

Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



February 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
		1 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library	2 Yoga Class Town Hall, 10-11am	3
6 Mahjong WW, 1:30-4pm Knitting Group 6pm, Library	7 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	8	9 Yoga Class Town Hall, 10-11am	10
13 Mahjong WW, 1:30-4pm Computer Class 10-Noon, Library Knitting Group 6pm, Library	14 Fitness & Friends Town Hall, 11:30-12:30pm Home Delivered Chicken Soup Card Games WW, 1:30pm Scrabble 2pm, Library	15 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library	16 Yoga Class Town Hall, 10-11am Hot Lunch Program Noon, WW	17 Summer of Soul 6:30pm, Library
20 Library Closed President's Day	21 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	22	23 Yoga Class Town Hall, 10-11am	24 Rodger's & Hammerstein's Cinderella Library, 6:30pm Sat. 2/25 11am Midnight Mind Library
27 Mahjong WW, 1:30-4pm Computer Class 10-Noon, Library Knitting Group 6pm, Library	28 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library Book Group 7pm, Library			

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

Warm up your Valentine's Day with Home-Delivered Chicken Soup!



The Council on Aging is teaming up again with the HRHS Life Skills program for soup in February. Last year's program was so popular that we are repeating it, bringing you warmth and nutrition in the form of a pint of delicious chicken soup made and delivered by Life Skills students. All you need to do is heat it up!

Please sign up by Thursday, February 9th to have your soup delivered right to your home. Delivery planned for Tuesday, February 14th. Contact Julia Lennen at **(413) 537-9880** or **jslennen@gmail.com**. Let us know if you need one or two for your home.

Save the Date: Fourth Grade Talent Show Thursday, March 9th at 1:00 pm

Mark your calendars for a spectacular show featuring Ms. Overstreet's talented fourth graders.



Pizza will be served at the Westhampton Elementary School at 1:00 followed by the talent show.

(More information will be in the March newsletter.)

Don't Forget to Mail or Submit Your COA Survey!

In early January, a COA questionnaire about aging and technology was mailed to everyone in town age 60 and over. Even if you do not use technology there are relevant questions for you. If you have not returned the survey, **please complete it and send it back by Feb. 15th** or as close to that date as possible. The information is an important tool for the Westhampton COA because it will help us arrange future technology support and education. The questions may also be answered online at <https://tinyurl.com/3pkwfxk7> Thank



you to those who have already participated and returned their questionnaire. Please encourage your friends and neighbors to participate as well!

Need Help Understanding Your Device? What is an App? Free Tech Support Available!

In Westhampton, we are so lucky to have Computer Classes offered by Bob Miller on Mondays! But in addition to Bob, we now also have another opportunity for monthly technical support with computers and technology at no cost. **Peg Whalen of the Northern Hilltown Consortium is available to assist with questions about technology devices and their use**, including smartphones, mobile phones, iPads, tablets, ePhoto frames, smart TVs, printing, laptops, internet and many apps and software programs. **She is available between 9:30-11:30 on the 3rd Friday of each month.** Call or text Peg at **413-404-4566** or send an email to **nhillcoastech@gmail.com** in advance to schedule enough time for help with your specific needs. Location TBD.



Reminder: Highland Valley Hot Meal Program in February (Every 3rd Thursday) Thurs. January 16th at Noon Westhampton Woods Unit F

Our HVES/COA Hot Meal program seems to be going well! **If you're NEW to the monthly meals, please make sure to register by Feb. 8th (8 days in advance).** Here are the facts, in case you missed them:



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

Once registered, you can pick up your meal and go or stay and eat with others in the Community Room at Unit F. Registration only requires your name, address, birth date, and phone number. Select your choice of two meal options when you

register. If successful, we plan to keep this program going every month. If you want a meal but don't want to drive, someone else can pick your meal up for you, or you can ask us to deliver it. To register (new people only), please contact **Lorraine Galica** at lagfjord@comcast.net or call **(413) 387-3960**.

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

Closed Monday, February 20 in observance of President's Day

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/February Artist - Phil Dowling

Phil Dowling will exhibit photographs taken of wildlife in his own yard. 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.

Black History Month Film Series

Friday, Feb. 17 at 6:30PM - Summer of Soul

This music documentary explores and reclaims the legacy of the six-week 1969 Harlem Cultural Festival. It features unpublished footage of performances by Nina Simone, B.B. King, Sly and the Family Stone, Stevie Wonder, and Gladys Knight & the Pips at Mount Morris Park (now Marcus Garvey Park).

Rodger's & Hammerstein's Cinderella

Friday, February 24 at 6:30PM

Directed by Robert Iscove and starring Brandy as Cinderella, Whitney Houston as the Fairy Godmother, Whoopi Goldberg, Bernadette Peters and more!

