

# Moving Forward

Westhampton Council on Aging

Programs and Services for Active Living at 60+



## March 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
		<b>1</b> <b>Mahjong</b> WW, 1:30-4pm  <b>Wellness Clinic w/                      Public Health Nurse</b> 10-11:30am, Library	<b>2</b> <b>Yoga Class</b> Town Hall, 10-11am	<b>3</b>
<b>6</b> <b>Knitting Group</b> 6pm, Library	<b>7</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm  <b>Card Games</b> WW, 1:30pm  <b>Scrabble</b> 2pm, Library	<b>8</b> <b>Mahjong</b> WW, 1:30-4pm	<b>9</b> <b>Yoga Class</b> Town Hall, 10-11am	<b>10</b>
<b>13</b> <b>Computer Class</b> 10-Noon, Library  <b>Knitting Group</b> 6pm, Library	<b>14</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm  <b>Card Games</b> WW, 1:30pm  <b>Scrabble</b> 2pm, Library	<b>15</b> <b>Mahjong</b> WW, 1:30-4pm  <b>Wellness Clinic w/                      Public Health Nurse</b> 10-11:30am, Library	<b>16</b> <b>Yoga Class</b> Town Hall, 10-11am  <b>Hot Lunch                      Program</b> Noon, WW  <b>Tech Help</b> 2:30pm, WW	<b>17</b> <b>Movie Night</b> 6:30pm, Library  Sat. 3/18 1-3pm  <b>Town Hall with                      James McGovern</b> Williamsburg
<b>20</b> <b>Knitting Group</b> 6pm, Library	<b>21</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm  <b>Card Games</b> WW, 1:30pm  <b>Scrabble</b> 2pm, Library	<b>22</b> <b>Mahjong</b> WW, 1:30-4pm	<b>23</b> <b>Yoga Class</b> Town Hall, 10-11am	<b>24</b>  Sat. 3/25 11am  <b>History of                      Women's                      Undergarments</b> Library
<b>27</b> <b>Computer Class</b> 10-Noon, Library  <b>Knitting Group</b> 6pm, Library	<b>28</b> <b>Fitness &amp; Friends</b> Town Hall, 11:30-12:30pm  <b>Card Games</b> WW, 1:30pm  <b>Scrabble</b> 2pm, Library  <b>Book Group</b> 7pm, Library	<b>29</b> <b>Mahjong</b> WW, 1:30-4pm	<b>30</b> <b>Yoga Class</b> Town Hall, 10-11am	<b>31</b>  

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

# Fourth Grade TALENT SHOW

*Thursday, March 9<sup>th</sup> at 1pm  
Westhampton Elem. School*

The Westhampton Elementary School's fourth grade class will entertain us on **Thursday, March 9th at 1:00 PM**. Ms. Overstreet and her students are sure to delight us with their humor and rare talents.

The Talent Show will be in the All Purpose Room at the Elementary School. Pizza and dessert (bring your own drinks) will start at 1pm and the show will run from 1:30 to 2:30 PM.

We asked that during the performance audience members wear masks to protect our more vulnerable friends and neighbors. If you are not comfortable sharing a meal with a larger group, you are welcome to come at 1:30pm for the Talent Show.

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## Free Tech Walk-In Sessions with Peg Whalen Every 3rd Wednesday at 2:30 PM at the Library

Now, not only do we have Bob Miller for computer help on Mondays at the Library, but we also have Peg Whalen on the **3rd Wednesday of each month** too! Peg will help you understand and use ALL your digital devices, from smartphones to tablets to laptops (and more). Starting in March and running through June, Peg will run the Tech Help Walk-In session on the 3rd Wednesday of each month from **2:30-4:30** at the library. The dates are: 3/15, 4/19, 5/17 and 6/21.

