

Moving Forward

Activities and Services for Resident 60+



April 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
3 Knitting Group 6pm, Library Spring Cleaning Workshop 6:30pm, Zoom	4 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	5 Mahjong WW, 1:30-4pm Wellness Clinic w/ Public Health Nurse 10-11:30am, Library	6 Yoga Class Town Hall, 10-11am	7
10 Computer Class 10-Noon, Library Knitting Group 6pm, Library	11 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	12 Mahjong WW, 1:30-4pm	13 Yoga Class Town Hall, 10-11am	14 Noble Duo (& free lunch) Noon, Town Hall
17 Knitting Group 6pm, Library	18 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	19 Mahjong WW, 1:30-4pm Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Tech Help Walk In 2:30pm, Library	20 Yoga Class Town Hall, 10-11am Hot Lunch Program Noon, WW Tech Help 2:30pm, WW	21 Movie Night 6:30pm, Library
24 Computer Class 10-Noon, Library Knitting Group 6pm, Library	25 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library Book Group 7pm, Library	26 Mahjong WW, 1:30-4pm	27 Yoga Class Town Hall, 10-11am Author Visit 7pm, Library	28

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

The Noble Duo (& Free Lunch) Fri. 4/14 at the Town Hall

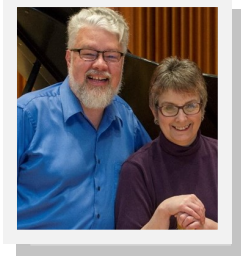


Photo courtesy of Jon Crispin

Come enjoy a free box lunch from Good Eats to Go in the Town Hall at 12PM and then take in live music from the Noble Duo, Jerry and Kara Noble, at 1 pm!

Jerry and Kara Noble sometimes joke that they should call their duo T.E.A.— Tunes for Every Audience. They love to explore all kinds of music, and their shows feature an eclectic mix of styles from the 1920s to the present. Whether you like Fats Waller or Lynyrd Skynyrd, the Beatles or the Carter Family, Johnny Cash or Trout Fishing in America, you're likely to hear tunes you enjoy when they play. Jerry usually plays piano & guitar while Kara covers bass & guitar, and either one (or both of them) might just invite you to sing along. The duo has been involved in the Pioneer Valley music scene all their lives, as performers, songwriters, teachers, reviewers, and presenters, and they love nothing better than playing music that makes people smile, sing along, and even dance. Their goal is to have fun making music and to bring joy to others while they do it! (Jerry and Kara frequently perform at Music in Montgomery on 3rd Thursdays.)



The audience (Standing: 4th grade teacher, Mrs. Overstreet)

Photos from the 4th Grade Talent Show

Future Harlem Globetrotters?



Weighed Down by Your Fabric Collection? Donate to Paper City Fabrics!

Do you have leftover fabric or abandoned sewing projects that take up space and make you feel overwhelmed? Would you like to start on a new project but only if you use up what you already have? Now you can donate your fabric (one yard or more) and sewing supplies to Paper City Fabrics (www.papercityfabrics.com/), a new thrift shop in Holyoke.

Paper City Fabrics gladly accepts donations of fabric, sewing supplies and sewing tools. You can drop off donations in Holyoke, or they happily pick up donations in central and western Massachusetts, northern Connecticut and southern Vermont. Please email info@papercityfabrics.com to schedule a donation.

Founders Joseph and Jeffrey moved to Holyoke four years ago from Brooklyn, New York. Joseph's background is in fashion and costume design and Jeffrey's background is in digital and social media marketing. They always dreamed of opening their own business, and toyed around with different ideas over the years. They settled on a fabric store and sewing school after connecting with Kathryn Swanson, who started a similar store, Swanson's Fabrics, in Turners Falls, MA. They plan to be open to the public in the spring!

If you are interested in donating but are unable to contact Paper City Fabrics, please contact **Julia Lennen** (jslennen@gmail.com or 413-537-9880) to help de-stash your stash.

Free Tech Walk-In Sessions at the Library

Reminder: Free tech walk-in sessions continue with Peg Whalen at the Library this month and every 3rd Wednesday at 2:30 PM. This COA 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 message, or via email at: nhillcoastech@gmail.com**

Reminder: New Ride Coordinator Danielle Buzzee

Need a ride? Or would you like to volunteer to become a driver? Our new Transportation Ride Coordinator (since March) is now Danielle Buzzee! Please contact Danielle from now on at: **(413) 246-0278 or danielle.buzzee@icloud.com**

Save the Date

Town Meeting Saturday, May 13th at 10 am Town Hall

**Library Hours: Mon & Thu 2pm - 8pm;
Tue & Wed 9am - 12pm & 1pm - 5pm;
Sat 10am - 1pm
Closed Mon., April 17 (Patriot'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 527-5386.