Tap Into Your Midnight Mind with Dreams & Writing

Saturday, February 25 at 11AM

Learn how to use the science and psychology of sleep, dreams, and mindfulness to supercharge your creativity, and wake up to your best life.

With Tzivia Gover, Local Author of Dreaming on the Page: Tap into Your Midnight Mind to Supercharge Your Writing.

Book Group

Tuesday, February 28 at 7PM

Book Group meets once a month on the fourth Tuesday of each month. We alternate between fiction and nonfiction. Our February read is TBD. Please check Facebook and the town website for updates or email **Meaghan** at mschwelm@cwmares.org to be added to the book group email list.



Thank You Hampshire Regional Life Skills Students!

For a second year in a row, the wonderful Hampshire Regional Life Skills Program students and their amazing teachers partnered with the Council on Aging to produce Holiday Goodie Bags to distribute to older adults in our community. They stood outside the Westhampton Woods Community Room in festive attire with their hand-decorated bags and treats. What a delight!

Message from the Westhampton COA Hikers for February '23



As this is written in early January the woods are still open and possibly (at least according to the

current weather forecast) could remain so for another week or so. So (hopefully) by the time you read this we'll have gone on our Bascom Hill Hike in the northeast part of town. And if the woods continue to stay open maybe another hike before the end of the month! Stay tuned.

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.

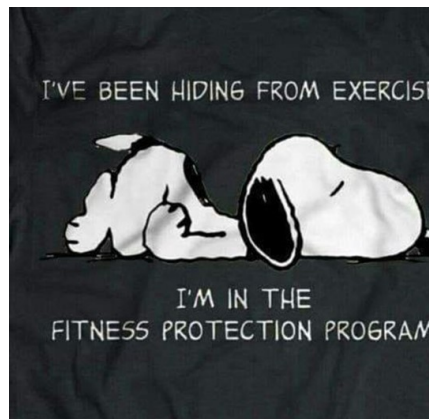
A Community of Readers - Sheila Marks

OK, so I spend too much time schlepping around in my car. Luckily, there are many interesting books to listen to on CDs, (while keeping my eyes firmly on the road). One of my favorite murder mystery series is by Nevada Barr. Her protagonist, Anna Pigeon, is a National Park ranger who ends up solving crimes in a variety of parks. This allows us a peek into some lesser known parks, (like Natchez Trace Parkway...). Anna is perceptive and wryly humorous, and creaky-kneed. The reader, Barbara Rosenblat, has a delightfully husky voice that easily inhabits the many characters.

To counterbalance time in the car, consider curling up with a book about a cleaner mode of transportation: *Two Wheels Good, The History and Mystery of the Bicycle*, by Jody Rosen. Learn everything you always wanted to know, and then some, about the development and history of one of our more amazing inventions. Bicycles are most widely used as a beast of burden, carrying people, goods, military supplies - basically everything under the sun. They are also, of course, a source of recreation and pleasure. Here, you can learn about the World Naked Bike Ride, "an annual event in which thousands of cyclists in dozens

of cities around the world pedal through the streets in 'bare as you dare' states of undress."

Learn, and enjoy!



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



www.clarkart.edu
413-458-2303

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!



Tiny footprints

As soon as a child is born and their photo is posted online, they have a digital footprint. While we enjoy seeing a new baby's smiling face or a toddler smelling a flower, their digital footprint can be hacked. That is just the very sad story of how our technology today can be misused. A scammer can set up a fake identity, therefore messing up the child's future finances before they are even earning any money. A baby's digital image can be altered and used in pornography.

A recent article in the Washington Post was sobering. They projected over 7 million cases of identity fraud by 2030, costing victims more than \$900 million. It is believed that over half the porn images online in one country were photoshopped from social media. This is from a book by Leah Plunkett Sharenthood: *Why We Should Think Before We Talk About Our Kids Online*.

So what should parents and other family members do?

1. Be CAREFUL when posting online even if you think you are safe. Do not post full names, birthdays, ages, or specific locations.
2. Set up privacy settings on your social media. See this page- www.nytimes.com/wirecutter/guides/online-security-social-media-privacy/ Even setting privacy controls is no guarantee the child is safe. The controls can be complicated and change, and even if a crook can't download an image, they can take a new photo of what was posted and photoshop it.
3. Take another look at passwords. Many times people use birthplace, school name, favorite pet, etc. in a password. These are things commonly written about in a post; 3 or 4 pieces of information may be all that is needed by the hacker to steal an identity.

In all seriousness,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

February's Good News

By Deb Hollingworth

It's that time of year again when we are gathering what we need to file our tax returns, and I received a request for information on the Circuit Breaker which I wrote about last March. This year's potential Circuit Breaker rebate may be even bigger than previous years, so this is the time to look into it and see if you might qualify.

