

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



January 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
2 Mahjong WW, 1:30-4pm	3 No Fitness & Friends Card Games WW, 1:30pm Scrabble 2pm, Library	4 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library	5 Yoga Class Town Hall, 10-11am	6
9 Mahjong WW, 1:30-4pm Computer Class 10-Noon, Library Knitting Group 6pm, Library	10 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	11	12 Yoga Class Town Hall, 10-11am	13
16 Library Closed Martin Luther King Jr. Day	17 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	18 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library	19 Yoga Class Town Hall, 10-11am Hot Lunch Program Noon, WW	20
23 Mahjong WW, 1:30-4pm Computer Class 10-Noon, Library Knitting Group 6pm, Library	24 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	25	26 Yoga Class Town Hall, 10-11am	27
30 Mahjong WW, 1:30-4pm Knitting Group 6pm, Library	31 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library			

2023

Happy New Year!

It's hard to believe that it's already 2023. But alas, here we are! May this year bring much joy to each and every one of you! By the time you receive this newsletter, we will have had a very full December to reflect on. The Like Skills Hampshire Regional high students and their teachers will have teamed up with COA Board volunteers once again to offer the Holiday Grab-n-Go gift bags which has become our new tradition. We will also have gathered at the library for a very special IN-PERSON holiday concert with the talented young singers from the Hampshire Regional Chorus and their chorus director, Aidan Linden! This month we are continuing our new monthly Highland Valley Hot Meal program (see article below) which is so far quite popular. We are also happy to report that our Yoga classes with Angelica Lopez, Fitness & Friends classes with Heather Paul and Computer classes with Bob Miller are all going strong! Please see the details on these in the calendar and other listings below for programs/events at the library. In addition, the COA Board and Coordinator are already hatching plans/ideas for the next intergenerational program of 2023!

We Need Your Feedback! All Tech Users and Non-Tech Users!

A hard-copy survey will be mailed to all senior households in early January. We are asking that you take the time (10-15 minutes) to complete the survey and mail back to us (there will be a self-addressed, stamped envelope to do so). For those with internet and access to a computer, the survey will also be available online at this link: <https://tinyurl.com/3pkwfxk7> You can copy this link into your browser to access the survey and complete it.



The purpose of the survey is to gather information for future technology programming. We want to hear from tech users and non-tech users. During the pandemic we heard much about the digital divide – older adults lack of use of technology – and the hardship this can cause. **Your answers will provide us with the best information about how to help older adults use technology in the way they choose.**

This mailing is being funded by the Service Incentive Grant (State of MA) through the Northern Hilltown Consortium (7 Hilltowns –Westhampton, Williamsburg, Chesterfield, Goshen, Plainfield, Cummington and Worthington). Thank you for taking the time to respond to this critically important survey!

If you have any questions or concerns, please contact **Amy Landau** at coa@westhamptonma.org or leave a voice message at **(413) 203-9808**.

COA Transportation Coordinator Needed – \$25/Hour!

The Town of Westhampton and the COA is currently seeking a Ride Coordinator. This part-time position (3 hours or less per month) pairs volunteer drivers with older adults needing rides to medical appointments, shopping, or other essential activities. This work includes the submission of simple monthly reports and yearly paperwork to FRTA (Franklin Regional Transit Authority) with updates on riders and drivers. If interested or if you have questions, please **contact Amy Landau** at coa@westhamptonma.org or call **(413) 203-9808**.



Reminder: Highland Valley Hot Meal Program

**Thurs. January 19th at Noon
Westhampton Woods Unit F**

If you've already registered last month, no need to register again! If you're NEW to the monthly meals, please make sure to register by January 11th, 8 days in advance. (See instructions at the end of this article.)

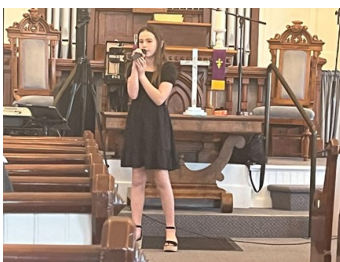
The monthly meals are sponsored by Highland Valley Elder Services (HVES) and are for residents 60 and over. There is NO income eligibility – anyone age 60 and over is free to register. The meals are freshly made by HVES under Serve-Safe Certification, and packaged into a sealed tray. They will be available on the 3rd Thursday of each month at Unit F of Westhampton Woods (13 Main Road).



