classics, some newbies. So let's hope our hiking season continues through the month and beyond.

Come join us if you want to hike the trails in and around Westhampton with old and new friends: email **westhamptoncoahikers@comcast.net** to add your email address to our email hikers list. Please note that all group emails are sent as blind copies (BCC) for your safety and privacy.

Happy Trails – Chuck & Ray



A Community of Readers - Barbara Pelissier

"I've got forty things in my head to tell, Hattie, but I don't know as I can shake them out of my cob-webbed brain so as to tell it."

I enjoy reading books that include locations I'm familiar with. It allows me to recall a scene with accuracy and helps the story come to life. I have some recommendations that include locations that most of you are familiar with. The first is "Dear Hattie" Letters of the Judd Family of Westhampton, Massachusetts, transcribed and annotated by our friend and author of the Gazette's Look Back column, Jim Bridgman. The collection is full of newsy letters from home penned by members of the Judd family, of Westhampton, to their daughter/sister, "Hattie." The letters provide us with an opportunity to peek through the window of Westhampton's history from 1853 to 1890. Included are early photographs of town buildings and homes in the center of town. "Dear Hattie" can be found at our town library.

Along the same theme, the library has a very nice collection of memoirs by former Westhampton residents, filled with the stories of their lives spent in this predominantly agricultural town. Whether getting in the hay, collecting sap buckets or milking the cows, many of the chores described include some method or piece of equipment no longer in use. Those with an interest in agricultural history will appreciate these tidbits. Somehow, many of these busy writers managed to travel. Some attended college, all seemed well-educated. They joined clubs, participated in a variety of activities, held town offices and contributed to this community. All of their stories make for interesting reading.

*Please be sure to check out our "Local Memoirs" section near the magazines in the adult reading room at the library!

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

Do you like the exercise classes? Joan Griswold checks it out:

Joan surveyed members of her exercise classes exploring their views on a range of issues but also on where people stood regarding coming to classes on-site, using Zoom or both. Here are a few take aways

To Zoom or not to Zoom?

74% of those responding to the survey are fine with Zoom offerings. At present, in person classes are held on Friday in Chesterfield. The Smooth Moves class is at 9am and is very well attended by a regular group. It is wonderful to have this time, in person, with folks. At 10:15am, Joan offers the Super Strength workout in person and a small group attend this while others use Zoom. 12% report not being a fan of virtual workouts and prefer in person offerings. 27% of these folks indicate they will return to classes when they are offered in person.

What do people like about the programs?

87% share that they feel a good variety is offered in these class offerings while 12% either had no opinion or disagree. 38% report their favorite part of class is the strength workout, 26% express the core work, 23% the stretching and flexibility and nearly 12 % express the cardio. 87% report feeling these classes positively impact their personal strength, mobility and daily function while nearly 12% neither agreed nor disagreed with this personal impact. 90% report preferring the current class time.

Final Note:

More people are welcome! Join up with friends.
Contact Joan for more info: joan@bybhealth.com

**I hate it when people
ask me if I'm ready for
Christmas. No Susan.
I'm not even ready for
today.**

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!

Top Ten for the Twenties

At year's end, we often see review lists, e.g., top 10 movies, most acrimonious lawsuits, and other topics of huge interest. I thought I'd join in and look back at my 8 (eight!) years of Triad notes and find my personal Top Ten suggestions to close out the year and move forward. Here we go!

- * **Check your credit report.** So many reasons, so easy to do. Then freeze the sucker.
- * **Just hang up.** Do not think you can outsmart a telephone scammer who scams for a living!
- * **If you are not sure who is calling** and you answer anyway, do not say "Yes" or make an "uh huh" noise, don't say "Right!" or "Sure!"
- * **If it sounds too good to be true, it likely is.** Bet your folks told you that.
- * **Get serious about the Big Five.** Give yourself a silver star if you can name these, a gold star if you have done them.
- * **Get serious about setting good passwords.**
- * **Keep your Medicare and Social Security cards in a safe place,** not your wallet. You can carry a copy with the last numbers blacked out.
- * **Do the right thing for your brain.** Eat right, exercise, sleep well, control stress, socialize, and keep thinking.
- * **Don't believe everything you read;** consider the source. By the way, there are only 9 items here...

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

December's Good News

By Deb Hollingworth

As the days get colder, we will be turning our attention to ways we can reduce our fossil fuel consumption and ways to get help paying for "green" solutions to our soaring utility bills.

For the immediate future, this is to let you know that all our senior centers have the paper application for fuel assistance from Community Action of Pioneer Valley. This is the agency that covers fuel assistance and other "energy efficient" programs for our towns. Calling them on the phone to request fuel assistance could be a challenge, especially for those applying for the first time. If you have received fuel assistance in past years, you will already have been contacted (that started October 1st) but first time applications must wait until November 1st to start the process. As you might guess, right about now, their phone lines are jammed. Last year they took almost 3,000 first time applications and I'm guessing that number might be even more this year. If you are single, and your income is less than \$41,000/ year, you could be eligible. Know that it takes 6-8 weeks to process your application.