Circuit Breaker Fact Sheet

"You may get a cash refund on your State income taxes."

The Massachusetts Circuit Breaker Income Tax Credit for Homeowners age 65 and older is a program for those seniors whose property taxes and half of the water/sewer bills equal more than 10% of their annual gross income. You can get this refundable tax credit even if you do not owe State income taxes. You can file a tax return even if you do not have taxable income.

Last year the maximum refund was \$1,162, but Governor Baker has recommended in his 2023 budget that this be increased to a maximum of \$2400.

If you have not filed/applied for the Circuit Breaker before, this is the year to do it!

You are eligible if:

- ⇒ you are 65 or older
- ⇒ own your home
- ⇒ are current with your property taxes
- ⇒ and if your property taxes are more than 10% of your income
- ⇒ your income needs to be less than \$62,000 single, or \$93,000 married filing a joint income tax return
- ⇒ and if your home is assessed at less than \$884,000

You apply by:

- ⇒ filing a Massachusetts Income Tax return
- ⇒ and including a schedule CB
- ⇒ you must supply copy of your property tax bill
- ⇒ also your water/sewer bill if you have one
- ⇒ and provide income verification

February Tech Talk by Peg Whalen

The holidays can bring technology, often wanted and sometimes unexpected gifts of technology devices. Family and friends can be excited to share their love of technology by gifting us ePhoto Frames, new and previously owned iPads, smartphones, laptops, kindles, and other devices we may be reluctant to use. If you are someone that received a device you have little interest in or limited understanding about using, there is help.

From February through June 2023, and perhaps beyond, each COA in the northern hilltowns has scheduled a recurring week and day each month for in-town technical support. I will be offering individual time for interested people to come, free of charge, and begin getting the assistance, guidance, and reassurance to get started or learn more in a way that is understandable and effective. If learning one-one-one is your preferred way to increase your understanding about technology, sign up for a time slot in your own or a neighboring town. Walk-ins may or may not be accommodated so call or email ahead to ensure you get the time you need. **Contact Peg Whalen: 413-404-4566 or nhillcoatech@gmail.com.**



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... 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.

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 **\$78** which is due NOW so we can get good seats. Mail to the address above. **PLEASE NOTE CORRECT PRICING.** It was previously listed as \$120.

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 NOW, so we can get good seats. 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 \$122 due **June 10th**. 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.

Multi Day September 29-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 motorcoach while on tour, sightseeing, admission to shows and tour escort. \$500 deposit by **March 15, 2023**. Contact Francine to reserve your seat.

Day Trip November. Elvis The Musical- North Shore Theater. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Make payment to First Choice for \$TBD by **July 21st**. Mail to the address above.



LENA
GARCIA

Playing with Art! Give it a try!

A Taste of Oil Painting Workshop

Wednesday, February 8th 10:30am-12:30pm

Explore Oil Painting and see if this is a medium for you! I know I can be intimidated by a new art medium; where do I begin? How do I use it? Come experience this fascinating medium in a calm and supportive atmosphere. Oil painting has a slow and relaxed tempo. It is flexible and very forgiving. Using provided materials, participants will make a painting of a simple still life. Demonstrations on sketching your still life, mixing your paints, and painting with the oil paints will be given while participants try out all these skills and work on their monochromatic or black and white painting. Try something new, stretch your brain all while having a good time!



Oil Painting Class

**Mondays, April 3 - June 12th
from 1 -3pm**

(no class 5/29)

More details coming soon!

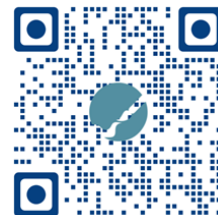
Shadow Puppetry Workshop

Saturday, May 20th from 10am - 12pm

Multigenerational event for anyone who can use an exacto knife (10yrs and up)
More details coming soon!

Registration for all at www.lenagarcia.com
or call: **425-977-5120**

*All events at the Chesterfield Community Center.
Sponsored by the Chesterfield COA and partially
funded by Highland Valley Elder Services.*



Westhampton Council on Aging
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Westhampton, MA 01027

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Need a ride?

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

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SCAM ALERT!



Watch out for Computer Virus Scams!

*You might get a call, email, or a message
that appears on your screen.*

*It says there's a problem with your computer
& they can help you fix it.*

- Just hang up or delete the message.
- Don't click on links in an email.
- Don't call the telephone number on the screen.
- Never give someone control of your computer.
- Don't share passwords or log-ins.
- Keep your computer, tablet, & mobile phone security programs up to date.

*If you have a
consumer problem or
question, contact the*

**Northwestern
District
Attorney's
Consumer
Protection Unit**

Greenfield
(413) 774-3186
Northampton
(413) 586-9225

**Working in cooperation
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