Spring Cleaning Zoom Workshop with Jenna Elliott Monday, April 3 at 6:30pm

Jenna Elliott is the founder of The Naked Flower, Professional Organizers. She has been an organizer and re-designer for more than 20 years and works with a variety of clients, both in the office and in the home. Prior to starting The Naked Flower (www.thenakedflower.com) Jenna was a master



floral designer and project manager for a fortune 500 company. This workshop will give you a step-by-step approach to a cleaner house and a little less clutter. She will share tips on environmentally kind cleaning products, 10 things that probably need a good cleaning and tackling the paper trail. Please register for this Zoom program at the following link or by scanning the QR Code above:



<https://us06web.zoom.us/meeting/register/tZEIc-GrrDkvGdz7-f3MDjGBHqUGpH0-nLNt>

Special thanks to the Friends of Westhampton Library and the Lyn Keating Fund for sponsoring this program.

Book Group Tuesday, April 25 at 7:00pm

Book Group meets once a month on the fourth Tuesday of each month. We alternate between fiction and nonfiction. Our April 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.

"Sun on the Muddy" Author Visit With Jim Armenti, Dave Madeloni, and Dan Lombardo Thursday, April 27 at 7:00pm

Singer/songwriter and local author, Jim Armenti, will be joined by photographer Dave Madeloni and editor Dan Lombardo to discuss their recent collaboration, "Sun on the Muddy", published by Levellers Press. This book of poetry written by Armenti "gives you fifty irresistible reflections on the objects and people that make a life: a shell from the Everglades, a cowboy wallet, his mother's colander, his father's mandolin." (--Lombardo) Madeloni's photographs which he says capture "the poetry of puddles" accompany these reflections on the beauty of the everyday. Copies of "Sun on the Muddy" will be available to purchase at this event.

Message from the Westhampton COA Hikers for April '23

There's finally snow on the ground as I write this, but I'm sure that it will be gone by the time you read this - and we'll have gone on a few hikes by then as well. We've got many ideas for the upcoming hiking season; new hikes, old hikes, long hikes, short hikes, etc. We'll be exploring long for-

gotten sections of town and other great new hiking areas nearby. Nonetheless, we would certainly be interested in any suggestions that you'd like to pass long.

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.



Westhampton COA Hikers at the Manhan Rail Trail & Western Arcadia Sanctuary Trails Hike, February 12.

able language this book explores/compares current economic theory with three scientific laws of sustainability: 1. Law of Limits to Growth, 2. The Second Law of Thermodynamics (entropy) 3. Law of Self Organization. While there is room for debate, this book from 2006 offers important considerations for today's discussions of climate change and resilience.

While reading Wessel's book I was reminded of Schmacher's "Small is Beautiful— a Study of Economics as if People Mattered" from 1973. A quick thumbing through confirmed for me that many of the same arguments about sustainability were being made back at the start of the environmental movement. Time for another reread?

I have just started Wessel's earlier and perhaps more well known "Reading the Forested Landscape— A Natural History of New England" (1997). Using a series of etchings and conversational writing this is a great introduction to an advanced class about our surrounding landscape and the forces that shaped it over many thousands of years. It is very much like a walk in the woods with a favorite professor that doesn't require leaving your chair when the weather is unpleasant.

A Community of Readers - Rick Tracy

While I enjoy a good story, my reading habits trend towards nonfiction/practical skills types of things. "Mother Earth News" and "Northern Woodlands" from the library are frequent guests at our house and don't mind if our conversations are short and fragmented around my busy schedule.

I recently was able to put together the time to re-read "The Myth of Progress" by Tom Wessels, a compelling argument for cultural change. In his own words "This book is a critique of our reigning paradigm of progress- that in order to progress we need to keep growing the economy." In very read-



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 to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.

This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall, upstairs dining room. **The classes will be on Friday May 12th and May 26th from 1-2:30.** Please call or email Kerry Normandin by May 8 to register for this great workshop: [413-268-8236 x118](tel:413-268-8236), coa@goshen-ma.us

Your State Representatives

State Senator Paul Mark

Email: 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

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060

Caregivers Part 2: Banking

More thoughts on keeping your care recipient financially safe. Last month was credit cards, now we give attention to banking.