Feel free to pick up your meal and go or stay and eat with others in the Community Room at Unit F. All meals must be pre-ordered 8 days in advance. 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 keep this program going every month. Anyone who desires a meal but does not drive can have someone else pick your meal up for you, or you can ask us to make arrangements for delivery. **To register (new people only), please contact Lorraine Galica at lagfjord@comcast.net or call at (413) 387-3960.**

The Friends of COA hosted the Dan Kane Christmas Concert at the Westhampton Church on 12/8 with 37 people in attendance.



The Dan Kane Singers perform favorite Christmas Carols to get everyone in the spirit!

Dan Kane Singers

Thirty seven Westhampton Seniors attended the Dan Kane Singers Christmas Concert, which was sponsored by the Friends of the Council on December 8th, and was held in the sanctuary of our church. As promised it was a fun-filled, toe-tapping time! Attendees not only got to sit back and listen to amazing voices singing their favorite Christmas songs, but they were also encouraged to sing along. Talk about a fun way to kick off the Christmas season by sharing this time with their friends and neighbors.

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

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

January Artist - Phil Dowling

Phil Dowling will exhibit photographs taken of wildlife in his own backyard. The photos will be printed on archival canvas and framed in custom-built

frames made by Phil with wood milled from a Westhampton cherry tree. All photos will be for sale with 50% donated to the library.

Westhampton's Public Health Nurse - Michael Archbald

Here's a reminder that Westhampton's Public Health Nurse is available on the 1st and 3rd Wednesday from 10am to 11:30am at the library. Michael Archbald, RN, has been a nurse since 1994 and a Whately BOH member since 2002. His focus has been on Psychiatric Nursing and for the past 20 years in Home Health Care assisting elders and all ages to stay in their homes.

What inspired you to become a Nurse?

For 5 years prior to becoming a nurse, I worked at a residential program with teenagers (and met my soon-to-be wife who worked in the school!). Broadly speaking, these teens were faced with too many challenges to be able to attend a standard public school or live at home, often due to different forms of abuse/mental health issues. A compassionate nurse there told me if helping others was going to be the path I chose, I should work hard and get my nursing degree...28 years later - here I am!

What kinds of medical questions can you assist with?

I can help by reviewing chronic and acute health issues and make recommendations. I can also review medications, what's helping/what's not, side effect concerns, etc. I have an extensive background in Home Health Care, so I can assist with explaining what's available, assist with referrals, etc. Reminder: if you are very sick or in severe pain, contact your Primary Care team or dial 911.

Tips for staying healthy this holiday season?

Continue to self-monitor for symptoms. If you're sick: stay home until symptoms diminish; if you must go out, wear a mask. Mask wearing generally, particularly for events with participants from other areas is still recommended. And, of course, keep up with your vaccinations. It's not too late to get the flu shot if you haven't!

Book Group on Zoom

With special guest author Ellen Meeropol
Tuesday, January 24 at 7PM

This month we will read and discuss local author Ellen Meeropol's latest book *The Lost Women of Azalea Court*. Please email **Meaghan** at

mschwelm@cwmar.org to receive a Zoom link and stop by the library to pick up a copy of this month's read.

"A richly-told story of a marriage--and a community--unraveled by secrets, knit back by love. The Lost Women of Azalea Court is a beautiful, wise, and big-hearted novel."

~Jennifer Rosner,
author of The Yellow Bird Sings

Message from the Westhampton COA Hikers

The Westhampton COA Hikers lost a great friend with the unexpected passing of John Clapp in late November. It was always a treat when John came to hike with us, and more so when he led hikes at Mineral Hills, Mosquito Hollow and Roberts Meadows. Ever the renaissance man, the conversations with John were always stimulating. His humanity was compelling. We'll miss you John. Happy Trails!



John Clapp at the Lynes Sanctuary, Westhampton on October 6, 2022.

As I write this the ground is still clear - but snow is expected tomorrow. We still have a handful of hikes up our sleeves ready to go, so when and if the trails are clear, we plan to offer hikes through the winter months.