Peg Whalen is also the person conducting the digital survey which was mailed to your homes and which we hope you will return as soon as you can if you have not done so already. We received about 150 back at this point but sent out more than 500! Help us remedy the Digital Divide in our community by returning them as soon as you can. So much of the world is now ONLINE. Daily tasks such as banking, bill payments and medical appointments all require digital literacy. So it's more urgent than ever that those who are ready to learn these crucial skills have a chance to do so in a friendly, supportive environment. This free program is being funded by the Northern Hilltown Consortium's Service Incentive Grant. Please help us spread the word!

Questions? Contact Peg at: **(413) 404-4566** by text or email: [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com).

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## 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: [rljasionkowski@comcast.net](mailto:rljasionkowski@comcast.net) or (413) 527-5134.**

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## Need A Ride? Introducing Danielle Buzzee, Our New Transportation Coordinator



For many, many years, we were incredibly lucky to have Louise Jasionkowski as our reliable and dedicated COA Transportation Coordinator. She was the one who took your requests for rides at all hours and connected you with volunteer drivers to get you where you needed to go! But now Louise, after many years of service, is retiring from this role. Thank you, Louise, for your excellent work!

We now welcome Danielle Buzzee to this role. Danielle lives in Westhampton and works full-time

in Easthampton. No stranger to volunteering, she currently donates her time to Easthampton Neighbors and prior to that, volunteered for Meals on Wheels. Danielle is interested in meeting you in person and getting to know you so that she can help coordinate your rides. She has also been working with the COA Coordinator and board on brainstorming ways to recruit more volunteer drivers.

Need a ride? Or just want to say hello? **Contact Danielle at: (413) 246-0278 or by email at [danielle.buzzee@icloud.com](mailto:danielle.buzzee@icloud.com)**

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**Reminder:  
Highland Valley Hot Meal Program  
(Every 3rd Thursday)  
Thurs. March 16th at Noon,  
Westhampton Woods Unit F**

Our HVES/COA Hot Meal program is going strong! Yes, Highland Valley had an unusual computer glitch last time, but in a way the delay in the meal delivery was a gift, because we had a chance to spend time together and talk!

If you're new, please make sure to register by 3/8. **To register (new people only), please contact Lorraine Galica at [lagfjord@comcast.net](mailto:lagfjord@comcast.net) or (413) 387-3960.**

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### Wellness Clinic

Your Public Health Nurse, Michael Archbald, has open hours at the Westhampton Public Library (every 1st and 3rd Wednesday 10-11:30am).

He is happy to work with you around chronic or acute health issues, blood pressure checks, COVID-19 questions/concerns, long COVID-19, Home Health Care needs, medication side effects issues, etc. Or just stop by and say Hi! Stay Healthy!



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### Town Hall Meeting with U.S. Congressman Jim McGovern

**Saturday, March 18th 1-3pm**  
Anne T. Dunphy School, Williamsburg

Representative to the US Congress, Jim McGovern, will hold a Town Hall Meeting on Saturday, March 18th, from 1-3pm at the Dunphy School in Williamsburg. This is a chance to meet Representative McGovern, ask questions and bring our concerns to him. McGovern has been very involved with issues related to agriculture and food,

health and the environment, forests and carbon sequestration, and solar energy. These topics will be discussed for certain, as well as others.

*Sponsored by Indivisible Williamsburg.*  
Questions? Call Jean O'Neil: 413-268-2228

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### It Takes a Village in Huntington Seeks Volunteers

It Take a Village is a local non-profit that provides **FREE** postpartum support for families in the area. The home visit program provides new families with a volunteer once a week for a few hours. The volunteer helps with household tasks, provides companionship, or can hold the baby so the parent can take a break. Individuals that are interested in becoming a volunteer can email [lisa@hilltownvillage.org](mailto:lisa@hilltownvillage.org). If you know a family with a little one, under the age of one year old, feel free to share the details with them too!

The Village Closet donation center, located at 2 E. Main St. in Huntington, MA, carries clothing newborn through adult sizes, baby gear, diapers, formula and more. Everything is 100% free to all families. There are no income or town of residence requirements. **The Village Closet is open Sunday and Monday 11am-2pm and the first Tuesday of the month 5pm-7pm.** We are always looking for volunteers to help sort the donations. If you are interested, you can call **(413) 650-3640**.