Again, this is all easier if you have a robust durable Power of Attorney (POA) that allows banking functions. With this, you can talk to bank officials, go online to check deposits and balances, make deposits and withdrawals, balance the checkbook, and request the settings below. Different banks have different policies, so check with your particular bank on the specifics but this should give you good questions to ask. For instance, even without a POA the bank might allow you to monitor another person's bank statement, after clearing you.

Create alerts. Get a message from the bank when a withdrawal goes over a set amount, or a balance falls lower than you want. You may also be able to get an email every day showing the available balance on the account.

Set transaction limits. If a withdrawal is requested that goes over a set amount, the transaction can be halted.

Stop payment. If something does go awry, you can request that the bank stop the payment.

Check overdraft status. Banks offer protection against the account going into the red, but you should choose how or if you want that protection. This is a not one-size-fits-all decision.

Take care,

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

April's Good News By Deb Hollingworth

Help Wanted: Part Two

Finding home care help in the hilltowns can be a challenge. There's a shortage of available workers and Medicare certified home care agencies often can't fill requests for help. Many of us rely on family and friends or programs through our senior center which may work for short term solutions, but what if you anticipate needing help for an extended period of time? Did you know that there are programs that let you hire your own worker? That worker can be a family member or friend (not spouse).

MassHealth has two different programs that pay family caregivers for the care they provide. You must meet financial eligibility requirements for MassHealth. Many folks assume they "won't be eligible because I have money in the bank". But there are ways to qualify and you should check with your SHINE counselor. Income has to be less than \$2,742/month with limited assets. But, you can transfer assets without a 5 year look back period if you are intending to remain at home instead of entering a nursing home. Also, for those of you who are not going to qualify for MassHealth, Highland Valley has a program called "self-directed care" which allows you to hire your own worker. If you are a veteran, you might qualify for some home care help. And while it's less common, if you are one of those folks with a Long Term Care Insurance policy, that policy will also pay for home care help. Need help sorting through all the options? Check with your senior center and ask to speak to the SHINE counselor.



Haircuts and Manicures at Smith Vocational High School

*Tuesdays & Thursdays,
April & 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!

Beyond Basics Smartphone Workshop

**Friday, May 19th
1:30-3:30pm**

Chesterfield Community Center

Presented by Peg Whalen

Want to know how to find and listen to podcasts? Wondered how to make a mobile deposit with your banking app? Desperate to block unwanted calls and text messages? This workshop will help you do things you have wondered about but have not figured out how to do. Sign up for Beyond Smartphone Basics. If you have an iPhone OR an Android smartphone this workshop is for you.



Interested in coming?

Reserve a spot by Tuesday, May 16th. To register, contact workshop presenter Peg Whalen, at pegwhalenworkshops@gmail.com or 413-404-4566. Email, leave a voicemail or text including your name, email address, what type of smartphone you have (iPhone or Android), whether you use mobile banking and your home or cell phone number.

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 _____

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 FNSC for **\$78. WAIT LIST ONLY.**

Day Trip June 20. Encore Casino. Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 by **April 21st.** *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. 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. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due **April 1st. WAIT LIST ONLY.**

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 August 23. Saratoga Racetrack, Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th.** Mail to the address above.

Multi Day 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. Make payment to First Choice for \$748 p/p double occupancy due **June 21st.** Mail to the address above.

Day Trip September 14. Lake Sunapee Luncheon Cruise- Vermont Country Store. A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and

a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th.** Mail to the address above.

Multi Day Trip 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. A few seats available.



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

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Greenfield MA

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Need a ride?

Contact Danielle Buzzee at:
(413) 246-0278
or by email:
danielle.buzzee@icloud.com

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Encore Boston Harbor Casino Day Trip

Tuesday, June 20, 2023

\$42.00 cost includes:

- round trip bus transportation
- driver gratuity
- \$20 in free slot play!

Meals on your own

*\$22.00 special discount for Chesterfield seniors
age 60 and over*

Meet the bus: Sheldon Field, Old Ferry Rd.
Northampton. 7:00 A.M, subject to change
Bus leaves casino: 3:30 P.M.

Cash or checks payable to Francine Frenier **due April 21, 2023**

Only 30 seats available ~NO REFUNDS due to bargain price~

Contact: Francine Frenier 413-296-4291 or Francine.frenier@gmail.com