For anyone interested in joining the Westhampton COA Hikers on our hikes in the local area, email us at westhamptoncoahikers@comcast.net and we will add you to our email hikers list. Please note that all group emails are sent as blind copies (BCC) for your safety and privacy.



February is Soup Month

Keep an eye out for news on the Soup program in the next February newsletter! We are working with the Hampshire Regional Life Skills students and their teachers once again to put this together and will post a date and sign up info for those who would like home-cooked and home-delivered soup then!

A Community of Readers - Ellice Gonzalez

I've been entertained by fiction with thrilling action, exotic locales and convoluted plots, but the books which most fascinate me are "quiet stories" because the words themselves, rather than the plot, engage the reader.

Elizabeth Strout (Pulitzer Prize winner) is a master of this. She writes compelling tales of ordinary people coping with ordinary challenges in moving and graceful prose. In *Olive Kittredge*, we meet someone who is difficult, abrasive yet sometimes funny. The magic of Strout is she helps the reader see this person with compassion. A follow-up book, **Olive, Again**, occurs later in Olive's life when many of her rough edges have been worn away by life experience but her essence remains.

The author provides a similar trajectory for another character, Lucy Barton, about whom she has written three books. An example of Strout's prose is on the first page of *Oh William*, the second Lucy book. "Grief is such a ... solitary thing; ... It is like sliding down the outside of a really long glass building while nobody sees you."

Strout writes about the joys, sorrows and human connections that comprise life in spare and lyrical language. Her work serves as a prism to the reader, reflecting back the challenges and choices we all face in our own lives.

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



Out and About this Winter

Art in 2023 with Lena Garcia- Register Now! Winter Watercolor Class

Jan. 23– March 27 (9 classes)

Mondays 1-3pm

Register at www.lenagarcia.com

Coming next: A Taste of Oil Painting Class
Shadow Puppetry Workshop



Becoming Winter / Restorative Yoga Workshop

Sunday, January 22 (Snow Date Jan 29th) 3-5:30 PM,
Parish House, 21 Main Street, West Cummington

Judy Messer will guide you in a process of becoming fearless in the darker, cooler season of winter by helping you to let go while finding your own natural rhythm. Following this restorative yoga there will be journaling and teatime to conclude the practice. This transcending yoga takes place on the floor. Please bring a yoga mat, blanket, pillowcase, journal, and warm clothing. To make a reservation call Judy Messer at 413-221-3012. Check her out at judymesser.com. Funded by a HVES grant.

Being Mortal Discussion Group

Thursdays, Feb. 2nd through March 2nd, 1-2:30pm
John James Memorial Hall, 42 Main St. Goshen
Upstairs Dining Room

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. 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.

Matt York Brings Johnny Cash to Chesterfield

Sunday, February 12th at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003 . York was recently nominated for the Boston Music Award for Best Country Artist and his album Gently Used was just named one of Worcester Magazine's best albums of 2022.

Regional News



Romance will be in the air! But first...

Thanks to Rachel Seneca in the DA's office – a font of knowledge about scams, especially those we are seeing in our towns. Here are two to watch for.

Soon it will be Valentine's Day, when the advertisements remind us to love, give, and eat chocolate. I'm certainly in favor of all three. But there is also the scammer who is faking it on romance!

The scammer will reach you on social media, dating sites and the like, start a conversation, get to "know you", flatter you some, then start asking for money. They say "It would be so nice if you could send me some money to come visit you! I would pay but am a little behind because my father had to have surgery." They may ask to wire money, or send a gift card with the pin.

Now wouldn't ya know it – the second scam is asking you to send some cryptocurrency to pay for their trip to meet you or maybe to invest. Recently we have seen a lot of headlines about this digital (not real!) money. The Federal Trade Commission has a good website about crypto, and includes this no-nonsense message: "If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them crypto, that's a scam."

Read the FTC site for more info:

consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying

Stay safe,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

January's Good News

By Deb Hollingworth

How did Medicare get so complicated? It was created in 1965 as Medicare A & B and stayed that way for almost 40 years. Medicare D (for Rx) was added in 2006 to subsidize the cost of our prescriptions. Medicare is a Federal benefit we get when we turn 65 if we've paid our 40 quarters (10 years) into social security, or if we are married to someone who has. Medicare also is the main insurance for the disabled collecting social security disability benefits.