**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@cwmar.org](mailto:westhampton@cwmar.org) or call 527-5386.**

**Movie Night - The Quiet Man**  
**Friday, March 17 at 6:30pm**

Starring John Wayne and Maureen O'Hara, we'll watch the John Ford (1952) classic *The Quiet Man* on Saint Patrick's Day. Synopsis: A retired American boxer returns to the village of his birth in 1920s Ireland, where he falls for a spirited red-head whose brother is contemptuous of their union.

**A History of Women's Undergarments**  
**Saturday, March 25 at 11:00am**

Corsets and girdles and bustles, oh my! Ever wonder how women managed to survive the tortured silhouettes of the Renaissance, Baroque or Victorian Periods? Did the women of the 1950s have it any easier than those of the 1850s? Join us to explore the curious garments that formed the foundations of the fashionable shapes of various periods in history. Discover the ways in which these garments reshaped women's bodies into the desired aesthetic of the time. This program will be presented by Karen Antonowicz of Spirits of Fashion and is sponsored by the Friends of Westhampton Library and the Lyn Keating Program Fund in celebration of Women's History Month.



**Message from the Westhampton COA Hikers for March 2023**



So far we've been able to continue hiking throughout the winter season this year. After a nighttime light frosting of snow, the Westhampton COA Hikers had a wonderful hike up to Bascom Hill in the north-east section of Westhampton (and into Chesterfield) on January 16. It wasn't too cold and the light snowfall of the previous night made the woods into a winter wonderland.

As this is written in early February, the woods are still open and possibly (at least according to the current ten-day weather forecast) could remain so for another week or so. So (hopefully) by the time you read this we'll have gone on another hike or two. Chuck and I have been working on a couple of hikes as well as the "explorers" so keep posted to your emails.

For anyone interested in joining the Westhampton COA Hikers on our hikes in the local area, email us at [westhamptoncoahikers@comcast.net](mailto: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.

**Book Group**  
**Tuesday, March 28 at 7:00pm**

Book Group meets once a month on the fourth Tuesday of each month. We alternate between fiction and nonfiction. Our March read is TBD. Please check Facebook and the town website for updates or email Meaghan: [mschwelm@cwmars.org](mailto:mschwelm@cwmars.org) to be added to the book group email list.



***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**

## Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

## Your State Representatives

### State Senator Paul Mark

Email: [paul.mark@masenate.gov](mailto:paul.mark@masenate.gov)  
Phone: 413-464-5635  
Mail: 773 Tyler Street  
Pittsfield, MA 01201  
Nearby local office hours:  
Williamsburg Town Hall  
2nd and 4th Tuesdays from 1-3pm

### State Representative Lindsay Sabadosa

Email: [Lindsay.Sabadosa@mahouse.gov](mailto:Lindsay.Sabadosa@mahouse.gov)  
Phone: 413-270-1166.  
Mail: 76 Gothic Street  
Northampton, MA 01060

May your troubles be less,  
And your blessing be more.  
And nothing but happiness,  
Come through your door.

Irish Blessing



## Caregivers Part 1, Credit Cards



Some of you reading this are or will become caregivers. So in addition to keeping yourself safe from scams, you may have the responsibility for someone else's financial safety. I'm offering some suggestions for meeting that responsibility.

First, an ad! Well, sort of. I'm just putting in a plug for setting up a robust durable Power Of Attorney. Having that paperwork done makes financial caregiving much easier! Contact me if you need a reminder on this.

Let's start with credit cards. You, using the POA, or the elder if they are on their own, can take these actions.