Last year Community Action paid out over 14 million in fuel assistance, helping over 14,000 households. Fingers crossed that there will be more Federal money in the pipeline this year. Community Action has other programs you might utilize once you become eligible for fuel assistance. There's an Older Adult Home Modification program to help with hand rails, ramps, grab bars, and a Heat System Repair and Replacement program for aged furnaces that need upgrading or replacement. This program will

also be doing some projects to install heat pump/mini-split systems and solar panels, a weatherization program which helps with insulation, windows, and removal of old knob and tube electrical wiring. All these programs start with a fuel assistance application. So if you haven't applied before, perhaps this year you should? Check it out at your Senior Center.

More help with Fuel Assistance

In addition to the fuel assistance offered by Community Action Corp in Greenfield, the Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. There is also a fund for equipment repairs should you find yourself in an emergency with failed heating equipment.

Check out: magoodneighbor.org/assistance.html
Income eligibility guidelines for 2022-2023 are as follows based on number in household:

1	\$42,412 - \$56,548
2	\$55,462 - \$73,948
3	\$68,512 - \$91,348
4	\$81,562 - \$108,748
5	\$94,611 - \$126,146
6	\$107,661 - \$143,546
7	\$110,108 - \$146,809
8	\$112,555 - \$150,072

Contact Greenfield Corps: 72 Chapman Street, Greenfield, MA 01301. Phone: (413) 773-3154.

Thank You!



Just a quick note here to thank those of you who have been sending in donations for future funding of the newsletter. We appreciate your support! And this being the season of giving, we hope that we might hear from even more of you as we continue our effort to keep your Newsletter coming to you. Please consider a gift as we approach the end of our tax year. **And THANKS for your support!**



The Regional COA Newsletter benefits from your support!

I would like to contribute to the COA Newsletter. My contribution of \$_____ is attached.

(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support this vital resource for our seniors!

On the Road Again...



Coming up in 2023

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

Multi Day April 23-29, 2023. Myrtle Beach Show Trip. Five shows—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 Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

Day Trip May 18. Beatles Show- Ticket to Ride - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNSC for \$TBD by **February 1st**, so we can get good seats. Mail to the address above.

Day Trip May 22. Staying Alive- A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNSC for \$120 due by **February 1st**, so we can get good seats. Mail to the address above.

Day Trip May 31. Oh What A Night! And Resorts World Casino- An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNSC for \$135 due by **February 21st**. Mail to the 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.

Multi Day October 2-October 6, 2023. Branson, Missouri- 5 days. Fly from Hartford. Seven shows: Irish Dublin Tenors, The Duttons, CJ Newsom, Pierce Arrow Show, Doug Gabriel and others. Visit the Titanic Museum and enjoy a guided scenic Ozark tour. Cost \$2,599 per person double occupancy. Includes air fare, hotels, 4 breakfasts, 4 dinners, deluxe motor coach while on tour, sightseeing, admission to shows and tour escort. \$500 Deposit by **March 15, 2023**. Contact Francine to reserve your seat.

Workshops for Working the Digital World

Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or pegwhalenworkshops@gmail.com**

Fall 2022 Computer Class Schedule

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. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

Technology Tip Announcement

The Northern Hilltowns Consortium of COAs has funding to meet the technology support needs of hilltown older adults. Each town's COA is hosting two hours of technical assistance with technology questions, starting in December. Peg Whalen will be available in your town during one of the weeks in each month. Contact your COA for date, time and location scheduled for December. Beginning in January, watch your monthly newsletter for dates and how to schedule a time slot to get help with your technology questions. Call your COA and get the help you need.

The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*. Through riveting, honest, and humane stories this book shows that the ultimate goal is not a good death but a good life- all the way to the very end. It is about maintaining dignity, independence, and quality of life as we age. This group will be held on five consecutive Thursday afternoons starting February 2, 2023 and ending March 2, 2023 from 1-2:30 in the upstairs Dining Room at the Goshen Town Hall. It is recommended (but not required) that you read the book which is available at local libraries, on Kindle or Nook, and there is an audiobook version. Please register by emailing Peg at pegwhalenworkshops@gmail.com or calling/texting her at 413-404-4566. Messages left should include your name, cell/home phone number, and your email address. **Adults of all ages from all towns are welcome to register.**

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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Greenfield MA

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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.

MEDICARE/MEDICAL EQUIPMENT SCAM

WHAT TO LOOK FOR

- You get a call offering to send you a free medical alert system, a free back brace, or other medical equipment.
- The caller tells you they will bill Medicare & send you the equipment for free.
- They just need your Medicare or Social Security number in order to process your order.

Beware of Medicare Phone Scams!

If someone calls you & asks for your Medicare number or other personal information, hang up & call 1-800-MEDICARE.



WHAT TO DO

- Hang up! Don't give out personal information such as your Medicare or Social Security number over the phone.
- Beware of "free" offers.
- Ask your doctor if you think you need a brace or any medical device.

Consumer problem or question? Call 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.