Medicare A covers hospital costs and some home care benefits. Medicare B covers everything else like doctor visits, lab tests, medical treatments. Medicare A is free, Medicare B has a monthly premium that is usually deducted from our social security benefit, so we often forget we are paying for it. Medicare C is another name for Medicare Advantage plans that began about 20 years ago and were originally called Managed Care plans because that's what they do. They manage our Medicare A&B benefit. And more recently these plans began to include Rx coverage. If you enrolled in a Medicare Advantage plan, it managed your Medicare A & B and D.

You'd think this would simplify things, but it didn't. And this is where it gets complicated: Medicare Advantage plans are offered by private insurance companies like BlueCross, Health New England, United/AARP, Tufts, etc. and are for profit enterprises. These Advantage plans come in many variations, with different benefits like dental, hearing, vision, subsidy for your gym membership. But let's remember, they manage your Medicare benefit. And in most cases, you must have a referral for medical treatments, sometimes prior authorization for care, and they can decline to cover the treatment/hospital/doctor you want.

Advantage plans have co-pays for all services. If you're healthy an Advantage plan is not expensive, but if you're not healthy, those co-pays can quickly add up. So if you decide to supplement your Medicare A & B...and D, it can get complicated.

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!



January Tech Tip

By Peg Whalen



I want to share an experience I had so that others can benefit from my misadventure. Recently, I traveled to Philadelphia by train to see family. I had two carry-on bags with me and my laptop in a separate case. I briefly left my seat, so to keep the laptop safe, I tucked it overhead between two carry-on bags. Later, when I was exiting the train, I got distracted. Yup, you guessed it. I left the laptop behind.

Losing the laptop device was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. I know better! It happened anyway. What should I have done? I could have used one of the "clouds", like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home. Most of my information is lost: taxes, medical records, technology workshop handouts, pre-retirement work. So, even seasoned users of technology lose equipment and computer information. Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

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!

Resource Directory



Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage Hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help , Information and Referral Resources	800 339-7779
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer : Williamsburg - Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Or call Chesterfield COA, 296-4007 or Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Weds. 1-3
Meal Site , Williamsburg Senior Center Café	413 268-8419 Mon-Thurs
Meals on Wheels , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St., Northampton	413 586-6564
Grab and Go Meals : Chesterfield COA, Thursdays, 11:30	413 296-4007
Cummington COA, 2 nd & 4 th Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd Tuesday, 11:30	413 268 9354
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

Health Services

Highland Valley Elder Services , Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center , Medical & Dental	413 238-5511, ext. 131
Hope Nurse , Mary Kane	413 238-5511, ext. 322
HealthWise Community Health Worker, Ellie Mathias	238-5511, ext. 322
Podiatrist , Dr. Michael Coby at Williamsburg Senior Center	413 268-8407
Call to schedule alternating (odd) months at the Senior Center	
Foot Care , Piper Sagan, RN. - Williamsburg or in-home visits	413 268-8407
Cummington, call Ann Eisenhour	413 634-2243
Goshen & Chesterfield, Call Piper for appt.	413 522-8432
Westhampton, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Chesterfield, Deborah Hollingworth	413 296-4007 or 268-8317
Williamsburg, Deborah Hollingworth	413 268-8407
Mass Health & New Health Coverage	
Buliah Mae Thomas at Hilltown Comm. Health Ctr.	413 667-2203

Transportation Services

PVTA Dial-A-Ride (Tickets sold at Williamsburg Senior Center, 413 268-8407)	866 277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Kerry Normandin	413 268-8236, ext. 118
Plainfield COA , Polly Ryan	413 212-1581
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 238-5962

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.

**On the Road Again...
2023 Trips**



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.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. This 7 day trip 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. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$120 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 FNCS 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 FNCS for \$132 due by **February 21st**. Mail to the address above.*

*Day Trip July 20. **Lake George Cruise-** Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.*

*Day Trip August 10 **Garden in the Woods-** This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$120 due **June 10th**. Mail to the address above.*

*Multi Trip September 10-12. **Nantucket Island.** Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Cost TBD. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.*

*Day Trip September. **BIG E.** A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.*