- ⇒ Reduce the credit limit on a card, thereby reducing the amount of potential damage by reducing the amount that can be charged.
- ⇒ Add the name of a trusted individual to the card so that person can also track charges. The trusted part comes in that they won't use the card!
- ⇒ Sign up for alerts by phone or email when a charge is made over a given dollar amount, an amount that you set. This may not prevent the charge but the damage can be stopped more quickly.
- ⇒ Some cards have a card lock that will stop a suspected transaction. The card's documentation will show if this is possible.
- ⇒ Go online and check the card's activities; do this at least monthly or after a use.
- ⇒ Follow the same guidelines as for avoiding scams in general. If you don't trust an offer, don't give your card. Don't give the card number to someone who calls you. Set a different and strong password for each account. Get two-factor authentication.

I know. Life is more complicated than it used to be.

Take care,

Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## March's Good News

By Deb Hollingworth

### Help Wanted: Part One

Have you ever considered working as a home maker or PCA/personal care attendant? Or have you ever tried to find a home care worker? Let me introduce you to PHCAST.

PHCAST stands for Personal and Home Care Aide State Training, and it is a free State resource that offers training for anyone who would like to become a home care worker. And PHCAST maintains a state wide directory to connect workers with those needing home care help. A two fold approach: to give you training and help you find work.



You must have an email address and internet access to use it. You can complete the 10 module online training at your own speed.....in your own home! You can repeat a module as often as you want. At the end of each module, you complete an assessment to advance to the next module. The entire training should take about 37 hours and you get a Certificate of Completion at the end.

It gets better. If you are looking for work as a home care worker, you can register on the State wide directory. Having the Certificate of Completion from PHCAST can be an important credential when looking to be hired.

For more information, go to [www.mass.gov/PHCAST](http://www.mass.gov/PHCAST) or just Google PHCAST and check out some of their videos to see if you might be interested.



***It's Maple Season.  
Support your local Sugar House!***

### March Tech Talk

by Peg Whalen

I talk with many folks that say they don't update their smartphones. They are concerned about an update resulting in their phone being hacked, information stolen, charges to their account or think the phone works fine and doesn't need updating. Here's why they are important. Updates contain privacy and security enhancements that better protect your phone, including improvements to phone features or additional features that make it more useful. **If your phone notifies you of an available update, be sure to allow it to happen.** Automatic updates can be enabled in Settings. iPhone updates can be accessed in Settings/General/Software/Update. Automatic iPhone updates will happen at 2:00am, but you must leave your phone on and plugged in overnight. Android updates can be made automatic as well in Settings / Software Update. Keep it plugged in! Updating only happens periodically so when you get a message saying an update is available, go ahead and update!

### ***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 April 16. Tina – The Tina Turner Musical-* An amazing musical at the Bushnell Theater in Hartford. Featuring iconic songs "What's Love Got To Do With It", "River Deep – Mountain High," "Proud Mary." Show at 1pm in Orchestra seats. Then a dinner stop on your own at Blue Black Square in W. Hartford. Make payment to First Choice for **\$199** which is due NOW. Mail to the address above. **TWO seats left.**

*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.

*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. **WAIT LIST ONLY.**

*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 Breast of chicken, Baked Salmon, or Yankee Pot Roast. 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.

*Day Trip November. Elvis- A Musical Revolution- North Shore Theater.* An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for **\$259** by **July 21st.** Mail to the address above. **TWO SEATS AVAILABLE.**

## Haircuts and Manicures at Smith Vocational High School



**Tuesdays & Thursdays,  
March through May**

Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher alongside. Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton.

**All Are Welcome!**

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Save the Date: **Saturday, April 29th, 9-3pm**

## Spring / Summer Clothing Exchange



Goshen Congregational Church  
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

**Westhampton Council on Aging**  
**3 South Road**  
**Westhampton, MA 01027**

PRSR STD  
US POSTAGE  
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PERMIT 183  
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.**

# SCAM ALERT!



*People you meet online aren't  
always who they say they are.*

### **SIGNS OF A SCAM**

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

### **WHAT TO DO**

Never send money or gifts to anyone you haven't met in person—even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or by cryptocurrency.

Once you send it, you won't get your money back.

*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  
with the Office of the MA  
Attorney General**

